

Gord's Birds Hill Duathlon in the Park #4

Tuesday, May 24, 2011

Birds Hill Park East Beach

Weather: 12°C, sunny, 15KPH North wind Participants: 131

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

Male 20 to 29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Davis Sohor	Tri MB	1:10:38	14:49	40:49	55:37	15:01
2	Gordon Sokolosky		1:19:36	17:56	43:34	1:01:29	18:08
3	Daniel Vincent	Tri MB	1:19:42	17:08	44:58	1:02:06	17:36
4	Terry Duddridge	Triple Threat	1:22:04	16:44	48:39	1:05:22	16:42
5	Taren Gesell	Tri MB	1:24:51	18:33	47:39	1:06:11	18:40

Male 30 to 39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Les Friesen	Tri MB	1:06:57	13:47	39:03	52:50	14:07
2	Barry Penner	Tri MB	1:10:24	14:18	41:37	55:54	14:31
3	Derek Eidse	TriFactor	1:12:39	15:09	42:06	57:14	15:26
4	Barret Hildebrandt	Tri MB	1:15:22	15:00	45:32	1:00:32	14:51
5	Justin Rempel	Tri MB	1:17:02	15:16	45:18	1:00:33	16:30
6	Stuart Holden	TriFactor	1:19:20	16:44	46:17	1:03:01	16:20
7	Clint Vandersteen	TriFactor	1:19:44	17:00	45:34	1:02:33	17:11
8	Ryan Gulowaty	Triple Threat	1:22:04	18:50	44:29	1:03:19	18:46
9	Jamie Hopkins	TriFactor	1:22:57	17:30	47:02	1:04:31	18:26
10	Daryl Perry	Tri MB	1:26:25	17:58	49:39	1:07:36	18:50
11	Craig Stephen	Gord's	1:29:44	19:27	50:44	1:10:11	19:34
12	Michael Kaul	Triple Threat	1:30:18	18:45	51:56	1:10:40	19:38
13	Mark Dunn	Tri MB	1:44:12	22:27	55:07	1:17:34	26:39

Male 40 to 49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Francois Legoupil	Tribalistic	1:11:12	15:32	40:07	55:38	15:34
2	Marc Fournier	Tribalistic	1:12:57	15:51	41:25	57:16	15:41
3	Paul Rogan	Triple Threat	1:17:39	16:50	44:03	1:00:52	16:48
4	Edward Willmott	Tribalistic	1:20:42	16:55	46:40	1:03:35	17:07
5	Scott Brown		1:24:42	18:45	46:41	1:05:25	19:18
6	Dennis Maione	TriFactor	1:25:32	20:22	45:38	1:05:59	19:33
7	Doug Tiel	Tri MB	1:27:06	18:52	47:45	1:06:37	20:29
8	Michael Glennon	T3	1:27:59	19:59	45:30	1:05:28	22:31
9	Robert Duncan	Tri MB	1:29:02	18:44	48:45	1:07:29	21:33

Male 50 to 59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sheldon Reynolds	Tri MB	1:18:51	16:03	46:00	1:02:02	16:50
2	John Murray	Tribalistic	1:23:42	19:02	44:20	1:03:21	20:21
3	Kevin Miller	Triple Threat	1:25:28	18:49	48:22	1:07:10	18:19
4	Joel Remis	Tri MB	1:30:40	19:34	51:41	1:11:14	19:26
5	Kelly Beckman	Tri MB	1:38:58	22:17	54:25	1:16:42	22:17

Male 60 to 69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	John Sawchuk	Tri MB	1:30:34	20:01	49:57	1:09:58	20:37
2	Bob Groff	Tri MB	1:37:35	22:48	52:08	1:14:56	22:40

Female 20 to 29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Trinette Konge	Triple Threat	1:24:43	18:17	47:02	1:05:18	19:25

Female 30 to 39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sandra Baars	Gord's	1:22:30	16:40	49:02	1:05:41	16:49
2	Ruth-Anne Penner	Triple Threat	1:32:14	19:59	51:38	1:11:36	20:39
3	Rukmali Mendis	Tri MB	1:41:25	19:36	1:00:00	1:19:35	21:51

Female 40 to 49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Donna Sutherland	Tri MB	1:25:00	18:42	48:06	1:06:47	18:13
2	Diana Chomichuk	T3	1:45:05	21:26	1:01:48	1:23:13	21:52

Female 50 to 59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Nicole Mercier	Tri MB	1:38:59	22:31	54:11	1:16:41	22:18
2	Anita Miller	Triple Threat	1:44:24	21:27	1:01:24	1:22:50	21:35

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

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Corey Arsenault	Youth Team	43:33	8:32	25:54	34:26	9:07
2	Morgan Yarish	Youth Team	44:23	8:20	27:52	36:11	8:12
3	Bryn Oberlin	Youth Team	45:51	9:30	26:39	36:09	9:43
4	Graham Lock	Youth Team	47:17	8:51	28:57	37:48	9:29

Male 16 to 19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Riley MacCharles	MNTC	36:10	6:57	22:11	29:08	7:03
2	Tyler Mislawchuk	MNTC	36:57	6:57	23:14	30:11	6:46
3	Kevin Macduff	MNTC	39:56	7:43	24:45	32:27	7:29
4	Riley Unger	MNTC	40:39	9:14	23:31	32:45	7:55
5	Colin Naylor	Youth Team	47:03	9:03	29:22	38:24	8:39

Male 20 to 29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Thomas Wernham	Tri MB	48:02	8:24	30:35	38:59	9:04
2	Allan Montanari	Tri MB	49:16	9:50	28:21	38:11	11:06

Male 30 to 39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Charles Kostyk	Gord's	37:43	7:26	22:50	30:16	7:28
2	Fraser Cameron	T3	41:39	8:36	24:26	33:02	8:38
3	Edgar Rosales		42:57	7:46	27:20	35:05	7:53
4	Corrado D'Antonio	Gord's	49:45	10:10	28:35	38:44	11:01
5	Travis Fredborg	Tri MB	52:15	10:37	31:17	41:54	10:22

Male 40 to 49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Steven Scoles	Tri MB	39:57	8:17	23:28	31:44	8:13
2	George Kroupa	Tri MB	41:16	8:25	24:36	33:00	8:16
3	Michael Klatt	Triple Threat	41:33	8:44	23:58	32:41	8:52
4	Ron Oberlin	Tri MB	42:11	8:52	24:17	33:09	9:03
5	Richard Rusk	Triple Threat	42:42	9:25	23:25	32:49	9:54
6	Richard Rogasky	Tri MB	44:13	9:52	24:59	34:51	9:23
7	Michael Cortvriendt	Tri MB	45:12	9:46	25:53	35:39	9:33
8	Jeff Brooks	Tri MB	45:18	9:54	25:03	34:57	10:22
9	Kevin Wolk	Triple Threat	53:28	9:39	34:15	43:54	9:35
10	David Peterkin	Tri MB	53:57	10:55	32:30	43:25	10:32
11	Kevin Spooner		58:10	11:49	34:13	46:01	12:09

Male 50 to 59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Paul Seier	Tri MB	43:50	9:15	25:32	34:47	9:03
2	Laurent Lacroix	Tri MB	44:08	9:19	25:20	34:38	9:30
3	Ken Shute	Tri MB	46:06	9:58	26:40	36:38	9:29
4	Ken Young	Pinawa	47:36	10:31	26:17	36:48	10:49
5	Grant Unger	Tri MB	48:09	11:00	26:18	37:18	10:52
6	Jim Wernham	Triple Threat	48:59	10:02	29:04	39:06	9:53
7	Jim Nixon	Tri MB	50:16	10:50	28:29	39:19	10:58
8	John Gray	Tri MB	50:47	10:47	29:36	40:23	10:25
9	Paul Dupuis	TriFactor	50:47	9:41	30:34	40:14	10:33

Male 60 to 69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Al Stewart	Tri MB	44:23	9:22	25:33	34:55	9:29

Male 70 to 79

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jim Anderson	Tri MB	55:59	12:40	31:00	43:40	12:20

Female**12 to 15**

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Emily Unger	Youth Team	47:32	9:46	28:23	38:09	9:24
2	Hannah Humphries	Tri MB	50:12	9:47	28:39	38:25	11:48

Female**16 to 19**

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Natalie Hamm	Youth Team	46:47	9:11	29:16	38:27	8:21
2	Janessa Klatt	MNTC	47:48	9:47	28:41	38:28	9:21
3	Kaitlyn Wiens	Youth Team	48:37	10:18	28:20	38:37	10:00
4	Kiera Garagan	Youth Team	57:30	12:24	33:48	46:11	11:20

Female**20 to 29**

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Stevie Moore	MNTC	40:39	8:23	24:23	32:45	7:55
2	Kristyn Ball	Tri MB	53:03	11:04	30:55	41:58	11:06
3	Lindsay Shute	Tri MB	54:45	11:51	31:25	43:15	11:30
4	Kristin Reynolds	Tri MB	57:54	10:18	36:57	47:14	10:41

Female		30 to 39					
Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Brandi Smith	Pinawa	44:50	9:24	25:48	35:12	9:39
2	Carina Kirk	Tri MB	45:33	9:27	27:12	36:38	8:55
3	Cat Horbatiuk	Gord's	46:04	9:45	26:21	36:05	9:59
4	Christa Rusk	Triple Threat	46:14	10:21	25:46	36:06	10:08
5	Lauren Macmillan		47:23	9:46	28:19	38:04	9:19
6	Carla Macmillan		49:18	10:39	28:00	38:39	10:39
7	Amanda Husson		52:34	11:01	30:30	41:30	11:04
8	Kellie Chammartin	Tri MB	55:08	11:30	30:33	42:02	13:07
9	Lisa Ostermann	Tri MB	55:32	11:51	31:03	42:53	12:39
10	Noreen Bidder	T3	56:44	12:38	32:23	45:01	11:44
11	Sheri Kaul	Triple Threat	56:57	12:32	32:07	44:39	12:19
12	Victoria Cutts		57:38	12:07	34:26	46:32	11:07
13	Lori Lawrynuik		59:02	11:45	34:29	46:14	12:48
14	Indranie Guarino	T3	1:05:13	15:18	34:49	50:06	15:07

Female		40 to 49					
Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Nancy Kroupa	Tri MB	49:12	10:12	28:47	38:58	10:14
2	Cynthia Sabiston	Tri MB	51:05	10:12	30:54	41:06	9:59
3	Christina McDonald	Tribalistic	51:21	11:06	29:26	40:31	10:50
4	Cathy Lethbridge		53:06	10:53	31:13	42:06	11:01
5	Penny Seier	Tri MB	53:17	11:35	30:25	42:00	11:18
6	Dawn Brooks	Tri MB	54:26	12:24	31:00	43:23	11:03
7	Denise Long		54:28	11:49	31:14	43:02	11:26
8	Laurie Gulowaty	Triple Threat	54:43	11:43	31:45	43:28	11:15
9	Julie Vogelsang	Triple Threat	1:00:08	12:53	34:42	47:35	12:34
10	Jody Thomas		1:00:59	12:36	36:18	48:54	12:05

Female		50 to 59					
Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Kathryn Smandych	Triple Threat	50:02	10:54	28:33	39:27	10:35
2	Cindy Swaine	Triple Threat	57:17	13:09	31:00	44:08	13:09
3	Deb Hnatiw	Tri MB	1:02:41	14:25	34:10	48:35	14:06

Female		60 to 69					
Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sophie Munro	Tribalistic	57:57	12:20	33:29	45:49	12:09
2	Valerie Cutts		1:00:18	12:07	36:46	48:53	11:26
3	Margaret Day	Tribalistic	1:00:55	13:40	34:27	48:06	12:49

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

Male 11 & Under							
Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Carson Cortvriendt	Tri MB	9:39	0:52	6:15	7:06	2:33
2	Alex Bistyak	Tri MB	11:22	0:55	7:05	8:00	3:23
3	Cedar Gross		11:26	0:57	7:51	8:48	2:39

Female 11 & Under							
Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Lauren Rempel	Joseph Teres	11:25	0:58	7:33	8:31	2:55
2	Angelica De Jesus		DNF	1:02	13:10	14:11	

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

Male 12 to 15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Joshua Humphries	Youth Team	38:50	1:54	27:53	29:46	9:04
2	Luc Fournier	Youth Team	40:01	1:52	28:38	30:29	9:32
3	Bryce Jenkins	Youth Team	40:50	1:58	29:25	31:23	9:27
4	Noah Wiens	Youth Team	41:26	2:01	29:37	31:38	9:49
5	Geza Bistyak	Youth Team	42:09	2:19	28:38	30:57	11:13

Female 12 to 15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Madison Mislawchuk	MNTC	38:53	1:54	28:16	30:09	8:44

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), Leo Savoie, David Markham, Suzanne Macduff, Darren Hemeryck
- Red River Ski Patrol
- Triathlon Manitoba staff: Darren Hemeryck and Anita Miller.
- aid station and other volunteers.