# 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, 8th 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, 1st 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 (200y swim, 6m bike, 1.8m 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 October 5, 2019

**Bouder City, Nevada** 

Sprint (750m swim. 40k bike, 5k run: 274 entrants)

\*\* Victor Peel, 1:55,43 (33:56, 48:49, 28:28), 7th in men's 35-39, 105th overall

Ironman Maryland

**September 28, 2019** 

Cambridge, Maryland (2,238 entrants)

\*\* 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 **Agua 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 35-39

# 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, 5th 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, 5k 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 finis

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

\*\* 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 (2.5m run, 22-mile bike, 2.5m 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 July 13, 2019 June Lake, California

Sprint (143 entrants; 400m swim, 8-mile bike, 3-mile run)

\*\* 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 (750m 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, 2019
Mission 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 40-44**Bass 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, 5k 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)

- \*\* 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 Santa Rosa, California May 11, 2019 (2,094 entrants)

80 finishers

- \*\* 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 May 4, 2019

St. George, Utah (2,847 entrants)

\*\* 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