

Gord's Birds Hill Duathlon in the Park #5

Tuesday, May 31, 2011

Birds Hill Park East Beach

Weather: 9°C, light rain, 50KPH NW wind gusting to 70KPH Participants: 114

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

Male 20 to 29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Tim Zurbriggen		1:21:52	17:19	46:54	1:04:12	17:40
2	Evan Graham	Tri MB	1:22:12	16:19	50:03	1:06:21	15:51
3	Daniel Vincent	Tri MB	1:23:45	17:40	48:11	1:05:50	17:56
4	Terry Duddridge	Triple Threat	1:30:46	18:05	53:56	1:12:00	18:46

Male 30 to 39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Justin Rempel	Tri MB	1:21:17	15:45	49:11	1:04:55	16:22
2	Joe Chammartin	Tri MB	1:23:14	16:36	49:01	1:05:36	17:39
3	Stuart Holden	TriFactor	1:24:16	17:16	49:52	1:07:08	17:09
4	Ryan Anderson		1:27:08	16:37	52:35	1:09:12	17:56
5	Craig White	Tri MB	1:40:14	21:53	56:10	1:18:03	22:12
6	Ryan Gulowaty	Triple Threat	DNF	18:59			

Male 40 to 49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Paul Rogan	Triple Threat	1:22:12	17:01	48:16	1:05:17	16:55
2	Dennis Maione	TriFactor	1:29:28	20:57	48:10	1:09:06	20:23
3	Richard Rogasky	Tri MB	1:32:20	20:08	52:14	1:12:21	20:00
4	Doug Tiel		1:32:41	18:36	51:43	1:10:18	22:23

Male 50 to 59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Kevin Miller	Triple Threat	1:31:56	19:17	53:38	1:12:55	19:02

Male 60 to 69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Bob Groff	Tri MB	1:42:49	22:18	56:58	1:19:15	23:34

Female 20 to 29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Erin Schinkel	Tri MB	1:24:59	17:29	50:24	1:07:53	17:07
2	Alex Bell	Tri MB	1:28:10	16:06	54:34	1:10:39	17:31
3	Trinette Konge	Triple Threat	1:31:46	18:32	52:43	1:11:15	20:32
4	Alissa Smandych	Triple Threat	1:38:46	18:56	59:17	1:18:12	20:34

Female 30 to 39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Kathryn Gompf	Tri MB	1:34:46	18:38	57:09	1:15:46	19:00
2	Ruth-Anne Penner	Triple Threat	1:37:53	20:11	55:42	1:15:53	22:00

Female 40 to 49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Donna Sutherland	Tri MB	1:32:37	19:02	54:23	1:13:25	19:13

Female 50 to 59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Kathryn Smandych	Triple Threat	1:41:49	22:15	57:58	1:20:13	21:36
2	Nicole Mercier	Tri MB	1:43:54	22:35	58:28	1:21:03	22:51
3	Anita Miller	Triple Threat	1:53:08	22:09	1:07:59	1:30:07	23:02

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

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Darian Hole	MNTC	39:56	7:16	25:36	32:51	7:06
2	Jay Ort	Youth Team	40:30	7:15	26:17	33:31	6:59
3	Corey Arsenault	Youth Team	46:28	8:49	28:30	37:19	9:10
4	Bryn Oberlin	Youth Team	49:12	9:39	29:54	39:32	9:40
5	Morgan Yarish	Youth Team	51:24	8:26	34:21	42:46	8:39

Male 16 to 19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Riley MacCharles	MNTC	37:25	7:05	23:18	30:22	7:03
2	Patrick Naylor	MNTC	38:01	7:06	23:39	30:44	7:17
3	Charles Brault	MNTC	39:52	7:06	25:48	32:54	6:59
4	Kevin Macduff	MNTC	44:47	8:08	28:43	36:50	7:57

Male 20 to 29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Casey Gergely		46:14	8:12	29:26	37:37	8:37
2	James Dyson		1:09:36	14:48	38:20	53:07	16:29

Male 30 to 39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Charles Kostyk	Gord's	39:00	7:32	23:51	31:22	7:39
2	Fraser Cameron	TriFactor	43:19	8:49	25:20	34:09	9:11
3	Paul Anton	Gord's	49:00	10:21	27:41	38:01	10:59
4	Craig Stephen	Gord's	50:01	9:57	30:41	40:37	9:25
5	Mark Holmstrom		51:32	9:57	31:00	40:56	10:36
6	Corrado D' Antonio	Gord's	51:44	10:21	30:25	40:45	10:59
7	Ryan Ratuszniak		52:50	9:55	31:56	41:51	11:00
8	Jared Gross	Triple Threat	1:00:41	13:24	34:19	47:42	12:59
9	David Bueti		1:03:22	10:07	43:17	53:23	10:00

Male 40 to 49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Steven Scoles	Tri MB	41:22	8:21	24:48	33:09	8:14
2	Tom Naylor	Tri MB	43:00	8:08	26:41	34:49	8:11
3	Michael Klatt	Triple Threat	44:21	9:08	25:58	35:06	9:16
4	Ron Oberlin	Tri MB	44:43	9:09	26:09	35:18	9:26
5	Richard Rusk	Triple Threat	45:22	9:46	24:58	34:43	10:39
6	Michael Cortvriendt	Tri MB	46:59	10:08	27:26	37:33	9:26
7	Jeff Brooks	Tri MB	49:20	10:50	28:01	38:50	10:30
8	Kevin Wolk	Triple Threat	51:50	9:49	31:57	41:45	10:06
9	Paul Gustafson		57:23	10:22	36:03	46:25	10:59
10	David Peterkin	Tri MB	57:35	10:51	35:10	46:01	11:35

Male 50 to 59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Jim Simm	Tribalistic	41:41	8:20	24:55	33:15	8:27
2	Ken Young	Pinawa	48:29	10:25	27:13	37:37	10:52
3	Ken Shute	Tri MB	49:26	10:03	29:34	39:36	9:50
4	Joel Remis	Tri MB	49:39	10:09	29:36	39:44	9:56
5	Grant Unger	Tri MB	50:14	10:17	29:27	39:44	10:31
6	John Gray	Tri MB	53:41	10:19	32:59	43:17	10:24
7	Michael Nayler	Triple Threat	55:28	10:04	33:53	43:57	11:32
8	David Roberts	Tri MB	56:31	10:54	34:01	44:55	11:37

Male 60 to 69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Al Stewart	Tri MB	46:54	9:18	28:05	37:23	9:31
2	John Sawchuk	Tri MB	50:30	10:25	30:16	40:41	9:50

Male 70 to 79

Rank	Name	Club	Time	Run 1	Bike	Run+Bike	Run2
1	Jim Anderson	Tri MB	1:03:20	12:44	37:34	50:17	13:03

Female 12 to 15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Ashlyn Cortvriendt	MNTC	45:39	8:54	28:07	37:01	8:39
2	Madison Mislawchuk	MNTC	49:06	9:30	30:30	40:00	9:06
3	Hannah Humphries	Tri MB	49:35	9:42	29:50	39:32	10:03
4	Emily Unger	Youth Team	52:47	10:11	32:31	42:42	10:06

Female 16 to 19

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Janessa Klatt	MNTC	48:20	9:18	30:01	39:18	9:02
2	Janine Hebert	Youth Team	48:23	9:24	29:57	39:20	9:04
3	Claire Finnbogason	Youth Team	51:34	10:13	31:18	41:31	10:04
4	Kaitlyn Wiens	Youth Team	53:33	10:40	32:34	43:13	10:21
5	Bryn Graham	Tri MB	55:21	10:22	33:59	44:21	11:00
6	Amelie Roberts	Tri MB	1:01:15	12:29	35:53	48:22	12:54

Female 20 to 29

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Stevie Moore	MNTC	42:16	8:28	25:20	33:48	8:29
2	Stephanie Johnston		56:48	11:55	33:25	45:19	11:30
3	Lindsay Shute	Tri MB	59:38	11:29	36:06	47:34	12:04
4	Deirdre Black		1:01:15	10:44	39:12	49:56	11:20
5	Jocelyn Boorman		1:09:37	14:49	38:20	53:09	16:28

Female 30 to 39

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sandra Baars	Gord's	45:55	8:20	29:08	37:28	8:28
2	Brandi Smith	Pinawa	47:44	9:17	28:28	37:45	9:59
3	Susanne Boyd	Tri MB	49:17	9:44	30:04	39:47	9:31
4	Christa Rusk	Triple Threat	49:49	10:19	28:50	39:09	10:40
5	Kerri Edison	TriFactor	52:05	10:27	31:32	41:58	10:07
6	Jodie Cornwall	Triple Threat	53:43	11:12	32:27	43:38	10:05
7	Daphne Chen	Triple Threat	58:18	11:59	34:34	46:33	11:45
8	Cathy Cortvriendt	Tri MB	58:32	12:47	32:49	45:35	12:57
9	Cat Horbatiuk	Gord's	1:03:22	10:07	43:39	53:45	9:37
10	Lisa Stewart	Triple Threat	1:05:29	13:17	39:00	52:17	13:13
11	Chrystal Veroba	Gord's	1:05:31	14:18	36:32	50:49	14:42
12	Nichole Grobowsky	Tri MB	1:06:21	13:31	39:25	52:56	13:26

Female 40 to 49

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Nancy Kroupa	Tri MB	50:48	10:13	30:15	40:27	10:21
2	Cynthia Sabiston	Tri MB	52:01	10:05	31:54	41:58	10:03
3	Laurie Gulowaty	Triple Threat	57:16	11:58	33:42	45:40	11:36
4	Kelli Paskaruk	Triple Threat	58:39	12:00	35:37	47:36	11:03

Female 50 to 59

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Cindy Swaine	Triple Threat	59:09	13:15	32:48	46:02	13:07
2	Alice Schroeder	Triple Threat	1:09:48	13:02	43:53	56:55	12:53
3	Deb Hnatiw	Tri MB	DNF	14:11			

Female 60 to 69

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Sophia Munro	Tribalistic	1:04:03	13:08	37:52	51:00	13:04

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

Rank	Team Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Flying Acolades		49:18	11:56	26:33	38:28	10:50

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

Female 11 & Under

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Katelyn Jenkins	Tri MB	11:20	0:58	7:18	8:15	3:05
2	Isabelle Pearson		13:05	1:00	8:36	9:35	3:30

Male 11 & Under

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Joshua Humphries	Youth Team	8:26	0:45	5:26	6:10	2:16
2	David Liam Roberts	Tri MB	9:01	0:45	5:54	6:38	2:23
3	Mark Naylor	Youth Team	9:42	0:48	6:21	7:08	2:34
4	Liam Eori	Joseph Teres	9:52	0:50	6:36	7:25	2:27
5	Carson Cortvriendt	Tri MB	10:23	0:50	6:51	7:40	2:43
6	Cedar Gross		12:25	0:54	8:37	9:30	2:55

*Because of the weather, the Long Kids of Steel cycle portion was shortened to 2K.

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

Male 12 to 15

Rank	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Bryce Jenkins	Youth Team	17:30	2:10	5:51	8:00	9:30
2	Geza Bistyak	Youth Team	20:15	2:14	6:47	9:00	11:15

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: Angela Douklias (Head), Cathy Cortvriendt, Leo Savoie, Suzanne Macduff, Dave Bell, Darren Hemeryck.
- Red River Ski Patrol
- Triathlon Manitoba staff: Darren Hemeryck, Anita Miller.
- aid station volunteers and other volunteers.