

## 2017 First State Duathlon Results

Saturday, July 15, 2017

Weather: Sunny, 84° (course muddy)

	<u>Overall Time</u>	<u>Prize Beneficiary</u>
<u>Individual Men's Division</u>		
1. Blake Bennett (Hockessin, DE)	56:36	Combined Campaign for Justice
2. Jaime Cantlon (Huntingtown, MD)	59:19	
3. Christopher James (Wilmington, DE)	1:06:09	
<u>Individual Women's Division</u>		
1. Laura Wilburn (Wilmington, DE)	58:55	Urban Bike Project
2. Christine Campbell (Wilmington, DE)	1:18:37	
3. Loretta Consiglio-Ward (Wilmington, DE)	1:19:12	
<u>Co-Ed Relay Division</u>		
1. Happy Anniversary Dear (Craig Vettori, Beth Vettori)	56:48	Urban Bike Project
2. Team Burn Wilburn (Matthew Leitsch, Leah Kacanda)	1:03:19	
3. Fizzing Whizbees (Marc Vettori, Diane Vettori)	1:04:02	
<u>Men's Relay Division</u>		
1. Run Bike Pray (Andrew Weber, Chris Knight)	55:22	Split (CCJ, UBP, WW, MCLF)
2. Brett's Helping Vets (Mike Patterson, Brett Vansickle)	1:00:14	
3. Frick & Frack (Jared Schierbaum, Levar Wilkerson)	1:23:25	
<u>Women's 3-Person Relay Division</u>		
1. Team Thunder Vernelle Dowtin, Portia Yarborough, Kim Hicks)	1:49:24	Urban Bike Project

**Age Group Results (Individual Open)**

	<u>Age</u>	<u>Overall Time</u>
<u>Female 20-29</u>		
1. Laura Wilburn (Wilmington, DE)	29	58:55
<u>Female 30-39</u>		
1. Katherine Townsend (Wilmington, DE)	31	1:27:46
2. Michelle Peralta (Baltimore, MD)	31	1:30:31
<u>Male 30-39</u>		
1. Blake Bennett (Hockessin, DE)	37	56:36
2. Kenneth Jackman (Wilmington, DE)	37	1:17:06
<u>Female 40-49</u>		
1. Christine Campbell (Wilmington, DE)	40	1:18:37
2. Shannon Latulippe (Newark, DE)	46	1:55:06
<u>Male 40-49</u>		
1. Christopher James (Wilmington, DE)	42	1:06:09
2. James LaPointe (Wilmington, DE)	46	1:14:24
3. Peter Calder (Wilmington, DE)	45	1:20:42
4. James Jordan (Sewell, NJ)	44	1:24:34
<u>Female 50-59</u>		
1. Loretta Consiglio-Ward (Wilmington, DE)	52	1:19:12
2. Deb Uff (Newark, DE)	53	1:24:50
<u>Male 50-59</u>		
1. Jaime Cantlon (Huntingtown, MD)	55	59:19
2. Peter Walsh (Wilmington, DE)	57	1:06:20
3. Jeff Leggett (Newark, DE)	57	1:17:24
4. Craig Hall (Bishopville, MD)	56	1:21:00
<u>Male 60-69</u>		
1. Chuck Hall (Wilmington, DE)	69	1:10:08

**Split Times**  
**Individual Men's Division**

First	Last	City	State	Age	Total Time	5K Leg	Transition 1	Bike Leg	Transition 2	Final Run Leg
Blake	Bennett	Hockessin	DE	37	56:36	21:30	1:06	27:43	:53	5:25
Jaime	Cantlon	Huntingtown	MD	55	59:19	22:04	1:06	29:22	:48	6:00
Christopher	James	Wilmington	DE	42	1:06:09	22:04	1:13	36:12	:56	5:44
Peter	Walsh	Wilmington	DE	57	1:06:20	25:04	1:41	31:55	1:33	6:07
Chuck	Hall	Wilmington	DE	69	1:10:08	27:49	3:23	25:57	4:27	8:27
James	LaPointe	Wilmington	DE	46	1:14:24	25:06	1:14	39:03	1:42	7:20
Kenneth	Jackman	Wilmington	DE	37	1:17:06	27:04	1:23	40:21	1:04	7:14
Jeff	Leggett	Newark	DE	57	1:17:24	28:55	1:59	35:43		10:48
Peter	Calder	Wilmington	DE	45	1:20:42	29:31	2:49	39:04	1:19	8:00
Craig	Hall	Bishopville	MD	56	1:21:00	32:29	1:17	37:50	1:30	7:55
James	Jordan	Sewell	NJ	44	1:24:34	29:34	1:54	44:19	1:17	7:46
John	Roach	Wilmington	DE	53	N/A					

**Individual Women's Division**

First	Last	City	State	Age	Total Time	5K Leg	Transition 1	Bike Total	Transition 2	Final Run Leg
Laura	Wilburn	Wilmington	DE	29	58:55	21:50	1:05	29:39	:50	5:31
Christine	Campbell	Wilmington	DE	40	1:18:37	27:13	1:59	41:58	:57	6:31
Loretta	Consiglio-Ward	Wilmington	DE	52	1:19:12	27:58	1:26	41:41	1:01	7:07
Deb	Uff	Newark	DE	53	1:24:50	29:34	1:54	44:19	1:17	7:46
Katherine	Townsend	Wilmington	DE	31	1:27:46	32:18	1:55	45:46	1:59	5:48
Michelle	Peralta	Baltimore	MD	31	1:30:31	32:15	1:54	47:45		8:37
Shannon	Latulippe	Newark	DE	46	1:55:06	42:03	4:13	54:12	2:14	12:24
Kimberly	Wilmire	Felton	DE	55	N/A	48:35				

**Co-Ed Relay Division**

<b>Organization</b>	<b>First</b>	<b>Last</b>	<b>City</b>	<b>State</b>	<b>Sex</b>	<b>Age</b>	<b>Total Time</b>	<b>5K Leg</b>	<b>Exchange 1</b>	<b>Bike Leg</b>	<b>Exchange 2</b>	<b>Final Run Leg</b>
Happy Anniversary Dear!	Craig	Vettori	Shelburne Falls	MA	M	40	56:48					6:05
Happy Anniversary Dear!	Beth	Vettori	Shelburne Falls	MA	F	40						
Team Burn Wilburn	Matthew	Leitsch	Newark	DE	M	33	1:03:19	22:38	:49		:33	5:31
Team Burn Wilburn	Leah	Kacanda	Wilmington	DE	F	31				33:47		
Fizzing Whizbees	Marc	Vettori	Elkton	MD	M	45	1:04:02	25:40				6:14
Fizzing Whizbees	Diane	Vettori	Elkton	MD	F	45				31:33		
Team Schock	Amy	Schock	Wilmington	DE	F	46	1:12:11	28:26				
Team Schock	Robert	Schock	Wilmington	DE	M	49				43:43		

**Men's Relay Division**

<b>Organization</b>	<b>First</b>	<b>Last</b>	<b>City</b>	<b>State</b>	<b>Age</b>	<b>Total Time</b>	<b>5K Leg</b>	<b>Transition 1</b>	<b>Bike Total</b>	<b>Transition 2</b>	<b>Final Run Leg</b>
Run Bike Pray	Andrew	Weber	Newark	DE	37	55:22	18:54	:32	30:47	:35	4:34
Run Bike Pray	Chris	Knight	Newark	DE	46						
Brett's Helping Vets	Mike	Patterson	Claymont	DE	29	1:00:14	25:31	:41	27:15	:35	6:12
Brett's Helping Vets	Andrew	Vansickle	Newark	DE	30						
Frick & Frack	Jared	Schierbaum	Wilmington	DE	46	1:23:25	27:48	1:10	46:48	:52	6:48
Frick & Frack	Levar	Wilkerson	Wilmington	DE	35						

**3-Person Relay Women's Division)**

<b>Organization</b>	<b>First</b>	<b>Last</b>	<b>City</b>	<b>State</b>	<b>Age</b>	<b>Total Time</b>	<b>5K Leg</b>	<b>Transition 1</b>	<b>Bike Total</b>	<b>Transition 2</b>	<b>Final Run Leg</b>
Team Thunder	Vernelle	Dowtin	New Castle	DE	62	1:49:24	48:21:00	1:21	45:43:00	7:37	13:59
Team Thunder	Portia	Yarborough	Montchanin	DE	46						
Team Thunder	Kim	Hicks	Philadelphia	PA	57						

**5K Leg Times\***

<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Division</b>	<b>Event</b>	<b>5K Leg</b>
Andrew Weber	M	37	2-Person Men's Relay	Run Bike Pray	18:54
Blake Bennett	M	37	Men's Individual		21:30
Laura Wilburn	F	29	Women's Individual		21:50
Christopher James	M	42	Men's Individual		22:04
Jaime Cantlon	M	55	Men's Individual		22:04
Matthew Leitsch	M	33	2-Person Co-Ed Relay	Team Burn Wilburn	22:38
Peter Walsh	M	57	Men's Individual		25:04
James LaPointe	M	46	Men's Individual		25:06
Mike Patterson	M	32	2-Person Men's Relay	Brett's Helping Vets	25:31
Marc Vettori	M	45	2-Person Co-Ed Relay	Fizzing Whizbees	25:40
Kenneth Jackman	M	37	Men's Individual		27:04
Christine Campbell	F	40	Women's Individual		27:13
Jared Schierbaum	M	46	2-Person Men's Relay	Frick & Frack	27:48
Chuck Hall	M	69	Men's Individual		27:49
Loretta Consiglio-Ward	F	52	Women's Individual		27:58
Amy Schock	F	46	2-Person Co-Ed Relay	Team Schock	28:26
Jeff Leggett	M	57	Men's Individual		28:55
Peter Calder	M	45	Men's Individual		29:31
Deb Uff	F	53	Women's Individual		29:34
James Jordan	M	44	Men's Individual		29:34
Michelle Peralta	F	31	Women's Individual		32:15
Katherine Townsend	F	31	Women's Individual		32:18
Craig Hall	M	56	Men's Individual		32:29
Shannon Latulippe	F	46	Women's Individual		42:03
Vernelle Downtin	F	62	3-Person Women's Relay	Team Thunder	48:21
Kimberly Wilmire	F	55	Women's Individual		48:35

\*Most, but not all splits by runners were recorded

**Bike Leg Times (Total Time)\***

<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Division</b>	<b>Team</b>	<b>Bike Leg</b>
Chuck Hall	M	69	Men's Individual		25:57
Brett Vansickle	M	30	2-Person Men's Relay	Brett's Helping Vets	27:15
Blake Bennett	M	37	Men's Individual		27:43
Jaime Cantlon	M	55	Men's Individual		29:22
Laura Wilburn	F	29	Women's Individual		29:39
Chris Knight	M	46	2-Person Men's Relay	Run Bike Pray	30:47
Diane Vettori	F	45	2-Person Co-Ed Relay	Fizzing Whizbees	31:33
Peter Walsh	M	57	Men's Individual		31:55
Leah Kacanda	F	31	2-Person Co-Ed Relay	Team Burn Wilburn	33:47
Jeff Leggett	M	57	Men's Individual		35:43
Christopher James	M	42	Men's Individual		36:12
Craig Hall	M	56	Men's Individual		37:50
James LaPointe	M	46	Men's Individual		39:03
Peter Calder	M	45	Men's Individual		39:04
Kenneth Jackman	M	37	Men's Individual		40:21
Loretta Consiglio-Ward	F	52	Women's Individual		41:41
Christine Campbell	F	40	Women's Individual		41:58
Robert Schock	M	49	2-Person Co-Ed Relay	Team Schock	43:43
Deb Uff	F	53	Women's Individual		44:19
James Jordan	M	44	Men's Individual		44:19
Portia Yarborough	F	57	3-Person Women's Relay	Team Thunder	45:43
Katherine Townsend	F	31	Women's Individual		45:46
Levar Wilkerson	M	35	2-Person Men's Relay	Frick & Frack	46:48
Michelle Peralta	F	31	Women's Individual		47:45
Shannon Latulippe	F	46	Women's Individual		54:12

\*Most, but not all splits by runners were recorded

**Final Run Leg Time\***

<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Division</b>	<b>Event</b>	<b>Final Run Leg</b>
Andrew Weber	M	37	2-Person Men's Relay	Run Bike Pray	4:34
Blake Bennett	M	37	Men's Individual		5:25
Laura Wilburn	F	29	Women's Individual		5:31
Matthew Leitsch	M	33	2-Person Co-Ed Relay	Team Burn Wilburn	5:31
Christopher James	M	42	Men's Individual		5:44
Katherine Townsend	F	31	Women's Individual		5:48
Jaime Cantlon	M	55	Men's Individual		6:00
Beth Vettori	F	40	2-Person Co-Ed Relay	Happy Anniversary Dear!	6:05
Peter Walsh	M	57	Men's Individual		6:07
Mike Patterson	M	32	2-Person Men's Relay	Brett's Helping Vets	6:12
Marc Vettori	M	45	2-Person Co-Ed Relay	Fizzing Whizbees	6:14
Christine Campbell	F	40	Women's Individual		6:31
Levar Wilkerson	M	35	2-Person Men's Relay	Bike	6:48
Loretta Consiglio-Ward	F	52	Women's Individual		7:07
Kenneth Jackman	M	37	Men's Individual		7:14
James LaPointe	M	46	Men's Individual		7:20
Deb Uff	F	53	Women's Individual		7:46
James Jordan	M	44	Men's Individual		7:46
Craig Hall	M	56	Men's Individual		7:55
Peter Calder	M	45	Men's Individual		8:00
Chuck Hall	M	69	Men's Individual		8:27
Michelle Peralta	F	31	Women's Individual		8:37
Jeff Leggett	M	57	Men's Individual		10:48
Shannon Latulippe	F	46	Women's Individual		12:24
Kim Hicks	F	57	3-Person Women's Relay	Team Thunder	13:59

\*Most, but not all splits by runners were recorded