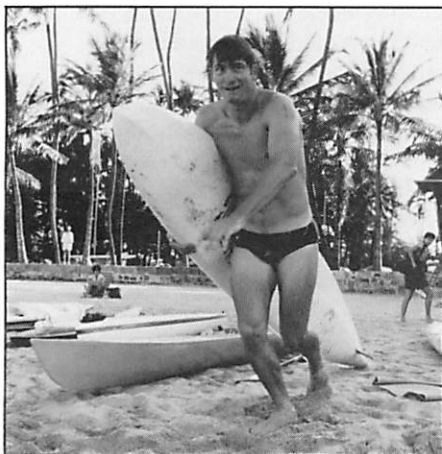


5th Annual Ocean Triathlon

Lifeguard Kenny Rust won the 5th Annual Outrigger Canoe Club Ocean Triathlon at Sans Souci Beach on February 27 in 36 minutes and 39 seconds.



Ian Emberson grabs his paddleboard and sprints for the beach in the ironman.

Rust finished second in the first leg of the triathlon, a one-half mile swim, caught up with leader Steve Munotones in the one mile paddleboard race, and finished two minutes ahead of Ian Emberson after the two mile kayak race.

Emberson's time was :38:30.

The distance for the ironman competition was cut in half this year.

Gaylord Wilcox won the over 40 division in :42:18 and Lorie Bode won the women's competition in :41:24.

Records were set in all of the relay divisions. The relay, which included a one-mile swim, two-mile paddleboard race and four-mile kayak event, was won by the team of George Kane, Mike Takahashi and Bob Rocheleau in 1:03:51.

Roger Cundall, Fred Fong and Mark Buck won the over 40 division in 1:08:47 and Missy Mowat, Margo Carmody and Denise Darval won the women's division.

Kane also won the two-mile swim for the second straight year in 37 minutes and 13 seconds, followed closely by Ham Homan in :37:17, Todd Duplanty in :37:22 and John Lord in :37:23.

The committee would like to thank Wayne Faulkner for setting up the course, and Dale Hope for donating prizes. 🍷



Swimming Committee chairperson Pam Zak presents Gaylord Wilcox with his trophy for winning the masters division in the ironman triathlon.

Ocean Triathlon Results

Ironman

1/2-Mile Swim, 1-Mile Paddle, 2-Mile Kayak

Overall	Name	Time	Finish/Division
1.	Kenny Rust	:36:39	1st, Open
2.	Ian Emberson*	:38:30	2nd, Open
3.	Brad Moore	:39:43	3rd, Open
4.	Ed Pestana	:40:22	4th, Open
5.	Lorie Bode	:41:24	1st, Women
6.	Gaylord Wilcox*	:42:18	1st, Masters
7.	Grant Senner*	:51:33	5th, Open
8.	Steve Munotones	1:03:14	6th, Open

2-Mile Swim

1.	George Kane	:37:13	1st, Open
2.	Ham Homan	:37:17	2nd, Open
3.	Todd Duplanty*	:37:22	3rd, Open
4.	John Lord	:37:23	4th, Open
5.	Alex Ryan	:37:31	5th, Open
6.	Alfie Calpito	:38:05	6th, Open
7.	Andrea Woods	:43:19	1st, W. Open
8.	Morris Mann	:46:03	7th, Open
9.	Fred Kooker	:46:07	1st, Masters
10.	James Jonsson*	:46:12	8th, Open
11.	Vernon Knight	:49:20	2nd, Masters
12.	Peter Schlegel	:50:42	3rd, Masters
13.	Thomas McCurdy	:51:40	9th, Open
14.	Eric Rosenthal	:53:27	10th, Open
15.	Al Harty	:54:30	4th, Masters
16.	Dennis Blake	:55:11	5th, Masters
17.	Connie Moore	:55:27	2nd, W. Open
18.	Peter Cabanilla	:55:30	11th, Open
19.	Margaret Murray	:55:58	3rd, W. Open
20.	Donna Harty	1:02:54	1st, W. Mstrs.
21.	Roy Herb	1:05:58	12th, Open
22.	Joe Perrino	1:06:17	13th, Open
23.	Carol Rhudy	1:11:03	2nd, W.Mstrs.

Triathlon Relay

1 Mile Swim, 2-Mile Paddle, 4-Mile Kayak

1.	George Kane, Mike Takahashi, Bob Rocheleau	1:03:51	1st, Open
2.	Alfie Calpito, Marshall Rosa*, George Kissner	1:04:15	2nd, Open
3.	Joe Lileikis, Kenny Rust, Brad Moore	1:06:11	3rd, Open
4.	Roger Cundall*, Fred Fong*, Mark Buck*	1:08:47	1st, Masters
5.	Morris Mann, Gaylord Wilcox*, Ed Pestana	1:10:59	4th, Open
6.	Missy Mowat*, Margo Carmody, Denise Darval	1:16:45	1st, Women
7.	Andrea Woods, Norma Santiago*, Lorie Bode	1:20:59	2nd, Women
8.	Nalani Blaisdell, Sandy Combis, Ricklen Fong	1:34:55	3rd, Women
9.	George Puder*, Greg Wood*, Grant Senner*	1:35:29	5th, Open

*Outrigger member



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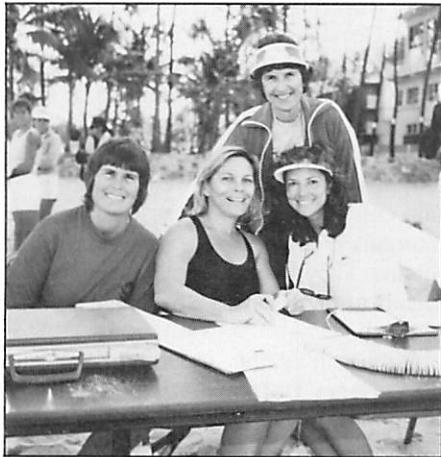
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Competitors in the Ironman division were Ed Pestana, Kenny Rust, Steve Munotones, Brad Moore, Ian Emberson, Gaylord Wilcox, Grant Senner and Lorie Bode.



Missy Mowat tags her paddleboarder, Margo Carmody, after finishing the 1-mile swim in the relay.



Helping with the Ocean Triathlon were Coco Emberson, Pam Zak and Laura Miller, front; Gerry DeBenedetti, standing.



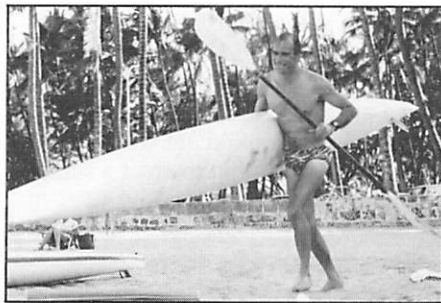
Collecting their trophies for winning the masters event in the relay were Mark Buck, Roger Cundall and Fred Fong.



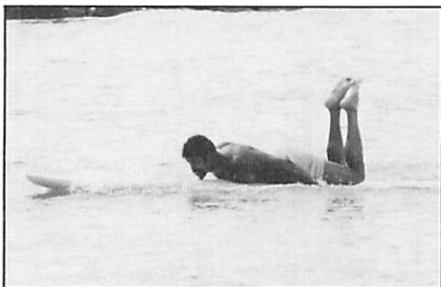
Mark Buck kayaked his masters team to victory.



Pam Zak presents third place trophy to Todd Duplanty for the two-mile swim.



Gaylord Wilcox rushes to beach with his kayak in the ironman. After winning the masters division, he went back and did the 2-mile paddleboard race in the relay.



Marshall Rosa paddled the two-miles for his relay team.



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