

Ironman 70.3 Indian Wells

December 5, 2021

Palm Springs, California

1,585 finishers

** Denise Miller, 5:29:33 (37:34, 2:42:43, 1:57:39), 397th overall, 75th female, 11th in women's 35-39

** Armando Camacho, 6:43:10 (53:23, 3:13:12, 2:14:50), 1,024th overall, 115th in men's 40-44

** Heidi Jaramillo, 6:56:07 (44:38, 3:16:48, 2:42:50), 1,140th overall, 259th female, 43rd in women's 40-44

Morro Bay Triathlon

November 14, 2021

Morro Bay, California

228 finishers

** Brooke Ambrose, 2:44:59 (33:57, 1:23:36, 47:16), 42nd overall, 1st in women's 40-44, 8th female overall

Lake Evans Triathlon

October 31, 2021

Bakersfield, California

Olympic

** Brenton Hulstrom, 2:28:09 (30:42, 1:08:53, 47:34), 1st OVERALL!

** Mike Toland, 2:29:14 (23:47, 1:08:17, 55:54), 2nd overall, 1st in men's 65-69

** Brent Fulce, 2:29:40 (24:20, 1:07:07, 56:20), 3rd overall, 1st in men's 50-54

** Armando Camacho, 2:53:13 (43:06, 1:16:18, 51:03), 8th overall, 3rd in men's 40-44

** Hong Tang, 2:57:27 (39:36, 1:21:25, 51:57), 10th overall, 1st in men's 45-49

** Heidi Jaramillo, 3:12:19 (33:48, 1:26:53, 1:06:24), 13th overall, 2nd female, 1st in women's 40-44

Olympic relay

**Tri-umph!, 2:22:09 (Greg Golling swim 21:38, Brooke Ambrose run 46:38), 1st overall

Sprint (800y swim, 12m bike, 5k run)

** Cooper Golling, 1:13:53 (9:31, 36:48, 25:18), 1st OVERALL!

Sprint relay

Team Trispokes, 1:28:58 (Abby Collins 15:36, Danny Edwards 41:32, Cheryl Vianzon 31:10), 1st overall

Duathlon

** Ty Salazar, 1:39:36 (26:16, 40:53, 29:50), 2nd overall, 1st in men's 35-39

** Jessa Sandlin, 2:18:05 (33:06, 1:04:49, 38:34), 4th overall, 1st female overall!

5k run

** Donna Henderson, 53:05, 5th overall, 2nd female

Alpha Win Triathlon
Napa Valley, California
October 30, 2021

Half-ironman distance (53 finishers)

** Pepe Gonzalez, 7:15:05 (57:22, 3:44:19, 2:24:38), 42nd overall, 3rd in men's 40-44

Ironman 70.3 Augusta
September 25, 2021
Augusta, Georgia

** Lauren Gentile, 8:02:59 (30:59, 4:15:16, 3:02:50), 2,158th overall, 80th in women's 35-39, 624th female

Rocky Hill Triathlon
September 25, 2021
Exeter, California

Olympic (25 entrants)

800y swim, 40k bike, 10k run

** Armando Camacho, 2:47:59.6 (20:21, 1:30:06, 54:17), 12th overall, 2nd in men's 40-49

** Heidi Jaramillo, 3:01:41.8 (17:01, 1:37:40, 1:04:35), 17th overall, 2nd in women's 40-49

Sprint (60 entrants)

400y swim, 20k bike, 5k run

** Elliot Feng, 1:02:02.8 (4:41, 36:21, 20:19), 1st OVERALL!

** Ty Salazar, 1:35:54.4 (10:12, 52:43, 29:16), 19th overall, 5th in men's 30-39

Shaver Lake Triathlon
September 19, 2021
Shaver, California

Olympic (43 entrants)

** Brooke Ambrose, 3:03:06 (32:43, 1:29:21, 58:20), 14th overall, 1st FEMALE OVERALL!

Sprint (83 entrants)

** Cooper Golling, 1:11:41 (10:19, 34:33, 24:29), 1st OVERALL!

** Joanna Trigo, 1:44:48 (19:59, 43:49, 35:24), 35th overall, 8th female, 4th in women's 35-39

** Jessa Sandlin, 2:04:24 (26:04, 57:56, 37:40), 58th overall, 20th female, 8th in women's 30-34

5-kilometer run (32 entrants)

** Donna Henderson, 58:03, 22nd overall, 14th female, 4th in women's 50-59

Ironman 70.3 World Championship

September 18, 2021

St. George, Utah (4,016 entrants)

** Mike Toland, 6:02:23 (37:06, 3:03:25, 2:12:05), 2,347th overall, 10th in men's 65-69

Ironman 70.3 Santa Cruz

September 12, 2021

Santa Cruz, California

1,763 entrants

** Ryan Dembosky, 5:40:50 (37:01, 2:47:18, 2:05:50), 466th overall, 67th in men's 40-44

** Jessa Sandlin, 8:24:49 (57:45, 4:21:44, 2:53:27), 1,598th overall, 437th female, 62nd in women's 30-34

Santa Barbara Triathlon

August 28, 2021

Santa Barbara, California

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

325 finishers

** Joshua Cash, 4:52:05 (38:43, 2:05:46, 2:03:02), 283rd overall, 31st in men's 40-44

Aquabike (1m swim, 34-mile bike)

** Jessa Sandlin, 3:55:26 (49:18, 3:04:52), 56th overall, 18th female overall, 5th in women's 30-39

Long course relay

** Chicks That Tri, 5:02:36 (Tonia Holmes 1:06:28 swim, Michele McDermott 1:53:09 run), 27th overall

Parent-child race

** Rich and Erik Wilson, 6-minute improvement from last time

Escape From Alcatraz

August 15, 2021

San Francisco, California

1.5m swim, 18m bike, 8m run

** Ryan Dembosky, 3:29:41 (53:13, 1:07:31, 1:18:30), 482nd overall, 64th in men's 40-44

** Heidi Jaramillo, 4:11:22 (1:04:22, 1:24:54, 1:30:41), 1,041st overall, 25th in women's 40-44

USAT Age Group National Championships

August 7-8, 2021

Milwaukee, Wisconsin

Olympic (2,737 finishers)

** Aaron Hebler, 2:04:32 (21:26, 59:00, 41:05), 64th overall, 10th in men's 35-39

** Heidi Jaramillo, 3:11:42 (35:10, 1:30:00, 1:00:39), 1,632nd overall, 693rd among women, 104th in women's 40-44

Sprint

** Aaron Hebler, 1:03:21 (11:04, 29:56, 19:06), 52nd overall, 3rd in men's 35-39

Castaic Lake Triathlon

August 7, 2021

Castaic, California

Sprint (400swim, 8m bike, 3m run)

** Die tri-ing, 50:14, 2nd in relay (John Moss swim leg)

Burley Lions Spudman Triathlon

July 31, 2021

Burley, Idaho

Sprint (.5m swim, 20k bike, 5k run)

323 finishers

** Christina Branson, 2:17:03 (26:22, 49:52.9, 55:55.7), 182nd overall, 103rd among female, 11th in women's 50-59

USAT Legacy Triathlon

July 17-18, 2021

Long Beach, California

Legacy Triathlon

750m swim, 20k bike, 5k run (922 entrants)

** Joshua Cash, 1:39:38 (16:07, 36:54, 38:12), 490th overall, 47th in men's 30-34

** Janae Dixon, 2:03:16 (19:33, 46:31, 47:18), 595th overall, 182nd among women, 4th in Athena 39

Aquathlon National Championships

.38-mile swim, 5k run (294 finishers)

** Janae Dixon, 1:16:16 (29:50, 43:27), 216th overall, 104th among women, 2nd in Athena U39

** Tonia Holmes, 1:43:41.0 (36:30, 1:01:52), 234th overall, 121st among women, 4th in Athena U39

1,000m open-water swim

** John Moss, 18:57, 7th overall, 2nd in men's 40-59

Tri For Real #2

July 11, 2021

Rancho Seco Park, Herald, California

Olympic distance (164 finishers)

** Mike Toland, 2:27:40 (25:08, 1:08:58, 53:35), 21st overall, 1st in men's 65-69

Huntington Lake Triathlon

June 19, 2021

Olympic (49 finishers)

** Hong Tang, 2:51:11 (23:49, 1:23:48, 1:04:33), 10th overall, 2nd in men's 45-49

** Armando Camacho, 3:19:42 (28:42, 1:31:46, 1:16:39), 24th overall, 5th in men's 40-44

** Heidi Jaramillo, (24:15, 1:52:28, 1:33:04), 36th overall, 1st in women's 40-44, 11th overall female

Sprint (56 finishers)

** Cooper Golling, 1:10:47 (7:07, 33:55, 27:27), 2nd OVERALL

** Brooke Ambrose, 1:22:32 (12:02, 36:48, 31:52), 10th overall, 1st female overall!

** Vice Lujan, 1:54:21 (19:05, 48:53, 40:42), 35th overall, 4th in men's 40-44

** Joshua Cash, 1:55:36 (15:44, 46:47, 50:37), 36th overall, 5th in men's 30-34

Sprint Aquabike (2 finishers)

** Preston Golling, 44:03, 1st overall

Duathlon (33 finishers)

** Lori Soriano, 1:46:53 (32:00, 38:16, 35:12), 10th overall, 1st in women's 40-44, 2nd female overall

** Matt Collins, 1:48:01 (31:41, 39:47, 35:02), 11th overall, 2nd in men's 40-44

Virtual

** Jessa Sandlin, 1:38:43

Bass Lake Triathlon

June 5, 2021

Oakhurst, California

Olympic (232 finishers)

** Elliot Feng, 2:19:08 (24:07, 1:12:14, 41:32), 7th overall, 2nd in men's 30-34

Sprint (212 finishers)

** Heidi Jaramillo, 1:28:43 (14:29, 41:50, 29:07), 80th overall, 4th in women's 40-44, 30th female

** Armando Camacho, 1:31:04 (26:33, 36:01, 24:54), 96th overall, 3rd in men's 40-44

** Janae Dixon, 2:00:10 (17:56, 53:20, 45:01), 190th overall, 3rd in Athena, 97th female

** Tonia Holmes, 3:12:18 (22:24, 1:36:25, 1:05:48), 212th overall, 6th in Athena, 100th female

Ironman Tulsa
May 23, 2021
Tulsa, Oklahoma
1,709 finishers

** Lori Soriano, 12:54:11 (1:28:37, 6:38:31, 4:33:24), 676th overall, 25th in women's 40-44, 124th female

** Vice Lujan, 16:34:33 (2:08:36, 7:49:17, 6:18:00), 1,649th overall, 188th in men's 40-44

Millerton Lake Triathlon
May 16, 2021
Friant, California
Olympic (1600y swim, 21m bike, 10k run)

18 entrants

** Ryan Dembosky, 2:56:44 (35:21, 1:17:32, 1:01:57), 11th overall, 2nd in men's 40-45

** Armando Camacho, 3:13:04 (46:51, 1:19:18, 1:04:10), 14th overall, 3rd in men's 40-45

** Heidi Jaramillo, 3:17:39 (40:05, 1:30:33, 1:04:50), 16th overall, 2nd in women's 40-45, 5th female overall

Sprint (800y swim, 10.5m bike, 5k run)

32 entrants

** Cooper Golling, 1:12:27 (10:22, 34:13, 26:02), 1st OVERALL!

** Joshua Cash, 1:57:49 (22:17, 47:29, 45:02), 24th overall, 2nd in men's 30-34

** Jessa Sandlin, 2:06:43 (25:33, 57:19, 40:15), 27th overall, 1st in women's 35-39, 8th female overall

Grapes of Wrath Triathlon
May 9, 2021

Delano, California
Olympic (19 entrants)

1600y swim, 21.5m bike, 10k run

** Elliot Feng, 1:156:22 (19:35, 55:14, 40:50), 1st overall!

** Mike Toland, 2:14:57 (24:12, 58:59, 49:05), 3rd overall, 1st men's 65-69

** Joe Butkiewicz, 2:34:15 (24:51, 1:07:45, 57:46), 8th overall, 1st men's 50-54

** Nikki Billiard, 2:44:56 (33:15, 1:11:12, 58:12), 10th overall, 3rd female overall, 1st women's 35-39

** Armando Camacho, 2:48:41 (45:13, 1:06:29, 53:52), 11th overall, 2nd in men's 40-45

** Heidi Jaramillo, 2:53:18 (35:00, 1:17:41, 58:30), 13th overall, 5th female overall, 2nd in women's 40-44

** Pepe Gonzalez, 2:54:19 (42:00, 1:15:01, 54:34), 14th overall, 3rd in men's 40-44

Olympic relay

** Die Tri-ing, 2:33:01 (John Moss 26:22 swim), 1st overall

Sprint (20 entrants)

800y swim, 10.75m bike, 5k run

** Michelle Packebush, 1:39:14 (22:34, 40:58, 32:22), 10th overall, 5th female overall, 1st in women's 50-54

** Floyd Reading, 1:57:01 (22:23, 43:32, 46:38), 15th overall, 1st in men's 50-54

Sprint relay

** 2 Chicks & A Dude, 1:32:10 (Matt Paine 19:55 swim, Autumn Paine 30:58 run), 1st overall

Ironman 70.3 St. George

May 1, 2021

St. George, Utah

2,779 finishers

** Denise Miller, 5:50:47 (38:08, 2:43:43, 2:18:56), 867th overall, 187th among women, 34th in women's 35-39

** Frank Martin, 6:18:10 (42:51, 3:24:31, 1:54:28), 1,255th overall, 144th in men's 40-44

** Charolette Cholometes, 6:24:58 (46:20, 3:12:29, 2:09:59), 1,355th overall, 315th among women, 54th in women's 40-44

** Nichole Davenport, 6:26:40 (49:13, 3:13:29, 2:13:27), 1,384th overall, 325th among women, 55th in women's 40-44

** Cheryl Vianzon, 6:59:36 (39:38, 3:28:53, 2:35:18), 1,813th overall, 452nd among women, 78th in women's 40-44

** Elise Martin, 7:06:22 (43:02, 3:58:38, 2:09:14), 1,905th overall, 488th among women, 66th in women's 45-49

** Joe Raymond, 8:39:08 (46:27, 3:51:46, 3:44:07), 2,502nd overall, 1,802nd in men's 35-39

Spring Fling Duathlon

Fresno, California

April 11, 2021 (42 finishers)

2-mile run, 12-mile bike, 2-mile run

** Armando Camacho, 1:09:17, 7th overall, 1st men's 40-44

** Heidi Jaramillo, 1:15:09, 14th overall, 3rd female, 1st 40-44 women

** Jessa Sandlin, 1:29:10, 27th overall, 8th female, 3rd 30-34 women

** Autumn Paine, 1:41:16, 32nd overall, 12th female, 1st women's 45-49

** Matt Paine, 1:48:22, 36th overall, 3rd 45-49 male

Virtual

** Mark Reed, 1:09:47, 1st overall