



Riding Mountain Triathlon

Race #5 of Triathlon Manitoba's Grand Prix Series

Weather: 20C, Sunny, Wind 5KPH West, 20C Water Temp. Participants: 431

Olympic Triathlon - 1500m Swim + 40K Bike + 10K Run

Men 24 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:11:28	77	Patrick NAYLOR	Winnipeg	22:55	1:11:48	36:47
2	2:16:34	88	Mark OKANY	Winnipeg	21:54	1:14:45	39:56
3	3:11:16	93	Steph WARNOCK	Morden	41:59	1:35:58	53:20
4	3:31:58	94	Lee KLIMPKE	Winnipeg	46:59	1:47:36	57:24

Men 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:09:13	40	Brendan MACKENZIE	Regina	23:50	1:07:26	37:57
2	2:15:49	98	Murray CARTER	St. Anne	28:15	1:07:52	39:43
3	2:26:08	76	Ryan LAMONT	Brandon	30:16	1:14:52	41:02
4	2:45:21	39	Todd HAMILTON	Winnipeg	32:56	1:22:31	49:55
5	2:52:14	42	Taren GESELL	Winnipeg	31:39	1:24:14	56:22
6	3:09:00	59	Steve LANGSTON	Winnipeg	39:04	1:26:35	1:03:22

Men 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:20:30	43	Charles KOSTYK	Winnipeg	28:21	1:11:54	40:16
2	2:22:11	55	Paul DYCK	Winnipeg	26:58	1:11:02	44:11
3	2:28:25	50	Stuart HOLDEN	Winnipeg	27:49	1:17:20	43:17
4	2:45:20	63	Derek EIDSE	Winnipeg	26:07	1:18:45	1:00:29
5	2:45:32	47	Mark PHINNEY	Brandon	30:49	1:21:23	53:22
6	2:47:17	31	Michael ISAAC	Winnipeg	34:35	1:25:36	47:07
7	2:47:55	85	Michael RIDDELL	Winnipeg	40:06	1:26:02	41:48
8	2:48:19	33	Michael MCMURRAY	Regina	35:09	1:24:46	48:24
9	2:51:31	83	Brant HARVEY	Winnipeg	30:46	1:23:19	57:26
10	2:54:23	387	Phil KAISER	Regina	30:49	1:25:42	57:53
11	2:59:24	89	Bill BJORNSSON	Halifax	33:36	1:31:11	54:38
12	3:30:54	54	Mark DUNN	Headingle	40:29	1:39:54	1:10:33

Men 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:10:40	7	Brad SPOKES	Saskatoon	22:59	1:08:16	39:27
2	2:13:40	379	Dave LIPCHEN	East St P	23:47	1:09:11	40:43
3	2:19:03	74	Kevin BEECHINOR	Winnipeg	25:12	1:10:59	42:52
4	2:31:45	80	Jason ZINKO	Brandon	29:57	1:16:37	45:11
5	2:33:07	23	Mark KULCHYCKI	Winnipeg	30:57	1:14:03	48:08
6	2:36:48	72	Jamie HOPKINS	Winnipeg	27:53	1:19:18	49:38
7	2:38:43	28	Craig STEPHEN	Winnipeg	25:14	1:22:31	50:59
8	2:39:14	337	Clint VANDERSTEEN	West St.	32:48	1:18:20	48:06
9	2:44:32	348	Jasper STONE	Souris	32:47	1:15:43	56:03
10	2:49:41	38	Craig WHITE	Winnipeg	31:43	1:25:32	52:26
11	3:13:55	41	Scott MCMULLAN	Brandon	37:35	1:33:10	1:03:11
12	3:25:33	8	Mark LECKIE	Brandon	38:48	1:42:31	1:04:15

Men 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:15:03	30	Jeff MORIER	Winnipeg	22:57	1:07:51	44:16
2	2:31:45	90	Laurie BARRON	Winnipeg	25:37	1:21:12	44:57
3	2:34:57	68	Stacey MATEIKA	Red Deer	31:16	1:11:20	52:22
4	2:40:50	388	Marc LECLAIR	Winnipeg	31:43	1:16:04	53:04
5	2:43:39	46	Richard ROGASKY	Winnipeg	32:41	1:21:16	49:44
6	2:45:16	10	Mike STOYKO	The Pas	27:59	1:23:06	54:12
7	2:45:36	20	Mervin BILINSKI	Saskatoon	29:06	1:27:37	48:54
8	2:54:23	60	Chris DUBBERLEY	Winnipeg	30:08	1:28:18	55:58
9	2:55:53	338	Don OLDCORN	Winnipeg	37:51	1:27:00	51:03
10	3:11:15	345	Jim MANNING	Winnipeg	33:56	1:33:14	1:04:06

Men 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:18:31	346	Philippe CHABOT	Winnipeg	23:37	1:09:22	45:33
2	2:27:52	6	Chris MURRAY	Lethbridg	30:45	1:11:08	46:00
3	2:31:40	78	Tom NAYLOR	Winnipeg	28:28	1:19:10	44:03
4	2:33:05	95	Greg DOUGLAS	Regina	26:56	1:18:45	47:26
5	2:42:35	51	Dennis MAIONE	Winnipeg	32:36	1:16:19	53:41
6	2:43:48	344	Carl ROHRINGER	Wpg	30:54	1:19:25	53:30
7	2:49:35	53	Robert DUNCAN	Headingle	34:54	1:21:18	53:24
8	2:57:29	19	Keith PATERSON	Winnipeg	38:52	1:26:29	52:09
9	2:58:08	81	Tom WIEBE	Morden	32:39	1:26:11	59:20
10	3:08:08	5	Doug MILLER	Dauphin	32:53	1:42:36	52:41
11	3:29:01	96	Ronald TOEWS	Brandon	41:15	1:36:36	1:11:11

Men 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:24:26	11	Danny MURRAY	Winnipeg	29:19	1:15:19	39:50
2	2:25:22	27	Jim SIMM	Winnipeg	29:26	1:13:02	42:55

Men 50 - 54 - Continued

3	2:25:34	380	Reg REMPEL	Martensvi	30:55	1:10:49	43:51
4	2:26:40	26	Kevin SUTTON	Saskatoon	24:15	1:14:01	48:26
5	2:30:04	385	Neil FERGUSON	Winnipeg	24:59	1:13:36	51:30
6	2:35:51	22	John KELLEHER	Brandon	36:36	1:15:54	43:22
7	2:44:56	57	Murray VANDERPONT	Winnipeg	30:23	1:24:32	50:03
8	2:47:25	18	Rick VAUGHAN	Yorkton	34:31	1:29:37	43:17
9	2:51:23	91	Marv GOOSSEN	Brandon	33:04	1:28:58	49:22
10	3:11:16	339	Cam BROWN	Piney	35:41	1:42:36	53:00
11	DNF	35	Rob NELSON	Regina	32:29		

Men 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:30:38	341	James THOMAS	Winnipeg	25:22	1:13:32	51:45
2	2:38:33	44	John BLYTH	Brandon	33:21	1:16:01	49:12
3	2:41:03	2	Brian CULLIGAN	Winnipeg	32:21	1:19:54	48:48
4	2:53:40	92	Rob CROWLEY	Winnipeg	31:31	1:28:13	53:57
5	3:01:20	61	Don WEBB	Winnipeg	32:58	1:31:11	57:12
6	3:31:39	48	Bruce THOMPSON	Winnipeg	47:34	1:45:11	58:54

Men 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:48:50	62	John SAWCHUK	Winnipeg	29:38	1:27:15	51:58

Men 65 - 69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:29:04	25	Don WAITE	Regina	29:41	1:51:28	1:07:56
2	2:37:32	4	Grant GIBSON	Regina	33:52	1:34:51	28:50

Men 70+
No Competitors

Women 19 & Under
No Competitors

Women 20 - 24

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:27:59	73	Alex BELL	Winnipeg	23:45	1:19:33	44:42

Women 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:45:42	343	Tyra DICKSON	Assiniboi	32:39	1:23:56	49:07
2	2:56:52	342	Deanne BENNETT	Winnipeg	29:23	1:29:22	58:07
3	2:57:28	69	Gillian ROBINSON	Winnipeg	25:26	1:33:31	58:32
4	2:58:54	32	Kristyn BALL	Winnipeg	26:14	1:35:03	57:37
5	3:02:54	12	Megan ALBERS	Minot	27:28	1:41:00	54:27

Women 25 - 29 - Continued

6	3:06:10	29	Tatiana BASCHAK	Dauphin	32:53	1:36:40	56:39
7	3:13:21	65	Stephanie JOHNSTON	Winnipeg	32:54	1:36:13	1:04:15
8	3:17:32	350	Anne MACNEIL	Brandon	33:08	1:47:02	57:23

Women 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:31:44	84	Melanie LECLAIR	Winnipeg	26:22	1:17:21	48:02
2	2:33:08	13	Sandra BAARS	Winnipeg	29:30	1:20:48	42:51
3	2:52:53	66	Camille SPERLING	Saskatoon	27:19	1:32:54	52:40
4	2:58:15	349	Ruth-Anne PENNER	Winnipeg	34:04	1:27:46	56:26
5	2:58:41	70	Corinne BARNETT	Regina	33:14	1:27:08	58:20
6	3:03:41	352	Stacey SHAND	Regina	35:06	1:37:13	51:22

Women 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:37:44	36	Kerri HYSUICK	Regina	27:58	1:24:54	44:53
2	2:44:04	79	Michelle WATTS	Winnipeg	31:42	1:24:52	47:31
3	2:48:30	49	Mandy ENRIGHT	Selkirk	29:25	1:30:07	49:00
4	2:52:24	24	Loretta KULCHYCKI	Winnipeg	34:22	1:25:28	52:36
5	3:10:12	340	Terri WOLFE	Winnipeg	32:37	1:31:43	1:05:53

Women 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:20:44	75	Erica STECHESEN	Winnipeg	24:33	1:14:03	42:09
2	2:43:56	58	Lynne CLARK	Winnipeg	27:56	1:28:05	47:56
3	2:48:22	3	Laura ENGLUND	Regina	26:57	1:30:16	51:10
4	2:48:54	99	Michaela FRANCE	Rosburn	28:08	1:33:08	47:39
5	3:15:45	21	Lori EDWARDS	Winnipeg	38:03	1:36:49	1:00:54
6	3:36:41	37	Elizabeth GEBAUER	Brandon	38:16	1:45:28	1:12:58

Women 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:53:37	64	Daniele AYERS	Winnipeg	33:27	1:24:26	55:45
2	2:54:13	34	Linda WHITFIELD	Winnipeg	36:31	1:31:52	45:51
3	3:14:30	97	Kate PAROBEC	Beausejou	34:26	1:35:38	1:04:27
4	3:25:33	52	Dawn ABERSON-RISLEY	Dauphin	41:57	1:43:42	59:56

Women 50 - 54
No Competitors

Women 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:09:19	87	Carolyn SMITH	Winnipeg	32:06	1:33:11	1:04:03
2	3:12:33	56	Nicole MERCIER	Winnipeg	32:14	1:40:46	59:34

Women 55 - 59 - Continued
 3 4:10:57 45 Peggy MARTIN MCGUIRE Regina 46:56 2:00:11 1:23:51

Women 60 - 64
 No Competitors

Women 65 - 69
 No Competitors

Women 70+
 No Competitors

Olympic Tri Relay Teams

Place	Total	Bib #	Team Name	City	Swim	Bike	Run
1	2:23:22	101	EQUIPE AWESOME TEAM	Winnipeg	26:08	1:07:47	49:28
2	2:27:23	109	THE OUTATOWNERS	Winnipeg	27:21	1:21:25	38:38
3	2:37:52	111	Y R WE TRI' ING	Saskatchewan	30:00	1:25:32	42:21
4	2:38:16	329	TEAM W	Penticton	32:28	1:08:39	57:09
5	2:41:13	103	LEAPFROGS	Winnipeg	31:27	1:23:53	45:53
6	2:44:45	105	NEWFIE BULLETS	ManSask	31:33	1:14:57	58:15
7	2:46:32	108	TEAM QUOKKA	Steinbach	31:14	1:18:17	57:01
8	2:48:16	107	TEAM CHRISPY	Portage	33:01	1:20:04	55:13
9	2:56:45	110	THREE'S COMPANY	Melville	34:34	1:32:44	49:27
10	3:02:53	331	LIL BOMBSHELLS	Brandon	35:15	1:36:33	51:07
11	3:13:08	104	MELVILLE MONEYBAGS 2	Melville	32:11	1:32:55	1:08:03
12	3:32:02	100	BASKET CASES	Winnipeg	38:52	1:59:11	54:00
13	3:51:53	106	RODYNA	Winnipeg	38:52	2:05:15	1:07:48

Sprint Triathlon - 750m Swim + 20K Bike + 5K Run

Men 19 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:04:05	390	Riley UNGER	Winnipeg	9:30	35:53	18:43
2	1:07:54	195	Kevin MACDUFF	Winnipeg	11:01	37:46	19:07
3	1:11:55	256	Kurt HAUSER	Pilger	12:49	39:59	19:08
4	1:16:47	289	Colin NAYLOR	Winnipeg	13:42	42:57	20:09
5	1:17:31	299	Parker SCOTT	Minot	13:09	42:43	21:40
6	1:33:44	372	Brett MCKIBBIN	Brandon	19:39	50:02	24:05
7	1:43:09	369	Josh WATKINS	Brandon	18:54	52:21	31:54

Men 20 - 24

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:10:00	368	Trevor PENNER	St. Cleme	11:37	38:44	19:40
2	1:12:50	426	Casey GERGELY	SpruceWoo	9:53	40:24	22:34
3	1:15:36	374	Braeden TAYLOR	St. Andre	9:40	41:03	24:54
4	1:15:40	320	Clayton HEPNER	Brandon	15:28	37:26	22:47
5	1:16:45	362	Grant WARKENTIN	Steinbach	14:09	39:00	23:37

Men 20 - 24 - Continued

6	1:16:49	183	Michael VAN DE VELDE	Steinbach	14:15	41:12	21:23
7	1:22:01	228	Brett MOORE	Regina	16:47	41:21	23:54
8	1:22:28	363	Coltyn VOTH	Steinbach	13:45	44:20	24:24
9	1:25:04	221	Quinton ANDERSON	Winnipeg	16:00	45:51	23:13
10	1:29:14	219	Jonathan TORCHIA	Winnipeg	21:14	46:06	21:55
11	1:29:32	386	Graeme MATHER	Winnipeg	13:39	39:38	36:16
12	1:32:14	215	Scott WOODWARD	Winnipeg	20:34	45:14	26:28

Men 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:15:36	274	Devan POHL	Morden	12:50	39:56	22:50
2	1:16:16	212	Neil TERNOWETSKY	Winnipeg	15:25	39:56	20:56
3	1:17:13	263	Phil DOMPIERRE	Winnipeg	14:59	40:12	22:03
4	1:21:25	373	Jules VAN DE VELDE	Steinbach	13:00	41:41	26:45
5	1:25:35	301	Chris FORTIER	Brandon	16:18	46:27	22:52
6	1:36:30	260	Sean WOJNARSKI	Brandon	22:02	49:12	25:17
7	1:43:40	278	Cam MUNDLE	Winnipeg	22:21	53:55	27:25

Men 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:11:22	366	Dan KILLICK	Regina	9:58	40:07	21:18
2	1:19:11	218	Alex RYBACK	Saskatoon	15:55	39:43	23:34
3	1:19:24	265	Kevin HAIKO	Thompson	14:57	41:29	22:59
4	1:21:12	279	Colin GILMORE	Winnipeg	15:46	41:26	24:01
5	1:24:00	199	David FROH	Regina	16:51	44:51	22:18
6	1:24:50	210	Wyatt WOYCIK	Regina	15:37	44:28	24:47
7	1:29:34	367	Martin ENZLBERGER	Winnipeg	16:48	46:32	26:14
8	1:36:22	179	Brent KYLE	Brandon	16:46	49:17	30:21
9	1:37:57	251	Matthew THIESSEN	Winnipeg	17:52	48:00	32:07

Men 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:06:36	304	Christopher WESTDAL	Winnipeg	11:30	36:09	18:59
2	1:11:43	334	Joel DELEENHEER	Victoria	11:27	37:26	22:50
3	1:13:20	257	Jason ALSTON	Brandon	14:43	37:29	21:09
4	1:14:32	285	Justin REMPEL	Winnipeg	13:13	40:36	20:44
5	1:20:58	302	Scott HYSUICK	Regina	14:40	43:07	23:11
6	1:21:29	290	Chris SCHRADER	Winnipeg	15:54	44:01	21:35
7	1:21:59	191	Fraser CAMERON	Winnipeg	15:58	42:01	24:01
8	1:27:43	300	Steve NEWTON	Winnipeg	19:08	44:51	23:45
9	1:27:50	317	Scott SAWYER	Winnipeg	18:15	45:38	23:58
10	1:30:41	242	Corrado D'ANTONIO	Winnipeg	17:28	47:51	25:23
11	1:31:06	194	Brian SKENE	Saskatoon	16:53	45:44	28:30
12	1:32:14	193	Michael KJERULF	Winnipeg	15:52	48:28	27:55
13	1:37:00	269	David VAN HEYST	Stony Mou	21:59	45:22	29:41
14	1:47:48	297	Radny GEONANGA	Winnipeg	16:46	1:06:51	24:12

Men 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:11:18	196	Sebastien MARCOUX	Onanole	13:52	38:10	19:16
2	1:11:22	318	Todd GRAHAM	Regina	12:42	37:28	21:14
3	1:13:43	294	Ron OBERLIN	Winnipeg	12:52	38:02	22:50
4	1:15:33	259	George KROUPA	Winnipeg	14:32	38:16	22:46
5	1:17:46	71	Dan MCCAUGHAN	Winnipeg	16:23	40:24	20:59
6	1:19:06	321	Cameron POW	Winnipeg	13:27	42:51	22:49
7	1:25:01	143	Scott BRAUN	Winnipeg	16:06	43:44	25:11
8	1:28:52	291	Dave DESROCHERS	St Fran.	16:56	44:45	27:12
9	1:29:58	296	Marco MCDONALD	Winnipeg	16:55	49:32	23:33
10	1:30:41	240	Myron GROENING	Wpg	16:56	46:58	26:47
11	1:33:10	214	Donald MACKAY	Regina	15:20	48:58	28:53
12	1:34:46	281	Trevor HALLSON	Brandon	19:38	46:00	29:09
13	1:35:34	232	Chad FRIESEN	Headingle	18:01	46:55	30:39
14	2:05:03	248	Eric HILDEBRANDT	Brandon	29:31	1:01:18	34:15

Men 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:20:06	252	Richard RUSK	Winnipeg	15:42	39:14	25:10
2	1:20:50	204	John FORTOLOCZKY	Brandon	15:19	42:40	22:52
3	1:24:50	280	John FERG	Portage	15:17	41:51	27:44
4	1:25:21	202	Murray GURSKI	Regina	20:04	43:05	22:14
5	1:29:55	378	Greg WELLS	Winnipeg	17:35	46:51	25:30
6	1:31:59	371	Grant COCKSHOT	Winnipeg	17:18	46:59	27:42

Men 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:26:04	276	Grant UNGER	Winnipeg	15:27	42:08	28:30
2	1:28:41	292	Claude SIMARD	Lorette	20:29	42:21	25:52
3	1:28:50	322	Ken BICKNELL	Winnipeg	17:59	42:01	28:51
4	1:29:18	268	Kevin NEWTON	Glenboro	15:42	45:14	28:23
5	1:29:48	67	Dale BIGELOW	The Pas	15:58	46:25	27:25
6	1:29:50	293	Harold SHUSTER	Winnipeg	20:53	43:10	25:49
7	1:39:28	209	Tim ZULKOSKI	Regina	20:57	50:26	28:07
8	1:42:56	247	Marc TEILLET	Winnipeg	21:35	50:41	30:41
9	1:44:01	283	Kelly BECKMAN	Stony Mou	22:54	54:15	26:54
10	1:45:38	258	Marc ALBERT	Winnipeg	22:47	53:19	29:33

Men 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:18:54	226	Bruce MOORE	Regina	15:12	40:06	23:37
2	1:37:38	236	Lyle RANCE	Sperling	19:23	48:36	29:40
3	1:50:54	273	Brian MATHER	Winnipeg	18:17	54:19	38:19
4	2:04:20	178	Leo SAVOIE	Winnipeg	21:48	58:54	43:39

Men 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:30:42	1	Doug BLAKELY	Regina	14:42	46:46	29:15
2	2:17:17	180	John FERGUSON	East St P	20:26	1:08:19	48:34

Men 65 - 69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:23:27	162	John DUNCAN	Regina	27:19	1:06:20	49:49

70+ Category

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:37:26	313	Merv CAVERS	Winnipeg	17:08	50:04	30:14

Women 19 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:21:37	324	Terri-Lynn MACK	Flin Flon	13:16	43:48	24:34
2	1:29:34	282	Courtney ADDISON	Winnipeg	16:17	47:45	25:33
3	1:31:54	272	Nikki BELL	La Salle	16:02	50:14	25:39
4	1:41:43	288	Raelene SAWATZKY-DYCK	Brandon	18:30	50:06	33:07
5	1:44:19	308	Jessica DYCK	Oakville	16:41	54:54	32:45

Women 20 - 24

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:17:23	305	Nicole MULDER	Winnipeg	14:22	42:46	20:16
2	1:33:40	246	Alanna SIMPSON	Shoal Lak	16:53	50:27	26:21
3	1:37:21	241	Ashley WILLIAMS	Winnipeg	16:44	48:55	31:43
4	1:40:37	266	Amanda PURA	Regina Be	17:51	52:55	29:52
5	1:41:18	377	Alana MACDOUGALL	Winnipeg	16:13	53:10	31:56
6	1:41:31	158	Nikki WAGGONER	Regina	17:30	56:15	27:47
7	1:41:32	303	Stephanie DORNIN	Brandon	17:44	53:03	30:46
8	1:45:34	238	Jasmine JOHNSON	Regina	18:45	52:10	34:40
9	1:53:24	177	Emily WEIGELT	Winnipeg	16:49	1:03:10	33:25
10	1:54:07	229	Kelsey SCHAEFFER	Regina	23:37	57:06	33:25
11	DNF	275	Justine STROMBERG	Winnipeg	16:53		

Women 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:19:12	216	Nicole MITCHELSON	Regina	14:55	43:59	20:20
2	1:27:12	309	Ashley GRAHAM	Carberry	16:50	46:58	23:25
3	1:27:40	319	Bernadine SMITH	Winnipeg	14:46	45:56	26:59
4	1:31:52	198	Ashley SMIDT	Regina	19:02	47:25	25:26
5	1:32:43	286	Karen RAWLINGS	Glenboro	15:31	51:08	26:05
6	1:39:24	234	Kinsley WOJNARSKI	Brandon	16:46	48:17	34:21

Women 25 - 29 - Continued

7	1:40:07	189	Kate WILLIAMSON	Winnipeg	16:08	52:25	31:35
8	1:41:32	314	Janice ROSS	Winnipeg	18:32	55:41	27:19
9	1:43:58	419	Sarah TURNBULL	Regina	17:40	55:44	30:35
10	1:45:05	312	Danielle FOUILLARD	Russell	21:22	53:48	29:56
11	1:48:03	223	Erica SMITH	Brandon	16:09	1:02:30	29:25
12	1:56:35	151	Karen KARST	Regina	17:02	1:00:46	38:48
13	2:07:39	365	Jennifer WHITLAW	Winnipeg	23:58	1:03:32	40:10

Women 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:18:54	261	Brandi SMITH	Winnipeg	13:29	41:47	23:39
2	1:26:09	197	Jen PENNY	Fort McMu	16:51	43:30	25:49
3	1:26:37	161	Erin NELSON	Saskatoon	16:30	45:43	24:24
4	1:26:57	206	Melissa BOXALL	Regina	16:49	42:33	27:36
5	1:30:21	217	Melanie MACKENZIE	Regina	13:10	49:35	27:37
6	1:30:58	383	Julie WILSON	Yorkton	15:34	48:00	27:25
7	1:31:31	208	Melanie ELLIOTT	Regina	15:47	47:37	28:08
8	1:31:52	173	Heather JANZEN	Morden	17:56	45:56	28:00
9	1:32:30	249	Pam MAY	MacGregor	17:45	47:32	27:13
10	1:34:18	244	Allison REVILLE	Brandon	14:51	50:20	29:07
11	1:36:38	213	Crystal SPRINGER	Saskatoon	19:47	50:16	26:35
12	1:38:41	166	Amber SMITH	Regina	21:01	50:35	27:06
13	1:41:45	184	Julie NORMAN	Yorkton	17:44	49:59	34:02
14	1:46:40	187	Azure-Dee FARAGO	Regina	16:26	1:00:08	30:06
15	1:48:56	207	Meeghan MACMILLAN	Brandon	20:10	57:25	31:21
16	1:51:04	254	Lisa MAY	Winnipeg	18:55	55:24	36:46
17	1:55:45	160	Heidi THIESSEN	Winnipeg	21:40	58:24	35:42

Women 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:18:33	14	Leah GOTTINGER	Regina	16:36	41:23	20:35
2	1:23:07	253	Christa RUSK	Winnipeg	17:45	40:12	25:10
3	1:26:09	310	Sherri CLIFFORD	Dauphin	16:49	42:52	26:29
4	1:28:37	250	Rhonda KITCHEN	Portge La	15:46	45:11	27:41
5	1:28:40	267	Sherry PENNER	Winnipeg	16:57	48:10	23:34
6	1:35:09	307	Jenny KRENTZ	Thompson	16:10	51:05	27:55
7	1:37:37	165	Ann DANDENEAU	Dauphin	18:03	49:33	30:02
8	1:42:50	295	Marie-Claude MCDONALD	St-Bonifa	19:44	53:59	29:07
9	1:43:21	364	Noreen BIDDER	Winnipeg	20:18	52:44	30:21
10	1:45:27	237	Kristine THOMPSON	Winnipeg	20:34	55:04	29:51
11	1:53:37	239	Tammy FISHER	Brandon	16:05	1:04:00	33:33
12	1:54:25	171	Nichole GROBOWSKY	Winnipeg	21:43	56:35	36:09
13	1:55:05	211	Jennifer COTTES	Winnipeg	20:15	1:00:40	34:11
14	1:59:42	159	Janet PETERS	Winnipeg	20:50	1:01:38	37:15
15	1:59:56	155	Juliana SAXBERG	Regina	23:28	57:58	38:31

Women 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:20:12	370	Janice FIELD	North Yor	14:10	41:28	24:34
2	1:28:01	181	Cynthia SABISTON	Winnipeg	15:31	48:30	24:01
3	1:29:46	176	Jane KLASSEN	Winnipeg	17:27	45:07	27:13
4	1:31:23	277	Michele HACZKEWICZ	Yorkton	16:20	47:52	27:12
5	1:31:50	245	Leah GROVE	Winnipeg	14:56	49:29	27:25
6	1:34:09	163	Rhonda ZWACK	Regina	18:06	47:20	28:44
7	1:34:24	222	Alison GIASSON	Winnipeg	17:27	48:15	28:43
8	1:34:34	175	Laurie SHALLEY	Regina	17:16	49:41	27:38
9	1:35:32	235	Nancy HARLEY	Winnipeg	18:23	48:15	28:54
10	1:38:04	153	Tara FORSYTH	Regina	17:50	51:54	28:20
11	1:45:51	323	Melody BALANE	Winnipeg	23:55	57:19	24:38
12	1:46:35	264	Shelley KYLE	Minto	23:56	51:07	31:33
13	1:46:52	306	Tara GILL	Winnipeg	16:57	55:52	34:04
14	1:47:02	186	Tracey COZMAN	Regina	20:21	56:36	30:07
15	1:48:50	220	Angie GIESBRECHT	Winnipeg	19:39	52:15	36:56
16	1:56:19	225	Jennifer DOERKSEN	Winnipeg	18:51	58:14	39:15
17	1:58:04	230	Tammy STUPACK	Winnipeg	20:16	1:01:42	36:07
18	2:07:40	255	Melanie DUBOIS	Brandon	20:34	1:07:31	39:36
19	2:11:17	298	Anne DUBOULOZ	Wpg	22:28	1:10:52	37:59

Women 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:29:10	262	Kathy HENDREN	Regina	14:19	45:57	28:55
2	1:31:46	271	Deb PFRIMMER	La Salle	18:10	49:36	24:02
3	1:31:46	270	Donna BELL	La Salle	17:26	50:19	24:02
4	1:35:29	284	Elizabeth SWEET	Winnipeg	17:52	48:28	29:09
5	1:35:56	157	Monica WAGGONER	Regina	16:47	50:06	29:03
6	1:48:28	315	Tracie MCDONALD	Garson	17:07	57:49	33:33
7	1:53:25	418	Alison SUNDEEN	Fort Qu'A	21:33	59:59	31:54
8	1:57:30	231	Marina O'LEARY	Winnipeg	23:39	54:02	39:49
9	2:02:49	164	Allison CRICHLOW	Regina	18:54	58:44	45:12
10	2:22:42	174	Stephane STAPLES	Winnipeg	29:09	1:10:15	43:18
11	2:22:42	117	Marie GLENHILL	Winnipeg	29:04	1:10:21	43:18

Women 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:22:32	169	Donna KABALUK	Regina	15:57	44:33	22:04
2	1:28:27	227	Frankie PELLETIER	Regina	15:38	46:58	25:52
3	1:32:59	381	Marianne REMPEL	Martensvi	17:18	47:43	27:59
4	1:34:23	17	Sandy VAUGHAN HASTIE	Yorkton	18:18	48:37	27:29
5	1:37:12	168	Doris BURDON	Regina	17:38	49:51	29:44
6	1:38:05	190	Kim BOOTH	Brandon	18:32	49:15	30:19
7	1:39:11	311	Cindy SWAINE	Winnipeg	17:39	48:29	33:04
8	1:47:41	192	Caron WHITLAW HIEBERT	Winnipeg	21:37	55:29	30:36
9	1:57:05	156	Candace TRUSSLER	Winnipeg	18:01	1:00:16	38:49

Women 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:40:45	154	Karen HARASEN	Regina	21:45	49:17	29:44
2	1:53:28	224	Jane WEITZEL	Winnipeg	16:45	56:06	40:38
3	1:53:52	389	Carol Anne GEROW	Souris	20:08	58:27	35:18
4	1:57:52	205	Deb HNATIW	Winnipeg	19:41	59:00	39:11
5	2:07:38	172	Wanda MATHERS	Brunkild	24:01	58:37	45:01

Women 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:47:39	152	Pat BLAKELY	Regina	17:30	53:41	36:29

Sprint Tri Relay Teams

Place	Total	Bib #	Team Name	City	Swim	Bike	Run
1	1:22:02	327	RIDING MOUNTAIN YOUNG	RMNP	16:47	41:13	24:02
2	1:22:50	330	TEAM ZACK	Portage	15:25	38:57	28:29
3	1:29:58	102	GIRLS ON TOP	Melville	15:55	51:23	22:40
4	1:39:58	325	BIG BERTHA	Winnipegq	23:54	46:45	29:20
5	1:49:02	326	MELVILLE MONEYBAGS 1	Melville	22:52	51:58	34:13
6	1:57:39	328	YA BUT WE LOOK GOOD	Winnipegq	12:55	1:18:28	26:17

Sprint Duathlon - 2.5K Run + 20K Bike + 5K Run

Male

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
1	1:08:19	359	Jeff MCMILLAN	Winnipeg	8:55	41:29	17:56
2	1:14:29	356	Jason POWERS	Brandon	10:50	41:33	22:07
3	1:17:46	145	Gordon FINLAY	Brandon	11:50	40:23	25:34
4	1:18:19	146	Ron CARR	Minnedosa	12:09	41:55	24:16
5	1:18:30	140	Terry BETCHER	Swan Rive	12:07	41:57	24:27
6	1:19:00	185	Jeff CROSSMAN	Yorkton	10:55	43:10	24:56
7	1:20:38	126	Jarrett SASS	Winnipeg	12:01	44:35	24:03
8	1:20:41	116	Paul ARCHBUTT	Minnedosa	12:04	40:48	27:50
9	1:20:42	375	John GRAY	Winnipeg	12:07	43:28	25:08
10	1:21:40	141	Tyler BETCHER	Swan Rive	12:08	45:35	23:58
11	1:22:09	355	Patrick THIESSEN	Winnipeg	11:24	45:16	25:31
12	1:22:21	128	Clayton CAREFOOT	Eden	12:09	43:53	26:21
13	1:22:23	137	Kevin WOLK	Winnipeg	11:26	45:44	25:14
14	1:22:30	124	Stephen CORNELSEN	Onanole	11:14	46:06	25:12
15	1:26:40	142	Sean HICKS	Winnipeg	11:39	50:08	24:54
16	1:29:00	376	Dwayne DYCK	Brandon	11:41	52:47	24:33
17	1:29:19	133	Bob HYRA	Brandon	12:18	45:33	31:30
18	1:29:46	139	Terry ALLAN	Regina	13:56	47:59	27:52
19	1:30:23	384	Brad HICKMAN	Rocanvill	11:55	50:54	27:35
20	1:32:57	134	Darryll PENNER	Winnipeg	13:06	49:33	30:18

Male Duathlon - Continued

21	1:33:00	115	Tim DE RUYCK	Gilbert P	12:30	51:52	28:39
22	1:35:53	144	Charlie NELSTROP	Minnedosa	15:04	50:34	30:16
23	1:49:40	122	Kurt PENNER	Winnipeg	14:58	58:25	36:18

Female

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
1	1:16:39	147	Emma GORWOOD	Minnedosa	10:40	43:45	22:16
2	1:17:38	149	Christina PATTERSON	Beausejou	11:13	43:40	22:47
3	1:19:15	136	Laurie NEWTON	Glenboro	11:46	42:29	25:01
4	1:19:26	150	Amy LEE	Brandon	11:40	43:19	24:28
5	1:20:53	127	Jocelyn LEGAULT-CLARK	Bdn	12:41	43:18	24:56
6	1:23:08	118	Carrie NEWMAN	Regina	11:10	48:02	23:56
7	1:23:21	335	Elizabeth MCCANDLESS	Wpg	12:21	43:43	27:18
8	1:23:44	138	Lesley BETCHER	Swan Rive	12:37	45:42	25:26
9	1:24:17	148	Allison MANNING	Brandon	11:32	48:47	23:59
10	1:24:25	123	Justine CORNELSEN	Onanole	11:38	47:37	25:12
11	1:24:36	130	Lexi MACARTHUR	Calgary	12:10	45:51	26:36
12	1:24:44	360	Sherrill-Lee HYRA	Brandon	12:18	46:19	26:08
13	1:24:50	131	Nancy KROUPA	Winnipeg	12:54	45:03	26:53
14	1:25:33	125	Sara SASS	Winnipeg	12:38	47:17	25:40
15	1:25:54	357	Tracy LIDSTER	Brandon	12:38	46:43	26:34
16	1:26:35	129	Sara MACARTHUR	Winnipeg	12:19	46:22	27:55
17	1:27:53	112	Corry KING	East St.	12:42	47:45	27:27
18	1:28:36	358	Shawna BROWN	Brandon	12:56	47:44	27:57
19	1:33:14	361	Daphne CHEN	Winnipeg	13:57	50:05	29:13
20	1:35:57	287	Krista HALL	Winnipeg	13:41	52:35	29:43
21	1:36:31	132	Ramona ROHRINGER	Winnipeg	15:18	50:04	31:10
22	1:40:10	119	Sarah GIESBRECHT	Winnipeg	14:16	56:14	29:42
23	1:40:58	120	Marnie ELGAR	Winnipeg	14:15	56:15	30:29
24	1:47:30	353	Catherine YUILL	Morden	14:13	1:01:04	32:15
25	1:47:30	354	Melanie DICKSEN	Winkler	14:13	1:01:04	32:15
26	1:48:07	114	Sherry DE RUYCK	Gilbert P	15:12	58:16	34:40
27	1:49:42	113	Mary BARANYK	East St.	16:28	56:56	36:19
28	1:59:14	135	Diane YACHINA	Regina	15:44	1:11:53	31:38
29	2:04:34	121	Angela MOORE	Preecevil	17:24	1:09:46	37:24
30	2:24:30	336	Diane FORREST	Killarney	19:50	1:18:21	46:21

Try-A-Tri - 300m Swim + 10K Bike + 2.5K Run

Note: There are no placing for the Try a Tri event. All participants recived a RMTri Finisher Medal

Total	Bib #	Competitor	City	Swim	Bike	Run
47:22	409	Braden MISANCHUK	Brandon	7:20	26:11	13:51
49:00	422	Alana DEGRAVE	Victoria	7:38	25:53	15:30
49:25	420	Logan BICCUM	Virden	6:00	30:13	13:13
49:28	411	Cindy UNGER	Winnipeg	7:46	25:38	16:05
50:51	406	Jill BECH	Ft.Saskatche	7:49	27:35	15:28
51:08	167	Mary MYHRE	Dauphin	6:58	28:28	15:43
51:20	417	Jason BELTON	Winnipeg	7:04	31:39	12:38

Try-A-Tri - Continued

52:30	416	Tyson DYCK	Oakville	7:34	31:30	13:27
52:36	421	Dora MCKAY	Erickson	8:54	26:13	17:30
52:38	423	Sheri FRIESEN	Winnipeg	7:29	28:51	16:19
53:34	425	Valerie R. DYCK	Brandon	8:49	27:29	17:18
54:13	412	Heather RYBACK	Saskatoon	7:54	30:48	15:32
58:13	413	Christine NEUSTAEDTER	Carman	10:39	32:41	14:53
58:22	203	Linda KORT	Indian Head	7:30	32:20	18:34
1:01:16	401	Katrina SZTANDERA	Winnipeg	8:06	37:19	15:53
1:07:54	407	Angela BARTLEY	Winnipeg	7:50	35:21	24:44
1:08:10	415	Jack LOTZ	Winnipeg	10:36	37:41	19:55
1:13:26	410	Michelle JUBENVILL	Dauphin	7:45	41:54	23:48
1:13:26	424	Carla GARTON	Dauphin	7:46	41:52	23:48
1:29:12	408	Nicole DUNN	Headingley	11:05	49:47	28:21
1:32:02	402	Celine FARLEY	Balgonie	11:22	58:11	22:30
DNF	170	Diane CHADWICK	Regina	7:36	28:25	

Thanks to:

- RMTri Sponsors for their continued support
- To the Officials, Head Referee, Kelly Mahoney, Suzanne Macduff and Eileen Pedersen. Your support is truly appreciated and helped make the day a success
- Friends of Riding Mountain National Park for their support and help over the weekend
- Warren Cook and Dan Dechka who, again, created a great transition zone!
- Minnedosa Kayak Club for once again giving the swimmers a sense of comfort
- The Crowstons - Ellis, Deb, Kyle and Gage for their passion for this Park and this sport

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