

## **Clash Endurance Daytona**

**December 3, 2022**

**Daytona Beach, Florida**

**Middle Distance Du (5k run, 56-mile bike, 13.1-mile run)**

\*\* Matt Collins, 5:34:28, 13th overall, 5th in men's 40-49

## **Morro Bay Triathlon**

**November 6, 2022**

**Morro Bay, California**

**Olympic distance (256 entrants)**

\*\* Brooke Ambrose, 2:53:34 (35:00, 1:24:18, 46:02), 71st overall, 11th female, 2nd in women's 40-49

## **Ironman California**

**October 23, 2022**

**Sacramento, California**

**2,605 entrants**

\*\* Denise Miller, 11:35:10 (53:37, 6:02:09, 4:14:35), 307th overall, 9th in women's 35-39, 28th female

\*\* Ryan Dembosky, 13:13:40 (52:38, 6:31:20, 5:17:45), 948th overall, 155th in men's 40-44

\*\* Nicole Giumarra, 13:17:47 (1:03:34, 6:42:57, 4:59:03), 977th overall, 135th female, 25th n women's 40-49

\*\* Cheryl Vianzon, 14:21:31 (1:00:38, 6:54:11, 5:56:07), 58th in women's 40-44, 234th female, 1,461st overall

\*\* Joshua Cash, 16:08:39 (58:16, 7:04:13, 7:26:48), 2,272nd overall, 184th in men's 30-34

## **Alpha Win Triathlon**

**October 22, 2022**

**Palm Springs, California**

**70.3 distance (28 finishers)**

\*\* Hong Tang, 6:11:09 (44:15, 3:07:21, 2:15:52), 12th overall, 1st in men's 45-49

## **Lake Evans Triathlon**

**October 16, 2022**

**Buena Vista Recreation Area, Bakersfield**

**Olympic (20 finishers)**

\*\* Mike Toland, 2:23:29 (21:21, 1:15:19, 44:05), 3rd overall!

\*\* Aaron Meyer, 2:28:23 (24:12, 1:11:11, 49:14), 4th overall, 2nd in men's 40-44

\*\* Hong Tang, 2:43:14 (34:07, 1:15:37, 51:21), 9th overall, 1st in men's 45-49

\*\* Heidi Jaramillo, 3:16:37 (36:29, 1:25:43, 1:10:15), 16th overall, 1st in women's 40-44

**Sprint (22 finishers)**

\*\* Danny Edwards, 1:24:54 (15:50, 37:52, 29:17), 8th overall, 1st in men's 60-64

\*\* Ryan Dobbs, 1:56:50 (20:50, 48:53, 42:14), 20th overall, 1st in men's 30-34

**Olympic aquabike**

\*\* Richard Meyer, 1:29:54 (23:26, 1:04:39), 1st overall!

**5-kilometer run**

\*\* Christina Branson, 53:29, 10th overall, 1st in women's 50-59

**October 2, 2022**

**San Dimas, California**

**Championship distance (1,000m swim, 17.5-mile bike, 10k run)**

**155 finishers**

\*\* Brooke Ambrose, 2:03:41 (22:33, 49:06, 47:18), 32nd overall, 1st overall female!

**XTERRA Laguna Beach**

**September 25, 2022**

**Newport, California**

**Long course (110 finishers)**

**1500 swim, 25k mountain bike, 10k run**

\*\* Joe Butkiewicz, 4:09:44 (28:06, 2:04:48, 1:28:33), 85th overall, 11th in men's 50-54

**Ironman 70.3 Santa Cruz**

**September 11, 2022**

**Santa Cruz, California**

**2,576 entrants**

\*\* Denise Miller, 5:27:54 (35:07, 2:45:37, 1:56:38), 653rd overall, 12th in women's 35-39, 92nd among women

\*\* Nicole Giumarra, 6:11:05 (44:01, 3:01:13, 2:09:51), 1,347th overall, 26th in women's 45-49, 258th among women

**Shaver Lake Triathlon**

**September 11, 2022**

**Shaver, California**

**Sprint (42 finishers)**

\*\* Cooper Golling, 1:11:29 (9:38, 33:26, 26:27), 1st OVERALL!

**Lake Tahoe Triathlon**

**August 28, 2022**

**Sugar Pine State Park, Lake Tahoe, California**

**Olympic**

\*\* Tonia Holmes, 7:11:30 (49:17, 3:51:07, 2:20:26), third in women's Athena

## **USAT Age Group National Championships**

**August 13-14, 2022**

**Milwaukee, Wisconsin**

**Olympic (2,791 entrants)**

\*\* Elliot Feng, 2:09:55 (20:53, 1:00:13, 45:29), 91st overall, 22nd in men's 30-34

\*\* Mike Toland, 2:40:00 (27:55, 1:08:29, 56:55), 850th overall, 9th in men's 65-69

**Sprint (2,838 entrants)**

**400m swim, 10.7k bike, 2.5k run (shortened because of thunderstorms)**

\*\* Elliot Feng, 33:49 (5:02, 16:28, 9:24), 54th overall, 9th in men's 30-34

## **USAT Legacy Triathlon**

**July 16, 2022**

**Sprint (750m swim, 20k bike, 5k run)**

\*\* Danny Edwards, 1:30:18.0 (17:00, 37:47, 29:26), 262nd overall, 17th in men's 60-64

## **Ironman 70.3 Oregon**

**July 10, 2022**

**Salem, Oregon**

**2,357 finishers**

\*\* Joshua Cash, 5:59:34 (23:17, 2:56:34, 2:25:39), 1,090th overall, 85th in men's 30-34

\*\* Michele Packebush, 7:33:30 (27:04, 3:45:11, 2:56:31), 2,106th overall, 756th gender, 101st in women's 50-54

\*\* Janae Dixon, 8:26:24 (27:10, 3:49:25, 3:44:30), 2,304th overall, 878th gender, 97th in women's 30-34

\*\* Tonia Holmes, 8:33:18 (27:08, 4:08:07, 3:40:00), 2,314th overall, 883rd gender, 98th in women's 30-34

\*\* Floyd Reading, 8:39:31 (39:43, 3:51:01, 3:49:39), 2,335th overall, 184th in men's 50-54

## **World Triathlon Sprint & Relay Championships**

**June 25-26, 2022**

**Montreal, Canada**

**Sprint (1,145 finishers)**

\*\* Elliot Feng, 1:07:17 (9:48, 30:21, 21:18), 11th in men's 30-39, 114th overall

**Mixed sprint relay (four members, each 300k swim, 6.6k bike, 1k run)**

\*\* Team II United States, 1:42:12, 3rd out of 19 international teams (Elliot Feng one of four members on U.S. team)

**Tri For Fun #1**

**June 12, 2022**

**Herald, California**

**Sprint (1/2m swim, 16m bike, 3m run)**

**78 finishers**

\*\* Danny Edwards, 1:48:38, 44th overall, 4th in men's 60-69

**Tri For Real #1**

**June 11, 2022**

**Herald, California**

**Olympic (136 finishers)**

\*\* Mike Toland, 2:27:37 (22:29, 1:09:39, 55:28), 25th overall, 2nd in men's 65-69

**Escape From Alcatraz**

**June 5, 2022**

**San Francisco, California**

**1.5m swim, 18m bike, 8m run**

**1,373 finishers**

\*\* Heidi Jaramillo, 3:46:05 (40:10, 1:23:50, 3:37 sand ladder, 1:24:20), 972nd overall, 31st in women's 40-44

**Ironman Tulsa**

**May 22, 2022**

**Tulsa, Oklahoma**

**776 entrants**

\*\* Pepe Gonzalez, 15:19:59 (2:03:24, 7:44:32, 5:10:39), 437th overall, 57th in men's 40-44

\*\* Nikki Gonzales, 15:35:39 (1:45:33, 8:08:34, 5:22:27), 466th overall, 100th female, 20th in women's 40-44

**Grapes of Wrath**

**May 15, 2022**

**Delano, California**

**Olympic (27 entrants)**

\*\* Mike Toland, 2:23:48 (30:26, 57:25, 53:27), 2nd overall, 1st in men's 65-69

\*\* Ryan Dembosky, 2:30:49 (33:08, 58:45, 57:37), 3rd overall, 2nd in men's 40-44

\*\* Joe Butkiewicz, 2:44:25 (31:49, 1:07:46, 1:01:30), 9th overall, 1st in men's 50-54

\*\* Joanna Trigo, 3:02:17 (42:08, 1:11:23, 1:06:24), 12th overall, 1st in women's 35-39

\*\* Michelle Packebush, 3:28:11 (40:35, 1:23:02, 1:20:23), 16th overall, 1st in women's 50-54

\*\* Floyd Reading, 4:09:00 (52:49, 1:22:38, 1:46:13), 20th overall, 2nd in men's 50-54

\*\* Tonia Holmes, 4:11:20 (52:06, 1:29:04, 1:44:15), 21st overall, 1st in women's 30-34

**Cal Tri Ventura**  
**May 15, 2022**  
**Ventura, California**  
**Olympic**

**Sprint**

\*\* Ryan Dobbs, 133rd overall, 16th in men's 30-34

**ViTri**

**May 1, 2022**

**Visalia, California**

**Sprint (400y swim, 9m bike, 3.5m run)**

**35 finishers**

\*\* Armando Camacho, 1:07:39 (11:01, 29:14, 24:32), 7th overall, 1st in men's 40-44

\*\* Heidi Jaramillo, 1:10:49 (8:39, 29:57, 30:37), 10th overall, 1st in women's 40-44, third female overall

\*\* Danny Edwards, 1:12:08 (9:38, 29:48, 31:10), 11th overall, 1st in men's 60-64

**Alpha Win Napa Valley Triathlon**

**April 9, 2022**

**Lake Berryessa, Napa Valley, California**

**Half-ironman (70 finishers)**

\*\* Joshua Cash, 7:04:54 (50:30, 3:28:57, 2:39:15), 43rd overall, 10th in men's 30-34

**Millerton Lake Triathlon**

**April 3, 2022**

**Friant, California (21 entrants)**

**Olympic**

\*\* Elliot Feng, 2:11:00 (20:10, 1:03:47, 46:09), 1ST OVERALL!

**Ironman 70.3 Oceanside**

**April 2, 2022**

**Oceanside, California (2,775 entrants)**

\*\* Denise Miller, 5:25:09 (34:38, 2:51:03, 1:48:13), 610th overall, 105th female, 18th in women's 35-39

\*\* Joe Butkiewicz, 6:17:00 (34:17, 3:01:48, 2:25), 1,440th overall, 153rd in men's 50-54

\*\* Nicole Giumarra, 6:20:21 (42:51, 3:14:56, 1:59:21), 1,486th overall, 293rd female, 37th in women's 45-59

\*\* Jeff Giumarra, 6:20:26 (42:20, 3:16:28, 1:58:19), 1,488th overall, 175th in men's 45-49

## **Rocky Hill Triathlon**

**March 12, 2022**

**Exeter, California**

**Olympic (45 finishers)**

\*\* Ryan Dembosky, 2:37:16 (15:11, 1:23:26, 56:07), 18th overall, 6th in men's 40-49

\*\* Armando Camacho, 2:51:42 (18:56, 1:31:57, 56:57), 26th overall, 9th in men's 40-49

\*\* Heidi Jaramillo, 3:04:23 (16:00, 1:42:11, 1:06:46), 36th overall, 5th in women's 40-49

**Sprint (88 finishers)**

\*\* Dante Vianzon, 1:48:41 (13:08, 57:59, 31:35), 65th overall, 15th in men's 40-49

## **Bayshore 70.4 Triathlon**

**March 5, 2022**

**Long Beach, California**

**128 entrants**

\*\* Joshua Cash, 6:35:59.83 (44:08, 3:03:00, 2:43:33), 44th overall, 9th in men's 30-34

\*\* Joanna Trigo, 7:36:45.76 (53:08, 3:23:05, 3:09:34), 101st overall, 5th in women's 35-

39