

PRESIDENTS CHOICE TRIATHLON

at Kingston, July 23, 1995

Overall Results - Triathlon

Pos	Time	Name	City	Category	P.c./Total	#	2km			56.2km			15km					
							SWIM			BIKE			RUN					
							Cat	Ovr	Time /100	Cat	Ovr	Time km/hr	Cat	Ovr	Time Mile			
1	2:47:10	Dan MURRAY	Windsor	1/4	A	7	1	1	28:34	1:26	3	5	1:27:59	38.3	1	1	50:37	5:24
2	2:49:59	SIMON WHITFIELD	KINGSTON	2/4	A	6	2	3	28:39	1:26	2	2	1:25:02	39.7	2	4	56:18	6:00
3	2:51:49	RICK HELLARD	OTTAWA	1/36	E	236	1	7	30:14	1:31	1	3	1:27:00	38.8	1	2	54:35	5:49
4	2:53:56	Ian FRASER	Ottawa	3/4	A	1	3	15	32:25	1:37	1	1	1:24:51	39.7	3	5	56:44	6:03
5	2:55:49	SEAN DWYER	PETERBOROUGH	1/19	D	33	1	2	28:38	1:26	2	11	1:30:27	37.3	1	6	56:44	6:03
6	2:57:04	TIM LANG	OTTAWA	1/44	F	73	1	11	30:47	1:32	2	7	1:28:24	38.1	2	7	57:53	6:10
7	3:01:56	MARC BELLETIER		1/39	G	234	2	12	30:47	1:32	3	15	1:30:52	37.1	1	16	1:00:17	6:26
8	3:02:10	TROY AUSTRINS	WILLOWDALE	2/36	E	49	3	10	30:34	1:32	6	23	1:31:56	36.7	6	14	59:40	6:22
9	3:03:00	O'CONNOR	Petawawa	2/44	F	626	19	85	39:48	1:59	1	6	1:28:03	38.3	1	3	55:09	5:53
10	3:03:57	MIKE NEILL	KINGSTON	2/19	D	41	4	37	34:48	1:44	1	9	1:29:10	37.8	3	15	59:59	6:24
11	3:04:20	STUART OLSEN	AMHERST	3/36	E	57	12	33	34:25	1:43	2	8	1:28:55	37.9	7	19	1:01:00	6:30
12	3:04:23	s. APPLETON	Cold Lake	2/39	G	635	8	47	35:53	1:48	1	4	1:27:51	38.4	2	17	1:00:39	6:28
13	3:04:34	CLIVE MORGAN	Yarker	3/39	G	168	1	9	30:30	1:32	2	12	1:30:31	37.3	3	31	1:03:33	6:47
14	3:06:44	K COATES	Kingston	1/4	C	608	1	4	28:41	1:26	1	18	1:31:20	36.9	1	53	1:06:43	7:07
15	3:07:15	MIKE DONIA		3/19	D	238	3	27	33:52	1:42	4	30	1:33:53	35.9	2	12	59:30	6:21
16	3:07:32	D. BRUL	Ottawa	4/36	E	628	10	29	34:06	1:42	10	35	1:34:49	35.6	3	9	58:37	6:15
17	3:07:48	S. DONNELLY	Petawawa	1/2	B	3	1	5	30:05	1:30	1	44	1:35:55	35.2	1	22	1:01:48	6:36
18	3:08:04	PETER DOYLE	KINGSTON	3/44	F	67	11	63	37:20	1:52	5	19	1:31:21	36.9	3	11	59:23	6:20
19	3:09:22	GRAHAM FRASER	GRIMSEY	4/44	F	68	4	31	34:11	1:43	8	29	1:33:27	36.1	4	21	1:01:44	6:35
20	3:10:17	Don MACCORQUODALE	Mississauga	4/4	A	5	4	19	33:01	1:39	4	22	1:31:53	36.7	4	42	1:05:23	6:58
21	3:10:46	JA. RAYMOND	Ottawa	5/36	E	629	2	8	30:16	1:31	17	49	1:37:02	34.8	9	29	1:03:28	6:46
22	3:11:04	C. BOYHEN	Kingston	6/36	E	603	11	30	34:09	1:42								
23	3:11:20	S. BLUOLD	Montreal	7/36	E	604	20	69	38:02	1:54	3	13	1:30:46	37.2	8	25	1:02:32	6:40
24	3:11:37	Eric RORTNER	Ocleans	8/36	E	203	5	20	33:24	1:40	5	21	1:31:45	36.8	17	50	1:06:28	7:05
25	3:12:46	RICHARD BENNETT	SAULT STE. MA	4/39	G	87	7	44	35:30	1:47	5	17	1:30:53	37.1	10	49	1:06:23	7:05
26	3:13:00	C. DRUIN	Kingston	5/44	F	613	7	49	36:02	1:48	6	26	1:32:47	36.3	8	33	1:04:11	6:51
27	3:13:21	TOM STERFORULOS	UMBRIDGE	5/39	G	107	18	104	41:38	2:05	4	16	1:30:52	37.1	3	18	1:00:51	6:29
28	3:13:55	MICHAEL TYSHENKO	KINGSTON	6/44	F	84	3	26	33:51	1:42	4	14	1:30:50	37.1	16	72	1:09:14	7:23
29	3:15:01	Jeff MORRIS	North York	6/39	G	222	11	67	37:41	1:53	7	41	1:35:40	35.2	4	20	1:01:40	6:35
30	3:15:06	Dean HEMSON	Waterloo	9/36	E	204	6	21	33:26	1:40	15	45	1:36:05	35.1	15	43	1:05:35	7:00
31	3:15:55	PETER GERACIMO	KINGSTON	4/19	D	35	5	39	34:51	1:45	5	34	1:34:36	35.6	4	51	1:06:28	7:05
32	3:16:01	G. DEMERS	Greenwood	10/36	E	612	16	57	36:44	1:50	13	42	1:35:45	35.2	10	30	1:03:32	6:47
33	3:16:25	Norman O'REILLY	Lindsay	5/19	D	231	9	54	36:24	1:49	3	25	1:32:39	36.4	5	56	1:07:22	7:11
34	3:16:31	DANIEL MAINGUY	BORDEN	11/36	E	56	14	51	36:05	1:48	9	32	1:34:17	35.8	16	47	1:06:09	7:03
35	3:17:06	East Eddy RECHNITZER	Ottawa	12/36	E	600	7	22	33:26	1:40	7	24	1:32:07	36.6	23	91	1:11:33	7:38
36	3:17:12	JLS. DIMIRO	Kingston	13/36	E	611	31	158	46:16	2:19	4	20	1:31:21	36.9	5	13	59:35	6:21
37	3:17:39	JEAN GAUTHIER	ANOU	7/39	G	93	3	16	32:43	1:38	14	65	1:39:58	33.7	8	39	1:04:58	6:56
38	3:17:58	MIKE MENS	Kingston	14/36	F	171	21	73	38:35	1:56	24	71	1:41:03	33.4	2	8	58:20	6:13
39	3:18:23	Tony O'NEEEE	Kingston	7/44	F	627	6	46	35:51	1:48	12	67	1:40:10	33.7	6	24	1:02:22	6:39
40	3:18:28	John SPINAWA	S.S. Marie	8/44	F	185	25	113	42:07	2:06	3	10	1:29:14	37.8	11	55	1:07:07	7:10
41	3:19:34	R. GIRARD	Montreal	1/20	H	614	5	107	41:55	2:06	1	33	1:34:29	35.7	1	27	1:03:10	6:44
42	3:20:00	Gary TRAMER	Kingston	2/20	H	205	3	45	35:45	1:47	2	36	1:35:07	35.5	7	69	1:09:08	7:22
43	3:20:07	Sunny SOURDOUGH	Ottawa	9/44	F	193	12	64	37:25	1:52	11	64	1:39:53	33.8	7	26	1:02:49	6:42
44	3:20:32	DOUGLAS BLADES	OKVILLE	15/36	E	51	27	108	41:57	2:06	8	31	1:34:02	35.9	12	36	1:04:33	6:53
45	3:20:36	D. COTE	Borden	10/44	F	609	8	53	36:11	1:49	7	27	1:33:10	36.2	22	87	1:11:17	7:36
46	3:21:06	STEPHAN THEBEN	KINGSTON	16/36	E	59	8	25	33:50	1:42	11	37	1:35:24	35.3	24	94	1:11:52	7:40
47	3:21:37	JOHN BURDY	LONDON	3/20	H	121	2	40	35:06	1:45	4	51	1:37:44	34.5	6	66	1:08:47	7:20
48	3:22:13	LARRY TOMIE	SAULT STE. MA	8/39	G	109	12	68	37:46	1:53	13	62	1:39:38	33.8	7	38	1:04:49	6:55
49	3:22:31	Ms. CUNNINGHAM	Halifax	17/36	E	610	26	105	41:47	2:05	25	82	1:42:06	33.0	4	10	58:38	6:15
50	3:23:21	Chris RICHMOND	Kingston	6/19	D	221	11	74	38:38	1:56	6	39	1:35:31	35.3	8	71	1:09:12	7:23
51	3:23:31	JOHN HILEY	BRACEBRIDGE	4/20	H	115	9	139	43:50	2:12	3	46	1:36:05	35.1	3	32	1:03:36	6:47

3:23:58	J. ST. DENNIS	Moosejaw	18/36	E 633	18	60	37:09	1:51	18	50	1:37:15	34.7	4	1:09:34	7:25
3:24:04	ALBERTO PADILLA	OTTAWA	9/39	G 237	22	124	42:38	2:08	6	28	1:33:23	36.1	15	1:08:03	7:16
3:24:09	Lance ROBINSON	Que'ph	11/44	F 166	14	71	38:13	1:55	13	75	1:41:19	33.3	9	1:04:37	6:54
3:24:14	PAUL YELING	KANATA	19/36	E 60	13	35	34:41	1:44	20	53	1:38:38	34.2	22	1:10:55	7:34
3:24:26	GREG ROHN	TORONTO	12/44	F 79	15	75	38:40	1:56	10	55	1:38:42	34.2	10	1:07:04	7:09
3:24:47	JF. INGHAM	Chilliwack	13/44	F 618	22	95	40:46	2:02	9	38	1:35:25	35.3	14	1:08:36	7:19
3:24:59	MINIUCUCCI	Kingston	20/36	E 625	24	90	40:02	2:00	14	43	1:35:52	35.2	18	1:09:05	7:22
3:25:35	MISSY PARENT	WATERLOO	1/3	P 145	3	77	39:06	1:57	1	69	1:40:28	33.6	1	1:06:01	7:03
3:25:57	PAUL SCHRAZ	GORMLEY	21/36	E 58	19	65	37:26	1:52	21	56	1:38:45	34.1	21	1:09:46	7:27
3:26:09	MARIANNE CARLYLE	WHITBY	2/2	B 2	2	14	32:24	1:37							
3:26:38	BILL BLAIR	PETERBOROUGH	10/39	G 89	20	117	42:15	2:07	8	54	1:38:40	34.2	9	1:05:43	7:01
3:26:51	MARK ZIBSER	KINGSTON	22/36	E 61	15	55	36:29	1:49	16	48	1:36:58	34.8	25	1:13:24	7:50
3:26:52	DOUG BRUCE	EAST YORK	14/44	F 64	10	62	37:19	1:52	17	81	1:41:59	33.1	12	1:07:34	7:12
3:27:11	STEPHEN CRAWFORD	KANATA	15/44	F 66	18	79	39:25	1:58		47	1:36:40	34.9	20	1:11:06	7:35
3:27:20	GRANT THOMPSON	ORLEANS	11/39	G 242	6	42	35:14	1:46	16	70	1:40:53	33.4	13	1:11:13	7:36
3:27:30	Mark SMITH	Toronto	16/44	F 198	2	13	30:56	1:33	18	87	1:42:47	32.8	26	1:13:47	7:52
3:27:56	RC. GRAY	Halifax	23/36	E 615	9	28	34:04	1:42	22	59	1:39:22	33.9	27	1:14:30	7:57
3:29:14	Ka-Hung LAW	Kingston	7/19	D 229	13	99	41:04	2:03	7	63	1:39:52	33.8	7	1:08:18	7:17
3:29:52	ERIC CLARK	KINGSTON	24/36	E 53	17	61	37:09	1:51	27	128	1:47:28	31.4	13	1:05:15	6:58
3:30:49	D. JULIEN	Algonquin	17/44	F 620	33	165	47:17	2:22	14	76	1:41:28	33.2	5	1:02:04	6:37
3:31:36	M. TAYLOR	Halifax	12/39	G 634	31	178	48:23	2:25	9	57	1:38:54	34.1	6	1:04:19	6:52
3:31:47	TRACEY SCHEPTE	KINGSTON	1/9	Q 149	2	96	40:57	2:03	1	91	1:43:18	32.6	2	1:07:32	7:12
3:32:51	C. CHOUINARD	Calgary	2/3	P 607	1	41	35:08	1:45	2	121	1:46:38	31.6	2	1:11:05	7:35
3:33:51	RAY VALERI	WELLSVILLE	13/39	G 110	23	128	42:57	2:09	10	58	1:39:13	34.0	15	1:11:41	7:39
3:33:59	JOHN SALT	LONDON	5/20	H 123	4	92	40:28	2:01	6	83	1:42:26	32.9	10	1:11:05	7:35
3:34:12	DAVID MCCLINTOCK	OTTAWA	6/20	H 120	11	152	44:57	2:15	7	86	1:42:44	32.8	5	1:06:31	7:06
3:34:22	MICHAEL CESTERLE	ORILLIA	8/19	D 42	14	101	41:13	2:04							
3:34:36	Barry SOUTHERN	Sudbury	14/39	G 632	14	87	39:52	2:00	15	68	1:40:13	33.6	17	1:14:31	7:57
3:34:54	JN. HARRISON	Kingston	15/39	G 616	9	50	36:04	1:48	17	78	1:41:38	33.2	21	1:17:12	8:14
3:34:57	Andrew MARTIN	Toronto	25/36	E 192	35	200	52:37	2:38	19	52	1:38:09	34.4	11	1:04:11	6:51
3:35:20	JD. HUDSON	Petawawa	16/39	G 617	4	23	33:44	1:41	12	61	1:39:35	33.9	32	1:22:01	8:45
3:35:29	GRAEME SMITH	KINGSTON	18/44	F 81	21	94	40:42	2:02	16	79	1:41:47	33.1	25	1:13:00	7:47
3:35:33	GRAHAM ANDERSON	NORTH YORK	26/36	E 48	22	81	39:30	1:59	26	85	1:42:31	32.9	26	1:13:32	7:51
3:35:40	ANNE NICOLUSSI	LONDON	1/8	R 157	1	24	33:48	1:41	1	114	1:45:55	31.8	2	1:15:57	8:06
3:36:57	James WHITSTONE	Toronto	19/44	F 183	24	112	42:06	2:06	28	124	1:47:07	31.5	13	1:07:44	7:13
3:37:01	Damon DAGNONE	Kingston	9/19	D 199	6	43	35:24	1:46	13	122	1:46:47	31.6	10	1:14:50	7:59
3:37:20	Neil HUMPHREY	Kitchener	27/36	E 170	25	97	41:00	2:03	23	66	1:40:08	33.7	28	1:16:12	8:08
3:37:31	DAVE EDMAN	LONDON	20/44	F 76	29	126	42:42	2:08	21	94	1:43:42	32.5	21	1:11:07	7:35
3:37:48	Terry O'BRIEN	Kingston	7/20	H 190	1	36	34:43	1:44	11	144	1:51:25	30.3	11	1:11:40	7:39
3:37:55	BRUCE ACKMAN	BATH	21/44	F 62	16	76	38:46	1:56	29	130	1:48:29	31.1	18	1:10:40	7:32
3:38:01	Ken MARK	London	10/19	D 228	12	93	40:32	2:02	15	137	1:49:50	30.7	6	1:07:39	7:13
3:38:33	JOE EABERI	RICHMOND HILL	17/39	G 92	15	88	39:52	2:00	11	60	1:39:23	33.9	28	1:19:18	8:28
3:39:09	J. SHANAHAN	Kingston	22/44	F 630	34	170	47:42	2:23	15	77	1:41:32	33.2	17	1:09:55	7:27
3:39:12	Tom LOCKE	Whitby	18/39	G 201	17	103	41:36	2:05	25	118	1:46:14	31.7	14	1:11:22	7:37
3:39:24	STEPHEN HINTON	KINGSTON	19/39	G 94	10	66	37:29	1:52	26	119	1:46:29	31.7	18	1:15:26	8:03
3:40:10	TIM BOYARD	AYMER	28/36	E 50	34	196	52:18	2:37							
3:40:38	GUNTHER KLASCHKA	KINGSTON	1/6	L 139	1	130	43:07	2:09	1	99	1:44:41	32.2	1	1:12:50	7:46
3:40:40	BILL JARVIE	GRIMSBY	20/39	G 97	16	91	40:06	2:00	21	97	1:44:14	32.4	19	1:16:20	8:09
3:40:44	David WPIIT	Kingston	23/44	F 223	9	56	36:40	1:50	19	92	1:43:23	32.6	31	1:20:41	8:36
3:41:31	Jim STEFFLER	Ottawa	24/44	F 169	31	153	45:17	2:16	25	102	1:44:53	32.2	23	1:11:21	7:37
3:41:52	MICHAEL ZULIANI	EAST YORK	11/19	D 46	7	48	35:55	1:48	14	126	1:47:16	31.4	11	1:18:41	8:24
3:42:00	ALLAN ROSSSELL	OSHWATA	8/20	H 122	6	122	42:32	2:08	10	109	1:45:28	32.0	13	1:14:00	7:54
3:42:02	LOY ING	OTTAWA	9/20	H 116	18	204	54:35	2:44	5	72	1:41:08	33.3	4	1:16:19	7:04
3:42:22	DAVID MARSHALL	MONTRÉAL	10/20	H 119	10	144	44:26	2:13	9	104	1:45:21	32.0	12	1:12:35	7:45
3:42:28	James CLARK	Kingston	29/36	E 224	28	114	42:10	2:07	31	163	1:54:59	29.3	14	1:05:19	6:58
3:42:54	UDO BUCHNER	DOLLARD DES O	1/7	K 133	1	102	41:24	2:04	1	107	1:45:22	32.0	2	1:16:08	8:07
3:44:16	Rod CAMPBELL	Oakville	1/11	J 208	2	133	43:20	2:10	1	73	1:41:11	33.3	6	1:19:45	8:30
3:44:21	Deidre PRETLOVE	Toronto	1/7	S 194	2	123	42:33	2:08	2	123	1:46:57	31.5	1	1:14:51	7:59
3:44:28	JOHN LESARGE	KINGSTON	11/20	H 117	13	160	46:47	2:20	8	88	1:42:57	32.8	14	1:14:44	7:58
3:45:04	S. BAILLON	Trenton	2/9	Q 601	6	135	43:42	2:11	6	166	1:55:40	29.2	1	1:05:42	7:00
3:46:10	GRAHAM SHEPARD	WATERLOO	21/39	G 104	26	148	44:43	2:14	18	80	1:41:52	33.1	29	1:19:35	8:29
3:46:18	Joel BATES	Toronto	22/39	G 219	25	140	43:50	2:12	31	160	1:54:19	29.5	12	1:08:09	7:16
3:46:42	CHARLES SHADEED	OTTAWA	23/39	G 103	21	118	42:20	2:07	20	96	1:44:03	32.4	31	1:20:19	8:34
3:46:46	KIMBERLY CARLSON	MONTRÉAL	3/9	Q 147	4	109	42:01	2:06	3	132	1:48:49	31.0	5	1:15:56	8:06
3:47:01	Ken SULLIVAN	Markham	12/20	H 177	12	157	45:55	2:18	12	150	1:51:55	30.1	8	1:09:11	7:23
3:47:04	MORRIS O'CALLAGHAN	OTTAWA	2/11	J 131	1	58	37:03	1:51	7	165	1:55:30	29.2	2	1:14:31	7:57
3:47:05	MARC-ANDRE HEBERT	MONTRÉAL	25/44	F 70	32	156	45:30	2:17							
3:47:21	TOM ADAIR	TORONTO	30/36	E 47	29	127	42:49	2:08	30	162	1:54:50	29.4	20	1:09:42	7:26
3:47:24	JILL SPERRIT	Woodlawn	4/9	Q 211	7	150	44:45	2:14	2	129	1:47:37	31.3	4	1:15:02	8:00
3:48:06	E. BERGERON	Montreal	24/39	G 602	24	136	43:42	2:11	23	111	1:45:35	31.9	25	1:18:49	8:24
3:48:18	Jonathan BOODOCK	Woodlawn	25/44	F 175	38	201	52:44	2:38	24	101	1:44:51	32.2	19	1:10:43	7:33
3:48:43	NORMAN BOURGEOIS	FRANKFORD	27/44	F 63	13	70	38:03	1:54	23	100	1:44:46	32.2	34	1:25:54	9:10
3:49:30	DOUG SUTHERLAND	PETERBOROUGH	28/44	F 82	28	125	42:40	2:08	34	161	1:54:43	29.4	24	1:12:07	7:42
3:49:50	JOHN YENOT	KINGSTON	25/39	G 111	28	155	45:27	2:16	22	108	1:45:26	32.0	26	1:18:57	8:25
3:49:54	Calvin SNOW	Campbellville	13/20	H 173	14	173	47:48	2:23	13	151	1:52:41	29.9	9	1:09:25	7:24
3:50:07	DAVID ANDREW	KINGSTON	3/11	J 125	7	184	48:54	2:27	5	138	1:49:51	30.7	1	1:11:22	7:37
3:50:20	GEORGIA TZAVELLAS	MONTRÉAL	5/9	Q 150	3	100	41:12	2:04	7	188	2:00:57	27.9	3	1:08:11	7:16
3:50:45	Danielle THOMPSON	Toronto	3/3	P 197	2	59	37:08	1:51	3	189	2:01:15	27.8	3	1:12:22	7:43
3:51:03	Joan TRAMER	Kingston	1/3	T 179	2	137	43:45	2:11	1	127	1:47:26	31.4	1	1:19:52	8:31
3:51:09	ALLAN ELLIOTT	CHATEAUGUY	26/39	G 239	27	154	45:26	2:16	19	89	1:42:58	32.7	33	1:22:45	8:50
3:51:14	KA-YU LAW	London	12/19	D 36	2	18	32:50	1:39	10	110	1:45:30	32.0		1:32:54	9:55
3:51:28	Peter BELL	Sharbot Lake	2/7	K 184	4	181	48:44	2:26	3	131	1:48:29	31.1	1	1:14:15	7:55
3:51:45	SD CHALLENGER	Ottawa	29/44	F 605	23	106	41:48	2:05	26	105	1:45:21	32.0	33	1:24:36	9:01
3:52:10	Jack HEWITT	Campbellville	4/11	J 202	3	146	44:33	2:14	4	115	1:46:01	31.8	7	1:21:36	8:42
3:52:22	COURNIE ADAMS														

