



RESULTS

INDOOR TRIATHLON PROVINCIAL CHAMPIONSHIPS

February 22, 2024

Race Winners

Race Winners

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Ayesha Rollinson	Female	40-49	20	8.9	17	400	445	425	1270	5	1	1
Paul Shortis	Male	19<	22.5	9.3	19.5	450	465	488	1403	1	1	1

Age Group Winners

Age Group Winners - Women

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Maele Bouchard	Female	19<	19.5	7.7	15	390	385	375	1150	13	5	1
Christine Cash	Female	20-29	17.5	8.9	17.5	350	445	438	1233	7	3	1
Irina Metelyuk	Female	30-39	18	9.1	17	360	455	425	1240	6	2	1
Ayesha Rollinson	Female	40-49	20	8.9	17	400	445	425	1270	5	1	1
Karen O'Kafka	Female	50+	16	8.2	12.5	320	410	313	1043	29	12	1

Age Group Winners - Men

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Paul Shortis	Male	19<	22.5	9.3	19.5	450	465	488	1403	1	1	1
Jacob Chinyaradzo	Male	20-29	17	8.2	19	340	410	475	1225	8	5	1
Brian Seed	Male	30-39	17.5	10.4	18.5	350	520	463	1333	2	2	1
Adrian Joseph	Male	40-49	16.5	9	15	330	450	375	1155	11	7	1
Michael Kilpatrick	Male	50+	12	9.4	20.5	240	470	513	1223	9	6	1

Relays

Relays

Name	Cat.	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Cat.	AG
Team Yeh	Relay	Relay	21	9.1	11	420	455	275	1150	14	1	1
Team MM K	Relay	Relay	15	7.4	16	300	370	400	1070	24	2	2
Team Aishford-Gillis	Relay	Relay	13.5	8.4	13	270	420	325	1015	35	3	3

Notes

Scoring: Swim 20pt/50m lap, Bike 50pt/km, Run 25pt/lap. 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.

Corrections: Wave 1 bike results were slightly adjusted due to an incorrect start time.

AG Results - Women

F19<

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Maelle Bouchard	Female	19<	19.5	7.7	15	390	385	375	1150	13	5	1
Emme Dorgan	Female	19<	16.5	7.3	18	330	365	450	1145	15	6	2
Zoe Mckillop	Female	19<	19.5	7.6	14.5	390	380	363	1133	17	7	3
Arielle Leclerc	Female	19<	19	7.3	15	380	365	375	1120	18	8	4
Emma Lowe	Female	19<	20	7.5	13	400	375	325	1100	19	9	5

F20-29

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Christine Cash	Female	20-29	17.5	8.9	17.5	350	445	438	1233	7	3	1
Mikela Padvaikas	Female	20-29	16	7.1	11.5	320	355	288	963	48	21	2
Natalia Goncalves	Female	20-29	17.5	6.8	10.5	350	340	263	953	49	22	3
Valerie Tan	Female	20-29	16.5	6.6	11	330	330	275	935	53	24	4
Andrea Wilson	Female	20-29	17	4.4	13.5	340	220	338	898	58	27	5
Jillian Crawford-Bourke	Female	20-29	10.5	6.8	12.5	210	340	313	863	62	30	6

F30-39

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Irina Metelyuk	Female	30-39	18	9.1	17	360	455	425	1240	6	2	1
Alexandra Gunn	Female	30-39	18	8.9	15	360	445	375	1180	10	4	2
Megan Lewicki	Female	30-39	13.5	8.3	16.5	270	415	413	1098	20	10	3
Jenna Kouri	Female	30-39	14	8.5	13.5	280	425	338	1043	28	11	4
Even Wang	Female	30-39	13.5	7.4	15.5	270	370	388	1028	32	13	5
Jessica Holmes	Female	30-39	13	7.5	15.5	260	375	388	1023	33	14	6
Winnie Tse	Female	30-39	13.5	7.5	13	270	375	325	970	46	19	7
Ellie Dobbyne	Female	30-39	13	8	9	260	400	225	885	59	28	8
Rachael Kumar	Female	30-39	9	6	12	180	300	300	780	64	31	9

F40-49

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Ayesha Rollinson	Female	40-49	20	8.9	17	400	445	425	1270	5	1	1
Amy Archer	Female	40-49	16.5	7.1	12.5	330	355	313	998	39	16	2
Linh Nguyen	Female	40-49	11.5	6.8	15	230	340	375	945	50	23	3
Lori Liggesmeyer	Female	40-49	12	7.3	12	240	365	300	905	56	26	4

F50+

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Karen O'Krafka	Female	50+	16	8.2	12.5	320	410	313	1043	29	12	1
Mojgan Momayezsiahal	Female	50+	13	7.3	15.5	260	365	388	1013	36	15	2
Andrea Main	Female	50+	11.5	7.6	15	230	380	375	985	42	17	3
Andrea Whiteacre	Female	50+	14.5	8.3	11	290	415	275	980	43	18	4
Dawn Hayes	Female	50+	13	8.2	12	260	410	300	970	47	20	5
Sheryl Potter	Female	50+	12.5	8.2	10	250	410	250	910	55	25	6
Maureen Brook	Female	50+	15	5.7	11.5	300	285	288	873	60	29	7

AG Results - Men

M19<

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Paul Shortis	Male	19<	22.5	9.3	19.5	450	465	488	1403	1	1	1
Jacob Schubotz	Male	19<	19	9.2	18.5	380	460	463	1303	3	3	2
Tyler Aishford	Male	19<	21	8.8	16.5	420	440	413	1273	4	4	3
Matto Vlad Buldum	Male	19<	12.5	7.3	15	250	365	375	990	40	21	4
Nathan Gorenak	Male	19<	9	6.9	18	180	345	450	975	44	23	5
Bryson Jopling	Male	19<	14	5.9	13.5	280	295	338	913	54	27	6

M20-29

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Jacob Chinyaradzo	Male	20-29	17	8.2	19	340	410	475	1225	8	5	1
Naveed Farahani	Male	20-29	18	6.8	13.5	360	340	338	1038	30	16	2
Michael Nowak	Male	20-29	20	3.9	16.5	400	195	413	1008	37	19	3
Ihsan Ismail	Male	20-29	13	6.6	14	260	330	350	940	51	25	4

M30-39

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Brian Seed	Male	30-39	17.5	10.4	18.5	350	520	463	1333	2	2	1
Nicolas Camargo	Male	30-39	18	6.9	15.5	360	345	388	1093	21	10	2
Leonardo Nunez	Male	30-39	8	5.3	11.5	160	265	288	713	65	31	3

M40-49

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Adrian Joseph	Male	40-49	16.5	9	15	330	450	375	1155	11	7	1
Nick Kovacs	Male	40-49	15	9.5	15	300	475	375	1150	12	8	2
Marcio Cassol	Male	40-49	14	9	14.5	280	450	363	1093	23	12	3
Christopher Laszlo	Male	40-49	14.5	9.7	11.5	290	485	288	1063	25	13	4
Dennis Quon	Male	40-49	11.5	8.3	15.5	230	415	388	1033	31	17	5
David Black	Male	40-49	11.5	8.8	14	230	440	350	1020	34	18	6
Steve Young	Male	40-49	15	8	12	300	400	300	1000	38	20	7
Akhil Munjal	Male	40-49	10	8.2	15	200	410	375	985	41	22	8
Karthiges Sivalingam	Male	40-49	13	8.3	12	260	415	300	975	45	24	9
Leroy Lo	Male	40-49	12	7.4	13	240	370	325	935	52	26	10
Devin Paiva	Male	40-49	8	8.1	12	160	405	300	865	61	29	11

M50+

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Michael Kilpatrick	Male	50+	12	9.4	20.5	240	470	513	1223	9	6	1
Keith Brown	Male	50+	15	9.2	15	300	460	375	1135	16	9	2
Lucien Peron	Male	50+	18	6.9	15.5	360	345	388	1093	21	10	3
Paul Duhamel	Male	50+	15.5	8.2	13.5	310	410	338	1058	26	14	4
Robert Campbell	Male	50+	14	8.8	13	280	440	325	1045	27	15	5
Mike Kurhan	Male	50+	11.5	6.6	13.5	230	330	338	898	57	28	6
Julian Kenney	Male	50+	12.5	7.6	9	250	380	225	855	63	30	7