

**PROJECT ST. CROIX**  
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**FOR IMMEDIATE RELEASE**

**April 7, 2008**

**Halk, Harper Win in West**

After being nipped at the line in the season opening East End Triathlon, Bob Halk was not about to let the same thing happen in Sunday's West is Best Triathlon. Halk opened up a dominating gap in the swim over his early season rival, DeWayne Smith, and never looked back, cruising to an easy win.

The calm water off of Coconuts on the Beach in Frederiksted belied the 25 mph winds that were howling all week. Halk left the water after the half mile swim with a three minute lead over Smith, maintained his lead in the 11.5 mile flat bike section, and finished over 90 seconds ahead after the 3 mile run, for a winning time of 1:04:36. Smith was second in 1:06:07 and Troy Holloway was third, in 1:07:43.

The female side saw the same result as last month, with Theresa Harper using a strong run leg to hold off Julie Sommer, and win in 1:13:37. Sommer was second in 1:15:56 and Val Shoppell held off Dulcie Crowther for the bronze, in 1:17:38.

Caylee Watson, a Country Day School seventh grader, came off a week of school sponsored training to take the female side of the quarter mile swim, 7 mile bike and 1.5 mile Try-A-Tri, in 54:23. CDS classmates Amanda Robacker and Brin Goldman also competed.

The next race on the calendar is the big one...the St. Croix Ironman 70.3 and Sprint Triathlons, to be held May 4 in Christiansted.

Form more information, please call 773-8456.

# West Is Best Triathlon

Coconuts on the Beach, Fred's ted

April 6, 2008

.5 mile swim/11.5 mile bike/3 mile run

## MEN

<i>Place</i>	<i>Under 20</i>	<i>swim</i>	<i>bike</i>	<i>run</i>
1	Will Peil	12:40	47:28	1:08:56
	<b>20-29</b>			
1	DeWayne Smith	13:48	45:55	1:06:07
2	Billy Bohlke	14:24	50:05	1:08:45
3	Chris Pitre	12:00	45:28	1:09:55
4	Dustin Tibbs	17:03	59:39	1:28:03
	<b>30-39</b>			
1	Bob Halk	10:47	43:25	1:04:36
2	Mathias Sampson	16:11	54:24	1:18:34
3	Todd Harris	17:01	54:24	1:25:54
4	Jan Steinberg	20:12	-----	1:49:40
	Bryce Rogers	-----	-----	1:34:28
	<b>40-49</b>			
1	Troy Holloway	14:41	46:45	1:07:43
2	Scott Fricks	14:22	47:15	1:09:22
3	Steve Silver	13:43	47:18	1:12:16
4	Frank Pugliese	14:27	55:04	1:21:09
5	Brad Chaffee	16:06	55:13	1:21:51
	<b>50+</b>			
1	Richard Jeanpierre	19:45	55:07	1:16:58
2	David Nowack	14:56	53:28	1:24:33
3	Patrick Juarez	14:34	58:05	1:25:22
4	Fred Flint	23:52	1:02:20	1:30:14
5	Van Wood	24:28	1:08:05	1:34:17
6	Peter Brown	16:36	1:00:02	1:40:27
7	Ed Staats	14:43	1:09:47	2:03:00

## WOMEN

	<b>20-29</b>			
1	Julie Sommer	14:21	51:15	1:15:56
2	Valerie Shoppell	14:52	50:13	1:17:38
3	Jessica Parker	15:42	1:00:58	1:30:24
	<b>30-39</b>			
1	Dulcie Crowther	14:45	54:53	1:17:51
2	Sarah Bostwick	15:54	56:13	1:19:47
3	Andreina Solorzano	15:31	57:47	1:24:55
4	Amanda Warehime	14:31	1:02:39	1:27:46
5	Rebeca Pelayo	16:06	1:15:27	1:42:39

**40-49**

1	Theresa Harper	15:34	51:58	1:13:37
2	Elizabeth Armstrong	13:46	51:30	1:19:09
3	Sara Gambee	19:12	57:21	1:23:14
4	Patty Coleman	15:06	1:00:37	1:27:07
5	Katherine Pugliese	19:17	59:58	1:28:39
6	Charlotte Bodurow	23:56	1:13:20	1:46:34

**50+**

1	Cathy Lavarini	31:20	1:04:00	1:36:30
2	Donna Duffy	23:46	1:14:06	1:46:06
3	Linda Nelson	26:01	1:18:43	1:59:55

**RELAYS**

1	Mark Jackson Glenn Massiah Mark Kennedy	10:57	43:23	1:02:10
2	Lauren Harcrow Dick Isherwood Julie Eckard	11:00	47:02	1:14:52
3	Sam Shogren Joel Holt Jessica Holt	10:00	44:35	1:12:41
4	Alex Lewit Mervin Mills Alicia Lewit	14:36	50:25	1:13:47
5	Jemille Vialet Jon Mahony Mandi Roberts	10:55	49:06	1:14:26
6	Evan Warehime David Morales Rebecca Elkins	12:39	47:47	1:14:52
7	David Sommer Elizabeth Nurnberger Elizabeth Nurnberger	14:02	51:30	1:19:17
8	Emily Turner Shawn Margles Samantha Margles	14:02	56:13	1:21:36
9	Sheila Deevy Caitlin Sterner Karim Hill	18:12	1:03:50	1:23:04
10	Roslyn Turner Todd Nurnberger Todd Nurnberger	18:00	1:09:32	1:24:31
unoffic	Peter Forrester Denise Blanchette Olga Capriola	-----	49:57	1:18:50

## TRY-A-TRI

*400mt swim/7mile bike/1.5 mile run*

1	Ray Lutz	7:42	39:55	42:10
2	Caylee Watson	6:24	37:47	54:23
3	Janine Schuster	11:13	52:38	1:11:26
4	Amanda Robacker	8:51	45:44	1:14:18
unoffic	Brin Goldman	8:46	-----	56:14