

**Henderson Harbor Duathlon**  
**Saturday, July, 9th, 2011**  
**Timed by YellowJacket Racing**  
**43 Total Finishers (21 Female, 17 Male, 5 Teams)**

| Pos            | Bib | Fullname               | Gender | Class          | City          | Ages | Run1Tm  | T1Tm    | BikeTm  | T2Tm    | Run2Tm  | TotalTm |
|----------------|-----|------------------------|--------|----------------|---------------|------|---------|---------|---------|---------|---------|---------|
| Overall Female |     |                        |        |                |               |      |         |         |         |         |         |         |
|                | 1   | 226 Heidi Glovack      | F      | Overall Female | East Syracuse | 31   | 0:13:32 | 0:00:52 | 0:45:03 | 0:00:46 | 0:13:35 | 1:13:48 |
|                | 2   | 201 Karen Summers      | F      | Overall Female | Syracuse      | 29   | 0:15:06 | 0:01:14 | 0:48:00 | 0:01:19 | 0:15:36 | 1:21:15 |
|                | 3   | 216 Joan Scibetta      | F      | Overall Female | Brewerton     | 47   | 0:15:09 | 0:01:08 | 0:48:55 | 0:01:07 | 0:15:50 | 1:22:09 |
| Overall Male   |     |                        |        |                |               |      |         |         |         |         |         |         |
|                | 1   | 230 Steven Vanderkhove | M      | Overall Male   | Webster       | 48   | 0:13:05 | 0:01:08 | 0:42:55 | 0:01:02 | 0:13:37 | 1:11:46 |
|                | 2   | 219 Jeff Weaver        | M      | Overall Male   | Pine City     | 49   | 0:12:33 | 0:00:49 | 0:43:53 | 0:00:49 | 0:14:15 | 1:12:18 |
|                | 3   | 207 Will Luke          | M      | Overall Male   | Baldwinsville | 55   | 0:14:30 | 0:00:55 | 0:51:08 | 0:00:41 | 0:15:01 | 1:22:16 |
| Overall Team   |     |                        |        |                |               |      |         |         |         |         |         |         |
|                | 1   | 456 Team Kingsley/Cole | T      | Overall Team   | Cooperstown   | T    | 0:15:36 | 0:00:26 | 0:46:22 | 0:00:22 | 0:15:47 | 1:18:33 |
| F39Under       |     |                        |        |                |               |      |         |         |         |         |         |         |
|                | 1   | 206 Cheyenne Steria    | F      | F39Under       | Lowville      | 26   | 0:15:59 | 0:00:58 | 0:52:23 | 0:00:50 | 0:17:06 | 1:27:15 |
|                | 2   | 455 Kimberlee Avery    | F      | F39Under       | Phoenix       | 36   | 0:16:58 | 0:01:15 | 0:52:16 | 0:01:16 | 0:16:27 | 1:28:12 |
|                | 3   | 236 Nicole Kuhl        | F      | F39Under       | Lowville      | 33   | 0:15:43 | 0:01:04 | 0:55:40 | 0:01:10 | 0:16:27 | 1:30:04 |
|                | 4   | 221 Daisy Keresey      | F      | F39Under       | Fayetteville  | 28   | 0:17:18 | 0:01:36 | 0:58:29 | 0:01:16 | 0:19:07 | 1:37:46 |
|                | 5   | 215 Kady Boynton       | F      | F39Under       | Watertown     | 24   | 0:17:37 | 0:01:50 | 0:57:25 | 0:01:24 | 0:20:02 | 1:38:18 |
|                | 6   | 460 Marissa Paquin     | F      | F39Under       | Rodman        | 31   | 0:19:07 | 0:00:56 | 1:02:55 | 0:00:37 | 0:18:25 | 1:42:00 |
|                | 7   | 454 Dina Rutledge      | F      | F39Under       | Watertown     | 44   | 0:18:28 | 0:02:06 | 1:01:43 | 0:00:59 | 0:18:59 | 1:42:15 |
|                | 8   | 237 Tove Peyton        | F      | F39Under       | Ellisburg     | 36   | 0:22:53 | 0:01:03 | 1:01:03 | 0:01:24 | 0:23:08 | 1:49:32 |
|                | 9   | 235 Rose Beckstead     | F      | F39Under       | Monroe        | 38   | 0:23:00 | 0:01:57 | 1:02:36 | 0:01:45 | 0:23:12 | 1:52:30 |
| F40Over        |     |                        |        |                |               |      |         |         |         |         |         |         |
|                | 1   | 225 Sherrie Kingsley   | F      | F40Over        | Cooperstown   | 52   | 0:17:04 | 0:01:28 | 0:48:46 | 0:01:11 | 0:17:15 | 1:25:44 |
|                | 2   | 203 Terry Burns        | F      | F40Over        | Watertown     | 57   | 0:16:36 | 0:01:34 | 0:51:13 | 0:01:16 | 0:16:51 | 1:27:30 |

|   |     |                |   |         |                |    |         |         |         |         |         |         |
|---|-----|----------------|---|---------|----------------|----|---------|---------|---------|---------|---------|---------|
| 3 | 202 | Audrey Sargent | F | F40Over | Watertown      | 49 | 0:17:57 | 0:01:41 | 0:52:30 | 0:02:19 | 0:19:30 | 1:33:56 |
| 4 | 205 | Laura Schell   | F | F40Over | Lockport       | 42 | 0:17:54 | 0:01:32 | 0:58:09 | 0:01:37 | 0:18:25 | 1:37:37 |
| 5 | 204 | Kathy Black    | F | F40Over | LaFargeville   | 51 | 0:17:58 | 0:01:42 | 0:57:34 | 0:01:13 | 0:20:38 | 1:39:05 |
| 6 | 217 | Trisha Johnson | F | F40Over | Fort Drum      | 41 | 0:23:23 | 0:01:33 | 0:58:05 | 0:01:08 | 0:24:18 | 1:48:26 |
| 7 | 233 | Susan Maniaci  | F | F40Over | North Syracuse | 50 | 0:16:46 | 0:01:28 | 0:54:01 | 0:01:34 | 0:36:01 | 1:49:50 |
| 8 | 213 | Karen English  | F | F40Over | Lafayette      | 53 | 0:22:01 | 0:00:49 | 1:07:06 | 0:00:48 | 0:24:53 | 1:55:37 |
| 9 | 212 | Laura Harridge | F | F40Over | Lafayette      | 55 | 0:25:23 | 0:01:06 | 1:12:24 | 0:01:04 | 0:27:35 | 2:07:31 |

#### M45Under

|   |     |                    |   |          |                |    |         |         |         |         |         |         |
|---|-----|--------------------|---|----------|----------------|----|---------|---------|---------|---------|---------|---------|
| 1 | 229 | Matthew Paquette   | M | M45Under | Central Square | 42 | 0:16:18 | 0:01:51 | 0:50:10 | 0:01:29 | 0:16:52 | 1:26:40 |
| 2 | 231 | Hollis Harrington  | M | M45Under | Adams Center   | 17 | 0:15:05 | 0:00:58 | 0:54:21 | 0:00:30 | 0:16:27 | 1:27:21 |
| 3 | 458 | Chaz Loomis        | M | M45Under | Woodville      | 27 | 0:14:32 | 0:00:36 | 0:56:26 | 0:00:40 | 0:16:21 | 1:28:35 |
| 4 | 210 | Stephen Tarajos    | M | M45Under | Buffalo        | 34 | 0:18:09 | 0:01:37 | 0:52:31 | 0:01:32 | 0:18:10 | 1:31:59 |
| 5 | 209 | Michael Ilardi     | M | M45Under | Oak Ridge      | 44 | 0:19:59 | 0:01:41 | 1:02:23 | 0:01:42 | 0:21:10 | 1:46:56 |
| 6 | 234 | Michael Shelmidine | M | M45Under | Adams          | 33 | 0:23:00 | 0:01:51 | 1:02:41 | 0:02:05 | 0:22:48 | 1:52:26 |

#### M46Over

|   |     |                |   |         |                |    |         |         |         |         |         |         |
|---|-----|----------------|---|---------|----------------|----|---------|---------|---------|---------|---------|---------|
| 1 | 228 | John Mattingly | M | M46Over | Theresa        | 63 | 0:16:11 | 0:01:06 | 0:46:09 | 0:01:14 | 0:18:40 | 1:23:20 |
| 2 | 218 | Pat Piscitelli | M | M46Over | Baldwinsville  | 55 | 0:15:30 | 0:01:25 | 0:50:30 | 0:01:18 | 0:15:46 | 1:24:28 |
| 3 | 227 | Tom Smith      | M | M46Over | Mexico         | 49 | 0:14:47 | 0:01:21 | 0:52:58 | 0:01:16 | 0:17:37 | 1:27:59 |
| 4 | 232 | Ross Maniaci   | M | M46Over | North Syracuse | 48 | 0:16:46 | 0:01:31 | 0:54:55 | 0:01:29 | 0:17:11 | 1:31:53 |
| 5 | 214 | David Powers   | M | M46Over | Lafayette      | 52 | 0:16:19 | 0:01:15 | 0:53:54 | 0:01:02 | 0:19:39 | 1:32:09 |
| 6 | 457 | Mike Welch     | M | M46Over | Baldwinsville  | 62 |         |         | No Chip |         |         | 1:45:33 |
| 7 | 211 | Peter Dawson   | M | M46Over | Copenhagen     | 66 | 0:22:01 | 0:01:05 | 1:05:57 | 0:00:44 | 0:19:18 | 1:49:06 |

#### Team

|   |     |                        |   |      |          |   |         |         |         |         |         |         |
|---|-----|------------------------|---|------|----------|---|---------|---------|---------|---------|---------|---------|
| 1 | 459 | Team Gullo/Rowell      |   | Team |          |   | 0:16:45 | 0:00:35 | 0:49:29 | 0:00:24 | 0:17:04 | 1:24:17 |
| 2 | 222 | Thomas Team            | T | Team | Carthage | T | 0:15:49 | 0:00:44 | 0:53:09 | 0:00:29 | 0:16:26 | 1:26:36 |
| 3 | 220 | Peterson/Peterson Team | T | Team | Webster  | T | 0:18:21 | 0:00:37 | 0:53:35 | 0:00:27 | 0:18:28 | 1:31:27 |
| 4 | 224 | Thomas/VanDeWall Team  | T | Team | Adams    | T | 0:18:06 | 0:00:38 | 1:05:03 | 0:00:36 | 0:18:23 | 1:42:46 |