



Race Results

RACE #3 – MAY 23, 2017

BirdsHillDuathlon.com / WinnipegTriathlon.com

Weather: 19°C, Sunny, 3km/h North Wind, Participants: 146

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

Male 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Bryce Jenkins	Tri MB	35:40	6:36	21:48	28:23	7:17	50
2	Noah Wiens	Tri MB	37:11	6:45	22:54	29:38	7:33	40

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Joshua Malenchak	Tri MB	35:18	6:16	22:18	28:34	6:44	50
2	Matthew Tessier	Tri MB	40:23	6:17	26:51	33:07	7:16	40
3	Shawn Wickens	Tri MB	41:31	7:37	25:27	33:03	8:28	31

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Raymond Avanthay	Tri MB	34:11	6:55	20:27	27:22	6:49	50
2	Troy De Viet	Tri MB	44:19	8:07	27:23	35:30	8:50	40
3	Steven Hall	Tri MB	48:02	8:36	29:24	37:59	10:03	31
4	Les Friesen	WTC	58:28	8:33	36:58	45:31	12:58	23
5	Stephen Moore	Tri MB	59:34	11:20	37:21	48:40	10:54	16

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Romel Marquez	Tri MB	41:43	8:01	25:11	33:11	8:32	50
2	Marco McDonald	Tri MB	41:56	7:43	26:17	33:59	7:58	40
3	Kevin Wolk	Triple Threat	42:41	8:09	25:47	33:55	8:47	31
4	Scott Braun	Tri MB	43:13	8:43	25:06	33:49	9:25	23
5	Henry Moesker	Tri MB	43:44	8:47	25:23	34:10	9:35	16
6	Tim Rogalsky	WTC	43:57	7:58	27:49	35:47	8:11	
7	Chris Kozakowski	Tri MB	44:27	11:00	26:14	37:14	7:14	
8	Gary Gervais	Tri MB	44:45	8:23	27:17	35:40	9:05	
9	Travis Smith	Tri MB	44:55	8:57	26:29	35:26	9:29	
10	Paul Zechel	Tri MB	45:17	8:25	27:17	35:41	9:36	
11	Scott Schriemer	WTC	46:06	9:01	27:09	36:09	9:57	
12	Kyle Blaquigre	Tri MB	46:25	10:06	27:59	38:04	8:21	
13	Mark Friesen	Tri MB	51:39	9:58	30:34	40:31	11:08	

14	Kevin Hope	Tri MB	53:40	10:43	31:53	42:35	11:05
15	Mervin Maramag	Sulong	53:41	11:18	31:02	42:20	11:22

Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Richard Rusk	Tri MB	40:42	8:39	23:00	31:38	9:04	50
2	Dean Morisseau	Junkyard Dogs	42:03	8:08	25:45	33:52	8:11	40
3	David Markham	Tri MB	48:37	10:52	27:01	37:53	10:45	31
4	Tito Sarmiento	Tri MB	50:36	10:31	28:52	39:23	11:13	23
5	David Peterkin	WTC	51:27	10:18	30:46	41:03	10:24	16
6	Kobus Du Preez	Tri MB	51:52	9:21	31:40	41:00	10:52	

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Neil Ferguson	Tri MB	38:46	7:45	23:05	30:49	7:57	50
2	Al Stewart	Tri MB	41:36	8:00	24:58	32:58	8:39	40
3	Joe Heaver	Tri MB	47:50	8:42	29:00	37:41	10:09	31

Male 70+Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Bob Groff	Tri MB	51:45	11:47	28:53	40:40	11:05	50
2	Jim Anderson	Tri MB	56:08	12:04	31:59	44:02	12:06	40
3	David Densmore	Sulong	1:08:39	14:56	38:54	53:49	14:50	31

Female 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Hailee Morisseau	Junkyard Dogs	40:44	7:23	25:45	33:08	7:36	50
2	Morgan Ott	MTC	41:22	8:21	24:13	32:34	8:48	40
3	Kayla Abbott	Tri MB	1:05:28	11:47	39:51	51:38	13:51	31

Female 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Kelby Loepky	WTC	48:09	10:04	28:37	38:40	9:29	50
2	Erin Rafferty	TriFactor	50:44	10:37	28:41	39:18	11:26	40
3	Brittany Whyte	Tri MB	55:57	9:30	34:29	43:59	11:58	31

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Sandra Stephen	WTC	43:26	7:56	27:10	35:05	8:21	50
2	Kristin Locke	Tri MB	44:57	9:07	27:09	36:16	8:42	40
3	Agnieszka Gigiel	Tribalistic	45:49	8:31	27:34	36:05	9:45	31
4	Jenny Hall	Tribalistic	45:52	9:15	26:44	35:58	9:54	23
5	Becky Raddatz	Tri MB	46:27	8:22	29:30	37:51	8:36	16

6	Jessica Manness	Tri MB	46:38	9:21	27:41	37:01	9:38
7	Aileen Smith	Tri MB	47:07	9:21	28:07	37:27	9:40
8	Kasia Slobozian	Tri MB	47:29	9:21	28:04	37:25	10:04
9	Stephanie Johnston	Tri MB	51:14	10:33	30:12	40:44	10:30
10	Anne Turner	Sulong	56:26	11:16	33:36	44:52	11:34

Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Ayn Wilcox	Tribalistic	46:47	9:32	27:59	37:30	9:17	50
2	Marie-Claude McDonald	Tri MB	48:00	9:29	28:56	38:24	9:37	40
3	Irene Plett	Tri MB	48:11	9:09	30:00	39:09	9:03	31
4	Kerri Drosdowech	Tri MB	48:25	9:10	29:22	38:31	9:54	23
5	Maria Quintas	Sulong	49:49	10:33	28:23	38:56	10:53	16
6	Cindy Zechel	Tri MB	49:56	9:36	29:58	39:34	10:23	
7	Patricia Caetano	Tri MB	54:36	11:48	30:12	41:59	12:38	
8	Tracie Goertzen	Tri MB	54:46	10:17	33:47	44:04	10:43	
9	Angie Wittmann	WTC	1:01:23	11:58	37:08	49:05	12:19	
10	Lisa Witt	Tri MB	1:02:01	12:27	35:43	48:09	13:52	
11	Andrea Abbott	Tri MB	1:04:46	11:56	39:48	51:43	13:03	
12	Laurie Tosh	Tri MB	1:10:51	15:41	38:08	53:48	17:04	
13	Kristina Martin	Tri MB	1:15:21	12:36	51:34	1:04:10	11:11	

Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Lee Stewart	WTC	46:45	9:27	27:58	37:24	9:22	50
2	Gerry Borus	Tribalistic	48:44	10:31	27:47	38:18	10:26	40
3	Sandi Goertzen	Triple Threat	50:59	10:41	29:40	40:21	10:38	31
4	Astrid Debruyne	Tri MB	53:30	11:24	31:01	42:25	11:06	23

Female 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Carolyn Smith	Tri MB	48:53	10:11	28:31	38:42	10:12	50

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

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Jeff Van Rosmalen	WTC	1:11:21	13:24	43:46	57:10	14:11	50
2	Cameron Krisko	Tri MB	1:18:05	15:21	47:01	1:02:22	15:44	40
3	Trevor Pilgrim	T3	1:18:06	16:06	46:49	1:02:54	15:12	31
4	Jared Chunesingh	Tri MB	1:45:35	20:28	1:00:15	1:20:42	24:53	23

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Michael Van De Velde	Tri MB	1:12:10	14:39	42:17	56:55	15:15	50
2	Kristopher Joy	Tri MB	1:14:41	14:43	44:56	59:39	15:02	40
3	Anthony Densmore	WTC	1:20:00	16:01	48:05	1:04:06	15:54	31
4	Roland Penner	Tri MB	1:24:34	18:03	46:17	1:04:20	20:15	23
5	Kevin Patkau	Tri MB	1:24:53	17:22	48:49	1:06:10	18:43	16
6	Jonathan Torchia	Tri MB	1:26:57	17:55	48:36	1:06:30	20:27	

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Jason McNicholl	Tri MB	1:14:21	15:24	43:14	58:38	15:44	50
2	Ryan McBride	Tri MB	1:33:34	19:42	52:31	1:12:12	21:22	40
3	Super Dave Lipchen* 	Tri MB	1:34:00	13:54	1:05:18	1:19:12	14:49	31

**Good Samaritan Shoutout! Dave stopped on the bike to help injured rider.*

Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	David Gerrard	WTC	1:17:16	16:21	44:00	1:00:21	16:55	50
2	Robert Duncan	Tri MB	1:19:29	17:20	43:56	1:01:15	18:14	40
3	Tim Turner	Tri MB	1:20:33	16:05	47:51	1:03:56	16:38	31
4	Carl Rohringer	Tri MB	1:20:48	18:10	43:41	1:01:51	18:57	23
5	Tim Rawlings	Tri MB	1:22:58	15:30	49:52	1:05:21	17:37	16
6	Marc Hache	Tri MB	1:25:46	19:09	47:11	1:06:20	19:26	
7	Pascal Gariepy	T3	1:28:10	17:47	51:23	1:09:09	19:02	
8	David Fielder	WTC	1:39:46	20:47	51:00	1:11:46	28:01	

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Randall Holm	Tri MB	1:30:19	19:19	50:11	1:09:29	20:50	50
2	Jeffrey Harris	Tri MB	DNF	20:51	--	--	--	

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Paula Anderson	Sulong	1:26:42	18:26	48:22	1:06:48	19:55	50
2	Meredith Fraser	Tri MB	1:37:34	18:51	58:45	1:17:36	19:59	40
3	Lindsay Burns	Tri MB	1:37:34	18:52	58:45	1:17:36	19:59	31
4	Andrea Richardson-Lipon	Tri MB	1:42:55	22:06	55:46	1:17:51	25:04	23

Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Melissa Budd	WTC	1:39:46	20:51	57:07	1:17:57	21:49	50

Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Stephanie Roberecki	WTC	1:34:11	20:26	53:32	1:13:57	20:15	50

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

Male 6-9 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Yacine Mendoza	Tri MB	9:16	1:06	5:53	6:59	2:17	50
2	Ethan Avanthay	Tri MB	9:33	1:01	6:10	7:11	2:23	40
3	Darius Schriemer	WTC	10:03	1:05	6:05	7:10	2:54	31
4	Nicholas Edbom	Tri MB	10:14	1:03	6:48	7:50	2:24	23
5	Kyreece Penner	Tri MB	10:31	1:11	6:53	8:03	2:28	16
6	Broden Kozakowski	Tri MB	11:44	1:12	7:54	9:05	2:39	
7	Tyler Lenius	Tri MB	11:44	1:16	7:18	8:33	3:11	
8	Chase Penner	Tri MB	12:31	1:32	8:14	9:46	2:45	
9	Logan Bulloch	Tri MB	14:45	1:30	8:56	10:25	4:21	
10	Adrian Moore	Tri MB	16:56	1:30	10:19	11:49	5:08	

Male 10-11 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Morgan Waddell	Tri MB	8:17	0:55	5:21	6:15	2:02	50
2	Kaden Prescott	Tri MB	10:07	0:59	6:39	7:37	2:30	40
3	Nolan Kozakowski	Tri MB	10:17	1:14	6:35	7:49	2:28	31
4	Adam Frick	Tri MB	10:22	1:17	7:02	8:19	2:04	23
5	Ryland Stepien	Tri MB	11:14	1:14	7:01	8:15	2:59	16
6	Liam Sheffield	Tri MB	13:14	1:30	8:15	9:45	3:29	
7	Carter Hall-Lewis	Tri MB	13:18	1:15	8:33	9:48	3:31	
8	Joseph Ovid	Tri MB	13:34	1:26	8:45	10:10	3:24	
9	Elliott Saydak	Tri MB	13:42	1:34	8:41	10:15	3:28	
10	Joshua Sanders	Tri MB	17:44	1:09	13:09	14:17	3:28	

Female 6-9 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Katrina Irwin	Tri MB	11:47	1:17	8:04	9:20	2:27	50
2	Mackenzie Jonker	Tri MB	13:31	1:30	7:50	9:20	4:12	40
3	Senia Mendoza	Tri MB	13:39	1:28	8:54	10:22	3:17	31
4	Abigail Witt	Tri MB	14:08	1:38	9:19	10:56	3:12	23
5	Amy Froese	Tri MB	17:43	1:36	10:49	12:24	5:19	16

Female 10-11 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Sydney Edbom	Tri MB	9:16	1:00	6:07	7:06	2:10	50
2	Ali Pangman	Tri MB	9:48	1:08	6:10	7:18	2:30	40

3	Kate Sigurdson	Tri MB	10:09	0:59	6:48	7:46	2:24	31
4	Madison Slubo	Tri MB	10:32	1:08	6:33	7:41	2:52	23
5	Hailey Schellenberg	Tri MB	10:48	1:22	6:47	8:09	2:40	16
6	Grace Takeuchi	Tri MB	12:30	1:24	8:27	9:50	2:40	
7	Janelle Borrowman	Tri MB	13:48	1:26	8:40	10:06	3:43	

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

Male 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Blake Harris	MTC	33:55	1:43	24:09	25:51	8:04	50
2	Matthew Zechel	MTC	37:57	1:45	26:46	28:30	9:28	40
3	Mitchell Vanstone	Tri MB	42:35	1:52	30:50	32:42	9:54	31
4	Damian Schriemer	WTC	46:19	2:00	32:12	34:12	12:08	23
5	Caleb Moore	Tri MB	1:01:47	2:16	45:24	47:39	14:08	16

Male 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Unai Apraiz Zenon	MTC	32:15	1:23	23:52	25:15	7:01	50

Female 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Emma Malkoske	Tri MB	39:34	1:46	28:17	30:02	9:32	50
2	Maggie Malkoske	Tri MB	43:39	1:44	30:54	32:38	11:02	40
3	Hannah Moesker	Tri MB	43:47	1:48	32:24	34:12	9:36	31
4	Madison Firlotte	MTC	DNF	1:46	--	--	--	

Female 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run 2	Points
1	Megan Vanheyst	MTC	34:48	1:37	25:12	26:48	8:00	50
2	Zoe Penno	MTC	36:57	1:38	25:19	26:57	10:00	40
3	Naomi Brown	Tri MB	39:29	1:53	28:41	30:33	8:56	31
4	Heidi Zechel	Tri MB	39:44	1:47	28:58	30:44	9:00	23

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, Intrinsic Massage, Tractus Projects, Alan Reiss Re/Max, Vic's Market, Jem Insurance
- **Officials:** Deb Hnatiw (Head Referee), Tara Gill, Bonnie McKissock, Leo Savoie, Darian Hole
- Triathlon Manitoba
- Canadian Motorcycle Cruisers
- Red River Ski Patrol
- Aid station volunteers and other volunteers
- **Official Race Truck:** Murray Chevrolet



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