

# Gord's Birds Hill Duathlon in the Park #1

Tuesday, May 3, 2011

Birds Hill Park East Beach

Weather: 11°C, sunny, 15KPH south wind      Participants: 139

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## Long Duathlon: 4K run + 24K bike + 4K run

### Men 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	William Bell	Tri MB	1:08:45	14:05	40:16	54:20	14:25
2	Davis Sohor	Tri MB	1:11:38	15:15	41:00	56:15	15:24
3	Phil Dompierre	Tribalistic	1:20:55	17:02	46:13	1:03:14	17:42
4	Taren Gesell	Tri MB	1:25:44	17:48	48:50	1:06:38	19:07
5	Terry Duddridge	Triple Threat	1:26:04	16:15	52:13	1:08:28	17:37

### Men 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Barry Penner	Tri MB	1:12:43	14:52	42:48	57:39	15:04
2	Derek Eidse	TriFactor	1:14:26	15:45	43:05	58:50	15:36
3	Justin Rempel	Tri MB	1:19:14	15:34	46:57	1:02:31	16:44
4	Clint Vandersteen	TriFactor	1:20:06	17:21	45:21	1:02:41	17:26
5	Joe Chamantin	Tri MB	1:20:47	16:11	47:20	1:03:31	17:16
6	Cory Smith	Tri MB	1:22:33	18:02	45:41	1:03:42	18:51
7	Darren Bittner	Tri MB	1:27:29	18:47	49:49	1:08:35	18:55
8	Daryl Perry	Tri MB	1:29:26	18:37	49:49	1:08:26	21:01

### Men 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Francois Legoupil	Tribalistic	1:13:19	15:53	41:04	56:57	16:22
2	Paul Rogan	Triple Threat	1:16:56	16:29	43:41	1:00:09	16:48
3	Dan McCaughan	TriFactor	1:19:40	16:05	46:48	1:02:52	16:48
4	Scott Braun	Tribalistic	1:25:50	19:10	47:13	1:06:23	19:28
5	Michael Glennon	T3	1:27:00	19:18	45:02	1:04:19	22:41
6	Jean Jubinville	Tri MB		16:40			

### Men 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Michael Krauss	Tribalistic	1:16:29	16:59	42:38	59:37	16:52
2	Sheldon Reynolds	Tri MB	1:19:42	16:13	46:37	1:02:49	16:53
3	Shaun Humphries	Tri MB	1:20:12	17:55	43:00	1:00:55	19:18
4	John Murray	Tribalistic	1:24:20	19:18	44:32	1:03:50	20:31
5	Kevin Miller	Triple Threat	1:25:18	19:12	47:13	1:06:25	18:54
6	Ken Shute	Tri MB	1:34:17	20:57	51:30	1:12:27	21:51
7	Ken Young	Pinawa	1:39:05	21:44	51:34	1:13:18	25:48
8	Bruce Thompson	Tri MB	1:44:38	20:25	1:02:25	1:22:50	21:49

### Men 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Bob Groff	Tri MB	1:36:56	23:30	49:42	1:13:12	23:45

### Women 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Alissa Smandych	Triple Threat	1:29:40	18:54	51:55	1:10:49	18:51
2	Trinette Konge	Triple Threat	1:32:12	19:55	51:31	1:11:26	20:46
3	Kaleigh Quinn		1:46:31	21:50	1:01:20	1:23:09	23:22

### Women 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Chantal Denholm	Tribalistic	1:34:50	18:14	58:20	1:16:34	18:16
2	Ruth-Anne Penner	Triple Threat	1:35:42	20:43	53:06	1:13:49	21:54
3	Rukmali Mendis	Tri MB	1:41:08	19:26	1:00:17	1:19:43	21:26

### Women 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Cherrie Fournier	Tribalistic	1:27:12	19:01	48:48	1:07:48	19:24
2	Donna Sutherland	Tri MB	1:28:35	18:53	51:13	1:10:05	18:31
3	Maureen Krauss	Tribalistic	1:37:47	20:07	56:31	1:16:38	21:10
4	Christine van der Hoek	Tri MB	1:39:30	22:56	52:59	1:15:54	23:36

### Women 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Nicole Mercier	Tri MB	1:39:30	22:58	53:53	1:16:51	22:40

## Short Duathlon: 2K run + 13K bike + 2K run

### Male 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Darian Hole	MNTC	38:55	7:30	24:22	31:52	7:04
2	Morgan Yarish	Youth Team	44:09	8:30	27:36	36:06	8:04
3	Corey Arsenaull	Youth Team	44:49	8:55	26:59	35:54	8:55
4	Bryn Oberlin	Youth Team	46:33	9:23	26:53	36:16	10:18

### Male 16-19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Riley MacCharles	MNTC	36:06	6:55	22:26	29:21	6:46
2	Charles Brault	MNTC	36:26	6:55	22:38	29:32	6:54
3	Tyler Mislawchuk	MNTC	36:40	6:55	23:04	29:58	6:42
4	Benjamin Ryan	MNTC	38:01	7:16	23:54	31:10	6:52
5	Kevin Macduff	MNTC	39:44	7:36	24:34	32:09	7:35
6	Colin Naylor	Youth Team	44:29	8:32	28:00	36:31	7:58

### Men 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Lennon Stevens	Tri MB	42:13	8:26	25:51	34:16	7:57
2	Daniel Vincent	Tri MB	43:24	9:06	24:58	34:03	9:22
3	Remy Gratton		45:46	9:06	27:40	36:45	9:02
5	Brendan Brooks	Tri MB	46:11	9:13	27:12	36:24	9:47
5	Andrew Oliver		48:34	10:07	27:31	37:37	10:58

### Men 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Rich Dreger	Tri MB	38:09	8:03	22:18	30:20	7:50
2	Dave Lipchen	Youth Team	39:21	7:38	23:56	31:33	7:49
3	Charles Kostyk	Gord's	39:37	8:01	23:42	31:43	7:54
4	Jeremy Loewen	Tri MB	52:06	10:26	31:20	41:45	10:22
5	Derek Ohta	Tri MB	54:13	10:05	33:01	43:06	11:08
6	Jared Gross	Triple Threat	55:41	12:07	31:23	43:29	12:12
7	Mark Dunn	Tri MB	56:29	10:57	33:27	44:23	12:07

### Men 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Michael Klatt	Triple Threat	42:28	8:50	24:43	33:33	8:56
2	Ron Oberlin	Tri MB	44:02	9:10	25:08	34:17	9:45
3	Dennis Maione	TriFactor	45:02	10:18	25:03	35:20	9:42
4	Richard Rogasky	Tri MB	45:15	9:53	25:48	35:40	9:36
5	Richard Insley	Tri MB	46:16	9:52	26:27	36:18	9:58
6	Doug Tiel	Tri MB	47:01	9:25	27:31	36:55	10:06
7	Scott Schriemer		47:58	9:37	28:14	37:50	10:08
8	Justin Harrison	Tri MB	49:36	10:18	28:07	38:25	11:12
9	Kevin Wolk	Triple Threat	49:37	10:10	29:15	39:25	10:12
10	David Peterkin	Tri MB	57:48	11:52	34:30	46:21	11:27
11	Gilles Gobert	Tri MB	1:01:01	12:13	36:42	48:54	12:07

### Men 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jim Simm	Tribalistic	42:25	8:17	25:47	34:03	8:23
2	Joe Heaver		44:59	8:48	26:58	35:45	9:15
3	Paul Seier	Tri MB	45:15	9:25	26:43	36:08	9:08
4	Grant Unger	Tri MB	46:10	10:15	25:19	35:34	10:37
5	John Gray	Tri MB	48:20	10:06	28:26	38:32	9:49
6	David Markham	Tri MB	49:48	10:13	28:09	38:22	11:27
7	Joel Remis	Tri MB	50:10	10:18	30:02	40:19	9:51
8	Jim Nixon	Tri MB	50:25	10:55	28:27	39:21	11:04
9	Paul Dupuis	TriFactor	51:51	10:04	31:38	41:42	10:10
10	Rich Sohor	Tri MB	1:00:39	14:24	31:38	46:01	14:39
11	Leo Savoie	Triple Threat	1:04:31	15:28	34:09	49:37	14:55

### Men 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	John Sawchuk	Tri MB	47:55	10:25	27:46	38:10	9:45

### Men 70-79

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jim Anderson	Tri MB	59:15	12:38	34:03	46:41	12:35

### Women 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Erin Gobert	Tri MB	1:00:59	12:11	36:40	48:51	12:09

### Women 16-19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Janessa Klatt	MNTC	44:19	9:00	26:30	35:30	8:50
2	Courtney Addison	Youth Team	47:32	9:17	29:05	38:22	9:11
3	Janine Hebert	Youth Team	47:32	9:19	29:04	38:22	9:10
4	Kaitlyn Wiens	Youth Team	48:05	10:06	28:18	38:24	9:42
5	Kyra King	TriFactor	54:25	10:32	33:32	44:04	10:22

### Women 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Stevie Moore	MNTC	40:29	8:20	23:48	32:08	8:22
2	Erin Schinkel	Tri MB	43:11	9:10	25:24	34:33	8:38
3	Alana Grimolfson	TriFactor	45:53	9:21	27:26	36:47	9:06
4	Johanna Rockenstein	Tri MB	49:39	10:16	28:46	39:01	10:38
5	Kristyn Ball	Tri MB	51:38	10:47	30:08	40:55	10:44
6	Stephanie Johnston	TriFactor	54:03	11:51	30:48	42:39	11:25
7	Kristin Reynolds	Tri MB	59:05	11:11	36:42	47:52	11:14
8	Mandy Croy	Tri MB	1:02:32	11:37	38:26	50:03	12:29

### Women 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Bridget Bedard	Tri MB	45:39	9:16	27:27	36:42	8:58
2	Brandi Smith	Pinawa	46:51	9:22	27:31	36:53	9:59
3	Kathy Gompf	Tri MB	47:12	9:23	28:43	38:06	9:06
4	Jennifer Walker	Tri MB	48:50	10:16	28:48	39:04	9:47
5	Susanne Boyd		49:03	10:00	29:35	39:35	9:29
6	Francine Labossiere	Tribalistic	49:14	9:54	29:10	39:03	10:11
7	Elizabeth McCandless	Tri MB	50:47	10:20	30:07	40:26	10:21
8	Meaghan O'Brien	TriFactor	53:17	10:51	31:44	42:34	10:43
9	Nicole Chappellaz	TriFactor	53:55	10:28	32:48	43:15	10:41
10	Amanda Husson		56:08	11:18	33:33	44:50	11:18
11	Shray Presenger	Triple Threat	58:40	12:05	34:22	46:27	12:14
12	Hillary Bittner	Tri MB	59:31	13:41	33:40	47:21	12:11

### Women 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Dawn Huck	TriFactor	46:03	9:41	26:39	36:20	9:43
2	Germaine Leger	Tri MB	50:22	10:43	29:24	40:07	10:15
3	Christina McDonald	Tribalistic	52:36	11:20	30:37	41:57	10:39
4	Penny Seir	Tri MB	55:18	11:40	32:00	43:40	11:39
5	Bev Rehill	Tri MB	1:02:22	12:01	38:35	50:36	11:47
6	Julie Vogelsang	Triple Threat	1:03:25	13:25	37:29	50:54	12:32
7	Jody Thomas		1:07:19	13:41	40:45	54:25	12:54

### Women 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Fiona Green	Tri MB	47:34	10:08	27:55	38:02	9:32
2	Kathryn Smandych	Triple Threat	51:32	11:07	29:37	40:43	10:49
3	Cindy Swaine	Triple Threat	58:32	13:29	31:47	45:16	13:17
4	Alice Schroeder	Triple Threat	1:03:52	13:06	37:27	50:32	13:21
5	Gerry Borus	Triple Threat	1:12:42	14:57	43:32	58:28	14:14

## Women 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Margaret Day	Tribalistic	1:05:49	14:04	38:27	52:30	13:19

## Short Kids of Steel: 200m run + 2K bike + 2K run

### Boys 11 & Under

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Joshua Humphries	Youth Team	16:36	0:47	5:26	6:13	10:23
2	Mark Naylor	Youth Team	18:55	0:48	6:01	6:49	12:06
3	Erik Nelson	Joseph Teres School	20:32	0:50	7:15	8:04	12:28

### Girls 11 & Under

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Nicole Minkevich	Youth Team	18:36	0:52	5:39	6:30	12:06
2	Sierra Schriemer		20:42	0:53	6:59	7:52	12:50
3	Megan Van Heyst	Tri MB	20:59	0:54	7:20	8:14	12:46

## Medium Kids of Steel: 400m run + 13K bike + 2K run

### Boys 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jay Ort	Youth Team	34:24	1:46	25:34	27:19	7:05
2	Luc Fournier	Youth Team	40:00	2:00	28:33	30:33	9:28
3	Noah Wiens	Youth Team	40:51	2:05	29:36	31:41	9:11
4	Bryce Jenkins	Youth Team	41:09	2:06	30:03	32:08	9:02
5	Avery Humphries	Youth Team	41:09	2:02	29:23	31:24	9:46
6	Geza Bistyak	Youth Team	41:36	2:17	29:22	31:39	9:58
7	Adam Gislason	Youth Team	1:06:33	2:44	47:50	50:34	16:00

### Girls 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Hannah Humphries	Youth Team	39:02	2:02	27:24	29:25	9:37
2	Emily Unger	Youth Team	40:36	2:02	29:08	31:09	9:27

Race results by Steve Gajerski.

If you see a problem with these results, please contact Darci Everett <[darci@gords.com](mailto:darci@gords.com)>.

Please see <http://birdshillduathlon.com> for information about the series and series' points totals.

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## Thanks to

- race organizers: Darci Everett and Gord's Tri Club.
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- Triathlon Manitoba staff: Darren Hemeryck, Anita Miller.
- aid station volunteers and other volunteers.