



Race Results

RACE #4 – MAY 28, 2019

BirdsHillDuathlon.com / WinnipegTriathlon.com

Weather: 26°C, Clear, 10km/h NW Wind, Participants: 201

Adult Short Duathlon – 2km Run + 13km Bike + 2km Run

Male 20-29 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Zane McCuen	43:40	8:24	26:55	35:19	8:22	50
2	Zachariah Braga	44:54	9:23	25:51	35:13	9:41	40
3	Jason Schram	45:05	9:13	27:11	36:23	8:42	31
4	Steven Gzebb	55:06	9:19	34:22	43:41	11:26	23
5	PJ Fitch	1:01:55	13:01	34:42	47:42	14:14	16

Male 30-39 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Anthony Densmore	38:11	7:54	23:26	31:19	6:52	50
2	Sasa Ivetic	39:27	7:55	24:04	31:58	7:29	40
3	Stuart Koslowsky	44:18	8:26	27:04	35:29	8:49	31
4	Adam Moore	44:36	8:37	26:54	35:30	9:06	23
5	Bryan Madsen	46:10	9:09	27:27	36:36	9:35	16
6	Ryan Malec	47:37	9:48	27:04	36:51	10:46	
7	Bryce Desender	49:25	9:11	31:30	40:40	8:46	
8	Allan Perrett	50:51	9:25	31:06	40:30	10:21	
9	Joseph Stephenson	52:08	10:01	30:43	40:44	11:25	

Male 40-49 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Grant McMillan	39:17	7:52	23:37	31:28	7:50	50
2	Chris Kozakowski	40:11	7:09	25:47	32:55	7:16	40
3	Dale Nesbitt	41:38	8:28	24:46	33:14	8:24	31
4	John Gollub	43:07	6:56	27:36	34:31	8:36	23
5	Erid Mendoza	44:13	8:47	26:21	35:07	9:06	16
6	Grant Boissonneault	45:21	9:03	26:04	35:06	10:15	
7	Bill Gamache	47:57	9:41	28:16	37:56	10:02	
8	Neil Spears	48:38	10:44	27:56	38:39	9:59	
9	Sam Kidd	49:42					
10	Craig White	50:12	10:38	28:39	39:16	10:56	

Male 50-59 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Quinn Dykstra	39:32	7:59	23:32	31:30	8:02	50
2	John Murray	40:15	7:57	23:18	31:15	9:01	40
3	Dean Morisseau	42:04	8:52	25:01	33:52	8:12	31
4	Jordan Charles	43:23	8:47	25:29	34:15	9:08	23
5	Richard Rusk	43:31	9:09	24:16	33:25	10:06	16
6	Jim Wernham	44:29	8:54	25:43	34:36	9:54	
7	Cameron Steel	44:42	8:55	27:06	36:00	8:43	
8	Roger Rouire	45:22	9:05	27:05	36:10	9:13	
9	David Rock	46:15	9:33	26:39	36:11	10:05	
10	Mike Vandale	46:39	10:06	26:52	36:57	9:42	
11	Darren Reimer	46:46	10:04	26:31	36:35	10:12	

Male 60-69 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Neil Ferguson	38:47	7:51	23:06	30:56	7:51	50
2	Al Stewart	41:52	8:22	24:56	33:17	8:36	40
3	Bob Hansen	47:11	9:19	28:28	37:47	9:25	31
4	Henri Dupont	1:10:26	15:15	39:18	54:32	15:54	23

Female 16-19 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Payton Ryz	41:03	8:01	25:08	33:09	7:54	50
2	Megan Vanheyst	43:53	8:33	26:43	35:16	8:37	40
3	Naomi Brown	46:15	9:56	27:36	37:32	8:43	31

Female 20-29 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kyla Roy	38:07	6:57	24:07	31:04	7:04	50
2	Stephanie Demers	45:55	9:07	27:40	36:47	9:09	40
3	Raelene Sawatzky-Dyck	46:08	8:41	27:45	36:25	9:43	31
4	Claudia Parrott	46:19	8:40	28:31	37:11	9:09	23
5	Kelsey Griffith-Parker	52:27	9:22	33:10	42:32	9:56	16
6	Lora Mielke	55:55	11:10	31:57	43:07	12:49	

Female 30-39 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Lindsay Shute	46:34	9:40	27:28	37:07	9:27	50
2	Debbie Thiessen	48:02	9:18	29:29	38:47	9:15	40
3	Tiana Baskin	48:37	9:38	29:39	39:17	9:20	31
4	Sandra Bracken	48:58	9:35	28:41	38:15	10:43	23
5	Melanie Youngs	49:55	8:50	28:17	37:06	12:49	16
6	Beth Reimer	52:49					

7	Sabrina Day	55:47	9:25	36:28	45:52	9:55
8	Jacky Anand	57:13	11:04	35:04	46:07	11:06
9	Ashley Moore	57:35	10:47	34:53	45:40	11:55
10	Stephanie Collins	59:41	12:44	34:07	46:51	12:51
11	Shannon Dyck	1:03:51	14:06	35:00	49:06	14:46
12	Randi Allary	1:15:15				

Female 40-49 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Paula Anderson	42:27	8:37	24:42	33:18	9:10	50
2	Lisa Penner	42:32	8:23	25:26	33:48	8:45	40
3	Kasia Slobozian	46:16	9:13	27:56	37:09	9:08	31
4	Lisa Witt	48:06	10:11	27:49	37:59	10:07	23
5	Donna Sulz	48:11	9:51	27:54	37:44	10:28	16
6	Julie Simpson	50:11	9:29	30:11	39:39	10:32	
7	Denise Langendorfer	51:06	9:47	30:38	40:24	10:42	
8	Bonita Reimer	52:12	10:23	31:10	41:33	10:39	
9	Jennifer Reesink	53:27	11:42	29:29	41:11	12:17	
10	Charlene Hiebert	53:37	10:25	31:39	42:04	11:34	
11	Jen Navasca	54:49	10:49	32:42	43:31	11:19	
12	Josette Fowler	54:50	10:42	33:10	43:52	10:58	
13	Colleen Shepherd	57:33					
14	Jo-Anne Godard	57:55	11:13	35:40	46:53	11:03	
15	Cheryl Hooper	1:07:34	12:59	39:49	52:47	14:48	

Female 50-59 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kerri Drosdoweck	46:11	8:36	28:26	37:02	9:10	50
2	Lee Stewart	46:42	9:30	27:27	36:57	9:46	40
3	Heather Ayres	47:39	9:17	29:32	38:48	8:52	31
4	Stephanie Roberecki	48:06	9:36	28:59	38:35	9:32	23
5	Carole Murphy	49:37	9:18	30:59	40:17	9:21	16
6	Karen Kowalchuk	52:50	10:27	31:25	41:51	10:59	
7	Karen Quinziu	54:46	12:07	30:16	42:22	12:24	
8	Nicole Dunn	57:15	10:09	36:39	46:47	10:28	
9	Gwen Smoluk	1:00:39	12:34	34:59	47:32	13:07	
10	Janet Bangle	1:06:29	10:04	46:09	56:13	10:16	
11	Debbie Barnes	DNF	11:17				

Female 60-69 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Nicole Mercier	55:32	12:38	30:57	43:34	11:58	50
2	Norma Jones	56:14	10:48	34:31	45:18	10:56	40
3	Jo-Anne Yuskin	1:09:27	14:51	38:48	53:38	15:50	31

Adult Long Duathlon – 4km Run + 24km Bike + 4km Run

Male 18-19 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Hongyang Lin	1:18:39	14:51	47:19	1:02:09	16:31	50

Male 20-29 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Joshua Malenchak	1:05:33	13:06	39:10	52:16	13:18	50
2	Jordie Moryl	1:14:17	14:56	43:53	58:49	15:29	40
3	Cameron Krisko	1:15:16	14:55	45:16	1:00:11	15:05	31

Male 30-39 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Russ Payne	1:10:25	14:17	41:16	55:33	14:53	50
2	Kris Joy	1:11:02	14:01	43:21	57:22	13:41	40
3	Kevin Petkau	1:11:08	15:03	41:13	56:15	14:53	31
4	Ryan Awang	1:17:12	16:08	44:54	1:01:02	16:11	23
5	Matthew Tessier	1:19:36	15:08	47:20	1:02:27	17:09	16
6	Phillip Pawluk	1:23:06	16:57	48:17	1:05:14	17:52	
7	Timothy Mallari	1:25:00	18:23	47:25	1:05:48	19:13	
8	Cristopher Malapit	1:39:18	19:43	56:45	1:16:27	22:52	
9	Jay Montemayor	1:46:33	23:05	56:29	1:19:34	27:00	

Male 40-49 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Jared Spier	1:09:30	15:20	37:14	52:34	16:57	50
2	Jared Slobozian	1:10:56	15:04	41:16	56:19	14:38	40
3	Craig Erb	1:14:06	16:26	41:52	58:17	15:50	31
4	Jason McNicholl	1:14:14	15:54	41:41	57:35	16:39	23
5	Cameron Funk	1:15:48	16:10	42:52	59:02	16:47	16
6	Romel Marquez	1:16:17	16:56	42:15	59:11	17:07	
7	Duane Poettcker	1:18:42	17:04	44:28	1:01:31	17:11	
8	Darren Macdonald	1:19:56	16:35	46:13	1:02:48	17:09	
9	Ryan McBride	1:28:20	19:09	49:22	1:08:30	19:50	
10	Jon Sta.Rita	1:45:45	21:24	58:24	1:19:47	25:58	

Male 50-59 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Marc Fournier	1:08:42	14:04	39:56	53:59	14:43	50
2	Craig Finlay	1:10:55	15:12	39:46	54:58	15:58	40
3	Robert Duncan	1:18:38	17:29	43:10	1:00:38	18:01	31
4	Carl Rohringer	1:19:21	17:45	43:14	1:00:59	18:23	23
5	Kevin Read	1:21:04	17:01	45:33	1:02:33	18:31	16

6	Kevin Wolk	1:21:26	16:37	47:07	1:03:44	17:43
7	Dale Bigelow	1:22:24	18:34	45:21	1:03:55	18:30
8	Rene Desaulniers	1:27:44	19:10	48:43	1:07:53	19:52

Male 60-69 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Tom Okany	1:15:45	16:20	43:00	59:19	16:26	50

Female 20-29 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Shannon Hargreaves	1:33:54	19:56	53:22	1:13:17	20:38	50
2	Melissa Anderson	1:34:22	19:00	54:22	1:13:22	21:00	

Female 30-39 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Christine McKinley	1:13:58	15:21	42:20	57:40	16:18	50
2	Heather McDonell	1:17:38	15:54	45:35	1:01:28	16:10	40
3	Anne Kirk	1:45:45	21:36	59:30	1:21:05	24:40	31
4	Finn McMahon	DNF	21:35				

Female 40-49 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Maria Victor Jauregui	1:19:54	17:28	45:05	1:02:33	17:22	50
2	Cynthia Menzies	1:27:26	18:39	49:42	1:08:21	19:05	40
3	Amanda Naismith	1:30:47	18:47	53:05	1:11:51	18:57	31

Female 50-59 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Nancy Goodall	1:21:32	16:24	48:54	1:05:17	16:15	50
2	Elaine Ross	DNF	22:28				

Female 60-69 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kate Okany	1:25:34	17:32	50:14	1:07:46	17:48	50

KOS Short Duathlon – 200m Run + 2km Bike + 400m Run

Male 6-9 Category Results

Place	Name	Time	Points
1	Jack Kreviazuk	8:19	50
2	Broden Kozakowski	8:27	40
3	Dekari McCrea	9:35	31
4	Tyler Acheson	9:44	23
5	Owen Thiessen	9:58	16
6	Nathan Boissonneault	10:00	
7	Liam Montemayor	10:10	
8	Parker Stewart	10:15	
9	Carter Kozakowski	10:38	
10	Ezra Smith	10:48	
11	Caleb Gillis	10:55	
12	William Anderson	11:01	
13	Sawyer Petkau	11:04	
14	Seth Smalley	11:43	
15	Ajmmeson Richard	12:10	
16	Cooper Allaire	12:31	
17	Charlie Stewart	14:13	
18	Kaiden Carvalho	17:42	
19	Branson Wildeman	DNF	

Male 10-11 Category Results

Place	Name	Time	Points
1	Patrick Desjardine	7:57	50
2	Adam Boissonneault	8:02	40
3	Yacine Mendoza	8:10	31
4	Eden Schellenberg	8:16	23
5	Owen Agatep	8:29	16
6	Darius Schreimer	8:47	
7	Connor Grenkow	8:55	
8	Mason Gillis	9:03	
9	Espen Sund	9:08	
10	Everett Hordijk	9:10	
11	Alexander Funk	9:22	
12	Kingston Adams	9:58	
13	Kayden Funk	0:425	
14	Lucas Montemayor	10:54	
15	Jaxon Tarr	11:25	
16	Xade Paquin	13:23	
17	Quinn Robins	19:57	

Female 6-9 Category Results

Place	Name	Time	Points
1	Veronica Schreimer	9:56	50
2	Mia Tetrault	10:20	40
3	Lara Toews	10:27	31
4	Senia Mendoza	11:25	23
5	Amelia Chandler	11:39	16
6	Camryn Gradt	11:51	
7	Kaylee Acheson	12:17	
8	Calista Hiebert	12:21	
9	Elsa Tarr	12:38	
10	Christiana Siapno	12:49	
11	Reese Gillis	12:55	
12	Maelle Reimer	13:05	
13	Ivy Sund	13:28	
14	Isabella Costello	13:36	

Female 10-11 Category Results

Place	Name	Time	Points
1	Pinja Hyytiainen	9:14	50
2	Emily Gradt	9:55	40
3	Avery Marshall	12:28	31
4	Taeya Anderson	12:35	23
5	Danika Gordon	DNF	

KOS Long Duathlon – 400m Run + 13km Bike + 2km Run

Male 12-13 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Cole Buxton	33:12	1:11	25:26	26:37	6:36	50
2	Kristian Finlay	48:08	1:41	34:23	36:03	12:05	40
3	Josh Gouriluk	1:05:13	1:39	48:08	49:47	15:26	31

Male 14-15 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Blake Harris	33:05	1:20	25:08	26:28	6:38	50
2	Benjamin Szwajcer	34:38	1:22	26:03	27:25	7:13	40
3	Mitchell Vanstone	38:16	1:21	26:21	27:41	10:35	31

Female 12-13 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Maggie Malkoske	37:54	1:32	27:10	28:42	9:12	50
2	Aimee Gauthier	42:41	1:40	29:17	30:57	11:45	40
3	Tylie Fraser	46:27	1:40	31:40	33:20	13:07	31
4	Amelia Fournier	48:28	1:41	35:25	37:05	11:23	23

Female 14-15 Category Results

Place	Name	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kylie Cocks-Loder	35:59	1:33	26:05	27:37	8:22	50
2	Emma Vandale	40:10	1:34	28:18	29:51	10:19	40
3	Jorja Harakal	52:28	1:55	35:26	37:20	15:08	31

Results:

- Race results by Steve from Results Canada
- If you see a problem with these results, please contact our Race Director, John Gray at du.in.the.park@gmail.com
- Please see **BirdsHillDuathlon.com** for information about the series and series' points totals

Thanks to:

- **Race Organizers:** John Gray (Race Director) & Winnipeg Triathlon Club
- **Sponsors:** Woodcock Cycle Works, City Park Runners, Intrinsic Massage, Tractus Projects, Alan Reiss Re/Max, Vic's Market, Jem Insurance
- **Officials:** Bonnie McKissock (Head Referee), Tara Gill, Aggie Gigiel, Cherrie Fournier, Dina Drabyk
- Triathlon Manitoba
- Canadian Motorcycle Cruisers
- Red River Ski Patrol
- Aid station volunteers and other volunteers
- **Official Race Truck:** Murray Chevrolet

