



## Riding Mountain Triathlon

Race #4 of the Triathlon Manitoba's Grand Prix Series

Weather: 23C, Sunny, Water Temp - 20.5C, Participants: 524

Follow this link for the [RMTri Finisher Certificate](#)

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

Men 24 & Under							
Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:09:22	269	Patrick NAYLOR	Winnipeg	22:29	1:11:07	35:46
2	2:18:42	221	Shane MACNAUGHTON	Regina	23:25	1:10:33	44:45
3	3:21:40	503	Lee KLIMPKE	Winnipeg	44:48	1:42:32	54:21
4	2:22:03	279	Mark OKANY	Winnipeg	21:32	1:14:40	45:52
5	2:35:13	232	Quinton MAYDANIUK	Verona	22:37	1:23:13	49:24
6	2:41:58	124	Casey GERGELY	Sprucewood	20:03	1:25:00	56:56

Men 25 - 29							
Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:23:35	506	Will WELLBORN	Sifton	23:23	1:14:18	45:55
2	2:27:58	207	Ryan LAMONT	Brandon	31:35	1:15:03	41:21
3	2:33:46	179	Todd JONES	Regina	31:20	1:16:30	45:57
4	2:40:58	150	Brett HAMILTON	Winnipeg	31:42	1:21:45	47:32
5	2:55:30	51	Daniel CARREIRO	Saskatoon	39:11	1:30:43	45:37
6	2:58:14	373	Shea STRATTON	Winnipeg	40:26	1:30:00	47:49

Men 30 - 34							
Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:18:36	196	Charles KOSTYK	Winnipeg	25:39	1:12:18	40:40
2	2:34:53	219	Brendan MACKENZIE	Regina	24:14	1:16:52	53:48
3	2:39:01	328	Alex RYBACK	Saskatoon	29:40	1:20:40	48:42
4	2:41:25	208	Kevin LAMOUREUX	Winnipeg	31:10	1:20:48	49:27
5	2:42:37	182	Phil KAISER	Regina	28:11	1:21:19	53:08
6	2:45:53	317	Mike RIDDELL	Winnipeg	33:34	1:28:49	43:30
7	2:47:29	117	David FROH	Regina	32:26	1:25:18	49:45

8	2:47:52	444	Ian GIVENS	Winnipeg	32:34	1:25:01	50:18
9	2:51:42	110	Chris FORTIER	Brandon	32:21	1:23:50	55:31
10	2:59:39	300	Mark PHINNEY	Brandon	31:29	1:23:27	1:04:45
11	3:03:44	428	Sean WOJNARSKI	Brandon	39:44	1:28:25	55:37
12	3:14:05	498	Chris OLYNYK	Brandon	38:47	1:38:19	57:00
13	3:21:29	356	Dustin SMAILL	Sherwood	38:40	1:43:40	59:10

Men 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:08:10	290	Patrick PEACOCK	Winnipeg	21:30	1:08:42	37:59
2	2:17:26	6	Juan APPENDINO	West Saint Paul	21:29	1:14:44	41:15
3	2:25:34	167	Mark HOLMSTROM	Winnipeg	27:26	1:10:34	47:36
4	2:27:19	23	Colin BIALKOSKI	Sherwood	27:53	1:18:50	40:38
5	2:32:06	168	Jamie HOPKINS	Winnipeg	27:26	1:18:25	46:16
6	2:34:51	434	Matt YEO	Kenora	25:22	1:24:15	45:14
7	2:37:15	229	Laverne MASUR	Regina	33:56	1:21:58	41:22
8	2:41:37	86	Geoff DUECK THIESSEN	Winnipeg	32:30	1:23:14	45:54
9	2:42:28	345	Lloyd SEHN	Estevan	31:02	1:23:23	48:04
10	2:44:17	436	Jason ZINKO	Brandon	28:04	1:23:38	52:36
11	2:45:06	297	Daryl PERRY	Winnipeg	30:22	1:23:20	51:25
12	2:48:33	369	Craig STEPHEN	Winnipeg	24:40	1:29:00	54:53
13	2:50:13	71	Corrado D'ANTONIO	Winnipeg	33:35	1:26:23	50:17
14	2:54:56	35	Dustin BOROTSIK	Calgary	30:12	1:31:54	52:51
15	2:55:44	45	Stephen BULLER	Calgary	24:30	1:25:47	1:05:28

Men 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:09:57	261	Jeff MORIER	Winnipeg	21:58	1:06:44	41:15
2	2:15:17	417	Christopher WESTDAL	Winnipeg	23:20	1:11:51	40:07
3	2:22:08	15	Kevin BEECHINOR	Winnipeg	24:51	1:11:38	45:41
4	2:28:09	138	Todd GRAHAM	Regina	26:22	1:17:58	43:49
5	2:35:17	16	Lance BEHM	Minot	22:23	1:26:34	46:21
6	2:38:42	209	Marc LECLAIR	Winnipeg	30:12	1:16:26	52:05
7	2:39:58	529	Camron POW	Winnipeg	28:13	1:20:51	50:55
8	2:45:30	514	Scott MACDONALD	Courtenay	28:48	1:24:58	51:45
9	2:47:20	39	Mike BROMILOW	Winnipeg	30:14	1:21:23	55:44
10	2:57:36	26	Mervin BILINSKI	Saskatoon	29:45	1:37:39	50:12
11	2:58:47	74	Ryan DE LEEUW	Estevan	29:15	1:32:03	57:31
12	2:58:53	420	Craig WHITE	Winnipeg	32:53	1:31:03	54:59
13	3:18:31	418	Dwayne WHEELER	Winnipeg	32:15	1:59:36	46:40
14	3:31:05	233	Warren MCCALL	Regina	34:01	1:43:29	1:13:37

## Men 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:23:10	52	Philippe CHABOT	Winnipeg	23:21	1:14:07	45:43
2	2:38:35	90	Robert DUNCAN	Headingle	30:50	1:17:25	50:22
3	2:39:50	263	Chris MURRAY	Lethbridg	32:39	1:10:56	56:15
4	3:08:55	432	Darwin WRAY	Fargo	35:17	1:35:03	58:36

## Men 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:26:00	264	Dan MURRAY	Winnipeg	29:17	1:16:57	39:47
2	2:32:09	62	Gary COLEMAN	Winnipeg	32:13	1:17:55	42:02
3	2:34:59	186	John KELLEHER	Brandon	35:47	1:13:59	45:14
4	2:38:23	173	Wallace HURLBERT	Regina	29:51	1:21:22	47:11
5	2:40:25	103	David FERGUSON	Brandon	30:09	1:19:22	50:55
6	2:41:41	403	Murray VANDERPONT	Winnipeg	28:15	1:25:14	48:13
7	3:00:04	171	Rod HUDYM	Saskatoon	33:53	1:31:31	54:41
8	3:04:47	378	Walter Scott SYLVESTER	Dauphin	33:31	1:28:25	1:02:51
9	3:12:15	301	Eran PLOTNIK	Winnipeg	32:46	1:40:26	59:03
10	3:14:20	353	Claude J. SIMARD	Lorette	38:46	1:30:05	1:05:29
11	3:21:55	14	Kelly BECKMAN	Stony Mountain	42:14	1:42:14	57:28
12	3:24:31	399	Ferdi VAN DONGEN	Portage L	38:59	1:48:30	57:02

## Men 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:38:29	280	Tom OKANY	Winnipeg	27:16	1:27:10	44:04
2	2:43:55	157	Tim HAWKINS	Winnipeg	31:09	1:26:35	46:12
3	2:46:00	30	John BLYTH	Brandon	34:38	1:21:17	50:05
4	2:51:31	68	Brian CULLIGAN	Winnipeg	35:05	1:23:22	53:05
5	2:59:20	125	Ian GERMANI	Regina	31:44	1:35:21	52:16
6	3:15:45	383	Bruce THOMPSON	Winnipeg	35:42	1:41:42	58:23
7	3:20:13	38	Wes BRAUN	Lumsden	39:52	1:39:23	1:00:59
8	3:21:23	359	Russell SMANDYCH	Winnipeg	37:08	1:37:36	1:06:41

## Men 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:50:59	335	John SAWCHUK	Winnipeg	28:39	1:27:52	54:29
2	2:58:17	266	John MYKYTCHUK	Regina	32:43	1:30:32	55:03
3	3:36:21	341	Dexter SCOTT	Minot	49:26	1:41:57	1:04:59

## Men 65 - 69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	3:14:31	130	Grant GIBSON	Regina	33:58	1:41:06	59:27

## Men 70+

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
			No competitors				

## Women 24 and Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:33:28	17	Alex BELL	Winnipeg	24:54	1:22:14	46:20
2	2:40:49	349	Alice SHERWIN	Winnipeg	30:23	1:24:27	46:00
3	3:27:45	238	Claire MCKIBBIN	Halifax			

## Women 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:37:01	360	Bernadine SMITH	Winnipeg	26:51	1:21:49	48:21
2	2:37:24	338	Erin SCHINKEL	Winnipeg	24:53	1:21:50	50:42
3	2:43:10	220	Leah MACNAUGHTON	Regina	26:33	1:28:22	48:15
4	2:45:59	409	Chelsea WARDROPE	Winnipeg	25:30	1:25:58	54:32
5	2:55:39	9	Erika BALDO	Saskatoon	26:05	1:34:41	54:54
6	3:02:38	140	Melissa GREEN	Brandon	38:50	1:32:47	51:02
7	3:14:45	387	Natalie TRUDEAU	Winnipeg	38:28	1:33:15	1:03:03
8	3:19:49	18	Catherine BELL	Shilo	38:44	1:42:53	58:13
9	3:21:28	357	Janelle SMAILL	Sherwood	38:39	1:43:41	59:09

## Women 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:33:06	48	Sheena BUTLER	Morden	25:57	1:20:42	46:28
2	2:40:52	225	Carly MARQUARDSON	Winnipeg	31:41	1:22:19	46:54
3	2:44:31	370	Sandra STEPHEN	Winnipeg	30:07	1:26:11	48:14
4	2:44:42	80	Tyra DICKSON	Assiniboine	30:34	1:27:12	46:56
5	2:50:45	443	Chantal DENHOLM	Winnipeg	34:50	1:31:25	44:31
6	2:58:25	343	Michaela SCRIMGER	Winnipeg	30:58	1:29:41	57:47
7	3:07:52	318	Stephanie RITTER	Minot	33:15	1:41:50	52:48
8	3:08:26	98	Melanie ELLIOTT	Regina	30:48	1:38:10	59:29
9	3:16:27	315	Allison REVILLE	Brandon	28:53	1:39:11	1:08:24
10	3:26:15	390	Sarah TURNBULL	Regina	35:23	1:45:30	1:05:23
11	4:02:05	116	Alexandra FROESE	Winnipeg	48:25	2:00:23	1:13:18

## Women 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:31:55	375	Renee STUCKEL	Saskatoon	28:38	1:21:35	41:43
2	2:50:03	137	Shana GRAHAM	Regina	28:11	1:26:22	55:30
3	2:52:55	57	Sherri CLIFFORD	Dauphin	36:01	1:22:57	53:58
4	3:09:43	174	Marie HYDE	Craik	33:39	1:36:40	59:24

5	3:09:56	166	Carmen HOLDING	Regina	35:50	1:39:31	54:36
6	3:43:54	192	Karen KLASSEN	Regina	42:05	1:43:42	1:18:08
7	3:45:57	142	Nichole GROBOWSKY	Winnipeg	38:38	1:47:20	1:20:00
8	3:54:11	337	Juliana SAXBERG	Craven	44:20	1:53:36	1:16:16

Women 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:30:25	164	Kim HODGES	Winnipeg	25:55	1:20:07	44:24
2	2:41:01	158	Leanne HELFRICH	Saskatoon	30:04	1:23:44	47:14
3	2:41:26	56	Lynne CLARK	Winnipeg	27:39	1:26:34	47:14
4	2:53:12	113	Michaela FRANCE	Rosburn	28:14	1:35:27	49:32
5	3:02:25	332	Shannon SAWATZKY	Steinbach	29:57	1:33:19	59:10
6	3:02:54	228	Jennifer MASUR	Regina	35:07	1:36:42	51:06
7	3:04:47	296	Sona PENSAERT	Dauphin	39:04	1:32:04	53:40
8	3:09:48	50	Susan CAMERON	Regina	26:07	1:49:09	54:33
9	3:22:04	8	Melody BALANE	Winnipeg	38:38	1:49:38	53:49
10	3:22:04	384	Kristine THOMPSON	Winnipeg	39:07		

Women 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:29:11	368	Erica STECHESEN	Winnipeg	25:13	1:19:48	44:11
2	2:58:08	7	Daniele AYERS	Winnipeg	33:15	1:28:41	56:12
3	3:00:31	170	Brenda HUDEY	Regina	30:26	1:33:57	56:09
4	3:18:24	66	Tracey COZMAN	Regina	38:28	1:42:15	57:42
5	3:27:10	287	Kathleen PAROBEC	Beausejou	35:16	1:47:47	1:04:08

Women 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:54:25	156	Jan HAWKINS	Winnipeg	31:13	1:28:39	54:35
2	3:10:14	47	Doris BURDON	Regina	28:01	1:41:09	1:01:05
3	3:29:13	259	Shari MOMBOURQUETTE	Regina	40:58	1:45:15	1:03:01

55 - 59 Category

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:39:38	278	Kate OKANY	Winnipeg	26:37	1:27:10	45:52
2	3:17:00	249	Nicole MERCIER	Winnipeg	31:07		

Women 60 - 64 Category

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
			No Competitors				

Women 65 - 69 Category

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
			No Competitors				

Women 70+

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
			No Competitors				

Olympic Tri Relay Teams

Pos	Time	Bib #	Team Name	City	Swim	Bike	Run
-----	-----	-----	-----	-----	-----	-----	-----
1	2:17:13	535	WBC	Dauphin	23:23	1:03:05	50:47
2	2:41:41	453	LEAPFROG	Neepawa	30:14	1:24:38	46:50
3	2:46:40	459	STILL TRI - ING	Yorkton	29:59	1:25:52	50:50
4	2:58:16	458	SKID MARKZ	MacGreogr	41:07	1:21:23	55:47
5	2:59:54	451	DYNAMIC PHYSIOTHERAPY	Brandon	35:37	1:25:40	58:37
6	3:20:54	455	MELVILLE MONEYBAGS #2	Melville	34:46	1:38:24	1:07:45
7	3:21:40	450	BIRDDOG	Winnipeg	39:55	1:48:14	53:32
8	3:22:16	470	TEAM SPACKER	Portage La Praire	29:52	1:37:00	1:15:25
9	3:40:17	452	KOZAKS	Winnipeg	36:22	1:34:53	1:29:03
10	3:57:54	482	RODYNA	Winnipeg	36:22	2:13:26	1:08:07

**Sprint Triathlon - 750m Swim + 20K Bike + 5K run**

Men 19 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:08:25	262	Patrick MUMA	Winnipeg	11:07	38:23	18:55
2	1:10:14	59	Drew COCHRANE	Viriden	9:56	40:09	20:10
3	1:10:44	218	Kevin MACDUFF	Winnipeg	11:03	40:24	19:18
4	1:15:22	268	Colin NAYLOR	Winnipeg	13:21	42:46	19:16
5	1:20:43	342	Parker SCOTT	Minot	12:50	43:44	24:10
6	1:28:18	449	Angus FOSTER	Thunder Bay	15:51	52:12	20:16
7	1:50:10	199	Aaron KRIEGER	Melville	24:20	1:01:31	24:20

Men 20 - 24

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:11:11	159	Clayton HEPPNER	Brandon	14:31	35:33	21:08
2	1:12:49	294	Trevor PENNER	Narol	12:16	39:01	21:33
3	1:21:51	33	Patrick BORESKEIE	Winnipeg	12:01	45:19	24:32
4	1:25:10	431	Ian WOOKEY	Deep Rive	17:37	47:29	20:05
5	1:26:58	180	Jordan JOYE	Killarney	15:56	50:19	20:44
6	1:34:45	401	Ian VAN NEST	Winnipeg	14:52	49:17	30:36

7	1:39:11	404	Coltyn VOTH	Steinbach	16:49	51:30	30:53
8	1:45:47	515	Scott BROUSSEAU	St. Germa	20:01	55:57	29:50

Men 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:08:00	212	Ryan LEIBEL	Regina	12:10	35:46	20:04
2	1:14:12	302	Devan POHL	Morden	13:11	39:12	21:50
3	1:15:15	410	Grant WARKENTIN	Steinbach	12:57	39:14	23:05
4	1:15:16	397	Mike VAN DE VELDE	Steinbach	13:25	40:08	21:44
5	1:24:43	151	Todd HAMILTON	Winnipeg	16:56	45:20	22:28
6	1:24:59	5	Quinton ANDERSON	Winnipeg	16:11	44:00	24:49
7	1:25:28	197	William KRAHN	Winnipeg	17:48	45:37	22:04
8	1:26:32	396	Jules VAN DE VELDE	Steinbach	13:31	46:04	26:58
9	1:29:50	386	Jonathan TORCHIA	Winnipeg	20:31	47:15	22:05
10	1:33:49	419	Braden WHITE	Regina	15:59	44:55	32:55
11	1:46:50	527	Dan MCINNIS	Shilo	19:40	55:12	31:59
12	1:53:36	430	Scott WOODWARD	Winnipeg	19:13	1:07:25	27:00

Men 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:15:17	380	Neil TERNOWETSKY	Winnipeg	14:27	40:20	20:32
2	1:15:46	501	Paul DYCK	Winnipeg	14:39	38:57	22:11
3	1:22:54	145	Kevin HAIKO	Thompson	15:55	43:49	23:10
4	1:26:10	178	Michael ISAAC	Winnipeg	16:48	47:16	22:07
5	1:27:04	46	David BURCH	Regina	14:36	47:02	25:27
6	1:29:16	155	Brant HARVEY	Winnipeg	15:41	46:32	27:04
7	1:34:39	441	Scott MCCREA	Winnipeg	20:17	47:15	27:08
8	1:34:47	494	Eric BJORNSON	Winnipeg	21:15	48:49	24:44
9	1:37:06	308	Leoz RAFAELI	Winnipeg	17:18	51:40	28:09
10	1:50:47	91	Mark DUNN	Headingle	19:43	54:54	36:11

Men 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:08:29	530	Dave LIPCHEN	Winnipeg	12:21	36:41	19:28
2	1:16:51	3	Jason ALSTON	Brandon	15:16	40:06	21:30
3	1:20:01	339	Chris SCHRADER	Winnipeg	15:50	43:03	21:09
4	1:21:16	165	Stuart HOLDEN	Winnipeg	15:38	42:58	22:41
5	1:29:35	222	Derrick MANN	Regina	17:52	43:48	27:56
6	1:31:58	205	Brent KYLE	Brandon	15:35	47:48	28:36
7	1:32:46	442	David FRASER	Winnipeg	16:47	47:38	28:22
8	1:34:02	336	Scott SAWYER	Winnipeg	16:10	50:33	27:20
9	1:35:28	394	David VAN HEYST	Stony Mountain	21:43	45:22	28:24
10	1:38:15	105	Trevor FINCH	Winnipeg	20:39	48:16	29:21
11	1:38:45	135	Mark GRADT	Winnipeg	18:32	48:46	31:28

12	1:39:56	511	Ryan RATUSHNIAK	Winnipeg	19:57	52:59	27:02
13	1:48:07	489	Wade MILLER	Winnipeg	19:43	53:28	34:58
14	1:49:11	388	Chad TRUMBLEY	Creighton	24:38	53:56	30:38

Men 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:08:22	244	Jeff MCMILLAN	Winnipeg	13:45	36:28	18:10
2	1:13:49	277	Ron OBERLIN	Winnipeg	12:39	38:33	22:39
3	1:16:46	448	Dan MCCAUGHAN	Winnipeg	15:54	40:34	20:19
4	1:22:52	204	Martin KUN	Winnipeg	15:45	41:49	25:20
5	1:23:23	407	Troy WALKER	Winnipeg	14:40	44:08	24:36
6	1:26:04	314	Harold REMPEL	Steinbach	16:36	43:13	26:16
7	1:28:29	282	Dwayne OLSON	Winnipeg	14:11	48:26	25:53
8	1:29:18	234	Marco MCDONALD	Winnipeg	16:37	49:43	22:59
9	1:32:21	372	Jason STRAILE	Creighton	14:39	51:21	26:23
10	1:34:39	439	Myron GROENING	Winnipeg	18:07	49:23	27:11
11	1:34:42	421	Scott WIEBE	Winnipeg	18:29	48:12	28:02
12	1:36:20	362	Harold SMITH	Thompson	16:45	47:02	32:34
13	1:38:47	153	Jamie HARDY	Winnipeg	26:15	49:01	23:32
14	1:45:05	492	Terry BROWETT	Brandon	26:20	50:52	27:53
15	1:51:25	496	Jim FOULKES	Winnipeg	18:30	1:02:40	30:16
16	2:15:16	486	Warren SIGFUSSON	Winnipeg	27:42	1:07:28	40:07
17	2:31:55	533	Dennis SIERHUS	Winnipeg	22:43	1:27:06	42:07
18		429	Kevin WOLK	Winnipeg	24:06		

Men 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:15:45	41	Jeff BROOKS	Winnipeg	13:36	38:09	24:01
2	1:16:27	508	Tom NAYLOR	Winnipeg	14:54	40:31	21:04
3	1:16:29	327	Richard RUSK	Winnipeg	13:18	38:39	24:33
4	1:23:19	25	Kim BIEM	Regina	18:30	41:23	23:27
5	1:23:26	120	Steve GAUNT	Winnipeg	14:49	46:33	22:05
6	1:23:48	99	Mark ELLSWORTH	Regina	16:42	43:04	24:03
7	1:30:18	177	Richard INSLEY	Winnipeg	18:33	44:55	26:50
8	1:31:12	426	Alan WINGFIELD	Winnipeg	14:54	50:01	26:17
9	1:32:25	253	Andrew MINKEVICH	Winnipeg	20:48	44:15	27:24
10	1:35:31	531	Paul SAWCHUCK	Winnipeg	19:50	50:04	25:38
11	1:37:39	311	Rick RANSOM	St Adolph	19:01	50:57	27:42
12	1:41:23	201	Steve KROFT	Winnipeg	18:03	52:06	31:15
13	1:44:13	440	Douglas MCDONALD	Winnipeg	15:26	59:37	29:11

Men 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:10:17	172	Shaun HUMPHRIES	Winnipeg	12:56	35:15	22:06



2	1:19:23	320	Doug ROBINSON	Anola	13:26	42:22	23:35
3	1:27:08	271	Kevin NEWTON	Glenboro	14:49	43:42	28:38
4	1:28:39	224	David MARKHAM	Winnipeg	16:06	44:35	28:00
5	1:28:48	499	Kevin DONNELLY	Winnipeg	19:31	44:37	24:40
6	1:29:33	245	Bob MEAKIN	Morden	16:15	47:27	25:52
7	1:29:59	88	Rick DUHA	Winnipeg	18:38	44:05	27:17
8	1:39:56	438	Tim ZULKOSKI	Regina	19:51	52:11	27:55
9	1:42:12	69	Allen CUTHBERT	Portage	18:24	53:19	30:30
10	1:56:43	19	Douglas BEST	Regina	29:41	57:01	30:02
11	1:57:16	1	Marc ALBERT	Winnipeg	26:46	58:47	31:44
12	2:15:17	149	Gordon HALVORSON	Winnipeg	36:06	59:18	39:54

Men 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:13:51	513	Neil FERGUSON	Winnipeg	12:42	38:20	22:50
2	1:45:34	286	Dinu PARASCHIV	Winnipeg	21:52	57:34	26:08
3	1:58:00	310	Lyle RANCE	Sperling	17:46	52:39	47:35
4	2:11:56	331	Leo SAVOIE	Winnipeg	24:19	1:02:28	45:10

Men 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:56:29	307	Boaz RAFAELI	Winnipeg	26:24	54:56	35:10

Men 65 - 69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
No Competitors							

Men 70+

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:43:50	4	Jim ANDERSON	Winnipeg	23:42	50:40	29:29

Women 19 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:30:08	40	Delaney BROOKS	Winnipeg	14:37	47:38	27:55
2	1:34:31	121	Casie GAUTHIER	Grunthal	16:46	51:59	25:46
3	1:43:40	94	Jessica DYCK	Oakville	16:17	55:14	32:11
4	1:44:07	333	Raelene SAWATZKY-DYCK	Brandon	19:05	56:14	28:48

Women 20 - 24

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:19:51	497	Kendra GARAGAN	Winnipeg	10:56	43:31	25:26

2	1:22:05	415	Talia WEBBER	Calgary	14:31	46:57	20:37
3	1:28:20	10	Renae BARKS	Regina	18:29	43:02	26:50
4	1:30:08	79	Rachel DENNIS	Victoria	17:41	43:57	28:31
5	1:32:50	161	Megan HEWSON	Regina	17:31	48:41	26:39
6	1:34:00	148	Katelyn HALPAPE	Saskatoon	18:06	47:13	28:42
7	1:34:00	147	Katelle HALPAPE	Saskatoon	17:04	48:15	28:42
8	1:35:27	127	Karrie GEROW	Souris	17:07	52:26	25:55
9	1:36:09	122	Kaelyn GAUTHIER	Grunthal	18:52	53:02	24:16
10	1:36:14	309	Erin RAFFERTY	Winnipeg	14:57	49:51	31:27
11	1:43:41	84	Stephanie DORNN	Brandon	18:18	53:44	31:41
12	1:51:25	37	Kassy BOUCHARD	Winnipeg	20:15	59:01	32:10
13	1:57:37	355	Mandy SIMPSON	Shoal Lake	18:54	1:03:32	35:12

Women 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:31:40	141	Diane GREGOIRE-WOOD	Winnipeg	17:23	48:08	26:11
2	1:34:34	354	Alanna SIMPSON	Shoal Lake	17:35	50:47	26:12
3	1:34:39	146	Jenny HALL	Winnipeg	15:35	50:26	28:39
4	1:35:27	128	Kira GEROW	Calgary	17:07	51:58	26:24
5	1:38:28	346	Christine SELINGER	Regina	19:51	52:01	26:37
6	1:39:42	239	Jennifer MCKINNON	Dauphin	17:28	53:06	29:10
7	1:41:01	395	Danielle VAN DAMME	Russell	22:21	51:50	26:52
8	1:42:08	73	Erin DAVIE	Humboldt	22:27	51:53	27:49
9	1:43:16	183	Karen KARST	Regina	17:52	50:46	34:39
10	1:45:11	111	Tilda FORTIER	Brandon	18:10	56:58	30:03
11	1:46:27	406	Nikki WAGGONER	Regina	18:24	59:37	28:27
12	1:51:18	493	Annik ADAM	Winnipeg	21:30	57:55	31:54
13	1:54:51	265	Mary MYHRE	Dauphin	18:33	1:03:05	33:14
14	1:54:52	210	Rhea LEFKO	Brandon	21:51	1:00:24	32:38
15	2:02:08	398	Krystee VAN DEN BOSCH	Winnipeg	22:56	1:05:07	34:05
16		24	Reghan BIEBER	Winnipeg	18:20		

Women 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:23:41	321	Gillian ROBINSON	Winnipeg	12:55	46:30	24:16
2	1:26:30	254	Nicole MITCHELSON	Regina	17:01	45:20	24:10
3	1:27:49	237	Heather MCDONELL	Winnipeg	17:10	46:37	24:02
4	1:29:22	231	Pam MAY	Macgregor	17:12	46:31	25:40
5	1:31:41	295	Jen PENNY	Fort McMu	19:49	45:09	26:43
6	1:31:42	289	Jodi PAWLACHUK	Creighton	14:34	48:38	28:31
7	1:33:51	366	Crystal SPRINGER	Saskatoon	20:26	47:52	25:34
8	1:35:13	267	Leanne NAUSE	Morden	17:09	47:48	30:16
9	1:35:54	29	Nicole STEFANSON	Victoria	17:34	52:00	26:20
10	1:36:05	246	Kelly MEDLOSKI	Regina	14:24	51:32	30:09
11	1:36:59	34	April BOROTSIK	Calgary	17:09	52:06	27:45

12	1:37:57	242	Kelly-Ann MCLEOD	Regina	19:40	53:44	24:35
13	1:40:10	412	Kelly WATERS	Winnipeg	12:27	52:15	35:30
14	1:40:39	350	Jenn SHIELDS	Brandon	19:44	50:25	30:30
15	1:40:47	274	Rae NICOLL	Regina	19:07	52:21	29:19
16	1:43:37	193	Tammy KLASSEN	Winnipeg	18:54	54:37	30:06
17	1:46:33	260	Samantha MOORE	Flin Flon	21:25	53:02	32:08
18	1:46:38	64	Sara CONVERY	Morden	19:30	56:12	30:57
19	1:49:52	276	Julie NORMAN	Yorkton	17:56	55:12	36:45
20	1:53:48	423	Kate WILLIAMSON	Winnipeg	18:58	58:14	36:37
21	2:01:27	487	Daphne CHEN	Winnipeg	29:49	56:32	35:07
22	2:13:49	92	Anita DURKSEN	Winnipeg	35:57	1:01:57	35:56

Women 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:27:24	500	Rene STONE	Souris	16:45	46:48	23:52
2	1:28:22	104	Stacey FINCH	Winnipeg	17:06	46:52	24:26
3	1:29:05	507	Susanne BOYD	Winnipeg	17:54	46:52	24:19
4	1:29:54	365	Stacie SPAK	MacGregor	18:25	46:25	25:04
5	1:30:24	344	Jennifer SEAMAN	Regina	19:27	49:14	21:44
6	1:32:03	162	Dana HLADY	Winnipeg	18:10	49:07	24:48
7	1:33:43	216	Jolene MACDONALD	MacGregor	18:14	47:32	27:58
8	1:35:17	96	Stephanie EDWARDS-FLOTA	Regina	20:10	49:52	25:16
9	1:36:53	63	Angie CONRAD	Winnipeg	17:15	36:27	43:12
10	1:37:41	270	Carrie NEWMAN	Regina	23:10	51:03	23:29
11	1:38:35	303	Angela POLLOCK	Kimberley	16:49	52:11	29:36
12	1:40:06	298	Lorelle PERRY	Winnipeg	19:29	54:40	25:58
13	1:44:40	198	Jenny KRENTZ	Thompson	17:24	56:27	30:51
14	1:46:07	241	Jana MCLAREN DAY	Carnduff	21:36	53:30	31:02
15	1:46:26	70	Ann DANDENEAU	Dauphin	18:56	56:06	31:25
16	1:47:14	371	Lisa STEWART	Winnipeg	22:09	53:40	31:26
17	1:49:47	223	Melissa MANN	Regina	22:42	56:32	30:34
18	1:51:39	195	Tracy KOSTENIUK	Regina	24:52	57:56	28:53
19	2:01:58	65	Jennifer COTTES	Winnipeg	23:18	1:02:07	36:34
20	2:06:39	414	Jesse WEBB	Regina	17:48	1:02:23	46:29
21	2:10:59	299	Janet PETERS	Winnipeg	22:22	1:09:17	39:21

Women 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:21:11	191	Carina KIRK	Winnipeg	14:52	44:24	21:57
2	1:22:07	100	Laura ENGLUND	Regina	14:13	44:29	23:27
3	1:22:42	326	Christa RUSK	Winnipeg	17:16	40:57	24:30
4	1:24:25	248	Cynthia MENZIES-SABISTO	Spence La	15:28	45:47	23:11
5	1:27:54	257	Cori MOLLOY	Saskatoon	15:09	48:01	24:45
6	1:28:08	272	Laurie NEWTON	Glenboro	21:20	42:26	24:23
7	1:32:33	427	Sherri Lynn WINGFIELD	Winnipeg	17:21	48:43	26:30

8	1:36:03	347	Laurie SHALLEY	Regina	18:52	50:32	26:40
9	1:36:34	129	Alison GIASSON	Winnipeg	18:55	48:55	28:45
10	1:38:59	235	Marie-Claude MCDONALD	Winnipeg	18:55	52:37	27:29
11	1:40:12	504	Leah GROVE	St FX	16:21	52:01	31:52
12	1:41:37	132	Tara GILL	Winnipeg	17:16	54:08	30:14
13	1:43:07	363	Rhonda SMITH	Brandon	16:02	53:27	33:39
14	1:43:38	12	Pamela BARR	Winnipeg	18:32	52:56	32:11
15	1:47:29	143	Laurie GULOWATY	Winnipeg	20:00	57:14	30:16
16	1:53:34	422	Ayn WILCOX	Winnipeg	18:52	1:01:12	33:32
17	1:55:32	240	Bonnie MCKISSOCK	Winnipeg	19:04	59:13	37:15
18	1:55:43	361	Claudia SMITH	Winnipeg	27:16	55:30	32:58
19	2:01:45	123	Elizabeth GEBAUER	Brandon	22:19	1:03:05	36:22

Women 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:21:47	112	Cherrie FOURNIER	Winnipeg	14:45	44:36	22:27
2	1:23:38	169	Dawn HUCK	Winnipeg	15:00	43:16	25:22
3	1:34:57	144	Michele HACZKEWICZ	Yorkton	17:08	50:55	26:55
4	1:36:43	510	Marlene NAYLOR	Winnipeg	18:04	50:32	28:07
5	1:39:20	405	Monica WAGGONER	Regina	17:42	51:19	30:19
6	1:44:20	334	Sherry SAWATZKY-DYCK	Brandon	20:53	49:48	33:41
7	1:45:15	376	Alison SUNDEEN	Fort Qu'A	19:57	53:17	32:02
8	1:46:25	109	Tara FORSYTH	Regina	20:38	55:12	30:36

Women 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:20:44	181	Donna KABALUK	Regina	17:11	41:58	21:36
2	1:39:27	87	Karen DUHA	Winnipeg	19:31	50:27	29:31
3	1:40:49	377	Cindy SWAINE	Winnipeg	19:37	48:58	32:14
4	1:41:14	31	Kim BOOTH	Brandon	20:23	49:04	31:48
5	1:45:49	160	Karen HEWSON	Regina	20:30	55:24	29:56
6	1:46:05	532	Caron WHITLAW HIEBERT	Winnipeg	23:03	53:05	29:58
7	1:56:16	437	Lorna ZULKOSKI	Regina	21:45	1:05:21	29:11
8	2:03:37	389	Candace TRUSSLER	Winnipeg	19:34	1:03:45	40:18
9	2:13:51	281	Marina O'LEARY	Winnipeg	26:23	1:00:24	47:04

Women 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:32:14	358	Kathryn SMANDYCH	Winnipeg	15:28	47:00	29:46
2	1:35:05	152	Karen HARASEN	Regina	19:33	48:13	27:19
3	1:47:36	291	Eileen PEDERSEN	Winnipeg	20:58	55:38	31:00
4	1:51:55	126	Carol GEROW	Souris	20:05	56:30	35:20
5	1:54:05	416	Jane WEITZEL	Winnipeg	17:22	56:39	40:05
6	2:07:06	194	Linda KORT	Indian He	19:35	1:06:11	41:21

7	2:09:05	227	Peggy MARTIN MCGUIRE	Regina	26:02	1:04:09	38:55
8	2:13:51	230	Wanda MATHERS	Brunkild	27:19	58:02	48:31

Women 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
No Competitors							

Women 65 - 69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
No Competitors							

Women 70+

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
No Competitors							

Sprint Tri Relay Teams

Place	Total	Bib #	Team Name	City	Swim	Bike	Run
-----	-----	-----	-----	-----	-----	-----	-----
1	1:18:34	456	ONANOLEANS	Onanole	17:19	39:51	21:26
2	1:20:11	480	TEETH TENDONS & TASERS	Dauphin	15:35	44:15	20:21
3	1:35:07	483	TEAM NUGGET	Brandon	16:16	50:20	28:32
4	1:35:23	481	THE TRIATHLETIC DUO	Winnipeg	17:09	53:10	25:05
5	1:41:34	484	BIG BERTHA DIABLO	Swan River	23:59	48:37	29:00
6	1:44:41	457	ORANGE BLUE WHITE	Lorette	23:48	51:52	29:02
7	1:50:25	460	TEAM BERTHELET	Saskatoon	22:11	1:00:43	27:33
8	1:58:11	454	MELVILLE MONEYBAGS #1	Melville	24:47	1:01:42	31:43
9	2:05:12	485	BLUBERRY MUFFINS	Onanole	36:06	57:32	31:34

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

Women 39 and Under

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	1:18:21	488	Melissa MALDEN	Winnipeg	11:12	43:55	23:15
2	1:20:22	502	Lorrie GREN-DYCK	Winnipeg	11:50	45:20	23:13
3	1:20:51	82	Stacy DITTMER	Brandon	10:59	47:42	22:11
4	1:25:57	330	Sara SASS	Winnipeg	12:07	49:09	24:42
5	1:27:47	206	Colleen LACEY	Brandon	12:21	48:58	26:29
6	1:29:15	348	Jenn SHERB	Brandon	11:48	51:36	25:51
7	1:31:07	55	Glen-Mary CHRISTOPHER	Yorkton	13:31	49:33	28:04
8	1:33:16	528	Linda WIEBE	MacGregor	15:35	46:02	31:40
9	1:35:56	306	Melanie POWERS	Brandon	14:12	51:46	29:59

10	1:36:11	119	Raegan GARDNER	Regina	15:08	52:38	28:26
11	1:39:44	131	Sarah GIESBRECHT	Winnipeg	13:48	58:46	27:12
12	1:41:51	101	Joelle ENNS	Winnipeg	14:06	52:39	35:07
13	1:43:53	97	Marnie ELGAR	Winnipeg	15:10	54:40	34:03
14	1:43:53	49	Paige BUTZ	Winnipeg	15:10	54:40	34:04
15	2:03:22	435	Cara YUILL	Morden	15:36	1:13:06	34:41
16	2:03:23	83	Susan DOELL	Morden	15:36	1:13:06	34:41

Women 40 and Over

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	1:19:43	211	Jocelyn LEGAULT-CLARK	Brandon	12:23	43:00	24:22
2	1:21:30	374	Michelle STROCEN	Langruth	11:44	45:57	23:50
3	1:25:05	21	Lesley BETCHER	Swan Rive	11:37	49:31	23:58
4	1:25:29	176	Sherrill-Lee HYRA	Brandon	12:07	46:38	26:45
5	1:29:05	251	Anita MILLER	Winnipeg	13:03	50:07	25:56
6	1:32:55	154	Nancy HARLEY	Winnipeg	14:32	49:25	28:59
7	1:33:55	81	Anna DIMARCO	Winnipeg	14:01	50:04	29:51
8	1:41:53	32	Amanda BOQUIST	Regina	15:01	57:24	29:28
9	1:42:01	60	Aynsley COCKSHOTT	Winnipeg	15:01	57:24	29:37
10	1:43:10	72	Kellee DASILVA	Winnipeg	14:24	52:11	36:35
11	1:44:40	322	Ramona ROHRINGER	Winnipeg	15:07	55:31	34:04
12	1:45:59	75	Sherry DE RUYCK	Gilbert Plains	15:04	57:28	33:28
13	2:45:05	108	Diane FORREST	Killarney	21:42	1:35:55	47:30
14	3:07:41	102	Celine FARLEY	Bolgonie	24:43	1:54:48	48:11
15		203	Nancy KROUPA	Winnipeg	12:21		

Men 39 and Under

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	1:13:09	445	Louis CHUTE	Winnipeg	10:40	38:55	23:35
2	1:16:11	67	Jeff CROSSMAN	Yorkton	10:26	43:15	22:31
3	1:16:23	324	Blaine ROQUE	Brandon	9:48	45:31	21:06
4	1:17:22	226	Romel MARQUEZ	Winnipeg	11:21	41:25	24:37
5	1:19:04	304	Travis POWELL	Brandon	10:24	43:21	25:21
6	1:20:02	93	Doug DURKSEN	Winnipeg	11:36	44:23	24:04
7	1:24:09	58	Nate COATES	Winnipeg	12:00	46:03	26:07
8	1:26:13	329	Jarrett SASS	Winnipeg	12:05	46:36	27:34
9	1:29:39	512	Christian BEAUDRY	Winnipeg	12:24	50:17	26:59
10	1:36:37	118	Marvin Clark GARCIA	Virden	13:15	53:38	29:45
11	1:42:12	292	Kurt PENNER	Winnipeg	13:51	55:46	32:36
12	1:44:08	43	Aaron BULL	Carberry	11:21	1:06:09	26:38
13	2:12:39	273	Jonathan NICOLL	Regina	21:33	1:06:47	44:20

Men 40 and Over							
Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	1:10:53	305	Jason POWERS	Brandon	9:53	41:05	19:56
2	1:12:09	202	George KROUPA	Winnipeg	9:58	40:25	21:48
3	1:15:00	252	Kevin MILLER	Winnipeg	11:33	40:49	22:38
4	1:18:15	509	Carl ROHRINGER	Winnipeg	11:51	40:19	26:05
5	1:21:07	139	Rob GRANTHAM	Oakbank	12:12	43:01	25:54
6	1:25:39	364	Robert SMITH	Oakbank	12:22	44:56	28:22
7	1:26:26	258	Duane MOMBOURQUETTE	Regina	12:18	48:23	25:47
8	1:27:23	175	Bob HYRA	Brandon	12:40	44:48	29:57
9	1:30:38	61	Grant COCKSHOTT	Winnipeg	14:03	47:35	29:01
10	1:33:30	340	Louis SCHWINDT	Regina	14:32	48:59	30:01
11	1:33:32	76	Tim DE RUYCK	Gilbert Plains	13:08	49:46	30:39
12	1:34:32	285	Rick PADDOCK THIESSEN	Brandon	15:30	47:30	31:33
13	1:35:42	44	Len BULL	Brandon	14:38	49:44	31:21

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

Time	#	Name	City	Swim	Bike	Run
-----	----	-----	-----	-----	-----	-----
40:34	520	Evan PFRIMMER	La Salle	6:29	23:44	10:22
40:57	250	Greg MICKELSON	Winnipeg	6:43	22:30	11:44
41:47	243	Grant MCMILLAN	Winnipeg	6:26	23:12	12:10
43:47	54	Joel CHARRIERE	Winnipeg	5:55	23:58	13:55
44:50	115	Laura FRASER	Winnipeg	4:38	26:41	13:32
45:15	188	Ken KINGDON	Onanole	7:04	24:23	13:49
45:23	491	William DIEHL-JONES	Winnipeg	8:04	26:03	11:18
45:36	42	Adam BROWN	Winnipeg	7:35	26:33	11:29
45:37	521	Nikki BELL	La Salle	6:28	26:15	12:55
48:11	189	Rae KINGDON	Onanole	6:55	26:11	15:06
49:17	525	Dana KNAPP	Winnipeg	6:57	29:12	13:09
49:27	316	Rob REVILLE	Brandon	8:06	26:34	14:48
50:10	313	Erica REIMER	Winnipeg	6:59	29:47	13:25
50:30	114	Jim FRASER	Winnipeg	6:55	28:14	15:22
50:58	107	Erin FORMAN	Naicam	7:45	28:11	15:04
51:02	325	Shannon ROSS	Winnipeg	8:39	26:55	15:28
51:03	413	Kendra WATT	Cochrane	7:25	28:20	15:19
51:07	424	Michelle WILMAN	Onanole	7:57	27:23	15:48
52:02	495	Jennifer WORKMAN	Onanole	7:39	28:13	16:11
52:41	518	Lauren GOWLER	Winnipeg	5:59	29:36	17:06
52:49	255	Bryton MOEN	Brandon	6:39	30:01	16:10
53:09	185	Roxane KASKIW	Esterhazy	7:41	30:45	14:44
53:13	190	Arla KIRK	Brandon	8:23	30:22	14:29
53:18	400	Lauri VAN HEYST	Stony Mountan	7:27	28:09	17:43
53:24	293	Sara PENNER	Winnipeg	8:19	29:31	15:35
53:31	516	Mark LOEWEN	Winnipeg	6:39	27:59	18:54

53:45	20	Hayley BEST	Regina	8:21	29:08	16:17
53:50	215	Russell LUCE	Brandon	8:44	32:33	12:35
54:23	36	Denise BOROWSKI	Winnipeg	8:20	30:05	15:59
55:22	352	Karlie SHUMKA	Winnipeg	8:12	31:55	15:16
55:27	411	Joyce WARREN	Regina	7:46	30:09	17:33
56:22	184	Karisa KASKIW	Esterhazy	8:26	31:55	16:02
57:23	236	Tracie MCDONALD	Garson	7:01	31:35	18:48
57:32	136	Shannan GRADT	Winnipeg	7:53	31:30	18:11
57:42	106	Roberta FORBES	Winnipeg	8:10	30:41	18:52
58:02	13	Jessica BECK	Winnipeg	6:53	36:13	14:58
58:35	391	Julia TURNER	Winnipeg	7:31	33:49	17:16
58:39	275	Kelsey NOAKES	Winnipeg	8:08	32:54	17:38
1:00:02	392	Claire UNRUH	St. Francois	7:13	32:58	19:53
1:00:02	393	Lesley UNRUH	St. Francois	8:11	31:59	19:53
1:00:25	214	Amy LOWE	Winnipeg	8:45	33:26	18:15
1:00:28	447	Leanne GOWLER	Winnipeg	8:25	33:47	18:17
1:01:26	367	Kelli STANGELAND	Rocanville	8:14	33:30	19:42
1:01:32	446	Kent GOWLER	Winnipeg	7:30	35:39	18:25
1:02:05	505	Erika WAINWRIGHT	Winnipeg	7:40	33:55	20:31
1:02:23	2	Gloria ALSTON	Brandon	8:23	33:51	20:10
1:02:24	312	Jay REID	Wolseley	10:46	33:43	17:56
1:03:02	53	Corinne CHARKO	White City	8:20	32:47	21:56
1:03:31	490	Nicole ASKIN	Winnipeg	7:47	37:29	18:16
1:03:51	283	Shaun O'MALLEY	St Adolphe	8:20	32:47	22:44
1:04:45	517	Michelle SIGURDSON	Brandon	8:04	35:22	21:20
1:04:48	536	Milana PADDOCK	Brandon	8:46	38:00	18:03
1:13:41	213	Karen LEWTHWAITE	Brandon	11:10	42:11	20:22
1:27:20	522	Paul PFRIMMER	La Salle	7:03	52:53	27:25
1:27:20	524	Deb PFRIMMER	La Salle	6:50	53:07	27:24
1:27:20	523	Tom BELL	La Salle	7:18	52:37	27:26
1:27:20	519	Donna BELL	La Salle	6:34	53:20	27:27

**Thanks to:**

RMTri Sponsors for their continued support,  
 Friends of Riding Mountain National Park, Minnedosa Kayak Club, The Clear Lake Crew, Triathlon Manitoba staff  
 Claudia Smith and Kevin Freedman, Race Officials - Suzanne MacDuff, Colleen Kelly-Wardle, Rhonda Kitchen, Dawn  
 Brooks and Deb Hnatiw and Murray Chevrolet for their ongoing support for this sport

**A Very Special Thank You to:**

Warren Cook & Dan Dechka for the truly professional transition zone set up  
 Chris Kitchen, for the superb job entertaining and informing the thousand plus spectators  
 The staff of Riding Mountain National Park for all their support  
 And lastly, to Deb Crowston who gives up her summers to make this race happen