

Triathlon Manitoba
High Performance Report

Respectfully Submitted
Dave Bell, High Performance Chair
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The top performing triathletes from Manitoba had a very good year in 2008. Many excellent and noteworthy results were achieved. Our future looks bright for 2009.

Our MNTC (Manitoba National Triathlon Centre) has responded well to the challenge of a “rebuilding year” with many strong and promising results. Our national centre under Coach Gary Pallett allows top performing triathletes to stay in Manitoba as they endeavour to “test their metal” against national and international competition. We are one of the few sports within the Sport Manitoba umbrella that offers this level of opportunity. A full MNTC report is submitted separately.

Our Provincial Youth team under Coach Dave Lipchen has also expanded and successfully brought the Markham Cup (Man-Sask) home to Manitoba. Dave has also filed a separate report.

I have decided to include a summary of other top level racing results to show that Manitoba triathletes are both “top flight” and numerous. Here are some interesting provincial, national, and international results:

Manitoba Grand Prix Race Series Overall Winners

		Sprint		Olympic
Triple Threat Tri	F	Marita Malo	F	Abbie Clare
	M	Trevor Penner	M	Willie Bell
St Malo Multisport	F	Sarah-Anne Brault	F	Maureen Van Shepdael
	M	Mark Okany	M	Jared Spier
Free Spirit Tri	F	Sarah-Anne Brault	F	Abbie Clare
	M	Mark Okany	M	Patrick Peacock
Borealis Multisport	F	Lori Leduc	F	Edie Fisher
	M	Blake Mackay	M	Patrick Peacock
Riding Mtn Tri	F	Alex Bell	F	Maureen Van Shepdael
	M	Jacques Marcoux	M	Chris Graham

Canadian National Triathlon Championships

The Canadian National Triathlon Championships were held on August 16th and 17th in conjunction with the Pushor Mitchell Apple Triathlon at Waterfront Park in Kelowna, BC. Congratulations to our Triathlon Manitoba members who competed.

Female Elite Sprint (34 athletes competed)

Category Place	Name	Time
11	Stevie Moore	1:02:34
15	Marita Malo	1:03:43
26	Richelle Ready	1:08:18

Male Elite Sprint (37 athletes competed)

Category Place	Name	Time
5	Mark Okany	55:27
11	Joshua Drad	56:33
22	Trevor Penner	59:03
23	Blake Mackay	59:06
30	Cameron Bushell	1:01:56

Kids of Steel® Boys 14&15 -- 400m swim, 15K bike, 4K run (22 athletes competed)

Place	Name	Time
1	Riley MacCharles	47:00

Female Elite Senior & U23 Olympic (5 U23, and 11 Senior athletes competed, for a total of 16)

Place	Name	Time	Category	Category Place
4	Sarah-Anne Brault	2:12:47	F Elite - U23	2/5

Age Group Olympic (345 Male, and 248 Female athletes competed)

Place	Name	Time	Category	Category Place
3	Patrick Peacock	2:02:11	M35-39	1/52
50	Scott Taylor	2:16:30	M45-49	5/60
53	Michael Krauss	2:17:06	M45-49	6/60
119	Jim Simm	2:28:11	M50-54	13/44
34	Kim Witges	2:30:32	F30-34	5/45
180	Jim Munro	2:37:59	M60-64	4/10
141	Maureen Krauss	2:54:32	F45-49	14/22
309	Merv Cavers	3:07:21	M70-74	1/1
330	Michael Stokotelny	3:35:42	M75-79	1/3

Age Group Sprint (113 Female athletes competed)

Place	Name	Time	Category	Category Place
16	Chelsea Stebeleski	1:19:44	F25-29	4/21
29	Lindsey Ingram	1:23:32	F35-39	4/20
73	Lana Marcine	1:35:11	F60-64	2/2

Musselman Triathlon by Gary Pallett

Sarah-Anne Brault competed at her first Senior Elite Event -- the Continental Cup race in Geneva New York on Saturday July 12th. The women's field was very small, 9 athletes, but had a number of very talented athletes competing including 3 Olympians. 2008 Olympians Kathy Trembley (Canada), Julie Ertel (USA) and 2004 Australian Maxine Seear (she was selected in 2004 over 2003 World Champion Emma Snowsill). Sarah had the best swim of her life, and came out of the water in second place only 2 seconds behind Kathy Trembley. She then made the lead group of 4 with Trembley, Ertel and Alycia Kaye from Canada. She managed to stay and do her share of work in the pack but the long cycle pretty much fried her for the 10 km run ahead. That, combined with the 33 degree temperature, made it a very long run for Sarah, but she was able to maintain a lead over the rest of the field. The 4th place effort won Sarah \$1500 in prize money so was well worth a lot of suffering. I think the result will give Sarah a lot of confidence to head into senior racing almost full time next year (we still need her for the Canada Games).

Gatineau 2008 Triathlon

Congratulations to our Manitoba athletes who competed in the Gatineau 2008 Triathlon at Leamy Lake Park on Saturday July 12th.

Gatineau Canadian National Junior Series Race #2 Eastern Canadian Championships -- 750m swim, 20K draft-legal bike, 5K run

Junior Men

Place	Name	Time	Swim	Bike	Run
7/41	Mark Okany	58:40	10:04	31:49	16:48
15/41	Joshua Drad	1:01:02	9:48	31:18	19:57
24/41	Trevor Penner	1:03:26	10:28	34:07	18:51

Junior Women

Place	Name	Time	Swim	Bike	Run
10/28	Marita Malo	1:05:10	10:32	33:49	20:49
12/28	Stevie Moore	1:05:50	11:12	33:06	21:33

Kids of Steel® Boys 14&15 -- 500m swim, 15K bike, 4K run

Place	Name	Time	Swim	Bike	Run
1/25	Riley MacCharles	47:47	7:20	25:25	15:03

Teck Cominco National Junior Series race #1 / Western Canadian Junior Championships

Congratulations to our Manitoba athletes who competed in the Free Spirit Triathlon at Pinawa, Manitoba on Sunday July 6th. This race is race #1 of the National Junior Series. For complete results, visit http://triathlon.mb.ca/rr_2008_PinawaFreeSpirit.htm

2008 Vancouver BG Triathlon World Championships

Congratulations to Stevie Moore for winning gold in the Women's Sprint Distance 16-19 year age category, with a time of 1:23:05 in an extremely close race on Friday June 6th. Gary Pallett says the weather was terrible, with air and water temperatures both at 11 degrees with heavy rain.

Sarah Anne Brault finished 26th out of 52 in the Junior Elite Women's race on Thursday June 5th with a time of 1:06:46.

Sprint Distance:

Category Place	Name	Time	Category
19/29	Dave Lipchen	1:24:13	M30-34
5/10	Lana Marcine	2:04:36	F60-64

Olympic Distance:

Category Place	Name	Time	Category
27/81	Jared Spier	1:45:58	M30-34
26/91	Patrick Peacock	1:46:52	M35-39
10/72	Doug Pickering	1:58:47	M55-59
66/100	Scott Taylor	2:00:59	M45-49
5/67	Edie Fisher	2:17:57	F50-54
66/82	Chantal Denholm	2:28:33	F30-34
19/27	Merv Cavers	2:52:04	M70-74
5/9	Mickey Stokotelny	2:54:16	M75-79

Because of the cold weather and a water temperature of just 12.5 degrees, the swim portion was shortened to 1100m. The final age-group wave to enter the water was the 45-49 women and 50-54 women. Every wave after that was turned into a duathlon consisting of a 3-kilometer run, 40-kilometer bike and 10-kilometer run. The affected waves were all women over 55 and all men.

Honolulu Triathlon results

Congratulations to Patrick Peacock and Jared Spier for competing in the Honolulu Triathlon on Sunday May 18th on the Island of Oahu. Patrick placed 1st out of 61 participants in the Male 35 to 39 age group with a time of 1:54:52. This time gave him a placing of 2nd overall, Amateur (by 3 seconds), and 6th overall. Jared placed 3rd out of 38 in the Male 30 to 34 age group with a time of 1:59:30. This time gave him a placing of 9th overall, Amateur, and 14th overall. To view the complete results, visit www.honolulutriathlon.com

Memphis in May Triathlon results

Congratulations to Jeff Morier and Scott Taylor for competing in the Memphis in May Triathlon on Sunday May 18th at Edmund Orgill Park, Millington, Tennessee. Jeff placed 14th out of 164 participants in the Male 35 to 39 age group with a time of 2:11:53. Scott placed 4th out of 79 participants in the 45 to 49 age group with a time of 2:05:13.

ITU Junior Triathlon World Championships

Congratulation to Sarah-Anne Brault for being named to the 2008 Junior World's team.

2008 PATCO Triathlon Pan American Championships

Congratulations to Sarah-Anne Brault and Mark Okany who competed at the 2008 PATCO Triathlon Pan American Championships in Mazatlan Mexico on Saturday April 19th. Mark placed 39th out of 51 in the Junior Men category with a time of 1:05:40. Sarah-Anne claimed the title of Continental Champion in Junior Women with her first place finish in a time of 1:07:13.

Summerside Triathlon -- Junior Elite Series (Canada Games Test Event)

Congratulations to our Manitoba athletes who competed in Summerside PEI on Sunday August 3rd.

Junior Men

Place	Name	Time	Swim	Bike	Run
9/31	Joshua Drad	1:00:47	9:56	33:36	17:16
11/31	Mark Okany	1:01:24	10:02	33:30	17:53

Junior Women

Place	Name	Time	Swim	Bike	Run
1/18	Sarah-Anne Brault	1:02:52	10:10	34:50	17:53
7/18	Stevie Moore	1:05:34	10:48	34:13	20:33

World Universiad (FISU) Triathlon – Erdek, Turkey

Congratulations to MNTC alumni Erin Braun and Willie Bell who were both chosen to the five male and five female Canadian Universiad Triathlon Team who competed on June 28 in Erdek, Turkey. The conditions were very hot and six of the ten Canadians were unable to finish including Erin and Willie. Ouch.

Please note the following distinction between Elite and Age Group racing:

Elite High Performance

- Elite High Performance athletes who are aged 16 to 19 race *Junior Sprint* (750m swim, 20K draft-legal bike, 5K run). The Canadian Junior Triathlon Championships were on August 16th in Kelowna, BC.
- Elite High Performance athletes who are aged 18 to 23 race *U23*, and aged 24+ race *Elite* (1500m swim, 40K draft-legal bike, 10K run). The Canadian Triathlon Championships were on August 16th & 17th in Kelowna, BC.

Age Group Performance

- Age Group Performance athletes are aged 18+, and they race in their age group (1500m swim, 40K no-drafting bike, 10K run). The Canadian Triathlon Championships were on August 17th in Kelowna, BC.