

# OCC Triathlon a Big Success

by Bill Danford

The 1st Outrigger Triathlon on November 30 was a tremendous success with 15 individuals and 21 teams competing.

Matt Kresser won the ironman title in 1:39:21 and the team of Ian Emberson (swim), Peter D'Enbeau (bike) and Karl Heyer IV (run) won the team title in 1:31:12 and set the course record.

Triathloners started the day by making the 1.5 mile Castle Swim, followed by a 10-mile bike ride from the Club to the Arco station in Kahala

and back, and finishing with a 4.5-mile run around Diamond Head.

The day ended with the Marathon brunch. Thanks to Frank Walton driver, timer, starter, the event got off to a normal and orderly OCC fashionable start. The conditions in the water were near perfect.

The biking portion of the race was somewhat hazardous but cool heads prevailed and no one was unseated. As for the run, well, Diamond Head is always tough.

Ninety-nine percent of the individual

entrants had never done a triathlon before.

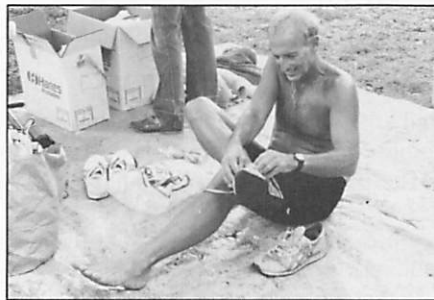
Missy Mowat, the youngest in the field, was the first to finish in the women's category in 1:49:33.

The weather was cool, windy and rainy at times, but that didn't stop the enthusiastic participants and the cheering section that gathered on the OCC beach and the median strip in front of the Club on Kalakaua Avenue.

Members of the planning committee were Roger Cundall, Diane Stowell and Bill Danford.



Swimmers hit the water at the start of the first event of the Triathlon — the Castle Swim.



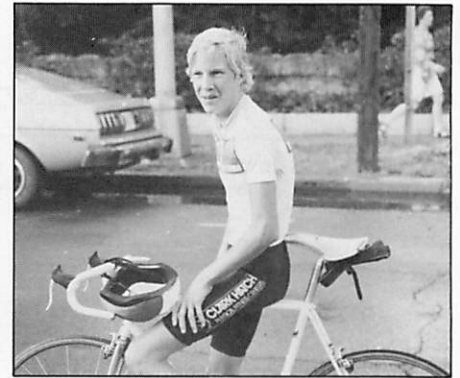
Doug Kilpatrick changes his shoes between the bike ride and run. He finished second in men's 40+ division.



Robin Smith signs up competitors for the Triathlon.



The median strip in front of the Club was the starting and finishing point for the bikers and runners.



Reid Wheelon closed the gap on his relay leg, nearly catching the first place team.



Karl Heyer IV and Peter D'Enbeau finished the Triathlon team event in first place. Their swimmer was Ian Emberson who won the Castle Swim.



Bikers line up on Kalakaua in front of the Club waiting for their swimmer to finish the Castle Swim.

Photos by Marilyn Kail



Mia Kresser, Diane Stowell and Missy Mowat finished, third, second and first, respectively, in the ironman division for women.



Jr. members Wyatt Jones, Hunter Eggers and Heath Hemmings competed. Eggers and Hemmings joined Todd Duplanty to win the 19 and under division.



Roger Cundall congratulates Triathlon winner Matt Kresser.



Andrea Lehman, Paula Carbone and Diane Stowell finished first of all the women's teams.

## OCC Triathlon Results

### Ironman

Overall Finish	Time	Division/Place
1. Matt Kresser	1:39:21	1st, Men overall
2. Randy Grune	1:39:28	1st, Men 20-39
3. Marc Haine	1:43:05	2nd, Men 20-39
4. Quentin Kawanakoa	1:43:28	3rd, Men 20-39
5. Missy Mowat	1:49:33	1st, Women overall
6. Diane Stowell	1:53:27	1st, Women 40+
7. Mia Kresser	2:03:16	1st, Women 19 & Under
8. Dave Monahan	2:06:01	1st, Men 40+
9. Doug Kilpatrick	2:09:00	2nd, Men 40+
10. John Nielsen	2:11:56	4th, Men 20-39
11. Jim Beardmore	2:12:01	5th, Men 20-39
12. Grant Senner	2:15:11	1st, Men 19 & Under
13. Dave Dawson	2:15:41	3rd, Men 40+
14. Jon Haig	3:03:33	4th, Men 40+

### Team

1. Ian Emberson, Peter D'Enbeau, Karl Heyer IV	1:31:12	1st, Men overall
2. Roger Cundall, Reid Wheelon, Jimmy Dean	1:31:44	1st, Men 20-39
3. Richard Sylva, Bill Danford, Tommy Holmes	1:32:48	1st, Men 40+
4. Randy Grune, Dale Hope, Walter Guild	1:35:44	2nd, Men 20-39
5. Marc Haine, Stan Merkle, Randy Shibuya	1:38:11	3rd, Men 20-39
6. Matt Kresser, R.D. Gray, Gaylord Wilcox	1:38:56	4th, Men 20-39

7. Todd Duplanty, Hunter Eggers, Heath Hemmings	1:39:56	1st, Men 19 & Under
8. Diane Stowell, Andrea Lehman, Paula Carbone	1:41:18	1st, Women overall
9. Missy Mowat, Dione Wilbur, Darcie Wilcox	1:41:36	1st, Women 19 and Under
10. John Nielsen, Ken Davenport, Howard Word	1:42:26	5th, Men 20-39
11. Pam Zak, Ann Cundall, Carol Wilbur	1:47:38	1st, Women 40+
12. Jim Peterson, Tom Merrill, Mike Burson	1:47:47	2nd, Men 40+
13. Quentin Kawanakoa, Bill Head, Fred Hemmings Jr.	1:51:21	3rd, Men 40+
14. Eric Jonsson, Robin Merkle, Genie Kincaid	1:51:23	6th, Men 20-39
15. Fred Rohlfing, Bob Vieira, Dave Cheever	1:52:47	4th, Men 40+
16. Tina McKeller, Monte Costa, Susan Barron	1:56:38	1st, Women 20-39
17. Janis McPheeters, Jill Cheever, Michelle St. John	1:57:25	2nd, Women 20-39
18. Dave Monahan, Albert Lemes, Jim Stahl	1:57:25	5th, Men 40+
19. Mia Kresser, Lisa Siggers, Ulu Davis	2:03:16	3rd, Women 20-39
20. Jim Beardmore, Emary Lucas, Steve Dunn	2:12:01	7th, Men 20-39
21. Doug Kilpatrick, Pat Buckman, Ronny Kilpatrick	2:26:16	6th, Men 40+



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