



## RESULTS

### INDOOR TRIATHLON PROVINCIAL CHAMPIONSHIPS SERIES

May 30, 2026

#### Winners

##### Race Winners

Athlete		Laps					Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Paul Shortis	Stouffville	Men	16-19	21.5	10.1	20.5	430	505	513		1448	1	1	1
Ayesha Rollinson	Toronto	Women	40-49	20	9	16.5	400	450	413		1263	7	1	1

##### Age Group Winners

Athlete		Laps					Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Nathan Chau	Toronto	Men	U15	15	8.6	13.5	300	430	338		1068	15	13	1
Paul Shortis	Stouffville	Men	16-19	21.5	10.1	20.5	430	505	513		1448	1	1	1
Phoenix Roy	Richmond Hill	Men	20-29	17	8.5	16	340	425	400		1165	10	9	1
Jared Button	Bowmanville	Men	30-39	19.5	9.4	16.5	390	470	413		1273	6	6	1
Derek Lantz	Newcastle	Men	40-49	20	10	20	400	500	500		1400	2	2	1
Tim Hartley	London	Men	50-59	17.5	9.2	15	350	460	375		1185	8	7	1
Tony Davidson		Men	60+	9	9.2	12.5	180	460	313		953	19	15	1
Katie Kempf	Toronto	Women	U15	15	7.7	14.5	300	385	363		1048	16	3	1
Maelle Bouchard	Orillia	Women	16-19	19.5	8	13.5	390	400	338		1128	11	2	1
Lynn Davidson		Women	30-39	13.5	8.3	12.5	270	415	313		998	18	4	1
Ayesha Rollinson	Toronto	Women	40-49	20	9	16.5	400	450	413		1263	7	1	1
Megan Jamieson	Toronto	Women	50-59	12	8.2	11.5	240	410	288		938	23	6	1
Susan Mckinnon	Hartington	Women	60+	9.5	7.5	8	190	375	200		765	29	9	1

##### Relay Winners

Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Team Yeh	Richmond Hill		#N/A	13.5	8	12	270	400	300		970	1	1	1

##### Notes

Scoring: Swim 20pt/50m lap or 10pt/25m lap, Bike 50pt/km, Run 25pt/lap or 13pt/half lap.

Accuracy: Scored to completed 0.5 lap increments swim & run, completed 0.1km bike.

Ties: Total points ties settled by run score, remaining ties settled by bike score, absolute ties scored as ties.

Changes: Protests to lap counting are not allowed. Missing score cards are scored DNS and will not appear in results.

NC=Non-Competition (Athlete wishes to complete race but not compete, usually due to requiring illegal equipment.)

## Age Group Results

### Open - Men U15

Athlete				Laps			Points			Rank				
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Nathan Chau	Toronto	Men	U15	15	8.6	13.5	300	430	338		1068	15	13	1
Nicholas Zafra	Brampton	Men	U15	14	6.6	13.5	280	330	338		948	20	16	2
Caleb Clark	Toronto	Men	U15	12.5	6.5	14	250	325	350		925	24	18	3

### Open - Men 16-19

Athlete				Laps			Points			Rank				
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Paul Shortis	Stouffville	Men	16-19	21.5	10.1	20.5	430	505	513		1448	1	1	1
Ishaan Raam Raghuprasad	Markham	Men	16-19	14	8.4	15.5	280	420	388		1088	14	12	2

### Open - Men 20-29

Athlete				Laps			Points			Rank				
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Phoenix Roy	Richmond Hill	Men	20-29	17	8.5	16	340	425	400		1165	10	9	1
Treenuts Hong	Toronto	Men	20-29	9	8.2	14	180	410	350		940	21	17	2
Johanson Hong	Toronto	Men	20-29	9	8.3	13	180	415	325		920	25	19	3

### Open - Men 30-39

Athlete				Laps			Points			Rank				
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Jared Button	Bowmanville	Men	30-39	19.5	9.4	16.5	390	470	413		1273	6	6	1
Christopher Case	Newmarket	Men	30-39	13	9	15.5	260	450	388		1098	12	10	2
Lyndon Kirkley	Thornhill	Men	30-39	12.5	8.6	16.5	250	430	413		1093	13	11	3
Brian Cheung	Scarborough	Men	30-39	12	9	14	240	450	350		1040	17	14	4

### Open - Men 40-49

Athlete				Laps			Points			Rank				
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Derek Lantz	Newcastle	Men	40-49	20	10	20	400	500	500		1400	2	2	1
Paul Bregin	North York	Men	40-49	21	10.1	19	420	505	475		1400	3	3	2
Colin Campbell	Toronto	Men	40-49	17	10.6	17.5	340	530	438		1308	4	4	3
Adrian Joseph	Brampton	Men	40-49	16.5	10.4	17	330	520	425		1275	5	5	4

### Open - Men 50-59

Athlete				Laps			Points			Rank				
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Tim Hartley	London	Men	50-59	17.5	9.2	15	350	460	375		1185	8	7	1
Bruce Kwok	Toronto	Men	50-59	18	9.1	14.5	360	455	363		1178	9	8	2

### Open - Men 60+

Athlete				Laps			Points			Rank				
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Tony Davidson		Men	60+	9	9.2	12.5	180	460	313		953	19	15	1
Julian Kenney	Mississauga	Men	60+	13	7.7	8.5	260	385	213		858	27	20	2

**Open - Women U15**

Athlete				Laps			Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Katie Kempf	Toronto	Women	U15	15	7.7	14.5	300	385	363		1048	16	3	1

**Open - Women 16-19**

Athlete				Laps			Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Maelle Bouchard	Orillia	Women	16-19	19.5	8	13.5	390	400	338		1128	11	2	1

**Open - Women 30-39**

Athlete				Laps			Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Lynn Davidson		Women	30-39	13.5	8.3	12.5	270	415	313		998	18	4	1
Frances Case	Newmarket	Women	30-39	12.5	7.3	13	250	365	325		940	22	5	2
Cynthia Teng	Richmond Hill	Women	30-39	12.5	6.7	11	250	335	275		860	26	7	3
Rebecca Saldanha	Scarborough	Women	30-39	8	6.9	9.5	160	345	238		743	31	11	4

**Open - Women 40-49**

Athlete				Laps			Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Ayesha Rollinson	Toronto	Women	40-49	20	9	16.5	400	450	413		1263	7	1	1
Robin Durant	Toronto	Women	40-49	8.5	6.5	10	170	325	250		745	30	10	2
Zoe Von Aesch	Toronto	Women	40-49	10	6	9	200	300	225		725	33	13	3
Mariel Carla San Juan	North York	Women	40-49	6.5	5.4	8.5	130	270	213		613	34	14	4

**Open - Women 50-59**

Athlete				Laps			Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Megan Jamieson	Toronto	Women	50-59	12	8.2	11.5	240	410	288		938	23	6	1
Hyun Kim		Women	50-59	7.5	7.1	10.5	150	355	263		768	28	8	2
Candace Johnson	Georgetown	Women	50-59	8	6.9	9	160	345	225		730	32	12	3

**Open - Women 60+**

Athlete				Laps			Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Susan Mckinnon	Hartington	Women	60+	9.5	7.5	8	190	375	200		765	29	9	1

**Relay - Relay**

Athlete				Laps			Points				Rank			
Name	City	Gender	AG	Swim	Bike	Run	Swim	Bike	Run	Penalty	Total	Overall	Gender	Category
Team Yeh	Richmond Hill			13.5	8	12	270	400	300		970	1	1	1
Team May Fam	Georgetown			14	7.9	10.5	280	395	263		938	2	2	2