



Riding Mountain Triathlon

Weather: 26C, Cloudy, Water Temp - 21C, Participants: 512

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

Men 24 & under							
Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:19:29	469	Mark OKANY	Winnipeg	22:14	1:16:09	41:08
2	2:22:02	229	Alex MIELKE	Winnipeg	22:07	1:18:20	41:36
3	2:27:11	470	Brendan CADE	Winnipeg	26:48	1:14:57	45:27
4	2:29:16	489	Casey GERGELY	Sprucewoods	20:43	1:21:10	47:25
5	2:34:41	445	Dannie MANN	Rivers	34:29	1:17:15	42:59
6	2:47:55	204	Joshua MALENCHAK	Morden	29:41	1:27:25	50:50
7	2:48:16	306	Parker SCOTT	Minot	26:38	1:27:40	53:59
8	2:51:39	272	Tanner PRASEK	Winnipeg	32:24	1:23:10	56:06

Men 25 - 29							
Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:33:31	136	Brett HAMILTON	Winnipeg	28:40	1:18:49	46:03
2	2:52:29	138	Todd HAMILTON	Winnipeg	34:44	1:30:25	47:22
3	3:16:09	430	Cory SMITH	Portage La Prairie	28:37	1:24:43	1:22:51
4	3:18:11	161	Trevor JOHNSON	Saskatoon	39:01	1:41:12	57:59

Men 30 - 34							
Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:34:08	297	Alex RYBACK	Saskatoon	29:42	1:18:12	46:14
2	2:48:07	14	Darren BALDOCK	Winnipeg	33:38	1:26:25	48:06
3	2:49:44	18	Kevin BARKMAN	Winnipeg	29:02	1:26:27	54:15
4	2:52:06	119	Ian GIVENS	Winnipeg	31:35	1:25:27	55:06
5	2:52:23	169	Scott KEMP	Winnipeg	32:45	1:29:50	49:48
6	2:53:20	94	Martin ENZLBERGER	Winnipeg	32:55	1:27:06	53:20

Men 35 - 39

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:20:55	353	Mark VAN CAMPBELL	Hunstville, ON	28:45	1:09:41	42:29
2	2:26:45	330	Mark STRUCK	Winnipeg	28:43	1:13:52	44:11
3	2:32:34	366	Scott WATSON	Winnipeg	34:41	1:13:14	44:40
4	2:36:04	188	Mark KULCHYCKI	Winnipeg	30:46	1:15:55	49:24
5	2:38:00	389	Matt YEO	Kenora	27:32	1:25:17	45:12
6	2:52:45	206	Derrick MANN	Regina	35:53	1:22:28	54:25
7	2:56:14	273	Lance PUCKNELL	Winnipeg	43:16	1:25:44	47:15
8		116	Keith GIBSON	Regina	27:24	1:28:57	

Men 40 - 44

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:06:37	256	Patrick PEACOCK	Winnipeg	22:16	1:05:59	38:24
2	2:09:37	234	Jeff MORIER	Winnipeg	21:38	1:07:04	40:56
3	2:11:56	9	Juan Pablo APPENDINO	West Saint Paul	22:23	1:08:43	40:50
4	2:21:40	25	Kevin BEECHINOR	Winnipeg	25:50	1:09:12	46:39
5	2:22:03	441	Justin REMPEL	Winnipeg	25:03	1:15:40	41:21
6	2:23:25	343	Cameron TOWLE	W. Kelowna, BC	25:24	1:17:05	40:57
7	2:29:36	191	Marc LECLAIR	Winnipeg	30:00	1:12:27	47:10
8	2:46:00	70	Corrado D'ANTONIO	Winnipeg	32:55	1:24:19	48:47
9	2:46:34	293	Darryl ROSS	Brandon	29:52	1:18:25	58:17
10	2:53:12	252	Dwayne OLSON	Winnipeg	29:27	1:26:56	56:50
11	2:59:09	323	Craig STEPHEN	Winnipeg	26:15	1:35:55	57:00
12	3:00:51	372	Craig WHITE	Winnipeg	32:18	1:31:45	56:49
13	3:02:46	194	Iwan LEVIN	Brandon	26:28	1:37:43	58:36
14	3:25:18	192	Michael LEES	Winnipeg	33:11	1:35:06	1:17:02
15		97	Craig FINLAY	Winnipeg	25:07		

Men 45 - 49

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:34:41	132	Doug HAHN	Winnipeg	30:42	1:16:28	47:31
2	2:39:12	448	Robert DUNCAN	Headingle	32:01	1:16:28	50:44
3	2:45:32	91	Mark ELLSWORTH	Regina	33:52	1:18:33	53:08
4	2:57:54	28	Terry BETCHER	Swan River	38:14	1:26:26	53:16
5	2:58:24	230	Doug MILLER	Dauphin	33:38	1:34:00	50:47
6	3:07:52	289	Scott ROOKES	Shoal Lak	36:20	1:31:01	1:00:31

Men 50 - 54

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:29:42	237	Danny MURRAY	Winnipeg	30:26	1:18:49	40:28
2	2:34:20	199	Andrew LOUGHEAD	Winnipeg	26:21	1:22:10	45:49
3	2:38:01	357	Murray VANDERPONT	Winnipeg	29:21	1:23:15	45:26
4	2:45:15	238	John MURRAY	Winnipeg	30:10	1:22:01	53:05
5	2:52:34	31	Dale BIGELOW	The Pas	31:38	1:24:49	56:08
6	3:04:09	312	Claude SIMARD	Lorette	38:18	1:24:39	1:01:13

7	3:04:29	336	Scott SYLVESTER	Dauphin	31:24	1:32:02	1:01:04
8	3:13:15	29	Henry BIEM	Regina	36:14	1:37:26	59:37
9	3:16:22	24	Kelly BECKMAN	Stony Mountain	42:06	1:36:21	57:56
10	3:29:36	355	Ferdi VAN DONGEN	Portage La Prairie	36:58	1:46:23	1:06:16

Men 55 - 59

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:27:22	95	Neil FERGUSON	Winnipeg	24:51	1:14:13	48:19
2	2:27:50	250	Tom OKANY	Winnipeg	27:21	1:17:47	42:44
3	2:45:08	146	Tim HAWKINS	Winnipeg	33:30	1:24:49	46:50
4	2:46:12	34	John BLYTH	Brandon	35:08	1:21:18	49:48
5	2:56:38	121	Marv GOOSSEN	Brandon	34:08	1:32:03	50:28
6	3:04:10	501	Doug MURRAY	Brandon	37:35	1:25:16	1:01:20
7	3:08:36	266	Eran PLOTNIK	Winnipeg	33:08	1:38:22	57:07

Men 60 - 64

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:39:20	283	Sheldon REYNOLDS	Winnipeg	29:38	1:19:28	50:15
2	2:47:48	67	Rob CROWLEY	Winnipeg	31:17	1:21:01	55:31
3	3:57:40	305	Dexter SCOTT	Minot, ND	57:36	1:46:28	1:13:37

Men 65 - 69

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	3:11:33	32	Douglas BLAKELY	Regina	32:40	1:34:05	1:04:48

Men 70+

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	3:14:43	115	Grant GIBSON	Regina	33:18	1:36:09	1:05:16
2	3:34:43	362	Don WAITE	Regina	29:34	1:52:47	1:12:23

Women 24 & under

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:30:05	490	Alex BELL	Winnipeg	24:59	1:20:42	44:25

Women 25 - 29

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:44:28	205	Ashley MALZAHN	Winnipeg	27:55	1:21:23	55:11
2	3:05:13	363	Chelsea WARDROPE	Winnipeg	25:36	1:42:17	57:20
3	3:08:45	392	Allison ZIEGLER	Regina	30:59	1:36:53	1:00:54
4	3:11:07	163	Michelle JULIAN	Moose Jaw	31:43	1:38:23	1:01:02
5	3:12:39	417	Catherine BELL	Shilo	35:27	1:38:04	59:09

Women 30 - 34

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:30:06	185	Jennifer KRYSYNYIAK	Sherwood Park, AB	25:50	1:16:53	47:24
2	2:43:45	76	Tyra DICKSON	Assiniboia	31:48	1:25:15	46:43
3	2:47:42	444	Jennifer SHNITKA	Winnipeg	29:06	1:27:49	50:47
4	2:53:59	23	Janine BEAULIEU	Weyburn	34:49	1:27:35	51:37
5	2:55:08	284	Stephanie RITTER	Minot, ND	32:23	1:32:51	49:55
6	3:10:39	226	Kelly MEDLOSKI	Regina	26:59	1:38:42	1:04:59
7	3:11:08	338	Tanya THOME	Regina	35:32	1:34:27	1:01:10

Women 35 - 39

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:36:56	331	Renee STUCKEL	Saskatoon	28:42	1:20:39	47:36
2	2:55:07	187	Loretta KULCHYCKI	Winnipeg	33:09	1:27:26	54:32
3	3:12:28	281	Allison REVILLE	Brandon	28:38	1:40:22	1:03:29
4	3:55:00	128	Nichole GROBOWSKY	Winnipeg	39:29	1:50:32	1:25:00

Women 40 - 44

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:30:05	149	Kim HODGES	Winnipeg	26:44	1:19:48	43:34
2	2:44:55	92	Laura ENGLUND	Regina	27:16	1:28:19	49:21
3	2:47:51	227	Cynthia MENZIES-SABISTO	Winnipeg	30:17	1:28:27	49:09
4	2:48:19	53	Lynne CLARK	Winnipeg	28:57	1:29:05	50:19
5	2:56:43	65	Sheila CRANE	Brandon	29:15	1:34:48	52:40
6	3:01:09	259	Sherry PENNER	Winnipeg	35:22	1:35:40	50:08
7	3:01:47	13	Melody BALANE	Winnipeg	36:16	1:35:22	50:10
8	3:27:35	378	Ayn WILCOX	Winnipeg	35:34	1:47:07	1:04:55

Women 45 - 49

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:46:27	12	Daniele AYERS	Winnipeg	33:26	1:22:04	50:58
2	2:56:26	106	Michaela FRANCE	Rosburn	28:37	1:36:41	51:10
3	3:05:49	64	Tracey COZMAN	Regina	36:11	1:34:30	55:10
4	3:06:43	374	Linda WHITFIELD	Winnipeg	36:03	1:40:04	50:37
5	3:08:55	260	Sonia PENSAERT	Dauphin	39:37	1:35:17	54:02
6	3:15:21	316	Rhonda SMITH	Brandon	28:36	1:36:48	1:09:59

Women 50 - 54

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:54:37	145	Jan HAWKINS	Winnipeg	31:40	1:28:34	54:23
2	3:14:21	47	Doris BURDON	Regina	30:07	1:40:05	1:04:10
3	3:25:40	477	Barb GRIFFITH	Kenora	36:07	1:44:00	1:05:35
4	3:48:21	375	Caron WHITLAW HIEBERT	Winnipeg	44:01	1:49:23	1:14:58
5	3:48:40	16	Sherilyn BAMBRIDGE	Brandon	41:20	1:51:30	1:15:51

Women 55 - 59

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:39:10	249	Kate OKANY	Winnipeg	27:04	1:25:35	46:32
2	3:16:23	228	Nicole MERCIER	Winnipeg	31:48	1:38:25	1:06:10
3	3:19:00	139	Karen HARASEN	Regina	42:54	1:35:20	1:00:47

Women 60 - 64

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	4:26:50	208	Wanda MATHERS	Brunkild	35:38	2:03:22	1:47:52

Women 65 - 69

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	3:52:13	476	Anita BEDARD	Keewatin	40:41	2:00:59	1:10:34

Women 70+

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
No Competitors							

Place	Time	Bib #	Team Name	City	Swim	Bike	Run
1	2:26:12	410	VIKINGS	Brandon	30:55	1:14:46	40:32
2	2:34:08	393	BEAUTY AND THE BEAST	Winnipeg	31:30	1:11:26	51:13
3	2:44:27	409	TRI-CURIOUS	Winnipeg	33:03	1:16:15	55:11
4	3:08:40	398	IRON MAIDENS	MacGregor	42:20	1:27:54	58:27
5	3:39:06	400	MONEYBAGS 2	Melville	49:54	1:42:55	1:06:18
6	3:52:18	411	CEL ALLSTARS	Winnipeg	43:10	1:36:22	1:32:47
7	3:59:12	414	RODYNA	Winnipeg	43:10	2:06:29	1:09:35

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

Men 19 & under

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:05:02	10	Corey ARSENAULT	Winnipeg	10:18	35:40	19:04
2	1:06:00	235	Patrick MUMA	Winnipeg	10:16	36:49	18:56
3	1:09:46	55	Drew COCHRANE	Virde	10:24	37:59	21:24
4	1:14:47	426	Lucas ROY	Winnipeg	13:02	41:17	20:29
5	1:15:00	102	Fergus FOSTER	Murillo, ON	11:57	42:26	20:39
6	1:16:17	126	Drake GRESCHNER	Regina	12:22	40:29	23:27
7	1:16:25	99	Brett FOLEY	Portage La Prairie	13:56	41:43	20:46
8	1:16:55	439	Joey SIMMS	Brandon	15:44	40:24	20:48
9	1:20:38	101	Angus FOSTER	Murillo, ON	14:20	44:23	21:55
10	1:38:02	43	Mackenzie BROOKS	Winnipeg	11:56		
11	1:59:34	125	Quinton GOWLER	Winnipeg	25:12	1:06:21	28:02

Men 20 - 24

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:03:07	382	Shawn WILYMAN	Regina	10:50	35:36	16:42
2	1:07:34	148	Clayton HEPPNER	Brandon	13:24	34:25	19:45
3	1:08:52	240	Patrick NAYLOR	Winnipeg	11:42	37:04	20:07
4	1:13:47	420	Tyler WIRCH	Brandon	14:31	36:19	22:58
5	1:17:41	253	Evan ORLIKOW	Winnipeg	15:50	39:45	22:06
6	1:22:23	85	Emeric (Jr.) DUHA	Winnipeg	14:35	44:21	23:29
7	1:23:43	425	Christopher CLARK	Brandon	18:09	40:57	24:38
8	1:26:18	457	Tye DANDRIDGE-EVANCIO	Brandon	14:24	49:43	22:12
9	1:45:01	45	Jordan BULL	Winnipeg	19:01	57:11	28:51

Men 25 - 29

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:11:12	364	Grant WARKENTIN	Steinbach	12:15	37:49	21:10
2	1:16:21	267	Devan POHL	Morden	13:16	40:28	22:38
3	1:21:34	475	Jules VAN DE VELDE	Steinbach	13:05	42:57	25:32
4	1:23:48	120	Bobby GOODMAN	Winnipeg	16:48	44:14	22:47
5	1:24:40	6	Quinton ANDERSON	Winnipeg	15:29	45:07	24:05
6	1:24:44	244	Mike NICHOL	Brandon	17:54	45:15	21:37
7	1:24:45	211	Greg MAYBERRY	Winnipeg	16:00	45:48	22:58
8	1:25:50	178	Adam KLETCHKO	Regina	18:01	45:27	22:24
9	1:26:13	354	Jeffrey VAN DE GRAAF	Winnipeg	19:18	43:37	23:19
10	1:27:08	342	Jonathan TORCHIA	Winnipeg	21:38	45:02	20:29
11	1:30:31	371	Braden WHITE	Regina	17:18	44:12	29:02
12	1:37:28	219	Jarret MCKINNON	Brandon	25:54	46:46	24:49
13	1:38:08	319	Jacob SNELL	Winnipeg	16:57	54:58	26:14
14	1:39:57	317	Ryan SMITHSON	Winnipeg	19:29	54:56	25:33
15	1:41:03	98	Leigh FISCHER	Winnipeg	19:14	48:40	33:10
16	1:44:21	109	James FULCHER	Winnipeg	24:10	55:58	24:15
17	1:49:15	274	Kaylan RAE	Portage La Prairie	16:33	1:06:13	26:30
18	1:51:32	318	Matt SMOOK	Winnipeg	20:01	54:26	37:05
19	1:51:32	162	Devon JULIAN	Moose Jaw	18:07	1:00:15	33:11

Men 30 - 34

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:15:11	11	Raymond AVANTHAY	Selkirk	13:23	38:22	23:26
2	1:16:13	337	Neil TERNOWETSKY	Winnipeg	14:22	40:29	21:22
3	1:17:31	62	Richard CORMIER	Winnipeg	14:37	39:59	22:56
4	1:21:23	492	Paul DYCK	Winnipeg	14:28	42:14	24:42
5	1:25:07	278	Steven REDL	Saskatoon	14:39	47:37	22:51
6	1:25:33	137	Eric HAMILTON	Winnipeg	17:20	46:42	21:32
7	1:27:18	118	Colin GILMORE	Winnipeg	16:43	45:13	25:22
8	1:28:14	156	Michael ISAAC	Winnipeg	17:58	47:43	22:34
9	1:30:13	209	Joel MATTHEWS	Smiths, FL	19:30	47:20	23:23
10	1:30:15	380	Chad WILLIS	Stonewall	17:05	49:10	24:01
11	1:38:28	454	Scott MCCREA	Winnipeg	19:27	48:08	30:54
12	1:42:00	21	Brant BATTERS	Winnipeg	20:13	52:32	29:16

Men 35 - 39

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:12:05	197	Dave LIPCHEN	East St Paul	13:05	37:56	21:05
2	1:14:27	165	Juraj KARCAK	Brandon	14:03	40:26	20:00
3	1:15:24	496	Jamie HOPKINS	Winnipeg	13:24	40:00	22:02
4	1:16:50	431	Jasper STONE	Souris	15:42	38:19	22:51
5	1:18:45	418	Jason ZINKO	Brandon	13:46	40:45	24:15
6	1:30:04	22	Mike BEAL	Regina	17:23	48:31	24:10
7	1:32:44	442	Michael J SIGURDSON	Brandon	17:00	49:07	26:39
8	1:34:27	93	Derek ENO	Winnipeg	18:05	48:20	28:03
9	1:40:12	108	Jim FRASER	Winnipeg	16:51	51:12	32:10
10	1:44:46	480	Richard BURR	Brunkild	20:07	47:45	36:56
11	1:50:45	170	Samuel KIDD	Winnipeg	24:33	52:12	34:00

Men 40 - 44

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:16:09	327	Jason STRAILE	Creighton	13:44	38:51	23:35
2	1:19:28	303	Chris SCHRADER	Winnipeg	16:10	42:23	20:55
3	1:19:33	3	Jason ALSTON	Brandon	15:32	41:21	22:41
4	1:20:07	160	Travis JENSEN	Winnipeg	15:17	43:10	21:41
5	1:21:47	224	Grant MCMILLAN	Winnipeg	18:44	40:32	22:32
6	1:25:41	59	Fernie CONRAD	Winnipeg	17:25	43:40	24:37
7	1:26:47	19	Scott BARROWS	Winnipeg	15:32	45:49	25:27
8	1:30:32	107	David FRASER	Winnipeg	16:56	46:54	26:42
9	1:34:29	358	David VANHEYST	Stony Mountain	21:44	45:10	27:36
10	1:40:50	377	Scott WIEBE	Winnipeg	20:24	50:42	29:46
11	1:41:47	134	Trevor HALLSON	Brandon	23:49	48:06	29:52
12	1:44:46	103	Jim FOULKES	Winnipeg	19:17	54:37	30:53

Men 45 - 49

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:07:15	105	Marc FOURNIER	Winnipeg	11:58	35:11	20:07
2	1:10:28	491	Jeff HEHN	Saskatoon	11:56	37:23	21:11
3	1:14:24	296	Richard RUSK	Winnipeg	14:12	37:12	23:01
4	1:17:15	42	Jeff BROOKS	Winnipeg	13:29	38:11	25:36
5	1:22:25	433	Scott JARDINE	Brandon	15:03	38:15	29:09
6	1:24:02	15	Jeff BALES	Brandon	17:25	44:28	22:10
7	1:26:53	464	Scott STIRTON	Winnipeg	15:31	43:55	27:28
8	1:29:33	285	Peter ROBBIE	Winnipeg	12:20	48:13	29:01
9	1:30:00	460	Alan WINGFIELD	Winnipeg	14:13	49:18	26:30
10	1:30:06	279	Darren REIMER	Steinbach	18:28	44:40	27:00
11	1:32:24	269	Max POPP	Winnipeg	15:28	47:02	29:55
12	1:36:05	341	Dennis TOKARZ	Regina	15:14	47:05	33:47
13	1:41:03	231	Andrew MINKEVICH	Winnipeg	20:21	49:52	30:52
14	1:45:28	30	Kim BIEM	Regina	28:17	45:48	31:25
15	1:50:08	61	Derek COPP	Esterhazy	22:31	55:50	31:49

16	1:53:49	339	Greg THOMPSON	Winnipeg	19:34	1:02:09	32:07
17	1:56:01	49	Jose CABRAL	Winnipeg	18:45	1:03:24	33:54
18	2:00:41	77	Rolf DINSDALE	Toronto, ON	28:00	55:24	37:18

Men 50 - 54

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:15:31	112	Steve GAUNT	Winnipeg	13:13	40:35	21:45
2	1:22:14	287	Doug ROBINSON	Anola	14:22	42:53	25:00
3	1:24:53	243	Kevin NEWTON	Glenboro	15:01	42:35	27:18
4	1:28:50	84	Emeric DUHA	Winnipeg	16:56	45:30	26:26
5	1:31:12	350	Grant UNGER	Winnipeg	16:35	45:00	29:38
6	1:31:19	225	Bob MEAKIN	Morden	16:46	48:36	25:57
7	1:35:29	7	Reid ANDERSON	Winnipeg	14:00	51:18	30:12
8	1:36:16	446	Brent VANKOUGHNET	Carman	18:02	50:15	27:59
9	1:43:20	68	Allen CUTHBERT	Portage La Prairie	17:55	53:38	31:49
10	1:48:23	292	Perry ROQUE	Brandon	21:53	58:20	28:10
11	1:50:01	1	Marc ALBERT	Winnipeg	21:46	58:23	29:53
12	1:51:11	333	Neil SUNDEEN	Fort Qu'Appelle	25:02	56:37	29:33
13	1:56:33	135	Gordon HALVORSON	Winnipeg	25:12	59:28	31:54
14	2:14:11	122	Kent GOWLER	Winnipeg	24:27	1:10:42	39:03

Men 55 - 59

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:11:13	334	Kevin SUTTON	Saskatoon	12:21	37:51	21:01
2	2:15:54	301	Leo SAVOIE	Winnipeg	25:35	1:02:43	47:36

Men 60 - 64

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:42:30	329	Jari STROMBERG	Winnipeg	17:41	54:07	30:44

Men 65 - 69

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
No Competitors							

Men 70+

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:41:29	5	Jim ANDERSON	Winnipeg	22:04	50:48	28:38

Women 19 & Under

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:25:45	524	Kaitlyn WIENS	Winnipeg	12:40	45:22	27:44
2	1:26:11	78	Tianna DODDS	Lumsden	13:49	49:21	23:02
3	1:27:45	349	Emily UNGER	Winnipeg	12:51	47:00	27:54
4	1:31:18	440	Raelene SAWATZKY-DYCK	Brandon	17:23	47:50	26:06

5	1:40:32	432	Cypress HUNDER-ROOKES	Shoal Lake	21:30	52:40	26:23
6	1:44:43	141	Jordan HARDY	Brandon	18:18	56:06	30:21
7	1:46:18	66	Hannah CROOK	Regina	15:51	58:07	32:21

Women 20 - 24

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:14:50	459	Nicole MULDER	Winnipeg	13:23	41:20	20:07
2	1:22:01	218	Martine MCGREGOR	Brandon	14:38	43:37	23:47
3	1:22:43	467	Talia WEBBER	Brandon	14:26	44:47	23:31
4	1:25:03	142	Marla HARING	Winnipeg	15:21	44:12	25:31
5	1:26:10	268	Justine POHL	Morden	15:07	47:36	23:27
6	1:27:23	110	Kendra GARAGAN	Winnipeg	11:28	50:36	25:20
7	1:30:18	416	Erin RAFFERTY	Winnipeg	14:32	47:59	27:49
8	1:34:00	41	Delaney BROOKS	Winnipeg	15:33	48:49	29:39
9	1:40:22	81	Stephanie DORNN	Brandon	18:16	51:27	30:40
10	1:47:20	291	Brittany ROQUE	Brandon	19:21	55:28	32:33
11	1:52:03	140	Lisa HARASEN	Regina	20:47	58:07	33:09

Women 25 - 29

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:19:17	373	Leah WHITE	Regina	13:25	43:04	22:50
2	1:29:45	487	Krista BOESE	Winnipeg	14:35	49:43	25:28
3	1:30:27	133	Jenny HALL	Winnipeg	14:29	48:47	27:13
4	1:30:59	313	Alanna SIMPSON	Shoal Lak	16:46	48:05	26:08
5	1:32:11	248	Caitlin O'BYRNE	Regina	20:28	47:51	23:52
6	1:32:31	203	Hayley MAIN	Winnipeg	15:35	52:47	24:11
7	1:34:11	455	Robyn DYCK	Winnipeg	18:45	48:39	26:49
8	1:34:14	220	Jennifer MCKINNON	Dauphin	15:38	48:59	29:38
9	1:34:24	172	Alison KIRK	Sanford	17:28	48:22	28:35
10	1:35:02	83	Aimee DUGAL	Winnipeg	18:39	49:38	26:46
11	1:35:03	356	Laurie VANDENDOOL	Dauphin	14:35	51:21	29:09
12	1:40:01	100	Tilda FORTIER	Brandon	18:14	52:28	29:20
13	1:41:36	424	Samantha FALLOON	Brandon	19:00	53:53	28:44
14	1:41:36	361	Nikki WAGGONER	Regina	17:39	54:58	28:59
15	1:41:46	379	Ashley WILLIAMS	Brandon	17:47	49:13	34:47
16	1:42:27	482	Karrie GEROW	Brandon	18:32	55:58	27:59
17	1:43:16	384	Kinsley WOJNARSKI	Brandon	17:10	52:17	33:50
18	1:54:04	348	Julia TURNER	Winnipeg	19:24	1:00:16	34:25
19	1:54:57	215	Jacqueline MCDONALD	Winnipeg	20:31	59:51	34:37
20	1:57:15	179	Amanda KLETKE-NEUFELD	Winnipeg	20:55	57:08	39:13

Women 30 - 34

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:23:30	157	Danielle ISTACE	Regina	12:43	45:58	24:50
2	1:25:00	324	Sandra STEPHEN	Winnipeg	18:02	45:11	21:48
3	1:25:03	217	Heather MCDONELL	Winnipeg	16:25	44:54	23:45
4	1:32:47	277	Naomi REDL	Saskatoon	15:29	50:44	26:35

5	1:36:27	180	Dana KNAPP	Winnipeg	18:44	53:01	24:44
6	1:36:37	159	Heather JANZEN	Morden	19:06	47:32	30:00
7	1:36:50	36	Janelle BORDASS	Winnipeg	15:49	55:10	25:52
8	1:37:55	144	Erin HARLOS	Regina	15:22	53:17	29:17
9	1:39:24	483	Stephanie JOHNSTON	Winnipeg	17:26	51:05	30:55
10	1:40:19	147	Corrie HEIMBECKER	Regina	14:37	54:30	31:12
11	1:43:35	173	Anne KIRK	Winnipeg	18:43	52:39	32:13
12	1:43:40	314	Krissy SIMPSON	Saskatoon	17:54	53:39	32:08
13	1:44:10	223	Kelly-Ann MCLEOD	Regina	18:29	58:26	27:16
14	1:45:19	387	Michelle WRIGHT	Winnipeg	19:10	56:08	30:02
15	1:46:24	111	Raegan GARDNER	Regina	18:35	56:28	31:22
16	1:49:32	60	Sara CONVERY	Morden	22:02	56:16	31:15
17	1:50:26	113	Crystal GAVIGAN	Morden	18:20	55:50	36:16
18	2:00:12	48	Kerry BYRAM	Neepawa	22:15	1:05:04	32:54
19	2:05:55	264	Blyss PICKERING	Brandon	21:57	1:10:34	33:25

Women 35 - 39

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:18:44	75	Chantal DENHOLM	Winnipeg	14:57	42:40	21:08
2	1:20:07	499	Lori LEDUC	Red Deer	15:19	43:16	21:33
3	1:22:53	96	Stacey FINCH	Winnipeg	15:03	44:47	23:04
4	1:23:29	429	Rene STONE	Souris	16:26	43:25	23:39
5	1:25:07	307	Jennifer SEAMAN	Regina	16:22	46:56	21:50
6	1:27:25	421	Stacy DITTMER	Brandon	19:39	45:45	22:01
7	1:33:25	88	Stephanie EDWARDS-FLOTA	Regina	16:52	48:00	28:34
8	1:34:36	202	Jolene MACDONALD	MacGregor	18:38	47:08	28:52
9	1:35:03	239	Leanne NAUSE	Morden	16:50	47:36	30:37
10	1:36:11	346	Jodi TRUMBLEY	Creighton	15:32	50:05	30:34
11	1:39:56	182	Tracy KOSTENIUK	Regina	18:18	53:28	28:11
12	1:40:05	40	Melissa BOXALL	Regina	18:50	50:06	31:10
13	1:43:36	210	Kandis MATTHEWS	Flatts, Bermuda	19:17	57:23	26:57
14	1:45:34	294	Shannon ROSS	Winnipeg	22:14	53:11	30:09
15	1:47:57	326	Lisa STEWART	Winnipeg	21:03	52:57	33:58
16	1:49:21	367	Kendra WATT	Cochrane	21:57	55:14	32:11
17	1:53:33	58	Angie CONRAD	Winnipeg	17:02	54:22	42:10
18	1:55:17	261	Janet PETERS	Winnipeg	21:45	1:00:01	33:31
19	1:57:36	286	Karen ROBERTSON	Saskatoon	16:16	1:00:56	40:25
20	2:00:09	436	Anita DURKSEN	Winnipeg	23:55	59:42	36:33
21	2:50:51	368	Jesse WEBB	Regina	17:47	1:16:59	1:16:06
22		321	Stacie SPAK	Macgregor	19:16		

Women 40 - 44

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:22:18	295	Christa RUSK	Winnipeg	17:14	40:51	24:14
2	1:28:08	174	Jane KLASSEN	Winnipeg	15:22	44:26	28:21
3	1:29:18	158	Michelle JACOBSON	Brandon	16:06	44:02	29:12
4	1:31:06	344	Nicole TROTTIER	Winnipeg	18:33	47:47	24:47
5	1:32:45	27	Lesley BETCHER	Swan Rive	18:25	49:20	25:01

6	1:34:01	383	Sherri Lynn WINGFIELD	Winnipeg	16:34	49:59	27:30
7	1:36:21	276	Melissa RATTE	Thunder Bay	20:02	47:09	29:10
8	1:49:06	390	Kathy YUNKER	Winnipeg	25:20	56:19	27:28
9	1:49:58	129	Laurie GULOWATY	Winnipeg	20:45	57:12	32:02
10	1:58:07	302	Juliana SAXBERG	Craven	19:21	1:00:28	38:19
11	2:01:46	221	Bonnie MCKISSOCK	Winnipeg	19:08	1:00:42	41:57
12	2:08:29	79	Jennifer DOERKSEN	Winnipeg	21:42	1:04:32	42:16

Women 45 - 49

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:19:45	151	Ruth HORNE	Winnipeg	10:56	45:17	23:33
2	1:22:44	104	Cherrie FOURNIER	Winnipeg	14:25	45:39	22:40
3	1:23:21	468	Dawn HUCK	Winnipeg	14:18	43:22	25:42
4	1:27:21	153	Brenda HUDEY	Regina	15:30	46:38	25:13
5	1:31:39	456	Marlene NAYLOR	Winnipeg	17:47	48:00	25:52
6	1:32:19	131	Michele HACZKEWICZ	Yorkton			
7	1:33:58	52	Cecile CHAMBERS	Winnipeg	16:31	46:58	30:30
8	1:39:09	488	Victoria TARASKA	Winnipeg	19:00	49:21	30:49
9	1:40:25	73	Sue DAVIDSON	Portage La Prairie	17:40	51:06	31:40
10	1:43:10	216	Tracie MCDONALD	Garson	16:18	55:07	31:47
11	1:49:50	332	Alison SUNDEEN	Regina	21:10	55:07	33:34
12	1:50:37	381	Michelle WILMAN	Onanole	20:46	56:08	33:45

Women 50 - 54

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:35:10	325	Lee STEWART	Stonewall	18:24	49:43	27:04
2	1:35:38	86	Karen DUHA	Winnipeg	18:01	48:27	29:11
3	1:38:43	360	Monica WAGGONER	Regina	17:13	50:46	30:45
4	1:39:19	35	Kim BOOTH	Brandon	18:24	50:06	30:50
5	1:45:04	38	Gerry BORUS	Winnipeg	20:33	53:12	31:20
6	1:46:00	370	Lesley WELWOOD	Narol	18:34	52:23	35:04
7	1:49:56	186	Margaret KUBAS	St Andrew	18:42	56:09	35:05
8	1:56:47	236	Carla MURRAY	Roblin	21:29	1:00:57	34:22
9	2:16:57	251	Marina O'LEARY	Winnipeg	24:34	1:09:30	42:55
10		164	Donna KABALUK	Regina	16:42		

Women 55 - 59

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:51:03	474	Patty MCLEOD	Kenora	25:08	53:40	32:16

Women 60 - 64

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:58:33	369	Jane WEITZEL	Winnipeg	16:30	1:00:26	41:38
2	2:56:22	74	Karen DAVIES	Kenora	25:05	1:37:35	53:42

Women 65 - 69

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:54:44	33	Pat BLAKELY	Regina	19:43	57:27	37:35

Women 70+

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
No Competitors							

Sprint Tri Relay Team

Pos	Time	Bib #	Team Name	City	Swim	Bike	Run
1	1:09:50	405	PURE FOG	Winnipeg	11:57	38:55	18:59
2	1:22:31	406	STILL TRI-ING	Regina	15:25	43:45	23:23
3	1:23:32	463	MORNING WOOD	Winnipeg	17:50	42:21	23:23
4	1:26:56	394	BLAME THE KIDS	Saskatoon	14:48	48:24	23:44
5	1:27:15	408	TRI TESTERS	Neepawa	18:31	47:00	21:45
6	1:27:50	412	GLIDE RIDE AND STRI	Winnipeg	12:51	49:57	25:03
7	1:34:05	407	TEAM TEILLET	Winnipeg	19:12	49:46	25:07
8	1:37:02	413	J TO THE A MESON	Winnipeg	17:48	46:09	33:05
9	1:38:07	395	BROWN TOWN	Winnipeg	19:58	48:35	29:36
10	1:39:52	80	FAMILY DORNN	Brandon	18:13	48:48	32:51
11	1:44:23	404	NO NEED FOR SPEED	Winnipeg	17:40	56:04	30:40
12	1:44:36	397	DUCK DUCK MOOSE	Dauphin	26:46	54:30	23:20
13	1:47:50	403	MONEYBAGS 5	Melville	22:18	55:18	30:15
14	1:50:04	401	MONEYBAGS 3	Melville	22:45	59:28	27:51
15	2:01:56	402	MONEYBAGS 4	Melville	24:54	1:00:24	36:40
16	2:04:48	399	MONEYBAGS 1	Melville	24:54	1:03:04	36:52

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

Women 39 and Under

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
1	1:20:47	493	Lorrie GREN-DYCK	Winnipeg	11:18	45:38	23:53
2	1:21:29	232	Kristen MITTENESS	Winnipeg	11:08	47:58	22:23
3	1:23:07	17	Megan BANMAN	Morden	11:48	48:15	23:05
4	1:25:00	175	Kelsey KLATT	Fort Qu'Appelle	12:01	50:47	22:13
5	1:26:24	309	Jenn SHERB	Brandon	12:07	46:35	27:43
6	1:27:25	213	Elizabeth MCCANDLESS	Winnipeg	13:01	46:47	27:38
7	1:28:08	44	Cara BROWN	Winnipeg	12:33	49:27	26:08
8	1:34:04	486	Aileen SMITH	Winnipeg	13:12	51:40	29:13
9	1:35:33	171	Sandi KINLEY	Gladstone	13:06	54:14	28:14
10	1:38:11	117	Sarah GIESBRECHT	Winnipeg	14:19	55:16	28:37
11	1:39:29	258	Amber PENNER	Oak Bluff	13:29	56:23	29:38
12	1:45:59	497	Rachel KOROSCIL	Winnipeg	14:18	1:00:54	30:48
13	1:46:48	90	Marnie ELGAR	Winnipeg	15:35	56:17	34:57
14	1:46:49	308	Jackie SHAER	Winnipeg	15:35	56:16	34:58

15	1:49:20	247	Rae NICOLL	Regina	15:39	58:07	35:36
16	1:49:23	335	Tanya SWANSON	Winnipeg	15:45	57:40	36:00
17	1:51:52	166	Karisa KASKIW	Saskatoon	15:11	1:01:54	34:47
18	1:57:10	391	Cassandra ZIBELL	Winnipeg	16:38	1:02:46	37:48
19	2:04:02	176	Kristen KLATT	Fort Qu'Appelle	18:37	53:51	51:35
20	2:05:06	275	Tara RAE	Portage La Prairie	14:01	1:21:05	30:01

Women 40 and Over

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	1:19:36	184	Nancy KROUPA	Winnipeg	12:20	42:35	24:42
2	1:26:56	155	Sherrill-Lee HYRA	Brandon	12:11	47:54	26:53
3	1:29:12	214	Christina MCDONALD	Winnipeg	13:13	47:50	28:09
4	1:31:29	461	Laurie KAMINSKY	Winnipeg	12:42	51:16	27:32
5	1:33:50	419	Amanda BOQUIST	Regina	13:59	50:15	29:37
6	1:34:53	56	Aynsley COCKSHOTT	Winnipeg	14:20	51:54	28:40
7	1:36:34	465	Renee SANGUIN	Winnipeg	14:02	52:09	30:24
8	1:37:09	328	Michelle STROCEN	Langruth	12:06	1:00:42	24:22
9	1:42:34	87	Roxanne DYCK	Brandon	15:06	56:21	31:08
10	1:44:56	2	Gloria ALSTON	Brandon	15:37	53:25	35:55
11	1:47:39	453	Jody KNAPP	Lethbridge	13:10	1:05:29	29:01
12	1:48:41	288	Ramona ROHRINGER	Winnipeg	15:45	56:45	36:12
13	1:49:01	167	Roxane KASKIW	Saskatoon	15:03	1:02:00	32:00
14	1:51:51	37	Densie BOROWSKI	Winnipeg	15:11	1:01:53	34:49
15	1:56:27	340	Rita TOEWS	Brandon	15:41	1:04:26	36:21
16	1:58:51	143	Nancy HARLEY	Winnipeg	14:46	1:11:33	32:33
17	3:01:11	435	Diane FORREST	Killarney	23:45	1:44:20	53:07

Men 39 and Under

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	1:11:53	242	John NEUFELD	Winnipeg	10:12	39:19	22:23
2	1:12:00	271	Jason POWERS	Brandon	10:05	41:35	20:21
3	1:13:03	270	Travis POWELL	Brandon	10:47	38:11	24:06
4	1:18:15	443	Paul ARCHBUTT	Minnedosa	12:08	40:54	25:14
5	1:20:16	385	Sean WOJNARSKI	Brandon	10:54	44:27	24:57
6	1:20:33	290	Blaine ROQUE	Brandon	10:10	48:06	22:18
7	1:21:50	311	Colin SIBILLEAU	Morden	10:23	39:28	31:59
8	1:23:42	376	Colin WIEBE	Morden	11:20	44:49	27:33
9	1:24:58	54	Nate COATES	Winnipeg	11:57	47:02	26:00
10	1:27:25	282	Rob REVILLE	Brandon	12:49	46:42	27:55
11	1:27:41	485	Travis SMITH	Winnipeg	12:10	46:15	29:17
12	1:29:37	437	Douglas DURKSEN	Winnipeg	11:47	52:12	25:40
13	1:31:52	422	Cory DITTMER	Brandon	13:34	47:33	30:46
14	1:42:17	438	Kurt PENNER	Winnipeg	14:45	55:30	32:03
15	1:44:22	246	Jonathan NICOLL	Regina	16:25	52:39	35:19
16		299	Jarrett SASS	Winnipeg	11:39		

Men 40 and Over

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
1	1:03:19	466	Jeff MCMILLAN	Winnipeg	8:34	35:46	19:00
2	1:09:32	183	George KROUPA	Winnipeg	10:05	38:08	21:20
3	1:13:17	114	Scott GIBBONS	Winnipeg	9:40	42:57	20:41
4	1:14:14	315	Cory SMITH	Portage La Prairie	10:49	37:44	25:41
5	1:17:19	415	John KELLEHER	Brandon	11:14	43:08	22:58
6	1:20:44	514	Darrin KULLMAN	Brandon	11:42	44:07	24:56
7	1:23:10	154	Bob HYRA	Brandon	12:10	43:04	27:57
8	1:24:13	245	Bob NICHOLSON	Regina	12:02	48:37	23:35
9	1:26:27	423	Trevor BOQUIST	Regina	13:57	47:18	25:13
10	1:29:03	304	Louis SCHWINDT	Regina	13:35	45:59	29:30
11	1:29:13	57	Grant COCKSHOTT	Winnipeg	14:21	47:29	27:24
12	1:31:03	452	Barry KNAPP	Lethbridg	13:11	50:13	27:41
13	1:33:56	434	Michael HOTSKO	Melford	14:24	50:52	28:41
14	1:36:16	46	Len BULL	Onanole	13:01	56:04	27:11
15	1:38:19	190	RéAl LAMBERT	Ottawa	14:31	51:49	32:00

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

Female

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	48:38	82	Elisabeth DUBOURT	Saskatoon	7:03	27:43	13:53
2	49:19	320	Nikou SNELL	Winnipeg	8:08	27:02	14:10
3	49:22	471	Barb WEBBER	Brandon	7:43	27:43	13:57
4	49:28	152	Vivienne HORNE	Winnipeg	7:50	25:46	15:53
5	49:53	200	Shelley LOVETT	Portage La Prairie	7:23	26:00	16:31
6	49:53	481	Rae KINGDON	Onanole	7:04	27:45	15:05
7	50:13	177	Sandra KLATT	Fort Qu'Appelle	7:44	28:39	13:51
8	51:23	257	Monique PEEL	Winnipeg	8:21	28:49	14:14
9	52:26	71	Callan DAVEY	Winnipeg	8:54	28:07	15:25
10	53:07	447	Crystal DUNNING	McCreary	8:34	29:07	15:27
11	53:10	504	Kaitlin FOLEY	Winnipeg	7:06	29:27	16:38
12	54:01	222	Jana MCLAREN DAY	Carnduff	7:54	28:13	17:55
13	54:54	359	Lauri VANHEYST	Stony Mountan	7:10	29:10	18:35
14	55:28	478	Annik ADAM	Onanole	8:48	31:22	15:19
15	56:20	254	Milana PADDOCK	Brandon	8:09	31:51	16:21
16	56:27	51	Danielle CARIGNAN SVENN	Winnipeg	8:23	29:38	18:28
17	56:33	386	Jennifer WORKMAN	Onanole	8:04	31:41	16:49
18	58:56	365	Heidi WARKENTIN	Winnipeg	8:17	31:21	19:19
19	59:33	196	Lisele LINDSAY	Onanole	8:28	33:45	17:20
20	1:00:19	168	Bonnie KAWCHUK	Bethesda, MD	8:42	32:56	18:42
21	1:00:57	262	Natasha PHILLIPSON	White City	10:31	31:35	18:52
22	1:01:30	124	Madelyn GOWLER	Winnipeg	8:59	35:54	16:38
23	1:01:51	495	Corinne JAMAULT	Winnipeg	12:12	32:27	17:14
24	1:02:07	26	Kaila BELL	Winnipeg	7:50	36:55	17:22
25	1:02:14	462	Nicole ASKIN	Winnipeg	8:05	33:49	20:20
26	1:04:02	123	Leanne GOWLER	Winnipeg	8:38	35:27	19:58

27	1:07:01	198	Karen LITKE	Yorkton	7:11	37:10	22:41
28	1:09:38	322	Simone STENEKES	Winnipeg	7:31	41:15	20:52
29	1:10:34	472	Roxanne JAMAULT	Winnipeg	9:57	43:17	17:21
30	1:13:02	20	Angela BARTLEY	Winnipeg	8:51	38:52	25:21
31	1:14:28	427	Patricia FUNK	Winnipeg	8:31	41:05	24:54
32	1:14:37	428	Esther DURKSEN	Winnipeg	9:36	40:27	24:36
33		201	Amy LOWE	Winnipeg	8:58		

Male

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	40:51	498	Patrick BORESKI	Winnipeg	4:49	24:08	11:55
2	44:03	451	Greg WIEBE	Anola	7:15	23:32	13:17
3	44:52	195	Iwan LEVIN JR.	Brandon	5:24	27:49	11:41
4	46:06	72	Paul DAVIDSON	Portage La Prairie	5:59	24:05	16:03
5	48:57	450	Tyler FULTON	Birtle	7:57	26:56	14:05
6	50:31	503	Brendan RONALD	Brandon	7:20	29:46	13:26
7	50:35	263	Ryan PHILLIPSON	White City	6:59	26:21	17:15
8	51:08	458	Stephen MOON	Riceton	6:25	29:14	15:29
9	53:06	494	Cam ROE	Winnipeg	7:13	29:46	16:07
10	55:52	130	Brock GUNTER-SMITH	Winnipeg	8:11	28:49	18:53
11	57:51	449	David HEARN	Oyama, BC	8:35	29:49	19:28
12	1:00:27	233	David MOORE	Winnipeg	7:33	30:38	22:16
13		502	John DUNCAN	Regina	12:25	54:07	

Thanks to:

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The "Clear Lake Crew" for their excellent support over the weekend

Triathlon Manitoba Officials for their support on race day