

HITS Triathlon Series

Dec. 3-4, 2016

Palm Springs, California

Half-Ironman (338 finishers)

** Aaron Hebel, 4:41:20 (31:16, 2:27:19, 1:26:42), THIRD OVERALL!

** Rich Wilson, 6:16:20 (41:14, 3:13:35, 2:11:53), 92nd overall, 13th out of 39 in men's 35-39

** Aaron Lee, 6:47:59 (51:25, 3:35:22, 2:05:51), 141st overall, 18th out of 26 in men's 30-34

Olympic distance (272 finishers)

** Abby Epton, 2:37:06, 61st overall, 2nd of 6 in women's 30-34

** Kelby Thornton, 2:49:40, 113th overall, 2nd out of 9 in women's 35-39

Sprint distance (300 finishers)

** Lori Soriano, 1:20:29 (16:13, 37:18, 21:59), 27th overall, 1st out of 15 in women's 35-39

** Sarah Hebel, 1:38:05, 130th overall, 5th out of 15 in women's 35-39

** Tracey Crawford, 2:21:11 (32:07, 52:34, 47:42), 287th overall, 5th in Athena age group

Ironman Arizona

Nov. 20, 2016

Tempe, Arizona (2,681 entrants)

** Charles Brown, 10:10:09 (56:42, 5:27:48, 3:38:58), 169th overall, 26th in men's 40-44

** Joe Raymond, 11:45:38 (1:16:53, 5:59:16, 4:16:50), 626th overall, 64th in men's 30-34

** Tommy Thompson, 15:00:48 (1:38:09, 7:12:05, 5:41:03), 108th in men's 55-59, 1,812th overall

Morro Bay Triathlon

Nov. 6, 2016

Morro Bay, California

Olympic (184 finishers)

** Michael Toland, 2:29:57, 23rd overall, 1st in men's 60-69

** Richard Meyer, 2:36, 36th overall, 3rd in men's 60-69

Sprint (200 finishers)

** Brenton Hulstrom, 1:17:35, 8th overall, 3rd in men's 30-39

** Elliott Feng, 1:20:28, 12th overall, 3rd in men's 20-29

** Dane Oleson, 1:23:19, 19th overall, 6th in men's 20-29

** Aaron Lee, 1:30:42, 49th overall, 12th in men's 30-39

Ironman 70.3 Arizona

Tempe, Arizona (1,111 finishers)

Oct. 16, 2016

** Abby Epton, 5:45:38 (35:40, 2:58:23, 2:06:36), 289th overall, 48th among women, 7th in women's 30-34

** Lori Soriano, 5:49:33 (43:32, 2:43:42, 2:17:56), 315th overall, 58th among women, 11th in women's 35-39

** Aaron Lee, 5:54:29 (45:51, 3:05:31, 1:56:09), 362nd overall, 52nd in men's 30-34

TriTulare 2016

Sept. 24, 2016

Tulare, California

400 pool swim, 8.5-mile bike, 2.9-mile run (75 finishers)

** Michael Gloss, 1:07:16, 28th overall, third in men's 50-54

** Del Gloss, 1:11:29, 39th overall, first in women's 45-49

Ironman Chattanooga

Sept. 25, 2016

Chattanooga, Tenn.

** Michael Jones, 14:48:52 (1:30:56, 6:49:49, 6:04:17), 116th in men's 50-54, 1,068 overall

Carpinteria Triathlon

Sept. 25, 2016

Carpinteria, California

Olympic distance (127 finishers)

** Brent Fulce, 2:31:50, 11th overall, 2nd out of 13 in men's 45-49

Apple Valley Reverse Triathlon

Sept. 24, 2016

Apple Valley, California (300 finishers)

5k run, 12-mile bike, 150-yard swim

** Rich Wilson, 1:07:13, 20th overall, 6th out of 36 in men's 30-39

** Jessica Wilson, 1:29:20, 142nd overall, 13th out of 34 in women's 30-39

Junior Triathlon

.75 mile run, 1-mile bike, 50-yard swim

** Erik Wilson, 23rd place, 23:58 (race for kids 5-11 years old)

Erik was one of only three 5 year olds to compete, and he was first among them!

ITU World Championships Grand Finale

Sept. 18, 2016

Cozumel, Mexico

Olympic distance age group

** Aaron Hebler, 2:05:50 (20:01, 59:10, 42:48), 19th out of 73 in men's 30-34

(Second American to finish in the age group)

Nautica Malibu Triathlon

Sept. 17, 2016

Malibu, California

International distance (1.5k swim, 40k bike, 10k run; 1,192 finishers)

** Aaron Meyer, 2:26:12.91 (25:09.06, 1:09:37.91, 46:10.62), 66th overall, 13th in men's 35-39

Classic distance (1/2 mile swim, 18-mile bike, 4.3-mile run; 1,583 finishers)

** Jarrod Butler, 2:02:44.16 (23:10.5, 1:01:03.55, 32:49.86), 498th overall, 59th in men's 35-39

** Mercedes Thayer, 3:14:42.46 (36:53.99, 1:20:45.91, 59:35.97), 78th in women's 35-39

Santa Cruz 70.3

Sept. 11, 2016

Santa Cruz, California (2,027 entrants)

** Joe Raymond, 5:55:57 (36:25, 3:00:14, 2:10:16), 103rd in 30-34 men, 767th overall

** Joseph Yatco, 6:44:50 (54:10, 3:09:22, 2:30:01), 152nd in 45-49 men, 1,363rd overall

Castaic Lake II Triathlon

Sept. 10, 2016

Castaic, California (80 finishers)

400 swim, 10-mile bike, 5k run

** Jon Fink, 57:32, 1st in men's 55-59, 9th overall

Santa Barbara Triathlon

Aug. 27-28, 2016

Santa Barbara, California (469 finishers)

Long course (1-mile ocean swim, 34-mile bike, 10-mile run)

** Brooke Ambrose, 4:07:50 (40:59, 1:56:54, 1:23:40), 7th out of 22 in women's 35-39, 216th overall

** Rich Wilson, 4:15:18 (34:00, 1:51:40, 1:42:48), 31st in men's 35-39, 261st overall

** Tommy Thompson, 4:32:38 (41:13, 2:04:04, 1:37:08), 21st in men's 55-59, 318th overall

** Jarrod Butler, 4:40:59 (44:51, 2:11:03, 1:37:24), 35th in men's 35-39, 341st overall

Co-ed sprint (500y swim, 6-mile bike, 2-mile run)

268 finishers

** Tommy Thompson, 51:52 (12:09, 18:46, 16:29), 8th out of 20 in men's 55-59, 105th overall

Ironman Coeur D'Alene

Aug. 21, 2016

Idaho (1,346 entrants)

** Charles Brown, 12:31:31 (53:54, 5:48:22, 5:38:28), 349th overall, 46th in men's 40-44 division

Lake Ming Time Trial & Brick

Aug. 20, 2016

TT & Brick (10.6-mile bike, 1.4-mile run)

- ** Brennon Hayes, 13:54:48 (53:27, 6:16:53, 6:29:14), 160th in men's 40-44, 1,047th overall
- ** Dana Sullivan, 14:28:10 (1:54:09, 7:13:36, 5:06:41), 29th in women's 50-54, 1,222nd overall

San Luis Obispo Triathlon

July 24, 2016

Half-mile pool swim, 15-mile bike, 5k run (559 finishers)

- ** Linda Monje, 1:50:00, 236th overall
- ** Tracey Crawford, 2:42:23, 533rd overall

iCAN Tri

July 17, 2016

Clovis North High School, Fresno, California

Adult sprint (500-meter pool swim, 10-mile bike, 3-mile run; 30 finishers)

- ** Danny Edwards, 1:08:03.1, 7th overall, first in men's 50-59
- Kids' race 9-12 year olds (150-meter swim, 4-mile bike, 1-mile run; 44 finishers)
- ** Kaden Hulstrom (9 years old), 35:22.7, 29th overall
- Kids' race 6-8 year olds (50-meter swim, 2-mile bike, half-mile run; 28 finishers)
- ** Isaiah Hulstrom (7 years old), 19:23.5, 16th overall

Breath of Life Ventura Triathlon

June 26, 2016

Ventura, California (293 finishers)

Olympic (1,500y swim, 40k bike, 10k run)

- ** Aaron Hebler, 2:04:32 (19:23, 1:02:48, 40:27), 12th overall, 4th in men's 30-34
- ** Aaron Orndorff, 2:20:29 (23:45, 1:06:01, 47:50), 52nd overall, 7th in men's 35-39
- ** Breanne Hulstrom, 2:33:32 (25:17, 1:16:02, 47:55), 96th overall, 1st in women's 35-39, 11th out of women
- ** Kelby Thornton, 2:43:55 (23:50, 1:17:57, 58:14), 146th overall, 2nd in women's 35-39, 22nd out of women
- ** Danny Edwards, 2:45:49 (31:28, 1:14:55, 56:12), 155th overall, 10th in men's 55-59
- ** Rich Wilson, 2:46:34 (26:32, 1:13:50, 1:00:23), 161st overall, 22nd in men's 35-39
- ** Jarrod Butler, 3:09:20 (33:15, 1:28:56, 1:01:50), 240th overall, 39th in men's 35-39
- ** Jessica Wilson, 3:54:08 (57:19, 1:40:14, 1:08:44), 293rd overall, 9th in women's 35-39, 74th out of women
- Sprint (750y swim, 20k bike, 5k run); 266 finishers
- ** Sarah Hebler, 1:38:10 (16:18, 46:29, 30:46), 168th overall, 8th out of 14th in women's 35-39, 50th out of women
- ** Renee Richards, 1:53:32 (18:00, 51:13, 37:20), 223rd overall, 1st out of 5 in Athena, 72nd out of women

San Diego International Triathlon

June 26

San Diego, California (289 finishers)

Sprint (1/2-kilometer swim, 20k bike, 6k run)

- ** Drew Raney, 1:22:42 (7:28, 38:16, 31:04), 36th overall, 2nd out of 7 in 20-24 men's division

California International Triathlon

June 26, 2016

Pleasanton, California (350 finishers)

1.5-kilometer swim, 40k bike, 10k run

- ** Joseph Yatco, 3:24:15 (40:37, 1:19:06, 1:19:23), 309th overall, 38th in 45-49 men's division

Escape From Alcatraz

June 12, 2016

San Francisco, California (1,395 finishers)

1.5-mile swim, 18-mile bike, 8-mile run

** Ben Villasenor, 3:40:51 (1:04:42 (10:52 T1), 1:09:49 (3:51 sand ladder), 1:11:50); 840th overall, 98th in men's 34-39 age group

Bass Lake Triathlon

June 4, 2016

Bass Lake, Oakhurst, California

Olympic distance (180 finishers)

** Aaron Hebler, 2:13:37 (21:32, 1:09:43, 40:40), third overall

** Mike Toland, 2:35:35 (25:45, 1:15:12, 52:29), 14th overall, first in men's 60-64

** Richard Meyer, 2:45:52 (24:46, 1:15:04, 1:02:49), 25th overall, 2nd in men's 60-64

** Brent Fulce, 2:48:27 (29:43, 1:24:19, 52:40), 33rd overall, third in men's 45-49

** Brooke Ambrose, 2:55:40 (34:09, 1:28:10, 50:55), 42nd overall, 8th in women, 2nd in women's 35-39

** Kelby Thornton, 2:56:35 (26:40, 1:29:34, 58:09), 43rd overall, 9th in women, 3rd in women's 35-39

** Dana Sullivan, 3:41:07 (57:25, 1:37:29, 1:01:36), 139th overall, 33rd in women, 5th in women's 50-54

Sprint distance (207 finishers)

** Aaron Orndorff, 1:09:48 (8:43, 37:06, 21:53), 2nd overall

** Elliott Feng, 1:12:28 (7:23, 39:38, 23:30), 5th overall, 1st in men's 25-29

** Brenton Hulstrom, 1:14:20 (9:55, 39:37, 22:06), 8th overall, 1st in men's 35-39

** Lori Soriano, 1:22:21 (10:06, 44:45, 23:39), 16th overall, 1st overall in women

** Abby Epton, 1:24:14 (9:22, 45:59, 26:12), 22nd overall, 3rd overall in women

** Michael Jones, 1:24:48 (12:52, 42:19, 25:44), 24th overall, 2nd in men's 50-54

** Danny Edwards, 1:25:05 (11:14, 45:50, 25:39), 26th overall, 1st in men's 55-59

** Holly Lazzerini, 1:50:51 (13:16, 53:34, 40:24), 117th overall, 44th in women, 1st in women's 65-69

** Russ Abercrombie, 2:11:39, 174th overall, 3rd in men's 60-64

** Donna Henderson, 2:26:17 (17:26, 1:06:39, 47:26), 189th overall, 92nd in women, 9th in women's 50-54

** Tracey Crawford, 2:32:46 (18:44, 1:12:10, 57:07), 199th overall, 99th in women, 3rd in Athena

Folsom International Triathlon

June 5, 2016

Folsom Lake, California (Sacramento area)

Olympic distance (210 finishers)

** Joseph Yatco, 3:28:20 (48:27, 1:21:24, 1:13:56), 185th overall, 22nd in men's 45-49

Morgan Hill Triathlon

May 15, 2016

Uvas Reservoir, Morgan Hill, California

(1,200y swim, 16-mile bike, 5-mile run; 411 finishers)

** Danny Edwards, 2:05:45 (28:37 swim, 52:49 bike, 41:20 run), 162nd overall, 12th out of 24 in men's 55-59

** Joseph Yatco, 2:30:36 (38:30 swim, 58:09 bike, 50:13 run), 344th overall, 42nd in men's 45-49

Ironman 70.3 North American Pro Championship

May 7, 2016

St. George, Utah (2,556 entrants)

** Brent Fulce, 5:43:30 (38:27 swim, 3:01:51 bike, 1:57:53 run); 562nd overall, 67th in men's 45-49

** Michael Toland, 5:59:14 (34:11, 3:09:29, 2:07:32); 759th overall, 6th in men's 60-64
** Brennon Hayes, 6:42:26 (50:12 swim, 3:19:41 bike, 2:19:57 run); 184th in men's 40-44; 1,288th overall
** Tommy Thompson, 7:59:54 (57:00 swim, 3:57:27 bike, 2:45:01 run); 83rd in men's 55-59; 1,846th overall

Wildflower Triathlons

April 30-May 1

Lake San Antonio, Monterey County, California

Road sprint

** Joseph Yatco, 1:52:17 (13:03 swim, 50:01 bike, 36:48); 122nd overall out of 219; 5th in men's 45-49

S.C.A.R. Swim Series

April 28-May 1

Four distance swims in different venues on consecutive days

** Charles Brown finished three of the four swims in the extreme sport event, which had nearly 50 entrants. Only 10 entrants finished all four swims

Charles' results: Swim 1, Saguaro, 11th, 3:45:21.57; Swim 2, Canyon, 9th, 3:47:32.94; Swim 4, 5th, 2:49:23.17 (didn't complete swim 3)

Kern River Duathlon

April 23, 2016

Hart Park, Bakersfield, California

2-mile run, 10-mile bike, 2-mile run

(Official results not posted, but here are the order of Trispokes placers and some approximate times)

** Aaron Hebler, 1st, 53 minutes ** Brent Fulce (1:02), Jon Fink (1:03), Louis Bravos (1:06), Brooke Ambrose (1:07), Danny Edwards (1:08), Lynelle Summers (1:13)

** Norma Diaz in relay

Ironman 70.3 New Orleans

April 17, 2016

Half-ironman distance; 1,597 entrants

** Abby Epton, 6:07:23 (36:43, 3:05:05, 2:18:54), 514th overall, 16th out of 56 in women's 30-34

L.A. Tri Series #2

April 17, 2016

Bonelli Park, San Dimas, California

Championship distance (1,000m swim, 21m ride, 5m run); 348 finishers

** Danny Edwards, 2:24:40 (24:08, 1:08:53, 46:44), 165th overall, 12th out of 27 in men's 55-59

HITS Triathlon Series

April 10, 2016

Fairfield, California

Olympic distance

** Ben Villasenor, 2:49:20 (32:20, 1:21:04, 48:28); 114th overall out of 519; 17th out of 62 in men's 30-34

Millerton Lake Triathlon

April 9, 2016

Friant, California

Olympic distance (1,600y swim, 22m bike, 10k run); 55 entrants

** Lori Soriano, 2:28:07 (25:21, 1:03:56, 55:36); overall women's winner, 10th overall among men/women, 1st in women's 30-39

Ironman 70.3 California

April 2, 2016

Oceanside, California

Half ironman distance (3,255 entrants)

** Joe Raymond, 6:34:48 (40:08, 3:03:01, 2:38:01); 159th in men's 30-34; 1,451st overall

SuperSEAL Triathlon

March 20, 2016

Coronado, California

Olympic distance

** Aaron Hebler, 2:05:10 (20:09, 1:02:31, 39:17), 10th overall out of 579 finishers; 4th out of 67 in men's 30-34

March Triathlon Series

Lake Lopez, Arroyo Grande, Calif.

March 20, 2016

Sprint (1/2 mile swim, 20k ride, 5k run); 85 finishers

** Aaron Orndorff, 4th overall, 1:15:17 (13:13, 37:57, 22:01), 1st in men's 35-39 age group

** Brent Fulce, 8th overall, 1:18:50 (16:19, 38:25, 22:14), 1st in men's 45-49 age group

Ironman 70.3 Puerto Rico

San Juan, Puerto Rico

March 20, 2016 (1,021 finishers)

** Kelby Thornton, 6:24:38 (35:06, 2:59:59, 2:39:58), 584th overall, 478th among women
16th out of 41 in women's 35-39 age group

Pasadena Triathlon

March 12, 2016

Reverse: 5k run, 9.3m bike, 150m pool swim (770 finishers)

** Lori Thompson, 1:07:12 (25:25, 33:22, 3:44), 1st out of 21 in women's 55-59, 131st overall

** Luke Richards, 1:14:02 (31:04, 33:52, 3:43), 21st out of 32 in men's 25-29, 254th overall

** Debbie Raygoza-Wells, 1:19:57 (33:49, 35:27, 6:10), 10th in women's 55-59, 351st overall

** Renee Richards, 1:25:54 (36:56, 37:56, 4:14), 1st out of 19 in Athena division, 491st overall

Rocky Hill Triathlon

March 6, 2016

Exeter, California

Sprint (87 finishers): 400 pool swim, 13m bike, 5k run

** Jon Fink, 7th overall, 1:17:41, 7:49, 41:45, 25:14

** Drew Raney, 10th overall, 1:20:48, 6:36, 42:57, 28:23

** Brooke Ambrose, 15th overall, overall women's winner, 1:27:17, 9:31, 46:41, 24:56

** Danny Edwards, 18th overall, 1:25:27, 9:36, 47:34, 26:25

** Rich Wilson, 26th, 1:29:48, 7:17, 46:12, 32:14

** Therese Haley, 30th, 1:30:31, 10:31, 52:54, 24:22, 6th in women

** Michael Gloss, 43rd, 1:37:52, 9:03, 54:29, 30:06

** Lynelle Summers, 47th, 12:30, 53:59, 28:03, 1:39:38, 14th in women

** Del Gloss, 63rd, 1:49:04, 12:13, 58:38, 30:00, 19th in women

** Jessica Wilson, 69th, 1:54:28 13:47, 1:00:16, 36:13, 22nd in women
** Sid Hessler, 76th, 2:08:13, 11:53, 1:09:11, 43:28, 27th in women

L.A. Tri Series

March 6, 2016

San Dimas

Championship race (242 finishers)

** Joe Raymond, 47th overall, 1:02.42, 7th in men's 30-34

Rock Cobbler Mountain Bike

Feb. 7, 2016

Bakersfield, California

Kristabel Garcia-Diaz completed the 100-mile mountain bike/run with your bike event in Bakersfield that organizers call absolutely crazy.

Indonesia 70.3 Triathlon

Joshua Blackburn, who works in Indonesia completed the race that actually had a pool swim for this half-Ironman distance.

FOR MORE ON KRISTABEL'S and JOSHUA'S races, see the March 2016 newsletter under EVENTS/NEWSLETTERS on this site!

Bena Road Time Trial & Brick

Bakersfield, California

Jan. 23, 2016

Time Trial & Brick

** Jon Fink, first overall, 39:57.1 ** Patrick Mason, second overall, 39:58.3 ** Ben Villasenor, third overall, 40:59.7

** Brooke Ambrose, fifth overall, 46:35.7 ** Dana Sullivan, sixth overall, 50:21.4

Time Trial

** Aaron Hebler, fourth overall out of 17, 24:35.3

Rio Bravo Rumble

Bakersfield, California

Jan. 16, 2016

Biathlon (10k run, 15-mile mountain bike)

** Jeff Moffit, 19th overall, 3:19:47 (54:20 10k, 2:22:431 bike)

** Lori Soriano, 22nd overall, 3:34:30 (53:19 10k, 2:40:25 bike)

Half marathon

** Dana Sullivan, 9th out of 27, 3:13:32, 1st in 46-60 female