



1996 STAC Race Results



| | | |
|----------|-----------------------------------|---|
| 30/05/96 | <i>IceBreaker Triathlon</i> | Regina "Sprint - 750m Swim,20k Bike, 5k Run" |
| 07/06/96 | <i>Moe's Triathlon</i> | Saskatoon "Sprint - 500m Swim,16.8k Bike, 3k Run" |
| 20/06/96 | <i>Regina Beach Triathlon</i> | Regina "Sprint - 750m Swim, 20k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run" |
| 27/06/96 | <i>Bridge City Triathlon</i> | Saskatoon "Sprint - 750m Swim,25k Bike, 5k Run""Standard - 1.5k Swim, 40k Bike, 10k Run" |
| 13/07/96 | <i>Echo Valley 1/2 Ironman</i> | Qu'Appelle Valley - Echo Beach "Half Ironman - 2.0k Swim, 90k Bike, 21k Run" |
| 20/07/96 | <i>Battle at the Battlefords</i> | Cochin "Sprint - 750m Swim, 20k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run" |
| 07/08/96 | <i>Frank Dunn Tri</i> | Waskesieu "1.5k Swim, 63k Bike, 13k Run" |
| 30/08/96 | <i>Freeze, Breeze, and Wheeze</i> | La Ronge "Sprint - 500m Swim,20k Bike, 6k Run" |
| 14/09/96 | <i>Meadow Lake Tri</i> | Meadow Lake "Sprint - 750m Swim,25k Bike, 5k Run" |
| 21/09/96 | <i>IceBringer Triathlon</i> | Regina "Sprint - 750m Swim,20k Bike, 5k Run" |

IceBreaker Triathlon

May 30, 1996 Regina
"Sprint - 750m Swim, 20k Bike, 5k Run"

Category: **Sprint Triathlon - Men**

Number in Category: **19**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Blair Chapman | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:04:11 | | |
| Stephen Johnson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:05:14 | | |
| John Dutchak | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:01 | | |
| Blaine Melnyk | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:04 | | |
| Jeff Hehn | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:08 | | |
| Doug MacKenzie | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:09:27 | | |
| David Green | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:10:01 | | |
| Eugene Timmermans | Warman | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:11:37 | | |
| Jim Baiton | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:12:42 | | |
| Murray O'Shea | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:52 | | |
| Brent Gibson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:14:52 | | |
| Steve Merifield | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:16:06 | | |
| Ian McLaren | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:16:07 | | |
| Robin Johnson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:17:37 | | |
| Donald Gallo | Saskatoon | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:02 | | |
| Scott Langer | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:14 | | |
| Cosmin Hermenean | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:47 | | |
| Tim Wilke | Kronau | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:48 | | |
| Rob Jackson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:33:54 | | |

Category: **Sprint Triathlon - Women**

Number in Category: **6**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|----------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Sarah Robbins | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:09:17 | | |
| Angela Scott | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:40 | | |
| Jane Fonger | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:21 | | |
| Abigail Casey | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:22 | | |
| Kathy Dreher | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:16:59 | | |
| Stacey Rhodes-Nesset | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:21 | | |

Number in Race: **25**

Moe's Triathlon

June 7, 1996 Saskatoon
"Sprint - 500m Swim, 16.8k Bike, 3k Run"

Category: **Sprint Triathlon - Men**

Number in Category: **50**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Peter Ouchterlony | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:42:35 | | |
| Shane Armstrong | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 00:43:37 | | |
| Blaine Melnyk | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:45:12 | | |
| Newell Hedstrom | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:45:13 | | |
| Rick Court | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:45:27 | | |
| Brent Lockridge | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:46:09 | | |
| Cameron McCarty | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 00:46:33 | | |
| Blair Chapman | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:46:35 | | |
| Jeff Hehn | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:47:12 | | |
| Murray Smith | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:47:35 | | |
| Terry Spokes | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:48:44 | | |
| Denard Lynch | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:49:01 | | |
| Brad Spokes | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:49:02 | | |
| Simon Toon | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:49:22 | | |
| John Dutchak | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:49:51 | | |
| Scott Flood | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 00:49:55 | | |
| Ron Golden | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:49:57 | | |

Moe's Triathlon

June 7, 1996 Saskatoon
"Sprint - 500m Swim, 16.8k Bike, 3k Run"

Category: **Sprint Triathlon - Men**

Number in Category: **50**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Jim Holmstrom | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:51:09 | | |
| Eugene Timmermans | Warman | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:51:21 | | |
| Dennis Scherger | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:51:47 | | |
| Mark Boyd | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:52:37 | | |
| Mick Graham | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:53:00 | | |
| Shawn Nolin | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:53:37 | | |
| Ian McLaren | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:53:48 | | |
| Bob Reindl | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:55:12 | | |
| Don Sylvester | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:56:15 | | |
| D Keith McIlmoyl | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:56:42 | | |
| Terry Verbeke | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:57:56 | | |
| Andrew Lacny | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:58:02 | | |
| Clarence Krause | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:58:41 | | |
| John Dewar | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:58:49 | | |
| Marc Cattet | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:59:03 | | |
| Cosmin Hermenean | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:59:30 | | |
| Keith Gibson | Regina | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 00:59:37 | | |
| Derek St. Louis | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:59:40 | | |
| Rick Tiffen | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:00:06 | | |
| Ray Machibroda | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:00:54 | | |
| Francois Paradis | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:01:42 | | |
| Germain Nappert | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:03:05 | | |
| Darren Frey | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:04:10 | | |
| David Settle | Meadow Lake | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:05:55 | | |
| Tom Gresty | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:09 | | |
| Trevor Hamm | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:18 | | |
| Reg Cooper | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:59 | | |
| Steve Bueckert | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:07:35 | | |
| Dan Dewar | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:07:36 | | |
| Grant Gresty | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:07:43 | | |
| Rick Vircavs | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:10:33 | | |
| Lindsay Irwin | Humboldt | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:12:26 | | |
| Shane Biehn | Humboldt | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:18:14 | | |

Category: **Sprint Triathlon - Team**

Number in Category: **3**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|--------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | And Special Guests | | 00:00:00 | 00:00:00 | 00:00:00 | 00:53:32 | | |
| / | Testy Teachers | | 00:00:00 | 00:00:00 | 00:00:00 | 00:53:32 | | |
| / | No Names | | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:26 | | |

Category: **Sprint Triathlon - Women**

Number in Category: **22**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Barbara Gallo | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:51:10 | | |
| Catherine McQueen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:51:22 | | |
| Sarah Robbins | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:52:44 | | |
| Maureen Strathdee | Prince Albert | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 00:55:04 | | |
| Abigail Casey | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:55:12 | | |
| Tracey Storrier | | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 00:55:36 | | |
| Haley Block | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 00:58:23 | | |
| Jane Fonger | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:59:14 | | |
| Heather Hynes | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 00:59:49 | | |
| Patti Wilson | Saskatoon | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:01:08 | | |
| Colleen Walker | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:01:52 | | |
| Barb Maduck | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:04:32 | | |

Moe's Triathlon

June 7, 1996 Saskatoon
"Sprint - 500m Swim, 16.8k Bike, 3k Run"

Category: **Sprint Triathlon - Women**

Number in Category: 22

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|--------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Corinne Sielski | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:05:21 | | |
| Michelle Bussiere | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:01 | | |
| Jenny Weir | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:19 | | |
| Wendy Gore-Hickman | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:07:36 | | |
| Denise Holt | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:07:39 | | |
| Sara Rigetti | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:07:54 | | |
| Kim Larsen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:08:19 | | |
| Jennifer Sass | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:09:23 | | |
| Karen Davis | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:26 | | |
| Terry Jelinski | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:21:55 | | |

Number in Race: 75

Regina Beach Triathlon

June 20, 1996 Regina
"Sprint - 750m Swim, 20k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run"

Category: **Sprint Triathlon - Men**

Number in Category: 2

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|----------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Jeff Hehn | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:09 | | |
| Bryn Ledingham | Saskatoon | 15-17 | 00:00:00 | 00:00:00 | 00:00:00 | 01:27:57 | | |

Category: **Sprint Triathlon - Women**

Number in Category: 2

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Marilynn Georgas | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:31:30 | | |
| Lillianna Taborda-Lipka | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:34:26 | | |

Category: **Standard Triathlon - Men**

Number in Category: 23

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|--------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Peter Ouchterlony | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:57:48 | | |
| Shane Armstrong | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 01:59:53 | | |
| Mike McKague | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:04:28 | | |
| Cameron McCarty | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 02:06:57 | | |
| Blaine Melnyk | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:09:43 | | |
| Guy St. Denis | Bushell Park | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:10:13 | | |
| Trevor Soll | Edmonton | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:11:24 | | |
| Jim Holmstrom | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:12:39 | | |
| Robert Kerr | Victoria | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:13:13 | | |
| Wally Hurlbert | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:14:15 | | |
| Doug MacKenzie | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:14:50 | | |
| Kevin Sutton | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:15:39 | | |
| Kerry Hilderman | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:18:56 | | |
| Shaun Humphries | Winnipeg | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:21:07 | | |
| Larry Howe | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:21:30 | | |
| Jim Baiton | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:23:30 | | |
| Brent Gibson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:34:22 | | |
| Ian McLaren | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:42:53 | | |
| Walter Savill | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:43:24 | | |
| Mike Powell | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:43:48 | | |
| Rob Jackson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:43:58 | | |
| Art MacKinnon | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:48:17 | | |

Regina Beach Triathlon

June 20, 1996

Regina

"Sprint - 750m Swim, 20k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run"

Category: [Standard Triathlon - Men](#)

Number in Category: 23

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Rick Tiffen | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 02:58:01 | | |

Category: [Standard Triathlon - Women](#)

Number in Category: 5

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Angela Scott | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:31:52 | | |
| Catherine McQueen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:38:45 | | |
| Haley Block | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 02:44:03 | | |
| Maureen Strathdee | Prince Albert | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:45:55 | | |
| Jane Fonger | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:46:47 | | |

Number in Race: 32

Bridge City Triathlon

June 27, 1996

Saskatoon

"Sprint - 750m Swim, 25k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run"

Category: [Sprint Triathlon - Men](#)

Number in Category: 15

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-----------------|------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Ron Golden | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:08:33 | | |
| Garth Patterson | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:12:33 | | |
| Doug Sylvester | North Battleford | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:33 | | |
| Derek Williams | North Battleford | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:28 | | |
| Shawn Nolin | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:17:27 | | |
| Ryan Acaster | North Battleford | 15-17 | 00:00:00 | 00:00:00 | 00:00:00 | 01:17:41 | | |
| Sam Moore | | | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:04 | | |
| Don Sylvester | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:07 | | |
| Germain Nappert | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:50 | | |
| Derek St. Louis | Saskatoon | | 00:00:00 | 00:00:00 | 00:00:00 | 01:23:05 | | |
| Greg Sylvester | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:31:26 | | |
| Ric Hanna | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:40:41 | | |
| Gary Scammell | | | 00:00:00 | 00:00:00 | 00:00:00 | 01:40:47 | | |
| Ivan Tam | | | 00:00:00 | 00:00:00 | 00:00:00 | 01:50:11 | | |
| Chris Munkacsi | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:01:11 | | |

Category: [Sprint Triathlon - Team](#)

Number in Category: 2

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|--------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | And Special Guests | | 00:00:00 | 00:00:00 | 00:00:00 | 01:11:31 | | |
| / | Ogilvie, Dyck | | 00:00:00 | 00:00:00 | 00:00:00 | 01:16:32 | | |

Category: [Sprint Triathlon - Women](#)

Number in Category: 4

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|--------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Georgie Fabian | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:24:39 | | |
| Wendy Gore-Hickman | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:25:47 | | |
| Colleen Walker | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:26:09 | | |
| Shannon Hood | | | 00:00:00 | 00:00:00 | 00:00:00 | 01:38:32 | | |

Bridge City Triathlon

June 27, 1996

Saskatoon

"Sprint - 750m Swim, 25k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run"

Category: **Standard Triathlon - Men**Number in Category: **25**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|-------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Peter Ouchterlony | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:03:54 | | |
| Shane Armstrong | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 02:05:21 | | |
| Trevor Soll | Edmonton | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:05:51 | | |
| Brent Lockridge | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:07:44 | | |
| John Dutchak | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:11:39 | | |
| Blair Chapman | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:12:32 | | |
| Robert Kerr | Victoria | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:12:57 | | |
| Terry Spokes | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:13:22 | | |
| Murray Smith | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:13:41 | | |
| Mike McKague | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:17:51 | | |
| Brian Michasiw | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:21:17 | | |
| Bob Holtsman | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:21:50 | | |
| Brad Spokes | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:22:03 | | |
| Cameron McCarty | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 02:22:51 | | |
| Mike Levesque | Meadow Lake | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:24:00 | | |
| Simon Toon | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:25:49 | | |
| Martin Karpinski | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:26:16 | | |
| Eugene Timmermans | Warman | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:28:43 | | |
| Mark Boyd | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:30:06 | | |
| Don Figley | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:33:56 | | |
| Michael Hoffert | Battleford | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:35:23 | | |
| Dennis Scherger | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:36:12 | | |
| Andrew Lacny | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:43:14 | | |
| D Keith McIlmoyl | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:47:25 | | |
| Rob Hopfner | | | 00:00:00 | 00:00:00 | 00:00:00 | 03:19:19 | | |

Category: **Standard Triathlon - Team**Number in Category: **1**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|-------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | Corrine & Company | | 00:00:00 | 00:00:00 | 00:00:00 | 02:58:47 | | |

Category: **Standard Triathlon - Women**Number in Category: **6**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Catherine McQueen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:32:41 | | |
| Sarah Robbins | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:33:13 | | |
| Barbara Gallo | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:33:55 | | |
| Debbie Harksen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:41:53 | | |
| Abigail Casey | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:47:21 | | |
| Jane Fonger | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:51:23 | | |

Number in Race: **53**

Echo Valley 1/2 Ironman

July 13, 1996

Qu'Appelle Valley - Echo Beach

"Half Ironman - 2.0k Swim, 90k Bike, 21k Run"

Category: **Long Triathlon - Men**Number in Category: **25**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Peter Ouchterlony | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 04:28:43 | | |
| Nik Southwell | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 04:34:02 | | |
| Rick Court | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 04:49:12 | | |
| Stephen Johnson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 04:52:02 | | |

Echo Valley 1/2 Ironman

July 13, 1996

Qu'Appelle Valley - Echo Beach

"Half Ironman - 2.0k Swim, 90k Bike, 21k Run"

Category: [Long Triathlon - Men](#)

Number in Category: 25

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|-------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Jim Holmstrom | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 04:58:09 | | |
| Rob Skotnitsky | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:02:03 | | |
| Murray Smith | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 05:04:41 | | |
| David Green | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:13:11 | | |
| Brad Wagner | Craven | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:14:20 | | |
| Robert Kerr | Victoria | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:16:09 | | |
| Eugene Timmermans | Warman | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 05:16:24 | | |
| Frits Timmermans | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:20:38 | | |
| Larry Howe | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 05:21:10 | | |
| Jim Baiton | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:22:24 | | |
| Mike Levesque | Meadow Lake | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:22:54 | | |
| David Switzer | Calgary | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 05:31:40 | | |
| Dennis Scherger | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 05:40:01 | | |
| Bob Webb | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 05:49:01 | | |
| Brent Gibson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 06:04:21 | | |
| Ian McLaren | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 06:16:08 | | |
| Luciano Tognerei | White City | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 06:18:53 | | |
| Kieron Thorpe | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 06:25:05 | | |
| Art MacKinnon | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 06:33:50 | | |
| Rob Jackson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 06:38:25 | | |
| Chris Gilboy | Regina | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 06:42:32 | | |

Category: [Long Triathlon - Team](#)

Number in Category: 1

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|-------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | Tribalistic | | 00:00:00 | 00:00:00 | 00:00:00 | 05:09:36 | | |

Category: [Long Triathlon - Women](#)

Number in Category: 3

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Debbie Harksen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 05:52:02 | | |
| Maureen Strathdee | Prince Albert | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 06:05:40 | | |
| Patti Wilson | Saskatoon | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 06:52:59 | | |

Number in Race: 29

Battle at the Battlefords

July 20, 1996

Cochin

"Sprint - 750m Swim, 20k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run"

Category: [Sprint Triathlon - Men](#)

Number in Category: 6

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------------------|------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Jim Holmstrom | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:07:12 | | |
| Jeff Hehn | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:30 | | |
| Shandon Reichert | Debden | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:27:16 | | |
| Cosmin Hermenean | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:29:19 | | |
| Bryn Ledingham | Saskatoon | 15-17 | 00:00:00 | 00:00:00 | 00:00:00 | 01:31:28 | | |
| Chris Acaster | North Battleford | 13-14 | 00:00:00 | 00:00:00 | 00:00:00 | 01:34:17 | | |

Battle at the Battlefords

July 20, 1996

Cochin

"Sprint - 750m Swim, 20k Bike, 5k Run" "Standard - 1.5k Swim, 40k Bike, 10k Run"

Category: Sprint Triathlon - Women

Number in Category: 5

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-----------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Abigail Casey | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:36 | | |
| Georgie Fabian | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:21:44 | | |
| Mary Grant | Saskatoon | 13-14 | 00:00:00 | 00:00:00 | 00:00:00 | 01:24:43 | | |
| Valerie Smith | Prince Albert | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:44:44 | | |
| Tamara Chomyshe | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:17:23 | | |

Category: Standard Triathlon - Men

Number in Category: 21

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Peter Ouchterlony | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:55:27 | | |
| Shane Armstrong | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 01:56:11 | | |
| Mike McKague | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:07:09 | | |
| John Dutchak | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:11:00 | | |
| Declan Wolfe | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:11:38 | | |
| John Marshall | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:12:37 | | |
| Brad Spokes | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:18:01 | | |
| Mike Levesque | Meadow Lake | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:19:24 | | |
| Shawn Nolin | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:20:00 | | |
| Dennis Scherger | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:21:34 | | |
| Ryan Acaster | North Battleford | 15-17 | 00:00:00 | 00:00:00 | 00:00:00 | 02:24:53 | | |
| Scott Flood | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 02:24:53 | | |
| Derek Williams | North Battleford | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:27:52 | | |
| Sean Wolfe | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:30:00 | | |
| Doug Sylvester | North Battleford | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:33:04 | | |
| Eugene Timmermans | Warman | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:33:47 | | |
| Rick Tiffen | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 02:45:54 | | |
| Mark Nagy | Prince Albert | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:50:21 | | |
| Greg Sylvester | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 02:50:22 | | |
| Derek St. Louis | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 03:24:04 | | |
| Ron Legario | North Battleford | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:24:56 | | |

Category: Standard Triathlon - Team

Number in Category: 4

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|--------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | McKee | | 00:00:00 | 00:00:00 | 00:00:00 | 02:07:33 | | |
| / | And Special Guests | | 00:00:00 | 00:00:00 | 00:00:00 | 02:16:02 | | |
| / | James | | 00:00:00 | 00:00:00 | 00:00:00 | 02:40:51 | | |
| / | Wright | | 00:00:00 | 00:00:00 | 00:00:00 | 02:45:14 | | |

Category: Standard Triathlon - Women

Number in Category: 9

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Sarah Robbins | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:22:38 | | |
| Maureen Strathdee | Prince Albert | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:33:04 | | |
| Debbie Harksen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:33:50 | | |
| Haley Block | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 02:39:09 | | |
| Jane Fonger | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:40:37 | | |
| Lillianna Taborda-Lipka | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:52:03 | | |
| Wendy Gore-Hickman | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:01:29 | | |
| Patti Wilson | Saskatoon | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 03:05:18 | | |
| Sarah Loponen | Meadow Lake | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:06:19 | | |

Number in Race: 45

Frank Dunn Tri

August 7, 1996 Waskesieu
 "1.5k Swim, 63k Bike, 13k Run"

Category: **Long Triathlon - Men**

Number in Category: **48**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Peter Ouchterlony | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:34:34 | | |
| Curtis Ready | Edmonton | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:43:10 | | |
| Shane Armstrong | Saskatoon | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 02:43:29 | | |
| Mark Fewster | Edmonton | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:48:54 | | |
| Trevor Soll | Edmonton | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:50:54 | | |
| Blair Chapman | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:53:22 | | |
| Jim Holmstrom | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:53:22 | | |
| Brent Lockridge | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 02:57:34 | | |
| Blaine Melnyk | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 02:58:38 | | |
| Murray Smith | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 02:58:52 | | |
| Chris Bacchus | Prince Albert | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 03:00:32 | | |
| John Marshall | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:01:36 | | |
| Ron Golden | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:02:12 | | |
| David Green | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:03:43 | | |
| Simon Toon | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:04:20 | | |
| Lorie Loshack | Prince Albert | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:05:21 | | |
| John Dutchak | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 03:06:40 | | |
| Eugene Timmermans | Warman | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:06:40 | | |
| Brad Wagner | Craven | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:07:07 | | |
| Martin Karpinski | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 03:07:20 | | |
| Bob Holtsman | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:08:52 | | |
| Chuck Austin | | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 03:10:03 | | |
| Ross Johnson | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:11:08 | | |
| Mike Levesque | Meadow Lake | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:11:40 | | |
| Doug Sylvester | North Battleford | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:14:40 | | |
| Mark Boyd | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:15:14 | | |
| Grenville Richert | Prince Albert | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:18:21 | | |
| Mike LeGoff | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:19:24 | | |
| Michael Hoffert | Battleford | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:19:33 | | |
| Morley Steif | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:22:55 | | |
| Craig Dubyk | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:24:50 | | |
| Darren Hagen | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:24:57 | | |
| Art MacKinnon | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:26:37 | | |
| Don Figley | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:27:28 | | |
| Frank Dunn | Prince Albert | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:30:33 | | |
| Daniel Stevenson | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:30:33 | | |
| Derek Coffyne | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 03:35:55 | | |
| Rick Tiffen | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 03:39:19 | | |
| D Keith McIlmoyl | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:40:39 | | |
| Bill Jeffery | Shellbrook | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:41:53 | | |
| Randy Taylor | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:43:27 | | |
| Geoff Atkins | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:48:13 | | |
| Sid Charlton | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:56:26 | | |
| Greg Sylvester | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 04:01:05 | | |
| Tom Reynolds | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 04:03:32 | | |
| Steve Sinclair | Cochrane | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 04:09:51 | | |
| Lloyd Hedemann | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 04:16:16 | | |
| Kevin Frey | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 04:20:27 | | |

Category: **Long Triathlon - Team**

Number in Category: **20**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|-------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | Air Miles | | 00:00:00 | 00:00:00 | 00:00:00 | 02:40:32 | | |
| / | Splash,Crash&Dash | | 00:00:00 | 00:00:00 | 00:00:00 | 02:54:21 | | |
| / | Basky | | 00:00:00 | 00:00:00 | 00:00:00 | 02:57:22 | | |
| / | Witcombe | | 00:00:00 | 00:00:00 | 00:00:00 | 03:01:54 | | |
| / | Vet MicroBiology | | 00:00:00 | 00:00:00 | 00:00:00 | 03:06:14 | | |
| / | F.A.E. | | 00:00:00 | 00:00:00 | 00:00:00 | 03:10:54 | | |

Frank Dunn Tri

August 7, 1996 Waskesieu
"1.5k Swim, 63k Bike, 13k Run"

Category: Long Triathlon - Team

Number in Category: 20

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|--------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | Nesset | | 00:00:00 | 00:00:00 | 00:00:00 | 03:12:28 | | |
| / | Last Minute | | 00:00:00 | 00:00:00 | 00:00:00 | 03:16:41 | | |
| / | Georgas | | 00:00:00 | 00:00:00 | 00:00:00 | 03:19:15 | | |
| / | Butler Fam | | 00:00:00 | 00:00:00 | 00:00:00 | 03:23:04 | | |
| / | Headrick | | 00:00:00 | 00:00:00 | 00:00:00 | 03:24:20 | | |
| / | Lightning | | 00:00:00 | 00:00:00 | 00:00:00 | 03:29:37 | | |
| / | L.B.M. | | 00:00:00 | 00:00:00 | 00:00:00 | 03:34:39 | | |
| / | Urban Decay | | 00:00:00 | 00:00:00 | 00:00:00 | 03:36:24 | | |
| / | Walker | | 00:00:00 | 00:00:00 | 00:00:00 | 03:37:39 | | |
| / | Hell Raisers | | 00:00:00 | 00:00:00 | 00:00:00 | 03:38:21 | | |
| / | Hot Tamales | | 00:00:00 | 00:00:00 | 00:00:00 | 03:41:26 | | |
| / | Butler | | 00:00:00 | 00:00:00 | 00:00:00 | 03:43:12 | | |
| / | Toyota | | 00:00:00 | 00:00:00 | 00:00:00 | 03:51:54 | | |
| / | Mahon | | 00:00:00 | 00:00:00 | 00:00:00 | 04:06:08 | | |

Category: Long Triathlon - Women

Number in Category: 7

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Sarah Robbins | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 03:14:22 | | |
| Abigail Casey | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 03:23:57 | | |
| Maureen Strathdee | Prince Albert | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:31:32 | | |
| Lillianna Taborda-Lipka | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 03:49:00 | | |
| Patti Wilson | Saskatoon | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 04:01:25 | | |
| Vikki Austin | | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 04:01:53 | | |
| Sarah Loponen | Meadow Lake | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 04:09:05 | | |

Number in Race: 75

Freeze, Breeze, and Wheeze

August 30, 1996 La Ronge
"Sprint - 500m Swim, 20k Bike, 6k Run"

Category: Sprint Triathlon - Men

Number in Category: 30

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Peter Ouchterlony | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 00:56:30 | | |
| Jeff Hehn | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:03:14 | | |
| Stephen Johnson | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:05:37 | | |
| Eugene Timmermans | Warman | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:06:16 | | |
| Greg McKee | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:08:57 | | |
| Robert Klenz | Prince Albert | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:09:03 | | |
| Dennis Scherger | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:10:19 | | |
| Russel Boucher | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:11:53 | | |
| Bill Jeffery | Shellbrook | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:12:58 | | |
| Daniel Stevenson | Saskatoon | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:00 | | |
| Brent Wagner | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:14:44 | | |
| Cosmin Hermenean | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:27 | | |
| Russell Hodgins | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:31 | | |
| Vernon Marzoff | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:40 | | |
| Bill Layman | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:16:31 | | |
| Mark Nagy | Prince Albert | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:18:19 | | |
| Dave Brundage | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:28 | | |
| Rick Tiffen | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:20:21 | | |
| Rick Vircavs | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:21:21 | | |
| Scott Boyes | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:28 | | |
| Sam Roberts | La Ronge | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:52 | | |

Freeze, Breeze, and Wheeze

August 30, 1996 La Ronge
"Sprint - 500m Swim,20k Bike, 6k Run"

Category: **Sprint Triathlon - Men**

Number in Category: **30**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Gregor Klenz | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:23:12 | | |
| Derek St. Louis | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:24:48 | | |
| Sidney Robinson | La Ronge | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:24:50 | | |
| Bruce McKenzie | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:25:56 | | |
| Greg Sylvester | Prince Albert | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:26:53 | | |
| Gerry Dunning | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:30:00 | | |
| Ted Giesbrecht | La Ronge | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:40:36 | | |
| Jeffery Irvine | La Ronge | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 01:42:01 | | |
| Bill Van Mepplin | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:49:51 | | |

Category: **Sprint Triathlon - Team**

Number in Category: **8**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|-------------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | Kruus,McKenzie,Taylor | | 00:00:00 | 00:00:00 | 00:00:00 | 01:12:59 | | |
| / | Wolkosky,Caleval | | 00:00:00 | 00:00:00 | 00:00:00 | 01:16:54 | | |
| / | Lundquist,Jeffery | | 00:00:00 | 00:00:00 | 00:00:00 | 01:18:29 | | |
| / | Sobering,Grimard | | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:49 | | |
| / | Johnson,Johnson,Johnson | | 00:00:00 | 00:00:00 | 00:00:00 | 01:23:02 | | |
| / | Impy,Law,Schellenburg | | 00:00:00 | 00:00:00 | 00:00:00 | 01:30:29 | | |
| / | Stewart,Stewart,Stewart | | 00:00:00 | 00:00:00 | 00:00:00 | 01:46:04 | | |
| / | Clark,Andrews,Forrest | | 00:00:00 | 00:00:00 | 00:00:00 | 02:00:00 | | |

Category: **Sprint Triathlon - Women**

Number in Category: **15**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-------------------|---------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Sarah Robbins | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:11:03 | | |
| Maureen Strathdee | Prince Albert | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:16:36 | | |
| Georgie Fabian | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:17:06 | | |
| Kristin Pletch | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:59 | | |
| Susan Smallwood | Air Ronge | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:21:02 | | |
| Michelle Bussiere | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:24:56 | | |
| Kim Larsen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:33:14 | | |
| Laurel Archer | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:33:23 | | |
| Hilary Johnstone | La Ronge | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:35:06 | | |
| Lynn Duning | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:36:18 | | |
| Valerie Smith | Prince Albert | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:39:40 | | |
| Lisa Schwann | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:40:34 | | |
| Pam Schwann | | 30-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:40:34 | | |
| Joan Giesbrecht | La Ronge | 50-59 | 00:00:00 | 00:00:00 | 00:00:00 | 01:41:05 | | |
| Betty Bauhuis | | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:49:37 | | |

Number in Race: **53**

Meadow Lake Tri

September 14, 1996 Meadow Lake
"Sprint - 750m Swim,25k Bike, 5k Run"

Category: **12 - 13**

Number in Category: **2**

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------------------|-------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Virgina Scissons | Meadow Lake | 12 - 13 | 00:00:00 | 00:00:00 | 00:00:00 | 00:00:00 | | |
| Ryan Settle | Meadow Lake | 12 - 13 | 00:00:00 | 00:00:00 | 00:00:00 | 00:00:00 | | |

Meadow Lake Tri

September 14, 1996 Meadow Lake
"Sprint - 750m Swim, 25k Bike, 5k Run"

Category: Sprint Triathlon - Men

Number in Category: 3

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|----------------|------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Doug Sylvester | North Battleford | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 00:59:28 | | |
| David Harman | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:21:35 | | |
| Brett Hill | Meadow Lake | 17-19 | 00:00:00 | 00:00:00 | 00:00:00 | 01:23:51 | | |

Category: Sprint Triathlon - Women

Number in Category: 2

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|---------------------|------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Cindy Lecki-Cleaver | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:03:01 | | |
| Brenda Pollock | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:27 | | |

Number in Race: 7

IceBringer Triathlon

September 21, 1996 Regina
"Sprint - 750m Swim, 20k Bike, 5k Run"

Category: Sprint Triathlon - Men

Number in Category: 8

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|-----------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Blaine Melnyk | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:05:49 | | |
| Ron Golden | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:08:39 | | |
| Morley Steif | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:15:59 | | |
| Bob Webb | Regina | 40-49 | 00:00:00 | 00:00:00 | 00:00:00 | 01:17:41 | | |
| Sean Sikorski | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:19:16 | | |
| Thomas Hamilton | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:03 | | |
| Rick Vircavs | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:25:03 | | |
| Jeff Hehn | Saskatoon | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:32:40 | | |

Category: Sprint Triathlon - Team

Number in Category: 2

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|------|-------------------|--------------|------------------|-----------|----------|------------|---------------|-----|
| / | The Three Stooges | | 00:00:00 | 00:00:00 | 00:00:00 | 01:20:21 | | |
| / | Fast | | 00:00:00 | 00:00:00 | 00:00:00 | 01:24:59 | | |

Category: Sprint Triathlon - Women

Number in Category: 6

| Name | City | Age Category | Swim or Run Time | Bike Time | Run Time | Final Time | Penalty (Min) | DNF |
|----------------------|-----------|--------------|------------------|-----------|----------|------------|---------------|-----|
| Abigail Casey | Regina | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:13:02 | | |
| Stacey Rhodes-Nesset | Regina | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:07 | | |
| Marie Karner | | 30-39 | 00:00:00 | 00:00:00 | 00:00:00 | 01:22:11 | | |
| Michelle Bussiere | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:26:00 | | |
| Corinne Sielski | | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:29:03 | | |
| Kim Larsen | Saskatoon | 20-29 | 00:00:00 | 00:00:00 | 00:00:00 | 01:29:20 | | |

Number in Race: 16