

there were a lot of other serious athletes there willing to give all they had at the slightest hint of competition, which there was a lot of. The event is also a fine spectator day-out as the progress of the whole event can be monitored from the park-like surroundings of Winnipeg Beach and its central transition area.

Joel Wilkinson
Peter Sheard

MORDEN, MANITOBA TINMAN

SWIM 2K (1.2 m)
BIKE 90K (56 m)
RUN 21.1K (13.2 m)

MALE

1 Don McDonald 34:42, 2:45, 1:29:39, 4:49:21

FEMALE

1 Nancy Greer 41:34, 3:13:29, 2:01:56, 5:56:59

The Morden Tinman (exactly half the Ironman distance) was held on July 20, 1985 on a perfect summer day. Race conditions could not have been much better with warm water, little wind and air temperature not overly high. In participating in this race you appreciate the great job the organizers do. From start to finish it was a perfectly organized event. Volunteer support was excellent. This participant thoroughly enjoyed the race and will definitely go back next year.

Scott MacMillan
Regina, Sask.

NATIONAL CAPITAL TRIATHLON

OTTAWA, ONTARIO
SEPTEMBER 1, 1985

SWIM 2K
BIKE 50K
RUN 15K

Cold water conditions seemed to plague a lot of triathlons this past summer and the NCT was no exception. Approximately 30 people had to be treated because of the cold water. This race must surely be one of the largest Triathlons in Canada if not the largest with 420 entrants. After exiting the cold water of Mooneys Bay, the competitor cycles through the countryside just south of Ottawa finishing up with a 15K out and back run along the canal through the city. This is the most beautiful run route this participant has ever seen as you run through Carleton University, past the canal all the way.

The organizers of this event do an excellent job and eventually I expect this race to have 1000+ participants.

Scott MacMillan
Regina, Sask.

