



# Race Results

## RACE #4 – MAY 29, 2018

[BirdsHillDuathlon.com](http://BirdsHillDuathlon.com) / [WinnipegTriathlon.com](http://WinnipegTriathlon.com)

Weather: 22°C, Cloudy with Intermittent Rain, Wind NE 8km/hr, Participants: 143

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

#### Male 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Unia Apraiz Zenon	Tri MB	37:02	6:33	24:06	30:39	6:24	50
2	Bryce Jenkins	Tri MB	40:04	6:51	26:00	32:51	7:13	40

#### Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Andrew Cordingley		42:16	7:45	25:46	33:31	8:46	50

#### Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Matthew Tessier	WTC	37:54	6:44	23:47	30:31	7:24	50
2	Jared Slobozin	Tri MB	39:48	6:59	25:59	32:57	6:52	40
3	Edward Friesen	Sulong	1:00:52	13:31	34:34	48:05	12:47	31

#### Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Grant McMillan	Tri MB	40:32	7:51	24:15	32:05	8:28	50
2	Andrew Stuart-Edwards	Tri MB	41:58	7:47	26:02	33:48	8:10	40
3	Matthew Epp	Tri MB	42:18	8:35	25:15	33:50	8:29	31
4	Grant Boissonneault	Tri MB	43:07	8:34	26:00	34:33	8:34	23
5	Corrado D'Antonio	WTC	43:35	9:08	25:32	34:39	8:56	16
6	Kevin Wolk	Triple Threat	43:36	8:15	26:54	35:09	8:28	
7	Joel Malkoske	WTC	51:11	10:04	29:55	39:59	11:13	
8	Sean Nikkel		51:25	10:52	29:08	39:59	11:26	

#### Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Scott Gibbons	Tri MB	39:28	7:11	25:00	32:11	7:18	50
2	Jim Wernham	Triple Threat	44:36	8:47	26:38	35:25	9:12	41
3	Tony Hoess	Tri MB	45:15	9:54	25:23	35:17	9:59	30
4	George Barnes	Tri MB	46:23	9:15	27:58	37:13	9:11	23
5	Robert Grantham	Tri MB	46:28	9:16	28:05	37:20	9:08	16
6	Robert Smith	Sulong	46:41	10:03	26:57	36:59	9:42	
7	Darren Reimer	Tri MB	47:34	10:41	26:35	37:16	10:19	
8	Cameron Steel	Tri MB	48:20	9:37	28:35	38:11	10:09	

### Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Sam Neis	Sulong	1:00:27	13:40	33:39	47:19	13:09	50

### Male 70+ Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	David Densmore	Sulong	46:10	9:40	27:11	36:51	9:20	50
2	Bob Groff	Tri MB	51:53	11:18	29:11	40:28	11:25	40

### Female 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Megan Vanheyst		44:51	8:45	27:08	35:53	8:59	50

### Female 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Shannon Hargreaves	Tri MB	46:16	8:50	28:04	36:54	9:23	50
2	Claudia Parrott	Tri MB	48:13	8:52	30:14	39:05	9:08	40
3	Erin Rafferty	Tri Factor	48:31	10:27	27:41	38:07	10:24	31
4	Melissa Anderson	Tri MB	49:21	9:45	29:32	39:17	10:05	23
5	Lara Mielke	Tri MB	1:00:22	12:25	34:48	47:13	13:09	16

### Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Ariane Morisette	Tri MB	41:35	8:23	24:43	33:05	8:30	50
2	Brandy Chevalier	Tri MB	44:17	8:06	27:58	36:04	8:13	40
3	Bryanne Hildebrandt	Tri MB	46:41	8:49	28:52	37:41	9:01	31
4	Jessica Manness	Tri MB	47:41	10:02	27:25	37:27	10:15	23
5	Leila Mostaco-Guidolin	Tri MB	47:45	9:14	28:56	38:09	9:36	16
6	Emily Meronyk	Tri MB	48:01	9:47	29:24	39:10	8:51	
7	Julie Simpson	Tri MB	50:16	9:12	30:56	40:07	10:09	
8	Stephanie Johnston	Tri MB	52:09	10:44	30:17	41:00	11:10	
9	Melissa Pryce	Tri MB	53:22	9:17	34:11	43:27	9:55	
10	Karlene Petkau	Tri MB	54:02	9:51	33:33	43:23	10:39	
11	Sandra Bracken	Tri MB	54:11	10:31	31:53	42:24	11:48	
12	Carly McNeill	Tri MB	1:00:58	12:35	35:41	48:15	12:43	
13	Nicole Possberg	Tri MB	1:04:08	12:29	37:36	50:05	14:04	
14	Lillian Mendoza	Tri MB	1:04:13	12:31	39:56	52:27	11:47	

### Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Jennifer Holmes	Tri MB	44:35	8:39	26:56	35:35	9:00	50
2	Danielle McKinnon	Tri MB	45:08	8:37	27:52	36:28	8:40	40
3	Donna Sulz	Tri MB	47:40	9:49	27:28	37:16	10:24	31
4	Kasia Slobozian	Tri MB	47:48	9:15	28:54	38:08	9:40	23
5	Joanne Saunders	Tri MB	49:12	9:47	29:41	39:27	9:46	16
6	Lisa Witt	Tri MB	55:02	11:23	31:30	42:52	12:11	
7	Erin Dean	Tri MB	57:01	10:44	35:29	46:13	10:49	
8	Gillian Cooper	Tri MB	59:19	12:29	33:13	45:41	13:38	

### Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kerri Drosdowech	Tri MB	46:49	8:41	28:46	37:26	9:23	50
2	Lee Stewart	WTC	47:13	9:43	27:51	37:34	9:39	40
3	Debbie Bennett	Sulong	48:49	8:50	30:07	38:56	9:54	31
4	Debbie Barnes	Tri MB	50:25	10:51	27:59	38:50	11:36	23
5	Cheryl Nachtigal	Tri MB	54:34	11:23	31:52	43:15	11:19	16
6	Tima Faria	Tri MB	1:00:27	13:39	28:32	42:11	18:16	
7	Laurie Crossman	Tri MB	1:04:08	12:31	37:34	50:05	14:03	

### Female 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Jo-Anne Yuskin	Triple Threat	1:11:31	15:23	40:20	55:43	15:49	50
2	Wanda Mathers	WTC	1:18:50	12:07	41:12	53:18	25:32	40

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

### Male 18-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Noah Wiens	Tri MB	1:13:59	13:22	44:30	57:51	16:08	50

### Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Joshua Mnchak	Tri MB	1:05:06	13:11	38:11	51:22	13:44	50
2	Quinn Desrochers	Tri MB	1:06:42	12:37	40:53	53:30	13:13	40
3	Lucas Roy	Tri MB	1:08:26	13:36	40:42	54:18	14:08	31
4	Cameron Krisko	WTC	1:17:19	15:04	47:12	1:02:15	15:05	23
5	Jordie Moryl	Windburn	1:18:32	15:48	46:14	1:02:02	16:30	16
6	Marin Kecman	Tri MB	1:24:27	17:06	50:02	1:07:08	17:20	
7	Bryan Drobot	Tri MB	1:34:47	17:06	58:05	1:15:10	19:37	

### Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Jeff Van Rosmalen	WTC	1:11:25	13:43	43:30	57:13	14:13	50
2	Kevin Petkau	Tri MB	1:12:59	15:52	41:48	57:39	15:20	40
3	Brad Cownden	Tri MB	1:37:45	20:15	54:36	1:14:51	22:55	31

### Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Patrick Peacock	Tribalistic	1:04:10	13:10	37:46	50:56	13:15	50
2	Dave Lipchen	Windburn	1:09:20	14:20	40:09	54:29	14:52	40
3	Jared Spier	Tribalistic	1:10:10	14:47	37:59	52:45	17:25	31
4	Craig Finlay	Tribalistic	1:12:37	16:29	40:10	56:38	15:59	23
5	Jason McNicholl	Tri MB	1:14:40	16:09	41:55	58:03	16:37	16
6	Scott Braun	Tri MB	1:19:01	17:13	43:59	1:01:11	17:50	
7	Edwin Suebzon	Tri MB	1:20:47	17:50	43:53	1:01:42	19:06	
8	Darren Macdonald	Tri MB	1:22:13	16:01	50:03	1:06:03	16:11	
9	Dale Nesbitt	Tribalistic	1:22:57	17:51	47:28	1:05:19	17:38	
10	Ryan McBride	Tri MB	1:35:43	20:37	52:57	1:13:34	22:10	

### Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Marc Fournier	Tribalistic	1:08:44	14:49	38:58	53:47	14:58	50
2	Marc Hache	Tri MB	1:19:28	17:04	44:52	1:01:56	17:33	40

### Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Tom Okany	Triple Threat	1:19:19	16:44	46:02	1:02:46	16:33	50
2	Don Webb		1:36:46	23:15	51:46	1:15:01	21:46	40

### Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Christine McKinley	Tribalistic	1:13:01	15:22	42:39	58:00	15:02	50
2	Brenna Coupland	Tri MB	1:14:53	15:07	43:53	59:00	15:54	40
3	Heather McDonell	Triple Threat	1:17:15	15:50	45:31	1:01:21	15:55	31
4	Agnieszka Gigiel	Tribalistic	1:23:24	18:21	46:21	1:04:42	18:42	23
5	Maria Victor Jauregui	Tribalistic	1:26:51	19:24	47:26	1:06:49	20:02	16
6	Kim Luong	Sulong	1:31:37	18:06	54:15	1:12:21	19:16	

### Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Amanda Naismith	Tri MB	1:29:10	17:54	53:15	1:11:09	18:01	50
2	Karen Lind	Tri MB	1:31:49	18:30	53:41	1:12:11	19:39	40

## Female 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kate Okany	Triple Threat	1:24:34	17:25	49:43	1:07:07	17:27	50

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

### Male 6-9 Category Results

Place	Name	Club	Time	Points
1	Isaac Nichol	Tri MB	8:30	50
2	Jett Bueckert	Tri MB	8:39	40
3	Tyler Lenius	Tri MB	9:18	31
4	Broden Kozakowski	Tri MB	9:47	23
5	Logan Bullpch	Tri MB	10:28	16
6	Carson Flock	Tri MB	10:41	
7	Eaton Davidson	Tri MB	10:45	
8	Tyler Acheson	Tri MB	11:01	
9	Carter Kozakowski	Tri MB	11:49	
10	Nolan Bittner	Tri MB	12:00	
11	Eli Flock	Tri MB	12:29	
12	Gray Bracken	Tri MB	17:24	

### Male 10-11 Category Results

Place	Name	Club	Time	Points
1	Draycen Ralph	Tri MB	7:06	50
2	Yacine Mendoza	Sulong	8:16	40
3	Kristian Finlay	Tri MB	8:36	31
4	Darius Schriemer	Tri MB	8:46	23
5	Adam Boissonneault	Tri MB	8:50	16
6	Leonardo Phelps	Tri MB	9:12	
7	Aidan Fitt	Tri MB	9:27	
8	River Gariepy	Tri MB	10:12	
9	Trevor Sippola	Tri MB	11:00	

### Female 6-9 Category Results

Place	Name	Club	Time	Points
1	Asha Gariepy	Tri MB	10:10	50
2	Veronica Schreimer	Tri MB	10:53	40
3	Madelyn Bittner	Tri MB	11:10	31
4	Senia Mendoza	Sulong	11:35	23
5	Amelia Nichol	Tri MB	11:58	16
6	Kaylee Acheson	Tri MB	12:32	
7	Isabella Costello	Tri MB	12:41	

## Female 10-11 Category Results

Place	Name	Club	Time	Points
1	Amelia Fournier	Tribalistic	8:29	50
2	Callie Andres	Tri MB	8:44	40
3	Skyla Dickerson	Tri MB	9:20	31
4	Emily Gradt	Tri MB	9:33	23
5	Mackenzie Jonker	Tri MB	10:45	16

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

### Male 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Chase Bueckert	Tri MB	35:08	1:16	26:29	27:45	7:24	50
2	Damian Schreimer	Tri MB	42:21	1:23	30:39	32:02	10:20	40

### Male 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Blake Harris	Tri MB	33:04	1:14	24:14	25:27	7:37	50
2	Valin Suzio	Tri MB	38:20	1:11	28:14	29:25	8:56	40
3	Matthew Nikkel	Tri MB	39:55	1:21	28:03	29:24	10:32	31
4	Ty Andres	Tri MB	40:58	2:07	29:54	32:00	8:58	23
5	Carsyn Miller	Tri MB	1:11:01	1:22	56:07	57:29	13:32	16

### Female 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kylie Cocks-Loder	Windburn	38:05	1:25	26:19	27:44	10:21	50
2	Madison Firlotte	Tri MB	39:17	1:25	27:23	28:47	10:31	40
3	Maggie Malkoske	Tri MB	40:55	1:23	29:39	31:02	9:53	31
4	Kendra Harris	Tri MB	47:20	1:34	32:51	34:25	12:56	23
5	Isabel Cwiak	Tri MB	48:40	1:44	34:09	35:52	12:48	16

### Female 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Naomi Brown		36:14	1:21	26:48	28:09	8:06	50
2	Natalie Fournier	Tribalistic	36:17	1:13	27:19	28:32	7:46	40
3	Emma Malkoske	Tri MB	38:29	1:32	27:02	28:34	9:56	31
4	Felicia Ross	Tri MB	47:23	1:23	36:50	38:13	9:10	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](mailto:du.in.the.park@gmail.com)
- Please see [BirdsHillDuathlon.com](http://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:** Leo Savoie - Head Referee, Bonnie McKissock, Cherrie Fournier, Brendan Friesen, Kelly Mahone, Deb Hnatiw
- Canadian Motorcycle Cruisers
- Red River Ski Patrol
- Aid station volunteers and other volunteers
- **Official Race Truck:** Murray Chevrolet



**stride ahead** ●●●  
the running store

