

Y NOT TRI TRIATHLON

Swim 1K
Bike 40K
Run 10K

MALE 14 - 19

- 1 Dennis Laurence- 27:46,67:00,44:20, 2:19:06
- 2 Brian Michasiw - 36:44, 79:07, 38:31, 2:34:22
- 3 Rob Armitage - 38:43, 80:01, 55:14, 2:53:58

FEMALE 14 - 19

ChristineFarrell- 30:25, 1:43:48,48:05, 3:02:18

MALE 20 - 39

- 1 Owen Spence - 29:33, 62:27, 40:56, 2:12:56
- 2 Ken michasiw - 22:26, 72:04, 41:34, 2:16:04
- 3 Jeff Besant - 24:06, 80:34, 45:04, 2:26:44

FEMALE 20 - 39

- 1 Natalya Kuziak - 30:26, 75:04, 51:20, 2:36:50
- 2 Betty Boechler - 32:35, 92:03, 53:06, 2:57:44
- 3 Irene Kototailo - 35:22, 98:16, 44:10, 2:57:48

MALE 40+

- 1 Bernie Bishop - 39:22, 95:47, 51:36, 3:06:44
- 2 Norm Ziehl - 59:34, 95:12, 49:59, 3:20:45
- 3 Hank Heerpsink- 40:07, 2:08:04, 57:14, 3:45:25

TEAM: MALE

Church/Bobick/Gates 30:54, 74:03, 39:05, 2:24:02

TEAM: FEMALE

Hammond/Logan/Hammond

40:37, 82:18, 45:21, 2:48:16

TEAM: MIXED

McFadden/Nestman/Prokochuk

25:30, 75:56, 42:09, 2:23:35

The first Regina Family YMCA Triathlon was held on Saturday, June 29, 1985 at Camp Ta-Wa-Si on Echo Lake. The swim was marred by cold water (58°F) which took its toll on many competitors. The cycling and running routes were found to be popular with the triathletes and many participants voiced their appreciation of a central change area. Following the race a barbecue was held with some excellent food.

Looking back at the race we are very pleased with how it went with the exception of the frigid water. In the future, guidelines will be built in to prevent these conditions from marring the race again. Example: water temperature 60°- 65° swim reduced to 1000 meters, below 60° swim portion cancelled.

The race will be an annual event and in 1986 will take place at the same location Saturday, June 28.

Scott MacMillan
Fitness Director.

The Winnipeg Rubberman Triathlon

We arrived in Winnipeg Beach at 7.30 Sunday August 11, one hour before start time. Around us the sleepy holiday town awoke to the sights and sounds of over 150 triathletes preparing themselves to brave the icy waters and fierce winds that enhance any good triathlon.

Being quickly processed through registrations and bike checks that we had missed the day prior along with the pre-race meeting, we joined the rest of the athletes in preparation for the race. The excellent organization of this event was immediately apparent as we were directed to a well laid out transition area where we found numbered bike racks and racks with