

## High School Champions - Subaru Shawnigan Lake Triathlon - May 24

Male		Female	
Brennen Smith		Annelise Lapointe	

## Long Distance Champions - Ironman 70.3 Victoria Triathlon - June 14

Male		Female	
18-24	Mitchel Aikman	Elite	Melanie McQuaid
25-29	Jake Van Allen	18-24	Claire Robinson
30-34	Ryan Smiley	25-29	Victoria Gilbert
35-39	Matthew Steele	30-34	Janet Nielsen
40-44	Sukhl Muker	35-39	Malindi Elmore
45-49	Jason Sandquist	40-44	Jen Milton
50-54	Bertrand Plouvier	45-59	Yvonne Timewell
55-59	Rob Barber	50-54	Diane Kaltenegger
60-64	Gerry Van Gaans	55-59	Lori Morgan
65-69	Garth Fuller	60-64	Trudy Harris
70-74	Derek Duvall		

## Duathlon Champions - Point Grey Triathlon - July 26

Male		Female	
25-29	Winston Guo	16-19	Larissa Black
30-34	Stan Lorenzo	25-29	Lauren Babineau
35-39	Chris Hahn	40-44	Sarah Massie
40-44	Reid Scott Christensen	45-49	Carolyn Hubbard
55-59	Brad Lamoureux	50-54	Jane De Lemos
65-69	Derek Richmond	55-59	Amanda Barlow
70-74	Ian Ross		
75-79	Michael Ellis		

## Sprint Champions - Self-Transcendence Triathlon - August 2

Male		Female	
16-19	Noah Beglaw	16-19	Emily Clark
20-24	Phillip Lopresti	20-24	Erin MacDougall
30-34	Jaroslav Ploc	25-29	Babara Rober
35-39	Brian Roth	30-34	Karmen McNamara
40-44	Lorne Deutsch	35-39	Colette Hopkins
45-49	Brent Chan	40-44	Claire Moller
50-54	Jamie Sawchuk	45-49	Carolyn Hubbard
55-59	Mark Insley	50-54	Nancy Carleton
60-64	Jack MacDougall	55-59	Barb Sharp
65-69	Tony Sweet	60-64	Gillian Chater
70-74	Keith Evans	65-69	Bonny Ervin
75-79	Maurice Robinson		

**Jr Elite Champions - Kelowna Apple Triathlon -  
August 22**

<b>Male</b>		<b>Female</b>	
<b>16-19</b>	<b>Michael Milic</b>	<b>16-19</b>	<b>Desirae Ridenour</b>

**Standard Distance Champions - Kelowna Apple  
Triathlon - August 23**

<b>Male</b>		<b>Female</b>	
<b>18-19</b>	<b>Quinn Middleton</b>	<b>20-24</b>	<b>Alexandra Bovell</b>
<b>20-24</b>	<b>Carsten Lapointe</b>	<b>25-29</b>	<b>Lindsay Glassford</b>
<b>25-29</b>	<b>Carlos Lesser</b>	<b>30-34</b>	<b>Sarah-Dawn Glassford</b>
<b>30-34</b>	<b>Cory Krist</b>	<b>35-39</b>	<b>Alanna Dyck</b>
<b>35-39</b>	<b>Riaan Naude</b>	<b>40-44</b>	<b>Carmelle Guidi-Swan</b>
<b>40-44</b>	<b>Rhys Spencer</b>	<b>45-49</b>	<b>Kim McMullen</b>
<b>45-49</b>	<b>Brent Hobbs</b>	<b>50-54</b>	<b>Lesley Hartford</b>
<b>50-54</b>	<b>Rob Nielsen</b>	<b>55-59</b>	<b>Bronwyn Masson</b>
<b>55-59</b>	<b>Brad Lee</b>	<b>60-64</b>	<b>Joanne Montgomery</b>
<b>60-64</b>	<b>Don Debienne</b>		
<b>65-69</b>	<b>Mal Finch</b>		
<b>70-74</b>	<b>Derek Duvall</b>		