## Ironman 70.3 Indian Wells

December 8, 2019
Indian Wells, California (2,990 entrants)
** Mike Toland, 5:29:51 (34:56, 2:38:53, 2:08:57), 715th overall, 14th in men's 60-64
** Lori Soriano, 5:47:02 (46:03, 2:49:06, 2:02:54), 975th overall, 201st among women, 40th in women's 40-44
** Cheryl Vianzon, 6:32:29 (44:09, 3:09:53, 2:20:57), 1,525th overall, 358th among women,
50th in women's 35-39

## Ironman Arizona

November 24, 2019
Tempe, Arizona (2,467 entrants)
** Franck Pichard, 11:37:58 (1:28:05, 5:42:48, 4:09:09, 56th in men's 40-44
** Joe Raymond, 15:04:11 (1:19:05, 6:26:12, 6:55:56), 178th in men's 35-39

## Age Group Draft-Legal Nationals

November 16, 2019
Tempe, Arizona
Sprint (222 male finishers)
** Elliot Feng, $1: 03: 16$ (11:08, $31: 29,19: 24)$, 39th overall, 8 th in men's 25-29

## HITS Triathlon Series

October 26, 2019
Palm Springs, California
Half-ironman (163 finishers)
** Franck Pichard, 5:08:53 (45:19, 2:38:29, 1:39.44), 10th overall, 1st in men's 40-44
** Danny Edwards, 6:30:59 (51:02, 3:06:56, 2:25:58), 84th overall, 3rd in men's 60-64
Olympic (111 finishers)
** Cheryl Vianzon, 3:03:17 (36:36, 1:20:21, 59:21), 46th overall, 1st in women's 35-39

## Bakersfield Triathlon

October 13, 2019
Lake Ming, Bakersfield, California
Olympic distance (30 finishers)
1500m swim, 40k bike, 10k run
** Franck Pichard, 2:28:59.61, 4th overall, 2nd in men's 40-44
** Kenny Lawrence, 2:32:52.32, 7th overall, 2nd in men's 35-39
** Manny Colmenares, 2:43, 9th overall, 4th in men's 40-44
** Aaron Meyer, 2:46:21.17, 11th overall, 6th in men's 40-44
** Brooke Ambrose, 2:46:27.46, 11th overall, 1st overall female!
** Frank Martin, 2:49:44.21, 12th overall, 6th in men's 40-44
** Joe Butkiewicz, 3:01:20.42, 17th overall, 1st in men's 50-54
** Danny Edwards, 3:01:39:48, 18th overall, 1st in men's 60-64
** Elizabeth Rehkopf, 3:25:15.53, 25th overall, 1st in women's 19-under
Sprint distance (42 finishers)
Half-mile swim, 20k bike, 5k run
** Elliot Feng, $1: 07: 49.56$, 1st overall!
** Charles Brown, 1:10:21.46, 2nd overall, 1st in men's 40-44
** Brent Fulce, 1:17:57.26, 4th overall, 1st in men's 50-54
** Jon Cunningham, 1:26:42.90, 11th overall, 1 st in men's 35-39
** Dominique Curran, 1:27:47.36, 12th overall, 1st overall female!
** Henry Blodorn, 1:33:30.25, 16th overall, 1st in boys 14-under
** Nancy Curran, 1:35:44.42, 14th overall, 1st in women's 50-54
** Sylvia Blodorn, 1:39:22.75, 23rd overall, 1st in women's 15-19
** Clint Rehkopf, 2:08:58.44, 37th overall, 8th in men's 40-44
** Avery Lawrence, 2:15:57.74, 39th overall, 1st in female 14-under
** Corban Lawrence, 2:19:39.78, 40th overall, 2nd in boys 14-under
** Penelope Lawrence, 2:38:45.20, 42nd overall, 2nd in girls 14-under
Super sprint ( 200 y swim, 6 m bike, 1.8 m run)
** Robert Meyer, 47 minutes, overall winner!
** Terri Wheeler, 1:06:41.97, 1st overall female!
** Russ Abercrombie, 1:52:12.06, 1st in men's 60-69
Sprint relay
** Charlie's Angels (Donna Winkley, Charlie Smith, Lori Thompson), 1:31:59.36, 1st in mixed division

Las Vegas Triathlon<br>October 5, 2019<br>Bouder City, Nevada<br>Sprint (750m swim, 40k bike, 5k run; 274 entrants)<br>** Victor Peel, 1:55,43 (33:56, 48:49, 28:28), 7th in men's 35-39, 105th overall<br>Ironman Maryland<br>September 28, 2019<br>Cambridge, Maryland (2,238 entrants)<br>** Brent Fulce, $11: 27: 36$ (1:10:05, 5:18:12, 4:50:58), 234th overall, 22nd in men's 50-54

## Nautical Malibu Triathlon

September 14-15, 2019
Zuma Beach, Malibu, California
Olympic (718 finishers)
** Aaron Meyer, 2:35:25 (27:30, 1:11:27, 50:50), 93rd overall, 9th in men's 40-44
** Shawn Caldwell, 2:49:20 (29:24, 1:20:02, 54:03), 219th overall, 23rd in men's 45-49
Aqua bike (31 finishers)
** Richard Meyer, 1:37:42 (26:55, 1:07:48), 4th overall, 3rd overall among men

# IRONMAN 70.3 Santa Cruz 

September 8, 2019
Santa Cruz, California
2,246 entrants
** Brent Fulce (32:47, 2:42:45, 1:57:51), 341st overall, 39th in men's 50-54

## XTERRA Pan American Championship

September 7, 2019
Ogden, Utah
1.5k swim, 28k mountain bike, 10k trail run; 228 entrants
** Kenny Lawrence, 3:46:28 (38:27, 1:57:58, 1:04:21), 101st overall, 17th in men's 3539

OTILLO Swim-Run World Championship
September 1, 2019
Sweden (146 teams finished)
** Charles Brown/Roberto Florencia (Team Mexi-Cali), 66th overall, 10 hours, 39
minutes 8 seconds

ITU World Triathlon Grand Finale
August 31, 2019
Lausanne, Switzerland
Sprint (25-29 age group)
** Elliot Feng, 1:08:31 (11:05, 32:29, 20:41), 32nd out of 83 entrants in AG

Ironman 70.3 Traverse City
August 25, 2019
Traverse City, Michigan
2,860 entrants
** Lauren Zwang, 6:25:58 (36:20, 3:30:24, 2:08:24), 1,055th overall, 281st among
women, 24th in women's 25-29

## Lake Tahoe Triathlon

August 25, 2019
Sugar Pine State Park, Lake Tahoe, California
Olympic (1500m swim, 24-mile bike, 6.9-mile run)
242 finishers
** Cheryl Vianzon, $4: 00: 59$ (39:26, 1:55:48, 1:17:42), 163rd overall, 36th among women, 8th in women's 35-39

## Santa Barbara Triathlon

August 24-25, 2019
Long course (1-mile swim, 34-mile bike, 10-mile run)
329 finishers
** Danny Edwards, 4:21:55 (40:15, 2:03:34, 1:34:03), 199th overall, 10th in men's 60-64
** Tina Moffit, 4:37:16 (26:37, 2:19:15, 1:39:56), 242nd overall, 5 th in women's 55-59, 54th among women
Co-ed sprint
(500 swim, 6-mile bike, 2-mile run; 252 finishers)
** Jeff Moffit, 53:02 (9:47, 19:35, 17:29), 112th overall, 10th in men's 55-59
Parent-child sprint (500y swim, 6-mile bike, 2-mile run)
** Rich and Erik Wilson: Erik was the fastest 8 year old and had the 10th-fastest bike time. Dad-son team finished 21st out of 54!

## Chula Vista Challenge

August 11, 2019
Chula Vista, California
International (1000m swim, 28-mile bike, 10k run)
** Brooke Ambrose, 2:44:06 (23:00, 1:29:48, 47:32), 45th overall, 3rd in women's 40-44, 7th woman overall

## Castaic Lake Triathlon II

August 10, 2019
Castaic, California
(400-swim, 8.5-mile bike, 5k run; 161 finishers)
** Elliot Feng, 43:03, 2nd overall, 1st in men's 25-29
** Jeff Moffit, 1:02:21, 67th overall, 7th in men's 50-54

## San Luis Obispo Triathlon

July 28, 2019
San Luis Obispo, California
Sprint (900y pool swim, 15-mile bike, 5 k run)
590 finishers
** Elliot Feng, 1:11:34, 1st OVERALL!

## Donner Lake Triathlon

July 21, 2019
Truckee, California
Olympic (230 finishers)
** Mike Toland, 3:10:37 (29:23, 1:37:44, 59:40), 69th overall, 7th in men's 60-64
iCAN Tri Triathlon
July 21, 2019
Clovis, California
Adult sprint ( 25 finishers)
** Edward Gonzalez, 1:36:21.7 (12:30, 47:44, 32:19), 16th overall, 5th in men's 40-49
Youth 9-12 (32 entrants)
** Erik Wilson, $33: 39.9$ (3:52, 18:47, 8:38), 14th overall, 1st in 8 -under
Youth 6-9
** Torri Wilson, $33: 01.6$ (1:59, 19:25, 6:15), 10th overall, 1st in 6 year old

## Goleta Beach Triathlon

July 14, 2019
Goleta, California
Olympic (1-mile swim, 22-mile bike, 5 -mile run; 95 finishers)
** Elliot Feng, 1:56:51.5 (25:13, 1:00:00.3, 29:29.8), 3rd overall, 1st in men's 25-29
** Lauren Zwang, 2:25:25.5 (34:11.6, 1:10:20.9, 36:56.6), 20th overall, 2nd in women's 25-29, 5th female overall
Duathlon ( 2.5 m run, 22 -mile bike, 2.5 m run; 18 finishers)
** Brooke Ambrose, 1:47.47.2, 6th overall, 2nd in women's 40-44

Tri For Real \#2
July 14, 2019
Herald, California
Olympic
** Mike Toland, 2:19:55, 12th overall, 2nd in men's 60-64

June Lake Triathlon<br>July 13, 2019<br>June Lake, California<br>Sprint (143 entrants; 400m swim, 8-mile bike, 3-mile run)<br>${ }^{* *}$ Abby Collins, 1:14:09 (10:02, 27:52, 32:15), 35th overall, 4th in women's 35-39, 12th overall female

## Wild Rose Women's Triathlon

June 23, 2019
Calgary, Alberta, Canada (91 finishers)
Sprint ( 750 m swim, 18k bike, 4.5k run)
${ }^{* *}$ Cheryl Vianzon, 1:26:47 (18:45, 42:15, 25:47), 15th overall, 10th in women's 30-39

## San Diego International Triathlon

June 23, 2019
San Diego, California ( 415 finishers)
International distance (1000k swim, 30k bike, 10k run)
** Danny Edwards, 2:15:12 (19:57, 58:36, 52:16), 196th overall, 9th in men's 60-64

## Huntington Lake Triathlon

June 15, 2019
Huntington Lake, California
Sprint (38 finishers)
** Edward Gonzalez, 1:48:41 (10:31, 49:20, 45:34), 17th overall, 5th in men's 40-49

## Orange County Triathlon/Duathlon

 June 2, 2019Mission Viejo, California ( 50 finishers)
Duathlon (1.2-mile run, 24.9 bike, 10k run)
** Brooke Ambrose, 2:20:35 (8:45, 1:16:31, 51:13), 24th overall, 3rd in women's 4044Bass Lake Triathlon

## Bass Lake, Oakhurst, California

June 1, 2019
Olympic (218 finishers) 1000m swim, 40k bike, 10k run
** Elliot Feng, 2:10:50 (14:33, 1:13:26, 40:58), 3rd overall!
** Mike Toland, 2:30:49 (18:04, 1:19:13, 50:43), 30th overall, 1st in men's 60-64
** Manny Colmenares, 2:46:00 (14:56, 1:28:26, 59:42), 78th overall, 4th in men's 40-44
** Danny Edwards, 2:51:13 (23:22, 1:31:17, 53:36), 91st overall, 5th in men's 60-64 Sprint (251 finishers)
400m swim, 20k bike, 5 k run
** Dominique Curran, 1:34:14 (11:11, 55:06, 23:45), 47th overall, 2nd in women's 25-29
** Henry Blodorn, 1:36:33 (9:12, 54:38, 26:48), 59th overall, 5th in men's 19-under
** Sylvia Blodorn, 1:1:39:42 (9:13, 56:50, 28:45), 77th overall, 2nd in women's 19-under
** Nancy Curran, 1:40:49 (11:12, 55:01, 30:32), 83rd overall, 3rd in women's 55-59

## Mojave Death Race Relay

June 1-2, 2019
Mojave National Preserve
Club sponsor Riverbend Bike Shop places third with a seven-person team led by captain Rich Wilson. Completed 24 legs of road biking, mountain biking and running in 19 hours to finish third overall!

# Ventura Breath of Life Triathlon 

May 19, 2019
Ventura, California
Sprint (130 finishers)
Half-mile swim, 20k bike, 5k run
** Jon Cunningham, 1:18:59 (15:12, 35:13, 25:40), 9th overall, 1st in Clydesdale
** Scott Hanson, 1:39:05 (19:00, 48:55, 27:22), 57th overall, 6th in men's 45-49
** Rick Douglass, 1:43:48 (18:59, 48:10, 33:02), 71st overall, 9th in men's 45-49

## ViTri

May 18, 2019
Visalia, California
Sprint triathlon (400y, 11m bike, 3.5m run)
80 finishers
** Henry Blodorn, 1:17:38.9 (5:19, 33:38, 35:14), 25th overall, 2nd in men's 29-under
** Sylvia Blodorn, 1:22:58.0 (5:33, 34:31, $40: 31$ ), 29th overall, 5th female, 2ndin women's 29-under
** Sid Hessler, 2:01:33 (10:48, 41:26, 1:05:29), 78th overall, 37th female, 5thin women's 60-69

Ironman Santa Rosa<br>Santa Rosa, California<br>May 11, 2019 (2,094 entrants)

** Lori Soriano, 11:51:08 (1:25:20, 6:01:14, 4:10:18), 8th in women's 40-44, 379th overall, 54th female
** David Plyler, 12:10:32 (1:20:30, 6:29:32, 3:58:31), 47th in men's 50-54, 472nd overall
** Dane Oleson, 14:33:46 (57:39, 7:11:02, 6:10:29), 71st in men's 25-29, 1,124th overall

Ironman 70.3 St. George<br>May 4, 2019<br>St. George, Utah (2,847 entrants)<br>** Franck Pichard, 5:47:05 (43:58, 2:59:30, 1:54:03), 111th in men's 40-44, 811th overall

## Millerton Lake Triathlon

April 28, 2019
Friant, California
Olympic (16 finishers)
** Brooke Ambrose, 2:49:49 (36:14, 1:14:07, 57:09), 7th overall, 1st female overall!
** Danny Edwards, 3:04:10 (36:28, 1:16:15, 1:09:02), 10th overall, 1st in men's 60-64
Sprint (50 finishers)
** Edward Gonzalez, 1:38:59 (10:39, 45:27, 40:12), 32nd overall, 1:38:59

## Olympic Aquabike

** Isaac Nelson, 2:16:53 (39:03, 1:32:51), 4th overall

## Ironman 70.3 Oceanside Oceanside, California April 6, 2019 (3,629 entrants)

** Jon Cunningham, 5:56:44 (44:42, 2:43:20, 2:15:05), 1,107th overall, 169th in men's 40-44

## March Triathlon Series

Arroyo Grande, California
March 24, 2019
Olympic open ( 56 finishers)
** Manny Colmenares, 2:55:46 (24:38, 1:32:53, 54:34), 27th overall, 3rd in men's 40-44

## Rocky Hill Triathlon

March 16, 2019
Exeter, California
Olympic (40 finishers)
** Elliot Feng, 2:08:25 (11:23, 1:11:46, 43:47), 6th overall, 4th in men's 20-29
** Brenton Hulstrom, 2:19:46 (13:50, 1:16:29, 46:38), 12th overall, 1st in men's 40-49
** Mike Toland, 2:25:28 (12:30, 1:16:14, 53:59), 16th overall, 1st in men's 60-69
** Jon Cunningham, 2:28:47 (14:08, 1:13:345, 57:50), 19th overall, 3rd in men's 40-49
** Franck Pichard, 2:30:30 (19:28, 1:19:34, 48:56), 24th overall, 6th in men's 40-49
** Dane Oleson, 2:35:51 (11:04, 1:28:29, 54:32), 26th overall, 8th in men's 20-29
** Brooke Ambrose, 2:40:35 (16:26, 1:28:15, 52:52), 30th overall, 2nd in women's 40-49
** Danny Edwards, 2:44:52 (18:58, 1:29:25, 54:50), 31st overall, 2nd in men's 60-69
Sprint (108 finishers)
** Lori Soriano, 1:17:20 (7:52, 43:00, 24:33), 6th overall, 2nd female overall, 2nd in women's 40-49
** Rich Wilson, 1:25:33, 18th overall, 3rd in men's 40-49
** Edward Gonzalez, 1:38:03 (8:32, 54:11, 32:55), 48th overall, 10th in men's 40-49

## Spring Fling Duathlon

March 3, 2019
Fresno, California
2.1-mile run, 11.75-mile bike, 2.1-mile run ( 65 finishers)
** Edward Gonzalez, 1:26:48 (20:13, 42:29, 21:48), 45th overall, 10th in men's 40-49

