



Shoreline Orthodontics Tri-K Triathlon 2023 – Results

2023-05-28

Duathlon Male: Run 5Km, Bike 20Km, Run 2Km – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Phil Doucette 314 Nanaimo	18:53.9	0:45.5	38:07.5	0:40.5	8:36.2	1:07:03.9
2	Jonathan Bird 315 Burnaby	21:41.0	0:24.1	40:37.4	0:40.7	8:31.0	1:11:54.4

2 Registered 2 Finished 0 Did Not Start 0 Did Not Finish 0 Disqualified

Duathlon Female: Run 5Km, Bike 20Km, Run 2Km – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Melissa Rollin 316 Comox	25:27.9	0:43.1	42:36.0	0:41.5	9:56.5	1:19:25.3

1 Registered 1 Finished 0 Did Not Start 0 Did Not Finish 0 Disqualified

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Male age 16–19 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Rowan Neilson-Didham 386 Comox	17:04.4	1:20.7	35:34.6	0:23.6	21:42.4	1:16:05.9
DNS	Matthew Hutchison 400 Nanaimo						

2 Registered 1 Finished 1 Did Not Start 0 Did Not Finish 0 Disqualified

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Male age 20-29 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Leon Heath 401 Comox	13:13.4	1:11.1	38:43.1	0:50.2	22:12.1	1:16:10.0
2	David Stark 388 Surrey	24:08.9	1:05.9	47:09.8	1:27.5	27:45.9	1:41:38.2
	2 Registered	2 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Male age 30-39 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Graham Condly 411 COURTENAY	13:15.8	1:19.1	38:28.2	0:26.2	23:52.7	1:17:22.2
2	Andrew Langford 346 Victoria	17:57.4	2:33.2	41:16.4	0:34.6	19:34.6	1:21:56.4
DNS	Chris Milner 403 Nanaimo						
	3 Registered	2 Finished	1 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Male age 40-49 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	David Brabbins 397 COMOX	16:43.3	2:03.8	42:03.4	0:40.1	20:01.5	1:21:32.3
2	jean-francois montariol 362 vancouver	16:05.8	1:19.6	39:42.4	0:26.5	24:56.0	1:22:30.5
3	Shadi Fleifel 402 COMOX	15:45.4	1:30.2	39:07.9	0:43.4	25:28.7	1:22:35.8
4	Mark Vondrasek 379 Victoria	17:54.1	2:17.2	40:54.8	1:19.5	25:12.9	1:27:38.7
5	Brian Bailey 349 Courtenay	20:43.9	2:04.8	42:27.6	0:34.7	24:52.7	1:30:44.0
6	Marty Hermanek 387 Union Bay	17:15.2	2:29.6	47:08.7	0:42.8	24:31.9	1:32:08.5

7	Donavan Jacobsen 341 Comox	22:26.4	4:09.8	42:47.0	3:15.9	32:47.8	1:45:27.1
DNS	Darrell Schaan 354 Nanaimo						

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Male age 50-59 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Joseph Nelson 405 Campbell River	13:43.9	0:35.2	32:34.9	0:40.2	19:27.3	1:07:01.9
2	Brian Zimmerman 360 Shawnigan Lake	18:06.7	1:40.1	39:25.7	1:34.7	24:35.9	1:25:23.3
3	Larry Bambrick 359 Comox	19:31.4	2:22.0	41:23.0	1:22.3	26:44.2	1:31:23.2
4	Colin Scott-Moncrieff 399 Victoria	15:31.1	1:56.6	43:40.6	1:16.2	30:35.5	1:33:00.1
DNS	Jonathan Faris 412 Parksville						

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Male age 60-69 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Robert Mccosh 363 Courtenay	17:43.9	1:37.9	34:46.1	1:10.0	21:58.5	1:17:16.6
2	David Clark 383 Qualicum Beach	18:21.5	1:37.0	38:39.1	1:57.0	30:10.3	1:30:45.1
3	Dan McLaren 415 CAMPBELL RIVER	18:33.9	2:34.5	44:23.6	1:52.7	27:45.1	1:35:10.0

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Male age 70-79 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	John Jackson 384 west vancouver	18:19.6	1:17.0	39:56.8	0:24.9	22:50.3	1:22:48.8
	1 Registered	1 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Female age 16-19 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Bridget Brookes 410 Victoria	14:21.4	0:24.9	40:48.0	0:36.8	23:23.4	1:19:34.8
	1 Registered	1 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Female age 20-29 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Katja Verkerk 391 Victoria	14:10.7	0:35.0	33:03.4	0:36.0	14:20.5	1:02:45.7
2	Jordyn Ryan 396 comox	11:54.7	1:42.6	40:40.6	0:37.4	26:16.3	1:21:11.8
3	Phoenix Gibb 350 Surrey	20:43.2	2:26.3	46:38.8	1:05.1	27:56.8	1:38:50.5
4	Paige Shaw 348 Victoria	21:36.6	4:04.0	1:04:55.5	1:03.9	35:06.8	2:06:47.0
DNS	Cathryn Chase 414 VICTORIA						
	5 Registered	4 Finished	1 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Female age 30-39 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Francesca Lott 353 Comox	19:51.4	1:49.6	42:29.9	1:35.0	26:25.9	1:32:12.0
2	Erin Scott 380 Victoria	19:21.0					1:39:10.3
3	Alicia Perry 382 Cumberland	19:46.2	1:16.4	45:31.0	1:06.7	34:59.4	1:42:39.9
4	Bridget Ellam 381 Parksville	17:00.2	1:34.3	47:04.8	1:38.1	42:31.9	1:49:49.6

4 Registered 4 Finished 0 Did Not Start 0 Did Not Finish 0 Disqualified

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Female age 40-49 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Andrea Bowman 409 Courtenay	12:56.4	0:37.3	33:47.2	1:14.2	21:09.2	1:09:44.6
2	Mimi Poulin 408 Courtenay	13:42.2	1:31.6	37:27.0	1:08.3	22:09.1	1:15:58.4
3	Jennifer Butler 404 Comox	15:05.1	0:53.0	39:29.4	1:16.6	28:03.2	1:24:47.5
4	Marion Bryan 389 Black Creek	18:18.6	1:38.2	43:16.8	0:39.2	25:28.3	1:29:21.4
5	Christy Wagner 326 Comox	25:15.3	2:09.5	44:54.2	0:35.6	25:59.7	1:38:54.6
6	Christine Kirby 355 Pemberton	20:43.5	2:10.4	47:07.4	1:22.9	34:15.7	1:45:40.1
7	Wanda Patterson 343 Nanaimo	22:35.3	2:38.3	49:06.6	1:18.4	30:07.3	1:45:46.1
8	Madelein Smit 361 Comox	17:55.8	1:59.5	50:21.0	2:13.7	35:02.0	1:47:32.1
9	Sophie Humphries 358 Black Creek						1:49:46.1
10	sherri kennedy 347 COURTENAY	21:39.5	2:38.7	55:08.8	0:56.0	38:07.8	1:58:31.0
11	Keeley Deley 318 Comox	24:45.9	3:17.9	50:48.5	2:43.6	37:23.2	1:58:59.3
DNS	Fiona Currie 413 Campbell River						

12 Registered 11 Finished 1 Did Not Start 0 Did Not Finish 0 Disqualified

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Female age 50-59 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Marie-Louise (Maria) Mulder 395 Campbell River	16:57.3	1:00.8	36:33.7	0:43.2	26:19.0	1:21:34.3
2	Erica Cambrey 352 Nanaimo	20:01.9	1:30.5	41:13.8	1:38.3	29:05.3	1:33:30.1
	2 Registered	2 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Female age 60-69 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Maureen Forscutt 351 Qualicum Beach	22:37.7	2:30.0	48:02.9	0:34.0	33:12.9	1:46:57.8
2	Susan Barratt 365 Comox	22:15.9	3:21.9	51:05.1	1:55.0	39:29.3	1:58:07.4
	2 Registered	2 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Individual: Swim 750m, Bike 20Km, Run 5Km, Female age 70-79 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Bonny Ervin 364 Royston	20:11.0	2:04.5	46:09.2	1:02.7	31:24.3	1:40:51.9
2	Marian Paterson 342 Campbell River	30:47.5	5:54.8	1:05:25.5	1:47.6	38:49.4	2:22:45.2
	2 Registered	2 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Aquabike Female: Swim 750m, Bike 20Km – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Meaghan Logue 345 Courtenay	19:03.9	2:09.8	45:20.2			1:06:34.0
	1 Registered	1 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Aquathlon Male: Swim 750m, Bike 20Km – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
DNS	Octavio Gonzalez 340 ZAPOPAN						
DNS	Peter Palme 398 Comox						
	2 Registered	0 Finished	2 Did Not Start	0 Did Not Finish	0 Disqualified		

Youth Individual: Swim 400m, Bike 10Km, Run 3.5Km, Male age 14-15 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
DNF	Tobin Kerr 418 Comox	10:22.6	1:17.3				
	1 Registered	0 Finished	0 Did Not Start	1 Did Not Finish	0 Disqualified		

Youth Individual: Swim 400m, Bike 10Km, Run 3.5Km, Female age 14-15 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Adianta Cocksedge 417 powell river	7:14.1	1:15.1	22:37.3	0:59.1	16:03.3	48:09.1
2	Annika Bohac 416 Comox	9:52.5	0:56.3	21:45.1	0:31.9	16:49.2	49:55.2
	2 Registered	2 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Youth Individual: Swim 300m, Bike 8Km, Run 2Km, Male age 12-13 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Caleb Rushforth 431 Courtenay	6:37.3	1:31.1	17:30.2	0:29.4	8:24.5	34:32.8
2	Waymouth Reid 434 Cumberland	5:26.4	1:19.6	18:54.6	0:33.7	10:15.7	36:30.2
3	Elliot Pechter 426 Campbell River	8:14.3	0:48.8	18:47.7	0:58.0	12:55.1	41:44.0
	3 Registered	3 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Youth Individual: Swim 300m, Bike 8Km, Run 2Km, Female age 12-13 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Anisa Nelson 433 Campbell River	5:18.3	0:48.4	15:49.0	0:23.7	7:46.7	30:06.3
2	Amelia Wood 421 Courtenay	7:08.7	1:20.8	19:49.2	0:40.0	11:58.4	40:57.3
3	Sophia Lee 432 Courtenay	6:44.0	1:59.7	21:45.7	0:31.3	12:31.5	43:32.4
	3 Registered	3 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Youth Team: Swim 300m, Bike 8Km, Run 2Km, Mixed 12-15 – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Sparkly Unicorns 435 Anabelle Pellerin, Echo Slobodzian, Beatrice Sauvageau Comox, Cumberland	5:36.5	0:25.9	17:28.1	0:24.1	8:51.8	32:46.7
2	Snazzy Gals 428 Claire Hyndman, Solveig Dybdal, Talia Honsek Comox	7:26.4	0:34.7	18:28.4	0:28.4	8:56.1	35:54.2
3	2Owens and a Louis 425 Louis DEBRUIN, Owen Racher, Owen Meldrum Campbell River	8:26.2	0:43.0	18:42.4	0:34.5	8:27.5	36:53.8
4	Team TrailBlazers 419 Mac Gerhart, Emilio Fioravanti, Jacob Saigeon Courtenay	7:16.0	0:33.0	19:11.6	0:32.3	9:26.1	36:59.2
	4 Registered	4 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Family Team: Swim 300m, Bike 8Km, Run 2Km, Mixed 12-Adult – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	We've got the Edge 430 Tilly Cocksedge, Graham Cocksedge, wendy cocksedge powell river	5:31.7	0:29.5	12:59.7	0:23.8	10:03.7	29:28.6
2	Comox Valley Mushrooms 420 Stoyan Petrov, Galina Petrova, Pavel Petrov Courtenay	10:53.6	1:11.2	24:56.8	0:38.1	9:50.4	47:30.3
	2 Registered	2 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		

Sprint Team: Swim 750m, Bike 20Km, Run 5Km, Mixed age 16+ – Official

	Team Name	Swim	T1	Bike	T2	Run	Time
1	Femmes Fortes 356 Carolyn Gabourie, Kevin Donak, Meghan Grzeslo Comox, Courtenay	17:01.7	0:29.9	36:58.2	0:27.2	26:23.4	1:21:20.7
2	Moms on the Run 407 Anna Chen, Emily Pontus, Kate Vosper Comox, Courtenay	15:06.3	0:37.4	40:39.1	0:29.2	27:31.3	1:24:23.5
3	Team Bee 357 Nicole Bichard, Lee Fisher, Penny Bichard Sooke	21:08.0	0:41.6	40:40.6	0:33.1	41:20.2	1:44:23.6
4	Miles for Smiles 406 Christine Helpard, Michelle Kosmowski, Cathy Ternes Comox, Courtenay	13:54.2	0:38.1	1:05:00.6	0:32.3	25:59.3	1:46:04.6
	4 Registered	4 Finished	0 Did Not Start	0 Did Not Finish	0 Disqualified		