

Ocean Triathlon

By Ian Emberson

The second Outrigger Canoe Club Triathlon was held at the Sans Souci Beach on Sunday, March 17, St. Patrick's Day. We had a great turnout this year and doubled our entries in the Ironman division. The triple-sport contest consisted of a combination of swimming, running, surfboard paddling and ski paddling. Overall winner Bob Rocheleau, 38, proved that in ocean triathloning it's consistency that pays. Bob was a distance freestyler in college and is presently one of the top kayakers in the Hawaiian Kayak Association.

Turning the triathlon course in 1:11:4, Rocheleau finished 1:15 ahead of runner-up Ian Emberson, 1:12:19; Mark

Sandvold, just off the plane from Colorado, placed third in 1:16:29. Defending champion Jimmy Dean placed fourth in 1:17:04.

Kisi Haine topped the women's individual race winning in 1:25:22. The times were much faster due to the distances appearing to be a little shorter than last year.

A crack men's relay team, consisting of Jonathan Ezer (swimmer), Marshall Rosa (paddleboard) and George Kissner (surf ski) won the race in 1:07:02, a comfortable 1:36 over second place. Among the relay winners, Muffer Scully (swim); Denise Darval (paddleboard) and Lesline Conner

(surf ski) won the race in 1:24:21.

Weather conditions were beautiful—calm waters, slight trades and sunny skies—certainly a good respite from the terrible weather we had been experiencing.

A special thanks go to Outrigger Canoe Club for hosting this event; Dale Hope of Hawaiian Style T-shirts, who provided prizes, and Keone Downing who provided the paddleboards and prizes. Thanks also go to Wayne Faulkner and Alan Hong who set the buoys, Alan Emberson, co-race director, who coordinated the surfboards and refreshments, timers Gerry DeBenedetti, Clair Folsome, Nancy Rocheleau, Brad Martin and Terri Frank.

1985 Outrigger Canoe Club Hawaiian Ocean Triathlon Championships

Results, Individuals: Iron Man Division (Split time in parenthesis)

Men, Under 40	Swim 1 Mile	Paddle 2 Miles	Kayak 4 Miles	Overall
1. Bob Rocheleau	19.34	21.83	29.88	1.11.04
2. Ian Emberson *	19.05	21.18	31.97	1.12.19
3. Mark Sandvold*	23.14	22.03	31.13	1.16.29
4. Jimmy Dean*	19.10	23.02	35.09	1.17.04
5. David Marchant*	21.40	24.75	32.08	1.18.22
6. Keoni Kino	21.27	21.77	36.55	1.18.22
7. Marc Haine*	24.08	22.99	34.26	1.19.59
8. Mark Gilliland	26.19	24.91	31.40	1.22.50
9. Donny Mailer*	23.51	24.63	36.98	1.25.12
10. Ed Pickering*	23.47	27.99	34.03	1.25.48
11. Paul Merino	26.00	22.33	42.78	1.31.11
12. Rick Heltzel	17.60	23.43	51.11	1.32.14
13. Stewart Chow	29.42	30.70	43.13	1.54.31
14. Jerry Kotz	39.23	20.97	34.82	1.55.01
15. Ned Ontai	26.59	31.93	(Did Not Finish)	

Men, Over 40	Swim 1 Mile	Paddle 2 Miles	Kayak 4 Miles	Overall
1. Tim Guard*	22.46	23.58	31.27	1.17.31
2. Gaylord Wilcox*	24.51	23.89	32.10	1.20.51
3. Lloyd Yamasaki	25.21	28.12	34.77	1.28.10
4. Norm Dunmire*	28.18	25.19	38.73	1.32.10

Women	Swim 1 Mile	Paddle 2 Miles	Kayak 4 Miles	Overall
1. Kisi Haine*	21.32	24.87	39.03	1.25.22
2. Cheryl Bing	26.18	26.29	47.84	1.40.31

Results Relay Teams—Men

Swimmer 1 Mile	Paddler 2 Miles	Kayaker 4 Miles	Overall			
1. Jonathan Ezer	18.01	Marshall Rosa*	20.41	George Kissner	28.60	1.07.02
2. Roger Cundall*	19.59	Pat Caldwell*	20.65	Bill Bright*	28.14	1.08.38
3. Ian Emberson*	19.51	Bob Rocheleau	20.83	Kala Kukea	29.00	1.09.34
4. George Kane	18.10	Marc Haine*	25.04	Bob Twogood	27.14	1.10.28
5. Mike Miller	18.40	Doug Frazer	22.65	Kamoa Kalama	29.31	1.10.36
6. Rick Heltzel	17.45	Doug Herich*	24.83	Pat Erwin	28.17	1.10.45
7. Aaron Napoleon	21.06	Darryn Napoleon	20.11	Brok Little	36.93	1.18.10
8. Craig Matthew	24.05	John Clark	25.29	Gary Weibel	29.87	1.19.21
9. Richard Sylva*	21.53	Jim Anderson*	29.92	Tim Guard*	30.84	1.22.29
10. Robert Edge	25.34	Jo Napoleon	26.01	Stan Tabara	34.94	1.26.29
11. Greg Ambrose	29.32	Mike Gordon	23.81	Scott Jacobs	33.37	1.26.50
12. Kathy Erwin	28.27	Sissy Gilliland	25.11	Mark Gilliland	35.06	1.28.44

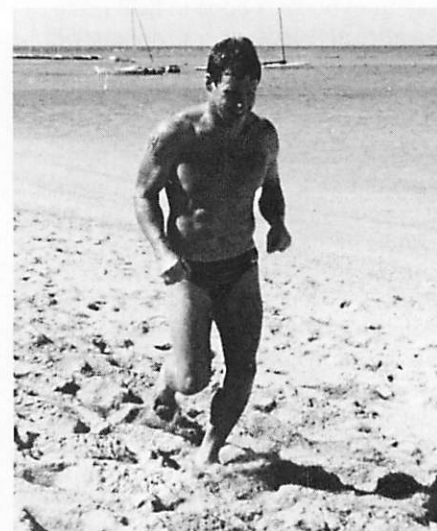
Results Relay Teams—Women

1. Muffer Scully*	21.35	Denise Darval	28.73	Lesline Conner*	34.13	1.24.21
2. Kari Vasey	24.22	Lisa Siggers*	46.53	Helene Phillips	43.58	1.30.11
3. Beth Kent	23.34	Pat Quijano	54.09	Laura Miller	55.39	1.49.48

*OCC Members



Tim Guard



Jimmy Dean

Photos by Clair Folsome