



RESULTS

ONTARIO INDOOR TRIATHLON

April 23, 2023

Winners

Race Winners

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Lauren Manders	Female	20-29	41	9.3	17	410	465	425	1300	7	1	1
Mikael Staer Nathan	Male	30-39	44	10.8	21	440	540	525	1505	1	1	1

Age Group Winners - Women

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Sophie Ironside	Female	19<	47.5	8.2	16	475	410	400	1285	9	3	1
Lauren Manders	Female	20-29	41	9.3	17	410	465	425	1300	7	1	1
Abi Testa	Female	30-39	32.5	8.8	15	325	440	375	1140	26	8	1
Kristi Mccracken	Female	40-49	37.5	9	14.5	375	450	363	1188	19	7	1
Paolina Allan	Female	50+	38	9.5	16	380	475	400	1255	10	4	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
Simon Drolet	Male	19<	45.5	10.8	17.5	455	540	438	1433	3	3	1
Hugo Brindejonc	Male	20-29	36	9.3	14.5	360	465	363	1188	18	12	1
Mikael Staer Nathan	Male	30-39	44	10.8	21	440	540	525	1505	1	1	1
Ryan Goldenberg	Male	40-49	28	10.9	17	280	545	425	1250	11	7	1
Keith Brown	Male	50+	32	9.5	16	320	475	400	1195	14	10	1

AG Results - Women

F19<

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Sophie Ironside	Female	19<	47.5	8.2	16	475	410	400	1285	9	3	1
Faith Wallace	Female	19<	40	7.5	16.5	400	375	413	1188	17	6	2
Grace Wallace	Female	19<	32	7.5	15	320	375	375	1070	39	12	3
Emme Dorgan	Female	19<	25	7	15	250	350	375	975	54	22	4
Samantha Van Wees	Female	19<	21	7.5	13	210	375	325	910	61	27	5

F20-29

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Lauren Manders	Female	20-29	41	9.3	17	410	465	425	1300	7	1	1
Christine Cash	Female	20-29	39	9	18	390	450	450	1290	8	2	2
Selene Mallone	Female	20-29	27	8.6	16.5	270	430	413	1113	30	9	3

F30-39

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Abi Testa	Female	30-39	32.5	8.8	15	325	440	375	1140	26	8	1
Maria Moreau Elias	Female	30-39	26.5	9.4	12.5	265	470	313	1048	43	14	2
Samantha Jeske	Female	30-39	26	8.2	15	260	410	375	1045	44	15	3
Caleigh Wagg	Female	30-39	28	7.8	13.5	280	390	338	1008	52	20	4
Lauren Macleod	Female	30-39	27.5	8.3	12.5	275	415	313	1003	53	21	5
Kristi Reis	Female	30-39	27	8.7	10	270	435	250	955	56	24	6

F40-49

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Kristi Mccracken	Female	40-49	37.5	9	14.5	375	450	363	1188	19	7	1
Elizabeth K. Stewart	Female	40-49	27	8.7	15.5	270	435	388	1093	33	11	2
Marina Fountikova	Female	40-49	27	8.9	14	270	445	350	1065	41	13	3
Mojgan Momayezsiahkal	Female	40-49	28	7.2	15.5	280	360	388	1028	47	17	4
Hilary Eaton	Female	40-49	28.5	8.1	10.5	285	405	263	953	58	25	5
Sabina Dizdar	Female	40-49	18	8	13.5	180	400	338	918	60	26	6
Carol Chen	Female	40-49	23.5	7.5	12	235	375	300	910	62	28	7

Lori Liggesmeyer Female 40-49 25.5 6.7 11 255 335 275 865 66 30 8

F50+

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Paolina Allan	Female	50+	38	9.5	16	380	475	400	1255	10	4	1
Sandrine Colas	Female	50+	36.5	8.8	15.5	365	440	388	1193	15	5	2
Jennifer Harper	Female	50+	34	8.6	13.5	340	430	338	1108	31	10	3
Dieyi Situ	Female	50+	25.5	8	15	255	400	375	1030	46	16	4
Liisa Alton	Female	50+	27	7.8	14.5	270	390	363	1023	49	18	5
Barb Kishimoto	Female	50+	25	8.4	13.5	250	420	338	1008	51	19	6
Sheryl Potter	Female	50+	27	8.2	11.5	270	410	288	968	55	23	7
Carolyn Lamy	Female	50+	26.5	7.6	10.5	265	380	263	908	65	29	8
Susan Mckinnon	Female	50+	19	8.4	9	190	420	225	835	68	31	9
Sheila Thomas	Female	50+	18	7.6	10.5	180	380	263	823	69	32	10
Andrea Harper	Female	50+	23	7.2	7	230	360	175	765	70	33	11
Lesley Coleman	Female	50+	22	6	9.5	220	300	238	758	71	34	12
Julie Ingoe	Female	50+	19	6.7	7.5	190	335	188	713	72	35	13

AG Results - Men

M19<

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Simon Drolet	Male	19<	45.5	10.8	17.5	455	540	438	1433	3	3	1
Noah Lorber	Male	19<	39.5	9.1	16	395	455	400	1250	12	8	2
Matis Brindejonc	Male	19<	40.5	9.2	14.5	405	460	363	1228	13	9	3
Connor Ironside	Male	19<	46	7	15	460	350	375	1185	20	13	4
Hewitt Ho	Male	19<	34.5	9.1	13.5	345	455	338	1138	27	19	5
Emmett Ho	Male	19<	29	8.5	16.5	290	425	413	1128	29	21	6
Foster McLaughlin	Male	19<	32	7.4	14	320	370	350	1040	45	30	7

M20-29

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Hugo Brindejonc	Male	20-29	36	9.3	14.5	360	465	363	1188	18	12	1
Yizhou Wang	Male	20-29	22	8	11.5	220	400	288	908	64	36	2

M30-39

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Mikael Staer Nathan	Male	30-39	44	10.8	21	440	540	525	1505	1	1	1
Paul Bregin	Male	30-39	45	10.4	19.5	450	520	488	1458	2	2	2
Oscar Siwiec	Male	30-39	38	10.2	19	380	510	475	1365	4	4	3
Jared Button	Male	30-39	37	10.8	18	370	540	450	1360	5	5	4
Eric Greig	Male	30-39	39.5	10.2	16.5	395	510	413	1318	6	6	5
Nigel Fernandopulle	Male	30-39	37	9.2	14.5	370	460	363	1193	16	11	6
Kevyn Murray	Male	30-39	25.5	9.3	17	255	465	425	1145	24	17	7
Andrew Cassar	Male	30-39	32	9	14.5	320	450	363	1133	28	20	8
Yamin Benmessaoud	Male	30-39	28.5	8.5	14.5	285	425	363	1073	37	26	9
John Ralph Rosete	Male	30-39	29	8.8	13.5	290	440	338	1068	40	28	10
Jonathan Tansey	Male	30-39	29	8	13.5	290	400	338	1028	48	31	11
Caleb Counce	Male	30-39	12	7.3	14	120	365	350	835	67	37	12

M40-49

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Ryan Goldenberg	Male	40-49	28	10.9	17	280	545	425	1250	11	7	1
Alan O Connor	Male	40-49	29	9.1	17.5	290	455	438	1183	21	14	2
George Papadacos	Male	40-49	32	9.5	14.5	320	475	363	1158	23	16	3
Gerrit Pelleboer	Male	40-49	23	9.7	15.5	230	485	388	1103	32	22	4
Victor Goni	Male	40-49	32	8.4	13.5	320	420	338	1078	35	24	5
Elco Deboer	Male	40-49	20	9.4	13.5	200	470	338	1008	50	32	6
Kristoferson Torre	Male	40-49	16	7.7	15	160	385	375	920	59	34	7
Thomas Moorcroft	Male	40-49	22.5	8.2	11	225	410	275	910	63	35	8

M50+

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Gender	AG
Keith Brown	Male	50+	32	9.5	16	320	475	400	1195	14	10	1
Wei Ren	Male	50+	30	9.4	16.5	300	470	413	1183	22	15	2
Matt O'Gorman	Male	50+	34	8.3	15.5	340	415	388	1143	25	18	3
Alan Maynes	Male	50+	34	8.4	13	340	420	325	1085	34	23	4
Peter Hill	Male	50+	29.5	9.1	13	295	455	325	1075	36	25	5
Stanley Ho	male	50+	24.5	9	15	245	450	375	1070	38	27	6

Fernando Jurado	Male	50+	33.5	7.6	14	335	380	350	1065	42	29	7
Jerry Bakker	Male	50+	27	7.4	12.5	270	370	313	953	57	33	8

Notes

Scoring: Swim 10pt/25m 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.