

## **TRISPOKES MULTISPORT 2023**

### **Ironman 70.3 Indian Wells**

**Saturday, Dec. 3, 2023**

**Palm Springs, California**

**2,331 entrants**

\*\* Mike Atkison, 5:27:16 (38:42, 2:40:01, 2:00:07), 650th overall, 24th in men's 55-59

### **Ironman California**

**October 29, 2023**

**Sacramento, California**

\*\* Ryan Dembosky, 11:18:13 (45:01, 5:26:13, 4:48:10), 531st overall, 82nd in men's 40-44

\*\* Pepe Gonzalez, 12:34:18 (59:33, 6:13:15, 4:48:54), 1,024th overall, 157th in men's 40-44

\*\* Clint Waller, 12:47:32 (53:05, 6:20:44, 5:09:41), 1,107th overall, 167th in men's 40-44

\*\* Nikki Gonzalez, 12:56:00 (53:19, 6:13:26, 5:15:56), 1,156th overall, 150th female, 31st in women's 40-44

\*\* Armando Camacho, 14:12:19 (54:02, 6:58:43, 5:52:04), 1,586th overall, 191st in men's 45-49

\*\* Hong Tang, 14:22:10 (54:11, 7:00:50, 5:56:38), 1,638th overall, 201st in men's 50-54

\*\* Heidi Jaramillo, 15:12:49 (54:20, 7:53:22, 5:58:05), 1,830th overall, 49th in women's 45-49

### **Lake Evans Triathlon**

**October 15, 2023**

**Bakersfield, California**

**Olympic (19 entrants)**

\*\* Mike Toland, 2:27:11 (22:16, 1:06:32, 55:54), 5th overall, 1st in men's 65-69

\*\* Brooke Ambrose, 2:33:18 (26:14, 1:15:57, 49:11), 6th overall, 2nd female, 1st in women's 45-49

\*\* Sam Torres, 3:01:41 (45:31, 1:19:56, 52:17), 11th overall, 4th in men's 40-44

\*\* Graham Bailey, 3:09:20 (24:14, 1:21:03, 1:19:51), 14th overall, 2nd in men's 50-54

\*\* Mike Barella, 3:09:28 (32:29, 1:24:11, 1:07:32), 15th overall, 1st in 55-59

**Sprint (37 entrants)**

\*\* John Richie, 1:57:29 (15:58, 46:32, 46:59), 30th overall, 3rd in men's 60-64

### **Malibu Triathlon**

**September 30, 2023**

**Malibu, California**

**Olympic (1,053 participants)**

\*\* Aaron Meyer, 2:11:04 (36:56, 35:57, 52:08), 220th overall, 10th in men's 45-49

**Shaver Lake Triathlon**

**September 17, 2023**

**Shaver, California**

**Sprint (800y swim, 11.4 bike, 5k run)**

**52 finishers**

\*\* Elliot Feng, 1:04:31 (10:14, 31:25, 22:01), 1ST OVERALL!

**Ironman 70.3 Santa Cruz**

**September 10, 2023**

**Santa Cruz, California (2,154 entrants)**

\*\* Ryan Dembosky, 5:31:36 (34:33, 2:43:53, 2:03:59), 571st overall, 66th in men's 40-44

\*\* Mike Atkison, 5:42:58 (37:43, 2:51:33, 2:04:10), 742nd overall, 29th in men's 55-59

\*\* Clint Waller, 5:45:10 (45:40, 2:51:25, 1:59:42), 777th overall, 88th in men's 40-44

\*\* Armando Camacho, 6:09:41 (45:12, 3:11:38, 2:00:05), 1,137th overall, 110th in men's 45-49

\*\* Joshua Cash, 7:19:34 (38:15, 3:27:39, 2:58:41), 1,881st overall, 239th in men's 30-34

\*\* Heidi Jaramillo, 7:31:51 (47:12, 3:36:21, 2:51:47), 1,966th overall, 40th in women's 40-44

\*\* Tonia Holmes, 9:12:48 (50:56, 4:20:50, 3:44:53),

**World Triathlon Championships**

**August 27, 2023**

**Lahti, Finland (3,322 finishers)**

\*\* Mike Toland, 6:22:05 (36:48, 3:05:36, 2:21:25), 2,307th overall, 27th in men's 65-69

**Santa Barbara Triathlon**

**August 27, 2027**

**Santa Barbara, California**

**Co-ed sprint (226 finishers)**

**500y swim, 6-mile bike, 2-mile run**

\*\* Graham Bailey, 56:58 (9:26, 19:32, 21:47), 95th overall, 6th in men's 50-54

\*\* Jeff Moffit, 58:25 (8:59, 20:27, 20:41), 110th overall, 9th in men's 55-59

**August 19, 2023**

**June Lake, California**

**Olympic**

\*\* Tonia Holmes, 4:59:52 (45:05, 2:08:57, 2:00:08), 1st Athena 39-under

**Aquabike**

\*\* Tonia Holmes, 2:57:33 (45:05, 2:08:57), 3rd female

**Tri Santa Cruz**

**August 7, 2023**

**Santa Cruz, California**

**International distance**

\*\* Clint Waller, 2:27:18, 55th overall, 4th in men's 40-44

\*\* Louis Bravos, 4:06:09, 230th overall, 2nd in men's 65-69

## **Ironman 70.3 Oregon**

**July 23, 2023**

**Salem, Oregon**

\*\* Brent Fulce, 5:30:53 (22:52, 2:41:19, 2:17:41), 964th overall, 70th in men's 50-55

\*\* Joanna Trigo, 6:32:25 (26:53, 3:00:57, 2:51:41), 1,998th overall, 118th in women's 40-44, 799th woman

\*\* Michele Packebush, 8:00:24 (27:36, 3:41:46, 3:29:47), 2,082nd overall, 135th in women's 50-54, 841st woman

## **World Sprint Age-Group Triathlon Championships**

**July 14, 2023**

**Hamburg, Germany**

\*\* Elliot Feng, 1:06:27 (10:20, 31:12, 18:57), 20th out of 75 in men's 30-34

## **Huntington Lake Triathlon**

**June 17, 2023**

**Olympic**

\*\* Clint Waller, 3:08:43 (29:25, 1:20:13, 1:15:07), 6th overall, 2nd in men's 40-44

## **Escape From Alcatraz Triathlon**

**June 11, 2023**

**San Francisco, California (1,568 finishers)**

\*\* Armando Camacho, 4:08:41 (1:17:14, 1:16:56, 1:15:17), 1,140th overall, 151st in men's 45-49

\*\* Heidi Jaramillo, 4:31:43 (1:25:18, 1:14:38, 1:35:47), 1,394th overall, 34th in women's 45-49, 252nd female

## **Bass Lake Triathlon**

**June 3, 2023**

**Oakhurst, California**

**Olympic (135 finishers)**

\*\* Brooke Ambrose, 3:05:05 (42:22, 1:28:38, 50:57), 36th overall, 1st in women's 45-59

\*\* Mike Atkison, 3:09:44 (37:18, 1:32:48, 55:24), 41st overall, 2nd in men's 55-59

## **Ironman 70.3 Morro Bay**

**May 20, 2023**

**Morro Bay, California**

### **1,806 finishers**

- \*\* Elliot Feng, 4:49:05 (28:43, 2:38:02, 1:35:48), 99th overall, 27th in men's 30-34
- \*\* Andy Laegeler, 5:35:24 (33:30, 2:56:02, 1:52:13), 472nd overall, 55th in men's 34-59
- \*\* Mike Atkison, 5:47:12 (39:16, 2:52:56, 2:00:43), 611th overall, 28th in men's 55-59
- \*\* Mike Toland, 5:51:58 (35:10, 2:51:26, 2:14:36), 666th overall, 4th in men's 65-69
- \*\* Brent Fulce, 6:04:36 (37:02, 2:52:48, 2:25:56), 805th overall, 35th in men's 55-59
- \*\* Joe Butkiewicz, 6:05:28 (35:49, 2:55:46, 2:20:39), 817th overall, 37th in men's 55-59
- \*\* Ryan Dembosky, 6:15:32 (38:21, 3:00:19, 2:25:51), 944th overall, 106th in men's 40-44
- \*\* Nicole Giumarra, 6:19:57 (50:29, 3:09:36, 2:04:21), 997th overall, 157th female, 15th in women's 45-49
- \*\* Armando Camacho, 6:30:22 (46:45, 3:26:36, 2:01:10), 1,105th overall, 127th in men's 45-49
- \*\* Blaine Heywood, 6:40:51 (45:25, 3:03:36, 2:34:24), 1,208th overall, 130th in men's 40-44
- \*\* Joanna Trigo, 7:00:40 (50:39, 3:16:36, 2:37:54), 1,376th overall, 270th female, 48th in women's 40-44
- \*\* Heidi Jaramillo, 7:17:27 (47:05, 3:32:30, 2:37:21), 1,484th overall, 308th female, 36th in women's 45-49
- \*\* Hong Tang, 7:40:38 (48:30, 3:12:47, 3:26:44), 1,584th overall, 127th in men's 50-54
- \*\* Tonia Holmes, 8:42:51 (55:43, 4:01:13, 3:27:52), 1,690th overall, 380th female, 57th in women's 30-34
- \*\* Michele Packebush, 9:00:25 (52:47, 4:13:47, 3:26:37), 1,694th overall, 383th female, 36th in women's 50-54

## **Grapes of Wrath Triathlon**

**May 7, 2023**

**Delano, California**

### **Olympic**

- \*\* Mike Toland, 2:28:13 (31:19, 1:00:57, 53:44), 2nd overall, 1st in men's 65-69
- \*\* Clint Waller, 2:30:06 (36:10, 1:03:01, 48:44), 3rd overall, 1st in men's 40-44
- \*\* Ryan Dembosky, 2:37:51 (32:51, 1:02:59, 59:42), 5th overall, 2nd in men's 40-44
- \*\* Sam Torres, 2:45:26 (49:53, 1:08:41, 45:46), 7th overall, 3rd in men's 40-44
- \*\* Joanna Trigo, 2:56:05 (42:34, 1:09:22, 1:00:44), 8th overall, 2nd female, 1st in women's 40-44

### **Olympic relay**

- \*\* Bakersfield Trispokes, 2:14, 1st overall (Andy Laegeler, 28:00 swim, Danny Edwards 1:02 bike, Brooke Ambrose 43:00 run)

## **USAT Multisport National Championships Festival**

**April 19-23, 2023**

**Irving, Texas**

### **Open-water swim**

\*\* Tonia Holmes, 2:11:11, 182nd overall, 9th in women's 30-34

### **Super-sprint duathlon**

\*\* Tonia Holmes, 38:15, 183rd overall, 3rd in women's 39-under Athena

### **Aquathlon**

\*\* Tonia Holmes, 1:18:20, 217th overall, 3rd in women's 39-under Athena

### **Standard Duathlon**

\*\* Tonia Holmes, 4:02:14, 212th overall, 2nd in women's 39-under Athena

### **Standard Aquabike**

\*\* Tonia Holmes, 2:31:43, 274th overall, 3rd in women's 39-under Athena

## **Crow's Nest Triathlon**

**April 23, 2023**

**Friant, California (23 finishers)**

### **Olympic (800y swim, 21m bike, 10k run)**

\*\* Brooke Ambrose, 2:41:01 (31:10, 1:13:52, 52:59), 5th overall, 1st female!

\*\* Mike Toland, 2:44:44 (27:01, 1:10:02, 1:04:28), 6th overall, 1st in men's 60-69

\*\* Mike Atkison, 2:53:23 (28:38, 1:19:27, 1:00:41), 11th overall, 1st in men's 50-59

\*\* Clint Waller, 3:43:39 (49:24, 1:28:43, 1:19:39), 19th overall, 2nd in men's 40-49

## **Rocky Hill Triathlon**

**April 22, 2023**

**Exeter, California**

### **Olympic (800y swim, 40k bike, 10k run)**

#### **57 finishers**

\*\* Armando Camacho, 2:58:11 (21:22, 1:34:55, 58:44), 29th overall, 8th in men's 40-49

\*\* Sam Torres, 2:59:58.57 (31:01, 1:35:29, 50:37), 32nd overall, 5th in men's 30-39

\*\* Heidi Jaramillo, 3:12:09.9 (16:54, 1:40:57, 1:11:41), 38th overall, 2nd in women's 40-49

### **Sprint (400y swim, 20k bike, 5k run)**

#### **76 finishers**

\*\* Clint Waller, 1:20:05.7 (7:30, 43:28, 25:00), 8th overall, 2nd in men's 40-49