

2011 Race Reports

2011 Stats at a Glance

The 2011 Podium List		
Race	Name	Place
Robbie Burns	Eric Grieg	2nd
Robbie Burns	Dave Zorko	3rd
Frosty	Alex dos Santos	1st
Frosty	Deb Thorne	3rd
Frosty	Lauren Heinken	2nd
Jordan	Lauren Heinken	2nd
Oakville	Alex dos Santos	1st
Victoria	Eric Grieg	3rd
Victoria	Lauren Heinken	1st
Ancaster	Ryan Kasanszky	2nd
Ancaster	Celia Sawyer	3rd
Ottawa	Mat Reid	3rd
Ancaster	Joanne Thomson	2nd
Milton	Celia Sawyer	3rd
Milton	Alex dos Santos	3rd
Milton	Lauren Heinken	3rd
Milton	Lauren Saunders	1st
Milton	Mat Reid	2nd
Guelph Lake Oly	Lauren Saunders	1 st
Guelph Lake Oly	Amy Mausser	1 st
Guelph Lake Oly	Lynsey Bialkowski	3 rd
Guelph Lake Spr	Lauren Heinken	2 nd
Guelph Lake Oly	Eric Greig	3 rd
Guelph Lake Spr	Morgan Bialkowski	3 rd
Guelph Lake Swim Bike	Bryce Hansen	3 rd overall
Lemington Tri	Deb Thorne	1 st
Binbrook Tri-a-tri	Aaron De Jong	1 st overall
Binbrook Tri-a-tri	Joanne Shields	1 st
Binbrook Sprint	Mel Shields	1 st
Muskoka Long Course	Mat Reid	2 nd
Muskoka Long Course	Gina Demczuk	3 rd
Muskoka Long Course	Lauren Saunders	1 st
Muskoka Long Course	Nanci Virginillo	3 rd

Duathlon		
Muskoka Sprint Triathlon	Lauren Heinken	1 st
Muskoka Sprint Triathlon	Lynsey Bialkowski	1 st
Muskoka Sprint Triathlon	Deb Thorne	2 nd
Muskoka Sprint Triathlon	Stephanie Teodoridis	3 rd
Welland Half- Ironman	Gloria Hewitt	3 rd
Welland Sprint Triathlon	Gary Swayze	2 nd
Welland Sprint Triathlon	Joanne Thomson	2 nd
Welland Try a Tri	Alex Dos Santos	2 nd overall
Peterborough Sprint	Eric Greig	2 nd
Peterborough Sprint	Morgan Bialkowski	1 st
Peterborough Sprint	Deb Thorne	2 nd
Peterborough Half Ironman	Katie Snowden	1 st
Peterborough Half Ironman	Lauren Saunders	1 st
Peterborough Half Ironman	Lauren Heinken	1 st
Belwood Try a tri'	Aaron De Jong	3 rd overall
Belwood Triathlon	Mat Reid	1 st
Belwood Triathlon	Eric Greig	1 st
Belwood Triathlon	Lauren Saunders	1 st
Belwood Triathlon	Lauren Heinken	overall female
Belwood Triathlon	Deb Thorne	3 rd
Belwood Triathlon	Gloria Hewitt	1 st
Bala Falls	Lynsey Bialkowski	1 st
Niagara Triathlon	Tim Nixon	1 st
Niagara Triathlon	Eric Greig	3 rd
Niagara Triathlon	Lauren Saunders	1 st overall

		female
		3 rd
Niagara Triathlon	Mat Reid	overall
		male
Niagara Triathlon	Stephanie Teodoridis	2 nd
Niagara Triathlon	Lauren Heinken	1 st
Niagara Triathlon	Alexander Dos Santos	2 nd
		overall
Niagara Triathlon	Celia Sawyer	3 rd
Bracebridge Triathlon	Morgan Bialkowski	3 rd
Orillia Triathlon	Lauren Heinken	1 st
Orillia Triathlon	Stephanie Teodoridis	2 nd
Orillia Triathlon	Alexander Dos Santos	1 st
		overall
Guelph Lake 2	Mat Reid	1 st
Guelph Lake 2	Lauren Saunders	3 rd
		overall
Guelph Lake 2	Lauren Heinken	1 st
Guelph Lake 2	Stephanie Teodoridis	2 nd
Guelph Lake 2	Deb Thorne	3 rd
Guelph Lake 2	Gloria Hewitt	2 nd
Guelph Lake 2 TaT	Aaron De Jong	2 nd
		overall
Esprit Triathlon	Mat Reid	1 st
Esprit Triathlon	Lauren Saunders	2 nd
		overall
Esprit Triathlon	Lauren Heinken	3 rd
Wasaga Beach Tri	Deb Thorne	3 rd

Team Race Stats				
Race	Koalas	Top 5's	Top 1/2	Avg AG
Robbie	8	3	5	Top 41%
Frosty	6	4	4	Top 23%
Chilly	8	1	7	Top 33%
ATB	22	0	15	Top 34%
BaB 5k	3	1	2	Top

				45%
Jordan	6	2	1	Top 64%
G Friday	6	2	5	Top 38%
Mississ	7	1	6	Top 31%
Victoria	4	2	4	Top 20%
Ottawa	8	2	5	Top 34%
Milton	16	11	10	Top 37%
Binbrook	3	3	3	Top 24%
GL TaT	3	0	2	Top 50%
GL S	6	3	4	Top 42%
GL Oly	9	3	8	Top 24%
Musk LC	6	3	5	Top 40%
Musk S	4	4	4	Top 21%
Pet S	4	3	4	Top 14%
Pet Half Iron	7	4	3	Top 43%
Belwood	14	9	9	Top 38%
Niagara	17	10	12	Top 25%
Orillia	9	5	8	Top 34%
GL2	12	8	10	Top 31%

Robbie Burns 8km Road Race

Here are the results of all the koalas that went out and braved the elements on Sunday morning....

Dave 'Zorro' Zorko had his first ever running race and ran a very respectable 37:10 which placed him third in his age group. Congratulations on your first race Dave.

Deb Thorne showed some great effort to earn her a time of 49:30. Not her best Robbie Burns run but still has time to improve this season.

Eric Greig finished in a time of 32min which placed him second in his age group. He'll be using his prize towards a fancy new pair of racing shoes so he can race 2011 in style.

Janet Linton participated in her first Robbie Burns run and set a benchmark with a time of 51:08, we will be seeing her working hard to cut back those seconds for next year's race.

Joanne Thomson showed she was one of the hardest working runners out there with her time of 39:25. In her age group she came 11th out of 102, great effort and we look forward to seeing more rewarding results.

Randy Matters was out there celebrating Robbie Burns in style with a trot around downtown Burlington. His time of 54:23 was a great improvement from last year's 1:00:47.

Mat Reid ran hard and in form to earn him a time of 28:45, one weird fact is that Mat has run within a minute of 28:45 for the last five years showing remarkable consistency.

Roz Thomson's hard work from training helped her to achieve a time of 47:16, which shows she is warming up for triathlon season.

Sergei Stevens ran 39:28 breaking the 40min barrier and challenging for many positions in his age group. With results like this he'll be in good form for this summer's race season.

Around the Bay 30km Finishers

Alexei Martchenko finished this year's race in a time of 2:37:12 which he was somewhat upset about. However he ran a strong race for the first half and was on pace time but came up just a bit short after the hills of North shore. Hopefully we see Alexei come back next year on a mission to beat 2:30.

Anne Winning has shown continuous improvement over the years in her Around the Bay results. This year she finished with a time of 3:18, the year before that, 3:28, and before that, 3:43. Congratulations on achieving your goals.

Brad White also had a great race with his time of 3:02:27 which beats his last year's result by about 7 minutes. You can tell that all those long runs have paid off in the long run (ie. ATB).

Christa Yoshimoto had a very strong race; she finished with a time of 2:34:58 which put her up there among the top females in the 35-39 category. Next year she could even make a run for that elusive 2:30 barrier.

Colleen Maunder still had a smile on her face or was it a painful grimace, at the finish line? Either way it was a great finish with a time of 3:13:54. This was the longest race Colleen's ever done which is an achievement to be proud of, however she is going to need some peer pressure for her to be convinced of doing a marathon.

Eleksey Cedved is one of our newest Koala members and Canadian citizens for that matter. He has taught us all a lesson in toughness. After suffering an injury nearly a month ago he got back into training hard and was ready for his first 30km race. He proudly finished with a time of 2:34:27 and is full of potential for development.

Eric Greig went out fast and just tried to hang on until the finish. He is proud of his 2:16:43 finishing time and is looking forward to his next challenge.

Evan Dietz finished near the top with a time of 1:57:41 which was his second fastest ATB out of five. Evan is looking forward to taking his fitness with him to race in the Texas Ironman.

Gary Swayze had a nail biting finish to get the gun time result under 2:30 which he accomplished and had a chip time of 2:28:55. He showed great determination to achieve his result and is already looking at next year very ambitiously predicting a time of 2:20 or maybe even 2:15.

JJ Woodley raced his best ever Around the Bay with a time of 2:30:23 narrowly beating his time from last year (2:31:27). He put out a great effort and was exhausted at the finish. He has shown that he has some great fitness going into this year's triathlon and cycling races.

Joanne Thomson achieved her second fastest Around the Bay time. She ended the race at 2:38:09, although she missed her goal time she should be proud to have finished 37th out of 490 women in her age group.

Karen Spencely aka *The Fastest Lady in Waterdown* came across the finish line in a time of 2:31:58. This was her first race in a while and her first Around the Bay. She has a great start to the season and we hope to see more races to come.

Kim Keumehennen had a great time out there in her first Around the Bay. She finished with a time of 2:53:00 which is a great performance since she has only recently started long distance running.

Lilla Richardson has shown some great improvement from her last year's Around the Bay result which was 3:35:25. This year she dropped over 20 minutes by finishing in a time of 3:13:11. A great performance that was supported by running with her Koala team mates

Lloyd Decoff had his best ever Around the Bay, this year he finished with a time of 2:33:19 compare this with his 2007 result of 2:55:00 and you can see how much he has developed. He has proven that he is fit and ready for a triathlon this season.

Patrick Keumehennen finished with a hard fought time of 2:33:41, he had a great half way split of 1:14 but came up just short of 2:30 in the end. A great start to the season and a terrific result for Patrick.

Randy Matters completed his first Around the Bay with a time of 3:44:14. This was also Randy's longest race; he can hang that medal pride. He is off to a great start in his running career.

Roz Thomson was with her compatriots for most of the race and this helped to spur her towards a 3:09:21 finishing time which placed her in the top half of her age group. Roz can also be proud to have finished her first Around the Bay. In addition, she has showed some great fitness for the coming triathlon season.

Mat Reid had a great Around the Bay finishing with a very fast time of 1:57:42 which placed him 52nd overall and 13th in his age group! His time was consistent with his previous year's results.

Mike Owens ran out very fast for the first half of the race (1:09) and had to pay for it a bit in the second half. Through sheer determination he was able to complete the race in 2:32. His greatest lesson was being able to find out what his limits are, he now thinks he can take a 10 km race on by the horns.

Sandy Owens finished with a time of 3:11:06 and she still looked like she was having fun near the finish line. This was her first completion of Around the Bay and a wonderful achievement to be proud of. It would be interesting to see if she can come in the top half of her age group next year.

Sergei Stevens completed his Around the Bay race in a time of 2:49:48 which placed him near the top half of his age group. He has come a long way from his previous result of 3:06:49. Way to go; see you out there next year!

Around the Bay (2 person relay, 30km)

Bryan Stewart and Carla Stewart aka Team Stew showed there teamwork in the 2 person relay race. Bryan ran the first half in a very quick 1:05:37 while Carla was the anchor and ran 1:36:20; their combined time was 2:41:57 which placed them 12th out of 75 in the open category. Good team work and way to take on those hills Carla.

Steph T and Erin Champion aka B Squared raced in the two person relay. Stephanie started the race off by giving her team a time of 1:32:01 at the half-way mark. Erin ran the anchor leg in a time of 1:17:45 for a combined time of 2:49:46. Their efforts placed them 11th out of 85 teams, nice job girls!

Around the Bay (5km finishers)

Dean Kasanszky had one of his best 5km times when he finished in a time of 28:51 on Sunday. This result beats his last year's effort by about 2 minutes. Great job Dean and keep up the training.

Ryan Kasanszky continues to develop as a runner as proven by his most recent results in 5km races. At Around the Bay he finished in 24:06 and is only going to keep shaving off time if he continues his training.

Philippa Denduk had a great race and placed in the top 5 of her age group. Her 5km time was 26:18 which shows that she is already fast and has a great potential for development.

MISSISSAUGA HALF MARATHON

-ROZ THOMSON had her best half-marathon by 2min and 20secs, she finished in 2hrs 4min and 13secs which placed her in the top half of her age group. Roz had terrific results on Sunday despite dealing with a recent knee injury. We are happy that she is back to health and performing well.

Mercedes-Benz 10K May 8th, 2011

Patrick Keuremennen flexed his old-man strength on May 8th when he finished 10km in 45min 6sec. Out of 1100 participants Patrick was 103rd overall. The result shows Patrick has made great improvement in his running.

Kim Keuremennen had a great race posting her best 10km with a time of 51min 19sec, her effort placed her 8th out of 72 for her undisclosed age group. She was also 81st out of 622 women, not too shabby. Excellent job Kim, looking forward to some more great results this season.

The storms held off for this year's Victoria's duathlon, running conditions were ideal and cyclists faced strong winds throughout the course. We had four koalas out to compete in the first race of the Subaru Triathlon Series season.

Subaru Victoria Duathlon May 23rd, 2011

Eric Greig was ecstatic about his placing 23rd overall, 3rd in his age group, and beating his previous year's result by one minute. Special note: Eric had the second fastest transition (T1 = 27sec) in the whole race, if only they gave out rewards for transitions!

Gary Swayze had a very fast bike split averaging 37.1 km/h throughout the 30km. Gary finish 10th out of 49 in his age group and was close to being on the podium. His time was also an eight minute improvement from the last time he did Victoria in 2009, thus highlighting a curious case of Gary Swayze, as we watch him aging backwards, getting faster as he grows older.

Lauren Heinken went all out on Sunday to place herself first in her age group. Lauren was also the only one in her age group but that just shows she's a trend setter. With a time of 1h 33min 58sec Lauren was the 18th women overall, and with these points she is in a good position to take the series championship.

Kristina Plachecki came out for her first duathlon and had a terrific result. Kristina placed 8th out of 21 in her competitive 25-29 age group. Her strength lay in her bike split which was the 4th best bike in her age group. Congratulations Kristina, you're on your way to a great 2011 season.

Ancaster Triathlon-Friday May 27, 2011 300m swim, 7km bike, 3.1km run

Ryan Kasanzky had a remarkable race finishing 10th overall and 2nd out of 39 in his age group. Ryan held the early lead in the pool where he swam at a blazing 1:25 pace and held on through the bike and run. Total time was: 37:06, way to go Ryan!

Addy Nixon raced his way to 21st place overall, due in large part to his strong cycling and running ability. His swim has come a long way, last year he swam 300m in 9:48 and this year he swam 300m in 6:42. Keep it up Addison! His total time was 40:07.

Dean Kasanzki's progress has been amazing to watch. He was strongest in the swim and the run. He also had three Hoods that were chasing him the whole way through the race. Dean finished in a time of 43:11.

Celia Sawyer swam, biked and ran herself into 3rd place in her age group with a time of 43min and 11sec. That puts Dean and Celia at a tie; they will have to arm wrestle to decide who won.

Philippa Denuk's first triathlon was a great success. Her time of 45min and 26secs is something to be proud of. Philippa finished 5th out of 17 elementary girls and was well-rounded as a triathlete.

Lianna Hood enjoyed her first triathlon out in Ancaster. She had a terrific swim and looked really smooth going out onto the run. She finished with an overall time of 46:51.

Mark Hood also had his first triathlon and finished just shy of Lianna with a time of 47:07. Mark was strongest in the cycling portion of the race. It's never too late to start your triathlon career.

Anna Hansen finished 4th out of 15 in her age group with a final time of 47:16. Her strongest portion of the race was her run which was 19min and 8 secs.

Bradley Hood: Despite some pre-race nerves, Brad had a great swim where he did 300m in 5min 57sec. Although he was close to his Dad coming out of T2, Papa Hood came in slightly ahead of Brad. Brad's time was 48min and 42secs.

Bronwyne Sawyer showed great strength in all disciplines especially in the run. Bronwyne was in the top half of her age group and had a finishing time of 48:51. Nice job on finishing your first triathlon! (Thumbs up)

Deana Nixon finished close to the top half of her age group in 9th out of 15. Her overall time was 50min 52secs. Her strongest portion of the race was her bike and the weakest her swim.

Cara-Christina Hansen had a great swim, she must have gone all out to get a time of 6min 15secs for the 300 meters. Some very good swimming. The rest of the rest seemed to have been challenging but Cara journeyed on and finished her first triathlon, alright Cara!

Ottawa Weekend

Ottawa 5km

Mathew Reid finished 25th overall out of 7438 participants and 3rd out of 203 in his age group, not too shabby. Mat ran the 5km in a time of 17min 27secs, despite just recently having food poisoning and a colicky baby.

Ottawa Half Marathon

Sandy Owens had her second best half marathon when she finished Ottawa in 2hrs 11min and 34 seconds. Sandy was in the top half of her age group, 282nd out of 671.

Patrick Keuremennen took an amazing five minutes off of his half marathon time when he finished in a time of 1hr 45min and 23secs. His previous best was in 2010 when he finished the Mississauga half-marathon in 1hr 50min and 44secs. Patrick running is greatly improving due to a lot of hard work!

Kim Keuremennen finished her first half-marathon in 1hr 54min and 46secs and has now done just about every distance but the full marathon. Kim was 22nd out of 438 women in her age group, nicely done!

Marathon

Michael Owens had his second marathon in Ottawa. Although he did not reach his goal, he still had a solid performance with a finishing time of 3hrs 50mins 38secs. Mike was 180th out of 428 runners his age and he ran faster than more than half of all the men running, still something to be proud of.

Milton Triathlon- Sprint and try-a-tri

Christa Yoshimito was out in full force for her the first triathlon of the season. She had her best swim time (16:09) and strong bike/run. She was consistent in all three sports and was 5th out of 10 in her age group. Her overall time was 1:56:28.

Place- 244th

1:56:28

W35-39

5/10

S- 16:09, 2:10 per/100

B- 59:42, 30.2 km/hr

R- 38:21, 5:07 per/km

T1-1:25

T2-0:53

Eric Greig- was extremely happy with his performance, a few little errors and some penalties for being bad triathlete but a great race. 21st overall, and Eric showed he was a little more well rounded with strong swim,bike,run times. His overall time was 1:34:47.

Place- 21st

1:34:47

M20-24

4/17

S- 11:54, 1:36

B- 50:09, 35.9

R- 31:27, 4:12

T1- 0:42

T2- 0:37

Gary Swayze- had his first Milton triathlon on Sunday morning; he finished up in 98th place. Some strong biking and running was shown where Gary averaged 35.2 km/h and had a time 51:05 on the bike and 36:45 on the run.

Place- 98th

1:45:37
M45-49
13/61
S- 15:14 2:02
B- 51:05 35.21
R- 36:45 4:54
T1- 1:40
T2- 0:55

Lauren Saunders- In her first race back since having Alyssa, Lauren showed she hasn't skipped a beat. Her overall time of 1:42:48 placed her first in her age group and she dominated in all three sports.

Place- 62
1:42:48
W20-24
1/9
S- 11:47 1:35
B- 56:00 32.1
R- 33:34 4:29
T1- 0:53
T2- 0:36

Lauren Heinken- Is just getting into the longer distances and is showing great promise as an athlete. Lauren's strength lay in the swim/run, her overall time was 1:49:25 which placed her 3rd in her age group. And her transitions were very fast. Nicely done, Lauren!

Place- 145
1:49:25
W19
3/4
S- 11:47 1:35
B- 1:00:11 29.9
R- 35:54 4:48
T1- 0:56
T2- 0:38

Steph Teodoridis- Had a great start to her race with an 11:42 swim which placed her 17th out of the water. She wasn't too happy with her end result but her transitions were fast, her swim was good and she has a lot of time to continue to develop her athleticism.

Place- 192
1:53:10
W19
4/4
S- 11:42 1:34

B- 1:00:33 29.7
R- 39:07 5:13
T1- 1:02
T2- 0:47

Dean Kasanszky- unfortunately Dean had a flat tire and had to retire a bit early.

Ryan Kasanszky- at the moment we are unsure about Ryan's official result because Sports Stats says he crossed at 47:33 but we have evidence of Ryan crossing happily and 43:21 which would have placed him in 22nd place and 4th in his age group.

Alex dos Santos' overall time of 41:01 placed him 11th overall and 3rd in his age group. He had a great race with strength in all three sports. He has shown that at a young age he is already an all round triathlete. Oh and did I mention he went off course and did an extra 2km bike because he wanted more exercise!

Place- 11
41:01
3/22 M19-
S- 6:36
B- 23:31
R- 10:54

Victor Dos Santos- had his best performance yet at Milton by 3 minutes. Victor's overall time of 1:49:27 placed him 146th overall and in the top half of his age group (17th out of 61)

Place - 146
1:49:27
M45-49
17/61
S- 16:27, 2:12
B- 54:21, 33.1
R- 35:53, 4:47
T1- 1:35
T2- 1:13

Lynsey Bialkowski – Congratulations Lynsey on the completion of her first triathlon. Lynsey had a well rounded performance and placed 3rd out of 9 in her age group. Her time of 1:57:44 will be one to beat for next year.

Place- 259
1:57:44
W20-24
3/9
S- 14:20, 1:55
B- 59:24, 30.3
R- 41:44, 5:34

T1- 1:30
T2- 0:48

Deb Thorne has shown improvements all-round in her triathlon ability with faster splits all round. She placed 4th out of 6 in her age group with an overall time of 2:00:20 and a great start to her campaign to get on the Canadian age group team.

Place- 287
2:00:20
W45-49
4/6
S- 15:03 2:01
B- 1:02:27 28.8
R- 40:20 5:23
T1- 1:33
T2- 0:58

Celia Sawyer- had a great race coming in 49th overall and 3rd out of 17 girls her age. She's looking forward to more races this season.

Mat Reid- placed 16th overall and 2nd in his age group with an overall time of 1:33:32. His swim/run was amazing as always and his bike was not too shabby, showing fine form for the rest of the season.

Place- 16
1:33:32
M30-34
2/48
S- 9:48 1:19
B- 51:27 35.04
R- 30:30 4:04
T1- 0:51
T2- 0:59

Roz Thomson- showed her swimming power at the start of the race by finishing 4th for her age group in the swim and posting a 14:09 split. Then Roz kept trucking through the bike and the run to give herself a final result of 2:14:09 which placed her 14th out of 22 in her age group.

Place- 395
2:14:09
W40-44
14/22
S- 14:09 1:54
B- 1:05:50 27.3
R- 50:19 6:43

T1- 2:01
T2- 1:52

Rob Harriman- showed consistency in his swim to get him off to a good start. He also had a very good bike split of 53:38 averaging 33.6 km/h. He is currently rehabilitating some leg injuries which hampered his run. In the end his efforts placed him in the top half of his age group and an overall time of 1:53:20.

Place- 197
1:53:20
M45-49
26/62
S- 13:08 1:46
B- 53:38 33.6
R- 44:23 5:55
T1- 1:17
T2- 0:55

New Awards for 2011-

Best Transition

Male Best combined transition time- Eric Greig (79secs)
Female Best combined transition time- Lauren Saunders (89secs)

Best Swim

Male- Mat Reid- 9:48
Female- Steph Teodoridis- 11:42

Best Bike

Male- Eric Greig- 50:09
Female- Lauren Saunders- 56:00

Best Run

Male- Mat Reid - 30:30
Female- Lauren Saunders- 33:34

Gravenhurst Olympic Distance Triathlon

[Gary SWAYZE](#)

Gary Swayze – Has been a racing machine this season, taking in triathlons almost every weekend plus throw in his newly acquired sport of mountain bike racing and you have a busy schedule. However there is no stopping Gary, on Sunday he came in the top 10 in his age group and a fast run considering the heat of the day.

Overall Place: 48th Age Group Place: M45-49 8/32
Overall Time: 2:34:51.0
Swim Time/Pace: 33:37 2:15
Bike Time/Pace: 1:07:27 35.6
Run Time/Pace: 51:19 5:08
T1: 1:13
T2: 1:17

Melanie SHIELDS

Melanie Shields – Took a whopping 16 minutes off her previous result at Gravenhurst. Mel had a great swim to start her lead and built momentum on the bike. Her effort earned her a 2nd spot on the podium!

Overall Place: 90th Age Group Place: F20-24 2/7
Overall Time: 2:45:02.4
Swim Time/Pace: 29:12, 1:57
Bike Time/Pace: 1:15:35, 31.8
Run Time/Pace: 58:21, 5:51
T1: 1:02
T2: 0:54

Woodstock Race Report

Eric Greig – had a fun race out in Woodstock with an overall time of 1:35:24 which placed him 2nd in his age group, and he is looking forward to Guelph next weekend.

Gary Swayze- Gary had a strong bike and run to bring him up to 27th place and a 1:43:13 overall time. He raced well and narrowly missed the podium by just 30secs. As disappointing as that is, it is also a big motivator for training.

Ray Campbell- was out there working hard looking strong on the bike averaging 30.4 km/h. Ray had an overall time of 1hr 58min 18secs.

Guelph Lake Olympic Triathlon

Eric Greig- Was able to take 4 minutes off his Olympic distance time from last year at Guelph. He moved up on the rankings and improved in every aspect of his racing. He is very happy with his performance.

Overall Place/ Time – 19th / 2:14:21.5
Age Group / Age Group Place - M20-24 4/18
Swim Time / 100m pace - 26:27 1:46
Bike Time / Avg. Speed - 1:05:36 36.64
Run / Pace per 1km - 40:09 4:01
Transition 1 - 1:12
Transition 2 - 0:59

Tim Nixon- Had his best ever Guelph Lake performance with an overall time of 2:18:27 which was 8 minutes faster than the last time he did GL1 in 2008. Tim had a great performance even after coming off a tough 70.3 race in Maryland just one week ago.

30th / 2:18:27.2

M40-44 - 6/66

Swim - 28:25 1:54

Bike - 1:07:23 35.66

Run - 40:28 4:03

T1 - 1:12

T2 - 1:02

Mat Reid- Came out of the water in 4th place overall and had a very strong bike. However once out onto the run Mat sensed he had some problems with his knees because his seat post slipped down. He was able to have a happy ending by crossing the line with his fiancé Lauren Saunders.

50 - 2:23:49.2

M30-34 9/41

Swim - 21:47 1:28

Bike - 1:08:13 35.23

Run 51:56 5:12

T1- 0:58

T2- 0:57

Lauren Saunders – Went out and performed extremely well with a great swim of 25:14 to start things off and an equally impressive bike that averaged 33.21 km/ph. Lauren finished first in her age group and was the third female overall, that is one quick mommy.

51 / 2:23:49.4

F20-24 1/7

Swim- 25:14 1:41

Bike- 1:12:14 33.21

Run - 44:08 4:25

T1 - 1:17

T2 - 0:58

Michel Gagnon- Had a Guelph Lake best by 2 minutes when he finished in 2:27:11. His finish was highlighted by the amazing support from his family who had signs galore cheering “Go Papa Go”. Michel was high up in his very large age group and was 66th overall.

66 / 2:27:11.5

M40-44 12/66

Swim- 26:14 1:45

Bike - 1:09:00 34.8

Run - 48:58 4:54

T1 - 1:32

T2 - 1:29

Amy Mausser- Fought her way through punches, elbows and kicks to get out of the water in a time of 29:53. Although a bit frazzled from the swim she charged on through the bike and had an equally strong run to finish 1st in her new 25-29 age group.

70 / 2:28:30.6

F25-29 1/20

Swim - 29:53 2:00

Bike - 1:10:24 34.15

Run - 45:55 4:36

T1 - 1:21

T2 - 0:59

Laura Greenaway – finished high up in her age group at 7th out of 27 and was evenly paced through the three disciplines. Her overall time of 2:44:54 is the second best time she has recorded for Guelph Lake 1. Laura has set a prime example and continues to develop some great athletes coming out of the Niagara region with her branch of the Fighting Koalas.

210 2:44:54.8

F35-39 7/27

Swim - 31:49 2:08

Bike - 1:18:35 30.51

Run - 51:20 5:08

T1- 1:51

T2 -1:22

Lynsey Bialkowski – Had her first go at the Guelph Lake Olympic distance triathlon this weekend to add to her already huge race resume. Lynsey performed best on the bike where she averaged 30.34 km/hr and had a 1:19:09 bike split. Her overall performance landed her a 3rd spot on the podium for her age group.

199 / 2:43:31.1

F20-24 3/7

Swim - 30:53 2:04

Bike - 1:19:09 30.34

Run - 50:53 5:06

T1 - 1:30

T2 - 1:08

Kristina Plachecki - Completed her first triathlon on Sunday and did it very well. She showed she was well balanced with her swim/bike/run abilities and finished near the top half of her age group. A great effort for a first time race, keep it up.

264 / 2:53:04.4

F25-29 12/20

Swim - 32:28 2:10

Bike - 1:21:57 29.314

Run - 52:50 5:17

T1 - 3:31

T2 - 2:20

Guelph Lake Sprint Triathlon

Lauren Heinken is getting faster and faster every year at Guelph Lake. This year she took off approximately one minute from her previous years' result. Her performance was highlighted by fast transitions and some quick swimming. Lauren placed 2nd in her highly competitive age group, way to go Lauren.

76 / 1:15:58.8

F01-19 2/9

Swim - 13:15 1:46

Bike - 37:34 31.93

Run - 22:59 4:36

T1 - 1:16

T2 - 0:57

Rob Harriman should be happy with his overall race performance especially his run which is the best he's done in a while. His overall time of 1:16:30 is three minutes faster than his previous best. Rob also had a very strong swim/bike that earned him 8th place in his age group, a terrific achievement.

81 / 1:16:30.8

M45-49 8/49

Swim - 13:19 1:47

Bike - 33:53 35.4

Run - 26:27 5:18

T1 - 1:46

T2 - 1:09

Morgan Bialkowski had her fastest Guelph Lake sprint triathlon when she finished in a time of 1:16:46 which placed her 3rd in her age group. Morgan showed some great efforts in the swim and the bike with some great transitions.

85 / 1:16:46.6

F01-19 3/9

Swim - 13:24 1:48

Bike - 36:08 33.24

Run - 24:44 4:57

T1 - 1:27

T2 - 1:06

Brianne Kilgour – Is back! It has been 6 long years since her last triathlon but now Brianne is back to doing some racing. Her sprint triathlon saw a solid swim followed by a stellar bike ride. Her efforts landed her in 4th spot in her age group with an overall time of 1:21:42, all in all a very strong comeback race.

161 / 1:21:42.6

F01-19 4/9

Swim - 15:18 2:03

Bike - 36:25 33.07

Run - 27:29 5:30

T1 - 1:26

T2 - 1:07

Ryan Kasanszky – started his triathlon with a very strong swim 11:52 for 750m. His bike and run must have been pretty taxing. This was Ryan's first race at the sprint distance and has gotten off to a good start, keep training and having fun!

168 / 1:22:00.9

M01-19 11/15

Swim - 11:52 1:35

Bike - 40:54 29.3

Run - 26:20 5:16

T1 - 1:39

T2 - 1:18

Celia Sawyer – went out for her first race at the sprint distance, a big task! The swim was Celia's greatest strength in the race. She completed her race in a total time of 1:28:20 seconds and was 6th in the 19 & under category. This was another big step in what's already been a great season for Celia.

273 / 1:28:20.2

F01-19 6/9

Swim - 16:35 2:13

Bike - 41:08 29.26

Run - 26:54 5:23

T1 - 1:49

T2 - 1:56

Roz Thomson had an impressive triathlon finishing well under the top half of her age group. She showed consistency in all three aspects of the sport. Her 1:28:21 time narrowly beat her previous best time she set at Guelph approximately 10 years ago.

274 / 1:28:21.8

F40-44 12/40

Swim - 15:09 2:02

Bike - 40:08 29.9

Run - 29:28 5:54

T1 - 2:07

T2 - 1:32

Guelph Lake Try-A-Tri

Nanci Virginillo – Congratulations to Nanci on the completion of her first... wait... second triathlon. She has proven that it's never too late to start triathlon. Although just completing the triathlon was probably her main goal Nanci finished in the top half of her age group placing 8th out of 18, her overall time was 1:04:42.

313 / 1:04:42.7

F50-59 8/18
Swim - 18:39 4:59
Bike - 23:45 25.36
Run - 16:36 6:39
T1 - 3:56
T2 - 1:49

Dean Kasanszky – although Dean usually provides comic relief at most times, there is nothing to laugh about here. Dean was able to post some **seriously** fast times in his try-a-tri performance. He was in the top half of his age group and was 34th overall. Dean has also made great progress with his transitions. Keep it up Dean!

34 - 0:46:15.2
M01-19 7/14
Swim - 7:24 1:59
Bike - 23:26 25.69
Run - 12:14 4:54
T1- 1:50
T2 - 1:24

Randy Matters – was out and about for his first ever triathlon. He survived and got the job done in 56:59 which placed him 9th in his age group. Way to go Randy! Are you ready for your next one?

222 / 0:56:59.2
M50-59 9/16
Swim - 10:33 2:49
Bike - 23:26 25.61
Run - 17:40 7:04
T1 - 3:33
T2 - 1:49

Guelph Lake Swim-Bike

Bryce Hansen – was the only koala out for the swim/bike and he represented very well. Bryce had an exceptional swim at 23:37 and was cranking out the watts on the bike averaging 34.2 kmp/h. His efforts landed the third spot overall for the Swim/Bike at Guelph Lake.

Swim - 23:37 1:35
Bike - 1:10:06 34.2
T1- 1:47

Leamington

Deb Thorne - had one of the most exciting races of her life and she didn't even know it. Deb entered the race with hopes of winning her age group so that she could go to ITU Sprint Worlds in Auckland, New Zealand. When Deb crossed the line at 1:23:36 she was overjoyed to have placed first in her age group, but what Deb didn't know was that the 2nd place female in her age group was just 4 seconds behind her! Congratulations Deb and happy training for the upcoming world championships.

62 1:23:36

TF45-49 1/6

Swim- 15:29 2:04

Bike - 42:37 28.2

Run - 25:30 5:06

Binbrook Try-a-tri

Aaron De Jong – A terrific result for Aaron De Jong who won the Binbrook Try-a-Tri overall by two minutes. It has been amazing to watch the rate at which Aaron progresses in training. Aaron loves to train and loves to compete and will find great success in the sport if he carries on with the right attitude and determination. Congratulations Aaron!

1 - 0:37:56.7

M01-19 1/7

Swim - 7:12 1:48

Bike - 20:01 30.01

Run - 9:39 3:52

T1 - 0:45

T2 -0:22

Sara Pilger – has begun a huge lifestyle change by completing her first triathlon. Sara finished in a time of 1:00:22. Haven't had a chance to talk to her yet but I can bet she is now hooked to the sport.

83 - 1:00:22.3

F20-29 12/14

Swim - 12:42 3:11

Bike - 27:23 21.9

Run - 17:39 7:04

T1 - 1:56

T2 - 0:44

Binbrook Sprint Triathlon

Gary Swayze – had a few races this year where he said he was holding back on the bike, but Binbrook was a race where Gary definitely did not hold back on the bike. His tremendous display of 'old-man-strength' put his bike speed at an average 37.79 km per hour which was the 4 best bike overall. Gary has lots to be happy about from this race.

16 - 1:41:01.7

M45-49 5/23

Swim - 16:01 2:09
Bike - 47:45 37.79
Run - 35:39 4:46
T1 - 0:58
T2 - 0:41

Joanne Shields – after a whole bunch of iron and half-iron man race completions, the Binbrook Try-a-Try must have been a welcome relief. Joanne won her age group and finished in a time of 54:29. Joanne continues to help develop some great athletes from the Burlington Koala franchise, keep up the good work.

65 - 0:54:29.7
F50-59 1/5
Swim - 12:15 3:04
Bike - 22:11 27.04
Run - 17:39 7:04
T1 - 1:36
T2 - 0:51

Mel Shields – had a great race out at Binbrook, her swim/bike/run combo landed her the top spot in her age group. Mel showed great strength in the cycle portion of the race as well as the swim. Overall she placed 4th out of all the females. Wonderfully done!

30 - 1:45:12.0
F20-24 1/3
Swim - 13:58 1:52
Bike - 53:41 33.51
Run - 36:12 4:50
T1 - 0:51
T2 - 0:33

Muskoka Long Course Triathlon

Mat Reid – Had an excellent race on his campaign to the Long Course World Championships in Las Vegas. Mat was out of the water in 4th place and tried to defend his position on the bike. He finished with one of the best runs of the race which placed him 7th overall.

Overall Place and Time: 7 / 3:01:46.4
Age Group / AG Place: M30-34 2/19
Swim Time / Pace per 100m: 27:28 / 1:23
Bike Time/ Pace km per hour: 1:39:20 / 33.22
Run Time / Pace per km: 53:30 / 4:07
Transition 1: 0:48
Transition 2: 0:43

Ray Campbell – Was able to complete his race in a time of 4:05. The Muskoka Long course was another achievement on a long list of tough races that Ray has completed in the past.

Place/Time: 184 4:05:00.2
M50-54 19/22
Swim: 49:56 2:30
Bike: 2:01:29 27.2
Run: 1:08:22 5:16
T1: 3:18
T2: 1:57

Gina Demczuk – is a very accomplished triathlete who went out with a fury on Sunday. Her swim and run were her strongest parts of the race. Gina's efforts gained her a 3rd spot on the podium for her age group.

Place / Time: 84 3:34:16.3
F20-24 3/7
Swim: 32:10 1:37
Bike: 1:55:26 28.63
Run: 1:05:04 5:01
T1: 0:53
T2: 0:46

Christa Yoshimito – had her second triathlon of the season at Muskoka. Her swim and bike were her two strongest aspects of the race. Christa was in the top half of her age group and was able to hold on to her position through what looks like a pretty tough run.

Place / Time: 150 3:55:04.4
F35-39 6/14
Swim: 41:57 / 2:06
Bike: 1:55:13 / 28.68
Run: 1:16:16 / 5:52
T1: 0:52
T2: 0:49

Alexei Martchenko- Had a steadily paced race showing consistency in his swim/bike/run. Alexei finished in the top half of his age group with an overall time of 3:51. Alexei is just over two months away from his world championships in Beijing, China.

Place / Time: 139 3:51:59.6
M45-49 11/24
Swim: 11 138 41:51 2:06
Bike: 15 154 1:56:05 28.4
Run: 13 154 1:11:09 5:29
T1: 1:42
T2: 1:15

Lauren Saunders – Performed very well in yet another race and dominated over her age group. She was the 4th female overall and had one of the best swim times. She was quoted as being “Really happy” about the race.

Place / Time: 38 3:19:52.9
F20-24 1/7
Swim: 31:54 1:36
Bike: 1:48:44 30.31
Run: 57:39 4:27
T1: 1:01
T2: 0:38

Muskoka Long Course Duathlon

Nanci Virginillo – Last raced Muskoka in 2007 where she finished in a time of 4:59, this year Nancy was able to finish in a time of 4:29 which is a terrific improvement if conditions were similar. Nanci placed third in her age group, very few women of any age can do what Nanci does, way to go!

Place / Time: 40 4:29:34.7
F50-59 3/4
Run: 12:23 6:12
Bike: 2:26:05 22.63
Run: 1:45:30 8:07
T1: 2:25
T2: 3:14

Muskoka Sprint Triathlon

Lauren Heinken – Finally got her big win of the season when she beat out seven girls in her age group. She had the fastest run in her age group at 21:25 for 5km. Lauren also had some fast transitions to help her along.

Place / Time: 36 1:15:50.1
F01-19 1/7
Swim: 13:27 1:48
Bike: 39:29 30.4
Run: 21:25 4:17
T1: 0:49
T2: 0:43

Lynsey Bialkowski – Scored a big victory at Muskoka winning a tough age group with thirteen females. She showed great strength on the bike. This was Lynsey's first 1st place finish of the season.

Place / Time: 76 1:20:37.7
F20-24 1/13
Swim: 16:28 2:12
Bike: 38:16 31.42
Run: 23:50 4:46
T1: 1:18
T2: 0:48

Deb Thorne – was just over a minute behind first place for her age group in this race. However she still got a good 2nd place spot on the podium and earned it through some hard work in all three sports, nicely done Deb.

Place / Time 89 / 1:22:29.9

F45-49 2/9

Swim: 16:18 2:11

Bike: 40:27 29.72

Run: 23:58 4:48

T1: 1:01

T2: 0:48

Stephanie Teodoridis – Started the race off with her signature super fast swim. Had pretty good speed on the bike and was able to finish off with an impressive 22:44 run. Steph finish 3rd in her age group, woot, woot.

Place / Time: 51 1:18:03.8

F01-19 3/7

Swim: 13:30 1:48

Bike: 40:28 29.73

Run: 22:44 4:33

T1: 0:48

T2: 0:36

Welland Half Ironman

Gloria Hewitt – had her first big triathlon of the season. She's started out in style finishing 2nd in her petite 60-64 age group. Gloria accomplished her half-ironman in a time of 6:52:03 and currently holds the 1st place spot for Fighting Koala training hours.

Place / Time: 281 6:52:03.2

F60-64 2/3

Swim: 48:43 2:27

Bike: 3:35:19 25.12

Run: 2:19:11 6:36

T1: 3:36

T2: 2:04

Welland Sprint Triathlon

Gary Swayze – finally Gary got his well deserved podium spot at the Welland Sprint. Gary had his fastest bike split yet clocking an average speed of 38km per hour. Special note Gary has raced a race every week since the May 24 weekend.

Place / Time: 19 1:39:00.7

M45-49 2/20

Swim: 16:56 2:16

Bike: 47:15 38.16

Run: 31:54 4:16

T1: 1:13

T2: 0:48

Joanne Thomson – was out for her first triathlon of the season and boy did she ever perform well. She had the 2nd fastest bike in her age group and also had a great swim and run. Joanne finished 2nd in her age group.

Place / Time: 104 1:58:23.7

F45-49 2/10

Swim: 15:46 2:07

Bike: 59:28 30.33

Run: 38:59 5:12

T1: 2:08

T2: 1:07

Sergei Stevens – showed great strength on the cycling portion of the race and was evenly paced in his swim/run. Sergei was 5th in his large and competitive 35-39 age group.

Place / Time: 53 1:49:35.9

M35-39 5/21

Swim: 16:30 2:12

Bike: 52:32 34.37

Run: 36:10 4:50

T1: 2:23

T2: 1:12

Welland Try a Tri'

Alexander Dos Santos – earned a big personal victory by placing 2nd overall in the Welland Try a Tri'. Alex had an incredible bike and should be very proud of his accomplishment.

Place / Time - 0:37:36.3

M01-19 2/13

Swim - 7:22 1:51

Bike - 17:42 33.9

No Run Split

Pat Dos Santos – a big day for the Dos Santos family as Alex placed 2nd overall and Pat finished her first triathlon. Now she just has to catch up to her son!

Time - 0:58:40.9

F40-49 16/26

Swim: 11:59 3:00

Bike: 25:43 23.312

Run: 13:36 5:27

T1: 2:28

T2: 1:56

Guelph Lake II - 750m SWIM, 30.0 km BIKE, 7.0 km RUN

[Mat REID](#) Overall Place: 4th Overall Time: 1:26:40.4

A great all-round race for Mat who came 4th out of the water, had the 5th fastest bike split of the day and had a solid run. Mat has been getting stronger as the season goes on.

Age Group Place: M30-34 1/40
Swim: 1 4 10:58 1:28
Bike: 1 5 46:46 38.5
Run: 1 9 27:02 3:52
T1: 1:10
T2: 0:47

[Lauren SAUNDERS](#) Overall Place: 19th Overall Time: 1:35:15.3

Lauren continues to excel in what has already been a great season of racing. Lauren was 1st out of 24 women in her age group and was up there with in the overall rankings. Watch out boys because you might be 'chicked' by Lauren in your next race.

Age Group Place: F20-24 1/24
Swim: 2 16 12:32 1:41
Bike: 1 50 51:07 35.2
Run: 1 21 29:19 4:12
T1: 1:17
T2: 1:03

[Lauren HEINKEN](#) Overall Place: 87th Overall Time: 1:47:31.2

Lauren is doing well with another age group win. She is using this race to get ready for her big race in Montreal next weekend. Good luck and congratulations.

Age Group Place: F01-19 1/5
Swim: 2 37 13:46 1:51
Bike: 1 204 58:22 30.8
Run: 1 67 32:51 4:42
T1: 1:22
T2: 1:13

[Stephanie TEODORIDIS](#) Overall Place: 134th Overall Time: 1:52:34.9

Sadly this was Steph's last race for a little while because she has decided to take a break from the sport. Steph gave it her last hurrah with a valiant effort that landed her 2nd in her age group and she had one of the top swims of the day. Steph will be missed because she contributed greatly to the team as an athlete and as a coach.

Age Group Place: F01-19 2/5
Swim: 1 31 13:35 1:49
Bike: 2 259 1:00:13 29.9
Run: 3 138 36:19 5:12
T1: 1:18
T2: 1:12

[Deb THORNE](#) Overall Place: 162 Overall Time: 1:55:00.9

Deb continues on track for what has been a break-through season with great successes. Her race was well rounded with strong splits in each category. Deb has done more races this season than ever before and has dropped several minutes off of her times, way to go Deb!

Age Group Place: F45-49 3/18
Swim: 3 155 16:37 2:13
Bike: 5 251 59:52 30.1
Run: 2 124 35:36 5:06
T1: 1:54
T2: 1:04

[Gloria HEWITT](#) Overall Place: 349th Overall Time: 2:16:32.9

I can't forget Mrs.Hewitt who has been training and racing up a storm. Gloria had another podium finish at Guelph Lake 2 and seems to be one of the happiest participants to step onto the podium.

Age Group Place: F60-64 2/3
Swim: 3 382 20:51 2:47
Bike: 3 403 1:09:31 25.9
Run: 2 301 43:10 6:10
T1: 1:52
T2: 1:11

Try-A-Tri - 375m SWIM, 10.0 km BIKE, 2.5 km RUN

[Aaron DE JONG](#) Overall Place: 2nd Overall Time: 0:38:34.5

It was a very close race for Aaron who was just over one minute off of the lead. Aaron was first out of the water but lost a little bit of time on the bike to his competitors. Aaron had a great race and a great first season for his triathlon career.

Age Group Place: M01-19 2/21
Swim: 1 1 6:37 1:46
Bike: 5 10 19:16 31.1
Run: 3 4 10:45 4:18
T1: 0:55
T2: 1:04

[Dean KASANSZKY](#) Overall Place: 59 Overall Time: 0:48:40.6

Dean is still going strong; he had a great swim to start and was able to finish in the top half of his age group. Dean has been able to get 10 races in so far this year which is more than double than what he did last year.

Age Group Place: M01-19 10/21
Swim: 5 15 7:47 2:05
Bike: 12 109 22:58 26.1
Run: 12 90 14:17 5:43
T1: 2:17
T2: 1:25

[Gerald DE JONG](#) Overall Place: 65th Overall Time: 0:49:08.8

Gerald participated in his very first triathlon and had a very reasonable start to his triathlon career. His strength lay in the run portion of the race and he finished very high up in his age group ranking. Too bad he did his first 'tri' at the end of the season, now he has to wait a whole 8 months for his next one.

Age Group Place: M40-49 14/41
Swim: 16 154 10:38 2:50
Bike: 13 46 20:40 29.01
Run: 2 78 13:58 5:35
T1: 2:11
T2: 1:44

[Robert CRATE](#) Overall Place: 82nd Overall Time: 0:50:44.3

Rob, our newest koala had his first experience with triathlon. His cycling background showed in the race. Rob survived the swim one way or another and made it through the run. Welcome to the team Rob and congratulations on finishing your first triathlon.

Age Group Place: M40-49 15/41
Swim: 28 276 12:44 3:24

Bike: 6 24 19:49 30.3
Run: 15 103 14:30 5:48
T1: 2:08
T2: 1:36

[Anne WINNING](#) Overall Place: 236th Overall Time: 1:01:43.1

Anne was another one of our first time Fighting Koala triathletes out on the course. She has been training long and hard for this race. Anne found the swim to be not as hard as she imagined and then rest of the race was a breeze as she was able to keep her focus.

Age Group Place: F50-59 5/15
Swim: 8 278 12:46 3:25
Bike: 6 258 27:25 21.9
Run: 7 302 19:35
T1: 2:43
T2:

[Nanci VIRGINILLO](#) Overall Place: 300th Overall Time: 1:06:48.9

Nancy was out for her forth triathlon of the season and continues to enjoy training and racing.

Age Group Place: F50-59 11/15
Swim: 15 371 19:22 5:10
Bike: 4 165 24:41 24.3
Run: 6 301 18:59
T1: 3:16
T2:

Muskoka Long Course Triathlon

Mat Reid – Had an excellent race on his campaign to the Long Course World Championships in Las Vegas. Mat was out of the water in 4th place and tried to defend his position on the bike. He finished with one of the best runs of the race which placed him 7th overall.

Overall Place and Time: 7 / 3:01:46.4
Age Group / AG Place: M30-34 2/19
Swim Time / Pace per 100m: 27:28 / 1:23
Bike Time/ Pace km per hour: 1:39:20 / 33.22
Run Time / Pace per km: 53:30 / 4:07
Transition 1: 0:48
Transition 2: 0:43

Ray Campbell – Was able to complete his race in a time of 4:05. The Muskoka Long course was another achievement on a long list of tough races that Ray has completed in the past.

Place/Time: 184 4:05:00.2

M50-54 19/22

Swim: 49:56 2:30

Bike: 2:01:29 27.2

Run: 1:08:22 5:16

T1: 3:18

T2: 1:57

Gina Demczuk – is a very accomplished triathlete who went out with a fury on Sunday. Her swim and run were her strongest parts of the race. Gina's efforts gained her a 3rd spot on the podium for her age group.

Place / Time: 84 3:34:16.3

F20-24 3/7

Swim: 32:10 1:37

Bike: 1:55:26 28.63

Run: 1:05:04 5:01

T1: 0:53

T2: 0:46

Christa Yoshimito – had her second triathlon of the season at Muskoka. Her swim and bike were her two strongest aspects of the race. Christa was in the top half of her age group and was able to hold on to her position through what looks like a pretty tough run.

Place / Time: 150 3:55:04.4

F35-39 6/14

Swim: 41:57 / 2:06

Bike: 1:55:13 / 28.68

Run: 1:16:16 / 5:52

T1: 0:52

T2: 0:49

Alexei Martchenko- Had a steadily paced race showing consistency in his swim/bike/run. Alexei finished in the top half of his age group with an overall time of 3:51. Alexei is just over two months away from his world championships in Beijing, China.

Place / Time: 139 3:51:59.6

M45-49 11/24

Swim: 11 138 41:51 2:06

Bike: 15 154 1:56:05 28.4

Run: 13 154 1:11:09 5:29

T1: 1:42

T2: 1:15

Lauren Saunders – Performed very well in yet another race and dominated over her age group. She was the 4th female overall and had one of the best swim times. She was quoted as being “Really happy” about the race.

Place / Time: 38 3:19:52.9

F20-24 1/7

Swim: 31:54 1:36

Bike: 1:48:44 30.31

Run: 57:39 4:27

T1: 1:01

T2: 0:38

Muskoka Long Course Duathlon

Nanci Virginillo – Last raced Muskoka in 2007 where she finished in a time of 4:59, this year Nancy was able to finish in a time of 4:29 which is a terrific improvement if conditions were similar. Nanci placed third in her age group, very few women of any age can do what Nanci does, way to go!

Place / Time: 40 4:29:34.7

F50-59 3/4

Run: 12:23 6:12

Bike: 2:26:05 22.63

Run: 1:45:30 8:07

T1: 2:25

T2: 3:14

Muskoka Sprint Triathlon

Lauren Heinken – Finally got her big win of the season when she beat out seven girls in her age group. She had the fastest run in her age group at 21:25 for 5km. Lauren also had some fast transitions to help her along.

Place / Time: 36 1:15:50.1

F01-19 1/7

Swim: 13:27 1:48

Bike: 39:29 30.4

Run: 21:25 4:17

T1: 0:49

T2: 0:43

Lynsey Bialkowski – Scored a big victory at Muskoka winning a tough age group with thirteen females. She showed great strength on the bike. This was Lynsey’s first 1st place finish of the season.

Place / Time: 76 1:20:37.7

F20-24 1/13

Swim: 16:28 2:12

Bike: 38:16 31.42

Run: 23:50 4:46
T1: 1:18
T2: 0:48

Deb Thorne – was just over a minute behind first place for her age group in this race. However she still got a good 2nd place spot on the podium and earned it through some hard work in all three sports, nicely done Deb.

Place / Time 89 / 1:22:29.9

F45-49 2/9

Swim: 16:18 2:11

Bike: 40:27 29.72

Run: 23:58 4:48

T1: 1:01

T2: 0:48

Stephanie Teodoridis – Started the race off with her signature super fast swim. Had pretty good speed on the bike and was able to finish off with an impressive 22:44 run. Steph finish 3rd in her age group, woot, woot.

Place / Time: 51 1:18:03.8

F01-19 3/7

Swim: 13:30 1:48

Bike: 40:28 29.73

Run: 22:44 4:33

T1: 0:48

T2: 0:36

Welland Half Ironman

Gloria Hewitt – had her first big triathlon of the season. She's started out in style finishing 2nd in her petite 60-64 age group. Gloria accomplished her half-ironman in a time of 6:52:03 and currently holds the 1st place spot for Fighting Koala training hours.

Place / Time: 281 6:52:03.2

F60-64 2/3

Swim: 48:43 2:27

Bike: 3:35:19 25.12

Run: 2:19:11 6:36

T1: 3:36

T2: 2:04

Welland Sprint Triathlon

Gary Swayze – finally Gary got his well deserved podium spot at the Welland Sprint. Gary had his fastest bike split yet clocking an average speed of 38km per hour. Special note Gary has raced a race every week since the May 24 weekend.

Place / Time: 19 1:39:00.7

M45-49 2/20

Swim: 16:56 2:16
Bike: 47:15 38.16
Run: 31:54 4:16
T1: 1:13
T2: 0:48

Joanne Thomson – was out for her first triathlon of the season and boy did she ever perform well. She had the 2nd fastest bike in her age group and also had a great swim and run. Joanne finished 2nd in her age group.

Place / Time: 104 1:58:23.7

F45-49 2/10

Swim: 15:46 2:07
Bike: 59:28 30.33
Run: 38:59 5:12
T1: 2:08
T2: 1:07

Sergei Stevens – showed great strength on the cycling portion of the race and was evenly paced in his swim/run. Sergei was 5th in his large and competitive 35-39 age group.

Place / Time: 53 1:49:35.9

M35-39 5/21

Swim: 16:30 2:12
Bike: 52:32 34.37
Run: 36:10 4:50
T1: 2:23
T2: 1:12

Welland Try a Tri'

Alexander Dos Santos – earned a big personal victory by placing 2nd overall in the Welland Try a Tri'. Alex had an incredible bike and should be very proud of his accomplishment.

Place / Time - 0:37:36.3

M01-19 2/13

Swim - 7:22 1:51
Bike - 17:42 33.9
No Run Split

Pat Dos Santos – a big day for the Dos Santos family as Alex placed 2nd overall and Pat finished her first triathlon. Now she just has to catch up to her son!

Time - 0:58:40.9

F40-49 16/26

Swim: 11:59 3:00
Bike: 25:43 23.312
Run: 13:36 5:27
T1: 2:28

T2: 1:56

Huronian Triathlon, KOS u15 **500m swim, 10km bike, 4km run**

Aaron De Jong – was in a close race filled with some stiff competition. Aaron did best in the swim and run. Great job in what was a very exciting race for the De Jong's.

Place/Overall Time: 5th out of 16 boys / 46:25

Boys 14 – 15

5/16

5/17

Swim: Category rank/Swim split/Pace per 100: 3 9:04 1:49

Bike: Category rank/Bike split/Km/h: 8 20:51 28.8

Run: Category rank/Run split/Pace per km: 6 16:31 4:08

Boys U11 Triathlon

200m 5km 2km

Justin De Jong – had his first triathlon at Huronia this weekend and he had some great results. Justin was 10th overall in his race and he was strongest in the run portion of the race.

10th overall

33:16

Boys 10 – 11

8/22

8/22

Swim: 11 6:20 3:10

Bike: 13 14:38 20.5

Run: 10 12:20 6:10

Eric Greig – was out for his first ever sprint race. Eric came 13th overall and 2nd in his age group. Little slow on the swim but a pretty decent bike/run. Great day and good result!

Overall Place / Time: 13th 1:07:24.3

M20-24

2/21

Swim: 4 32 12:52 1:43

Bike: 2 12 33:21 36.0

Run: 2 10 19:31 3:55

T1: 0:55

T2: 0:48

Morgan Bialkowski – took off right off the start developing a big lead on the swim. She dominated in all three disciplines for her age group and was 1st in her age group and 11th female overall.

Overall Place/ Time: 73rd 1:17:15

F01-19 1/5

Swim: 37 12:59 1:44

Bike: 126 38:41 31.02

Run: 22 23:55 4:47

T1: 0:58

T2: 0:45

Robert Harriman – came across the line at 1:18:46 and was 6th in his huge age group of 29 men. Rob was the strongest on the swim bike and is getting better and better with his running as he heals from surgeries.

Place – Overall Time- 89th 1:18:46.5

M45-49 6/29

Swim: 3 54 13:47 1:51

Bike: 9 64 36:25 33.01

Run: 6 202 26:26 5:18

T1: 1:16

T2: 0:56

Deb Thorne – continues a very successful season of racing. Deb finished in a time of 1:21:55 which placed her 2nd in her age group. Deb had one of the best runs of the day and the best run in her age group. Go Deb Go!

125th 1:21:55.0

F45-49

2/20

2 126 15:39 2:06

2 158 39:51 30.13

1 20 23:53 4:47

1:37

0:58

Ryan Kasanszky – started off the race well but took the smart choice of stopping early because of some nagging injuries.

M01-19 18/19

Swim: 9 33 12:55 1:44

Bike: 16 311 44:39 26.9

T1: 1:42

Half Ironman Triathlon

2000m swim, 90km bike, and 21km run.

Katie Snowden – is an endurance machine! She put down an average swim-bike and finished with an almost super-human run. Her run was the 3rd best run of the day which was a remarkable display of toughness considering the sweltering heat. Katie was the best amateur female of the race. Congrats!

Overall place – Time: 48th 5:09:01.5

F25-29

1/18

Swim: 7 123 39:32 1:59

Bike: 7 209 3:00:48 29.9

Run: 1 3 1:26:13 4:07

T1: 1:28

T2: 1:03

Lauren Saunders – had a wild race on Sunday with lots of drama. Her swim was great and then out on the bike she noticed her front tire was slowly losing air. Lauren finished the bike with the flat tire and then went on to run one of the best runs of the day. Lauren won in her age group and was the 8th overall female.

Overall Place- Time: 74th 5:18:32.6

F20-24 1/6

Swim: 1 28 33:38 1:41

Bike: 3 266 3:06:34 28.9

Run: 1 20 1:36:14 4:35

T1: 1:17

T2: 0:51

Laura Greenaway – raced hard on a very hard course. Her overall time was 5:56, this was Laura`s first half triathlon, congratulations on finishing your first half!

Overall Place – Time: 203rd 5:56:06.8

F35-39 11/16

Swim: 12 217 43:01 2:10

Bike: 10 264 3:06:27 29.0

Run: 10 172 2:04:17 5:56

T1: 1:29

T2: 0:55

Ray Campbell- shows his strength on the longer distances, there is no stopping this man who finished in a time of 5:57:29 and near the top half of his age group. Ray`s greatest strength was in the running portion of the race.

Overall Place – Time: 206th 5:57:29.6

M50-54 21/41

Swim: 38 313 47:45 2:24

Bike: 19 170 2:55:32 30.8

Run: 22 210 2:09:25 6:10

T1: 2:40

T2: 2:10

Lauren Heinken – took the plunge into this race after much convincing. She swam well and looks like she took the bike slow and steady. Lauren looked very fresh and strong while out on the run and cruised in to finish her first half triathlon! Congratulation you are now a half ironwoman! She also won her age group.

211

6:00:16.4

F01-19

1/1

Swim: 1 42 34:41 1:45

Bike: 1 334 3:20:53 26.9

Run: 1 163 2:02:05 5:49

1:22

1:18

Lynsey Bialkowski – finished her first half-ironman! Lynsey showed remarkable consistency in all three disciplines. With some more endurance training and a few more miles logged in we will certainly see Lynsey get stronger at the longer distance triathlons.

Overall Place – Time: 225th 6:04:50.8

F20-24 5/6

Swim: 4 172 41:46 2:06

Bike: 4 269 3:07:18 28.8

Run: 5 233 2:12:28 6:19

T1: 1:38

T2: 1:43

Alexei Martchenko – When I (Eric) saw Alexei out on the run beginning of the run I thought he was finished, he was guzzling water and gatorade like he just came across the desert. However, Alexei`s toughness shined through as he was able to complete the race and he ranked fairly well coming in close to the top half of his age group. Well done Alexei!

Overall Place – Time: 236th 6:08:35.3

M45-49 25/46

Swim: 25 228 43:37 2:11

Bike: 26 221 3:02:16 29.62

Run: 8 263 2:19:06 6:38

T1: 2:09

T2: 1:30

Mat Reid – was forth out of the water at Peterborough and went out hard on the bike. Unfortunately Mat felt a pretty huge cramp in his quads during the run and pulled out of the race. Sometimes choosing what is best for your health and dropping out of a race is much harder than continuing on through pain just so that your ego is satisfied.

M30-34 30/31

2 4 29:17 1:28

6 51 2:37:37 34.3

1:03

1:26

Sydenham Olympic Distance Triathlon

Tim Nixon – Just north of Kingston is the scenic Sydenham triathlon, where Tim Nixon was one of the top contenders. Tim was just 30 seconds off the podium. In addition, he was first in his age group and had the 4th best bike and run splits in the field.

Place 4th overall

Time: 2:15:06

Men 40-44 1/8

Swim: 25:02 1:41

Bike: 1:08:43 34.94

Run: 41:22 4:09

Martin's Surf and Turf, 400m swim and 5km run

Eric Grieg – Came in 1st overall in this small charity race, the venue was beautiful and the atmosphere very laid back, a great race to try out for next year. Plus you get a really cool hand painted trophy for 1st male / female.

Place 1st

Time: 26:39

AM20-39 1/7

Swim: 6:08 1:32

Run: 20:31 4:07

Aaron De Jong – had the fastest swim of the day at 6:01 and was working real hard on the run to keep his position. Aaron held on to second and won a cool lawn chair for the fastest swim.

Place: 2nd

Time: 27:26

AM<20 1/2

Swim: 6:01 1:31

Run: 21:25 4:17

Justin De Jong – had his first multi-sport race and came in 9th overall. For being the youngest competitor out there Justin won a ticket to Canada's Wonderland.

Place 9th

Time: 35:48

AM<20 2/2

Swim: 8:01 2:01

Run: 27:47 5:34

Nanci Virginillo – swam and ran herself to another completed race for the season. Nanci fought all the way to the finish, and had a good reason to party afterwards.

Place 22nd

Time: 53:22

AF40+ 7/8

Swim: 15:49 3:58

Run: 37:34 7:31

Cobourg Olympic Distance Triathlon 1500m swim, 40km bike, 10km run

Alison Wiley 22nd overall Time: 2:26:53.9

Alison is gearing up for the upcoming World Championships in Beijing and Sunday's race was a great tune-up. Alison was ranked first in her age group overall and had the 13th best run of the day. Congratulations on your win and good luck in your upcoming big race!

Age group place: F45-49 1/6
Swim: 28:43 2:04
Bike: 1:14:34 32.2
Run: 41:25 4:09
T1: 1:22
T2: 0:53

Gary Swayze 42nd overall Time: 2:32:06.1

Gary has been developing a lot lately especially in his run. He finished in the top ten in his age group and had his fastest time for an Olympic distance triathlon. In the Milk series Gary is in third place because of his consistent hard efforts in every race.

Age Group Place: M45-49 10/23
Swim: 32:14 2:19
Bike: 1:09:58 34.3
Run: 47:29 4:45
T1: 1:34
T2: 0:54

Melanie Shields 81st overall Time: 2:43:32.3

Mel was able to win her age group at the Cobourg Triathlon and with it a qualifying spot for the World Championships in New Zealand next year! Melanie's race was highlighted by some fast swimming and transitions.

Age Group Place: F20-24 1/5
Swim: 28:37 2:03
Bike: 1:19:21 30.2
Run: 53:51 5:24
T1: 0:56
T2: 0:49

MultiSport Canada Triathlon Series Lakeside Olympic Triathlon 1500m SWIM, 40 km BIKE, 10 km RUN

[Gary SWAYZE](#)

Overall Place: 29th

Overall Time: 2:26:10.5

Gary had an improved swim time and put in a solid effort on the bike. This race was the last in the MSC series and Gary's main goal was to achieve a high ranking in the series standing. Although it's not official yet, Gary finished 2nd in the MSC triathlon series for his age group. Congratulations on achieving your goal!

Age group place: M45-49 4/25

Swim: 30:02 2:01

Bike: 1:06:20 36.2

Run: 47:51 4:48

T1: 1:03

T2: 0:56

MultiSport Canada Triathlon Series Lakeside

Try-A-Tri

400m SWIM, 10.0 km BIKE, [2.50 km RUN](#)

[Alexander DOS SANTOS](#)

Overall Place: 1

Overall Time: 0:38:37.6

All right! Alex won his race at the Lakeside try-a-tri in a dominate fashion with a two minute lead. He has been working hard this year in all aspects of training and has had a great attitude towards the sport. Great job so far, we can't wait to see what is in store for next year!

Age group place: M01-19 1/6

Swim: 7:35 1:54

Bike: 19:23 31.0

Run: 10:29 4:12

T1: 0:40

T2: 0:33

MultiSport Canada Triathlon Series Lakeside

Kids of Steel 10 & 11 years old

200 m Swim, 5.0 km BIKE, [1.5 km RUN](#)

[Justin DE JONG](#)

Overall Place: 3rd

Overall Time: 0:22:43.1

Justin is finished his first season and he is developing remarkably fast with some great races under his belt. Keep up the good work and we will see you out there next year!

Age group place: M10-11 2/24
Swim: 2:16
Bike: 12:12 24.6
Run: 6:31 4:21
T1: 1:12
T2: 0:34

[Phillippa DENDUK](#) Overall Place: 6th Overall Time: 0:23:19.2

Phillippa did a great job in her race placing on the podium for her age group. She was well rounded in all three disciplines and she even beat out a lot of the boys!

Age group place: F10-11 3/27
Swim: 2:33
Bike: 12:06 24.8
Run: 7:18 4:52
T1: 0:55
T2: 0:30

MultiSport Canada Triathlon Series Lakeside Kids of Steel 12 & 13 years old

[Addison NIXON](#)

Addison was just shy of the podium but had a great race nonetheless. This year Addison got lots of experience by racing four times and he's lovin' the sport. Addison is really excelling in his running this year!

Overall Place: 4th Overall Time: 0:37:41.1

Age group place: M12-13 4/25
Swim: 5 15 7:00 2:20
Bike: 6 6 18:12 26.4
Run: 4 4 10:43 4:18
T1: 1:05
T2: 0:43

MultiSport Canada Triathlon Series Lakeside Kids of Steel 14 & 15 years old

500 m Swim , 10.0 km BIKE, 4.0 km RUN

[Aaron DE JONG](#)

Overall Place: 3rd Overall Time: 0:48:02.1

Aaron finished third overall in his last race of the season in what has been a remarkable debut to triathlon. With another year of training under his belt, Aaron will be unstoppable next season!

Age group place: M14-15 3/18
Swim: 10:38 2:08
Bike: 19:54 30.2
Run: 16:23 4:06
T1: 0:32
T2: 0:38
Orillia Triathlon
750m swim, 33km bike, 7km run

[Victor DOS SANTOS](#) Overall Place: 91st Overall Time: 1:49:53.0

Victor was our fastest Koala out there at the Orillia Sprint triathlon. Victor was 13th in his age group and must have really pushed it in the run where he gained the most positions.

Age Group Place: M45-49 13/53
Swim: 17:40 2:22
Bike: 59:03 35.0
Run: 29:47 4:16
T1: 1:53
T2: 1:32

[Lauren HEINKEN](#) Overall Place: 146th Overall Time: 1:53:22.4

Lauren once again won for her age group and was able to better her previous year's time by about 3 min. Lauren's race on Sunday was a punctuation mark on top of what has already been an outstanding season for her!

Age Group Place: F01-19 1/10
Swim: 12:51 1:43
Bike: 1:07:39 30.5
Run: 31:34 4:31
T1: 0:42
T2: 0:39

[Alexei MARTCHENKO](#) Overall Place: 155th Overall Time: 1:54:10.8

Alexi finished in the top half of his age group for his first time racing at Orillia. I heard through the grape vine that Alexi had a bit of a tumble heading into T2 but it didn't seem to affect his run with was his strongest sport of the day.

Age Group Place: M45-49 24/53
Swim: 15:49 2:07
Bike: 1:03:32 32.5
Run: 32:19 4:37
T1: 1:27
T2: 1:06

[Stephanie TEODORIDIS](#) Overall Place: 171st Overall Time: 1:55:22.4

Although she was overworked and sleep deprived Steph had no issues with Sunday's race where she came out and delivered a great race. Steph was toe to toe with Lauren for most of the race but lost her on the run to finish second in the under 19 age group. Her swim time was the best of the day for her age group, nicely done!

Age Group Place: F01-19 2/10
Swim: 12:36 1:41
Bike: 1:08:34 30.1
Run: 32:55 4:43
T1: 0:44
T2: 0:36

[Deb THORNE](#) Overall Place: 229th Overall Time: 2:01:00.2

Deb went out there and had pretty good race considering she was having trouble with some bothersome injuries. Deb's strength lay in the swim where she was ranked highest out of the three disciplines.

Age Group Place: F45-49 9/23
Swim: 15:27 2:04
Bike: 1:07:45 30.5
Run: 35:17 5:03
T1: 1:31
T2: 1:02

[Celia SAWYER](#) Overall Place: 267th Overall Time: 2:04:28.3

Orillia was Celia's longest triathlon to date and she was able to make some remarkable improvements in the run and swim compared to her last sprint triathlon in Guelph. Celia placed forth in her age group thus putting the under 19 koala girls in 1st, 2nd and 4th. Awesome job girls!

Age Group Place: F01-19 4/10
Swim: 15:48 2:07
Bike: 1:11:12 29.0

Run: 34:30 4:56
T1: 1:43
T2: 1:17

Try-a-try

[Alexander DOS SANTOS](#) Overall Place: 1st Overall Time: 0:36:46.9

It was bound to happen sooner or later the way Alex has been training and racing. He came “oh so close” so many times this year with several second place finishes, but on Sunday Alex won his first triathlon with a commanding just over two minute lead. Alex had the best bike and run of the day. Alex shows that the simple equation of, hard work = great results, truly works out. Way to go!

Age Group Place: M01-19 1/10
Swim: 7:15 1:56
Bike: 18:37 32.2
Run: 9:28 3:47
T1: 0:54
T2: 0:36

[Dean KASANSZKY](#) Overall Place: 27th Overall Time: 0:45:16.5

Dean had a stupendous race on Sunday where he was the first out of water. If you’ve been watching swim practices closely you’d notice Dean starting to get a lot faster around spring time and now he has just taken off. Dean also came forth in his age group and took off an amazing 13 minutes off his previous year’s race at Orillia!

Age Group Place: M01-19 4/10
Swim: 7:05 1:54
Bike: 22:28 26.7
Run: 12:39 5:04
T1: 1:55
T2: 1:12

[Bronwyne SAWYER](#) Overall Place: 106 Overall Time: 0:53:00.9

Bronwyne finished in the top half of her the field on Sunday and is continuing to develop in her new found sport. Currently she is fairly well-rounded as a triathlete and can use that to soar up the ranking and of course achieve that ultimate goal of beating her sister!

Age Group Place: F01-19 16/20
Swim: 16 103 10:24 2:47
Bike: 17 162 25:59 23.1
Run: 14 120 14:03 5:37

T1: 1:34
T2: 1:04

Subaru Niagara Triathlon, 750m swim, 25km bike, 7km run

[Tim NIXON](#) Overall Place: 4th Overall Time: 1:22:44.5

A great performance from Tim Nixon who had great swim/bike/run splits. Tim had great motivation going into the run to hunt down his age group competitors. He had a first place age group finish and one of the top runs of the day!

Age Group Place: M40-44 1/31
Swim: 11:43 1:34
Bike: 42:01 35.7
Run: 27:36 3:57
T1: 0:46
T2: 0:41

[Mat REID](#) – Overall Place: 380th (3rd without DQ) Overall Time: 1:20:45.6

It was a sad story for Mat who had the third fastest overall time but was not given the recognition of third place because of disqualification. However, Mat had an excellent race; he was first out of the water, posted an excellent bike split of 43 minutes and had the fourth fastest run of the day. He feels that he is good shape to reach some of his late season goals.

Age Group Place: M30-34 33/33
Swim: 9:42 1:18
Bike: 4 18 43:00 34.9
Run: 1 4 26:47 3:50
T1: 0:41
T2: 0:38

[Eric GREIG](#) Overall Time: 12th (10th without penalty) Overall Time: 1:26:47.1

I was pretty worried going into this race because of a training injury but was able to achieve some great swim and bike results. The run was challenging and I guess the official thought I was drafting, oh well, I didn't think so.

Age Group Place: M20-24 3/17
Swim: 11:35 1:33
Bike: 41:54 35.8
Run: 30:00 4:18
T1: 0:48
T2: 0:32

[Lauren SAUNDERS](#) Overall Place: 18th Overall Time: 1:28:16.2

Woot woot! Lauren was the first place female overall. Lauren was able to take the lead in the swim; she then had a big battle on the bike and took off on the run. Congratulations on your second overall win!

Age Group Place: F20-24 1/14
Swim: 10:57 1:28
Bike: 46:09 32.5
Run: 29:37 4:14
T1: 0:44
T2: 0:50

[Lauren HEINKEN](#) Overall Place: 70th Overall Time: 1:37:10.0

Lauren has sailed away in her age group category with another win. Lauren was strongest in the swim and run, she also had some pretty speedy transitions. Currently, Lauren is preparing for her big race of the season at Esprit.

Age Group Place: F01-19 1/2
Swim: 11:40 1:34
Bike: 51:40 29.0
Run: 32:14 4:37
T1: 0:53
T2: 0:45

[Robert HARRIMAN](#) Overall Place: 84th Overall Time: 1:38:19.9

Rob has been putting in a lot of training and racing this season and continues to produce some fine results. At Niagara, Rob was able to place 8th out of 34 men in his age group and was ranked the 4th best swimmer in his age group.

Age Group Place: M45-49 8/34
Swim: 12:37 1:41
Bike: 46:22 32.4
Run: 37:34 5:22
T1: 1:00
T2: 0:49

[Alexei MARTCHENKO](#) Overall Place: 90th Overall Time: 1:39:12.7

Alexei took a break from races that are 3 hours plus (ie marathons, ironmans) to do his shortest race of the year at Niagara. Alexei was strongest on the run with a run time of 34:18 and was in the top half of his age group. Alexei must have been surprised the race was over so quickly.

Age Group Place: M45-49 9/34
Swim: 14:46 1:59
Bike: 48:20 31.0
Run: 34:18 4:54
T1: 1:07
T2: 0:45

[Stephanie TEODORIDIS](#) Overall Place: 107th Overall Time: 1:41:20.9

Placed 2nd in her age group and in doing so received some pretty good series points towards her total. Stephanie had a superb swim to start her race off and is constantly working hard to improve her bike and run.

Age Group Place: F01-19 2/2
Swim: 1 19 11:37 1:33
Bike: 2 207 51:58 28.9
Run: 2 151 36:12 5:11
T1: 0:52
T2: 0:44

[Joanne THOMSON](#) Overall Place: 170th Overall Time: 1:47:00.2

Joanne was oh so close to the podium for her age group when she finished 4th on Sunday. Last year when Joanne raced Niagara she had a time of 1:52:27 therefore she took a whopping 5min and 27secs off her time. Although Joanne is an accomplished runner her strongest leg of the race was the swim!

Age Group Place: F45-49 4/17
Swim: 15:19 2:03
Bike: 52:35 28.5
Run: 36:13 5:11
T1: 2:02
T2: 0:53

[Ryan KASANSZKY](#)

Had a great swim but had to pack it in afterwards due to injury.
Swim: 11:54 1:36

Try-a-try

[Alexander DOS SANTOS](#) Overall Place: 2nd Overall Time: 0:37:31.6

Alex finished 2nd overall at the Niagara try-a-tri! He did a great job and has lots of potential to develop even further. When you saw Alex at the finish line you knew he gave

100% because he did not look pretty. Alex had the second fastest run of the day and had a very strong swim/bike.

Age Group Place: M01-19 2/13
Swim: 27:09 1:55
Bike: 311 18:22 32.72
Run: 210:38 4:15
T1: 0:48
T2: 0:38

[Dean KASANSZKY](#) Overall Place: 27th Overall Time: 0:42:40.9

Wow-ee! What a great race from Dean. Not only did Dean have his best overall finish in a triathlon, but he came 4th in his age group. It was like he got a new pair of legs when it came to the bike because his time and average speed were light years away from his previous results. Way to go Deane!

Age Group Place: M01-19 4/13
Swim: 310 7:13 1:56
Bike: 798 20:39 29.1
Run: 747 12:37 5:03
T1: 1:26
T2: 0:48

[Addison NIXON](#) Overall Place: 34th Overall Time: 0:43:02.1

Addison had a great race making tremendous gains in his bike and run portions of triathlon. Overall Addison placed 34th and he placed high up in his age group that features boys that are more than 5 years older than him.

Age Group Place: M01-19 7/13
Swim: 8135 9:19 2:29
Bike: 670 20:07 29.8
Run: 312 11:28 4:36
T1: 1:16
T2: 0:55

[Celia SAWYER](#) Overall Place: 43rd Overall Time 0:43:51.5

Celia was the 5th female overall in her try-a-tri race and was 3rd out of 14 in her 1-19 year old age group. Celia's strength in the race was her swim and her bike. Niagara was another great result in what has been a terrific season of racing.

Age Group Place: F01-19 3/14
Swim: 217 7:35 2:02
Bike: 293 20:33 29.2

Run: 5 73 13:18 5:19
T1: 1:26
T2: 1:02

[Bronwyne SAWYER](#) Overall Place: 125th Overall Time: 0:48:59.0

Now I think this was Bronwyne's first outdoor triathlon, if so congratulations on finishing your first big outdoor tri. Bronwyne was able to finish well below the average time of all the racers, not too shabby. This race will be a great benchmark to measure future improvements in the races to come.

Age Group Place: F01-19 8/14
Swim: 9 149 9:29 2:32
Bike: 8 191 22:52 26.2
Run: 9 116 14:15 5:42
T1: 1:32
T2: 0:53

[Nanci VIRGINILLO](#) Overall Place: 220th Overall Time: 0:54:10.9

This was Nanci's first time doing the Niagara tri-a-try. Nanci's best portion of the race was the bike where she was ranked 3rd in her age group. We look forward to seeing more results from this extremely hard working Koala.

Age Group Place: F50-59 7/18
Swim: 16 302 11:55 3:11
Bike: 3 121 21:19 28.1
Run: 7 226 17:13 6:54
T1: 2:07
T2: 1:39

Bracebridge Triathlon

[Gary SWAYZE](#) Overall Place: 98th Overall Time: 2:34:16.5

Was gunning for a spot for World's but came a bit short on his goal. He did however finish in the top half of his age group and was able to post one of the best bike splits of the day. Things didn't go well for Gary in the run portion of the race where he had some GI (gastro intestinal) issues.

Age Group Place: M45-49 13/29
Swim: 20 195 33:17 2:14
Bike: 3 28 1:06:34 36.1
Run: 14 142 52:40 5:16
T1: 1:00
T2: 0:48

[Morgan BIALKOWSKI](#) Overall Place: 120th Overall Time: 2:39:42.9

Once again came first in her age group and is showing constant improvement in her racing. Although Morgan has done tons of races this was her first shot at the Olympic distance according to Sportstats.ca. Morgan had a great swim split of 27min 13secs which placed her 60th overall in the swim. She also had some pretty quick transitions which are always a bonus!

Age Group Place: F01-19 1/1

Swim: 1 60 27:13 1:49

Bike: 1 137 1:16:10 31.5

Run: 1 160 54:49 5:29

T1: 0:49

T2: 0:44

Muskoka - 2km SWIM, 94km BIKE, 21.1km RUN

[Barb HILL](#)

Overall Place: 754th

Overall Time: 7:39:38

Barb Hill had a great effort and was able to complete the very tough Muskoka course. Barb is a season veteran of triathlon and was able to stay tough throughout the race in fact her run was the best part.

Age Group Place: W50-54 16/21

Swim: 19 764 50:03 2:31

Bike: 16 781 4:01:04 23.4

Run: 15 710 2:37:37 7:29

T1: 7:26

T2: 3:29

Esprit Triathlon - 2km SWIM, 90 km BIKE, 21.1km RUN

[Mat REID](#)

Overall Place: 6th

Overall Time: 4:18:44

Mat had another wicked fast race; he was third out of the water and was very strong on the bike. His run was up there with the best of them. Mat is still feeling fresh and strong after a big season of racing.

Age Group Place: Male 30-34 1/22

Swim: 1 3 26:14 1:23

Bike: 2 12 2:23:11 37.7

Run: 4 9 1:26:32 4:07

T1: 1:20

T2: 1:30

[Lauren SAUNDERS](#) Overall Place: 27th Overall Time: 4:43:13

Lauren continues her streak this year of winning her age group in every race she has entered. Lauren continued to push herself throughout the race even though her closest age group competitor was about an hour behind her. Lauren was the second female overall. Congratulations on your race!

Age Group Place: F18-24 1/3

Swim: 1 11 30:19 1:36

Bike: 1 69 2:38:29 34.1

Run: 1 17 1:31:14 4:20

T1: 1:25

T2: 1:49

[Lauren HEINKEN](#) Overall Place: 148th Overall Time: 5:37:28

Awesome job Lauren, that's two half-ironman's in the bag now. Lauren's 70.3 time was 23 minutes faster than her previous result in Peterborough. Way to go!

Age Group Place: F18-24 3/3

Swim: 2 35 32:54 1:44

Bike: 3 211 3:12:27 28.1

Run: 2 102 1:48:30 5:09

T1: 1:44

T2: 1:55

Wasaga Beach - 1500m SWIM, 40.0 km BIKE, 10.0 km RUN

[Gary SWAYZE](#) Overall Place: 54th Overall Time: 2:28:22.4

Gary had his best Olympic triathlon result of the season with a new best time. He has been fighting hard to get up in the standings for the Milk series and with only one race to go at Lakeside, it will be a close race to the finish.

Age Group Place: M45-49 8/39

Swim: 18 152 32:13 2:19

Bike: 5 24 1:04:29 37.2

Run: 8 83 48:41 4:53

T1: 1:20

T2: 0:57

[Christa YOSHIMOTO](#) Overall Place: 135th Overall Time: 2:43:51.5

Christa had her first taste of an Olympic distance triathlon and was able to finish very well in her age group. Christa's strength currently lies in being very well rounded as a triathlete and she has some very fast transitions, nicely done!


Age Group Place: F35-39 4/18
Swim: 8 180 33:24 2:24
Bike: 3 165 1:14:56 32.0
Run: 6 161 53:24 5:21
T1: 0:49
T2: 0:37

[Deb THORNE](#) Overall Place: 143rd Overall Time: 2:44:31.4

Deb did really well in her age category and was successful in completing her first Olympic distance triathlon. These long efforts will help make the sprint distance seem like a breeze.


Age Group Place: F45-49 3/11
Swim: 4 146 31:58 2:17
Bike: 4 211 1:17:50 30.8
Run: 2 131 51:40 5:10
T1: 1:32
T2: 0:45

Beijing ITU Aquathlon World Championships –2.5km RUN, 1km SWIM, 2.5km RUN

[Eric Greig](#) CAN  Age Group Place: Male 20-24 7th of 11 Overall Time: 00:38:15

Wow, there were some fast guys out there. It was a great race with tons of action. I lost a lot of time on the swim but had pretty good legs for the run. It was a great experience and it was my first taste of international competition.

Run1: 08:53
Swim: 17:55
Run2: 9:54
T1: 0:35
T2: 0:58


[Jason Britton](#) CAN  Age Group Place: 4th of 16 Overall Time: 00:34:49

Ran and swam very well but was just thirty seconds shy of the podium. Jason trains out of Edmonton with his club of Koalas and was the team coach for the age group Canadian team at the world championships.

Run1: 08:15


Swim: 15:03
Run2: 10:03
T1: 0:30
T2: 1:00

Beijing ITU Triathlon World Championships – 1.5km SWIM, 40km BIKE, 10km RUN

[Eric Greig](#) CAN  Overall Time: 02:19:41 Age Group Place: Male 20-24 18 of 27

Not my best race and not my worst. It was a great experience being on the Olympic course that inspired me to start triathlons in 2008. I've come a long way since that first run I had after watching those Olympics and I'm incredibly happy with the sport and lifestyle I lead now.

Swim: 26:58
Bike: 1:07:57
Run: 41:28
T1: 1:57
T2: 1:21

[Alexei Martchenko](#) CAN  Overall Time: 02:46:32 Age Group Place: 45th of 71

Alexei had the goal of not finishing in last place and he completed it no problem. Climbing up the Great Wall a few days before the race probably didn't help too much but I'm sure Alexei had a great experience travelling all over China.

Swim: 00:33:44
Bike: 01:17:54
Run: 00:50:01

T1: 00:02:53
T2: 00:02:02

[Alison Wiley](#) CAN  Age Group Place: 4 of 27 Overall Time: 02:26:46

The whole Wiley family was out at the world championships having a great time. I saw Alison out on the run course and she looked super fast, it was really impressive. Alison had a great race which placed her forth overall, woot woot!

Swim: 00:28:13
Bike: 01:13:45
Run: 00:40:46
T1: 00:02:21
T2: 00:01:41

[Jason Britton](#) CAN 

Age Group Place: 10 of 77 Overall Time: 02:08:24

Jason is a veteran of World Championship triathlons; Beijing was his 11th world championships! Beijing was also his best result in the age group rankings for triathlon. Thanks for coaching and we'll see you again at the Auckland World championships in 2012.

Swim: 00:22:53

Bike: 01:03:28

Run: 00:38:47

T1: 00:02:01

T2: 00:01:15

Road 2 Hope 42k

Gloria Hewitt – Completed her first marathon at the Road2Hope in a stunning time of 4hrs and 28min which placed her 4th out of 7 in her age group. She also looks to have completed the most training hours of all the Koalas this year.

Overall Place: 703

Overall Time: 4:28:46

Age Group: MF60-64 4/7

Pace: 6:23

Bradley White – Finished his second marathon of his running career with a new personal best set at the R2H. Brad took off seven minutes from his previous marathon in 2010 in Toronto.

Overall Place: 623

Overall Time: 4:18:26

Age Group: MM50-54 62/85

Pace: 6:09

Karen Spencely - Defends the title of *Fastest Lady in Waterdown* with her fantastic marathon performance. She was up in the top half of her age group and I am pretty sure this was her first marathon as well, way to go Karen!

Overall Place: 275

Overall Time: 3:38:59

Age Group: MF35-39 16/62

Pace: 5:12

Aleksey Medved – Is one of the toughest runners out there and was ready for the marathon challenge. He placed in the top half of his age group and had his best ever Canadian marathon (He did some marathons in Russia but I can't read their stats website without a translator ☺)

Overall Place: 619

Overall Time: 3:36:28

Age Group: MM50-54 31/85

Pace: 5:09

Lauren Saunders – Was seven minutes faster than her R2H marathon last year with her blazingly fast 3hrs and 20min pace. Lauren was also first in her age group.

Congratulations Lauren!!!

Overall Place: 128

Overall Time: 3:20:58

Age Group: MF20-24 1/16

Pace: 4:46

Mat Reid – had a wicked fast race with an overall time of 2hrs and 55min which placed him second in his age group and sixteenth overall, a great way to end the marathon season.

Overall Place: 16

Overall Time: 2:55:21

Age Group: MM30-34 2/44

Pace: 4:10

Road 2 Hope 21k

ColleenMaunder – Congratulations Colleen on what looks to be your fastest half marathon time. Colleen has shown great improvement over the past year and has been a committed athlete, keep it up!

Overall Place: 1345

Overall Time: 2:13:05

Age Group: HF40-44 126/170

Pace: 6:24

Lauren Heinken – seems to shave off a minute or two off of just about every race she does and the R2H was no exception. Lauren achieved a new personal best for 21 km with a time of 1hr 34min and 19secs, and lets not forget she came first in her age group congratulations Lauren!

Overall Place: 224

Overall Time: 1:34:19

Age Group: HF-19 1/7

Pace: 4:41

Greg Hodgins – is new to the Fighting Koalas Walk and Run club and has a great running background. His 1hr 48min time is a great achievement. Greg seems to have his sights set on a triathlon in the new year as his next challenge.

Overall Place: 531

Overall Time: 1:48:05

Age Group: HM45-49 60/123

Pace: 5:12

Elise Bolger – had her first half marathon at a big venue. This young athlete is showing great drive and determination to increase her skills in running, biking and swimming.

Overall Place: 595

Overall Time: 1:50:11

Age Group: HF-19 4/7

Pace: 5:16

Kelly Turner – Last year Kelly ran 1hr and 58minutes at the Mississauga half marathon and this year at the R2H Kelly took an outstanding 6minutes off for a new PB!

Overall Place: 676

Overall Time: 1:51:48

Age Group: HF35-39 47/167

Pace: 5:21

Kim Keuremennen – ran her fastest half marathon with a time of 1hr 51min which beat her old time by 6 minutes. Her age group placing was also very good, another great race in the bag!

Overall Place: 678

Overall Time: 1:51:47

Age Group: HF50-54 22/113

Pace: 5:21

Claude Lambert – Completed his first half marathon in style with a great time as well. Congratulations on your achievement!

Overall Place: 1105

Overall Time: 2:04:01

Age Group: HM45-49 101/123

Pace: 5:56

Sandy Owens – Had her fastest half-marathon at the R2H and was oh-so-close to being in the top half of her age group. A great race and a great day to be out running with a new PB!

Overall Place: 1211

Overall Time: 2:07:28

Age Group: HF45-49 84/147

Pace: 6:07

Alicia Mount – Finished what looks to have been her first half marathon, and at such a young age what a great achievement, nicely done.

Overall Place: 1368

Overall Time: 2:13:47

Age Group: HF-19 5/7

Pace: 6:26

Rob Eickmeier – Is working hard in his training and is reaching his goals in health and fitness. This was Rob's first half marathon which is a terrific achievement.

Overall Place: 1426

Overall Time: 2:17:37

Age Group: HM45-49 117/123

Pace: 6:37

Donna Mount – The mother-daughter Mount team completed their objective which was to go out and finish their first half marathon. Now Donna is going to have to train hard to try and beat Alicia.

Overall Place: 1530

Overall Time: 2:25:47

Age Group: HF45-49 119/147

Pace: 7:00

Jennifer Lambert – Did not know that she had signed up for an obstacle course, unfortunately Jennifer tripped and fell over a stick on the road. She was banged up a little bit but managed to finish the race. Now that's the Fighting Koala spirit!

Overall Place: 1531

Overall Time: 2:25:47

Age Group: HF45-49 120/147

Pace: 7:00

Road 2 Hope 10k

Ana Knapp – is a relatively new to the Walk and Run club and he made great progress from the learn to run program to her first 10km race. Great work and an excellent race performance.

Overall Place: 213

Overall Time: 58:27

Age Group: LF40-44 11/39

Pace: 5:53

Allyson Fereday – went out for a new 10km personal best time and got it! Allyson ranked highly in her age group and was close to being under 6:00min pace.

Overall Place: 251

Overall Time: 1:00:28

Age Group: LF40-44 16/39

Pace: 6:06

Greg Mezgec – is new to running and has put in some great effort over the past few months. Greg successfully completed his first 10km.

Overall Place: 297

Overall Time: 1:02:49

Age Group: LM40-44 12/14

Pace: 6:21

Clare Mezgec – has several 5 km races under her belt and has been training for the challenging 10km race at R2H. Clare successfully completed her race, congratulations!

Overall Place: 381

Overall Time: 1:10:14

Age Group: LF40-44 30/39

Pace: 7:06

Dianne Calcutt – the R2H 10 km was a first for Dianne this year. She completed the race in speedy fashion and even beat a few runners in her age group.

Overall Place: 390

Overall Time: 1:11:20

Age Group: LF50-54 17/22

Pace: 7:12

Sara Pilger – has really caught the training bug, this year she has done two try-a-tri's, two 5 km races and now her first ten km. We will have to wait and see what challenge lies ahead.

Overall Place: 409

Overall Time: 1:14:33

Age Group: LF20-24 26/32

Pace: 7:30

Road 2 Hope 5k

Aaron DeJong – had a great race with a new best time for a 5 km. Aaron was high in the overall ranking and 2nd in his age group. A great effort and a great result!

Overall Place: 12

Overall Time: 18:57

Age Group: SM10-14 2/43

Pace: 3:48

Marco Cannella – is new to the club and has been showing great promise since he has been dedicated and hard working. Marco had a terrific 5 km race and has lots more fun to look forward to.

Overall Place: 51

Overall Time: 22:32

Age Group: SM10-14 8/43

Pace: 4:31

Robert Crate – has done a great job keeping up his training and going into every session with great intensity. Rob earned a new personal best and placed very high in the standings.

Overall Place: 76

Overall Time: 23:37

Age Group: SM40-44 7/29

Pace: 4:45

Gerald De Jong – it seems like everyone either had a new PB or completed their first marathon, 5 km etc, and Gerald was no exception. Gerald earned a new PB for the 5 km and was ranked in the top ten of his age group.

Overall Place: 126

Overall Time: 25:34

Age Group: SM45-49 7/23

Pace: 5:08