

Gord's Birds Hill Duathlon in the Park #3

Tuesday, May 17, 2011

Birds Hill Park East Beach

Weather: 23°C, sunny, 15KPH SE wind, 30% humidity Participants: 174

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	1:11:40	14:11	42:27	56:37	15:04
2	Davis Sohor	Tri MB	1:12:00	15:17	41:19	56:36	15:25
3	Mark Okany	Tri MB	1:16:00	15:09	45:25	1:00:34	15:27
4	Phil Dompierre	Tribalistic	1:19:17	16:49	45:01	1:01:50	17:28
5	Daniel Vincent	Tri MB	1:19:46	17:22	44:18	1:01:40	18:06
6	Gordon Sokolosky		1:20:56	18:28	43:25	1:01:53	19:03
7	Taren Gesell	Tri MB	1:24:58	18:09	47:02	1:05:10	19:48
8	Terry Duddridge	Triple Threat	1:25:00	17:33	50:17	1:07:49	17:11
9	Brett Hamilton		1:25:08	17:37	49:02	1:06:39	18:29

Men 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Les Friesen	Tri MB	1:08:03	14:08	39:30	53:38	14:26
2	Chris Graham	Tribalistic	1:12:35	15:45	40:33	56:17	16:18
3	Derek Eidse	TriFactor	1:12:55	15:24	41:37	57:01	15:55
4	Barret Hildebrandt	Tri MB	1:14:45	15:22	44:08	59:30	15:16
5	John Kenny	Tri MB	1:17:08	16:06	44:28	1:00:34	16:34
6	Clint Vandersteen	TriFactor	1:19:28	17:24	44:33	1:01:56	17:32
7	Stuart Holden	TriFactor	1:20:10	17:18	46:07	1:03:24	16:46
8	Joel Toews	Tri MB	1:21:39	17:42	46:12	1:03:53	17:47
9	Jamie Hopkins	TriFactor	1:23:03	18:01	46:30	1:04:31	18:32
10	Daryl Perry	Tri MB	1:26:45	18:25	48:16	1:06:40	20:06
11	Douglas Murphy		1:27:38	18:44	48:25	1:07:09	20:29
12	Craig Stephen	Gord's	1:27:49	18:54	49:37	1:08:31	19:19
13	Ryan Gray	TriFactor	1:27:57	20:25	45:48	1:06:12	21:45
14	Craig White	Tri MB	1:32:20	21:18	49:42	1:10:59	21:21
15	Joseph Chammartin	Tri MB	1:35:03	18:22	50:13	1:08:35	26:29
16	Justin Rempel	Tri MB		15:38			

Men 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Marc Fournier	Tribalistic	1:14:19	16:34	41:15	57:48	16:31
2	Paul Rogan	TripleThreat	1:16:46	16:35	43:05	59:40	17:07
3	Edward Willmott	Tribalistic	1:21:26	17:31	45:23	1:02:54	18:32
4	Michael Glennon	T3	1:26:04	19:37	43:48	1:03:24	22:41
5	Dennis Maione	TriFactor	1:28:03	20:25	46:31	1:06:55	21:08

Men 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sheldon Reynolds	Tri MB	1:21:04	16:01	48:09	1:04:10	16:54
2	Kevin Miller	Triple Threat	1:22:34	18:50	45:10	1:04:00	18:35
3	Ken Shute	Tri MB	1:28:10	20:04	47:59	1:08:03	20:08
4	Ken Young	Pinawa	1:31:58	21:28	46:31	1:07:58	24:01
5	Paul Dupuis	TriFactor	1:40:16	20:06	58:23	1:18:28	21:48

Men 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Bob Groff	Tri MB	1:46:54	22:53	1:00:23	1:23:15	23:39

Women 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Trinette Konge	Triple Threat	1:23:05	18:44	45:32	1:04:15	18:50
2	Alissa Smandych	Triple Threat	1:29:41	18:46	51:22	1:10:08	19:33
3	Alana Grimolfson	TriFactor	1:30:59	19:34	51:04	1:10:38	20:21

Women 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sandra Baars	Gord's	1:21:57	17:03	47:42	1:04:44	17:13
2	Ruth-Anne Penner	Triple Threat	1:32:26	20:51	50:51	1:11:41	20:45
3	Lauren MacMillan		1:33:03	19:28	52:34	1:12:02	21:01

Women 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Donna Sutherland	Tri MB	1:24:42	18:42	46:43	1:05:25	19:18

Women 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Kate Okany	Triple Threat	1:26:02	18:18	49:16	1:07:33	18:29
2	Anita Miller	Triple Threat	1:42:01	21:43	58:37	1:20:20	21:41

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

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Darian Hole	MNTC	38:33	7:28	23:56	31:24	7:10
2	Jay Ort	Youth Team	39:49	7:43	25:15	32:58	6:52
3	Bryn Oberlin	Youth Team	43:49	9:37	24:56	34:33	9:17
4	Corey Arsenault	Youth Team	44:46	9:11	25:52	35:02	9:44
5	Sebastian Kroupa	Tri MB	50:19	9:13	25:14	34:27	15:53
6	Adrian Zacharias		52:55	10:02	31:10	41:12	11:43

Male 16-19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Riley Unger	MNTC	36:11	7:12	21:16	28:28	7:43
2	Patrick Naylor	MNTC	37:27	7:12	22:56	30:08	7:20
3	Milo Del Bigio		39:04	8:21	21:41	30:01	9:04
4	Kevin Macduff	MNTC	40:38	7:44	25:21	33:04	7:34

Men 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Lennon Stevens	Tri MB	41:34	8:24	25:22	33:46	7:49
2	Clayton Heppner		42:30	8:46	23:52	32:37	9:54
3	Greg Wernham	Tri MB	44:12	8:08	28:00	36:07	8:06
4	Paul Sohor	Tri MB	45:40	9:17	26:17	35:33	10:08
5	Andrew Oliver		48:08	10:21	26:51	37:12	10:57
6	Mark McCrea		55:34	10:50	31:06	41:56	13:39

Men 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Charles Kostyk	Gord's	37:34	7:34	22:17	29:50	7:45
2	Dave Lipchen	Tri MB	38:08	7:28	22:49	30:16	7:52
3	Fraser Cameron	T3	43:22	9:25	24:39	34:04	9:18
4	Curtis Nichol	Tri MB	44:53	8:50	26:48	35:38	9:16
5	Chris Schrader	Tri MB	45:18	9:24	27:29	36:53	8:26
6	Michael Kaul	Triple Threat	47:54	9:46	28:02	37:47	10:07
7	Corrado D'Antonio	Gord's	49:06	9:54	27:59	37:53	11:14
8	Scott McCrea	Tri MB	49:24	10:21	27:33	37:53	11:31
9	Travis Fredborg	Tri MB	50:36	10:04	28:56	39:00	11:37
10	Ethan English		50:56	10:31	28:43	39:14	11:43
11	Jeremy Loewen	Tri MB	52:57	9:33	32:36	42:08	10:49
12	Mark Dunn	Tri MB	53:01	11:32	29:06	40:37	12:24
13	Jared Gross	Triple Threat	53:55	11:37	29:35	41:12	12:43

Men 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Steven Scoles	Tri MB	40:15	8:26	23:25	31:50	8:25
2	George Kroupa	Tri MB	40:29	8:26	23:17	31:43	8:46
3	Tom Naylor	Tri MB	41:05	8:06	24:44	32:49	8:16
4	Michael Klatt	Triple Threat	41:40	8:52	23:59	32:50	8:51
5	Ron Oberlin	Tri MB	42:39	9:05	24:31	33:35	9:04
6	Richard Rusk	Triple Threat	42:55	9:23	23:52	33:14	9:41
7	Richard Rogasky	Tri MB	45:03	10:25	24:46	35:10	9:53
8	Todd Asman		45:14	9:52	25:02	34:54	10:21
9	Doug Tiel	Tri MB	45:21	9:24	25:33	34:57	10:25
10	Richard Insley	Tri MB	45:56	9:56	25:53	35:48	10:08
11	Michael Cortvriendt	Tri MB	45:57	10:19	25:34	35:52	10:05
12	Myron Groening	Tribalistic	46:50	10:02	26:23	36:25	10:26
13	James Zacharias		47:02	10:08	26:14	36:21	10:41
14	Kevin Wolk	Triple Threat	48:28	9:30	28:47	38:17	10:12
15	Kurt Hangle		51:02	10:06	29:13	39:19	11:44
16	Curtis Orrock	Triple Threat	52:23	11:02	29:33	40:35	11:49
17	David Peterkin	Tri MB	52:29	10:51	30:41	41:31	10:58
18	Paul Peters		52:40	11:14	30:13	41:26	11:15
19	Paul La Rocque		1:02:55	12:52	37:43	50:34	12:21

Men 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	James Thomas	Tribalistic	43:49	9:44	23:59	33:43	10:06
2	Grant Unger	Tri MB	46:39	10:18	25:22	35:40	11:00
3	Joel Remis	Tri MB	47:21	10:21	27:07	37:28	9:54
4	John Gray	Tri MB	48:16	10:02	27:56	37:57	10:19
5	Jim Wernham	Triple Threat	48:24	10:04	27:52	37:56	10:29
6	Jim Nixon	Tri MB	50:00	10:56	27:48	38:44	11:16
7	David Roberts	Tri MB	52:36	11:04	29:50	40:53	11:44
8	Matthew Degner		58:49	12:22	33:04	45:26	13:24
9	Richard Sohor	Tri MB	59:47	14:33	31:37	46:09	13:39

Men 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Al Stewart	Tri MB	45:11	9:34	25:25	34:59	10:12
2	John Sawchuk	Tri MB	46:11	10:00	26:23	36:22	9:49

Men 70-79

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jim Anderson	Tri MB	53:51	12:07	29:51	41:57	11:55

Women 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Ashlyn Cortvriendt	MNTC	43:55	9:53	25:34	35:26	8:29
2	Hannah Humphries	Tri MB	46:25	9:54	26:27	36:20	10:05
3	Emily Unger	Youth Team	48:35	9:52	28:01	37:52	10:43
4	Erin Gobert	Tri MB	54:38	10:43	32:44	43:26	11:12

Women 16-19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Janessa Klatt	MNTC	48:32	9:52	27:49	37:40	10:52
2	Kaitlyn Wiens	Youth Team	52:46	12:18	29:31	41:48	10:58
3	Kyra King	TriFactor	54:13	10:49	32:13	43:01	11:13
4	Amelie Roberts	Tri MB	57:16	12:34	31:51	44:24	12:52

Women 20-29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Stevie Moore	MNTC	40:02	8:30	23:19	31:48	8:15
2	Erin Schinkel	Tri MB	41:45	8:54	24:25	33:18	8:27
3	Kristyn Ball	Tri MB	50:58	11:17	28:18	39:35	11:24
4	Johanna Rockenstein	Tri MB	51:00	10:39	28:52	39:30	11:30
5	Stephanie Johnston	TriFactor	51:07	11:22	28:47	40:08	10:59
6	Kaleigh Quinn	Tri MB	52:57	11:06	30:35	41:41	11:16
7	Lindsay Shute	Tri MB	55:07	12:16	30:39	42:55	12:12
8	Kristin Reynolds	Tri MB	58:08	10:56	36:01	46:57	11:12
9	Deidre Black		59:51	10:41	38:20	49:01	10:51
10	Lauren Seymour	Tri MB	1:02:41	13:15	33:29	46:43	15:59

Women 30-39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Brandi Smith	Pinawa	44:06	9:22	25:01	34:22	9:44
2	Kathryn Gompf	Tri MB	45:30	9:17	27:07	36:23	9:07
3	Susanne Boyd	Tri MB	46:19	9:46	26:40	36:25	9:54
4	Francine Labossiere	Tribalistic	47:47	9:50	27:48	37:38	10:09
5	Danielle Correia		49:51	10:51	28:34	39:24	10:27
6	Kerri Edison		49:52	10:52	28:38	39:30	10:23
7	Jen Schell		50:15	10:22	30:02	40:23	9:52
8	Amanda Husson		51:02	10:46	29:02	39:48	11:15
9	Daphne Chen	Triple Threat	53:36	12:05	30:12	42:17	11:20
10	Hilary Bittner	Tri MB	53:45	11:20	29:59	41:19	12:26
11	Christina Zamzow		54:48	11:14	31:57	43:10	11:38
12	Lisa Ostermann	Tri MB	56:29	12:44	30:02	42:45	13:45
13	Noreen Bidder	T3	56:58	13:11	32:00	45:10	11:49
14	Sheri Kaul	Triple Threat	57:14	12:45	31:30	44:14	13:00
15	Shray Presenger	Triple Threat	57:26	12:03	32:48	44:50	12:37
16	Lisa Stewart	Triple Threat	1:00:07	13:01	34:08	47:08	12:59
17	Victoria Cutts		1:00:28	12:31	36:11	48:42	11:47
18	Nicole Jawa	Tri MB	1:00:46	12:26	35:48	48:14	12:32
19	Lori Lawrynuik		1:03:32	12:57	37:38	50:34	12:58
20	Indranie Guarino	T3	1:06:45	15:19	34:50	50:08	16:37
21	Jennifer Cottes		1:07:06	13:18	39:38	52:56	14:10

Women 40-49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Nancy Kroupa	Tri MB	49:33	10:37	28:11	38:48	10:46
2	Christina McDonald	Tribalistic	49:36	10:53	27:57	38:49	10:48
3	Cynthia Sabiston	Tri MB	50:48	10:33	29:24	39:57	10:52
4	Cathy Lethbridge		53:12	11:26	30:48	42:13	11:00
5	Penny Seier	Tri MB	54:32	12:01	30:12	42:12	12:21
6	Tabitha Dean	Tri MB	56:02	11:16	33:03	44:19	11:43
7	Julie Vogelsang	Triple Threat	58:45	13:08	32:53	46:01	12:45
8	Bev Rehill	Tri MB	1:01:23	11:53	37:22	49:14	12:09
9	Jody Thomas		1:02:02	12:49	36:40	49:28	12:34
10	Anne Dubouloz Gislason	Tri MB	1:03:48	12:57	36:22	49:18	14:30

Women 50-59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Janice Kenworthy		50:09	9:54	30:33	40:26	9:43
2	Kathryn Smandych	Triple Threat	50:44	11:20	28:06	39:26	11:19
3	Cindy Swaine	Triple Threat	57:35	13:36	30:23	43:58	13:38
4	Alice Schroeder	Triple Threat	1:02:12	13:28	35:24	48:52	13:20
5	Deb Hnatiw	Tri MB	1:05:15	14:44	34:37	49:21	15:54

Women 60-69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Valerie Cutts		1:00:58	12:32	36:11	48:42	12:17
2	Margaret Day	Tribalistic	1:03:10	13:48	36:26	50:13	12:58

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	8:09	0:44	5:10	5:53	2:16
2	David Liam Roberts	Tri MB	8:16	0:46	5:15	6:00	2:17
3	Carson Cortvriendt	Tri MB	10:22	0:49	6:52	7:41	2:42
4	Adam Gislason	Tri MB	11:12	0:57	6:59	7:55	3:17
5	Logan Laurence	Joseph Teres	11:18	0:50	7:34	8:23	2:55
6	Lane Bond	Tri MB	12:06	0:53	7:57	8:50	3:17
7	Cedar Gross		12:12	1:01	8:05	9:06	3:07
8	Patrick Gislason	Tri MB	16:35	1:05	11:17	12:21	4:14

Girls 11 & Under

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Lauren Rempel	Joseph Teres	11:21	0:52	7:12	8:04	3:18

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

Boys 12-15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Avery Humphries	Youth Team	38:46	1:48	27:31	29:19	9:28
2	Luc Fournier	Youth Team	39:44	1:48	28:42	30:29	9:15
3	Bryce Jenkins	Youth Team	40:16	1:54	29:16	31:09	9:07
4	Noah Wiens	Youth Team	40:35	1:56	29:21	31:17	9:19
5	Adam Naylor	Youth Team	43:15	1:58	31:10	33:08	10:08

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: Cathy Cortvriendt (Head), Debb Brethauer, Leo Savoie, David Markham
- Red River Ski Patrol
- Triathlon Manitoba staff: Anita Miller.
- aid station and other volunteers.