



Race Results

RACE #4 – MAY 30, 2017

BirdsHillDuathlon.com / WinnipegTriathlon.com

Weather: 19°C, Partial Cloud, 34km/h NW Wind gusting to 44km/h, Participants: 159

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

Male 20-29 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Scott Entz	Tri MB	41:14	7:32	26:44	34:16	6:59	50
2	Trenton Thompson	Tri MB	45:54	8:05	28:53	36:58	8:56	40
3	Kyle Suebzon	Tri MB	49:13	9:16	30:29	39:44	9:29	31
4	PJ Fitch	WTC	1:04:01	12:45	37:01	49:46	14:15	23
5	Jerome Verga	Tri MB	1:04:22	9:37	41:57	51:34	12:49	16

Male 30-39 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Ryan Galley	Tri MB	40:11	7:18	25:00	32:17	7:55	50
2	Jacob Snell	Tribalistic	44:56	8:23	27:51	36:14	8:43	40
3	Troy De Viet	Tri MB	45:13	8:13	28:28	36:40	8:33	31
4	Anthony Bulanadi	Tri MB	48:43	8:32	30:28	39:00	9:43	23
5	Scott Harmacy	Tri MB	49:08	9:41	29:01	38:42	10:27	16
6	Adam Richard	Tri MB	50:04	9:15	31:27	40:42	9:23	

Male 40-49 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Jason Howden	Tri MB	41:13	8:19	24:07	32:25	8:48	50
2	Chris Kozakowski	Tri MB	41:34	7:01	27:15	34:16	7:19	40
3	Grant McMillan	Tri MB	43:22	8:01	27:06	35:07	8:15	31
4	Marco McDonald	Tri MB	44:01	7:45	27:41	35:26	8:35	23
5	Corrado D'Antonio	WTC	44:16	8:15	27:00	35:14	9:03	16
6	Scott Braun	Tri MB	44:24	8:31	26:26	34:56	9:28	
7	Kevin Wolk	Triple Threat	45:02	8:17	28:04	36:20	8:42	
8	Kevin Brown	Tri MB	45:15	7:48	29:13	37:00	8:15	
9	Paul Zechel	Tri MB	45:26	8:47	27:33	36:19	9:07	
10	Gary Gervais	Tri MB	46:12	8:15	29:02	37:17	8:56	
11	Scott Schriemer	WTC	46:52	8:49	28:31	37:19	9:33	
12	Erid Mendoza	Sulong	47:48	9:21	28:57	38:18	9:30	
13	Radny Geonanga	Tri MB	48:13	8:21	31:16	39:36	8:38	
14	Travis Smith	Tri MB	49:01	8:51	28:32	37:23	11:39	
15	Wally Mah	Tri MB	49:23	8:43	32:12	40:54	8:29	
16	Samuel Kidd	Tri MB	51:59	11:01	29:44	40:45	11:15	

17	Marco Suzio	Tri MB	1:01:40	12:19	36:23	48:42	12:58
18	Kevin Hope	Tri MB	1:05:19	10:29	43:58	54:27	10:53

Male 50-59 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Kevin Read	Triple Threat	45:02	8:02	27:52	35:53	9:09	50
2	Pascal Gariepy	Tri MB	45:30	8:01	28:42	36:43	8:48	40
3	Robert Smith	Tri MB	46:15	9:24	27:29	36:52	9:23	31
4	Robert Grantham	Tri MB	47:10	9:13	28:27	37:40	9:31	23
5	Jim Wernham	Triple Threat	48:12	9:13	28:59	38:12	10:00	16
6	Tito Sarmiento	Tri MB	49:54	10:34	28:30	39:04	10:50	
7	Tony Hoess	TriFactor	51:55	11:58	28:38	40:35	11:20	
8	David Peterkin	WTC	52:52	10:04	32:10	42:14	10:39	
9	Dale Coughlin	Tri MB	1:03:59	12:38	37:30	50:07	13:52	

Male 60-69 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Al Stewart	Tri MB	42:59	8:03	26:05	34:08	8:51	50
2	Stig Hansen	Tri MB	44:47	8:46	27:08	35:54	8:54	40
3	Joe Heaver	Tri MB	47:54	9:02	29:03	38:05	9:49	31

Male 70+ Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Bob Groff	Tri MB	52:33	11:17	30:04	41:21	11:12	50
2	Jim Anderson	Tri MB	58:34	12:03	33:52	45:55	12:40	40
3	David Densmore	Sulong	1:04:21	13:18	38:09	51:27	12:55	31

Female 16-19 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Morgan Ott	Tri MB	42:34	8:17	25:36	33:52	8:43	50
2	Kayla Abbott	Tri MB	1:05:56	11:45	40:34	52:18	13:39	40

Female 20-29 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Ariane Morissette	WTC	44:42	8:39	27:01	35:39	9:04	50
2	Desiree Danchuk	Tri MB	49:20	8:44	31:40	40:23	8:57	40
3	Erin Rafferty	TriFactor	51:20	10:46	29:41	40:26	10:55	31
4	Keyea Morrow	Tri MB	55:24	10:17	35:27	45:43	9:42	23
5	Geralyn Wichers	Tri MB	55:56	10:41	33:46	44:27	11:30	16
6	Lara Mielke	Tri MB	1:04:44	13:15	36:27	49:42	15:03	

Female 30-39 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Sandra Stephen	WTC	43:54	7:35	28:01	35:36	8:18	50
2	Agnieszka Gigiel	Tribalistic	44:20	8:35	26:47	35:22	8:59	40
3	Kristin Locke	Tri MB	45:53	9:20	27:55	37:14	8:39	31
4	Jenny Hall	Tribalistic	46:23	9:05	27:44	36:49	9:34	23
5	Becky Raddatz	Tri MB	46:56	8:40	29:49	38:29	8:28	16
6	Aileen Smith	Tri MB	47:49	9:06	28:50	37:55	9:54	
7	Stephanie Johnston	Tri MB	50:32	10:03	30:19	40:21	10:11	
8	Shawna Gortemaker	Tri MB	50:42	9:10	31:49	40:58	9:44	
9	Brandi Brydges	Tri MB	52:40	10:18	31:09	41:27	11:14	
10	Kelly Malcolmson	WTC	54:22	10:54	32:34	43:27	10:55	
11	Karisa Morrow	Tri MB	55:25	10:18	34:27	44:45	10:40	
12	Kristy Rocchio	Tri MB	1:12:22	12:37	46:45	59:21	13:01	
13	Erica Gibson	Tri MB	1:12:22	13:25	45:07	58:31	13:51	

Female 40-49 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Brandi Smith	Tri MB	42:18	7:54	26:09	34:02	8:17	50
2	Michelle Clyde	Tri MB	44:25	8:27	27:50	36:17	8:09	40
3	Ayn Wilcox	Tribalistic	46:48	9:06	28:30	37:36	9:13	31
4	Anne Barkman	Tri MB	47:18	9:33	28:26	37:59	9:20	23
5	Kerri Drosdowech	Tri MB	49:11	8:58	30:33	39:31	9:40	16
6	Maria Quintas	Sulong	50:08	10:21	29:24	39:44	10:24	
7	Marie-Claude McDonald	Tri MB	50:18	9:39	30:56	40:35	9:44	
8	Joanne Sanders	Tri MB	51:16	10:08	31:14	41:22	9:55	
9	Cindy Zechel	Tri MB	51:41	9:36	32:00	41:36	10:06	
10	Jenny Navasca	Tri MB	59:47	10:37	37:21	47:57	11:50	
11	Ruth Sapnp	Sulong	59:53	11:24	36:52	48:15	11:38	
12	Angie Wittmann	WTC	1:02:12	11:58	38:07	50:05	12:08	
13	Andrea Abbott	Tri MB	1:06:31	11:48	42:04	53:52	12:40	
14	Suzanne Suzio	Tri MB	1:09:15	12:12	43:32	55:44	13:31	
15	Emily De Guzman	Tri MB	1:28:57	15:16	56:01	1:11:16	17:41	

Female 50-59 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Lee Stewart	WTC	47:58	9:32	28:45	38:16	9:42	50
2	Gerry Borus	Tribalistic	49:29	10:26	28:48	39:14	10:16	40
3	Sandi Goertzen	Triple Threat	52:01	10:38	30:28	41:06	10:55	31
4	Astrid Debruyne	Tri MB	56:28	11:36	33:45	45:21	11:07	23
5	Tracie McDonald	Tribalistic	58:35	11:31	35:33	47:03	11:32	16

Female 60-69 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Carolyn Smith	Tri MB	49:05	9:53	29:00	38:52	10:14	50

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

Male 20-29 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Joshua Malenchuk	Tri MB	1:07:02	13:18	40:08	53:26	13:37	50
2	Lucas Roy	Tri MB	1:09:45	13:34	41:52	55:26	14:20	40
3	Alex Mielke	T3	1:12:47	14:39	43:05	57:43	15:04	31
4	Trevor Pilgrim	T3	1:19:55	15:22	49:08	1:04:30	15:26	23
5	Cameron Krisko	WTC	1:19:57	14:50	50:09	1:04:59	14:58	16

Male 30-39 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Charles Kostyk	WTC	1:06:27	13:20	39:15	52:35	13:52	50
2	Jeremy Walker	Tri MB	1:08:13	12:26	42:37	55:03	13:11	40
3	Lance Tremaine	Tri MB	1:13:35	15:10	42:41	57:51	15:45	31
4	Michael Van De Velde	Tri MB	1:13:49	14:33	43:54	58:27	15:22	23
5	Kristopher Joy	Tri MB	1:15:27	14:17	46:28	1:00:45	14:43	16
6	Jonathan Torchia	Tri MB	1:20:09	16:01	47:53	1:03:53	16:16	
7	Alfred Aguila	Tri MB	1:30:18	18:42	50:52	1:09:34	20:44	

Male 40-49 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Patrick Peacock	Tribalistic	1:04:03	12:51	38:03	50:54	13:10	50
2	Jared Spier	Tribalistic	1:07:59	14:39	37:56	52:35	15:24	40
3	Super Dave Lipchen	Tri MB	1:10:39	13:42	41:57	55:39	15:00	31
4	Jason McNicholl	Tri MB	1:14:39	15:01	43:50	58:50	15:49	23
5	Craig Erb	Tri MB	1:16:20	15:52	43:56	59:47	16:34	16
6	Shannon Richard	Tri MB	1:30:23	18:21	51:50	1:10:10	20:13	
7	Ryan McBride	Tri MB	1:32:30	19:12	53:09	1:12:20	20:10	
8	Kyle Blaquiere	Tri MB	1:32:54	19:49	54:43	1:14:31	18:23	
9	Armand Siapno	Sulong	1:39:05	21:22	54:44	1:16:06	22:59	
10	Derek Dupont	Tri MB	1:50:55	23:24	1:00:08	1:23:32	27:24	

Male 50-59 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Carl Rohringer	Tri MB	1:21:36	18:09	45:02	1:03:11	18:26	50
2	Marc Hache	Tri MB	1:29:17	18:30	50:50	1:09:20	19:58	40
3	David Fielder	WTC	1:30:18	17:51	52:36	1:10:27	19:51	31
4	David Rock	WTC	1:31:57	18:38	52:15	1:10:53	21:04	23

Male 60-69 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Dennis Engel	Tribalistic	1:26:59	18:35	48:09	1:06:43	20:17	50
2	Randall Holm	Tri MB	1:30:17	19:45	50:53	1:10:38	19:40	40
3	Don Webb	Tri MB	1:34:12	21:15	52:08	1:13:22	20:50	31

Female 20-29 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Nicole Walker	Tribalistic	1:08:34	13:25	40:36	54:01	14:34	50

Female 30-39 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Christine McKinley	Tribalistic	1:18:20	15:20	47:42	1:03:02	15:19	50
2	Maricel Gonzales	Tri MB	1:47:08	19:48	1:06:15	1:26:03	21:06	40

Female 40-49 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Christa Rusk	Tribalistic	1:21:00	17:38	45:12	1:02:49	18:11	50
2	Lisa Penner	Tri MB	1:32:05	18:38	54:16	1:12:54	19:11	40

Female 50-59 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Nancy Goodall	Triple Threat	1:25:29	16:25	52:39	1:09:03	16:26	50
2	Stephanie Roberecki	WTC	1:35:51	20:09	55:46	1:15:54	19:57	40

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

Male 6-9 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Ethan Avanthay	Tri MB	9:20	1:00	5:59	6:59	2:21	50
2	Darius Schriemer	WTC	9:33	1:08	6:00	7:08	2:25	40
3	Yacine Mendoza	Tri MB	9:52	1:10	6:02	7:11	2:41	31
4	Nicholas Edbom	Tri MB	10:38	1:10	7:06	8:15	2:23	23
5	Tyler Lenius	Tri MB	11:39	1:12	7:08	8:20	3:20	16
6	Broden Kozakowski	Tri MB	11:41	1:12	7:58	9:09	2:32	
7	Kaden Hay	Tri MB	11:53	1:10	7:58	9:08	2:45	
8	Isaiah Penner	Tri MB	11:54	1:14	7:29	8:43	3:11	
9	Logan Bulloch	Tri MB	13:31	1:22	8:37	9:59	3:33	

Male 10-11 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Caelan Guyot	Tri MB	10:03	1:02	6:35	7:37	2:27	50
2	Morgan Waddell	Tri MB	10:36	1:08	6:47	7:55	2:42	40
3	Nolan Kozakowski	Tri MB	11:06	1:18	6:55	8:13	2:54	31
4	Liam Sheffield	Tri MB	13:18	1:28	8:30	9:57	3:21	23

Female 6-9 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Julie Moesker	Tri MB	10:47	1:02	6:51	7:53	2:55	50
2	Senia Mendoza	Tri MB	13:20	1:24	8:50	10:14	3:07	40

Female 10-11 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Taya Clark	Tri MB	9:24	1:00	6:01	7:00	2:24	50
2	Sydney Edbom	Tri MB	9:33	1:02	6:13	7:15	2:18	40
3	Kate Sigurdson	Tri MB	10:11	1:04	6:48	7:52	2:20	31
4	Amanda Flores	Sulong	12:14	1:10	7:36	8:46	3:28	23
5	Grace Takeuchi	Tri MB	12:48	1:20	8:10	9:29	3:20	16
6	Janelle Borrowman	Tri MB	13:43	1:20	9:01	10:21	3:23	

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

Male 12-13 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Blake Harris	MTC	35:03	1:39	25:20	26:58	8:06	50
2	Matthew Zechel	MTC	37:31	1:43	26:21	28:04	9:27	40
3	Carter Ranville	Tri MB	47:03	1:49	34:13	36:01	11:02	31
4	Damian Schriemer	WTC	47:22	1:47	35:16	37:03	10:20	23
5	Hunter Schriemer	WTC	48:35	1:49	35:44	37:33	11:02	16
6	Ian McDeek	Tri MB	1:00:32	1:54	47:09	49:03	11:30	
7	Ty Clark	Tri MB	1:00:57	1:55	47:26	49:21	11:37	
8	Valin Suzio	Tri MB	1:20:38	1:52	1:12:27	1:14:19	6:20	

Male 14-15 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Unai Apraiz Zenon	MTC	32:48	1:21	24:43	26:03	6:45	50

Female 12-13 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Emma Malkoske	Tri MB	42:55	1:51	32:07	33:57	8:59	50
2	Maggie Malkoske	Tri MB	43:04	1:43	31:56	33:39	9:26	40
3	Hannah Moesker	Tri MB	50:59	1:43	37:30	39:12	11:47	31

Female 14-15 Category Results

Place	Name	Club	Time	Run 1	Bike	Run+Bike 2	Run 2	Points
1	Megan Vanheyst	MTC	35:37	1:37	26:15	27:51	7:46	50
2	Annika Niblock	MTC	36:45	1:37	26:51	28:28	8:18	40
3	Naomi Brown	Tri MB	40:07	1:53	29:31	31:23	8:45	31
4	Heidi Zechel	Tri MB	43:20	1:44	32:08	33:51	9:29	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, Colleen Kelly Wardle, Leo Savoie
- Triathlon Manitoba
- Canadian Motorcycle Cruisers
- Red River Ski Patrol
- Aid station volunteers and other volunteers
- **Official Race Truck:** Murray Chevrolet

