

Gord's Birds Hill Duathlon in the Park #2

Tuesday, May 10, 2011

Birds Hill Park East Beach

Weather: 14°C, cloudy, 20KPH NE wind, 90% humidity, some drizzle, wet pavement Participants: 125

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

Men 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Davis Sohor	Tri MB	1:11:13	15:14	40:55	56:09	15:05
2	Phil Dompierre	Tribalistic	1:20:46	16:36	46:44	1:03:19	17:27
3	Brett Hamilton		1:26:05	17:55	49:16	1:07:11	18:55
4	Terry Duddridge	Triple Threat	1:27:12	17:34	52:06	1:09:39	17:33

Men 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Derek Eidse	TriFactor	1:14:10	15:28	42:37	58:04	16:06
2	Barret Hildebrandt		1:16:00	15:20	45:40	1:00:59	15:02
3	Justin Rempel	Tri MB	1:20:14	15:45	47:48	1:03:32	16:42
4	Clint Vandersteen	TriFactor	1:20:41	17:26	46:14	1:03:40	17:02
5	Stuart Holden	TriFactor	1:22:10	18:00	46:49	1:04:49	17:22
6	Joel Toews	Tri MB	1:25:03	17:46	48:10	1:05:55	19:08
7	Craig Stephen	Gord's	1:30:43	19:40	51:26	1:11:06	19:38
8	Jamie Hopkins	TriFactor	1:35:17	18:07	58:31	1:16:37	18:40
9	Craig White	Tri MB	1:36:00	21:39	51:57	1:13:36	22:24
10	Daryl Perry	Tri MB	1:36:40	18:56	56:14	1:15:10	21:31

Men 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Francois Legoupil	Tribalsitic	1:11:57	15:42	40:37	56:19	15:38
2	Paul Rogan	Triple Threat	1:16:47	16:28	43:52	1:00:20	16:27
3	Marc Fournier	Tribalistic	1:17:17	16:09	43:38	59:46	17:31
4	Dan McCaughan	TriFactor	1:19:19	16:11	46:43	1:02:54	16:25
5	Dennis Maione	TriFactor	1:26:13	20:18	45:18	1:05:36	20:38

Men 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jim Simm	Tribalistic	1:15:22	16:17	41:47	58:03	17:19
2	Sheldon Reynolds	Tri MB	1:20:36	16:22	47:17	1:03:39	16:57
3	John Murray	Tribalistic	1:25:20	19:33	44:54	1:04:27	20:54
4	Kevin Miller	Triple Threat	1:26:28	19:21	48:14	1:07:34	18:54
5	Ken Shute	Tri MB	1:31:11	20:30	50:00	1:10:30	20:42
6	Ken Young	Pinawa	1:34:05	22:13	48:20	1:10:33	23:33
7	Paul Dupuis	TriFactor	1:36:51	19:44	56:55	1:16:39	20:12

Men 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Bob Groff	Tri MB	1:37:39	23:23	50:32	1:13:54	23:45

Women 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Alex Bell	Tri MB	1:24:13	16:20	51:37	1:07:57	16:17
2	Trinette Konge	Triple Threat	1:29:37	20:00	48:31	1:08:30	21:07
3	Alana Grimolfson	TriFactor	1:32:13	19:10	53:05	1:12:14	20:00
4	Alissa Smandych	Triple Threat	1:32:51	19:08	54:11	1:13:18	19:33

Women 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sandra Baars	Gord's	1:23:56	16:37	50:24	1:07:01	16:56
2	Lauren MacMillan		1:35:36	19:29	54:57	1:14:26	21:10
3	Ruth-Anne Penner	Triple Threat	1:35:50	20:39	53:28	1:14:07	21:44

Women 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Kate Okany	Triple Threat	1:29:33	18:38	52:38	1:11:15	18:19
2	Anita Miller	Triple Threat	1:47:04	21:44	1:03:34	1:25:17	21:47

Short Duathlon: 2K run + 13K bike + 2K run**Male 12-15**

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Darian Hole	MNTC	39:30	7:32	24:49	32:21	7:10
2	Sebastian Kroupa	Tri MB	45:11	9:07	26:24	35:31	9:41
3	Corey Arsenault	Youth Team	46:31	8:50	28:16	37:05	9:26
4	Bryn Oberlin	Youth Team	47:25	9:40	28:04	37:44	9:42

Male 16-19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Riley MacCharles	MNTC	35:35	6:59	21:39	28:37	6:58
2	Riley Unger	MNTC	36:35	7:21	22:16	29:36	6:59
3	Benjamin Ryan	MNTC	36:39	7:10	22:32	29:42	6:58
4	Tyler Mislawchuk	MNTC	37:09	6:57	23:32	30:28	6:41
5	Charles Brault	MNTC	38:12	6:57	24:29	31:26	6:46
6	Kevin Macduff	MNTC	41:07	7:32	26:18	33:49	7:18
7	Colin Naylor	Youth Team	45:17	8:26	28:47	37:13	8:05

Men 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Lennon Stevens	Tri MB	42:39	8:21	26:18	34:38	8:01
2	Tyler Buffie		44:32	9:41	25:55	35:36	8:57

Men 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Rich Dreger	Tri MB	37:36	8:12	21:34	29:46	7:50
2	Charles Kostyk	Gord's	38:55	7:39	23:21	30:59	7:56
3	Fraser Cameron	T3	44:13	8:59	25:32	34:31	9:43
4	Michael Isaac	Tri MB	45:35	8:37	28:32	37:08	8:27
5	Corraso D'Antonio	Gord's	50:50	10:08	29:54	40:01	10:49
6	Paul Anton	Gord's	52:09	10:27	30:17	40:43	11:27
7	Travis Fredborg	Tri MB	52:55	10:42	30:55	41:37	11:19
8	Derek Ohta	Tri MB	54:26	10:28	32:25	42:53	11:34
9	Jared Gross	Triple Threat	58:01	11:37	33:30	45:07	12:54
10	Mark Dunn	Tri MB	59:00	11:08	35:36	46:43	12:17

Men 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Steve Scoles	Tri MB	40:58	8:26	24:10	32:35	8:23
2	George Kroupa	Tri MB	41:33	8:27	24:12	32:39	8:55
3	Tom Naylor	Tri MB	42:31	8:13	25:49	34:01	8:30
4	Ron Oberlin	Tri MB	43:12	9:05	25:10	34:15	8:58
5	Michael Klatt	Triple Threat	43:12	8:57	25:07	34:04	9:09
6	Richard Rusk	Triple Threat	44:19	9:52	24:16	34:07	10:12
7	Patrick McDonald	Tri MB	44:45	8:18	27:17	35:34	9:11
8	Doug Tiel	Tri MB	46:46	9:11	27:03	36:14	10:33
9	Todd Asman		47:39	10:19	26:03	36:22	11:18
10	Gilles Gobert	Tri MB	50:21	11:29	28:17	39:46	10:35
11	Myron Groening	Tribalistic	50:22	10:06	29:36	39:42	10:40
12	Paul Gustafson		54:01	10:33	32:22	42:54	11:07
13	Paul Peters		54:31	11:20	31:53	43:12	11:20
14	David Peterkin	Tri MB	57:38	11:20	35:07	46:27	11:12

Men 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Joe Heaver		45:49	8:52	27:49	36:40	9:09
2	Grant Unger	Tri MB	47:22	10:09	26:44	36:53	10:29
3	David Markham	Tri MB	48:58	9:48	28:36	38:24	10:35
4	Joel Remis	Tri MB	49:57	10:26	29:40	40:05	9:52
5	John Gray	Tri MB	50:52	10:13	30:36	40:49	10:04
6	Jim Nixon	Tri MB	52:01	11:06	29:46	40:52	11:09
7	Richard Sohor	Tri MB	58:44	13:39	31:43	45:21	13:24
8	Leo Savoie	Triple Threat	1:06:17	16:14	34:30	50:44	15:34

Men 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Al Stewart	Tri MB	45:05	9:29	25:44	35:13	9:53
2	John Sawchuk	Tri MB	48:47	10:41	28:01	38:42	10:06

Men 70-79

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jim Anderson	Tri MB	57:53	12:03	33:52	45:54	11:59

Women 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Ashlyn Cortvriendt	MNTC	42:55	8:34	25:57	34:31	8:25
2	Madison Mislawchuk	MNTC	46:53	9:12	28:37	37:49	9:05
3	Hannah Humphries	Youth Team	48:51	9:56	28:36	38:31	10:20
4	Emily Unger	Youth Team	49:35	9:56	29:29	39:25	10:10
5	Erin Gobert	Tri MB	58:50	11:26	36:26	47:51	11:00

Women 16-19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Janessa Klatt	MNTC	45:41	9:08	27:58	37:05	8:36
2	Natalie Hamm	Tri MB	49:03	9:30	30:40	40:09	8:54

Women 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Stevie Moore	MNTC	40:27	8:26	23:54	32:20	8:08
2	Jennifer Schell		53:38	11:11	32:32	43:43	9:56

3	Kaleigh Quinn	Tri MB	54:11	11:01	32:11	43:11	11:01
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Women 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Brandi Smith	Pinawa	44:59	9:31	25:51	35:22	9:38
2	Carina Kirk	Tri MB	46:53	9:37	28:34	38:10	8:44
3	Susanne Boyd	Tri MB	48:38	9:35	29:20	38:54	9:45
4	Carla MacMillan		51:04	11:38	28:30	40:07	10:57
5	Rukmali Mendis	Tri MB	54:11	9:46	33:54	43:40	10:32
6	Orvie Dingwall	Tri MB	54:17	11:19	32:14	43:33	10:44
7	Amanda Husson		55:33	11:12	32:32	43:43	11:51
8	Daphne Chen	Triple Threat	57:36	12:40	32:57	45:36	12:00
9	Lisa Ostermann	Tri MB	58:22	12:24	32:35	44:59	13:23
10	Lisa Stewart	Triple Threat	1:04:31	13:42	36:55	50:36	13:56
11	Lisa Tinley		1:05:00	13:11	39:43	52:53	12:07
12	Nichole Grobowsky	Tri MB	1:05:43	13:38	38:30	52:08	13:35

Women 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Christina McDonald	Tribalistic	52:09	11:22	29:53	41:14	10:55
2	Cynthia Sabiston	Tri MB	53:24	10:46	32:30	43:16	10:09
3	Cathy Lethbridge		58:39	11:40	35:39	47:19	11:21
4	Jody Thomas		1:05:00	13:13	39:41	52:53	12:07
5	Sally Gobert	Tri MB	1:05:37	11:43	41:33	53:15	12:22

Women 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Kathryn Smandych	Triple Threat	52:34	11:23	30:22	41:45	10:49
2	Cindy Swaine	Triple Threat	59:22	13:33	32:42	46:15	13:08

Women 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Margaret Day	Tribalistic	1:02:26	14:15	35:02	49:17	13:10

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

Rank	Team	Time	Run1	Bike	Run+Bike	Run2
1	Yellow Girls	55:53	11:34	32:52	44:25	11:29

Short Kids of Steel: 200m run + 2K bike + 400m run

Boys 11 & Under

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Joshua Humphries	Youth Team	8:47	0:48	5:46	6:33	2:14
2	Mark Naylor	Youth Team	9:26	0:49	6:18	7:06	2:20
3	CarsonCortvriendt	Youth Team	9:51	0:49	7:02	7:51	2:00
4	Logan Lawrence		13:17	0:50	8:38	9:27	3:51

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

Boys 12 to 15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Luc Fournier	Youth Team	40:11	1:52	29:14	31:05	9:07
2	Avery Humphries	Youth Team	40:24	1:54	29:22	31:15	9:10

3	Bryce Jenkins	Youth Team	42:38	1:59	30:28	32:27	10:11
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Girls 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Emily Davidson	Junk Yard Dogs	52:09	2:23	37:48	40:11	11:58
2	Naomi Kitchen	Junk Yard Dogs	1:00:09	2:43	43:20	46:02	14:07

Race results by Steve Gajerski.

If you see a problem with these results, please contact Darci Everett <darci@gords.com>.

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

Thanks to

- race organizers: Darci Everett and Gord's Tri Club.
- officials: Chris Kitchen (Head), Debb Brethauer, Dave Bell, Cathy Cortvriendt.
- Red River Ski Patrol
- Triathlon Manitoba staff: Anita Miller.
- aid station and other volunteers.