



Race Results

RACE #3 – MAY 22, 2018

BirdsHillDuathlon.com / WinnipegTriathlon.com

Weather: 28°C, Scattered Clouds, Wind SE 16km/hr, Participants: 157

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	Samuel Blaquiere	Tri MB	43:35	7:36	27:34	35:10	8:25	50

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Quinn Desrochers	Tri MB	34:37	6:15	21:53	28:07	6:30	50
2	Lucas Roy	Tri MB	37:01	6:39	23:16	29:55	7:07	40
3	Andrew Cordingley	Tri MB	43:31	7:47	26:37	34:23	9:08	31

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Tom Mitchell	Tri MB	37:54	6:59	23:17	30:16	7:39	50
2	Jared Slobozian	Tri MB	39:55	7:14	25:55	33:08	6:47	40
3	Mathieu Beaumier	Tri MB	53:07	9:45	33:27	43:11	9:56	31
4	David Gerard	Tri MB	53:40	9:33	34:06	43:39	10:02	23
5	Stephen Moore	Tri MB	55:24	11:30	33:51	45:20	10:05	16
6	Edward Friesen	Sulong	1:03:39	12:49	36:33	49:21	14:19	

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Dave Lipchen	Tri MB	35:10	6:40	21:20	28:00	7:11	50
2	Chris Kozakowski	Tri MB	39:54	6:48	26:09	32:57	6:58	40
3	Matthew Epp	Tri MB	42:06	8:23	24:42	33:05	9:02	31
4	Grant Boissonneault	Tri MB	43:52	8:50	26:00	34:49	9:03	23
5	Kevin Wolk	Triple Threat	44:02	7:48	27:34	35:22	8:41	16
6	Clinton MacKinnin	Tri MB	44:29	7:55	27:44	35:39	8:51	
7	Kyle Blaquiere	Tri MB	45:18	8:45	28:09	36:54	8:24	
8	Sean Nikkel	Tri MB	53:50	11:26	30:41	42:07	11:43	
9	Philip Habacon	Sulong	55:33	12:17	30:51	43:08	12:26	
10	Dennis Robles	Tri MB	1:10:50	14:21	40:58	55:19	15:32	

Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Scott Gibbons	Tri MB	39:57	7:13	25:21	32:33	7:25	50
2	Tim Rogalsky	Tribalistic	42:34	7:51	26:29	34:19	8:15	40
3	David Markham	Tri MB	46:18	9:41	26:27	36:08	10:11	31
4	Robert Smith	Sulong	49:26	10:29	28:33	39:01	10:26	23
5	Cameron Steel	Tri MB	51:46	10:03	31:39	41:42	10:05	16
6	Tony Hoess	Tri Factor	51:59	9:54	31:54	41:48	10:11	
7	Ken Chartrand	Tri MB	52:22	11:23	30:08	41:30	10:53	

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Sam Neis	Sulong	1:01:43	13:58	34:01	47:58	13:45	50

Male 70+ Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	John Sawchuk	Tri MB	46:53	10:08	27:11	37:19	9:35	50
2	Bob Groff	Tri MB	54:10	11:42	30:38	42:20	11:51	40

Female 16-19 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Megan Vanheyst	Tri MB	41:29	7:45	25:41	33:25	8:05	50
2	Annika Niblock	Tri MB	42:03	7:45	26:34	34:18	7:45	40
3	Rebecca Silk	Tri MB	47:52	8:56	29:29	38:24	9:28	31
4	Courtney Tosh	Tri MB	48:57	8:54	30:49	39:42	9:15	23
5	Emily O'Shea	Tri MB	1:02:44	12:31	38:15	50:46	11:59	16

Female 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Shannon Hargreaves	Tri MB	47:28	9:12	28:45	37:57	9:32	
2	Erin Rafferty	Tri Factor	50:37	10:27	29:20	39:47	10:51	

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Ariane Morissette	Tri MB	41:43	8:13	24:55	33:08	8:36	50
2	Leila Mostaco-Guidolin	Tri MB	47:23	9:24	28:26	37:49	9:35	40
3	Jessica Manness	Tri MB	48:24	9:42	27:58	37:40	10:44	31
4	Nicole Deschamps	Tri MB	53:03	10:25	31:22	41:47	11:17	23
5	Melissa Pryce	Tri MB	57:06	9:21	37:30	46:50	10:16	16
6	Lillian Mendoza	Tri MB	57:43	12:23	33:12	45:35	12:09	
7	Jennifer Beirnes	Tri MB	58:58	11:17	36:21	47:37	11:21	
8	Amanda Peters	Tri MB	1:00:54	13:00	34:28	47:27	13:27	
9	Nicole Possberg	Tri MB	1:07:07	13:12	39:21	52:33	14:35	

Female 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Christa Rusk	Windburn	39:50	7:44	23:51	31:35	8:15	50
2	Danielle McKinnon	Tri MB	47:10	8:39	29:09	37:48	9:22	40
3	Kasia Slobozian	Tri MB	47:35	9:47	28:07	37:53	9:42	31
4	Donna Sulz	Tri MB	48:41	9:53	27:54	37:47	10:54	23
5	Tracie Goertzen	Tri MB	55:46	10:00	35:15	45:15	10:32	16
6	Lisa Witt	Tri MB	56:10	12:11	31:22	43:32	12:38	
7	Julie O'Shea	Tri MB	1:02:44	12:31	38:15	50:46	11:59	
8	Shelly Zubert	Tri MB	DNF	10:44				

Female 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Lee Stewart	WTC	47:29	9:49	27:53	37:41	9:48	50
2	Kathy Pragnell	Tri Factor	48:10	10:16	27:44	38:00	10:10	40
3	Debbie Bennett	Sulong	49:01	8:56	30:14	39:10	9:52	31
4	Debbie Barnes	Tri MB	49:38	10:46	28:21	39:06	10:32	23
5	Tima Faria	Tri MB	49:57	9:30	30:31	40:01	9:57	16
6	Sandi Goertzen	Triple Threat	52:43	10:50	30:28	41:18	11:26	
7	Cheryl Nachtigal	Triple Threat	55:35	11:25	32:49	44:14	11:21	
8	Margo Boak	Tri MB	1:01:02	12:01	36:35	48:35	12:27	
9	Laurie Crossman	Tri MB	1:07:07	13:12	39:21	52:33	14:35	

Female 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Nicole Mercier	Tri MB	52:27	11:05	30:45	41:49	10:39	50
2	Jo-Anne Yuskin	Triple Threat	1:12:12	15:45	39:56	55:40	16:32	40

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

Male 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Cameron Krisko	WTC	1:17:11	15:40	46:13	1:01:53	15:19	50
2	Roland Penner	Tri MB	1:24:23	18:02	47:03	1:05:05	19:19	40

Male 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Jeff Van Rosmalen	WTC	1:11:18	13:44	43:37	57:21	13:57	50
2	Anthony Densmore	WTC	1:12:48	15:08	43:06	58:14	14:35	40
3	Kevin Prtkau	Tri MB	1:13:39	15:39	42:11	57:49	15:50	31
4	Corey Kamp	Tri MB	1:17:34	15:04	46:20	1:01:23	16:11	23
5	Ryan Awang	Tri MB	1:20:13	16:40	46:47	1:03:27	16:46	16
6	Phillip Pawluk	Triple Threat	1:22:13	15:41	48:47	1:04:28	17:46	
7	Andrew Kaminsky	Tri MB	1:30:41	19:15	50:03	1:09:18	21:24	

Male 40-49 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Jared Spier	Tribalistic	1:08:07	14:39	37:19	51:57	16:10	50
2	Craig Finlay	Tribalistic	1:12:09	15:44	40:49	56:32	15:37	40
3	Trevor Anderson-Hill	Tri MB	1:14:36	17:29	39:19	56:47	17:50	31
4	Scott Braun	Tri MB	1:19:16	17:33	43:41	1:01:13	18:04	23
5	Dale Nesbitt	Tribalistic	1:25:41	17:24	48:09	1:05:32	20:10	16
6	Ryan McBride	Tri MB	1:38:45	20:02	54:48	1:14:50	23:56	
7	Myron Groening	Tri MB	1:42:26	21:02	57:23	1:18:25	24:02	

Male 50-59 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Marc Fournier	Tribalistic	1:10:10	14:26	39:56	54:22	15:49	50
2	Marc Hache	Tri MB	1:23:29	18:00	46:17	1:04:16	19:13	40
3	Pascal Gariepy	T3	1:27:56	17:15	51:02	1:08:16	19:40	31
4	Brian Clark	Tri MB	1:31:57	20:49	49:03	1:09:51	22:06	23
5	Rene Desaulniers	Tri MB	1:36:30	21:57	52:26	1:14:23	22:08	16

Male 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Tom Okany	Triple Threat	1:18:01	16:43	44:27	1:01:10	16:51	50

Female 20-29 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Alexandra Kiesler	Tri MB	1:34:34	20:03	55:10	1:15:13	19:22	50

Female 30-39 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Brenna Coupland	Tri MB	1:14:41	15:37	43:19	58:56	15:46	50
2	Christine McKinley	Tribalistic	1:14:57	15:24	43:45	59:08	15:49	40
3	Heather McDonell	Triple Threat	1:18:29	16:08	45:54	1:02:02	16:27	31
4	Paula Anderson	Suong	1:24:22	18:02	47:32	1:05:34	18:49	23
5	Agnieszka Gigiel	Tribalistic	1:24:33	18:37	46:59	1:05:36	18:58	16

Female 60-69 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Kate Okany	Triple Threat	1:24:41	17:38	49:30	1:07:08	17:33	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	8:21	50
2	Jett Bueckert	Tri MB	8:21	40
3	Jack Kreviazuk	Tri MB	8:27	31
4	Tyler Lenius	Tri MB	9:04	23
5	Broden Kozakowski	Tri MB	9:16	16
6	Eli Kwon	Tri MB	9:36	
7	Chase Penner	Tri MB	10:02	
8	Hayden Clarke	Tri MB	10:55	
9	Carter Kozakowski	Tri MB	10:55	
10	Zion Smith	Tri MB	11:54	
11	Carson Flock	Tri MB	12:00	
12	Luke Smith	Tri MB	12:01	
13	Eli Flock	Tri MB	12:31	
14	Martin Beirnes	Tri MB	15:35	

Male 10-11 Category Results

Place	Name	Club	Time	Points
1	Draycen Ralph	Tri MB	7:03	50
2	Yacine Mendoza	Sulong	7:58	40
3	Kyreece Penner	Tri MB	8:23	31
4	Darius Schriemer	Tri MB	8:44	23
5	Nolan Kozakowski	Tri MB	8:50	16
6	Adam Boissonneault	Tri MB	8:58	
7	Leonardo Phelps	Tri MB	9:09	
8	Kristian Finlay	Tribalistic	9:12	
9	Aidan Fitt	Tri MB	9:18	
10	River Gariepy	Tri MB	9:31	
11	Andrew Littleton	Tri MB	9:38	
12	Joseph Ovid	Tri MB	10:18	
13	Adrian Moore	Tri MB	11:54	

Female 6-9 Category Results

Place	Name	Club	Time	Points
1	Asha Gariepy	Tri MB	10:12	50
2	Veronica Schriemer	Tri MB	10:32	40
3	Madelyn Bittner	Tri MB	10:50	31
4	Senia Mendoza	Sulong	11:05	23
5	Brooklyn Grobowsky Lees	Tri MB	11:14	16
6	Amelia Nichol	Tri MB	11:58	
7	Hannah Clarke	Tri MB	12:31	
8	Lianne Beirnes	Tri MB	12:47	

9	Abigail Witt	Tri MB	13:21
10	Abigail Schellenberg	Tri MB	14:54
11	Brooklyn Fotty	Tri MB	14:55

Female 10-11 Category Results

Place	Name	Club	Time	Points
1	Amelia Fournier	Tribalistic	8:11	50
2	Genevieve Gratton	Tri MB	8:11	40
3	Skyla Dickerson	Tri MB	8:39	31
4	Emily Gradt	Tri MB	9:51	23
5	Mackenzie Jonker	Tri MB	10:14	16
6	Grace Takeuchi	Tri MB	10:53	

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	34:19	1:13	25:45	26:58	7:22	50
2	Adam Smith	Tri MB	34:53	1:13	26:13	27:25	7:28	40
3	Jackson Smith	Tri MB	37:01	1:20	27:10	28:29	8:32	31
4	Damian Schriemer	Tri MB	46:17	1:22	31:49	33:11	13:07	23
5	Caleb Moore	Tri MB	57:45	1:27	40:46	42:13	15:33	16
6	Edward Peto	Tri MB	DNF	1:22				

Male 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Blake Harris	Tri MB	31:10	1:09	23:07	24:15	6:56	50
2	Benjamin Szwajcer	Tri MB	33:17	1:07	24:32	25:38	7:39	40
3	Matthew Nikkel	Tri MB	40:23	1:12	29:27	30:39	9:44	31

Female 12-13 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Madison Firlotte	Tri MB	39:12	1:20	27:27	28:47	10:26	50
2	Maggie Malkoske	Tri MB	39:48	1:21	29:00	30:21	9:28	40
3	Kylie Cocks-Loder	Tri MB	40:22	1:24	28:14	29:37	10:45	31
4	Kendra Harris	Tri MB	49:27	1:23	33:11	34:34	14:53	23

Female 14-15 Category Results

Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2	Points
1	Natalie Fournier	Tribalistic	37:10	1:11	27:51	29:01	8:10	50
2	Naomi Brown	Tri MB	38:35	1:19	28:08	29:26	9:09	40

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), Leo Savoie, Bonnie McKissock, Tara Gill, Cherrie Fournier and Ainsley O'Neill
- Canadian Motorcycle Cruisers
- Red River Ski Patrol
- Aid station volunteers and other volunteers
- **Official Race Truck:** Murray Chevrolet



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