

UMC Course Records

Day 1 Swim 10 k

MEN	2:19:40	Jordan Brydon	2019
WOMEN	2:39:06	Tracy McQuair	2010

Day 1 Bike 145 k

MEN	3:58:58	Stephen Stafford	2012
WOMEN	4:44:05	Yvonne Timewell	2014

Day 1 Swim / Bike Total

MEN	6:32.18	Jordan Brydon	2019
WOMEN	7:48.21	Barbi Brochu	2009

Day 2 Bike 276 k

MEN	7:47:33	Stephen Stafford	2012
WOMEN	9:03:38	Yvonne Timewell	2014

Day 1 + 2 Bike Total 421 k

MEN	11:46.31	Stephen Stafford	2012
WOMEN	13:47.43	Yvonne Timewell	2014

Day 1 + 2 Swim / Bike Total

MEN	14:36.27	Craig Percival	2013
WOMEN	17:05.36	Amber Monforte	2009

Day 3 Run 84.4 k

MEN	6:37:41	Kevin Cutjar	2010
WOMEN	7:58:51	Amy Van Tassel	2014

Overall 515.4 k

MEN	21:47:47	David Matheson	2013
WOMEN	25:24:32	Yvonne Timewell	2014