

SLVP Duathlon Results July 17, 2024



A lovely summer evening saw Steve Dilger lead the pack on the new and longer run route on July 17th, followed by Mika and Eileen Visser, Jenn Whittaker, Mary Kelly and Lisa Guccione. Steve and canoe partner Aviva Gold made quick work of the transition to paddle, finishing with almost a minute ahead of the next team.

The battle on the water was on and the deer flies never stood a chance of landing a bite on the canoes giving Dilger/Gold chase!

The finish line tree at the river bank was the spot for all to tap and enjoy the completion of another St Lawrence Valley Paddlers 3rd Wednesday Duathlon.

SLVP Duathlon Results - July 17, 2024	
Team	Time
Steve Dilger, Aviva Gold	0:35:32
Allen and Mary Kelly	0:36:12
Will Siegfried, Eileen Visser	0:36:43
Erik and Jenn Whittaker	0:37:12
Allen, Mary and Jacki Kelly	0:39:27
Brienne Basford , Lyn Short, Lisa Guccione	0:48:02

