



Race Results

RACE #3 – MAY 24, 2016

BirdsHillDuathlon.com / WinnipegTriathlon.com

Weather: 20°C, Cloudy, 12km/h East Wind, Participants: 160

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

Male 16-19 Category Results

Place	Name	Club	TTime	Run1	Bike	Run+Bike	Run2	Results
1	Quinn Desrochers	MTC	33:29	6:01	21:23	27:23	6:06	50
2	Adam Naylor	MTC	34:05	6:22	21:30	27:51	6:14	40
3	Lucas Roy	Tri MB	34:17	6:25	21:23	27:47	6:30	31
4	Bryce Jenkins	Tri MB	35:25	6:38	21:46	28:23	7:03	23
5	Christopher Barkwell	Tri MB	41:50	7:34	26:19	33:53	7:58	16
6	Ben Silk	Tri MB	52:16	10:07	31:19	41:25	10:52	

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Matthew Tessier	Tri MB	38:53	6:11	25:50	32:01	6:53	50
2	Carl Bartel	Tri MB	39:37	6:55	24:54	31:48	7:49	40
3	Shawn Wickens	Tri MB	41:14	7:08	25:42	32:50	8:24	31
4	Brenden Alm	Tri MB	42:10	7:40	26:03	33:43	8:28	23
5	Jacob Snell	Tri MB	43:10	7:44	27:04	34:47	8:24	16
6	Zane McWen	Tri MB	45:56	8:15	29:16	37:31	8:26	

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Taren Gesell	Tri MB	35:20	6:39	21:50	28:28	6:53	50
2	Jules Van De Velde	Tri MB	46:28	9:45	27:51	37:35	8:54	40
3	Stephen Schmidt	Tri MB	51:12	9:33	30:29	40:02	11:10	31
4	Jesse Singer	Tri MB	51:39	10:21	31:32	41:53	9:46	23
5	Matthew Smook	WTC	52:06	11:21	29:23	40:44	11:23	16
6	Leigh Fischer	Tri MB	52:08	11:00	29:43	40:42	11:26	
7	Derek Dupont	Tri MB	1:01:43	12:08	35:14	47:22	14:21	

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Marc Fournier	Tribalistic	34:59	6:41	21:13	27:53	7:06	50
2	Craig Finlay	Tri MB	38:03	7:24	23:22	30:46	7:18	40
3	Davey Neuman	Tri MB	38:48	7:41	23:17	30:58	7:50	31
4	Grant McMillan	Tri MB	39:23	7:48	23:42	31:29	7:54	23
5	Jason McNicholl	Tri MB	39:29	7:38	24:18	31:55	7:34	16
6	Henry Moesker	Tri MB	40:20	7:51	23:57	31:47	8:33	

7	Chris Kozakowski	Tri MB	41:58	6:57	26:59	33:55	8:03
8	Corrado D'Antonio	WTC	42:04	7:55	25:47	33:41	8:23
9	Scott Schriemer	WTC	42:15	7:52	25:19	33:11	9:04
10	Marco McDonald	WTC	43:15	7:48	27:36	35:24	7:52
11	Dave Vanheyst	Tri MB	43:22	9:00	25:25	34:25	8:57
12	Gary Gervais	Tri MB	43:25	8:21	26:32	34:52	8:33
13	Claudio Jerez	Tri Factor	44:13	8:31	26:21	34:51	9:23
14	Kyle Blaquiere	Tri MB	45:12	9:33	26:55	36:27	8:45
15	Tim Rogalsky	Tri MB	50:30	8:58	32:12	41:10	9:20
16	Jeremy Stevens	Tri MB	52:00	10:50	30:47	41:37	10:24
17	Kevin Hope	Tri MB	52:07	10:50	30:25	41:15	10:53
18	Bill Anderson	Tri MB	53:52	10:12	33:07	43:19	10:34

Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Scott Gibbons	Tri MB	39:13	6:59	24:55	31:53	7:20	50
2	James Slade	WTC	44:54	7:44	28:30	36:13	8:41	40
3	David Markham	Triple Threat	45:54	9:02	26:36	35:38	10:17	31
4	Ken Silk	Tri MB	51:11	9:46	29:43	39:29	11:42	23
5	Michael Tanasychuk	Tri MB	52:37	9:26	33:01	42:26	10:12	16
6	Darren ReTimer	Tri Factor	52:53	11:31	29:08	40:38	12:15	
7	Vaughn Pangman	Tri MB	56:55	10:18	34:06	44:24	12:32	
8	Sam Neis	Tri MB	57:24	12:36	32:49	45:24	12:01	

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	John Sawchuk	Tri MB	43:18	8:42	25:52	34:33	8:45	50
	Al Stewart	Tri MB	41:48	8:02	24:31	32:33	9:15	
	<i>* Times unofficial – chip not worn</i>							

Male 70+ Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Bob Groff	Tri MB	49:32	10:49	28:17	39:05	10:27	50

Female 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Payton Ryz	MTC	35:23	6:41	22:11	28:52	6:32	50
2	Claire Healey	MTC	38:03	7:03	23:46	30:48	7:15	40
3	Madeline Dupuis	MTC	39:45	7:35	24:10	31:45	8:01	31

Female 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Megan Hunter	Tri MB	45:59	8:07	29:28	37:35	8:25	50
2	Natasha Wilcox	Tri MB	56:56	9:57	36:35	46:32	10:25	40

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Joanne Schiewe	Tribalistic	44:41	8:54	26:20	35:13	9:28	50
2	Agnieszka Gigiel	Tribalistic	46:12	8:28	28:14	36:42	9:31	40
3	Jenny Hall	Tribalistic	46:38	9:23	27:12	36:35	10:03	31
4	Larissa Dueck	WTC	49:37	9:25	29:17	38:42	10:55	23
5	Melanie Youngs	WTC	49:40	9:43	28:39	38:22	11:18	16
6	Jen Onyskie	WTC	49:54	10:14	29:51	40:05	9:49	
7	Stephanie Dyck	Tri MB	51:13	9:44	30:51	40:35	10:38	
8	Anne Turner	Tri MB	52:24	9:51	32:42	42:32	9:52	
9	Bonny Normand	Tri MB	55:54	10:13	35:07	45:19	10:35	
10	Shannon Dyck	Tri MB	1:04:21	13:28	35:56	49:23	14:58	

Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Christa Rusk	Tri MB	40:12	8:19	23:21	31:39	8:34	50
2	Sherry Penner	Tribalistic	44:59	8:11	28:29	36:39	8:20	40
3	Marie-Claude McDonald	Tri MB	47:49	9:36	28:40	38:15	9:34	31
4	Tima Faria	Tri MB	48:01	9:07	29:35	38:42	9:20	23
5	Kathy Malkoske	Tri MB	49:12	9:41	29:34	39:15	9:58	16
6	Cindy Zechel	Tri MB	51:05	9:56	30:33	40:29	10:36	
7	Janelle McLeod	Tri MB	53:24	9:39	33:32	43:11	10:14	
8	Kristen Verin-Treusch	Tri MB	54:02	11:27	30:53	42:20	11:42	
9	Lisa Frick	Tri MB	1:05:40	11:31	42:35	54:05	11:35	
10	Val Hiebert	Tri MB	1:08:22	12:49	42:04	54:53	13:30	

Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Debbie Bennett	Tri MB	48:01	9:06	29:25	38:31	9:31	50
2	Debbie Barnes	T3	50:28	11:15	27:58	39:13	11:16	40
3	Penny Cabernel	Tri MB	52:28	10:24	32:04	42:28	10:01	31
4	Tracie McDonald	Tri MB	59:38	11:37	36:03	47:39	11:59	23

Female 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Carolyn Smith	Tri MB	49:23	10:11	28:41	38:51	10:32	50

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

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Blake Mackey	Tri MB	1:05:31	13:26	38:06	51:32	13:59	50
2	Josh Guenther	Tri MB	1:06:45	13:10	40:27	53:37	13:09	40
3	Jeff Van Rosmalen	WTC	1:08:45	13:04	42:30	55:33	13:12	31
4	Trevor Pilgrim	T3	1:16:58	14:59	45:47	1:00:46	16:12	23
5	Cameron Krisko	WTC	1:22:17	16:05	49:10	1:05:15	17:03	16

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Derek Eidse	Tri MB	1:08:00	13:42	39:43	53:24	14:36	50
2	Murray Carter	Tri MB	1:10:00	13:27	42:32	55:59	14:02	40
3	Lance Tremaine	Tri MB	1:11:33	14:36	40:56	55:32	16:01	31
4	Kevin Penner	Tri MB	1:16:20	14:44	46:23	1:01:07	15:14	23
5	Anthony Densmore	WTC	1:18:31	16:26	47:02	1:03:28	15:04	16

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Davey Lipchen	Tri MB	1:09:15	13:25	40:48	54:13	15:02	50
2	Justin Rempel	Tri MB	1:13:43	15:12	42:39	57:50	15:53	40
3	Brad Seigmiller	Tri MB	1:15:24	15:00	44:17	59:16	16:08	31
4	Dwayne Wheeler	Tribalistic	1:18:04	16:48	45:15	1:02:02	16:02	23
5	Craig Erb	T3	1:19:10	15:12	47:53	1:03:05	16:06	16
6	Ryan McBride	Tri MB	1:23:12	17:38	47:04	1:04:42	18:30	
7	Marc Baldwin	TriFactor	1:26:25	18:59	48:18	1:07:17	19:09	
8	Christopher Mellen	Tri MB	1:27:40	18:16	51:12	1:09:27	18:14	
9	Dwayne Olson	T3	1:30:22	19:16	50:27	1:09:42	20:40	

Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Carl Rohringer	Tri MB	1:16:00	17:17	41:34	58:50	17:10	50
2	Eric Martinat	WTC	1:20:26	18:12	42:52	1:01:04	19:22	40
3	Robert Duncan	Tri MB	1:21:14	18:04	44:22	1:02:26	18:49	31
4	David Fielder	WTC	1:23:46	17:26	48:50	1:06:16	17:31	23
5	Pascal Gariepy	T3	1:27:03	17:04	50:54	1:07:57	19:07	16
6	Michael Scarcella	T3	1:31:21	18:19	53:39	1:11:58	19:23	

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Sheldon Reynolds	Tri MB	1:16:13	15:49	44:02	59:51	16:22	50
2	Don Webb	Tri MB	1:34:05	21:27	51:19	1:12:46	21:19	40

Female 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Ariane Morissette	Tri MB	1:23:29	17:24	48:50	1:06:14	17:16	50

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Ruth-Anne Penner	Triple Threat	1:23:49	18:59	45:44	1:04:42	19:08	50

Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Ayn Wilcox	WTC	1:30:31	19:20	51:46	1:11:06	19:26	50

Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Robyn Dicesare	WTC	1:26:22	18:20	49:12	1:07:31	18:51	50
2	Edwina Keats	Triple Threat	1:31:24	18:16	55:40	1:13:55	17:29	40
3	Lee Stewart	WTC	1:33:02	20:44	51:39	1:12:23	20:39	31
4	Heather Ayres	Tri MB	1:34:36	20:19	54:26	1:14:44	19:52	23
5	Sandi Goertzen	Triple Threat	1:50:01	24:57	58:19	1:23:16	26:46	16

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

Male 6-9 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Darius Schriemer	WTC	9:48	0:31	6:33	7:04	2:45	50
2	Kristian Finlay	Tri MB	9:53	0:37	6:28	7:05	2:49	40
3	Nolan Kozakowski	Tri MB	10:18	0:39	7:31	8:10	2:09	31
4	Landon Kroeker	Tri MB	10:49	0:39	7:32	8:11	2:39	23
5	Mackenzie Aranguiz	Tri MB	11:23	0:37	7:25	8:01	3:23	16
6	Dyson Miller	Tri MB	11:30	0:40	8:16	8:55	2:36	
7	Joseph Ovid	Tri MB	14:01	0:44	10:24	11:08	2:54	

Male 10-11 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Max Vanheyst	Tri MB	8:53	0:37	5:56	6:33	2:20	50
2	Max Rempel	Tri MB	9:17	0:33	6:23	6:56	2:21	40
3	Damian Schriemer	WTC	9:22	0:31	6:27	6:58	2:24	31
4	Jonathan Kroeker	Tri MB	10:12	0:35	7:10	7:45	2:28	23
5	Carter Osiowy	Tri MB	10:40	0:43	6:55	7:38	3:02	16
6	Caleb Moore	Tri MB	10:55	0:41	7:19	7:59	2:56	
7	Adam Frick	Tri MB	11:09	0:40	8:22	9:02	2:07	
8	Liam Seigmiller	Tri MB	12:27	0:39	8:29	9:08	3:19	

Female 6-9 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Avery Anderson	Tri MB	10:23	0:35	6:43	7:18	3:06	50
2	Amelia Fournier	Tribalistic	10:38	0:37	7:30	8:07	2:32	40
3	Grace Takeuchi	Tri MB	12:36	0:45	9:13	9:57	2:39	31

Female 10-11 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Kylie Cocks-Loder	Tri MB	8:20	0:33	5:41	6:14	2:07	50
2	Sydney Edbom	Tri MB	9:57	0:31	7:01	7:31	2:26	40
3	Ali Pangman	Tri MB	10:04	0:37	6:59	7:36	2:29	31
4	Rhyann Miller	Tri MB	10:05	0:37	7:01	7:38	2:28	23
5	Rylee Kardal	Tri MB	10:26	0:35	7:20	7:54	2:33	16
6	Molly Baldwin	Tri MB	10:42	0:37	7:28	8:05	2:37	
7	Hailey Schellenberg	Tri MB	11:16	0:41	7:50	8:31	2:45	
8	Taylor Moore	Tri MB	12:00	0:37	8:02	8:38	3:23	

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

Male 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Benjamin Szwajcer	MTC	36:22	1:27	26:57	28:24	7:59	50
2	Blake Harris	Tri MB	38:09	1:39	28:16	29:54	8:16	40
3	Kaiden Kendel	Tri MB	40:43	1:35	29:37	31:12	9:32	31
4	Tristan Yasinsky	Tri MB	43:12	1:51	31:12	33:03	10:10	23
5	Malcolm Seigmiller	Tri MB	46:38	1:53	32:05	33:57	12:41	16
6	Hunter Schriemer	WTC	46:55	1:51	34:33	36:24	10:32	

Male 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Unai Apraiz Zenon	Tri MB	32:08	1:23	24:07	25:29	6:39	50
2	Carson Cortvriendt	MTC	32:15	1:25	24:03	25:27	6:49	40
3	Jack Healey	MTC	33:14	1:27	24:33	26:00	7:15	31
4	Dominyck Fredette	Tri MB	40:43	1:27	29:42	31:09	9:34	23
5	Sam Blaquiere	Tri MB	42:13	1:37	30:42	32:18	9:55	16
6	Brayden Debruyne	Tri MB	42:34	1:37	30:43	32:19	10:15	

Female 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Natalie Fournier	Tribalistic	39:23	1:37	29:00	30:37	8:47	50
2	Heidi Zechel	Tri MB	40:01	1:35	29:39	31:14	8:48	40
3	Emma Malkoske	Tri MB	40:03	1:39	27:52	29:30	10:33	31
4	Naomi Brown	Tri MB	41:30	1:41	30:09	31:49	9:41	23
5	Jade Anderson	Tri MB	52:03	1:43	39:29	41:12	10:51	16

Female 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Results
1	Caitie Roy	MTC	31:59	1:29	23:18	24:47	7:12	50
2	Morgan Ott	MTC	34:38	1:31	24:28	25:59	8:39	40
3	Zoe Penno	Tri MB	36:03	1:29	26:05	27:34	8:30	31
4	Annika Niblock	MTC	36:41	1:35	27:25	28:59	7:42	23
5	Sari Halldorson-Haines	Tri MB	37:20	1:35	27:02	28:36	8:44	16
6	Megan Vanheyst	MTC	37:43	1:33	27:15	28:48	8:56	

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, Stride Ahead Sports, Alan Reiss Re/Max, Vic's Market, 99.1 Fresh Radio, Jem Insurance
- **Officials:** Deb Hnatiw (Head Referee), Tara Gill, Dina Drabek, Cherrie Fournier, Bonnie McKissock
- Triathlon Manitoba
- Canadian Motorcycle Cruisers
- Red River Ski Patrol
- Aid station volunteers and other volunteers
- **Official Race Truck:** Murray Chevrolet

