



Race Results

RACE #3 – MAY 19, 2015

BirdshillDuathlon.com / WinnipegTriathlon.com

Weather: 15°C, Participants: 158

Adult Short Duathlon – 2Km run + 13Km bike + 2Km run

Male 12-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Carson Cortvriendt	Youth Team	39:20	6:51	25:18	32:08	7:12
2	Keagan Kantimer	Youth Team	40:14	7:05	25:38	32:42	7:32
3	Tristan Wiebe	Tri MB	40:38	7:07	25:47	32:53	7:45
4	Jack Healy	Tri MB	41:50	7:34	26:18	33:52	7:58
5	Christopher Barkwell	Youth Team	42:29	7:47	26:40	34:26	8:03

Male 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Darian Hole	MNTC	32:57	5:53	20:57	26:50	6:08
2	Quinn Desrochers	Tri MB	34:00	5:54	21:47	27:40	6:20
3	Adam Naylor	Tri MB	36:21	6:23	23:26	29:49	6:33
4	Corey Arsenault	MNTC	37:57	6:43	23:05	29:47	8:10
5	Noah Wiens	Tri MB	38:01	6:40	24:19	30:59	7:02
6	Ben Fransoo	T3	38:22	7:15	23:00	30:14	8:08
7	Bryce Jenkins	Tri MB	38:40	6:41	24:25	31:06	7:34
8	Lucas Roy	Tri MB	42:43	6:36	27:41	34:16	8:27

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Josh Guenther	Tri MB	36:17	6:22	23:23	29:44	6:33
2	Matthew Tessier	Tri MB	38:30	6:45	24:35	31:19	7:11
3	Brendan Cade	Tri MB	42:21	7:37	26:29	34:05	8:16
4	Shawn Wickens	Tri MB	44:54	8:16	28:27	36:42	8:12
5	Kurtis Dyck	Tri MB	46:01	8:37	29:00	37:37	8:24
6	Leigh Fischer	Tri MB	50:15	10:03	28:58	39:00	11:16

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Rich Dreger	Tri MB	36:01	6:54	22:02	28:56	7:06
2	Craig Bennett	Triple Threat	43:28	8:15	26:59	35:13	8:15
3	Henry Moesler	Tri MB	43:55	8:40	25:56	34:35	9:20
4	Matt Wieler	WTC	44:56	8:34	27:31	36:04	8:52

5	Matthew Sodomsy	Tri MB	50:52	10:10	30:14	40:24	10:29
6	Tim Kardal	Tri MB	51:10	9:12	32:23	41:34	9:36
7	Derek Church	Tri MB	57:29	10:41	36:58	47:39	9:51

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Grant McMillan	Tri MB	40:25	7:43	24:43	32:25	8:01
2	Marco McDonald	Tri MB	43:32	7:51	27:40	35:31	8:01
3	Scott Schriemer	Tri MB	43:51	7:59	27:23	35:21	8:30
4	David Van Heyst	Tri MB	44:29	8:43	26:26	35:09	9:21
5	Kevin Wolk	Triple Threat	45:00	8:19	27:49	36:07	8:53
6	Jamie Hardy	Tri MB	45:31	7:55	28:53	36:47	8:44
7	Kyle Blaquiere	Tri MB	48:17	10:28	28:37	39:04	9:13
8	Michael Sippola	Tri MB	50:01	9:58	30:01	39:59	10:03
9	Radny Geonanga	Tri MB	50:45	8:27	33:50	42:16	8:29
10	Alan Neumann	Tri MB	51:14	10:28	29:39	40:07	11:07
11	Bill Anderson	WTC	52:23	9:14	32:12	41:25	10:59
12	Mervin Maramag	Sulong	52:47	10:57	30:25	41:22	11:26
13	Kevin Hope	Tri MB	56:29	11:07	33:59	45:05	11:24
14	Warren Sigfusson	WTC	1:05:50	14:44	36:31	51:15	14:36

Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Scott Gibbons	Tri MB	40:16	7:12	25:40	32:52	7:25
2	Brian Larson	Tri MB	45:03	9:15	26:40	35:54	9:10
3	Pierre Dupuis	Tri MB	45:58	8:51	27:39	36:30	9:29
4	Marc Hache	Tri MB	48:35	8:46	30:42	39:28	9:08
5	Robert Bisson	Tri MB	49:31	9:12	30:38	39:49	9:42
6	Brad Collingnon	Tri MB	50:23	9:56	30:08	40:03	10:20
7	George Barnes	T3	50:50	10:21	30:13	40:34	10:16
8	Al Garlinski	Tri MB	53:23	10:05	32:58	43:03	10:20

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Al Stewart	Tri MB	43:39	8:21	26:44	35:05	8:35
2	John Sawchuk	Tri MB	45:17	9:39	26:32	36:11	9:06
3	Bob Groff	Tri MB	49:28	11:10	27:44	38:53	10:35

Female 12-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Payton Ryz	MNTC	37:18	6:43	23:40	30:23	6:55
2	Caitlyn Roy	MNTC	39:56	7:30	24:31	32:01	7:55
3	Morgan Ott	MNTC	41:34	7:50	25:51	33:40	7:55
4	Megan Vanheyest	Youth Team	46:06	8:12	29:19	37:30	8:36
5	Elora Gibbons	Youth Team	47:04	8:13	30:12	38:25	8:40

6	Tess Derksen	Tri MB	48:15	8:37	30:22	38:59	9:16
7	Jade Anderson	Tri MB	52:11	8:57	32:31	41:27	10:44

Female 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Kyla Roy	MNTC	36:48	6:43	23:08	29:50	6:59
2	Madeleine Dupuis	Youth Team	43:22	8:33	26:17	34:49	8:33
3	Serena Derksen	Tri MB	49:48	9:00	31:10	40:09	9:39
4	Mhari Anthony	TriFactor	52:57	10:27	32:21	42:47	10:10

Female 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Kaitlyn Wiens	Tri MB	44:26	8:48	26:47	35:34	8:52
2	Marla Haring	Tri MB	46:01	9:14	27:15	36:29	9:32
3	Ariane Morissette	Tri MB	47:50	8:54	28:35	37:28	10:22
4	Erin Rafferty	TriFactor	50:36	10:37	29:08	39:44	10:53
5	Kalynn Wood	WTC	55:49	11:51	32:45	44:35	11:15
6	Alanna Wilson	Tri MB	59:21	10:42	37:00	47:41	11:40

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Amory Steek	Tri MB	47:19	9:03	29:09	38:11	9:08
2	Jenny Hall	Tribalistic	48:41	9:38	28:48	38:26	10:16
3	Jennifer Onyskie	Tri MB	52:36	10:43	31:45	42:27	10:10
4	Kelsey Giesbrecht	T3	53:09	10:20	31:46	42:05	11:04
5	Evelyn Yeung	Tri MB	54:37	11:46	31:55	43:41	10:57

Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Cherrie Fournier	Tribalistic	43:16	8:06	27:15	35:21	7:55
2	Sherry Penner	Tri MB	44:01	8:18	27:37	35:54	8:08
3	Lisa Penner	Tri MB	44:19	8:27	27:03	35:30	8:49
4	Ayn Wilcox	WTC	46:08	8:49	28:28	37:16	8:52
5	Marie Roberts	Tri MB	46:14	8:54	28:18	37:11	9:03
6	Debbie Ravestain	Tri MB	48:14	9:23	29:01	38:24	9:51
7	Lesley Ball	TriFactor	48:53	10:01	28:52	38:53	10:01
8	Cathy Cortvrienot	Tri MB	49:28	10:19	28:49	39:07	10:21
9	Sandi Goertzen	Triple Threat	50:38	10:54	28:31	39:25	11:13
10	Lisa Bette	Tri MB	52:02	10:05	32:18	42:22	9:40
11	Janelle McLeod	Tri MB	54:59	9:32	35:45	45:17	9:43
12	Bonnie McKissock	T3	57:28	11:53	33:05	44:58	12:30
13	Jacqueline Neumann	Tri MB	57:58	12:01	33:56	45:57	12:01
14	Laurie Kirkwood	Tri MB	1:00:10	11:01	38:20	49:21	10:50
15	Stacey Schneider	Tri MB	1:03:01	11:19	40:12	51:30	11:31
16	Lisa Frick	Tri MB	1:06:32	11:54	43:17	55:10	11:22

Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Kim Gusdal	Triple Threat	44:11	8:40	26:30	35:10	9:01
2	Marlene Naylor	Tribalistic	45:41	8:30	28:20	36:49	8:52
3	Gerry Borus	Triple Threat	49:06	10:07	28:54	39:00	10:07
4	Edwina Keats	WTC	49:07	9:16	31:22	40:38	8:29
5	Heather Ayres	Tri MB	49:08	9:59	29:49	39:48	9:21
6	Elizabeth Sweet	TriFactor	49:24	9:57	29:52	39:49	9:35
7	Kim Ross	Tri MB	51:12	10:16	30:31	40:47	10:25
8	Debbie Barnes	T3	53:37	12:12	29:03	41:15	12:22
9	Jocelyne Leeblanc	Tri MB	53:55	10:47	32:28	43:15	10:41
10	Shelley Ganske	Tri MB	54:37	11:06	31:53	42:59	11:39
11	Patricia Leung	Tri MB	56:45	11:02	34:56	45:57	10:48

Female 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Nicole Mercier	Tri MB	49:11	10:43	28:22	39:05	10:06

Adult Long Duathlon – 4Km run + 24Km bike + 4Km run

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Grant Warkentin	Tri MB	1:13:35	15:16	42:37	57:52	15:43
2	Cameron Krisko	WTC	1:18:39	15:24	47:57	1:03:20	15:20

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Les Friesen	WTC	1:03:49	13:03	37:23	50:26	13:23
2	Matt McLean	Tri MB	1:09:00	13:06	41:59	55:05	13:55
3	Paul Simpson	Tri MB	1:20:13	17:43	43:42	1:01:25	18:49
4	Mark James	Tri MB	1:31:31	17:17	55:02	1:12:18	19:13
5	Norman Garcia	Sulong	1:33:48	19:29	54:15	1:13:44	20:05

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Jared Spier	Tribalistic	1:07:44	14:39	37:52	52:30	15:14
2	Justin Rempel	Tri MB	1:10:12	14:05	41:22	55:27	14:46
3	Francois Legoupil	Tribalistic	1:13:05	15:10	42:00	57:10	15:55
4	Craig Erb	T3	1:14:19	15:39	41:56	57:34	16:45
5	Craig Finlay	Tribalistic	1:13:48	14:02	43:45	57:46	16:02
6	Dwayne Olson	T3	1:22:34	17:04	46:16	1:03:19	19:15
7	David Wood	T3	1:23:39	17:09	47:20	1:04:29	19:10
8	Brian Thiessen	Tri MB	1:23:54	17:20	47:14	1:04:33	19:22

9	Ryan McBride	Tri MB	1:24:20	17:15	46:50	1:04:04	20:16
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Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	David Gerrard	WTC	1:12:29	15:27	41:28	56:55	15:35
2	Eric Martinat	WTC	1:18:02	16:34	44:11	1:00:45	17:18
3	Dennis Engel	Tribalistic	1:21:39	17:48	44:41	1:02:28	19:11
4	Scott Thomson	T3	1:24:44	18:37	47:29	1:06:06	18:38
5	Gord Bell	Tri MB	1:28:07	16:58	52:51	1:09:49	18:18
6	David Fielder	WTC	1:30:53	19:03	51:59	1:11:02	19:52
7	Randall Holm	Tri MB	1:32:20	20:00	50:58	1:10:58	21:23
8	Michael Scarcella	T3	1:35:15	18:16	57:36	1:15:52	19:24

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Sheldon Reynolds	Tri MB	1:16:44	15:04	45:12	1:00:15	16:30

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Heather McDonell	Triple Threat	1:21:44	16:34	48:30	1:05:04	16:41
2	Trina Ross	Tri MB	1:37:41	18:59	59:11	1:18:10	19:31

Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Cynthia Menzies	WTC	1:22:05	16:59	47:42	1:04:41	17:25

Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Robyn Dicesare	WTC	1:29:14	18:28	51:52	1:10:20	18:55

KOS Short Duathlon – 200m run + 2Km bike + 200m run

Male 7-9 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Aedon Doupe-Ducharme	Tri MB	10:07	0:44	6:13	6:57	3:11
2	River Wiebe	Tri MB	10:19	0:47	6:43	7:30	2:49
3	Alec Wallace	Tri MB	11:02	0:44	7:14	7:58	3:05
4	Cody Bayles	Tri MB	11:04	0:35	8:09	8:43	2:21
5	Adam Frick	Tri MB	11:39	0:38	8:35	9:13	2:27
6	Dyson Miller	Tri MB	12:40	0:48	8:40	9:28	3:12
7	Liam Harder	Tri MB	13:06	0:47	8:53	9:39	3:27

Male 10-11 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Matthew Laden	Tri MB	7:48	0:32	5:16	5:47	2:01
2	Benjamin Sz wajcer	Youth Team	7:50	0:31	5:15	5:46	2:05
3	Carter Osiowy	Tri MB	11:06	0:46	6:46	7:31	3:35
4	Kyle Offenloch	Tri MB	11:47	0:47	7:42	8:28	3:19

Female 7-9 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Rhyann Miller	Tri MB	10:12	0:43	6:58	7:40	2:32
2	Alexandra Pangman	Tri MB	10:38	0:42	7:21	8:02	2:36
3	Rylee Kardal	Tri MB	10:40	0:37	7:33	8:10	2:31
4	Kylie Cocks-Loder	Tri MB	10:44	0:38	7:38	8:16	2:28
5	Kristan Finlay	Tri MB	10:50	0:40	6:29	7:09	3:41
6	Avery Anderson	Tri MB	11:08	0:37	7:24	8:01	3:08
7	Hailey Schellenberg	Tri MB	11:43	0:45	8:07	8:51	2:52
8	Emma Ross	Tri MB	12:16	0:39	8:28	9:06	3:10
9	Camryn Falloon	Tri MB	12:24	0:43	8:36	9:18	3:06
10	Teagan Dysievick	Tri MB	13:09	0:48	9:15	10:03	3:06

Female 10-11 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Catherine Sippola	Tri MB	12:54	0:41	8:39	9:19	3:35

KOS Long Duathlon – 400m run + 13Km bike + 2K run

Male 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Nathan Dupuis	Youth Team	38:45	1:42	28:58	30:40	8:06
2	Isaac Thomson	Tri MB	39:38	1:38	28:56	30:33	9:05
3	Sheldon Ballegeer	Tri MB	42:42	1:47	30:48	32:35	10:07
4	Unai Apraiz	Tri MB	47:30	1:41	36:13	37:53	9:37

Female 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Heidi Zechel	Tri MB	9:32	0:40	6:16	6:56	2:37

Male 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	Nolan Desrochers	Tri MB	36:03	1:31	26:00	27:30	8:33

Results:

- Race results by Steve from Results Canada
- If you see a problem with these results, please contact Mario Bento at mario.a.bento@gmail.com
- Please see BirdsHillDuathlon.com for information about the series and series' points totals

Thanks to:

- Race organizers: Mario Bento (Race Director) & Winnipeg Triathlon Club
- Sponsors: Woodcock Cycle Works, Stride Ahead Sports, Alan Reiss Re/Max, Vic's Market, 99.1 Fresh Radio
- Officials: Deb Hnatiw (Head Referee), Clif Donaldson, Kelly Mahoney & Dina Drabyk
- Red River Ski Patrol
- Aid station volunteers and other volunteers
- Official Race Truck: Murray Chevrolet Hummer

