

2014 Spring Forward Duathlon
March 9, 2014

1.5 mi / 20 km / 2.5 mi
Fiesta Island / Mission Bay

Plc	Bib	Age			
Overall Men					
1	3	36	Zach	Fiocca	0.54:45.0
2	1	17	Erik	Armes	0.54:50.0
3	2	25	Lucas	Binder	0.55:01.5
Overall Women					
12	69	35	Kristen	Hetzel	1.03:33.0
14	205	40	Marisa	Rastetter	1.03:50.0
15	131	60	Elizabeth	Sponagle	1.03:52.5
Age-groups (12U Men)					
58	22	12	Ethan	Boen	1.15:45.0
Age-groups (13-19 Men)					
27	103	13	Marco	Napolitano	1.06:09.1
Age-groups (20-24 Ladies)					
22	10	24	Chelsea	VanCott	1.05:19.2
41	45	23	Hailey	Eklund	1.10:15.7
60	77	20	Emily	Kelly	1.16:23.8
121	48	20	Brittany	Fellows	1.47:52.0
	17	22	Wendy	Atkins	DNFC
Age-groups (20-24 Men)					
30	119	24	Branden	Rowley	1.07:06.2
83	98	22	Emilio	Mendieta	1.25:37.2
Age-groups (25-29 Ladies)					
25	239	29	Jenna	Van Cleve	1.05:57.3
35	50	26	Dawn	Ferreira	1.07:58.3
62	32	27	Sara	Cardoza	1.16:33.6
82	13	25	Dara	Guss	1.25:06.4
100	105	26	Brittany	Negri	1.33:08.4
Age-groups (25-29 Men)					
4	76	28	Jason	Karavidas	0.57:11.3
18	53	28	George	Georgellides	1.04:47.3
32	94	27	Joel	Martinez	1.07:35.1
52	11	28	Jason	Abutin	1.13:28.8
67	34	26	Chris	Cook	1.19:08.1
76	125	27	Austin	Shelton	1.22:45.4
86	66	26	Duff	Hearon	1.26:12.5
88	122	25	Jared	Schroder	1.26:32.0

2014 Spring Forward Duathlon
March 9, 2014

1.5 mi / 20 km / 2.5 mi
Fiesta Island / Mission Bay

Age-groups (30-34 Ladies)

29	219	30	Kat	Gunsur	1.06:47.4
56	42	33	Dara	Ditsworth	1.14:58.2
66	46	33	Louise	Ellis	1.19:01.2
68	75	32	Diana	Jung	1.19:38.4
77	114	30	Danielle	Richard	1.22:48.0
79	104	30	Maritza	Navarra	1.23:31.7
87	85	31	Tina	Lastrilla	1.26:18.3
99	107	30	Helen	Park	1.32:59.0
103	44	32	Jennifer	Dyke	1.33:31.2
102	100	33	Melissa	Miller	1.33:31.2
113	212	33	Shannon	Castellano	1.43:04.9
119	41	30	Carrie	Dievendorf	1.47:22.1

Age-groups (30-34 Men)

16	86	34	Morgon	Latimore	1.04:20.0
37	115	31	David	Richard	1.09:14.2
38	21	31	Kenneth	Bell	1.09:26.2
44	20	30	Marco	Barrueta	1.11:33.2
49	70	30	Justin	Huey	1.12:15.8
59	33	33	Lemuel	Censon	1.16:07.7
65	160	31	Daniel	Macario	1.18:49.9
75	84	30	Jet	Lastrilla	1.21:43.4
81	141	31	Carlos	Villasenor	1.24:56.3
94	39	33	Ryan	De Jesus	1.29:38.8
120	142	30	Kevin	Visalli	1.47:22.1

Age-groups (35-39 Ladies)

31	197	37	Jennifer	Borie	1.07:10.4
47	52	38	Rachel	Formosa	1.11:51.8
80	25	36	Elanor	Booton	1.24:19.4
92	31	37	Allegra	Burris	1.29:02.9
96	43	37	Liz	Dries	1.29:56.9
97	123	36	Gina	Selga	1.32:22.0
111	90	37	Gabriella	Lingenfelder	1.41:41.0
112	393	38	Marie	Ibatuan	1.42:53.8

Age-groups (35-39 Men)

8	28	37	David	Bruemmer	0.59:27.3
9	163	36	Felipe	Acevedo	1.00:58.4
20	67	38	Ben	Hernandez	1.04:56.8
39	40	37	Francis	De Jesus	1.09:28.7
42	23	37	Christopher	Boese	1.10:30.0
64	14	37	Domar	Aledia	1.17:47.0
69	164	39	Ted	Stearns	1.19:39.1
98	91	38	Eric	Lingenfelder	1.32:52.1

2014 Spring Forward Duathlon
March 9, 2014

1.5 mi / 20 km / 2.5 mi
Fiesta Island / Mission Bay

Age-groups (40-44 Ladies)

21	8	43	Brigid	Freyne	1.05:15.2
43	137	41	Erika	Toraya	1.10:34.2
46	71	42	Suzanne	Humber	1.11:47.5
104	124	41	Joanne	Selga	1.34:52.1
106	92	41	Cynthia	Luna	1.38:37.6
110	12	40	Jessica	Airth	1.41:27.2
118	36	41	Sheila	Cornejo	1.44:16.0

Age-groups (40-44 Men)

5	4	41	Wayne	Tomasek	0.57:25.0	Masters Champion
7	5	42	Steve	Armes	0.59:25.0	1st age-group
10	89	40	Eric	Leute	1.01:09.0	2nd age-group
11	95	40	James	McGeahy	1.03:23.0	3rd age-group
23	106	42	Joseph	Ortiz	1.05:30.3	
45	98	40	Emilio	Mendieta	1.11:37.0	
51	15	41	Patrick	Alexander	1.12:45.8	
54	79	42	Haroon	Khan	1.14:49.7	
63	93	43	Rigoberto	Martin	1.16:47.8	
71	97	40	Levon	Mendalyn	1.20:24.2	
73	47	42	CJ	Eugenio	1.21:32.5	
74	128	41	Gary	Smith	1.21:40.5	
84	51	43	Sean	Forge	1.26:00.0	
125	60	43	Travis	Greene	1.59:00.0	

Age-groups (45-49 Ladies)

19	9	45	Yvonne	Carter	1.04:49.3	Masters Champion
61	118	45	Lisa	Routhier	1.16:26.5	1st age-group
72	24	45	Kim	Bonaccorso	1.20:59.0	2nd age-group
95	108	48	Deborah	Perlstein	1.29:56.3	3rd age-group
107	150	48	Delia	Zemar	1.39:35.9	
108	126	46	Cynthia	Shirah	1.40:22.1	
117	111	47	Dana	Pritchett	1.43:36.4	
123	59	45	Tami	Graham	1.48:15.0	
124	102	47	Orla	Murphy	1.48:15.0	

Age-groups (45-49 Men)

17	26	45	Jim	Bourdages	1.04:37.5
24	18	48	Phil	Avalos	1.05:48.1
85	132	45	Chris	Staszak	1.26:09.1

Age-groups (50-54 Women)

89	394	54	Grace	Bernal	1.26:55.2
109	72	50	Colleen	Jones	1.40:49.6
122	49	50	Michelle	Fellows	1.47:52.0

Age-groups (50-54 Men)

6	7	53	Bill	Dusting	0.58:26.0
40	78	52	Tim	Kelly	1.09:32.3
101	63	51	John	Gully	1.33:17.0
114	73	52	Brian	Jones	1.43:14.0

Age-groups (55-59 Ladies)

36	88	57	Nancy	Lee	1.08:31.0
78	27	58	Tina	Breen	1.23:14.8
105	138	58	Tami	Torris	1.38:19.0

Age-groups (55-59 Men)

13	56	55	James	Goltra	1.03:49.0
28	87	58	Gary	Leaman	1.06:43.9
55	127	56	Cameron	Simbro	1.14:51.2
70	135	58	Stephen	Sutherland	1.19:47.7

Age-groups (60-64 Ladies)

90	148	63	Lisa	White	1.28:57.0
----	-----	----	------	-------	-----------

Age-groups (60-64 Men)

33	159	60	Bernard	Mougel	1.07:45.3
34	240	60	Mr. Kim	Ulle	1.07:51.6
50	136	62	Charles	Szentesi	1.12:31.1
91	130	62	Stewart	Smitz	1.29:02.2
DNF	6	60	Bob	Rosemeyer	DNF

Age-groups (70-74 Men)

48	74	70	Joe	Gulaskey	1.12:11.0
----	----	----	-----	----------	-----------

Age-groups (75-79 Men)

93	196	75	Jerry	Davis	1.29:28.3
----	-----	----	-------	-------	-----------

Relay

57	109	66	Bryan	Plank/Gilmore	1.15:39.0
----	-----	----	-------	---------------	-----------

Un-identified athletes

26	No		Shirt	Guy	1.06:07.0
----	----	--	-------	-----	-----------