

## 2019 Just Du It! Results

**Location:** NWT Legislative Assembly Building  
**Weather:** Sunny, 27C

**Race Director:** Kaeleigh Brown  
**Presented by:** NWT Physio Association  
**Date:** Sunday, July 21, 2019

### Category: Open Men

Place	First Name	Last Name	Run (4.8km) + T1	Pace (min/km)	Bike + T2 (10km)	km/hr	Run (5.5km)	Pace (min/km)	Overall
1	scott	young	20:00.0	04:10	0:22:18	26.9	0:25:10	04:35	1:07:28
2	Julian	Kanigan	20:29.0	04:16	0:23:26	25.6	0:24:57	04:32	1:08:52
3	Shaun	Doherty	22:57.0	04:47	0:21:03	28.5	0:30:45	05:35	1:14:45
4	Chris	Hewitt	26:54.0	05:36	0:27:53	21.5	0:31:18	05:41	1:26:05
5	Ajay	Chauhan	23:13.0	04:50	0:31:55	18.8	0:30:57	05:38	1:26:05
6	Jeremy	Dixon	25:33.0	05:19	0:34:59	17.2	0:38:59	07:05	1:39:31
7	Cameron	Twa	37:08.0	07:44	0:30:49	19.5	0:47:51	08:42	1:55:48
DNS	Conor	Cremin							
DNS	Ken	Eng							
DNS	David	Speakman							
DNS	Doug	Lockhart							

### Category: Open Women

Place	First Name	Last Name	Run (4.8km) + T1	Pace (min/km)	Bike + T2 (10km)	km/hr	Run (5.5km)	Pace (min/km)	Overall
1	Tracey	Pope	21:58.0	04:35	0:23:35	25.4	0:23:23	04:15	1:08:56
2	Arlene	Cliffe-Phillips	24:59.0	05:12	0:21:29	27.9	0:29:22	05:20	1:15:50
3	Heidi	Boudreau	26:06.4	05:26	0:31:40	18.9	0:32:12	05:51	1:29:59
4	Jennifer	Broadbridge	26:58.0	05:37	0:25:23	23.6	0:27:14	04:57	1:19:35
5	Melissa	pink	28:38.0	05:58	0:23:39	25.4	0:28:52	05:15	1:21:09
6	Ashley	Janes	26:56.0	05:37	0:27:51	21.5	0:30:43	05:35	1:25:30
7	Kristen	Berkeley	33:17.0	06:56	Timing Error		Timing Error		1:39:12
DNF	Jocelyn	Apps							

### Category: Rec Women - Roller Blade

Place	Name	Run (2.7k) + T1	Pace (min/km)	Roller Blade 5km	km/hr	Run (2.7k)	Pace (min/km)	Overall
1	Naomi S. & Duke	24:43.0	09:09	0:29:41	10.1	0:15:30	05:44	1:09:54