

IRONMAN®

2020 MEDIA GUIDE





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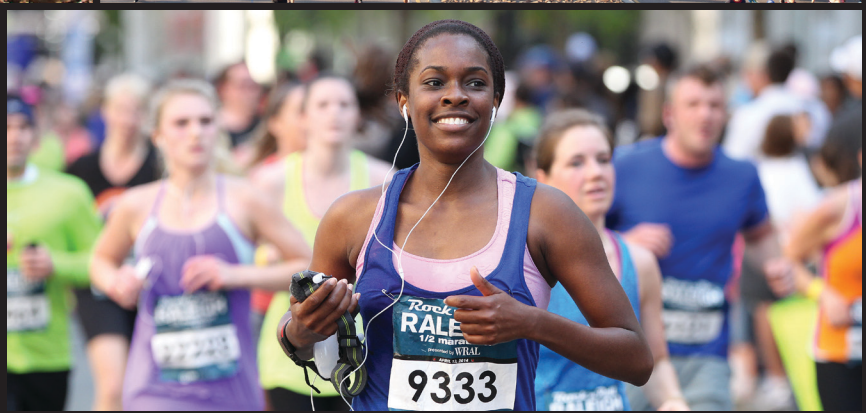
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IRONMAN®

CORPORATE



CORPORATE:

Company History

On February 18, 1978, 15 competitors came to the shores of Waikiki, Hawai'i to take on the first-ever IRONMAN challenge. It was an idea hatched by John Collins, a Naval Officer stationed in Hawai'i, and his wife Judy during a swim club gathering. Collins' proposal was a friendly test of fitness combining the three toughest endurance races on Oahu into one race: The 2.4-mile Waikiki Rough-water Swim, the 112-mile Around-Oahu Bike Race, followed by a 26.2-mile run on the Honolulu Marathon course.

That first race would set the stage for what IRONMAN triathlon would become: the most-challenging single-day sporting event in the world, and a brand symbolizing the belief that 'ANYTHING IS POSSIBLE®.' As the IRONMAN and IRONMAN 70.3 triathlon brands have grown globally to offer more than 40 full-distance triathlons and 110 half-distance triathlons, so too has the company beyond them, The IRONMAN Group.

Built from the very first triathlon event in 1978, The IRONMAN Group has evolved through the decades to expand in breadth of events and brands, as well as its global footprint. Inclusive of triathlon, running, road cycling, mountain biking and multisport festivals, The IRONMAN Group now operates more than 235 events across 57 countries.

Owner and operator to some of the world's most well-known and respected mass participation sports brands, The IRONMAN Group is renowned for the passion and engagement of its community and has 28 offices in 18 countries with their global headquarters in Tampa, Florida. The IRONMAN Group has drawn athletes from around the world who embrace challenges and celebrate leading healthy and goal-oriented lifestyles.

The IRONMAN Group has expanded its focus beyond triathlon, purchasing running, cycling, and mountain biking events around the world, starting with the acquisition of the highly regarded Absa Cape Epic mountain bike race in South Africa. Over the past few years, the ASB Auckland Marathon, the Standard Chartered Singapore Marathon, The Sun Herald City2Surf and other running events have been added.

In 2017, The IRONMAN Group acquired Competitor Group Holding (CGI) and its signature Rock 'n' Roll Marathon Series. Since the debut of the of the first Rock 'n' Roll Marathon in 1998, the series has continued to expand throughout the United States, the UK, China and Latin America. The events have innovated the running industry with their musically infused block-party atmosphere.



BOILER PLATE:

The IRONMAN Group operates a global portfolio of events that includes the IRONMAN® Triathlon Series, the IRONMAN® 70.3® Triathlon Series, the IRONMAN® Virtual Racing™ (VR™) Series, 5150™ Triathlon Series, the Rock 'n' Roll Marathon Series®, the Rock 'n' Roll Virtual Running™ Series, IRONKIDS®, ITU World Triathlon Series, premier running events including the Standard Chartered Singapore Marathon™ and The Sun-Herald City2Surf® presented by Westpac, Ultra-Trail® World Tour events including Tarawera Ultra and Ultra-Trail Australia™, mountain bike races including the Absa Cape Epic®, road cycling events, and other multisport races. The IRONMAN Group is the largest operator of mass participation sports in the world and provides more than a million participants annually the benefits of endurance sports through the company's vast offerings. Since the inception of the iconic IRONMAN® brand and its first event in 1978, athletes have proven that ANYTHING IS POSSIBLE® by crossing finish lines around the world. Beginning as a single race, The IRONMAN Group has grown to become a global sensation with more than 235 events across 55+ countries. The IRONMAN Group is owned by Advance, a private, family-owned business. For more information, visit www.ironman.com.

CORPORATE:

Corporate Timeline

1978

- One race that took place in Waikiki (Swim), O'ahu (bike) and Honolulu (run)
- 15 starters, 12 finishers all male
- Gordon Haller (taxi cab driver) finished the race in 11:46:40 to become the 'original' IRONMAN
- www.ironman.com/triathlon/history.aspx

1979

- 15 starters, including one female Lyn Lemaire who becomes first female finisher. Ultimately finished fifth overall.
- Tom Warren wins with time of 11:15:46. Featured in Sports Illustrated.

1980

- ABC Sports covers the event as part of Wide World of Sports

1981

- Race moves to Kona.

1982

- The event becomes such a phenomenon that Bud Light pays to become title sponsor.
- The race attracts 580 athletes.
- The most memorable moment in race history occurs. Julie Moss, a college student competing to gather research for her exercise physiology thesis, steadfastly moves toward the finish line in first place despite becoming severely fatigued and dehydrated. Just yards away from the finish line, she falls to the ground. Passed by Kathleen McCartney for the women's title, Moss nevertheless crawls to the finish line. Her courage and determination inspires millions and creates the IRONMAN mantra that 'ANYTHING IS POSSIBLE®.'

1989

- IRONMAN Purchased by Dr. James P. Gills, founder of St. Luke's Cataract and Laser Institute
- Dr. Gills moves IRONMAN headquarters to Tarpon Springs

2008

- Dr. Gills sells IRONMAN to Providence Equity Partners
- IRONMAN moves to Tampa
- Inaugural IRONMAN 70.3 World Championship held in Clearwater where it remained until 2011

2011

- Andrew Messick joined IRONMAN as Chief Executive Officer

2015

- Dalian Wanda Group purchases IRONMAN Triathlon

2016

- Purchase of the Lagardere endurance event portfolio including the UCI VELOTHON Majors road cycling series, the Bordeaux Marathon, and the Queenstown and Hawkes Bay International Marathons
- IRONMAN acquires the highly regarded Cape Epic mountain bike race in South Africa

2017

- IRONMAN acquires Competitor Group Holding (CGI),
- Dalian Wanda Group began a 10-year partnership with the Abbott World Marathon Majors, an association of the organizers of the world's greatest running races in the world's greatest cities.

2019

- The IRONMAN Group acquires Sunrise Events, Inc., long-time licensee to a portfolio of award-winning endurance races in the Philippines.
- The IRONMAN Group acquires the Sun-Herald City2Surf in Sydney, Australia—the world's largest fun-run, which sees over 80,000 participants annually.
- The IRONMAN Group joins Infront and Wanda Sports China as part of Wanda Sports Group in becoming a publicly traded company on Nasdaq: WSG

2020

- The IRONMAN Group is acquired by Advance, a private, family-owned business

PRESENT DAY

- Started with one race and now have more than 230 events in our brand portfolio across 57 countries (includes, IRONMAN® Triathlon Series, the IRONMAN® 70.3® Triathlon Series, 5150™ Triathlon Series, the Rock 'n' Roll Marathon Series®, Iron Girl®, IRONKIDS®, International Triathlon Union World Triathlon Series races, road cycling events including the UCI Velothon® Series, mountain bike races, premier marathons and other multisport races)
- Around a million registered athletes across all IRONMAN Group events, representing over 200 countries, regions and territories.
- Estimated 3,000,000 spectators at IRONMAN and IRONMAN 70.3 races globally
- Around 260,000 race volunteers

CORPORATE: The IRONMAN Foundation

The IRONMAN Foundation creates positive, tangible change in race communities by engaging athletes and volunteers to participate in programs that demonstrate service through sport and commitment to community. Since 2003, over \$50,000,000 has been provided through IRONMAN charitable giveback programs including the IRONMAN Foundation to more than 8,300 local, regional, national and global nonprofit initiatives. Through these partnerships, IRONMAN® and Rock 'n' Roll Marathon Series® athletes are powerfully linked to the community and together we leave the IRONMAN legacy behind in our race communities long after event day. For more information on IRONMAN Foundation programs, including Team IMF, Community Fund, Rock This Town™, Your Journey Your Cause™, and Women For Tri®, visit www.ironmanfoundation.org.



VOLUNTEERS:

Each year, the finest athletes from around the world come to test themselves at IRONMAN and IRONMAN 70.3 events. A supreme test of physical and mental toughness, these races require both courage and determination, in addition to physical preparation. While each athlete overcomes his or her own personal challenges on the road to becoming an IRONMAN or IRONMAN 70.3 finisher, some must overcome not only the challenges that IRONMAN offers, but the physical challenges life has imposed on them as well.

Since 1982, many physically challenged athletes have seen success in IRONMAN and IRONMAN 70.3 events. Among the physically challenged participants, heroes have emerged including Joseph Raineri, a blind athlete from Delaware who became the first physically challenged athlete to finish the race, and the race's first deaf competitor, Michael Russo, of New York, who competed in 1984. In 1991, Jim MacLaren, a former Division I football player from California who had lost the lower part of his left leg in a motorcycle accident, received worldwide attention when he completed the race, cycling and running with a custom-designed prosthesis.

In 1994, Dr. Jon Franks, a paraplegic athlete from Venice Beach, California, petitioned the organization to allow him to participate using a handcycle for the bike portion of the event and a racing wheelchair for the marathon. The possibility of his participation stirred debate in the triathlon community. Some felt that Franks' not actually running the marathon portion of the race would compromise the nature of the challenge.

Although Franks did not finish the event, millions watching NBC's race coverage saw his determination to climb the last hill of the bike course and counted him among the race's true winners. His efforts, as well as growth in the number of physically challenged individuals involved in athletics, generated a groundswell of interest.

The Handcycle Division was given a "test run" at the IRONMAN World Championship in 1994, 1995, and 1996, with demonstration, participation by wheelchair athletes. "The IRONMAN World Championship is recognized as a leader in the integration of Physically Challenged athletes within our sport. We are proud of the growth of the Handcycle Division and among physically challenged athletes and applaud the determination and extraordinary abilities of these athletes," said Diana Bertsch, IRONMAN World Championship event director.



CORPORATE:

About IRONMAN Consumer Products Licensing

The IRONMAN Group is a top 100 Global Licensor with retail revenues of licensed product exceeding \$300 million per year. IRONMAN Licensed Products have been around since the inception of the brand and are manufactured and distributed through global, regional and local licensing partners across a variety of channels including food, drugstore, mass, and specialty as well as online and through IRONMAN owned retail channels. IRONMAN Consumer Products aims to create products that expand the brands (including IRONMAN, IRONSPORT, IRONKIDS, Rock 'n' Roll, Cape Epic) exposure and enhances core and casual fans' relationship with the brands beyond the mass participation event offerings. IRONMAN Licensed Products span categories such as watches, eyewear, compression apparel, apparel accessories, fitness accessories, running strollers, fragrances, bags and luggage as well as wellness products to aid in an athlete's nutrition and recovery. Most notably, the Timex IRONMAN Watch was launched in 1986 and continues to be the #1 selling sport watch in the world. For more information contact licensing@ironman.com.

IRONSPORT

The newest member of The IRONMAN Group family of brands, IRONSPORT™, "Powered by IRONMAN", was inspired by the ANYTHING IS POSSIBLE® spirit of IRONMAN, continuing the tradition of quality and excellence that the IRONMAN brand has come to embody since 1978. IRONSPORT was created to reach people everywhere who are passionate about living a fun, active, fitness-fueled life. IRONSPORT will be licensed to best-in-class partners from apparel to fitness accessories, outdoor sporting gear and beyond.

IRONMAN PROGRAMS AND SERIES:



The IRONMAN® and IRONMAN® 70.3® Triathlon Series is the world's premier full-distance and half-distance triathlon series consisting of over 150 qualifying races in 50+ countries, regions and territories across the world. Each series culminates in its respective world championship event: The IRONMAN World Championship held annually in Kailua-Kona, Hawai'i and the IRONMAN 70.3 World Championship which rotates globally on an annual basis.

The IRONMAN Triathlon Series offers athletes the opportunity to push beyond their perceived limits by swimming 2.4 miles (3.8km), biking 112 miles (180km) and running 26.2 miles (42.2km), in route to completing one of the world's most challenging single-day endurance races and earning the coveted title of IRONMAN. Since its inception in 1978, the IRONMAN triathlon has come to represent the ultimate test of body, mind and spirit for both professional and amateur athletes.

Launched in 2006, the IRONMAN 70.3 Triathlon Series, which consists of a 1.2-mile (1.9km) swim, a 56-mile (90km) bike and a 13.1-mile (21.1km) run, began offering athletes of all backgrounds and abilities a consistent and first-class race experience at a variety of unique and beautiful venues around the world. The IRONMAN 70.3 continues to grow in locations around the globe each year and has come to embody the spirit, passion and determination of the athletes who take on these difficult and admired races.

For more information on the IRONMAN Triathlon and IRONMAN® 70.3® Triathlon Series, visit www.ironman.com.



The Rock 'n' Roll Marathon Series® is the world's largest running series taking part in over 30 destination events around the world every year. Established in 1998, the Rock 'n' Roll Marathon Series simple idea of making running fun has transformed both the U.S. and global running landscape by infusing the course with live bands, cheer teams and entertaining water stations, creating a block-party atmosphere for participants and spectators alike. Focused on running, music and community, race weekend kicks off with a free Health & Fitness Expo showcasing the latest in running gear, sports apparel, health and nutritional information and much more. Events culminate with an entertaining finish-line festival featuring some of the biggest names in music, with past performances including Macklemore & Ryan Lewis, O.A.R. Aloe Blacc, Pitbull, Flo Rida, The Band Perry, Fitz and the Tantrums, the Goo Goo Dolls and Bret Michaels. Further information about the Rock 'n' Roll Marathon Series can be found online at www.RunRocknRoll.com and follow @RunRocknRoll on all social platforms.

- Over 30 events around the world
 - Over 600,000 participants
 - 60% Female; 40% Male
-

IRONMAN PROGRAMS AND SERIES:



The IRONMAN Foundation creates positive, tangible change in race communities by engaging athletes and volunteers to participate in programs that demonstrate service through sport and commitment to community. Since 2003, over \$50,000,000 has been provided through IRONMAN charitable giveback programs including the IRONMAN Foundation to more than 8,300 local, regional, national and global nonprofit initiatives. Through these partnerships, IRONMAN® and Rock 'n' Roll Marathon Series® athletes are powerfully linked to the community and together we leave the IRONMAN legacy behind in our race communities long after event day. For more information on IRONMAN Foundation programs, including Team IMF, Community Fund, Rock This Town™, Your Journey Your Cause™, and Women For Tri®, visit www.ironmanfoundation.org.



Women For Tri®, a program of The IRONMAN Foundation launched by IRONMAN in 2015, works to increase female participation at all levels of triathlon. The program seeks to identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all race distances and representing all athletic abilities. Since inception, over \$300,000 in grants have been awarded to triathlon clubs supporting female participation initiatives. Women For Tri embodies the heart and soul of what makes the sport so rewarding: testing your ability, overcoming challenges, and realizing the full depth of your potential in the most widely recognized test of endurance – triathlon. Learn more at www.womenfortri.com and join the Women For Tri online community of 55,000+ female triathletes at www.facebook.com/groups/WomenForTri.



The IRONMAN All World Athlete program is a way of rewarding age-group athletes' hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing. Starting in 2015 and continuing in 2017, as long as one IRONMAN or IRONMAN 70.3 is completed, points can also be received for IRONMAN 5i50, Life Time Tri International and Sprint distance events (included in the overall category).

The program uses IRONMAN's Age Group Rankings system to determine which athletes have finished within the top 10 percent or better of their age group each calendar year. Within this system, athletes generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points at every race they complete, but on December 31st, only their top three performances will count toward their All World Athlete status. This makes it easy for athletes to improve their ranking simply by racing more with IRONMAN.

An athlete can achieve All World Athlete status in one or all of the following categories: IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN, IRONMAN 70.3, IRONMAN 5i50, Life Time Tri International and Sprint distances). There are three levels associated with the All World Athlete program:

- GOLD - top one percent
- SILVER - top five percent
- BRONZE - top ten percent

For more information on the IRONMAN All World Athlete program and the variety of benefits from IRONMAN, please visit www.ironman.com/allworldathlete.

For questions regarding the program or help selecting races to help you gain or maintain All World Athlete status, contact agr@ironman.com.

IRONMAN PROGRAMS AND SERIES:



First introduced in 2012, the IRONMAN TriClub Program was designed to help clubs drive membership, provide networking opportunities and create a sense of friendly competition. Throughout the year, participating clubs earn points every time their athletes cross an IRONMAN® or IRONMAN® 70.3® finish line. Each club is assigned to a division based on its membership size. There are various benefits available at many races including on-site club competition, priority club bike racking, and tri club villages. The club in each division that accumulates the greatest number of points by the end of the calendar year receives the title of IRONMAN TriClub World Champion. The IRONMAN TriClub program has grown to include approximately 5,500 active clubs representing over 100,000 athletes. For more information about the IRONMAN TriClub Program, go to www.ironman.com/triclubs.



IRONMAN U™ is an innovative online education and certification platform that offers instruction for coaches and endurance athletes of varying skills and abilities. It features a premier coaching certification led by an elite team of Master Coaches, an international coach association and the Find a Coach tool. This new global standard for endurance sports and education is focused on fostering a community of well-trained coaches and athletes who are better prepared to handle the physical and mental challenges of endurance events. For more information, visit <http://u.ironman.com>.



After being acquired from the Sara Lee Corporation, which owned the event series since 1985, IRONKIDS® launched in 2009 with nine events. Since the inaugural year, IRONKIDS has seen more than 60,000 participants and has grown to over 80 events worldwide including races in Africa, Asia, Australia, Europe and North America. Further expansion is planned to for the launch of 100 new IRONKIDS events in China by 2020. The brand creates positive experiences for youth while fostering self-esteem through achievement. The IRONKIDS mission is to inspire and motivate through sport to live an active, positive and healthy lifestyle. For more information, visit www.ironkids.com.



Launched in 2004 with just two events in the United States, the Iron Girl brand has gained popularity throughout the years garnering global appeal. The event series broadened over the past decade varying from 5Ks and 10Ks to half marathons, expanding and incorporating mother/daughter races, sprint triathlons and wellness initiatives. Iron Girl aspires to bring women of all ages together as a community by offering a supportive, energetic and empowering environment for females pursuing a healthy and active lifestyle. For more information visit www.irongirl.com.

IRONMAN PROGRAMS AND SERIES:



The ITU World Triathlon Series is the International Triathlon Union's annual series of Olympic-distance triathlons used to crown an annual world champion. There are eight rounds of competitions culminating in a Grand Final race. Athletes compete head-to-head for points in these races that will determine the overall ITU world champion. The races also serve as Olympic qualifiers for the quadrennial Summer Olympics. Olympic distance events are made up of a .93-mile (1500-meter) swim, 24.8-mile (40 km) bike, and 6.2-mile (10 km) run, and are located in diverse locations around the world, including Abu Dhabi, UAE, Gold Coast, Australia, and Hamburg, Germany. For more information visit <https://wts.com>.



The Velothon® Series pursues the goal of realizing unique and breath-taking cycling events in city centres. Accordingly, the focus is on sharing experiences in cycling and motivating for a healthy, sportive lifestyle. The races offer amateur cyclists the rare opportunity to compete like the pros. Age-group athletes can choose from a variety of distances, which take place on closed roads. All Velothon events make active cycling in city centres along its sights and attractions possible – anyone can do it! Each event is professionally organised and draws tens of thousands of spectators. Some of the Velothon Series events are followed by a premium elite/pro race supported by the Union Cycliste Internationale which shows off the excitement of a professional cycling event. For more information, visit www.velothon.com.



The Absa Cape Epic® is the world's premier mountain bike stage race. The route changes every year, taking professional mountain bikers and aspiring amateurs from around the world through about 700km of unspoilt scenery and 15,000m of accumulated climbing over some of the most magnificent mountain passes in South Africa's Western Cape province. The Absa Cape Epic is the most televised mountain bike event in the world and the only eight-day stage race classed as hors catégorie (beyond categorization) by the Union Cycliste Internationale (UCI), the same category as the iconic Grand Tours of road cycling. This official UCI status makes it a highlight of the professional rider's calendar. The Absa Cape Epic also attracts amateur riders from around the world wanting to test themselves against the world's leading riders. It is a full-service race, meaning that riders can concentrate on riding while services such as accommodation, food, bike cleaning and maintenance, laundry and medical assistance are provided for them. For more information, visit www.cape-epic.com.



In November 2017, the Noosa Triathlon and Multisport Festival celebrated its 35th Anniversary, hosting over 12,500 athletes. Athletes were treated to a 5-day celebration of active living, set in the stunning lifestyle destination of Noosa, Queensland, Australia. With a selection of 10 sporting and lifestyle events, athletes and supporters from all corners of Australia and abroad converge on Noosa. Noosa Triathlon is the world's largest standard distance triathlon and attracts the very best of the world's athletes each year who strive to take their place in history. The event is famous for its laid-back nature and always enjoys a strong list of sporting celebrities eager to join the party. It is "the" gathering of the active lifestyle community. For more information visit www.ironman.com/triathlon/events/asiapac/multisports/noosa.aspx.



5i50 is a fast-paced and exciting event series that consists of a 1.5k swim, 40k bike and a 10k run. For those who enjoy short and long-course racing, in addition to those weekend warriors eager to take on a triathlon, come compete with the elite.

IRONMAN PROGRAMS AND SERIES:



Since its inception in 1978 on the island of Oahu, the IRONMAN World Championship has etched its name in history through stellar performances, inspirational participants and emotional memories. In 1981, the race moved from the tranquil shores of Waikiki to the barren lava fields of Kona on the Island of Hawai'i where it continues to take place to this day. The race now sees over 2,500 athletes embark on a 140.6-mile journey that presents the ultimate test of body, mind and spirit to earn the title of IRONMAN World Champion. The most iconic one-day sporting event in the world is the culmination of 40 global IRONMAN events with athletes around the world striving for one of the coveted qualifying slots. In 2019, the event will be utilizing the theme `Ohana which in Hawaiian culture represents a specially bonded extended family to celebrate the greater IRONMAN community of athletes, volunteers, supporters and partners. For more information, visit www.ironman.com/worldchampionship.



In 2006 the inaugural IRONMAN® 70.3® World Championship was held in Clearwater, Florida becoming another test for the world's elite triathletes. Since that auspicious beginning, the IRONMAN 70.3 World Championship has grown in stature and popularity moving first to Henderson, Nevada in 2011, where athletes encountered a more challenging terrain and then to Mont-Tremblant, Quebec—its first stop on the new "global rotation" for the championship. The event reached European soil for the first time ever in 2015, with Zell am See, Austria, hosting an epic and memorable event. In 2016, the race moved from the mountains to the beaches of the Sunshine Coast in Queensland, Australia. In 2017, the race returned to the United States, taking place in Chattanooga, Tennessee where it became a two-day event for the first time. In 2018, the event reached the African continent for the first time and was hosted in Nelson Mandela Bay in South Africa. Continuing the rotation, 2019 sees the French Riviera and Nice, France play host to the ever-growing championship event. More than 200,000 athletes participate annually in a series of qualifying races, consisting of over 100 events in locations such as Australia, Brazil, China, Germany, North America, South Africa and Switzerland. Hosting more than 5,000 athletes from around the world, participants in the IRONMAN 70.3 World Championship have ranged in age from 18 to 85-plus. In 2020, the event will move to Taupō, New Zealand where there is a long and storied IRONMAN history that spans 20 years before reaching the Red Rocks of St. George, Utah in the United States in 2021. For more information, visit www.ironman.com/worldchampionship70.3.



For over 20 years, the Rock 'n' Roll Marathon Series has made running fun by infusing each course with live bands, cheer teams and more. The pinnacle event of the series, the Rock 'n' Roll Las Vegas Marathon & 1/2 Marathon, is the biggest and best night running event in the world. The busy Las Vegas Strip closes to traffic once a year for the approximately 40,000 runners from around the world to have a one-of-a-kind nighttime experience complete with music, lights and entertainment stationed along the course. The marathon and half marathon races start near MGM Grand and pass by all the must-see Vegas sights including the iconic 'Welcome to Las Vegas' sign, Paris Hotel's Eiffel Tower, and the Fountains of Bellagio, before finishing at the foot of the Mirage Volcano. The on-course experiences in Las Vegas are endless and unique, including a Run-Through Wedding, where hundreds of pre-registered couples get married or renew their vows during a group ceremony and then run to the finish line together as newlyweds. Notorious for its impressive medal designs, the event is more than just a race, it's a running and entertainment festival weekend. Exclusive runner perks, parties and entertainment are offered all weekend long including a pre-race headliner concert that has previously featured The Goo Goo Dolls, Kid Rock, All-American Rejects, Macklemore & Ryan Lewis and Snoop Dogg. This year, Kesha will take the stage after the Saturday night 5K as the event's first female performer. www.runrocknroll.com/vegas.



The Standard Chartered Singapore Marathon is the leading mass participation run and only IAAF Gold Label race in South East Asia. Since 2002, the race has brought runners unparalleled running experiences, threading through the heart of the city seeing iconic heritage buildings and against one of the world's most iconic city skylines and past some of Singapore's iconic landmarks such as Marina Bay Sands and Gardens by the Bay. Comprising six categories; Marathon, Half Marathon, Ekiden Relay, 10km, 5km and Kids Dash, the race has been a catalyst to growing the local and regional running community, by bringing together approximately 50,000 professional, amateur, avid and leisure runners yearly. For more information, visit www.singaporemarathon.com.

IRONMAN®

GENERAL INFORMATION



THE BEGINNING:

1978

Participants gather on the beach before the start of the inaugural "Hawaiian IRONMAN Triathlon."

“Swim 2.4 miles, Bike 112 miles, Run 26.2 miles—Brag for the rest of your life.”

—John Collins, IRONMAN Founder



From unlikely challenge to international sensation

While stationed near San Diego in the mid-1970s, John Collins and wife, Judy, participated in multi-sport workouts designed to break up the monotony of constant run training.

During an awards banquet in 1977 for a Hawai'i running race, a lively discussion about the creation of a major endurance event in Hawai'i occurred. To challenge athletes who had already seen success at a local biathlon (swim/run), the first "Hawai'ian Iron Man Triathlon" was born.

As the conversation continued, Collins began playing with the idea of combining the three toughest endurance races on the island into one race. He decided to issue a challenge. He proposed combining the 2.4-mile Waikiki Roughwater Swim with 112 miles of the Around-O'ahu Bike Race (originally a two-day event and 114 miles), followed by a 26.2-mile run on the same course as the Honolulu Marathon. The event was unveiled at the Waikiki Swim Club Awards Banquet in late 1977. "The gun will go off about 7 a.m., the clock will keep

running and whoever finishes we'll call the IRONMAN," Collins recalls.

On February 18, 1978, 15 competitors, including Collins, came to the shores of Waikiki to take on the IRONMAN challenge. Prior to racing, each received three sheets of paper listing a few rules and a course description. Handwritten on the last page was this exhortation: "Swim 2.4 miles! Bike 112 miles! Run 26.2 miles! Brag for the rest of your life!"

Who would have predicted this exchange of bravado would be the foundation for what is now the world's most recognized endurance event and the global benchmark for testing one's personal limits?

Judy Collins, who originally planned to participate in the inaugural event, was forced to withdraw just days before. John Collins and 11 others finished the entire course. Gordon Haller, a taxi cab driver and fitness enthusiast, crossed the finish line first in 11 hours, 46 minutes and 40 seconds to become the "original" IRONMAN. Collins finished the race in a little over 17 hours.

Having lost only \$25 on that first race, Collins agreed to organize a second event in 1979. Unfortunately, bad weather postponed the race one day, and more than half of the race-field dropped out this left only 15 to race for the second straight year. Among the remaining 15 athletes was Lyn Lemaire, a cyclist from Boston, Mass.

The first female finisher maintained second place for much of the race before finishing fifth overall. The winning time of 11:15:46, posted by Californian Tom Warren, improved upon Haller's first-year mark, and Warren became a minor celebrity when he and the race received exposure in *Sports Illustrated*.

This larger-than-life depiction of the race in *Sports Illustrated* generated

what Collins remembers as a "shoebox full of hundreds of letters from athletes around the world who wanted to do the race." ABC Sports called Collins asking his permission to film the 1980 event. Collins agreed as long as ABC brought its own crew and the filming bore him no expense.

Ironically, Collins transferred out of Hawai'i just as his baby hit the big time in 1980. He turned the event over to the owners of a local health club. No money changed hands, but Collins did receive assurance that he or his family could race for free any year that they wanted, and that "they would save a few racing spots for the 'ordinary athlete,' because these were the type of individuals who created the race."

In 1981, Valerie Silk took over supervision of the race and made the key decision to move the IRONMAN from the tranquil shores of Waikiki to the barren lava fields of Kona on the Big Island of Hawai'i.

Along the Kona Coast, black lava rock dominates the panorama. Against this backdrop, athletes would cover 140.6 miles by sea, bike and foot while battling "ho'omumuku" crosswinds of 45 mph, 95 degree temperatures and a scorching sun. The IRONMAN Triathlon became the benchmark against which all extreme sporting challenges would be measured.

ABC's broadcasts on "Wide World of Sports" in 1980 and 1981 continued to generate interest from athletes, but IRONMAN's signature moment would come the following year.

With the men's championship title already claimed, ABC's cameras zeroed in on the women's leader. A college student from San Diego, Julie Moss' lifeguarding background helped her stay among the early women's leaders. After a strong bike, she found herself with a sizeable lead in the run. Her energy levels started to dip in the last five miles, however, and

another San Diego competitor, Kathleen McCartney, began to cut into Moss' lead. Moss managed to hang on, sometimes appearing like a punch-drunk fighter as she moved toward the finish line. But with a little more than 20 yards to go, her legs gave out and she fell to the ground. She attempted to get up, but her legs wouldn't hold her. Rather than give up, she crawled. Race officials and spectators gathered around her, visibly concerned for her well being, as well as amazed by her courage. Although McCartney passed her, Moss won the hearts of those on-hand and millions who later saw her determined effort on television. ABC's Jim McKay, among the most experienced sports broadcasters in history, called it the most inspiring sports moment he had ever witnessed.

Instantly, competing in the IRONMAN became such a hot ticket that organizers instituted a qualifying system to keep the race field more manageable.

By any measure, the IRONMAN presents the ultimate test of body, mind and spirit for professional and amateur athletes. And as the IRONMAN Triathlon has emerged into the mainstream, the IRONMAN experience continually transcends pure sport. It centers on the dedication, courage and perseverance exhibited by athletes who demonstrate the IRONMAN mantra that "ANYTHING IS POSSIBLE®."

IRONMAN PACE CHART:

Swim Course 2.4 miles / 3.9 km

Finish Time	Minutes Per Mile
0:50:00	20:50
1:00:00	25:00
1:10:00	29:10
1:20:00	33:20
1:30:00	37:30
1:40:00	41:40
1:50:00	45:50
2:00:00	50:00
2:10:00	54:10
2:20:00	58:20

Bike Course 112 mile / 180.2 km

Finish Time	Miles Per Hour
4:00:00	28
4:15:00	26.4
4:30:00	24.9
4:25:00	23.6
5:00:00	22.4
5:15:00	21.3
5:30:00	20.4
5:45:00	19.5
6:00:00	18.7
6:15:00	17.9
6:30:00	17.2
6:45:00	16.6
7:00:00	16
7:15:00	15.4
7:30:00	14.9
7:45:00	14.5
8:00:00	14
8:15:00	13.6
8:30:00	13.2

Run Course 26.2 miles / 42.2 km

Finish Time	Minutes Per Mile
2:30:00	5:44
2:40:00	6:06
2:50:00	6:29
3:10:00	7:15
3:20:00	7:38
3:30:00	8:01
3:40:00	8:24
3:50:00	8:47
4:00:00	9:10
4:10:00	9:33
4:20:00	9:55
4:30:00	10:18
4:40:00	10:41
4:50:00	11:04
5:00:00	11:27
5:10:00	11:50
5:20:00	12:13
5:30:00	12:36
5:45:00	13:10
6:00:00	13:44
6:15:00	14:19
6:30:00	14:53
6:45:00	15:27
7:00:00	16:02
7:15:00	16:36
7:30:00	17:11
7:45:00	17:45
8:00:00	18:19

IRONMAN 70.3 PACE CHART:

Swim Course 1.2 miles / 1.9 km

Finish Time	Minutes Per Mile
0:25:00	20:50
0:35:00	29:10
0:40:00	33:20
0:45:00	37:30
0:50:00	41:40
0:55:00	45:50
1:00:00	50:00
1:05:00	54:10
1:10:00	58:20

Bike Course 56 mile / 90.1 km

Finish Time	Miles Per Hour
2:00:00	28
2:15:00	24.9
2:30:00	22.4
3:00:00	18.7
3:15:00	17.2
3:30:00	16
3:45:00	14.9
4:00:00	14
4:15:00	13.2
4:30:00	12.4
4:45:00	11.8
5:00:00	11.2
5:15:00	10.7
5:30:00	10.2

Run Course 13.1 miles / 21.1 km

Finish Time	Minutes Per Mile
1:10:00	5:21
1:20:00	6:06
1:30:00	6:52
1:40:00	7:38
1:50:00	8:24
2:00:00	9:10
2:10:00	9:55
2:20:00	10:41
2:30:00	11:27
2:40:00	12:13
2:50:00	12:59
3:00:00	13:44
3:10:00	14:30
3:20:00	15:16
3:30:00	16:02

THE “AVERAGE” IRONMAN ATHLETE:

“Average” is a word not typically associated with IRONMAN athletes. Considering the accomplishments and abilities of athletes ranging from Craig Alexander and Chrissie Wellington to Robert McKeague, Charles Plaskon and Ricky James, it will take quite a fitness explosion for the media to refer to IRONMAN athletes as, well ...“Average Joes.” With this preoccupation on extraordinary feats, it is easy to overlook the fact that most competitors hold more in common with the general population than one might expect. They are doctors, attorneys and firemen. They may even be your neighbor.

You could be thinking, “I could do that, but what does it take to train?” Never fear, there are average times for this, too.

IRONMAN

Triathletes train an average of seven months for an IRONMAN event. The average hours per week devoted to training for an IRONMAN race generally fall between 18 and 30+ hours.

Average training distances for each discipline include:

1. Miles per week swimming: 7 (11.3 km)
2. Miles per week biking: 225 (373.3 km)
3. Miles per week running: 48 (77.2 km)

IRONMAN Athlete Demographics:

Average Age:	43
Gender Ratio:	Male: 80% Female: 20%
Education (Post Secondary):	83%

IRONMAN 70.3

The average hours per week devoted to training for an IRONMAN 70.3 event generally falls between 10 and 30+ hours. Many competitors also cross-train with weight training, stretching and yoga, among other activities.

Average training distances for the three disciplines:

1. Miles per week swimming: 5 (8 km)
2. Miles per week biking: 165 (265.5 km)
3. Miles per week running: 35 (56.3 km)

IRONMAN 70.3 Athlete Demographics:

Average Age:	41
Gender Ratio:	Male: 74% Female: 26%
Education (Post Secondary):	87%



Lew Hollander, one of the oldest competitors, crosses the line at the 2009 Ford IRONMAN World Championship in 16:52:29.

PHYSICALLY CHALLENGED OPEN DIVISION:

Each year, the finest athletes from around the world come to test themselves at IRONMAN and IRONMAN 70.3 events. A supreme test of physical and mental toughness, these races require both courage and determination, in addition to physical preparation. While each athlete overcomes his or her own personal challenges on the road to becoming an IRONMAN or IRONMAN 70.3 finisher, some must overcome not only the challenges that IRONMAN offers, but the physical challenges life has imposed on them as well.

Since 1982, many physically challenged athletes have seen success in IRONMAN and IRONMAN 70.3 events. Among the physically challenged participants, heroes have emerged including Joseph Raineri, a blind athlete from Delaware who became the first physically challenged athlete to finish the race, and the race's first deaf competitor, Michael Russo, of New York, who competed in 1984. In 1991, Jim MacLaren, a former Division I football player from California who had lost the lower part of his left leg in a motorcycle accident, received worldwide attention when he completed the race, cycling and running with a custom-designed prosthesis.

In 1994, Dr. Jon Franks, a paraplegic athlete from Venice Beach, California, petitioned the organization to allow him to participate using a handcycle for the bike portion of the event and a racing wheelchair for the marathon. The possibility of his participation stirred debate in the triathlon community. Some felt that Franks' not actually running the marathon portion of the race would compromise the nature of the challenge.

Although Franks did not finish the event, millions watching NBC's race coverage saw his determination to climb the last hill of the bike course and counted him among the race's true winners. His efforts, as well as growth in the number of physically challenged individuals involved in athletics, generated a groundswell of interest.

The Handcycle Division was given a "test run" at the IRONMAN World Championship in

1994, 1995, and 1996, with demonstration, participation by wheelchair athletes. "The IRONMAN World Championship is recognized as a leader in the integration of Physically Challenged athletes within our sport. We are proud of the growth of the Handcycle Division and among physically challenged athletes and applaud the determination and extraordinary abilities of these athletes," said Diana Bertsch, IRONMAN World Championship event director.

In 1996, John MacLean, from Australia, completed the event within the overall time of 17 hours; in 1997, he became the first athlete to officially use a hand-cranked bicycle to finish the event within the allotted cut-off times for each discipline. In all, eight athletes competed as physically challenged athletes. Among them was Clarinda Brueck, a 43-year-old teacher from New Jersey. Brueck, who was born without the lower portion of her left arm, eloquently summed up the significance of this competition. "I want physically challenged children to feel what I felt when I first competed in a triathlon," she said. "For the first time in my life, I felt I was competing with, and even excelling above, able-bodied individuals. That's an empowering, life-changing experience. And competing in the IRONMAN World Championship emphatically allows you to say, If I can complete this race, there's nothing in life that I can't do.

A formal Handcycle Division was established in 1997 after years of careful research and planning. "Since John MacLean finished the event in 1996, he has opened the door and brought awareness to the incredible ability of these world-class athletes," Bertsch said. "The possibilities are endless as these athletes strive to reach their summit."

In 2006, a formal division was also established at the inaugural IRONMAN 70.3 World Championship. There are two different categories within the Physically Challenged Division: handcycle and

physically challenged. The Handcycle Division is comprised of athletes who will use a hand cranked cycle on the bike segment and a racing chair on the run. Due to the level of interest from handcycle athletes, qualifying races were established for this category as well.

Through IRONMAN's commitment to providing athletes of all abilities a means of entry into its prestigious World Championship events, each year the Physically Challenged Open/Exhibition Division Drawing offers five physically challenged athletes the opportunity to compete in the IRONMAN World Championship and three entry into the IRONMAN 70.3 World Championship.

In 2013, Minda Dentler crossed the IRONMAN World Championship finish line in a time of 14:39:14 and became the first female hand cyclist to complete the event.

For more information on the IRONMAN World Championship Physically Challenged Open/Exhibition Division, visit ironman.com/physicallychallengeddrawing

For more information on the HandCycle Division, visit ironman.com/handcycle

EVENT HISTORY:

Triathlon Year-by-Year

1978

During an awards banquet in 1977 for the Waikiki Swim Club, John and Judy Collins unveil a new activity; an around the island triathlon in Hawai'i and the first endurance triathlon anywhere. To challenge athletes who had already seen success at a local biathlon (swim/run), the first "Hawaiian Iron Man Triathlon" is born. Collins proposes combining the 2.4-mile Waikiki Roughwater Swim with 112 miles of the Around-Oahu Bike Race (originally a two-day event and 114 miles), followed by a 26.2-mile run on the same course as the Honolulu Marathon. "The gun will go off about 7 a.m., the clock will keep running and whoever finishes first we'll call the IRONMAN," Collins recalls. On Feb. 18, 1978, there are 15 starters and 12 finishers in the event. First to finish is Gordon Haller, a taxi cab driver and fitness enthusiast, who completes the 140.6 miles in 11 hours, 46 minutes and 58 seconds to become the "original" IRONMAN. Collins finishes the race in a little over 17 hours.

1979

Word of mouth generates additional participant interest, and it appears that as many as 50 athletes will compete. But bad weather forces a one-day postponement of the race, and when the starter's pistol finally sounds on Sunday morning, just 15 competitors take the challenge. San Diego's Tom Warren, 35, wins in 11:15:56. The first female participant, Lyn Lemaire, a championship cyclist from Boston, Mass., places fifth overall. As Collins ponders changing the next race into a relay event to generate more participants, the race's future is being rewritten by Barry McDermott from Sports Illustrated. On the island to cover a golf tournament, McDermott discovers the race and writes a 10-page, larger-than-life account of the event that nets Collins hundreds of inquiries.

1980

Collins gives ABC's "Wide World of Sports" permission to film the event, but warns ABC executives that, "Watching the race is about as exciting as watching a lawn growing contest." ABC's coverage is a bit more dramatic, and it brings IRONMAN worldwide recognition. The event draws 106 men and two women. Dave Scott, a 26-year-old masters swim coach from Davis, Calif., wins the event in 9:24:33. Robin Beck wins the women's division in 11:21:24, placing 12th overall. As people become familiar with the IRONMAN Triathlon, other triathlons of varying distances begin to take place around the world. Collins is not on-hand for the event, as the Navy transfers him out of Hawai'i. He entrusts the race to the owners of a local health club.

1981

Valerie Silk takes over supervision of the race and makes the key decision to move the IRONMAN from the tranquil shores of Waikiki to the barren lava fields of Kona on the Hawai'i Island. She does this primarily to avoid Honolulu's traffic hazards, but it lends the event a man-versus-nature element that becomes a signature component. Silk also rescinds the requirement that each competitor provide his or her own support crew. On Feb. 14, approximately 950 volunteers and throngs of cheering spectators turn out to support the 326 athletes in the race. John Howard, formerly an Olympic cyclist, wins the first Big Island race in 9:38:29. Linda Sweeney, one of 20 female competitors, wins the women's division in 12:00:32. Walt Stack, the oldest competitor (73), finishes last in 26:20:00, setting IRONMAN's slowest finish time record.

February 1982

The event becomes such a phenomenon that Bud Light pays to become title sponsor. The race attracts 580 athletes.

Scott Tinley, a 25-year-old swim coach from San Diego, passes previous winner Dave Scott in the marathon and finishes in a record time of 9:19:41. Less than two hours later, the most memorable moment in race history occurs. Julie Moss, a college student competing to gather research for her exercise physiology thesis, steadfastly moves toward the finish line in first place despite becoming severely fatigued and dehydrated. In the homestretch, she staggers like a punch-drunk fighter. Just yards away from the finish line, she falls to the ground. Passed by Kathleen McCartney for the women's title, Moss nevertheless crawls to the finish line. Her courage and determination inspires millions and creates the IRONMAN mantra that "ANYTHING IS POSSIBLE®."

October 1982

The race owners move the race date to October to give athletes from colder climates more time to prepare in better training conditions. An early sign that the race is maturing, cut-off times are introduced. Participants must complete the 140.6-mile course within 18.5 hours. Race organizers begin coordinating the race with the full moon to assist runners competing after dark. Dave Scott sets a new record in the swim (50:52) and overall time, finishing in 9:08:23. Three Californians set new women's records: Jennifer Hinshaw, 21, of Saratoga, swim course record (53:26); Julie Leach, 25, of Newport Beach, bike course record (5:50:36) and Sally Edwards, 35, of Sacramento, marathon record (3:27:55). Leach, a former Olympic kayaker, leads the women in 10:54:08.

1983

Participants are now required to finish the race within 17 hours. For the first time, a qualification system goes into effect to control the demand for entry. The first continental U.S. IRONMAN



Julie Moss crawls to the finish line in February 1982.

triathlon, the Ricoh IRONMAN U.S. Championship, is held in Los Angeles, Calif., in May, with top finishers in the men's and women's divisions selected to compete in the October IRONMAN World Championship. Dave Scott wins his third IRONMAN in a record time of 9:05:57. Also for the first time, the top spot in the women's division is won by a non-American, Sylviane Puntous, of Canada. She sets a women's course record of 10:43:36. The IRONMAN Lottery is established to offer the unique opportunity for every-day athletes to race alongside the world's greatest triathletes.

1984

Valerie Silk assumes race chairmanship and appoints Kona resident, Kay Rhead, as race director. Despite the boycott of the 23rd Olympics by some East European countries, the Eastern Bloc sends its first participant to the IRONMAN triathlon: Vaclav Vitovec, a 31-year-old Czechoslovakian. Vitovec completes the course in 13:55:36. Californian Jennifer Hinshaw, 23, sets a women's swim record of 50:31 that would remain unbroken until 1997. Dave Scott wins his fourth IRONMAN in 8:54:20, becoming the first person to break the nine-hour barrier. Sylviane Puntous wins the women's title again, also in a record time of 10:25:13.

1985

IRONMAN debuts international qualifying races. The Double Brown IRONMAN in Auckland, New Zealand, takes place on March 24, and the Yanmar IRONMAN Japan at Lake Biwa occurs on June 30. Participants from 34 countries and 46 states compete in the IRONMAN World Championship. Scott Tinley wins and sets a course record of 8:50:54. Tinley confirms his status as the preeminent triathlon trendsetter, becoming the first athlete to use aerobars. His race gear also includes a pair of slipcovers for his cycling shoes. Joanne Ernst, 26, of Palo Alto, Calif., wins the women's division in 10:25:22. Rather than race, Dave Scott serves as a commentator for ABC's IRONMAN coverage.

1986

An anonymous donor provides race organizers with \$100,000 in prize money. The purse further cements IRONMAN's status in the sport of triathlon and sends a message that IRONMAN is on its way. The world championship race draws athletes from 36 countries and 48 states. Dave Scott "unretires" and takes more than 20 minutes off of the existing course record with a time of 8:28:37. Scott's victory includes a 2:49 marathon, the first time any IRONMAN athlete has run under 2:50. The women's race is marred by controversy as Patricia Puntous, of Canada, crosses the finish line first but is disqualified for a bike drafting infraction. Relative newcomer Paula Newby-Fraser of Zimbabwe, is next across the line and her time of 9:49:14 sets a new women's course record. Another new international qualifying race, IRONMAN Canada, takes place in Penticton, British Columbia, in August.

1987

A record 1,381 triathletes start the IRONMAN World Championship - 1,283 finish within the 17-hour time limit. Participants represent 44 countries and 49 states. Dave Scott, who doesn't announce his intention to race until the week of the event, upstages a strong men's field that includes Mark Allen

and Mike Pigg. Scott's sixth IRONMAN World Championship comes in 8:34:13. New Zealand's Erin Baker shatters the previous course record for women with a time of 9:35:25. IRONMAN introduces its first and only team competition for members of U.S. Armed Forces. Navy takes first place. The Kellogg Company introduces Pro Grain Cereal, referred to as "IRONMAN Food."

1988

Kay Rhead, race director, dies in January after a two-year struggle with cancer. Valerie Silk appoints Debbie Baker as the new race director. The 15 men who competed in the first IRONMAN in 1978 are invited to return for the 10th Anniversary Celebration. IRONMAN welcomes its largest contingent of Eastern Europeans, including two competitors from Estonia, USSR. Dave Scott withdraws the night before the race with knee problems. Paula Newby-Fraser shatters her own bike course record by nearly 25 minutes and becomes the first woman to break five hours on the bike. Her winning time of 9:01:01 obliterates the previous women's course record and for the first time gives evidence that a woman may be able to break the 9-hour mark at the IRONMAN Triathlon. Scott Molina, "The Terminator," takes advantage of Scott's absence and bike problems experienced by pre-race favorite Mark Allen to win the men's title in 8:31:00. IRONMAN Europe in Roth, West Germany, is established as the fourth international qualifying event for Hawai'i.

1989

Triathlon giants Dave Scott and Mark Allen race neck-and-neck for 8 hours. After six previous attempts at the No. 1 spot, Allen finally overcomes the dehydration, exhaustion and technical problems that had beset him in earlier years; he breaks away from Scott with just two miles to go, winning in a record smashing 8:09:15. Scott finishes 58 seconds later in 8:10:13. This battle will go down in IRONMAN history as the

EVENT HISTORY

Triathlon Year-by-Year



Greg Welch leaps across the finish line as he wins the IRONMAN World Championship title in 1994.

"Iron War," and continues to be one of the most prolific head-to-head clashes. Paula Newby-Fraser breaks her 1988 run course record by two minutes and wins the women's race with a time of 9:00:56. Despite an unsuccessful first attempt in 1988, the awe-inspiring father-son duo of Dick and Rick Hoyt are able to complete the IRONMAN World Championship for the first time in 14:26:04 forever etching their names into IRONMAN history. In 1989, Dr. James P. Gills, founder of St. Luke's Cataract and Laser Institute, purchases IRONMAN and moves the IRONMAN headquarters to Tarpon Springs, Florida.

1990

Silk sells IRONMAN to veteran IRONMAN triathlete, Dr. Jim Gills, of Florida. He forms the World Triathlon Corporation and starts The IRONMAN Foundation, a charitable organization designed to benefit the community of West Hawai'i. The race course is altered to avoid airport traffic, adding a trip to the south end of Ali'i Drive ("The Pit") and the Natural Energy Lab of Hawai'i (NELH)

Road. Mark Allen, racing in the absence of injured Dave Scott, overcomes the heat and gusty headwinds to capture his second consecutive IRONMAN World Championship title in a time of 8:28:17. New Zealand's Erin Baker captures her second IRONMAN World Championship victory, placing 19th overall in 9:13:42.

1991

Mark Allen survives challenges from Australia's Greg Welch and Pennsylvanian Jeff Devlin to capture his third consecutive IRONMAN World Championship title in 8:18:32. Paula Newby-Fraser, already the most prolific women's winner in IRONMAN history, wins her fourth title, finishing 26th overall in 9:07:52. Of the 1,379 starters, 1,312 finish, an IRONMAN record. Off the course, the year is marked by several major developments: IRONMAN Australia becomes the fifth international race; Gatorade becomes the new title sponsor, signing a five-year contract and NBC Sports televises the IRONMAN World Championship for the first time.

1992

David Yates becomes president of the World Triathlon Corporation, with Sharron Ackles assuming the role of IRONMAN Race Director. Three-time defending champion, Mark Allen, is one of four men, led by Germany's Jurgen Zack, who break the existing bike record. The race then turns into a duel between Allen and Chile's Cristian Bustos. Allen, 34, of Cardiff, Calif., breaks away near the run turnaround and wins an unprecedented fourth consecutive title in a record time of 8:09:08. Not to be outdone, Paula Newby-Fraser, 30, the Zimbabwean who resides in Encinitas, Calif., breaks her own course record by nearly five minutes, becoming the first woman ever to eclipse the nine-hour mark with a historical 8:55:28 performance.

1993

Mark Allen and Paula Newby-Fraser stamp their seals of greatness on the IRONMAN triathlon by repeating as

champions. Allen fights off a valiant challenge from Pauli Kiuru, of Finland, to win his fifth consecutive title. Following some of the fastest bike times in the history of the race, including a new bike record from Jurgen Zack, of Germany, Allen passes Kiuru at the midpoint of the marathon and then races to Ali'i Drive with a record time of 8:07:45. Newby-Fraser, coming back from a serious foot injury that threatened her chances of competing in Kona, breaks her own bike course record and runs the second fastest women's marathon time of the day. Newby-Fraser's time of 8:58:23 is just shy of the course record she set in 1992 remaining the only woman to break nine hours at the IRONMAN World Championship. Winning for the third consecutive year, she also ties Dave Scott for most IRONMAN World Championship victories, each holding six titles.

1994

Paula Newby-Fraser becomes the only athlete, male or female, to record seven IRONMAN World Championship victories as she wins her fourth consecutive title in 9:20:14. Dave Scott, returning to Kona for the first time in five years at age 40, nearly joins Newby-Fraser as a seven-time champion before claiming the most celebrated second-place finish since Julie Moss' 1982 heroics. Scott's vanquisher is Greg Welch, of Australia, who finishes in 8:20:27. Welch fulfills, in his seventh try, all of the promise first seen when he burst on the triathlon scene in 1988. Jim Ward, 77, becomes the oldest athlete to complete the IRONMAN triathlon, finishing in 16:48. Dr. Jon Franks becomes the first wheelchair competitor in the race's history. Franks misses the bike cut-off time, but completes the entire 112-mile bike course using a hand-cranked bike.

1995

Returning to the IRONMAN World Championship triathlon after a one-year hiatus, Mark Allen makes up a 13-minute run deficit to IRONMAN rookie Thomas Hellriegel, of Germany. He claims his sixth

EVENT HISTORY

Triathlon Year-by-Year

IRONMAN World Championship title in seven years, finishing in 8:20:34. In the women's race, Karen Smyers passes a stumbling Paula Newby-Fraser with less than a quarter-mile left in the race to break Newby-Fraser's four-race winning streak. Newby-Fraser had opened up an 11-minute lead off the bike, but Smyers ran the second fastest marathon in the history (3:05:20) of the women's race to finish in 9:16:46. Conditions on the course are among the most difficult ever seen, with headwinds sometimes reaching 45 miles per hour. Darryl Haley, a retired NFL offensive lineman, becomes the largest athlete at 6 feet 5 inches, 300 pounds, to complete the race.

1996

Luc Van Lierde, 27, of Belgium, in his IRONMAN World Championship debut, becomes the first European athlete to win the event, breaking the course record by more than three minutes with a time of 8:04:08. Germany's Thomas Hellriegel sets a new bike course record of 4:24:50 and places second overall in 8:06:07, a time that also betters the previous course record. In the women's race, IRONMAN Hall of Fame inductee, Paula Newby-Fraser, wins her eighth IRONMAN World Championship title in 9:06:49 earning the title of "The Queen of Kona." In the closest women's race since the early 1980s, Newby-Fraser has to run down Iron-rookie Natascha Badmann, of Switzerland, during the latter part of the marathon. Badmann places second in 9:11:19. Another significant IRONMAN milestone takes place at IRONMAN Europe during the summer as Lothar Leder of Germany becomes the first athlete to break the eight-hour barrier with a time of 7:57:02.

1997

Thomas Hellriegel, 26, leads a trifecta of Germans across the finish line in race conditions that longtime-IRONMAN Scott Tinley calls the toughest ever. Strong and steady headwinds averaging 30 mph slow the bike, and cloudless skies with temperatures in the low 90s join to produce the slowest finish times

in a decade. The conditions set the stage for the biggest surprise victory in the history of the women's race as Heather Fuhr, of Canada, renowned for her ability to handle the heat, runs nearly 15 minutes faster than any of the top five women to claim her first IRONMAN World Championship title in 9:31:43. Four other notable happenings occur on the IRONMAN scene during the year: John MacLean, of Australia, celebrates the debut of the Physically Challenged Division by becoming the first athlete to power a hand-cranked bike and wheelchair to an official finish; Jim Ward competes as the first 80-year-old in Kona race history; Belgian Luc Van Lierde leads four men under eight hours at IRONMAN Europe with a new world record time of 7:50:27 and IRONMAN Switzerland joins the qualifying race series.

1998

The IRONMAN World Championship celebrates its 20th Anniversary under tough weather conditions. Race founder John Collins comes across the finish line in 16:30:02 after a 19-year hiatus from IRONMAN racing. Seven of the original 15 IRONMAN competitors are on-hand to watch the race, while six of them compete. Among them is the race's original winner Gordon Haller who finishes in 14:27:01. Also on-hand are 17 of IRONMAN's 21 past champions including: Scott Molina, Scott Tinley, Thomas Hellriegel, Heather Fuhr, Paula Newby-Fraser, Tom Warren and course record holder, Luc Van Lierde. Canada's Peter Reid, 29, claims his first IRONMAN World Championship title, finishing in 8:24:20. Switzerland's Natascha Badmann, 31, takes the lead early and captures her first world championship title in 9:24:16. Defending IRONMAN World Champion Heather Fuhr breaks the existing women's marathon course record, set in 1990, by running a 3:04:02. Wendy Ingraham breaks her own swim record, set in 1997, with a time of 49:11.

1999

In one of the most hotly contested races ever, Canadian Lori Bowden and Belgian Luc Van Lierde capture the world championship crowns, finishing in 9:13:02 and 8:17:17, respectively. For Bowden, 32, this is her first world championship title. She had finished second in Hawai'i two years in a row before landing the top spot. Bowden's blistering 2:59 marathon breaks the course record set by Heather Fuhr in 1998 by five minutes. This was 30-year-old Van Lierde's second World Championship title. Van Lierde won the race as a rookie in 1996 and set the current course record of 8:04:08. Jodi Jackson, 22, from Honolulu, Hawai'i, sets a new swim course record of 48:43. American Tim DeBoom, 28, from Boulder, Colo., leads the race for three hours before eventually finishing third in 8:25:42. Lyn Brooks, 51, from Baltimore, Md., becomes the first person to ever finish 20 consecutive IRONMAN World Championship races, with a time of 14:44:20. IRONMAN Hall of Famer, Scott Tinley, 42, from Del Mar, Calif., competes in his 20th and final IRONMAN race, finishing in 10:37:00. A two-time IRONMAN World Champion, Tinley announces his retirement following the race. On the IRONMAN scene, Peter Reid and Lori Bowden become the first husband and wife duo to win the same event in the same year, when they dominate the IRONMAN Australia Triathlon. Several inaugural IRONMAN races occur, including the Isuzu IRONMAN Lake Placid. IRONMAN Austria joins the international roster of IRONMAN events. IRONMAN enhances its lottery program to include 50 slots for international competitors.

2000

In some less-than-ideal weather conditions, Canada's Peter Reid, 31, and Switzerland's Natascha Badmann, 33, repeat their 1998 victories capturing their second world championship crowns in 8:21:00 and 9:26:16, respectively. American Tim DeBoom, 29, from Boulder, Colo., improved on his third-place performance from 1999 by finishing

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second in 8:23:09. DeBoom's finish was the highest placing for an American male in Hawai'i since 1995. Seventy-year-old Ethel Autorino, from Edison, N.J., set a new course record in the women's 70-74 age group. Autorino's 15:19:19 eclipsed the record set in 1993 by more than 30 minutes. IRONMAN's explosive growth continues as five new IRONMAN races are introduced including Isuzu IRONMAN California, IRONMAN South Africa, IRONMAN Asia, IRONMAN Korea and IRONMAN Malaysia. Bill Bell, 77, of Palm Desert, Calif., becomes the oldest man to ever finish an IRONMAN event by crossing the line at the inaugural Isuzu IRONMAN California Triathlon in 16:57:13.

2001

Just three weeks after the tragedy on September 11, amidst crowd chants of "USA, USA," American Tim DeBoom, 30, of Colorado, brings the IRONMAN crown back to the United States for the first time since 1995. Switzerland's Natascha Badmann, 34, successfully defends her title, earning her a third world championship crown. Bob Scott, 71, from Naperville, Ill., breaks his own record in the men's 70-74 age group. Scott's 12:59:02 is nearly 15 minutes faster than his time in 2000. Laura Sophiea, 46, from Pleasant Ridge, Mich., upsets 12-time age group champion Missy LeStrange, 49, by winning the women's 45-49 age group. Perennial IRONMAN favorite, Wendy Ingraham retires from the competition in Hawai'i. Six-time IRONMAN World Champion Dave Scott returns once again to IRONMAN, but pulls out during the cycling portion of the event. In other IRONMAN news, the inaugural Half-IRONMAN U.K. Triathlon takes place in Llanberis, North Wales, with 1,400 athletes competing. IRONMAN Japan, now based on Fukue Island just south of Nagasaki, returns to the lineup of international events.

2002

Both the USA's Tim DeBoom, 31, and Switzerland's Natascha Badmann, 35, successfully defend their IRONMAN

World Championship titles winning in 8:29:56 and 9:07:54, respectively. With his win, DeBoom becomes the first man to capture successive IRONMAN World Championship titles since 1993. Badmann's win marks her third consecutive world championship crown and fourth overall. Norton Davey, 84, from Oceanside, Calif., becomes IRONMAN's oldest starter ever. The prize purse is increased from \$325,000 to \$429,000 with the male and female champion each taking home \$100,000. Marcos Alegre and Donna Smyers set new records in the 65-69 and 45-49 age groups. IRONMAN Wisconsin joins the IRONMAN family of events, with the inaugural event taking place in Madison, on September 15.

2003

IRONMAN's 25th Anniversary race is a clean sweep for Canada as Peter Reid and Lori Bowden both reclaim the title of World Champion. Reid uses his superior running ability to come from behind for the win. Belgian sensation, Rutger Beke, storms onto the IRONMAN scene with a second place finish at his first IRONMAN World Championship. In the women's race, Bowden also uses a blistering marathon time to chase down defending champion Natascha Badmann and Germany's Nina Kraft to seize the title. Jeff Cuddeback breaks the 45-49 age group record and now owns the fastest time in three separate age groups. Missy LeStrange adds her name to the record books for a second time with a dominating performance in the 50-54 age group. For the first time in IRONMAN history, 20 slots are auctioned off on eBay to raise more than \$400,000 for the YMCA in Kailua-Kona, Hawai'i. IRONMAN racing continues to expand with the addition of IRONMAN Coeur d'Alene, in Idaho, on June 29. The IRONMAN Foundation is launched in 2003 to provide charitable support to numerous non-profit beneficiaries worldwide. The mission of The IRONMAN Foundation is to leave IRONMAN's legacy through philanthropy, volunteerism and

grant making and by supporting various athletic, community, education, health, human services and public benefit non-profit organizations around the world.

2004

Germany's Normann Stadler and Switzerland's Natascha Badmann are victorious at the 2004 IRONMAN World Championship. Stadler, known as the "Norminator," claims his first World Championship title, while Badmann, nicknamed the "Swiss Miss," claims her fifth. Stadler becomes the second German to win the IRONMAN World Championship with a time of 8:33:29 and the win for Badmann at 9:50:04, moves her to within three victories of Paula Newby-Fraser's record of eight wins in Kona. The men's field featured several top names, including Peter Reid, Cameron Brown and Tim DeBoom. The 2003 champion, Peter Reid, places second with a time of 8:43:40. Relative newcomer Faris Al-Sultan has a time of 8:45:24, and Alex Taubert has a time of 8:48:35. Placing third and fourth respectively. Rounding out the men's top five was Belgium's Rutger Beke, with a time of 8:54:23. Badmann, consistent as usual, runs her own race and shows how a little patience and experience can pay off. Another women's field veteran, Heather Fuhr, pounds out a second place finish in 9:56:19. In third place was Australia's Kate Major with a time of 10:01:56. Canadian Lisa Bentley took fourth place at 10:04:00, and New Zealand's Joanna Lawn rounded out the women's top five with a time of 10:05:10. The IRONMAN World Championship, in its 26th year, had 1,734 athletes at the starting line. Throughout 2004, more than 50,000 competitors attempted to qualify for one of approximately 1,700 coveted spots at the event. The professional prize purse increases to \$480,000 and is distributed among the top ten male and female professional athletes. The Iron Girl brand is launched in 2004 as a way to bring women of all ages together as a community and offer a supportive, energetic and empowering environment for females pursuing a healthy and active lifestyle.

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Normann Stadler crosses the finish line in 8:33:29 and becomes the second German to win the IRONMAN World Championship in 2004.



Chrissie Wellington, the first-ever British athlete to win the IRONMAN World Championship, holds her country's flag at the finish line in 2007.

2005

Germany's Faris Al-Sultan earns his first World Championship title while Switzerland's Natascha Badmann claims her sixth. This is a significant win for Al-Sultan, as it is his second IRONMAN win overall and makes him the third German to win the IRONMAN World Championship. Badmann's victory pushes her to a near record and places her only two victories away from IRONMAN legend Paula Newby-Fraser's record eight wins in Kona. Both the men's and women's field boast talented IRONMAN athletes including Peter Reid, Cameron Brown, Rutger Beke, Cameron Widoff, Kate Major, Joanna Lawn and newer IRONMAN talent such as Kate Allen and Michellie Jones. This proves to be a great year for athletes, as many of the professional athletes achieve their fastest bike, run and overall times. Like the professional field, age groupers also see many personal bests, as sixteen IRONMAN World Championship age group course records are broken. There are many unique and inspirational age group athletes that make a mark on this year's event. Robert McKeague becomes the oldest athlete to cross an IRONMAN finish line. At 80 years old, McKeague, from Villa Park, Ill., finishes with a time of 16:21:55. Sarah Reinertsen, from Portola Hill, Calif., who attempted to become the first female amputee to finish in 2004, accomplishes her goal and makes IRONMAN history. Reinertsen missed the bike cut-off in 2004, but finishes this year with a time of 15:05:12. What may be the most prominent moment, however, is the courageous finish of Jon Blais who became the first athlete with ALS to finish this race. Blais, who finished in a time of 16:28:56, rolled across the finish line as a symbol of his fight against this terrible disease. He stated at the time, "Even if I have to be rolled across the finish line, I'm finishing." Little did he know that his famous "Blazeman-roll" would go on to become a staple at IRONMAN finish lines all over the world in support of the battle against ALS.

2006

Just one year after recording a DNF, Germany's Normann Stadler returns to Kailua-Kona and captures his second IRONMAN World Championship title in three years with a time of 8:11:56. Stadler built an insurmountable lead on the bike, setting the fastest bike split in IRONMAN history with a time of 4:18:23. Second place finisher, Chris McCormack, crosses the finish line only 1 minute, 11 seconds, behind Stadler. After a spectacular 2005 debut and a second place finish, Australia's Michellie Jones claims her first IRONMAN World Championship title, crossing the finish line in 9:18:31. A stellar bike time of 5:06:09 helped the 37-year-old distance herself from the pack. In an attempt to win a seventh IRONMAN World Championship title, Switzerland's Natascha Badmann finishes in 9:38:52, placing as the tenth overall female. IRONMAN announces the launch of a new event brand: IRONMAN 70.3. While the Half-IRONMAN, consisting of a 1.2-mile swim, a 56-mile bike and a 13.1-mile run, had been around for years, the IRONMAN 70.3 Event Series would now offer athletes a consistent experience around the globe and for the first time ever, the opportunity to qualify for a World Championship event at that distance. The inaugural IRONMAN 70.3 World Championship became another test for the world's triathlon elite. This time, though, rather than just an endurance challenge, the best multisport athletes arrived in Clearwater, Florida to stake their claim on what has arguably become the sport's most competitive race. Australian Craig Alexander and Canadian Samantha McGlone take the inaugural titles in 3:45:37 and 4:12:58, respectively.

2007

After several attempts for the illustrious title and a second place finish in 2006, Chris McCormack claims victory with an overall time of 8:15:34. McCormack, often referred to as "Macca," takes the lead at mile 13 of the run, passing last year's top American finisher, Chris Lieto. Leading

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an impressive and highly competitive field consisting of top contenders such as Craig Alexander, Tim DeBoom and Torbjorn Sindballe, Macca becomes the first Australian male athlete to win a title in Kona since Greg Welch in 1994. Fresh off her IRONMAN victory in Korea, Chrissie Wellington becomes the first ever British athlete to win the IRONMAN World Championship, crossing the finish line at 9:08:45. Nearly 1,700 competitors, from 18 to 78 years of age, cross the finish line. Inspirational age group athletes include Brian Boyle, survivor of a nearly fatal car accident, who crosses the finish line in 14 hours, 42 minutes, and 64-year old Charles Plaskon, a visually impaired athlete who participates with his guide from C-Different, and celebrates a time of 14 hours, 49 minutes. Scott Rigsby, a double below-the-knee amputee from Atlanta, Ga., also sees IRONMAN success with a finish time of 16 hours, 42 minutes. In 2007, the qualifying race series for the IRONMAN 70.3 World Championship has grown to 22 events. The race takes place in Clearwater, Florida and sees Olympian Andy Potts from the USA and Australian Mirinda Carfrae win the championship in times of 3:42:33 and 4:07:25, respectively.

2008

Thirty years ago, a group of 12 men completed the 140.6-mile journey, and in 2008, 1,636 men and women from around the world, ranging in age from 18 to 79, cross the finish line. IRONMAN's 30th anniversary provides Australia's Craig Alexander with his first IRONMAN World Championship title and Great Britain's Chrissie Wellington with her second, in back-to-back fashion. Despite an 11th-place standing at the end of the 112-mile bike ride, Alexander, also known as "Crowie," showcases his running talent and goes on to win by a 3-minute differential over second place finisher, Spain's Eneko Llanos. Alexander, with an IRONMAN 70.3 World Championship title in addition to a second-place finish the previous year in Kona, crosses the line with a time of 8:17:45. Defending her IRONMAN World Championship title, Wellington finishes

more than ten minutes ahead of her fellow competitors in 9:06:23. Even with mechanical trouble, Wellington takes the women's lead approximately 30 miles into the bike and eclipses the women's run course record with a blistering marathon time of 2:57:44. Third place, Sandra Wallenhorst, also breaks the women's run course record with a time of 2:58:35. In addition to a highly competitive professional field, a variety of inspirational age group athletes compete, including MLB veteran, Jeff Conine, with a time of 14:43:45, and Sean Swarner, a two-time cancer survivor with one lung, who crosses the line at 11:44:15. In addition, Keith Davids, Commanding Officer of Navy SEAL Team One, completes the event in 11:24:00. The 2008 IRONMAN 70.3 World Championship is once again held in Clearwater, FL with Terenzo Bozzone (NZL) and Joanna Zeiger (USA) claiming the titles. Both athletes record the fastest times at the World Championship with Bozzone finishing in 3:40:10 and Zeiger in 4:02:49. In 2008, Dr. Gills sells IRONMAN to Providence Equity Partners and the IRONMAN headquarters move to Tampa, Florida.

2009

After trailing by more than 12 minutes at the start of the marathon, Australia's Craig Alexander overtakes Chris Lieto and runs his way to a second-consecutive IRONMAN World Championship title. Alexander becomes one of only four men – Mark Allen, Dave Scott and Tim DeBoom – to secure back-to-back titles at the IRONMAN World Championship. With a swim time of 50:57, bike time of 4:37:33 and marathon of 2:48:05, Alexander celebrates his win with an overall time of 8:20:21. Great Britain's Chrissie Wellington wins for the third-consecutive year in a time of 8:54:02, breaking Paula Newby-Fraser's course record that had been in place for 17 years. On her first attempt at a full-distance race, Australia's Mirinda Carfrae, an IRONMAN 70.3 World Champion, places second behind Wellington. With more than ten IRONMAN 70.3 wins to her

name, Carfrae, also referred to as "Rinny" swims a 58:45, bikes a 5:14:18 and runs a 2:56:51, finishing in 9:13:59. Her first ever marathon breaks the women's run course record, set in 2008 by Wellington. Among the race field are many inspirational age group athletes, including U.S. Navy Cmdr. David Haas, who trained for the event while deployed on the USS Thach; Elizabeth Thompson, a stroke survivor who relearned to walk just two years prior to attempting the 140.6-mile journey; and Mike Adamle, a former professional football running back and well-known national and Chicago-area sportscaster, who tested his strength and drive for the second time in Kailua-Kona. The IRONMAN 70.3 World Championship once again hosted in Clearwater, Florida displays an exciting race as German Michael Raelert claims the title alongside Olympian Julie Dibens. Course records are shattered as Raelert finishes in 3:34:04 while Dibens breaks the four-hour mark on the women's side with a finish time of 3:59:33. IRONMAN acquires IRONKIDS from the Sara Lee Corporation in 2009 and launches the brand with nine events. The IRONKIDS mission is to inspire and motivate through the sport to live an active, positive and healthy lifestyle.

2010

It was an Aussie sweep as both Chris "Macca" McCormack and Mirinda "Rinny" Carfrae are victorious at the 2010 IRONMAN World Championship. For the first time in four years, a new female competitor takes the top spot on the podium with Carfrae winning her first-ever IRONMAN title when she crosses the line in 8:58:36, the fourth-fastest women's time ever set in Kona. McCormack records the fastest time at Kona in the past 14 years finishing in 8:10:37. Among the race field are many inspirational age group athletes, including Kathleen Allen, who on a routine training ride, was hit by a large truck and suffered severe injuries throughout her entire body; Kyle Garlett, a multiple cancer survivor and heart transplant recipient, who after coming

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Craig Alexander breaks the course record with a time of 8:03:56 on his way to a third IRONMAN World Championship title.

up just short the year before, come back to Kona in 2010 to try once again to capture his dream of completing the world's toughest endurance event; and Tom Kramer, whose wife suffers from Thrombocytopenia, a rare chronic blood disorder characterized by the overproduction of platelets. After years of unsuccessfully trying to find a bone marrow donor, Kramer founded a website aimed at educating others about blood marrow donation with the overall goal of finding a match for his wife. By 2010, the IRONMAN 70.3 World Championship had grown to include 41 races in its qualifying series. Michael Raelert becomes the first person to defend the IRONMAN 70.3 title with back-to-back wins while Great Britain's Jodie Swallow takes the top spot in the women's race.

2011

A record-breaking day occurs at the 2011 Ford IRONMAN World Championship as Craig "Crowie" Alexander and Chrissie

Wellington dominate the course in near-perfect conditions. Alexander, who won the event in 2008 and 2009, adds a third IRONMAN World Championship title to his resume. Finishing in 8:03:56, he breaks the course record set in 1996 by Luc Van Lierde by 12 seconds and becomes only the fourth person in the history of the race to win three times. He also becomes the first person ever to win IRONMAN 70.3 World Championship and IRONMAN World Championship titles in the same year. In the female professional race, Wellington secures her fourth IRONMAN World Championship victory when she crosses the line in 8:55:08. Mirinda "Rinny" Carfrae (AUS) again showcases her skills as a runner, challenging Wellington up until the finish line while breaking her own run course record with a split of 2:52:09. Approximately 1,850 inspirational age-group athletes race this year to prove that "Anything is Possible." In 2011 the IRONMAN 70.3 World Championship moves to Henderson, Nevada, a new date a month before the IRONMAN World Championship in Kailua-Kona, Hawaii. The move opens the door for an even more competitive field providing full-distance athletes the ability to use the race as a last test before heading to Kona. Craig Alexander returns to take his second IRONMAN 70.3 World Championship title and Melissa Hauschildt culminates her first year of racing with an impressive win on the women's side. The qualification season for the 2012 IRONMAN World Championship welcomed three new races to the IRONMAN circuit, including IRONMAN Asia-Pacific Championship Melbourne Presented by Urban Hotel Group, IRONMAN Mont-Tremblant and Aquadraat Sports IRONMAN U.S. Championship which took place in New York City.

2012

Nearly 2,000 athletes, ranging in age from 19 to 82 years of age, from more than 60 countries and all 50 states, compete in the 2012 IRONMAN World

Championship in Kailua-Kona, Hawaii. Australia's Pete Jacobs and Great Britain's Leanda Cave claim their first ever IRONMAN World Championship titles during a challenging day against a world-class field that consists of former champions such as Craig Alexander, Mirinda Carfrae and Faris Al-Sultan. Cave becomes the first female and only second athlete ever to capture both the IRONMAN 70.3 and IRONMAN World Championship crown in the same year. The professional prize purse increases to \$650,000 and is distributed among the top ten male and female professional athletes. German Sebastian Kienle and Great Britain's Leanda Cave claimed victories at the IRONMAN 70.3 World Championship. Many inspirational athletes take on the IRONMAN World Championship this year, including childhood Leukemia survivor Mike Thompson, burn victim Shay Eskew and firefighter Rob Verhelst. IRONMAN Canada moves from its original home in Penticton to a new venue in Whistler.

2013

It was a record-setting day at the 2013 GoPro IRONMAN World Championship for Mirinda Carfrae (AUS) who is crowned an IRONMAN World Champion for the second-time in her career, while Frederik Van Lierde (BEL) improves his third-place showing from 2012 to earn his first men's world championship title. Carfrae sets a new women's course record with a blistering time of 8:52:14 as Van Lierde is steady throughout the day recording a time of 8:12:29, the eighth fastest course time in IRONMAN World Championship history. More than 2,000 athletes, ranging in age from 18 to 80 years old, from more than 55 countries and all 50 states, compete in the 2013 GoPro IRONMAN World Championship. Among these athletes are celebrity chef Gordon Ramsay and professional football star and MVP Hines Ward. Sebastian Kienle (GER) defends his title, while Melissa Hauschildt (AUS) wins her second title in three years at the IRONMAN 70.3 World Championship in Henderson, Nevada. The 2013 IRONMAN 70.3 World Championship was the culmination of



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60 global IRONMAN® 70.3® events. IRONMAN continued to expand its race offerings to include events in Chattanooga, Brazil, and Denmark.

2014

Sebastian Kienle (DEU) dominates the 2014 IRONMAN World Championship presented by GoPro with the third-fastest bike split in championship history to become the first IRONMAN World Championship victor from Germany since 2006. Mirinda Carfrae (AUS) defends her title as she wins in dramatic fashion by overcoming a nearly 15-minute deficit on the marathon course, one of the largest achievements in the championship race's 36-year history. More than 2,000 athletes representing more than 68 countries and 49 states start the 2014 IRONMAN World Championship presented by GoPro. The diverse field of competitors include eight-time Olympic medalist in short track speed-skating and BUILT WITH CHOCOLATE MILK athlete, Apolo Ohno; Italian CART racing legend and Paralympic handcycling champion, Alex Zanardi; NASA and European Space Agency (ESA) astronauts Chris Cassidy and Luca Parmitano; and former NFL defensive tackle Don Davey. Triathletes ranging in age from 18 to 84 took on the world's toughest endurance event which was the culmination of 35 global IRONMAN® events. The 2014 IRONMAN 70.3 World Championship begins its global rotation as it moves to Mont-Tremblant, Quebec, Canada marking the first time the race takes place outside of the United States. Each year, over 120,000 athletes vie for slots to the IRONMAN® 70.3® World Championship. The race attracts an international field as Javier Gomez (ESP) and Daniela Ryf (SUI) capture the crown. Gomez posts a winning time of 03:41:30 outdoing a men's field that saw the top 10 all finish within 10 minutes of each other. Ryf continues her dominant season with a winning time of 4:09:19. 2014 is a tremendous year of growth for IRONMAN as it added races in Maryland, Barcelona, Taiwan, Poland, Croatia and Vietnam.

2015

Jan Frodeno (DEU) and Daniela Ryf (CHE),

both of whom stood on the podium in Kailua-Kona in 2014, cap off impressive seasons to capture the male and female titles at the 2015 IRONMAN World Championship presented by GoPro. Fresh off of wins at the IRONMAN 70.3 World Championship in Zell am See-Kaprun less than two months before, Frodeno and Ryf, become the third and fourth athletes in IRONMAN history to accomplish the double win with their victories. Frodeno is also the first Olympic Gold Medalist to win the IRONMAN 70.3 World Championship and the IRONMAN World Championship. More than 2,300 athletes representing more than 62 countries and 49 states start the 2015 IRONMAN World Championship presented by GoPro. The diverse field of competitors include the American star of blockbuster films *Rudy* and *The Lord of the Rings*, Sean Astin, competing on behalf of Run3rd; Italian CART racing legend and Paralympic handcycling champion Alex Zanardi who finished in an impressive 9:40:37; and U.S. Representative Kyrsten Sinema, the first sitting member of Congress to participate in the IRONMAN World Championship. Triathletes ranging in age from 19 to 85 take on the world's toughest endurance event which was the culmination of 37 global qualifying IRONMAN® events.

In 2015, IRONMAN 70.3 World Championship was held on European soil for the first time in the event's history. Jan Frodeno and Daniela Ryf claim victory with a time of 3:51:19 and 4:11:34, respectively. Nearly 2,500 other athletes from 70 countries also compete in this globally recognized event with close to 100,000 spectators cheered athletes to victory in the city center of Zell am See-Kaprun.

2016

Daniela Ryf (CHE) and Jan Frodeno (DEU) defended their titles with history making performances in 2016, at the 39th edition of the IRONMAN World Championship in Kailua-Kona. Together, they become only the third female and male duo to repeat as

course champions in consecutive years. Ryf retains her crown with a time of 8:46:46, smashing the female course record by nearly six minutes which was previously held by second place finisher Mirinda Carfrae, while Frodeno bests fellow Germans Sebastian Kienle and Patrick Lange with a time of 8:06:30 leading his nation to a podium sweep. More than 2,300 athletes from 64 countries and territories on six continents compete in the 2016 IRONMAN World Championship. The diverse field of competitors include Shirin Gerami who broke barriers to become the first Iranian woman to compete in and finish an IRONMAN triathlon; Team Agar, a duo of father Jeff and his son Johnny, who battles cerebral palsy, competing together; Australian Turia Pitt who, against the odds, returned to competing in endurance events after suffering burns to 65 percent of her body when she was trapped by a grassfire while competing in an ultramarathon; and 83-year-old Japanese athlete Hiromu Inada, who becomes the oldest IRONMAN finisher ever in 2016 after missing the cutoff by six seconds in 2015. In 2016, the IRONMAN 70.3 World Championship is held in Mooloolaba, Sunshine Coast, Queensland, Australia, the first ever in the Southern Hemisphere. Tim Reed (AUS) and Holly Lawrence (GBR) claim victory with times of 3:44:14 and 4:09:12, respectively. Over 2,700 other athletes from more than 80 countries also compete in this globally recognized event. Reed races amongst an incredible field consisting of fellow German and IRONMAN World Champion, Sebastian Kienle, IRONMAN 70.3 defending champion, Javier Gomez, IRONMAN Champion, Tim Don and Australia's sevendime IRONMAN 70.3 winner, Tim Reed, to name just a few.

2017

Patrick Lange (DEU) and Daniela Ryf

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JAN FRODENO AND DANIELA RYF MAKE HISTORY SUCCESSFULLY DEFENDING THEIR TITLES AT THE 2016 IRONMAN WORLD CHAMPIONSHIP.

(CHE) earn championship titles with momentous performances at the 2017 IRONMAN World Championship. Lange pass Lionel Sanders (CAN) in the final three miles, clocking in at 8:01:40 and setting a new course record (formerly 8:03:56 by Craig Alexander, 2011). Sanders hung on for second place, ultimately concluding his race with a time of 8:04:07. David McNamee (GBR), Sebastian Kienle and James Cunnama (ZAF) rounded out the top five. McNamee had the second fastest run split of the race with 2:45:30, helping him clinch a third-place podium finish by more than two minutes ahead of Kienle. Ryf earns her third consecutive crown with a time of 8:50:47, joining an exclusive "three-peat" winners' circle alongside the newest IRONMAN Hall of Fame inductee Chrissie Wellington and Natascha Badmann, Dave Scott, Paula Newby-Fraser and Mark Allen. Lucy Charles, a Kona rookie, maintains her second-place position throughout most of the run and ultimately to the finish. Sarah Crowley rounds out the top three in her second-ever appearance at the IRONMAN World Championship, finishing her race exactly two minutes behind Charles. Heather Jackson and Kaisa Sali (FIN) rounds out the top five women. Over 2,350 athletes from 66

countries, regions and territories on six continents started the IRONMAN World Championship race on the Island of Hawai'i in 2017, the largest international athlete field in the events history. A diverse field of competitors competed in 2017 including the courageous stage-4 pancreatic cancer fighter, Mike Levine, who inspired and encouraged by 1982 IRONMAN World Champion Kathleen McCartney, raced together to prove his diagnosis won't define him; Marine Corps veteran Mike Ergo, who uses triathlon to battle the demons of PTSD while finding a way to keep the memory of his 29 fallen Marine Corps brothers alive by racing with their names on his race kit; and Sian Welch, a former top female professional triathlete who returns to the island 20 years after being part of one of the most memorable finishes in Kona history, "The Crawl".

In 2017, the IRONMAN 70.3 World Championship returned to North America taking place in Chattanooga, Tennessee and became a two-day event for the first time, with the women's race taking place on Saturday and the men's race taking place on Sunday. In the largest athlete field to date, approximately 4,500 of the world's top athletes made their way to Chattanooga on September 9 and 10 to compete in the ICY HOT IRONMAN 70.3 World Championship. Daniela Ryf (CHE) becomes the first athlete to earn three IRONMAN 70.3 World Championship titles winning the women's race on Saturday with a time of 4:11:59. Javier Gómez (ESP) claims victory with a time of 3:49:45 to seal his second IRONMAN 70.3 World Championship win in the men's race on Sunday.

2018

Defending champions Patrick Lange (DEU) and Daniela Ryf (CHE) shattered their own course bests in what will go down as the fastest race in history taking claim to the crown at the 2018 IRONMAN World Championship brought to you by Amazon as the event celebrated it's 40th anniversary.

Lange repeated his 2017 IRONMAN World Championship success finishing with a winning time of 7:52:39, while Ryf claimed her fourth IRONMAN World Championship title with a time of 8:26:18. After crossing the finish line, Lange added to the day's highlights by proposing to his girlfriend Julia Hofmann, capping off one of the most monumental finishes in the history of the sport. Bart Aeronouts (BEL) finished in second place for the men with a time of 7:56:41 while David McNamee (GBR) rounded out the podium in third with a time of 8:01:09, respectively. On the women's side, Lucy Charles (GBR) finished second with a time of 8:36:34 and Anne Haug (DEU) finished third with a total time of 8:41:58.

The 2018 IRONMAN World Championship brought to you by Amazon proved to be a record breaking day with multiple best being set over the course of the event. Patrick Lange became the first person to finish the IRONMAN World Championship in under 8 Hours before celebrated by proposing to his girlfriend, Julia Hofmann at the finish line. Lange's manager Jan Sibbersen also raced and set a new swim course best at the IRONMAN World Championship with a time of 46:30, breaking the previous best of 46:41 (Lars Jorgensen) that stood for 20 years. A duo of brothers, Kyle and Brent Pease became just the second special team to ever finish the IRONMAN World Championship; The last team to do so was Dick and Rick Hoyt in 1999. Liz McTernan (GBR) became the second female hand cyclist to ever finish the IRONMAN World Championship and now also holds fastest time for female hand cyclists (14:21:13). Hiromu Inada (Japan) at 85 and 11 months became the oldest competitor to ever finish an IRONMAN; Bart Aeronaut also finished under 8 hours with a time of 7:56:41. Daniela Ryf's time of 8:26:18 broke her own course best set in 2016 of 8:46:46. Lucy Charles set a new swim course best of 48:14, beating Jodi Jackson's 48:43 time set in 1991. Cameron Wurf set a new

EVENT HISTORY

Triathlon Year-by-Year



bike course best of 4:09:06 beating the previous best of 4:12:54 he set himself in 2017. Ryf set a new bike course best for the women in 4:26:07. The previous best time was 4:44:19 set in 2001 by Karin Thuerig.

in 2018, Jan Frodeno (DEU), reclaimed the crown from defending champion Javier Gómez (ESP) and dominated a deep field of world-class talent on the final day of the 2018 Isuzu IRONMAN 70.3 World Championship in Nelson Mandela Bay, South Africa. Frodeno, who spent his adolescent years in South Africa, secured the victory in a time of 3:36:30 after doing the 1.2-mile swim in 21:53, the 56-mile bike ride in 2:04:28, and the 13.1-miles in a blistering 1:06:33. Approximately 2,900 men were registered to compete in Nelson Mandela Bay as the Isuzu IRONMAN 70.3 World Championship came to the African



HALL OF FAME:

The IRONMAN Hall of Fame was founded in 1993 to honor those who have made outstanding contributions to the growth of the IRONMAN Triathlon. The list below showcases the individuals who are members of the IRONMAN Hall of Fame along with the year they were inducted.

1993

Dave Scott

1994

Julie Moss

1995

Scott Tinley

1996

Paula Newby-Fraser

1997

Mark Allen

1998

John & Judy Collins

1999

Valerie Silk

2000

Tom Warren

2001

Dr. Bob Laird

2002

Bob Babbitt

2003

John MacLean / Gordon Haller /
Lyn Lemaire

2004

Greg Welch

2005

Jim Maclaren

2008

Team Hoyt - Rick and Dick Hoyt

2011

Mike Reilly

2012

Graham Fraser

2013

Peter Henning

2014

Georg Hochegger / Helge Lorenz / Stefan
Petschnig

2015

Lori Bowden / Heather Fuhr

2016

Lew Friedland / Peter Reid

2017

Chrissie Wellington

2018

Ken/Baggs / Erin Baker / Rocky Campbell /
Scott Molina

2019

Tim DeBoom / Kenneth Gasque / Michellie
Jones / Jan War

Team Hoyt after they were inducted into the IRONMAN Hall of Fame at the 2008 IRONMAN World Championship Awards Banquet.





The only place to view every athlete as they cross the finish line!

IRONMAN Now on Facebook Watch:

Watch every stroke, spin and stride LIVE during the IRONMAN 70.3 World Championship on IRONMAN now – The Facebook Watch Channel of IRONMAN. Live coverage for a social audience on Facebook, incorporating viewer interaction through real-time polls, fan engagement and discussion, and user generated content from spectators on the course. Visit [Facebook.com/IRONMANnow](https://www.facebook.com/IRONMANnow)

IRONMAN.COM:

The online source for in-depth coverage of the 2018 Isuzu IRONMAN 70.3 World Championship. From start to finish, visitors can look forward to exclusive coverage that includes event details, race recaps and editorial content, all that can be easily accessed via computer, smartphone or tablet by logging onto www.ironman.com.

SOCIAL MEDIA:

Follow all the action on Twitter @IRONMANLive using #IMKona #IM703WC

www.facebook.com/IronmanWorldChampionship

www.facebook.com/IM703WC

www.instagram.com/ironmantri

@IRONMANLive



Facebook Watch

MEDIA:

Logistics & Contacts

SURVIVING RACE WEEK

The IRONMAN Media Team is here to assist you in capturing the myriad of stories taking place at IRONMAN events around the world. Like an IRONMAN athlete, the key to your journalistic success lies in pre-race preparation and on-site cooperation.

The event web page for each IRONMAN event will be your main source for all things race-related. This includes information ranging from the event schedule to course descriptions. Media members, please be sure to apply for your media credentials at www.ironman.com. For race-specific details and instructions, please pay special attention to the site during race week and email press@ironman.com with any questions.

In most areas, photography access is available on a first-come, first-served basis. We recommend you arrive early for a good spot. However, if an IRONMAN Media Team member instructs you to move from any location, you must adhere. If you do not, security will be called and you will forfeit your media pass. Only specially accredited photographers and television camera crews will be granted access to the course. These media representatives are notified prior to race day and may be given official course passes and vehicle decals.

Media members who do not receive official course access or media credentials and are seen shooting in an unauthorized capacity will be banned from future IRONMAN event coverage. All media members are to use good judgment and sportsmanlike conduct when interfacing with volunteers, athletes, fellow journalists, IRONMAN staff, local authorities, etc. throughout event week and on race day.

Credentials

Credentials for IRONMAN events will be issued for editorial purposes only. All commercial photography for an event is covered by IRONMAN's federally registered trademarks. Prior to commercial usage of such photography, you agree to secure

written permission from IRONMAN. We do this solely to protect against commercial misuse of the IRONMAN/IRONMAN 70.3 imagery and infringement of IRONMAN's trademarks. Your adherence to this requirement will protect you against liability should such photography be used improperly. Noncompliance with this requirement may prevent you from receiving media credentials at future events, as well as create legal liability for the unauthorized use of IRONMAN/IRONMAN 70.3 imagery and trademarks. Drone usage is strictly prohibited.

For more information on credentials and the IRONMAN Media Policy, please visit <http://www.ironman.com/triathlon/organizations/media>

Television/Filming

World Triathlon Corporation (WTC) owns the exclusive worldwide broadcast rights to the IRONMAN 70.3 World Championship and IRONMAN World Championship. Worldwide broadcast rights to the events are licensed domestically and internationally by WTC. Camera crews without proper accreditation will not be granted access to the IRONMAN course or its environs. By applying for and receiving television broadcast/media credentials, the licensee agrees that all footage of the IRONMAN World Championship events will be utilized solely by the licensee for the purpose of legitimate news/sports broadcasting at or around the time of the event. Further, all licensees shall agree that said footage will not be used for any commercial purpose or in any other medium outlet, other than specified, without the written consent of World Triathlon Corporation (WTC).

Race Updates/Interviews/Results

Throughout race day results will be updates online at www.ironman.com. IRONMANLive coverage will also be available throughout the race. When available, there will be a post-race press conference conducted in two waves with the male and female champions. Some

athletes' physical condition following the race may prevent them from appearing at the press conferences. Media Team members will be on-hand to update media on athletes' availability.

We thank you for your coverage of IRONMAN events and hope you enjoy the thrill of the race. If you require additional assistance, please contact the following:

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Media Manager - New Zealand Lead
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TELEVISION:

Bringing The IRONMAN Story To The World

The IRONMAN Triathlon first gained mainstream media attention in 1979 when an article about the event appeared in *Sports Illustrated*. The story caught the eye of an ABC Sports producer, and in 1980, IRONMAN became a regular feature on 'Wide World of Sports.'

However, IRONMAN's crowning moment came in 1982 when ABC's cameras captured a scene that would be etched in the minds of millions for years to come. The scene that would come to embody the spirit of IRONMAN showed a young college student named Julie Moss, physically and mentally spent, drawing on only heart and fortitude to crawl across the finish line. Those images of courage and determination launched IRONMAN into an international sensation and have kept television viewers riveted to their seats ever since.

For more than two decades, the drama of the IRONMAN Triathlon has captured the attention of millions around the world. Its compelling stories of ordinary people accomplishing the extraordinary move and inspire television viewers of all ages.

Coverage of the IRONMAN event has come a long way since its humbling beginnings. IRONMAN went from receiving only a portion of the coverage on ABC's 'Wide World of Sports,' directly to center stage when World Triathlon Corporation (WTC) took control of the broadcast in 1991 and made it a stand-alone program. With this change, WTC now controlled content and production, and IRONMAN Triathlon found a new home at NBC with WTC taking an active role in the show's production and development. In 2003, IRONMAN enjoyed its first-ever prime time airing with a two-hour show aired in a split format.

Each year, a crew of approximately 40 people cover the 140.6-mile IRONMAN World Championship course in spite of logistical and communication challenges. While there is much planning involved, how the race will unfold is never guaranteed. Favorites can drop out early or never become a factor, unknowns can surface and age group athletes may not keep their pace. For the television crew, it's a long, grueling day that lasts from 3 a.m. to 2 a.m. the following morning, when everyone finally calls it a day.

Over the years, the NBC broadcast has garnered more than 40 nominations and has captured 16 Emmy awards. The show has also won five consecutive International Monitor Awards for global excellence and the highly respected CINE Golden Eagle Award. Much of this success can be attributed to the partnership with NBC and the leadership of Dick Ebersol.

Having achieved success with NBC, WTC approached ESPN in early 1996 about airtime for some of the international IRONMAN events. Because of the reputation of the NBC show, WTC was able to produce two international event broadcasts for ESPN. ESPN liked what it saw and expanded the lineup to four shows in 1997. In 2000, WTC produced six shows that aired on ESPN2 and ESPN International.

The 2004 line-up included seven shows airing on OLN. In 2005, IRONMAN extended its agreement with OLN for another three years and aired seven more shows. Race coverage was featured each Sunday during the months

of September, October, and December, allowing viewers to get a glimpse into domestic and international races and the unique opportunity to see a range of IRONMAN venues. In 2006, IRONMAN premiered six of its domestic races on OLN starting in early October and ending in late November. Continuing its relationship with ESPN International, IRONMAN also aired four of its events on ESPN in 2006. The 2007 lineup included seven shows airing on OLN. In 2008, OLN aired five domestic IRONMAN events, including IRONMAN Arizona, IRONMAN Coeur d'Alene, IRONMAN Lake Placid, IRONMAN Louisville and IRONMAN Wisconsin.

Today, IRONMAN is best known for the NBC production of the IRONMAN World Championship which airs each year after the event. It chronicles the professional race as well as tells the story of inspirational athletes from year to year.

This year's Vega IRONMAN World Championship special's date and air time will be announced later in the year.





TRIATHLON SPORTS: Television Awards

1981 - ABC

Nominated - Outstanding Special
Classification of Program

Nominated - Outstanding Senior Audio
Engineers

1990 - ABC

Nominated - Outstanding Electronic
Camerapersons

**Winner - Outstanding Electronic Cam-
erapersons**

1991 - NBC

Nominated - Outstanding Videotape
Editing

Nominated - Outstanding Electronic
Camerapersons

1992 - NBC

Nominated - Outstanding Electronic
Camerapersons

**Winner - Outstanding Electronic Cam-
erapersons**

1993 - NBC

Nominated - Outstanding Edited Sports
Special

Nominated - Outstanding Electronic
Camerapersons

**Winner - Outstanding Electronic Cam-
erapersons**

1994 - NBC

Nominated - Outstanding Music

Nominated - Outstanding Edited Sports
Special

Nominated - Outstanding Videotape
Editing

Nominated - Outstanding Electronic
Camerapersons

**Winner - Outstanding Electronic Cam-
erapersons**

1995 - NBC

Nominated - Outstanding Edited Special
(Long Turn-Around)

Nominated - Outstanding Videotape
Editing

Nominated - Outstanding Writing

Nominated - Outstanding Opens/Clos-
es/Teases

**Winner - Outstanding Opens/Closes/
Teases**

1996 - NBC

Nominated - Outstanding Electronic
Camerapersons

Nominated - Outstanding Edited Sports
Special

1997 - NBC

Nominated - Outstanding Edited Sports
Special

Nominated - Outstanding Electronic
Camera Work

Nominated - Outstanding Electronic
Camera Work

Nominated - Outstanding Editing

Nominated - Outstanding Features

Nominated - Outstanding Opens/Clos-
es/Teases

Nominated - Outstanding Opens/Clos-
es/Teases

**Winner - Outstanding Edited Sports
Special**

**Winner - Outstanding Opens/Closes/
Teases**

1998 - NBC

Nominated - Outstanding Edited Sports
Special

Nominated - Outstanding Film Cinema-
tography

Nominated - Outstanding Editing

1999 - NBC

Nominated - Outstanding Edited
Sports Special

Nominated - Outstanding Film Cin-
ematography

Nominated - Outstanding Writing

Nominated - Outstanding Electronic
Camera Work

**Winner - Outstanding Edited Sports
Special**

**Winner - Outstanding Film Cinema-
tography**

**Winner - Outstanding Electronic
Camera Work**

2000 - NBC

Nominated - Outstanding Edited
Sports Special

2002 - NBC

Nominated - Outstanding Edited
Sports Special

**Winner - Outstanding CINE Golden
Eagle Award**

2003 - NBC

Nominated - Outstanding Edited
Sports Special

Nominated - Outstanding Camera
Work

Nominated - Outstanding Short
Feature

Nominated - Open/Tease

**Winner - Outstanding Edited Sports
Special**

Winner - Outstanding Camera Work

Winner - Outstanding Open/Tease



TRIATHLON SPORTS: Television Awards

2004 - NBC

Nominated - Outstanding Edited Sports Special

Nominated - Outstanding Camera Work

Nominated - Outstanding Short Feature:

Sarah Reinertsen

Winner - Outstanding Edited Sports Special

2006 - NBC

Nominated - Outstanding Edited Sports Special

Winner - Outstanding Edited Sports Special

Winner - Outstanding CINE Golden Eagle Award

2007 - NBC

Nominated - Outstanding Edited Sports Special

Nominated - Outstanding Camera Work

Winner - Outstanding CINE Golden Eagle Award

2008 - NBC

Nominated - Outstanding Edited Sports Special

Winner - Outstanding CINE Golden Eagle Award

2009 - NBC

Nominated - Outstanding Edited Sports Special

Nominated - Outstanding Camera Work

Nominated - Outstanding Editing

Winner - Outstanding CINE Golden Eagle Award

2011 - NBC

Nominated - Outstanding Camera Work

Winner - Outstanding Camera Work

2012 - NBC

Nominated - Outstanding Camera Work

2013 - NBC

Nominated - Outstanding Edited Sports Coverage

Nominated - Outstanding Short Feature

2014 - NBC

Nominated - Outstanding Edited Sports Coverage

Nominated - Outstanding Camera Work

2017 - NBC

Nominated - Outstanding Edited Sports Coverage

Winner - Outstanding Edited Sports Coverage

*IRONMAN was also part of the Wide World of Sports Emmy nominations in 1892 and 1987 (1982-Videotape Editing; 1987-Videotape editing)

WORLD CHAMPIONSHIP

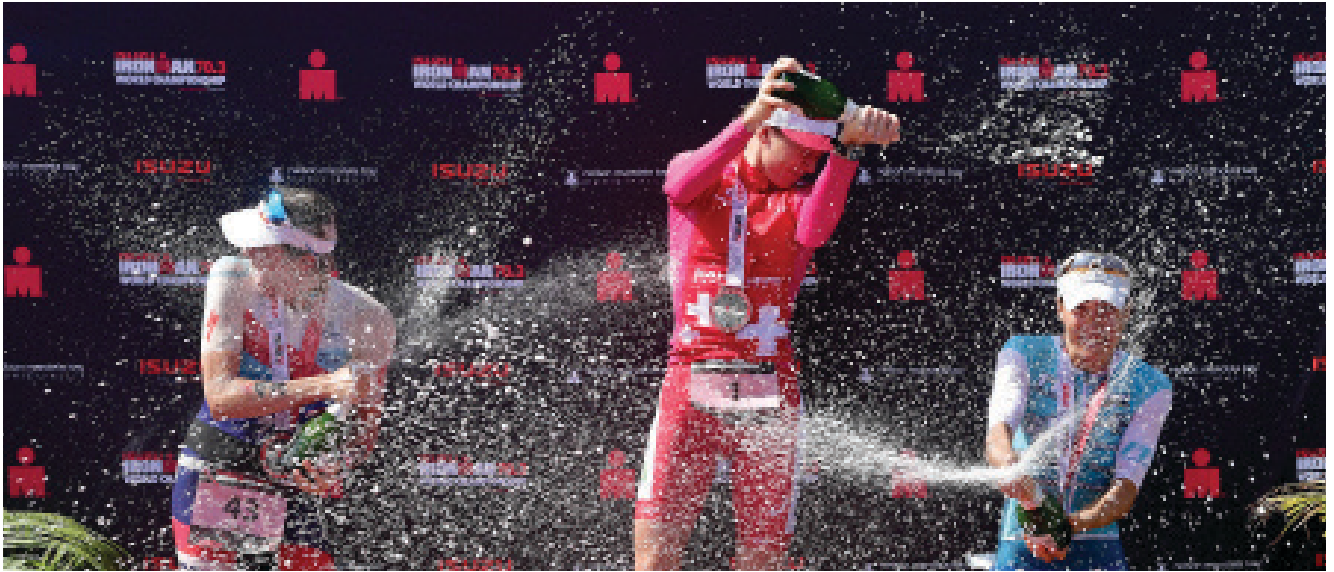
Men | Women



WOMEN SEPT 07
MEN SEPT 08

NICE 2019

THE IRONMAN 70.3 SERIES:



In 2006, IRONMAN announced the launch of a new event brand: IRONMAN 70.3. While the "half distance triathlon," consisting of a 1.2-mile swim, a 56-mile bike and a 13.1-mile run, had been around for years, the IRONMAN 70.3 Event Series would now offer athletes a consistent experience at races around the globe and for the first time ever, the opportunity to qualify for a World Championship event at that distance.

"The IRONMAN 70.3 series has grown in stature and popularity since its inception in 2006," said Shane Facticeau, Chief Operating Officer for IRONMAN. "Over the years it has truly established its own following as a test for the world's elite triathletes. Combining the best Olympic-distance specialists with full-distance IRONMAN athletes, it has become a battleground for bragging rights."

The excitement among the triathlon community continues to expand, with new and seasoned athletes lining up to participate. When IRONMAN 70.3 was launched in 2006, there were 17 events worldwide. That figure grew to 22 in 2007 and in 2008, athletes had a total of 29 races that served as qualifiers for the 2008 Foster Grant IRONMAN 70.3 World Championship, Presented by Ford. Due to overwhelming demand, the 2009 Event Series grew to include 34 events. Since 2009, the global IRONMAN 70.3 Series has expanded significantly to now include more than 90 IRONMAN 70.3 events worldwide. In 2011, the IRONMAN 70.3 World Championship moved to Lake Las Vegas in Henderson, Nev., located near the Las Vegas Strip. Starting in 2014, the IRONMAN 70.3 World Championship began rotating globally on an annual basis.

The accomplishment of crossing an IRONMAN 70.3 finish line, coupled with the variety of unique and beautiful venues at which the events are held, makes for truly unforgettable experiences. Whether athletes race just one or several IRONMAN 70.3 events each year, they all embody spirit, passion and determination.

In 2017, the IRONMAN 70.3 World Championship was held in Chattanooga, Tennessee, United States of America. The IRONMAN 70.3 World Championship continues to rotate globally as this year's race location shifts back overseas to Nelson Mandela Bay, South Africa, marking the IRONMAN 70.3 World Championships first visit to the continent of Africa.

2018 marked the first IRONMAN 70.3 World Championship in Africa. This year's race will take competitors to Nice, France as a part of a week-long festival that will include a range of lifestyle events for the community and visitors to enjoy. This will be the first time the IRONMAN 70.3 World Championship has been held in France. However, Nice has been hosting IRONMAN races since 2005.



ALMANAC:

Nice, France

Average Daily Temperatures For September

High: 77°F / 25°C

Low: 64°F / 18°C

Average Wind Speed for September:

6.1 mph (9.8kmh)

Average Humidity for September:

72%

Average Rainfall For September:

2.14 inches (54.4 mm)

Sunrise/Sunset:

Sunrise: 6:58 a.m.

Sunset: 8:00 p.m.



QUICK FACTS:

When

Saturday, September 7, 2019 the professional women will begin at 7:30 a.m. following with the age group athlete waves which start at 7:38 a.m. On Sunday, September 8, 2019 the professional men will begin at 7:30 a.m. following with the age group athlete waves which start at 7:38 a.m.

What

A 1.2-mile swim, 56-mile bike and 13.1-mile run. Competitors have 8 hours and 30 minutes to cross the finish line; cutoff times are applied to each segment of the race.

Where

Nice, France

Who

Approximately 5,500 athletes representing over 100 countries, regions and territories.

Prize Purse

A total of \$250,000 will be split among the top ten professional male and female finishers.

2018 IRONMAN 70.3 World Champions

Jan Frodeno (DEU) 3:36:30

Daniela Ryf (CHE) 4:01:12

Training

The average IRONMAN 70.3 triathlete spends 10 to 30 + hours each week training for this event. Many competitors also cross-train with weight training, stretching, and yoga among other activities. Most athletes have completed an average of four triathlons in preparation for this event.

Weather

The average high in September is 77 degrees Fahrenheit/ 25 degrees Celsius while the average low is 64 degrees Fahrenheit/ 18 degrees Celsius.

IRONMANLive

Watch every stroke, spin and stride LIVE during the IRONMAN 70.3 World Championship on IRONMAN now – The Facebook Watch Channel of IRONMAN. Live coverage for a social audience on Facebook, incorporating viewer interaction through real-time polls, fan engagement and discussion, and user generated content from spectators on the course. Visit [Facebook.com/IRONMANnow](https://www.facebook.com/IRONMANnow)

Visit [Facebook.com/IRONMANnow](https://www.facebook.com/IRONMANnow)

THE RACE COURSE - SWIM:

Swim Course - 1.2 Miles/1.9 KM



Overview

The start takes place on the Quai des Etats-Unis, when the sun rises, and athletes are off to a 1.9KM swim in the Mediterranean Sea.

THE RACE COURSE - BIKE:

Bike Course - 56.7 Miles/91.1 KM



Overview

A challenging course that will lead competitors to the Col de Vence! A 9 km climb at a 6.6% average to reach a 962m altitude. The descent is spectacular through the most beautiful villages in France. Most of this course takes place between the sea and the mountains.

THE RACE COURSE - RUN:

Run Course - 13.1 Miles/21 KM



Overview

The run will take athletes along the legendary Promenade des Anglais, between the sea and the palm trees. The course will be lined with thousands of spectators to support and push competitors to the historic finish-line of the 2019 IRONMAN 70.3 World Championship Nice, France.

QUALIFICATION FOR 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP:

EVENT	DATE	LOCATION
IRONMAN 70.3 Edinburg	7/1/18	Edinburg, Scotland
IRONMAN 70.3 Ecuador	7/8/18	Manta, Ecuador
IRONMAN 70.3 Jonkoping	7/8/18	Jonkoping, Sweden
Subaru IRONMAN 70.3 Muskoka	7/8/18	Huntsville, Ontario, CAN
IRONMAN 70.3 Muncie	7/14/18	Muncie, IN
IRONMAN 70.3 Santa Rosa	7/28/18	Santa Rosa, CA
IRONMAN 70.3 Calgary	7/29/18	Calgary, Alberta, Canada
IRONMAN 70.3 Ohio	7/29/18	Delaware, OH
Subaru IRONMAN 70.3 Canada	7/29/18	Whistler, Canada
Regent Aguila IRONMAN 70.3 Philippines	8/5/18	Cebu, Philippines
IRONMAN 70.3 Boulder	8/4/18	Boulder, CO
Enea IRONMAN 70.3 Gdynia	8/5/18	Gdynia, Poland
IRONMAN 70.3 Maceio	8/5/18	Maceio, Alagoas, Brazil
IRONMAN 70.3 Qujing	8/5/18	Qujing, China
Maytag IRONMAN 70.3 Steelhead	8/12/18	Benton Harbor, MI
IRONMAN 70.3 Bintan	8/19/18	Bintan, Indonesia
IRONMAN 70.3 Dun Laoghaire	8/19/18	Dublin, Ireland
IRONMAN 70.3 Vichy	8/25/18	Vichy, France
IRONMAN 70.3 Maine	8/26/18	Old Orchard Beach, ME
Sunshine Coast 70.3	8/26/18	Mooloolaba, Australia
IRONMAN 70.3 Zell am See-Kaprun	8/26/18	Zell Am See, Austria
IRONMAN 70.3 Lake Placid	9/9/18	Lake Placid, NY
IRONMAN 70.3 Rugen	9/9/18	Binz, Germany
IRONMAN 70.3 Santa Cruz	9/9/18	Santa Cruz, CA
IRONMAN 70.3 Nice	9/16/18	Nice, France
IRONMAN 70.3 Superfrog	9/16/18	Coronado, CA
IRONMAN 70.3 Atlantic City	9/23/18	Atlantic City, NJ
IRONMAN 70.3 Augusta	9/23/18	Augusta, GA
Chongqing 70.3	9/23/18	CHINA
I FEEL SLOVENIA IRONMAN 70.3 Slovenian Istria	9/23/18	Slovenia
Weymouth 70.3	9/23/18	Weymouth, England
IRONMAN 70.3 Cascais, Portugal	9/30/18	Cascais, Portugal
MAZDA IRONMAN 70.3 Cozumel	9/30/18	Cozumel, Mexico
IRONMAN 70.3 Rio de Janeiro	9/30/18	Rio de Janeiro, Brazil
Club La Santa IRONMAN 70.3 Lanzarote	10/6/18	Lanzarote, Canary Islands
UnitedHealthCare IRONMAN 70.3 North Carolina	10/13/18	Wilmington, NC
Subaru IRONMAN 70.3 Coquimbo	10/20/18	Coquimbo, Chile
IRONMAN 70.3 Arizona	10/21/18	Tempe, AZ
Ochsner IRONMAN 70.3 New Orleans	10/21/18	New Orleans, LA

QUALIFICATION FOR 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP (CONT.):

IRONMAN 70.3 Shanghai	10/21/18	Shanghai, China
IRONMAN 70.3 Saipan	10/27/18	Saipan
IRONMAN 70.3 Turkey	10/28/18	Belek, Turkey
Bicycle World Texas IRONMAN 70.3 Waco	10/28/18	Waco, TX
IRONMAN 70.3 South American Championship	11/4/18	Buenos Aires, Argentina
MAZDA IRONMAN 70.3 Los Cabos	11/4/18	Los Cabos, Mexico
IRONMAN Malaysia	11/17/18	Langkawi, Malaysia
IRONMAN 70.3 Xiamen	11/18/18	Xiamen, China
Fortaleza 70.3	11/24/18	Fortaleza, Brazil
Thailand 70.3	11/25/18	Phuket, Thailand
IRONMAN 70.3 Western Sydney	11/25/18	Penrith, NSW, Australia
Allianz IRONMAN 70.3 Cartagena	12/2/18	Cartagena, Colombia
IRONMAN Western Australia	12/2/18	Busselton, WA, Australia
IRONMAN 70.3 Middle East Championship Bahrain	12/8/18	Manama, Bahrain
IRONMAN 70.3 Taupo	12/8/18	Taupo, New Zealand
IRONMAN 70.3 Indian Wells-La Quinta	12/9/18	Indian Wells, CA
HERBALIFE IRONMAN 70.3 Pucon	1/13/19	Pucon, Chile
Standard Bank IRONMAN 70.3 South Africa	1/27/19	Buffalo City, South Africa
IRONMAN 70.3 Dubai	2/1/19	Dubai, UAE
The Baker Institute IRONMAN 70.3 Geelong	2/17/19	Geelong, VIC, Australia
Bangsaen 70.3	2/24/19	Bangsaen, Thailand
Colombo 70.3	2/24/19	Colombo, Sri Lanka
IRONMAN 70.3 Oman	3/1/19	Muscat, Oman
Nutri-Grain IRONMAN New Zealand	3/2/19	Taupo, New Zealand
Sport Club IRONMAN 70.3 Bariloche	3/10/19	Bariloche, Argentina
MAZDA IRONMAN 70.3 Campeche @Sunset	3/17/19	Campeche, Mexico
IRONMAN 70.3 Puerto Rico	3/17/19	San Juan, Puerto Rico
Taiwan 70.3	3/24/19	Taitung, Taiwan
Davao 70.3	3/24/19	Davao, Philippines
IRONMAN 70.3 Oceanside	4/6/19	Oceanside, CA
IRONMAN 70.3 Texas	4/7/19	Galveston, TX
IRONMAN 70.3 Punta del Este	4/7/19	Punta del Este, Uruguay
IRONMAN 70.3 Liuzhou	4/14/19	Liuzhou, China
IRONMAN 70.3 Florida	4/14/19	Haines City, FL
IRONMAN 70.3 Greece, Costa Navarino	4/14/19	Greece
IRONMAN 70.3 Peru	4/14/19	Lima, Peru
IRONMAN 70.3 Florinapolis	4/28/19	Florinapolis, Brazil
IRONMAN 70.3 Marbella	4/27/19	Marbella, Spain
IRONMAN 70.3 Virginia	5/4/19	Williamsburg, VA
North American 70.3 Pro Championship	5/4/19	St. George, UT

QUALIFICATION FOR 2019 IRONMAN 70.3 WORLD CHAMPIONSHIP (CONT.):

Sunsmart IRONMAN 70.3 Busselton	5/4/19	Busselton, WA, Australia
IRONMAN 70.3 Port Macquarie	5/5/19	Port MacQuarie, NSW, Australia
IRONMAN 70.3 Gulf Coast	5/11/19	Panama City Beach, Florida
IRONMAN 70.3 Mallorca	5/11/19	Alcudia, Mallorca
TECHCOMBANK IRONMAN 70.3 Vietnam	5/12/19	Danang, Vietnam
IRONMAN 70.3 Pays d'Aix	5/12/19	Aix en Provence, France
MAZDA IRONMAN 70.3 Monterrey	5/12/19	Monterrey, Mexico
IRONMAN 70.3 Barcelona	5/19/19	Calella, Spain
Sunbelt Bakery IRONMAN 70.3 Chattanooga	5/19/19	Chattanooga, TN
IRONMAN 70.3 Goseong Korea	5/26/19	Goseong, Korea
IRONMAN 70.3 St. Polten	5/26/19	St. Polten, Austria
IRONMAN 70.3 Hawaii	6/1/19	Kohala Coast, HI
Sparkasse IRONMAN 70.3 Kraichgau	6/2/19	Kraichgau, Germany
Century Tuna IRONMAN 70.3 Subic Bay Philippines	6/2/19	Subic Bay, Philippines
IRONMAN 70.3 Switzerland	6/2/19	Rapperswil-Jona, Switzerland
Subaru IRONMAN 70.3 Victoria	6/2/19	Victoria, BC, Canada
Standard Bank IRONMAN 70.3 Durban	6/2/19	Durban, South Africa
IRONMAN 70.3 Connecticut	6/2/19	Middlebury, CT
IRONMAN 70.3 Cairns	6/9/19	Queensland, QLD, Australia
IRONMAN 70.3 Eagleman	6/9/19	Cambridge, MD
IRONMAN 70.3 Staffordshire	6/9/19	Staffordshire, England
IRONMAN 70.3 Wisconsin	6/9/19	Madison, WI
IRONMAN 70.3 Fortaleza	6/9/19	Fortaleza, Brazil
IRONMAN 70.3 Otepaa	6/15/19	Otepaa, Estonia
IRONMAN 70.3 Les Sables d'Olonne	6/16/19	Les Sables d'Olonne, France
Lixil IRONMAN 70.3 Centrair Chita Peninsula Japan	6/9/19	Tokoname, Japan
IRONMAN 70.3 Luxembourg	6/16/19	Region Moselle, Luxembourg
Kolbi 5150 Costa Rica	6/23/19	Playa del Coco, Costa Rica
KMD IRONMAN 70.3 European Championship Elsinore	6/23/19	Elsinore, Denmark
Subaru IRONMAN 70.3 Mont-Tremblant	6/23/19	Mont-Tremblant, Quebec, Canada
Nokian Tyres 70.3 Lahti Finland	6/29/19	Finland
IRONMAN 70.3 Lubbock	6/30/19	Lubbock, TX
IRONMAN 70.3 Coeur d'Alene	6/30/19	Coeur d'Alene, ID
IRONMAN 70.3 Hauesund	6/30/19	Hauesund, Norway
IRONMAN 70.3 Goseong Korea	5/26/19	Goseong, Korea
Maytag IRONMAN 70.3 Steelhead	6/30/19	Benton Harbor, MI

COUNTRIES REPRESENTED: 2006-2019

- AFGHANISTAN
- AMERICAN SAMOA
- ANGOLA
- ARGENTINA
- ARUBA
- AUSTRALIA
- AUSTRIA
- BAHRAIN
- BARBADOS
- BAHAMAS
- BELARUS
- BELGIUM
- BELIZE
- BERMUDA
- BOLIVIA
- BRAZIL
- BULGARIA
- BURKINA FASO
- CAMEROON
- CANADA
- CHAD
- CHILE
- CHINA
- COCO ISLANDS
- COLOMBIA
- THE DEMOCRATIC REPUBLIC OF CONGO
- COSTA RICA
- COTE D'IVOIRE
- CROATIA
- CYPRUS
- CZECH REPUBLIC
- DENMARK
- DOMINICAN REPUBLIC
- ECUADOR
- EGYPT
- EL SALVADOR
- ESTONIA
- ETHIOPIA
- FALKLAND ISLANDS (MALVINAS)
- FAROE ISLANDS
- FIJI
- FINLAND
- FRANCE
- GAMBIA
- GEORGIA
- GERMANY
- GIBRALTER
- GREECE
- GREENLAND
- GUADELOUPE
- GUAM
- GUATEMALA
- HONG KONG
- HONDURAS
- HUNGARY
- INDIA
- INDONESIA
- ISLAMIC REPUBLIC OF IRAN
- IRAN
- IRELAND
- ISLE OF MAN
- ISRAEL
- ITALY
- JAMAICA
- JAPAN
- KAZAKHSTAN
- KENYA
- KOREA
- KUWAIT
- KYRGYZSTAN
- LATVIA
- LEBANON
- LITHUANIA
- LUXEMBOURG
- MACAO
- MALTA
- MALAYSIA
- MARTINIQUE
- MAURITIUS
- MEXICO
- MONACO
- MOROCCO
- MOZAMBIQUE
- FEDERATED STATES OF MICRONESIA
- NAMIBIA
- NETHERLANDS
- NETHERLANDS ANTILLES
- NEW CALEDONIA
- NEW ZEALAND
- NIGER
- NORWAY
- PANAMA
- PARAGUAY
- PERU
- PHILIPPINES
- PITCAIRN
- POLAND
- PORTUGAL
- PUERTO RICO
- QATAR
- REUNION
- ROMANIA
- RUSSIAN FEDERATION
- SAINT LUCIA
- SAUDI ARABIA
- SERBIA
- SEYCHELLES
- SINGAPORE
- SLOVAKIA
- SLOVENIA
- SOUTH AFRICA
- SOUTH KOREA
- SPAIN
- SRI LANKA
- ST. PIERRE AND MIQUELON
- SURINAME
- SWAZILAND
- SWEDEN
- SWITZERLAND
- SYRIA
- TAIWAN
- THAILAND
- TOKELAU
- TRINIDAD AND TOBAGO
- TUNISIA
- TURKEY
- UKRAINE
- UNITED ARAB EMIRATES
- UNITED KINGDOM
- UNITED STATES
- URUGUAY
- VATICAN CITY STATE
- VENEZUELA
- VIETNAM
- ZIMBABWE

PROFESSIONAL PRIZE PURSE:

IRONMAN 70.3 WORLD CHAMPIONSHIP 2017/2018

The 2018 IRONMAN 70.3 World Championship professional prize purse consisted of \$250,000 that was distributed among the top ten professional male and female finishers

The 2019 IRONMAN 70.3 World Championship will also offer a \$250,000 professional prize purse following a similar breakdown awarded to the top ten professional male and female finishers.



2018 Professional Prize Purse:

First	Jan Frodeno	Prize: \$45,000
	Daniela Ryf	Prize: \$45,000
Second	Alistair Brownlee	Prize: \$20,000
	Lucy Charles-Barclay	Prize: \$20,000
Third	Javier Gomez	Prize: \$15,000
	Anne Haug	Prize: \$15,000
Fourth	Ben Kanute	Prize: \$10,000
	Pâmella Oliveira	Prize: \$10,000
Fifth	Pieter Heemeryck	Prize: \$7,500
	Radka kahlefeldt	Prize: \$7,500
Sixth	Sam Appleton	Prize: \$6,500
	Imogen Simmonds	Prize: \$6,500
Seventh	Adam Bowden	Prize: \$6,000
	Jeanni Seymour	Prize: \$6,000
Eighth	Braden Currie	Prize: \$5,500
	Ellie Nicole Salthouse	Prize: \$5,500
Ninth	Michael Weiss	Prize: \$5,000
	Emma Pallant	Prize: \$5,000
Tenth	Rodolophe Von Berg	Prize: \$4,500
	Sarah True	Prize: \$4,500

WINNING TIMES RECAP:

FIRST PLACE MEN 2006-2018

Year	Name	Swim	Bike	Run	Total
2018	Jan Frodeno	21:53	2:04:28	1:06:33	3:36:30
2017	Javier Gomez	24:08	2:12:27	1:10:29	3:49:44
2016	Tim Reed	22:53	2:06:12	1:11:03	3:44:14
2015	Jan Frodeno	22:14	2:09:04	1:16:32	3:51:19
2014	Javier Gomez	22:09	2:06:18	1:09:27	3:41:30
2013	Sebastian Kienle	25:38	2:10:10	1:14:50	3:54:02
2012	Sebastian Kienle	26:32	2:07:55	1:16:46	3:54:35
2011	Craig Alexander	24:45	2:14:47	1:11:51	3:54:48
2010	Michael Raelert	24:16	2:03:58	1:09:57	3:41:19
2009	Michael Raelert	21:58	1:59:35	1:09:06	3:34:04
2008	Terenzo Bozzone	22:17	2:01:29	1:12:57	3:40:10
2007	Andy Potts	22:57	2:04:29	1:11:33	3:42:33
2006	Craig Alexander	24:08	2:05:35	1:12:43	3:45:37

FIRST PLACE WOMEN 2006-2018

Year	Name	Swim	Bike	Run	Total
2018	Daniela Ryf	24:24	2:15:27	1:16:59	4:01:12
2017	Daniela Ryf	26:26	2:20:20	1:22:05	4:11:59
2016	Holly Lawerence	23:24	2:19:28	1:21:48	4:09:12
2015	Daniela Ryf	23:46	2:21:10	1:22:51	4:11:34
2014	Daniela Ryf	24:04	2:16:46	1:24:30	4:09:19
2013	Melissa Hauschildt	29:19	2:25:08	1:21:37	4:20:07
2012	Leanda Cave	26:07	2:28:18	1:29:53	4:28:05
2011	Melissa Hauschildt	28:27	2:27:58	1:21:14	4:20:55
2010	Jodie Swallow	24:16	2:16:37	1:21:59	4:06:28
2009	Julie Dibens	1:10:00	2:07:15	1:24:37	3:59:33
2008	Joanna Zeiger	23:06	2:13:44	1:21:59	4:02:49
2007	Mirinda Carfrae	26:33	2:18:33	1:18:41	4:07:25
2006	Samatha McGlone	27:29	2:21:33	1:20:22	4:12:58

AGE GROUP STATISTICS:

IRONMAN 70.3 World Championship 2018 Age Group Champions

MEN'S DIVISION

AGE GROUP	TIME	NAME	AGE
18-24	3:58:40	Jean-Paul Burger	22
25-29	4:03:12	Rohan Meyer	27
30-34	4:06:29	Christopher Dels	34
35-39	4:01:21	Chris Standidge	38
40-44	4:14:30	Tommy Aleksandersen	41
45-49	4:09:22	Clive Kennedy-Burn	45
50-54	4:19:58	Carl Brümmer	50
55-59	4:35:14	Andre Bekker	55
60-64	4:37:08	Rodolphe Von Berg	61
65-69	5:04:54	Jim Stewart	64
70-74	5:37:37	Graham Gibson	70
75-79	5:54:57	Gennaro Magliulo	75
AGE GROUP	TIME	NAME	AGE
18-24	4:32:43	Sara Van De Vel	24
25-29	4:32:14	Jade Nicole Roberts	28
30-34	4:36:56	Madeline Mckeever	31
35-39	4:35:26	Deirdre Casey	35
40-44	4:46:11	Erica Fogg	39
45-49	4:56:17	Liesbeth Leysen	45
50-54	5:09:32	Michelle Enslin	50
55-59	5:29:26	Monika Schneider	56
60-64	5:28:18	Nelly Wojtasinski	59
65-69	5:55:26	Missy Lestrangle	66
70-74	7:25:55	Dexter Yeats	73
75-79	7:40:59	Sibyl Jacobson	75

Note: Outlined above are the top ten finish times.
The times presented here are not necessarily first place finishers.

AGE GROUP STATISTICS:

IRONMAN 70.3 World Championship 2018 Age Group Results

TOP FIVE MEN

Place	Name	Swim	Bike	Run	Total
Men 18-24					
1st	Jean-Paul Burger	0:24:16	2:14:29	1:14:39	3:58:40
2nd	Patrick Reger	0:27:41	2:11:08	1:16:51	4:01:21
3rd	Finley Thompson	0:23:25	2:15:00	1:18:59	4:03:49
4th	Gustav Palm-Henriksen	0:24:21	2:15:33	1:20:35	4:05:35
5th	Cameron Hackett	0:24:24	2:15:26	1:21:42	4:06:53
Men 25-29					
1st	Rohan Meyer	0:25:43	2:15:06	1:17:19	4:03:12
2nd	Antoine Mechin	0:26:13	2:19:09	1:12:50	4:03:23
3rd	Ryan Schmitz	0:26:15	2:13:04	1:19:14	4:03:59
4th	Arne Devliegher	0:26:44	2:15:16	1:17:41	4:05:11
5th	Sergiusz Sobczyk	0:26:42	2:16:58	1:17:44	4:06:20
Men 30-34					
1st	Christopher Dels	0:27:56	2:19:03	1:14:23	4:06:29
2nd	Bryan Difford	0:23:43	2:17:24	1:20:31	4:07:01
3rd	David Bartlett	0:23:38	2:18:44	1:20:01	4:07:22
4th	Daniel Karst	0:25:30	2:16:05	1:20:48	4:07:46
5th	Travis Johnston	0:27:04	2:20:07	1:15:41	4:08:09
Men 35-39					
1st	Chris Standidge	0:24:18	2:12:34	1:19:12	4:01:21
2nd	Donovan Geldenhuys	0:25:33	2:17:24	1:22:26	4:10:52
3rd	Hayden Armstrong	0:25:24	2:16:35	1:23:26	4:11:34
4th	Ilya Slepov	0:27:05	2:22:18	1:19:20	4:14:07
5th	Nick Cosman	0:27:43	2:16:48	1:23:47	4:14:29
Men 40-44					
1st	Tommy Aleksandersen	0:25:22	2:18:51	1:24:35	4:14:30
2nd	Denis Lekomtsev	0:30:26	2:23:45	1:17:18	4:16:39
3rd	Garron Mosley	0:27:28	2:24:11	1:21:45	4:18:51
4th	Lionel Roye	0:26:57	2:27:12	1:21:26	4:20:29
5th	Rangel Rodrigues	0:29:40	2:25:48	1:20:07	4:21:56
Men 45-49					
1st	Clive Kennedy-Burn	0:26:53	2:16:06	1:19:53	4:09:22
2nd	Mário Machado	0:28:11	2:26:28	1:19:57	4:20:43
3rd	Karl Wimmer	0:28:32	2:25:31	1:23:24	4:22:48
4th	Johannes Friedrich	0:30:16	2:25:09	1:25:52	4:27:04
5th	Scott Whittlestone	0:30:54	2:25:10	1:24:44	4:27:14

TOP FIVE AGE GROUP:

IRONMAN 70.3 World Championship 2018 Age Group Results

Place	Name	Swim	Bike	Run	Total
Men 50-54					
1st	Carl Brümmer	0:28:24	2:26:11	1:19:31	4:19:58
2nd	Graham Baxter	0:28:13	2:20:23	1:27:22	4:21:25
3rd	Peter Younghusband	0:30:21	2:24:22	1:28:06	4:28:18
4th	Olivier Journaux	0:25:51	2:23:29	1:34:19	4:29:16
5th	Laurent Jalabert	0:33:41	2:18:27	1:30:38	4:29:17
Men 55-59					
1st	Andre Bekker	0:28:54	2:29:18	1:30:43	4:35:14
2nd	Stephan Karlen	0:28:59	2:31:33	1:29:09	4:37:44
3rd	Uwe Roepstorf	0:30:50	2:33:10	1:29:57	4:39:49
4th	Kevin Weslaski	0:28:42	2:32:35	1:32:09	4:40:08
5th	Iain Campbell	0:31:10	2:38:48	1:26:33	4:42:41
Men 60-64					
1st	Rodolphe Von Berg	0:28:56	2:28:35	1:33:06	4:37:08
2nd	James Welsh	0:31:19	2:37:49	1:31:03	4:48:12
3rd	Phil Davies	0:32:44	2:30:46	1:42:12	4:51:35
4th	Dennis James	0:31:45	2:37:19	1:37:08	4:52:34
5th	Paul Huyer	0:36:45	2:39:47	1:29:44	4:53:03
Men 65-69					
1st	Jim Stewart	0:35:17	2:45:17	1:35:55	5:04:54
2nd	Philip Hanley	0:33:32	2:46:04	1:45:49	5:12:34
3rd	Frank Sommer	0:39:19	2:46:02	1:42:17	5:14:27
4th	Emil Raschle	0:33:29	2:46:00	1:55:02	5:22:40
5th	Tomas Valena	0:38:46	2:56:36	1:38:58	5:24:39
Men 70-74					
1st	Graham Gibson	0:36:50	2:52:34	1:58:54	5:37:37
2nd	Patrick Bourdillon	0:41:12	2:59:06	2:02:17	5:52:55
3rd	Bäuerle Jürgen	0:42:04	3:03:24	2:05:29	6:03:31
4th	Lochi Lochner	0:53:43	3:08:09	1:54:11	6:08:51
5th	Hugo Boschker	0:42:02	3:06:37	2:12:31	6:10:29

TOP FIVE AGE GROUP:

IRONMAN 70.3 World Championship 2018 Age Group Results

TOP FIVE WOMEN

Place	Name	Swim	Bike	Run	Total
Women 18-24					
1st	Sara Van De Vel	0:26:03	2:30:19	1:31:16	4:32:43
2nd	Leanne Fanoy	0:30:01	2:38:22	1:26:48	4:41:53
3rd	Justine Mathieux	0:27:33	2:37:13	1:36:01	4:46:52
4th	Michelle Krebs	0:29:31	2:38:21	1:35:12	4:49:33
5th	Madi Roberts	0:27:27	2:43:33	1:33:40	4:50:35
Women 25-29					
1st	Jade Nicole Roberts	0:27:09	2:32:15	1:27:18	4:32:14
2nd	Mariella Sawyer	0:31:39	2:43:03	1:27:51	4:48:07
3rd	Sophie Herzog	0:30:26	2:42:18	1:31:24	4:49:58
4th	Ushakova Svetana	0:27:01	2:45:14	1:32:53	4:50:15
5th	Natia Van Heerden	0:29:20	2:48:04	1:29:31	4:52:20
Women 30-34					
1st	Madeline Mckeever	0:32:41	2:32:15	1:25:11	4:36:56
2nd	Tiina Pohjalainen	0:30:24	2:36:51	1:24:54	4:37:46
3rd	Kirsten Schut	0:29:06	2:35:20	1:27:54	4:39:02
4th	Tessa Kortekaas	0:30:57	2:32:33	1:31:11	4:40:56
5th	Lucia Erat	0:33:31	2:42:38	1:21:30	4:43:58
Women 35-39					
1st	Deirdre Casey	0:27:16	2:30:34	1:32:48	4:35:26
2nd	Jennifer Zenker	0:25:41	2:32:06	1:37:09	4:40:31
3rd	Vanessa Paolieri Gianinni	0:28:34	2:40:16	1:29:26	4:44:34
4th	Hallie Nicoll	0:31:47	2:40:14	1:32:14	4:50:38
5th	Michela Santini	0:31:45	2:35:42	1:38:16	4:51:31
Women 40-44					
1st	Janine Willis	0:29:23	2:43:53	1:36:07	4:55:48
2nd	Kim Webster	0:33:16	2:46:10	1:32:28	4:57:12
3rd	Sophie Chevrier	0:33:46	2:46:17	1:31:53	4:57:22
4th	Jennifer Kenney	0:27:30	2:49:00	1:38:50	5:00:02
5th	Ginny Cataldi	0:31:59	2:44:22	1:41:24	5:02:46
Women 45-49					
1st	Liesbeth Leysen	0:33:31	2:38:44	1:37:47	4:56:17
2nd	Uta Knappe	0:37:04	2:39:49	1:40:13	5:04:08
3rd	Carola Fiori Balestra	0:35:58	2:47:56	1:38:43	5:08:49
4th	Rebecca Mckee	0:33:48	2:46:35	1:42:16	5:09:21
5th	Christine Kachinsky	0:35:09	2:50:09	1:37:41	5:10:26

TOP FIVE AGE GROUP:

IRONMAN 70.3 World Championship 2018 Age Group Results

Place	Name	Swim	Bike	Run	Total
Women 50-54					
1st	Michelle Enslin	0:31:13	2:47:37	1:43:02	5:09:32
2nd	Colleen De Reuck	0:31:43	2:49:17	1:41:54	5:09:53
3rd	Nicole Best	0:29:28	2:55:20	1:46:57	5:18:04
4th	Genelle Ann Van Der Riet	0:35:16	2:56:13	1:41:37	5:19:25
5th	Alison Buckley	0:34:28	2:48:40	1:47:59	5:20:12
Women 55-59					
1st	Natasa Nakrst	0:33:10	2:48:20	1:46:32	5:13:45
2nd	Ellen Hart	0:37:23	2:59:46	1:40:33	5:23:40
3rd	Kelly Dippold	0:29:47	2:55:00	1:52:17	5:23:45
4th	Juliana Nievergelt	0:28:47	3:01:05	1:49:00	5:25:13
5th	Lauren Smith	0:33:12	2:53:45	1:53:16	5:27:10
Women 60-64					
1st	Missy Lestrangle	0:34:58	3:19:39	2:14:13	6:17:35
2nd	Jean Toth	0:39:12	3:23:52	2:09:18	6:20:45
3rd	Sue Dejesus	0:37:52	3:40:30	2:23:41	6:50:21
4th	Margaret Sills	0:46:27	3:39:48	2:22:03	6:53:46
5th	Sandi Wiebe	0:42:18	3:31:24	2:31:37	6:55:59
Women 65-69					
1st	Andrena Moore	33:56	3:01:46	2:15:48	7:24:37
2nd	Hazel Edmond	39:24	3:16:09	1:58:01	6:06:31
3rd	Kathi Peck	38:41	3:13:58	2:11:01	6:18:10
4th	Katie Rowe	44:08	3:14:10	2:12:36	6:24:04
5th	Alexandra Dronkers	39:24	3:20:30	2:16:04	6:28:43
Women 70-74					
1st	Cherie Gruenfeld	0:40:35	3:30:11	2:23:56	6:43:22
2nd	Natalie Grabow	0:45:11	3:21:23	2:28:31	6:47:04
3rd	Marge Burley	0:38:56	3:26:20	2:35:13	6:50:11
4th	Joan Lockwood	0:43:28	3:44:18	2:35:42	7:14:47
5th	Kathleen Broder	1:00:17	3:48:01	2:46:02	7:46:21
Women 70-74					
1st	Sibyl Jacobson	0:50:09	3:49:48	2:44:50	7:36:43

2018 PHYSICALLY CHALLENGED OPEN DIVISION:

IRONMAN 70.3 World Championship Physically Challenged Open Division Results

FEMALE

TIME	NAME	AGE
6:38:44	Lorraine Huether	62
7:06:44	Emily Clavel	29

MALE

TIME	NAME	AGE
5:37:24	Jan Tomanek	31
5:50:48	Michal Siska	41



RESULT HIGHLIGHTS:

2018

2018 IRONMAN 70.3 World Champions

NAME	SWIM	BIKE	RUN	TIME
Jan Frodeno	21:53	2:04:28	1:06:33	3:36:30
Daniela Ryf	24:24	2:15:27	1:16:59	4:01:12

2018 Fastest Course Times

	Name	Country	Time
Swim	Ben Kanute	USA	00:21:52
	Lucy Charles	GBR	00:23:00
Bike	Pieter heemeryck	BEL	2:04:15
	Daniela Ryf	CHE	02:15:27
Run	Jan Frodeno	DEU	01:06:33
	Anne Haug	DEU	01:15:11

2018 Top Ten Race Results

Men					Women				
NAME	SWIM	BIKE	RUN	TIME	NAME	SWIM	BIKE	RUN	TIME
Jan Frodeno	21:53	2:04:28	1:06:33	3:36:30	Daniela Ryf	24:24	2:15:27	1:16:59	4:01:12
Alistair Brownlee	21:57	2:04:29	1:07:39	3:37:41	Lucy Charles-Barlca	23:00	2:17:12	1:20:36	4:04:58
Javier Gomez	21:56	2:04:37	1:08:15	3:38:26	Anne Haug	24:26	2:23:16	1:15:11	4:07:21
Ben Kanute	21:52	2:04:37	1:12:38	3:42:43	Pamella Oliveira	24:24	2:23:18	1:21:29	4:13:43
Pieter Heemeryck	22:22	2:04:15	1:13:00	3:43:05	Radka Kahlefeldt	24:24	2:23:30	1:21:39	4:13:49
Sam Appleton	21:58	2:04:22	1:13:57	3:43:57	Imogen Simmonds	24:25	2:23:29	1:22:33	4:14:39
Adam Bowden	21:59	2:11:56	1:10:15	3:48:16	Jeanni Seymour	24:24	2:27:21	1:19:08	4:14:56
Braden Currie	21:57	2:09:15	1:14:05	3:49:16	Ellie Nicole Salt-house	25:43	2:25:54	1:19:24	4:15:11
Michael Weiss	26:54	2:08:16	1:10:45	3:50:38	Emma Pallant	25:55	2:25:57	1:20:04	4:15:52
Rodolophe Von Berg	22:54	2:10:59	1:14:04	3:51:35	Sarah True	24:23	2:29:11	1:17:58	4:15:59

RESULT HIGHLIGHTS:

2017

2017 IRONMAN 70.3 World Champions

NAME	SWIM	BIKE	RUN	TIME	Total
Javier Gomez	24:08	2:12:27	1:10:29	3:39:44	3:49:44
Daniela Ryf	26:26	2:20:21	1:22:06	4:11:59	4:11:59

2017 Fastest Course Times

	Name	Country	Time
Swim	Ben Kanute	USA	00:24:03
	Lauren Brandon	USA	00:25:23
Bike	Sebastian Kienle	DEU	02:07:45
	Daniela Ryf	CHE	02:20:20
Run	Javier Gomez	ESP	01:10:29
	Emma Pallant	GRB	01:19:48

2016 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
2427	2386	1475	1436	3902	3822

2017 Top Ten Race Results

Men					Women				
NAME	SWIM	BIKE	RUN	TIME	NAME	SWIM	BIKE	RUN	TIME
Javier Gomez	24:08	2:12:27	1:10:29	3:39:44	Daniela Ryf	26:26	2:20:21	1:22:06	4:11:59
Ben Kanute	24:03	2:08:10	1:16:23	3:51:06	Emma Pallant	27:53	2:28:00	1:19:48	4:18:36
Tim Don	24:58	2:11:12	1:13:04	3:51:59	Laura Philipp	29:47	2:25:45	1:21:12	4:19:40
Sam Appleton	25:01	2:11:01	1:14:36	3:53:32	Sarah True	25:38	2:30:16	1:22:45	4:21:40
Sebastian Kienle	28:22	2:07:45	1:16:02	3:54:44	Helle Frederiksen	26:23	2:29:07	1:23:41	4:22:12
Maurice Clavel	25:07	2:11:03	1:16:33	3:55:17	Annabel Luxford	26:35	2:28:54	1:25:38	4:24:04
Tyler Butterfield	25:18	2:10:40	1:17:26	3:56:20	Heather Wurtele	27:52	2:27:34	1:27:00	4:25:39
Andreas Dreitz	26:39	2:09:16	1:17:14	3:56:33	Jeanni Seymour	27:40	2:28:20	1:27:42	4:26:30
Ivan Tutukin	26:24	2:15:00	1:12:48	3:56:33	Haley Chura	25:35	2:31:55	1:26:20	4:27:00
Pieter Heemeryck	25:27	2:11:02	1:18:26	3:57:36	Melissa Hauschildt	30:22	2:28:22	1:25:31	4:27:36

RESULT HIGHLIGHTS:

2016

2016 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Tim Reed	AUS	22:53	2:06:12	1:11:03	3:44:14
Holly Lawrence	GBR	23:34	2:19:28	1:21:48	4:09:12

2016 Fastest Course Times

	Name	Country	Time
Swim	Joshua Amberger	AUS	21:56
	Lauren Brandon	USA	22:54
Bike	Sebastian Kienle	DEU	2:04:45
	Holly Lawrence	GBR	2:19:28
Run	Lionel Sanders	CAN	1:10:34
	Melissa Hauschildt	AUS	1:18:43

2016 Starters and Finishers

Male

Start	Finish
2427	2386

Female

Start	Finish
1475	1436

Total

Start	Finish
3902	3822

2016 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Tim Reed	22:53	2:06:12	1:11:03	3:44:14	Holly Lawrence	23:24	2:19:28	1:21:48	4:09:12
Sebastian Kienle	24:14	2:04:45	1:11:18	3:44:16	Melissa Hauschildt	26:46	2:21:06	1:18:43	4:11:09
Ruedi Wild	22:47	2:06:28	1:11:07	3:44:40	Heather Wurtele	25:05	2:22:26	1:21:38	4:13:36
Terenzo Bozzone	22:44	2:06:20	1:12:44	3:45:52	Daniela Ryf	24:12	2:23:47	1:21:19	4:14:09
Sam Appleton	22:40	2:06:23	1:12:51	3:46:02	Caroline Steffen	24:13	2:23:09	1:25:10	4:17:16
Nick Kastelein	22:43	2:06:41	1:12:46	3:46:21	Annabel Luxford	24:11	2:23:44	1:24:58	4:17:26
Tim Don	22:51	2:06:18	1:12:57	3:46:32	Laura Philipp	27:16	2:24:46	1:21:00	4:17:40
Maurice Clavel	22:53	2:06:18	1:13:39	3:46:47	Alicia Kaye	24:17	2:23:31	1:25:35	4:17:53
Lionel Sanders	25:41	2:06:42	1:10:34	3:47:14	Raka Vodickova	24:10	2:26:51	1:22:37	4:18:17
Craig Alexander	22:49	2:06:39	1:14:03	3:47:28	Magali Tisseyre	24:16	2:23:49	1:25:36	4:18:19

RESULT HIGHLIGHTS: 2015

2015 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Jan Frodeno	DEU	22:14	2:09:04	1:16:32	3:51:19
Daniela Ryf	CHE	23:46	2:21:10	1:22:51	4:11:34

2015 Fastest Course Times

	Name	Country	Time
Swim	Javier Gomez	ESP	22:12
	Andi Beucherer	DEU	22:12
	Radka Vodickova	CZE	23:21
Bike	Andreas Dreitz	DEU	2:07:35
	Daniela Ryf	CHE	2:21:10
Run	Bart Aernouts	BEL	3:56:28
	Daniela Ryf	CHE	1:22:51

2015 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1651	1528	794	745	2445	2273

2015 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Jan Frodeno	22:14	2:09:04	1:16:32	3:51:19	Daniela Ryf	23:46	2:21:10	1:22:51	4:11:34
Sebastian Kienle	24:04	2:09:54	1:15:22	3:52:48	Heather Wurtele	26:33	2:27:39	1:24:56	4:23:07
Javier Gomez	22:12	2:13:38	1:15:35	3:55:05	Anja Beranek	24:32	2:24:18	1:31:17	4:24:10
Bart Aernouts	25:38	2:12:07	1:14:55	3:56:28	Magali Tisseyre	24:55	2:27:56	1:28:45	4:25:33
Michael Raelert	22:15	2:13:19	1:17:17	3:56:34	Alicia Kaye	24:03	2:28:58	1:30:35	4:27:39
Andi Boecherer	22:12	2:09:00	1:21:44	3:56:52	Julia Gajer	24:46	2:33:06	1:27:33	4:29:53
Jan Van Berkel	22:27	2:13:15	1:18:34	3:57:47	Susie Cheetham	26:34	2:34:52	1:25:01	4:30:31
Tyler Butterfield	24:05	2:13:48	1:17:19	3:58:44	Ricarda Lisk	24:03	2:35:38	1:27:14	4:30:47
Andreas Dreitz	23:04	2:07:35	1:24:37	3:58:58	Lauren Barnett	26:36	2:32:18	1:27:52	4:31:00
Albert Moreno Molins	24:30	2:14:32	1:16:58	4:00:11	Emma Bilham	24:52	2:32:38	1:30:24	4:31:47

RESULT HIGHLIGHTS:

2014

2014 Subaru IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Javier Gomez	ESP	22:09	2:06:18	1:09:27	3:41:30
Daniela Ryf	CHE	24:04	2:16:46	1:24:30	4:09:19

2014 Fastest Course Times

	Name	Country	Time
Swim	Javier Gomez	ESP	22:09
	Jodie Swallow	GBR	23:59
Bike	Lionel Sanders	CAN	2:04:14
	Daniela Ryf	CHE	2:16:46
Run	Javier Gomez	ESP	1:09:27
	Heather Wurtele	CAN	1:22:19

2014 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1455	1434	775	763	2230	2197

2014 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Javier Gomez	22:09	2:06:18	1:09:27	3:41:30	Daniela Ryf	24:04	2:16:46	1:24:30	4:09:19
Jan Frodeno	22:10	2:05:48	1:10:36	3:42:11	Jodie Swallow	23:59	2:19:28	1:24:10	4:11:43
TIm Don	22:41	2:05:18	1:12:44	3:44:38	Heather Wurtele	26:24	2:21:53	1:22:19	4:14:55
Lionel Sanders	26:42	2:04:14	1:11:21	3:46:03	Meredith Kessler	24:36	2:22:32	1:24:12	4:16:03
Nils Frommhold	22:39	2:05:10	1:14:45	3:46:25	Mary Beth Ellis	24:01	2:20:04	1:28:45	4:17:03
Joe Gambles	22:58	2:04:54	1:14:55	3:46:34	Radka Vocikova	24:32	2:25:42	1:23:33	4:17:47
Tim Reed	23:02	2:04:52	1:15:12	3:47:07	Lisa Huetthaler	26:26	2:25:24	1:22:24	4:18:16
Bart Aeronouts	24:38	2:06:07	1:13:18	3:48:05	Svenja Bazlen	24:34	2:25:35	1:26:39	4:18:48
Terenzo Bozzone	23:02	2:05:00	1:16:47	3:48:20	Rachel McBride	26:33	2:22:30	1:26:39	4:19:52
Will Clarke	23:02	2:07:12	1:14:48	3:48:44	Magali Tisseyre	24:37	2:25:32	1:26:31	4:20:38

RESULT HIGHLIGHTS:

2013

2013 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Sebastian Kienle	DEU	25:38	2:10:10	1:14:50	3:54:02
Melissa Hauschildt	USA	29:19	2:25:08	1:21:37	4:20:07

2013 Fastest Course Times

	Name	Country	Time
Swim	Josh Amberger	AUS	23:22
	Annabel Luxford	AUS	25:59
Bike	Sebastian Kienle	DEU	2:07:55
	Melissa Hauschildt	USA	2:25:08
Run	Terenzo Bozzone	USA	1:13:38
	Melissa Hauschildt	USA	1:21:37

2013 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1354	1317	684	662	2038	1979

2013 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Sebastian Kienle	25:38	2:10:10	1:14:50	3:54:02	Melissa Hauschildt	29:19	2:25:08	1:21:37	4:20:07
Terenzo Bozzone	24:36	2:14:31	1:13:38	3:56:06	Heather Jackson	30:08	2:28:48	1:22:55	4:25:19
Joe Gambles	24:48	2:14:06	1:14:29	3:56:55	Annabel Luxford	25:59	2:28:38	1:27:24	4:25:59
Andy Potts	23:25	2:15:11	1:15:26	3:37:36	Catriona Morrison	30:07	2:31:32	1:21:49	4:27:50
Tim Reed	24:47	2:14:15	1:15:07	3:57:42	Svenja Bazlen	27:16	2:28:32	1:28:07	4:27:52
Kevin Collington	23:50	2:15:27	1:14:58	3:57:48	Daniela Ryf	28:31	2:28:48	1:27:30	4:28:46
Leon Griffin	24:58	2:14:12	1:15:35	3:58:17	Lisa Hütthaler	28:30	2:30:51	1:26:33	4:29:58
Tim O'Donnell	23:33	2:16:11	1:16:32	3:59:36	Lisa Norden	27:15	2:31:10	1:29:06	4:31:44
Tyler Barbour Butterfield	24:43	2:14:19	1:16:59	3:59:42	Kelly Williamson	26:14	2:40:16	1:22:13	4:32:30
Will Clarke	24:38	2:14:35	1:16:59	3:59:56	Heather Wurtele	28:36	2:34:51	1:25:33	4:33:11

RESULT HIGHLIGHTS:

2012

2012 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Sebastian Kienle	DEU	26:32	2:07:54	1:16:45	3:54:35
Leanda Cave	GBR	26:07	2:28:17	1:29:53	4:28:05

2012 Fastest Course Times

	Name	Country	Time
Swim	Swen Sundberg	DEU	21:33
	Kelly Williamson	USA	26:05
Bike	Sebastian Kienle	DEU	2:07:55
	Heather Jackson	USA	2:27:45
Run	Craig Alexander	AUS	1:14:59
	Kelly Williamson	USA	1:23:19

2012 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1164	1077	629	599	1793	1676

2012 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Sebastian Kienle	26:32	2:07:54	1:16:45	3:54:35	Leanda Cave	26:07	2:28:17	1:29:53	4:28:05
Craig Alexander	23:54	2:13:23	1:14:58	3:55:36	Kelly Williamson	26:05	2:36:26	1:23:19	4:29:24
Bevan Docherty	23:51	2:13:41	1:15:35	3:56:25	Heather Jackson	28:54	2:27:45	1:32:13	4:32:32
Timothy O'Donnell	23:28	2:14:02	1:15:51	3:56:35	Melissa Hauschildt	28:44	2:29:32	1:33:05	4:35:13
Andy Potts	23:20	2:13:54	1:16:16	3:56:54	Joanna Lawn	28:39	2:33:44	1:29:22	4:36:08
Bart Aernouts	26:30	2:13:02	1:18:10	4:01:17	Heather Wurtele	28:17	2:34:49	1:29:47	4:36:56
Josh Amberger	23:16	2:13:47	1:21:52	4:02:30	Magali Tisseyre	28:34	2:34:45	1:29:28	4:37:03
Michael Raelert	23:30	2:19:30	1:17:05	4:03:11	Julia Gajer	28:35	2:34:30	1:30:15	4:37:15
Faris Al-Sultan	24:09	2:13:05	1:22:16	4:03:27	Margaret Shapiro	28:00	2:33:04	1:33:04	4:37:40
Richie Cunningham	25:11	2:15:16	1:20:09	4:03:59	Jeanne Collonge	28:57	2:35:09	1:31:40	4:39:59

RESULT HIGHLIGHTS:

2011

2011 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Craig Alexander	AUS	24:45	2:14:47	1:11:51	3:54:48
Melissa Hauschildt	AUS	28:27	2:27:58	1:21:14	4:20:55

2011 Fastest Course Times

	Name	Country	Time
Swim	Andy Potts	USA	23:19
	Joanna Lawn	NZL	25:40
Bike	Chris Lieto	USA	2:10:36
	Karin Thuerig	CHE	2:24:05
Run	Craig Alexander	AUS	3:54:48
	Melissa Hauschildt	AUS	1:21:14

2011 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1009	981	506	490	1515	1471

2011 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Craig Alexander	24:45	2:14:47	1:11:51	3:54:48	Melissa Hauschildt	28:27	2:27:58	1:21:14	4:20:55
Chris Lieto	24:51	2:10:36	1:18:56	3:58:03	Karin Thuerig	33:01	2:24:05	1:25:15	4:26:52
Jeff Symonds	24:47	2:16:55	1:13:33	3:58:42	Linsey Corbin	29:19	2:31:08	1:25:24	4:29:25
Michael Weiss	27:57	2:12:58	1:14:10	3:59:11	Heather Jackson	29:31	2:33:06	1:24:27	4:30:21
Joe Gambles	24:45	2:15:09	1:16:50	4:00:00	Joanna Lawn	27:59	2:33:52	1:27:22	4:33:08
Paul Matthews	24:27	2:15:45	1:17:13	4:00:26	Leanda Cave	25:40	2:36:29	1:28:22	4:33:57
Raynard Tissink	24:57	2:17:32	1:14:51	4:00:53	Heather Wurtele	27:28	2:33:47	1:30:26	4:35:36
Tim Berkel	26:33	2:14:44	1:17:04	4:02:01	Emma-Kate Lidbury	26:29	2:38:57	1:27:01	4:36:14
Luke Bell	24:53	2:15:15	1:20:19	4:04:03	Christie Sym	29:17	2:32:19	1:31:48	4:36:52
Alessandro Degasperi	25:23	2:16:29	1:19:59	4:05:09	Michelle Wu	28:04	2:38:15	1:26:56	4:37:03

RESULT HIGHLIGHTS:

2010

2010 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Michael Raelert	DEU	24:16	2:03:58	1:09:57	3:41:19
Jodie Swallow	GBR	24:20	2:16:37	1:21:59	4:06:28

2010 Fastest Course Times

	Name	Country	Time
Swim	Kyle Leto	USA	23:06
	Jodie Swallow	GBR	24:20
Bike	Joe Gambles	Aus	2:02:24
	Heather Jackson	USA	2:16:03
Run	Michael Raelert	DEU	1:09:57
	Jodie Swallow	GBR	1:21:59

2010 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1,060	1,038	504	487	1,564	1,528

2010 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Michael Raelert	24:16	2:03:58	1:09:57	3:41:19	Jodie Swallow	24:20	2:16:37	1:21:59	4:06:28
Filip Ospaly	23:19	2:04:56	1:11:24	3:42:56	Leanda Cave	25:56	2:18:57	1:23:15	4:12:34
Tim O'Donnell	23:20	2:04:52	1:12:43	3:44:18	Magali Tisseyre	27:22	2:19:25	1:22:28	4:13:04
Joe Gambles	24:18	2:02:24	1:14:39	3:44:48	Amanda Stevens	25:13	2:19:43	1:24:47	4:13:32
Richie Cunningham	23:54	2:04:17	1:13:58	3:45:33	Heather Jackson	31:51	2:16:03	1:25:02	4:17:08
Igor Amorelli	24:14	2:03:58	1:13:58	3:45:46	Lesley Paterson	30:23	2:18:19	1:25:07	4:18:01
Daniel Fontana	23:19	2:08:12	1:12:24	3:47:15	Angela Naeth	30:30	2:17:41	1:26:22	4:18:40
Kevin Collington	24:16	2:07:03	1:12:32	3:47:32	Julie Dibens	25:16	2:16:19	1:35:03	4:20:55
Matty Reed	23:25	2:04:24	1:16:37	3:48:13	Nina Kraft	26:33	2:26:20	1:23:57	4:21:18
Christopher Legh	25:37	2:05:45	1:13:33	3:48:33	Emma-Kate Lidbury	27:21	2:20:10	1:31:04	4:22:55

RESULT HIGHLIGHTS:

2009

2009 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Michael Raelert	DEU	21:58	1:59:35	1:09:05	3:34:04
Julie Dibens	GBR	23:48	2:07:15	1:24:37	3:59:33

2009 Fastest Course Times

	Name	Country	Time
Swim	Marco Albert	EST	21:35
	Sarah Groff	USA	23:41
Bike	Andrew Starykowicz	USA	1:58:49
	Julie Dibens	GBR	2:07:15
Run	Michael Raelert	DEU	1:09:06
	Magali Tisseyre	CAN	1:20:32

2009 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
997	967	441	425	1,438	1,392

2009 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Michael Raelert	21:58	1:59:35	1:09:05	3:34:04	Julie Dibens	23:48	2:07:15	1:24:37	3:59:33
Daniel Fontana	21:55	1:59:30	1:12:00	3:36:44	Mary Beth Ellis	24:05	2:10:58	1:24:42	4:03:49
Matthew Reed	21:59	1:59:09	1:13:11	3:37:50	Magali Tisseyre	25:34	2:15:17	1:20:32	4:05:27
Sylvain Sudrie	21:57	1:59:41	1:12:47	3:38:02	Caroline Steffen	25:18	2:08:30	1:26:48	4:05:33
Joe Gambles	22:19	1:58:58	1:13:24	3:38:19	Laura Bennett	24:03	2:17:06	1:22:43	4:07:39
Kevin Collington	22:10	1:59:24	1:13:32	3:40:16	Michellie Jones	25:35	2:15:22	1:23:17	4:08:17
Luke Bell	22:01	1:15:15	1:15:15	3:40:16	Sarah Groff	23:41	2:16:08	1:25:56	4:09:34
Alberto Casadei	22:05	1:59:13	1:15:03	3:40:19	Amanda Stevens	23:45	2:13:30	1:32:03	4:13:16
Leon Griffin	22:22	1:59:09	1:12:26	3:40:31	Karin Thürig	30:51	2:10:39	1:28:08	4:15:04
Brian Fleischmann	21:38	2:01:06	1:15:20	3:41:37	Vanessa Gianinni	25:40	2:24:27	1:23:29	4:17:57

RESULT HIGHLIGHTS:

2008

2008 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Terenzo Bozzone	NZL	22:17	2:01:29	1:12:57	3:40:10
Joanna Zeiger	USA	23:06	2:13:44	1:21:59	4:02:49

2008 Fastest Course Times

	Name	Country	Time
Swim	Andy Potts	USA	21:44
	Becky Lavelle	USA	23:03
Bike	Oscar Galindez	ARG	1:59:55
	Mary Beth Ellis	USA	2:13:19
Run	Andreas Raelert	DEU	1:10:54
	Joanna Zeiger	USA	1:21:59

2008 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
882	865	400	387	1,282	1,252

2008 Top Ten Race Results

Men				
Name	Swim	Bike	Run	Total
Terenzo Bozzone	22:17	2:01:29	1:12:57	3:40:10
Andreas Raelert	22:22	2:03:37	1:10:54	3:40:42
Richie Cunningham	22:29	2:02:08	1:13:50	3:41:47
Oscar Galindez	23:47	1:59:55	1:14:48	3:42:28
Reinaldo Colucci	23:03	2:00:34	1:15:48	3:43:22
Andy Potts	21:44	2:02:59	1:16:17	3:44:30
Luke McKenzie	22:22	2:02:01	1:17:17	3:45:11
Brent McMahon	22:20	2:03:57	1:11:36	3:45:43
Joe Gambles	23:47	2:01:25	1:18:06	3:46:23
Fraser Cartmell	22:09	2:02:24	1:18:21	3:46:34

Women				
Name	Swim	Bike	Run	Total
Joanna Zeiger	23:06	2:13:44	1:21:59	4:02:49
Mary Beth Ellis	23:32	2:13:19	1:23:19	4:04:07
Becky Lavelle	23:03	2:13:50	1:26:46	4:07:32
Julie Dibens	23:18	2:13:22	1:28:31	4:09:10
Nina Kraft	23:35	2:24:28	1:23:22	4:15:32
Erika Csomor	27:42	2:20:08	1:23:48	4:16:00
Catriona Morrison	28:05	2:18:42	1:24:59	4:16:28
Angela Naeth	28:32	2:17:35	1:26:33	4:16:50
Leanda Cave	23:24	2:22:33	1:28:11	4:18:50
Amanda Stevens	23:29	2:24:23	1:28:37	4:20:28

RESULT HIGHLIGHTS:

2007

2007 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Andy Potts	USA	22:57	2:04:29	1:11:33	3:42:33
Mirinda Carfrae	AUS	26:33	2:18:33	1:18:41	4:07:25

2007 Fastest Course Times

	Name	Country	Time
Swim	David Kahn	USA	22:30
	Julie Dibens	GBR	24:45
Bike	Bjorn Andersson	SWE	1:59:38
	Julie Dibens	GBR	2:13:17
Run	Andy Potts	USA	1:11:33
	Mirinda Carfrae	AUS	1:18:41

2007 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1,067	1,038	399	384	1,466	1,422

2007 Top Ten Race Results

Men				
Name	Swim	Bike	Run	Total
Andy Potts	22:57	2:04:29	1:11:33	3:42:33
Oscar Galindez	25:07	2:00:28	1:13:02	3:42:37
Andrew Johns	23:30	2:04:11	1:12:05	3:43:11
Craig Alexander	23:30	2:04:05	1:13:05	3:44:10
Richie Cunningham	23:18	2:04:23	1:13:51	3:45:05
Stephan Bignet	23:10	2:04:19	1:14:43	3:46:03
Fraser Cartmell	23:09	2:04:29	1:17:16	3:49:03
T.J. Tollakson	24:27	2:02:55	1:18:23	3:49:39
Terenzo Bozzone	23:08	2:02:51	1:20:45	3:50:10
Santiago Ascenco	25:23	2:08:27	1:14:25	3:51:45

Women				
Name	Swim	Bike	Run	Total
Mirinda Carfrae	26:33	2:18:33	1:18:41	4:07:25
Samantha McGlone	27:46	2:19:00	1:20:52	4:11:29
Leanda Cave	25:16	2:17:13	1:25:55	4:12:29
Julie Dibens	24:45	2:13:17	1:30:56	4:12:53
Catriona Morrison	27:46	2:17:21	1:25:30	4:14:40
Sibylle Matter	26:06	2:18:51	1:27:26	4:16:35
Becky Lavelle	25:23	2:17:07	1:30:32	4:16:59
Kate Major	28:58	2:20:47	1:24:32	4:18:20
Monika Lehmann	29:21	2:18:55	1:25:35	4:18:31
Michelle Lee	29:23	2:20:16	1:24:28	4:19:08

RESULT HIGHLIGHTS:

2006

2006 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Craig Alexander	AUS	24:08	2:05:35	1:12:43	3:45:37
Samantha McGlone	CAN	27:29	2:21:33	1:20:22	4:12:58

2006 Fastest Course Times

	Name	Country	Time
Swim	Pete Jacobs	AUS	23:55
	Leanda Cave	GBR	25:13
Bike	Chris Lieto	USA	2:02:10
	Sara Megan Quinty	USA	2:15:16
Run	Craig Alexander	AUS	1:12:43
	Samantha McGlone	CAN	1:20:22

2006 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
993	968	368	354	1,361	1,322

2006 Top Ten Race Results

Men				
Name	Swim	Bike	Run	Total
Craig Alexander	24:08	2:05:35	1:12:43	3:45:37
Simon Lessing	24:05	2:05:27	1:14:11	3:47:25
Richie Cunningham	24:02	2:05:39	1:16:20	3:49:17
Christopher Legh	26:06	2:06:05	1:14:07	3:49:42
Michael Simpson	25:56	2:06:03	1:15:35	3:51:24
Terenzo Bozzone	23:58	2:05:28	1:20:08	3:53:03
James Cotter	26:03	2:08:57	1:17:33	3:56:16
Chris Lieto	26:08	2:02:10	1:24:55	3:57:41
Brian Lavelle	24:09	2:05:22	1:24:26	3:57:50
Timothy Marr	24:06	2:10:17	1:20:22	3:58:39

Women				
Name	Swim	Bike	Run	Total
Samantha McGlone	27:29	2:21:33	1:20:22	4:12:58
Lisa Bentley	27:49	2:21:04	1:21:33	4:14:30
Mirinda Carfrae	27:33	2:21:11	1:24:00	4:16:44
Leanda Cave	25:13	2:23:47	1:25:47	4:18:47
Yvonne van Vlerken	28:18	2:19:45	1:27:18	4:19:50
Lotte Branigan	27:37	2:16:57	1:31:15	4:19:51
Cassie McWilliam	28:51	2:21:30	1:25:51	4:21:14
Nina Eggert	27:26	2:21:10	1:28:08	4:21:17
Monika Lehmann	28:18	2:20:14	1:28:56	4:21:58
Sara Megan Quinty	26:45	2:15:16	1:37:05	4:24:14

COURSE BESTS PROFESSIONAL ATHLETES:

Fastest Course Times

Professional Athletes

The results below reflect world bests set at the IRONMAN 70.3 World Championship course when it was held in Clearwater, FL. from 2006-2010.

Swim

2009 ■ Marko Albert (EST) ■ 21:35
2015 ■ Lauren Brandon (USA) ■ 22:54

Bike

2009 ■ Andrew Starykowicz (USA) ■ 1:58:49
2009 ■ Julie Dibens (GBR) ■ 2:07:15

Run

2009 ■ Michael Raelert (DEU) ■ 1:09:06
2007 ■ Mirinda Carfrae (AUS) ■ 1:18:41

Overall

2009 ■ Michael Raelert (DEU) ■ 3:34:04
2009 ■ Julie Dibens (GBR) ■ 3:59:33

The results below reflect world bests set at the IRONMAN 70.3 World Championship course when it was held in Henderson, NV from 2011-2013.

Swim

2011 ■ Andy Potts (USA) ■ 23:19
2013 ■ Annabel Luxford (AUS) ■ 25:59

Bike

2013 ■ Sebastian Kienle (GER) ■ 2:10:10
2011 ■ Karin Thuerig (CHE) ■ 2:24:05

Run

2011 ■ Craig Alexander (AUS) ■ 1:11:51
2011 ■ Melissa Rollison (AUS) ■ 1:21:14

Overall

2013 ■ Sebastian Kienle (GER) ■ 3:54:02
2013 ■ Melissa Hauschildt (USA) ■ 4:20:07

The results below reflect the overall professional world bests set at the IRONMAN 70.3 World Championship on any course where it has been held.

Swim

2009 ■ Marko Albert (EST) ■ 21:35 (Clearwater)
2008 ■ Becky Lavelle (USA) ■ 23:02 (Clearwater)

Bike

2009 ■ Andrew Starykowicz (USA) ■ 1:58:49 (Clearwater)
2009 ■ Julie Dibens (GBR) ■ 2:07:15 (Clearwater)

Run

2018 ■ Jan Frodeno (DEU) ■ 1:06:33
2018 ■ Anne Haug (DEU) ■ 1:15:11

Overall

2009 ■ Michael Raelert (DEU) ■ 3:34:04 (Clearwater)
2009 ■ Julie Dibens (GBR) ■ 3:59:33 (Clearwater)

COURSE BESTS

AGE-GROUP ATHLETES:

Fastest Course Times

Age-Group Athletes

The results below reflect world bests set at the IRONMAN 70.3 World Championship course, which prior to 2011 took place in Clearwater, FL.

Swim

2008 ■ John Flanagan (USA) ■ 20:55
2008 ■ Megan Knepper (USA) ■ 24:08

Bike

2009 ■ Rodrigo Acevedo (COL) ■ 2:02:54
2007 ■ Michele Wolfson (USA) ■ 2:07:15

Run

2009 ■ Dominique Benassi (FRA) ■ 1:07:19
2008 ■ Kelly Jarrett (AUS) ■ 1:24:38

Overall

2009 ■ Rodrigo Acevedo (COL) ■ 3:51:36
2008 ■ Brooke Davison (USA) ■ 4:12:10

The results below reflect world bests set at the IRONMAN 70.3 World Championship course, which took place in Henderson, NV from 2011-2013.

Swim

2011 ■ Lautaro Diaz Sebriano (ARG) ■ 24:34
2011 ■ Amanda Durner (USA) ■ 27:15

Bike

2013 ■ Antonio Colom Mas (ESP) ■ 2:07:00
2013 ■ Laura Siddall (GBR) ■ 2:28:51

Run

2013 ■ Kyle Buckingham (ZAF) ■ 1:19:58
2013 ■ Colleen De Reuck (USA) ■ 1:23:33

Overall

2011 ■ Pedro Trindade (USA) ■ 3:59:09
2013 ■ Laura Siddall (GBR) ■ 4:33:12

The results below reflect the overall age-group world bests set at the IRONMAN 70.3 World Championship on any course where it has been held.

Swim

2008 ■ John Flanagan (USA) ■ 20:55 (Clearwater)
2015 ■ Laurence Delisle (USA) ■ 24:05 (Zell am See-Kaprun Austria)

Bike

2009 ■ Rodrigo Acevedo (COL) ■ 2:02:54 (Clearwater)
2007 ■ Michele Wolfson (USA) ■ 2:07:15 (Clearwater)

Run

2009 ■ Dominique Benassi (FRA) ■ 1:07:19 (Clearwater)
2008 ■ Kelly Jarrett (AUS) ■ 1:24:38 (Clearwater)

Overall

2009 ■ Rodrigo Acevedo (COL) ■ 3:51:36 (Clearwater)
2008 ■ Brooke Davison (USA) ■ 4:12:10 (Clearwater)



PLANT-BASED
vega[®]
IRONMAN[®]
 WORLD CHAMPIONSHIP

KONA HAWAII

OHANA

IRONMAN began with a dream in Hawai'i in 1978. Since then Hawaiian culture has been at the heart of the IRONMAN World Championship, and the spirit of Hawai'i has shaped the IRONMAN community around the world. As we approach the start line of the 2019 IRONMAN World Championship, we embrace this year's theme "Ohana - Family In Hawai'i." Ohana is perhaps our greatest gift. It binds us and enriches us, bringing blessings and responsibility. The gifts of 'ohana are obvious -- family, friends and partners providing support, encouragement and love; volunteers making the dreams of others come true; the community opening its home and welcoming people from around the world. 'Ohana also obliges us to live and act with integrity and purpose. To share aloha despite our differences. To endeavor to be our best self, striving for excellence while believing, "Anything is Possible."

On **October 12, 2019**, in Kailua-Kona, Hawai'i we will come together as 'ohana to celebrate the spirit of competition, our achievements, and blessings at the 2019 IRONMAN World Championship.

He moemoea wale nō ka mālama 'ia o kahi 'ālapakonakolu, 'o Ironman ho'i a i ka makahiki 1978, ua ola nō, Mai ia mua aku, 'o ka mō'aukala Hawai'i, ka lawena, a me ke aloha nā mea e holopono ai ka 'ālapakonakolu mai Hawai'i a puni ka honua, 'O ka māka nui o kēia makahiki, 'o ia ho'i ka 'ohana.

Ma Hawai'i nei, 'o ka 'ohana ka mea nui, 'O ia ka mea e pili ai kākou a pa'a, He pōmaika'i ho'i, He ahuwale nā pōmaika'i o kēlā 'ano kēia 'ano, 'o ka 'ohana, nā hoaaloha, nā hoa kāko'o, ke aloha, ke kaidulu, a me nā mea a pau e alu like pū ana no ka pono o ka nui po'e e kipa mai ana mai 'ō a 'ō.

He kuleana ko ka 'ohana ma ka hana kūpono ma nā 'ano a pau, 'O ke aloha aku ke aloha mai i loko nō o ka wā pili'ia; 'o ka 'imi mau i ka 'oi kelakela me ke kūpa'a ma ka mana'o, 'a'ohē pū 'u ki'eki'e ke ho'ā'o e pi'i.

Ma ka lā 12 o 'Okakopa i ka makahiki 2019, i Kailua-Kona, Moku o Keawe, e alu pū ana ko Hawai'i ma ke 'ano he 'ohana e ho'olaula hou ai i ia mana'o o ka ho'okūkū, nā lanakila, a me nā pōmaika'i he nui wale ma ka 'ālapakonakolu 'o IRONMAN World Championship.

SWIM 2.4MI BIKE 112MI RUN 26.2MI

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ALMANAC:

Kailua-Kona, Hawaii

Average Rainfall for October:

Kailua-Kona: .59 inches

Hawai'i: 3.80 inches

Average Water Temperature for October:

79°F (26.° C)

Depth of Water:

More than half the swim course is approximately 20 feet deep. Some depths reach up to 90 feet.

Moon Phase:

A First Quarter moon will be in phase on October 8th.

Average Humidity Pattern:

High: 85%

Low: 40%

Average Temperatures for October:

Average High: 86°F (30° C)

Average Low: 72°F (22° C)

Record Temperatures For October:

Record High: 94°F (34° C)

Record Low: 57°F (14° C)

*Temperature can exceed 100°F (38° C) in the lava fields

Wind Condition:

From Ali'i Drive to the airport, a sea breeze blows from the ocean across the Queen Ka'ahumanu Highway approximately 10-12 mph. During the evening, this wind reverses and blows from the mountains. From the airport to Hawi, athletes will be cycling into the legendary ho'omumuku headwinds, which are predominant on 3/4 of the bike course north of the airport. These winds blow 5-35 mph and, in extreme conditions, can gust up to 60 mph. After turning around at Hawi, athletes usually have these winds at their backs to Kawaihae and then face the headwinds again along the Queen Ka'ahumanu Highway



IRONMAN WORLD CHAMPIONSHIP

QUICK FACTS:

When

October 12, 2019 beginning at 6:25 a.m. (professional male athlete start), 6:30 a.m. (professional female athlete start), 6:55 a.m. (age group male athlete start), 7:10 a.m. (age group female athlete start).

What

A 2.4-mile ocean swim, 112-mile bike race and 26.2-mile run. The IRONMAN World Championship is known as the most prestigious one-day endurance event in the world.

Where

Kailua-Kona, Hawai'i. The swim segment begins and ends at Kailua Pier. The bike race travels north on the Kona Coast through scorching lava fields and then along the Kohala Coast to the small village of Hawi, returning along the same route to transition. The marathon course travels through Kailua-Kona and on the same highway, the Queen Ka'ahumanu, used for the bike course. Athletes then run back into Kailua-Kona, coming down Ali'i Drive to the cheers of thousands of spectators at the finish line.

Who

In recognition of their athletic accomplishments, the 2018 male and female professional champions automatically qualify for recognition of their athletic accomplishments, the 2018 male and female professional champions automatically qualify for the 2019 race, along with the 2018 age-group champions.

Prize Purse

A total professional prize purse of \$650,000 is distributed among the top 10 professional male and female finishers.

The first-place male and female finishers each receive \$120,000, while the second place finishers both receive \$60,000.

2018 IRONMAN World Championship

2018 IRONMAN World Championship champions Patrick Lange (DEU) and Daniela Ryf (CHE), were victorious at the 40th annual IRONMAN World Championship. Lange secured his win with an overall time of 7:52:39. Ryf finished 25th overall and secured her championship win with the time of 8:26:18.

Training

The average IRONMAN triathlete spends 18 to 30+ hours training each week for this event. A typical week includes seven miles of swimming, 225 miles of biking and 48 miles of running. Many competitors also cross-train with weight training, stretching and yoga, among other activities.

Course Records

Men

Patrick Lange (DEU) 7:52:39

Women

Daniela Ryf (CHE) 8:26:18

Weather

Temperatures on race day range from 74 to 85 degrees, with the humidity hovering around 66 percent. Crosswinds on portions of the bike course sometimes gust as high as 60mph.

IRONMANLive

Watch every stroke, spin and stride LIVE during the IRONMAN World Championship. This exclusive coverage

can be easily accessed via computer, smartphone or tablet by logging on to www.ironman.com. From start to finish, viewers can look forward to exclusive coverage that includes an interactive multimedia audience experience with the live video, live blog, athlete tracking, social platforms and ironman.com editorial content

Television

The 2019 Vega IRONMAN World Championship broadcast on NBC air date will be announced in the near future. To date, the broadcast has earned more than 50 Emmy nominations, won 17 Emmy awards and received five prestigious CINE Golden Eagle Awards.

Watch every stroke, spin and stride LIVE during the IRONMAN 70.3 World Championship on IRONMAN now – The Facebook Watch Channel of IRONMAN. Live coverage for a social audience on Facebook, incorporating viewer interaction through real-time polls, fan engagement and discussion, and user generated content from spectators on the course.

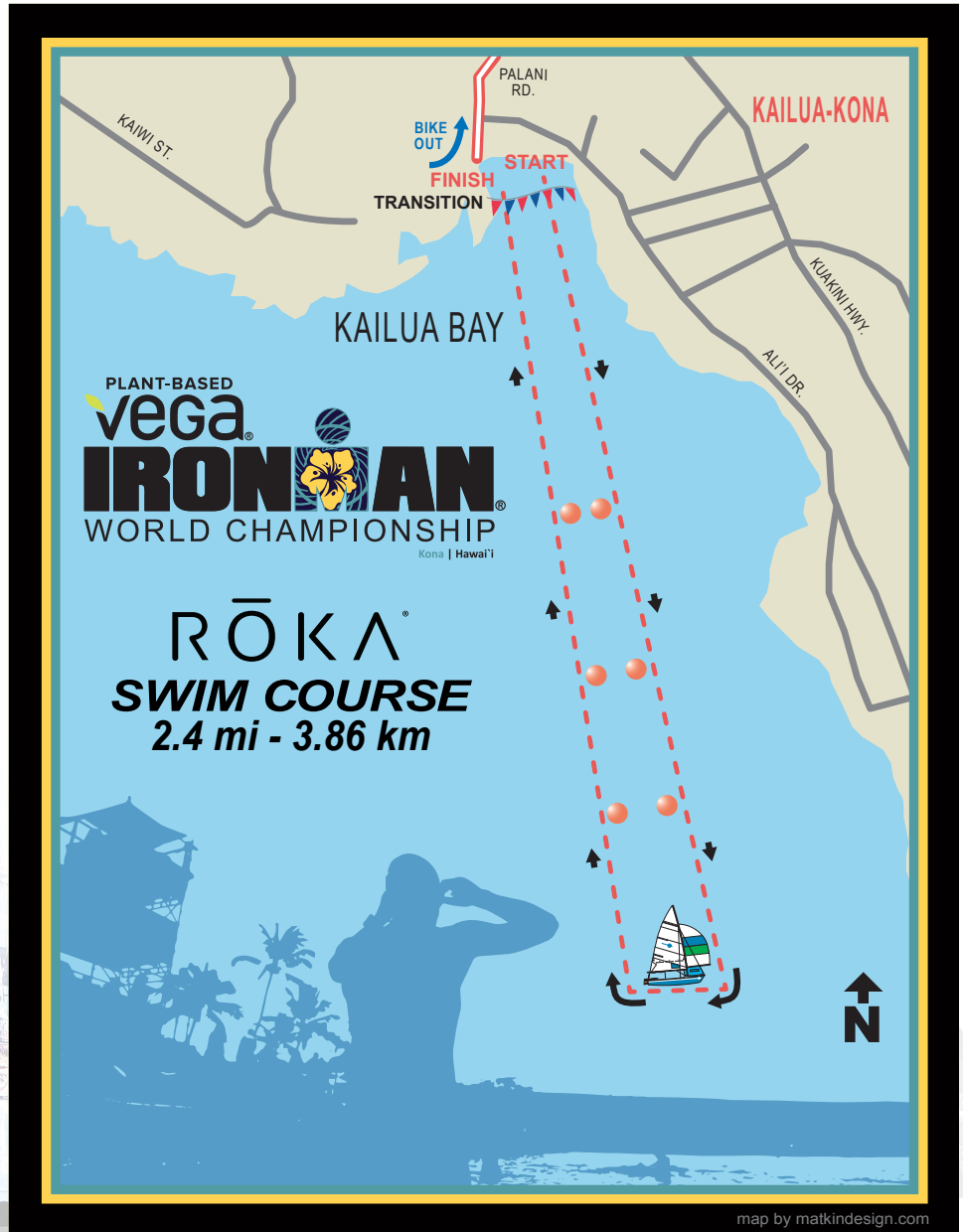
[Visit Facebook.com/IRONMANnow](https://www.facebook.com/IRONMANnow)

SWIM COURSE:

2.4 miles / 3.86 km

The swim course is an elongated rectangle, more than one mile long and 100 yards wide. It starts on the east side of the Kailua Pier, goes south 1.2 miles and returns to the pier. Athletes must swim in a clockwise direction, keep all marker buoys on their right and swim around the turnaround buoy. The start line will be in the water approximately 60 yards from shore. The swim finish line will be accentuated by one or more colorful "targets." Lane lines will mark the channel to the swim exit. Even with these race day targets, it is highly recommended that for training and even during the race, athletes use the King Kamehameha's Kona Beach Hotel as their reference.

The water temperature is expected to be 79 degrees Fahrenheit. There is usually no surf, but athletes may encounter small swells parallel to the course. Wind chop does not usually occur early in the morning. Currents vary, but are usually weak when moving across the course.



BIKE COURSE:

112 miles / 180.2 km

The bike course begins as athletes exit the transition area, located at Kailua Pier. Athletes will travel up Palani Road to Kuakini Highway, then left on to Kuakini Highway (toward the Old Airport Park). Athletes will next make a right turn on to Makala Boulevard traveling toward the Queen Ka'ahumanu Highway. Athletes turn right on the Queen Ka'ahumanu Highway to Palani Road and make a right turn on to Palani Road. (Please note: The Palani Road descent is a NO PASS ZONE. Penalties will be issued to aggressive cyclists.) Athletes make a left turn on to Kuakini Highway to Kahakai Estates Subdivision and return back along Kuakini to Palani Road. Athletes turn right up Palani and then left on to the Queen Ka'ahumanu Highway and travel north to Hawi. Along the route, the terrain is rolling with several quarter- to one-mile hills that reach a maximum grade of about six percent (six foot rise for each 100 feet of distance).

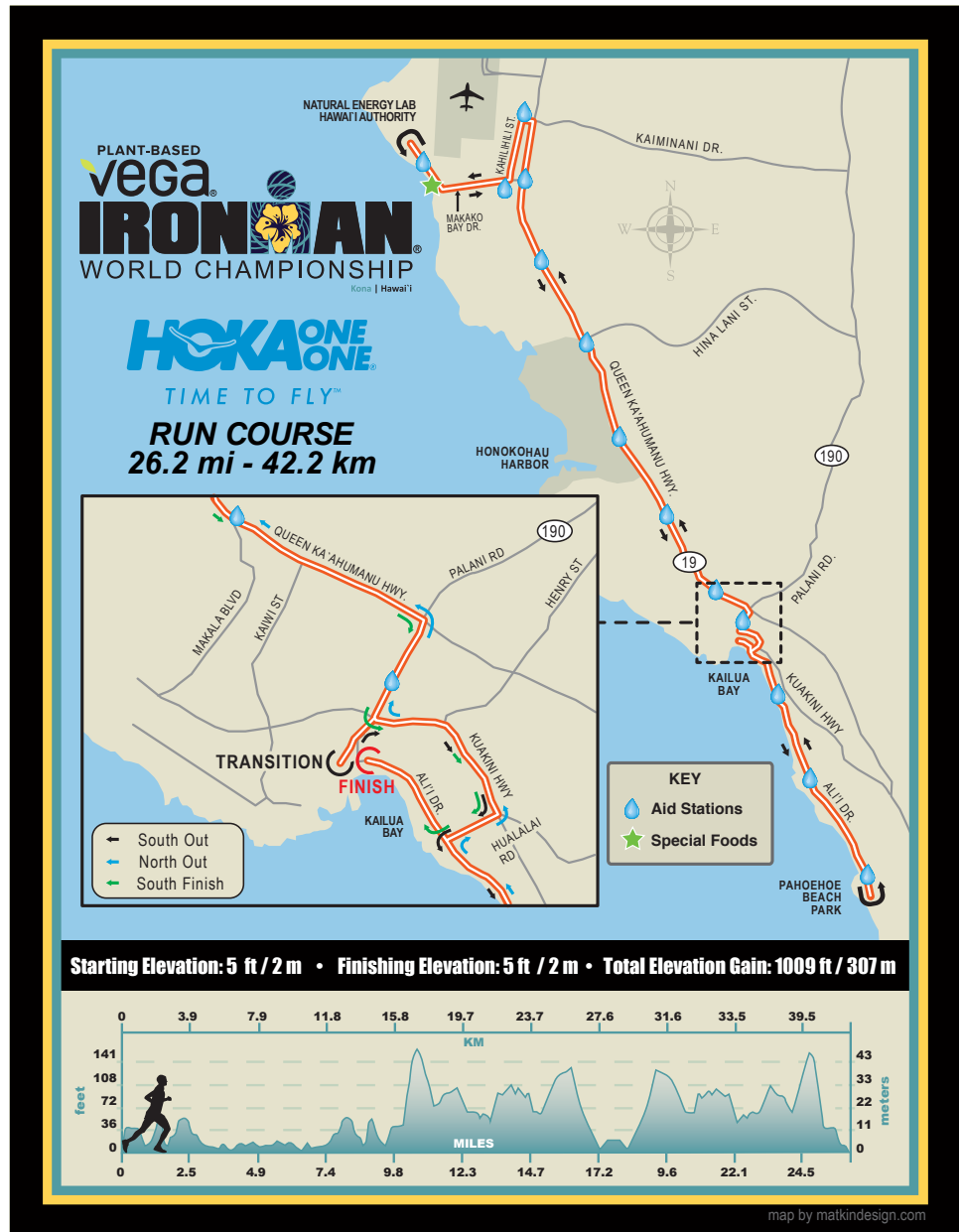
The bike turnaround is located in Hawai'i and is one of the official checkpoints on the course. After the turnaround, athletes will head back toward town along the Queen Ka'ahumanu Highway, all the way to Makala Boulevard. Athletes turn right on Makala Boulevard to Kuakini Highway and turn left on Kuakini Highway to Palani Road. Finally, athletes turn right on Palani Road and continue to the transition area. The first aid station is located 15.2 miles out and additional aid stations will be located approximately every seven miles after that along the bike course.



RUN COURSE:

26.2 miles / 42.2 km

To begin the marathon, athletes will exit transition and travel up Palani Road then right on to Kuakini Highway to Hualalai Road. Athletes turn right on Hualalai Road then left on to Ali'i Drive, continuing south on Ali'i Drive to St. Peters Church near Kahalu'u Beach. This is the run turnaround and one of the official timing checkpoints on the run course. After completing the turnaround, athletes head north on Ali'i Drive to Hualalai Road. Athletes turn right on Hualalai Road to Kuakini Highway and then turn left. Proceeding north on Kuakini Highway to Palani Road, athletes turn right on Palani Road to Queen Ka'ahumanu Highway. Athletes travel left on to the Queen Ka'ahumanu Highway to Natural Energy Road at the Natural Energy Lab of Hawai'i Authority (NELHA); travel in and out of Natural Energy Road and back onto the Queen Ka'ahumanu Highway toward town. Athletes turn right on Palani Road, left on Kuakini Highway, right on Hualalai and left on Ali'i Drive to the finish line! Aid stations will be located approximately one mile apart along the course.



THE QUALIFYING SERIES:

Process

Athletes gain entry into the IRONMAN World Championship in a variety of ways: by earning a slot at one of the qualifying events held worldwide, through the IRONMAN Legacy Program, or by winning a slot through IRONMAN's charitable eBay Auction.

Qualifying races are one of two distances: 1.2-mile swim / 56-mile bike / 13.1-mile run or 2.4-mile swim / 112-mile bike / 26.2-mile run. Official qualifying events award IRONMAN World Championship slots to the top age group finishers, with select races also awarding professional Kona Qualifying Points for professional athletes

EVENT	RACE DATE	LOCATION
IRONMAN Vichy	8/26/2018	Vichy, France
IRONMAN Wisconsin	9/9/2018	Madison, WI
IRONMAN Wales	9/9/2018	Tenby, Wales
IRONMAN Gurye Korea	9/9/2018	Guyre, Korea
IRONMAN 70.3 Superfrog	9/16/2018	Imperial Beach, CA
IRONMAN Italy Emilia-Romagna	9/22/2018	Italy
IRONMAN 70.3 Chongqing	9/23/2018	Chongqing, CHINA
IRONMAN Maryland	9/29/2018	Cambridge, MD
Little Debbie IRONMAN Chattanooga Presented By Mckee A Family Bakery	9/30/2018	Chattanooga, TN
IRONMAN Barcelona	10/7/2018	Calella, Spain
IRONMAN Taiwan	10/7/2018	Penghu, Taiwan
IRONMAN Louisville	10/14/2018	Louisville, KY
IRONMAN 70.3 Shanghai	10/21/2018	Shanghai, China
IRONMAN Florida	11/3/2018	Panama City Beach, FL
IRONMAN Malaysia	11/17/2018	Langkawi, Malaysia
IRONMAN 70.3 Xiamen	11/18/2018	Xiamen, China
IRONMAN Arizona	11/18/2018	Tempe, AZ
MAZDA IRONMAN Cozumel	11/18/2018	Cozumel, Mexico
IRONMAN South American Championship	12/2/2018	Argentina
IRONMAN Western Australia	12/2/2018	Busselton, WA Australia
IRONMAN 70.3 Middle East Championship Bahrain	12/8/2018	Manama, Bahrain
Nutri-Grain IRONMAN New Zealand	3/2/2019	Taupo, New Zealand
Standard Bank IRONMAN African Championship South Africa	4/7/2019	Port Elizabeth, S. Africa
IRONMAN 70.3 Liuzhou	4/13/2019	CHINA
Memorial Hermann IRONMAN North America Championship	4/27/2019	The Woodlands, TX
IRONMAN Australia	5/5/2019	Port Macquarie, NSW Australia

THE QUALIFYING SERIES (CONT.):

EVENT	RACE DATE	LOCATION
IRONMAN Santa Rosa	5/5/2019	Santa Rosa, CA
Club La Santa IRONMAN Lanzarote	5/11/2019	Lanzarote, Canary Islands
IRONMAN Brazil	5/25/2019	Florianopolis, Brazil
IRONMAN 70.3 Hawai'i	5/26/2019	Honu, Hawaii
Century Tuna IRONMAN 70.3 Subic Bay Philippines	6/1/2019	Subic Bay, Philippines
IRONMAN 70.3 Cairns	6/2/2019	Cairns, QLD Australia
Cairns Airport IRONMAN Asia-Pacific Championship Cairns	6/9/2019	Cairns, QLD Australia
IRONMAN Boulder	6/9/2019	Boulder, CO
IRONMAN 70.3 Luxembourg - Region Moselle	6/9/2019	Luxembourg
IRONMAN Ireland, Cork	6/16/2019	Cork, Ireland
IRONMAN France	6/23/2019	Nice, France
IRONMAN 70.3 Lubbock	6/30/2019	Lubbock, TX
Mainova IRONMAN European Championship Frankfurt	6/30/2019	Frankfurt, Germany
IRONMAN Austria-Karnten	6/30/2019	Klagenfurt, Austria
IRONMAN UK	7/7/2019	Bolton, England
IRONMAN Vitoria-Gasteiz	7/14/2019	Vitoria, Spain
IRONMAN Switzerland	7/14/2019	Zurich, Switzerland
ViewSPORT IRONMAN Lake Placid	7/21/2019	Lake Placid, NY
Subaru IRONMAN Canada	7/28/2019	Whistler, BC Canada
IRONMAN Hamburg	7/28/2019	Hamburg, Germany
IRONMAN Haugesund	7/28/2019	Haugesund, Norway
IRONMAN Tallinn	7/30/2019	Tallinn, Estonia
IRONMAN Qujing 70.3	8/3/2019	CHINA
IRONMAN Kalmar	8/5/2019	Kalmar, Sweden
KMD IRONMAN Copenhagen	8/17/2019	Copenhagen, Denmark
Subaru IRONMAN Mont-Tremblant PresentedBy Sportium	8/18/2019	Mont-Tremblant, QC Canada



PROFESSIONAL PRIZE PURSE:

2018

2018 Professional Prize Purse:

First	Patrick Lange Daniela Ryf	Prize: \$120,000 Prize: \$120,000
Second	Bart Aernouts Lucy Charles-Barclay	Prize: \$60,000 Prize: \$60,000
Third	David Mcnamee Anne Haug	Prize: \$40,000 Prize: \$40,000
Fourth	Tim O'Donnell Sarah True	Prize: \$22,500 Prize: \$22,500
Fifth	Braden Currie Mirinda Carfrae	Prize: \$19,000 Prize: \$19,000
Sixth	Matt Russell Sarah Crowley	Prize: \$16,000 Prize: \$16,000
Seventh	Joe Skipper Kaisa Sali	Prize: \$14,000 Prize: \$14,000
Eighth	Andy Potts Angela Naeth	Prize: \$12,500 Prize: \$12,500
Ninth	Cameron Wurf Corinne Abraham	Prize: \$11,000 Prize: \$11,000
Tenth	Michael Weiss Linsey Corbin	Prize: \$10,000 Prize: \$10,000

The 2018 IRONMAN World Championship brought to you by Amazon professional prize purse consisted of \$650,000 that was distributed among the top ten male and female finishers.

In 2018 IRONMAN World Championship brought to you by Amazon professional prize purse will again be \$650,000 and will be distributed among the top ten male and female finishers.

SUPPORT REQUIREMENTS:

The numbers are astounding. More than 650,000 items must be set-up, put together, washed, cleaned, picked up or disposed of for the IRONMAN World Championship.

Supplies

343,000 paper cups
56,000 sponges
8,000 bike bottles
12,000 feet of mesh fencing
21,000 safety pins
18,486 gear bags
407 tables & 4,000 chairs
3,500 towels
3,000+ wrist bands
8,700 feet of metal barricades
1,200 trash cans
2,400 swim caps
2,400 run numbers
2,400 bike numbers
52 jars of petroleum jelly
11 gallons of BullFrog sunscreen
2,400 bike racks
100 massage tables
171 coolers
75 chaise lounges
130 luas
223 ice chests
75 tents
100 computers
12 bleachers
50 printers
35,000 sq. ft. of carpeting

Food & Drink

103,179 bottles of water
16,536 cans of soda
6,880 liters of soda
39,288 bottles of Gatorade Endurance
86 tons of ice
28,560 oz of chicken broth
13,008 packets of GU/Roctane
9,000 packets of Chomps
11,900 Clif Bars
75 cases of bananas
63 cases of oranges
1,350 bread rolls
147 lbs of pretzels
12,888 cans of Red Bull energy drink

Personnel

30,000 spectators
5,000 volunteers
2,350 triathletes
300 security
350 journalists
150 police
5 on-site announcers

Communications

200 cellular phones
40 landline phones
9 fax machines

Vehicles

55 motorcycles
50 surfboards
30+ vans
25 patrol boats and kayaks
25+ cars
20+ trucks
12 shuttles

Promotion

2,350 medals
10,000 race programs
7,000 posters
2,500 badges
165 trophies

Television

15 portable cameras
12 drivers
4 motorcycle cameras
1 camera-equipped helicopter
1 crane
1 jib





RECYCLING PROCESS:

Recycling during the IRONMAN World Championship is a massive undertaking, with hundreds of thousands of items recycled each year. These items consist of bike bottles, sports drink bottles, water bottles, cola cans, cardboard boxes, paper cups and much more. Under the direction of Rosalind Butterfield, recycling coordinator for IRONMAN volunteers ensure that recycling is an essential part of the World Championship race operations.

Along the 140.6-mile course and in the transition areas, volunteers collect all discarded items used in the race. The discarded items are sorted, broken down and placed into plastic bags. After the last athlete has cleared the bike course, "sweep" trucks start the gathering process. The sweep caravan collects all the trash and recyclable paper, plastic and cardboard and transports it to the recycle center where it undergoes a further sort. Last year the recyclable materials from the course alone filled two 40-foot shipping containers. More than 98 percent of the discarded materials on the course were recycled.

Recycling is also an emphasis for special race week events such as the E Komo Mai (Welcome) Banquet, the Banquet of Champions and the Mahalo Party. To ensure all bottles are recycled, Butterfield enlists members of various charitable non-profit organizations to collect bottles from tables and stand recycle and trash containers to help people place items into the right container.

The IRONMAN World Championship team not only gives back to Hawaii through its recycling efforts, but also to its many charitable organizations. The various organizations that help staff race week events and race day aid stations are encouraged to take all of the used "HI-5" redeemable items and keep the profits for their groups, making it a win-win for everyone. Last year approximately 31,608 cans and 127,215 bottles were recycled.

The recycling program is one of the ways IRONMAN continues to show its commitment and support for the Hawai'i Island Community by helping preserve the environment and beauty of Hawai'i for years to come.



COUNTRIES REPRESENTED:

1978-2018

ALBANIA	FIJI	MALTA	SPAIN
ALGERIA	FINLAND	MARTINIQUE	SRI LANKA
AMERICAN SAMOA	FRANCE	MEXICO	ST. KITTS & NEVIS
ANDORRA	FRENCH GUIANA	MONACO	SWAZILAND
ANTIGUA	FRENCH POLYNESIA	MONTENEGRO	SWEDEN
ARGENTINA	GERMANY	MOROCCO	SWITZERLAND
ARMENIA	GIBRALTAR	NAMIBIA	SYRIA
AUSTRALIA	GRANADA	NETHERLANDS	TAHITI
AUSTRIA	GREECE	NEW CALEDONIA	TAIWAN
BAHAMAS	GREENLAND	NEW ZEALAND	THAILAND
BAHRAIN	GUADELOUPE	NORWAY	TRINIDAD & TOBAGO
BARBADOS	GUAM	OMAN	TUNISIA
BELARUS	GUATEMALA	PANAMA	TURKEY
BELGIUM	HONDURAS	PARAGUAY	TURKMENISTAN
BERMUDA	HONG KONG	PERU	UKRAINE
BOLIVIA	HUNGARY	PHILIPPINES	UNITED ARAB EMIRATES
BOTSWANA	ICELAND	POLAND	UNITED KINGDOM
BRAZIL	INDIA	PORTUGAL	UNITED STATES OF AMERICA
CANADA	INDONESIA	PUERTO RICO	URUGUAY
CAYMAN ISLANDS	IRAN	QATAR	UZBEKISTAN
CHILE	IRELAND	REUNION	VENEZUELA
CHINA	ISLE OF MAN	ROMANIA	VIETNAM
CHINESE TAIPEI	ISRAEL	RUSSIAN FEDERATION	VIRGIN ISLANDS
COLOMBIA	ITALY	SAIPAN	WESTERN SAMOA
COSTA RICA	JAMAICA	SAUDI ARABIA	YUGOSLAVIA
CROATIA	JAPAN	SEYCHELLES	ZAIRE (NOW REFERRED
CYPRUS	KAZAKSTAN	SERBIA	TO AS DEMOCRATIC REPUBLIC
CZECH REPUBLIC	KOREA	SIERRA LEONE	OF THE CONGO)
DENMARK	LATVIA	SINGAPORE	ZIMBABWE
ECUADOR	LEBANON	SLOVAKIA	
EGYPT	LIECHTENSTEIN	SLOVENIA	
EL SALVADOR	LITHUANIA	SOUTH AFRICA	
ESTONIA	LUXEMBOURG	SOUTH KOREA	
	MALAYSIA		

COURSE BESTS:

Fastest Course Times



Swim

2018 - Jan Sibbersen (DEU) 46:29

2018- Lucy Charles-Barclay (GBR) 48:14

Bike

2018 - Cameron Wurf (AUS) 4:09:06

2018 - Daniela Ryf (CHE) 4:26:07

Run

2018 - Patrick Lange (DEU) 7:52:39

2018 - Daniela Ryf (CHE) 8:26:18

Course Bests

2018 - Patrick Lange (DEU) 7:52:39

2018 - Daniela Ryf (CHE) 8:26:18

TOP TEN ALL-TIME FINISHES:

MEN

Finish Time	Name	Representing	Year
7:52:39	Patrick Lange	DEU	2018
7:56:41	Bart Aernouts	BEL	2018
8:01:09	David McNamee	GBR	2018
8:01:40	Patrick Lange	DEU	2017
8:03:17	Tim O'Donnell	USA	2018
8:03:56	Craig Alexander	AUS	2011
8:04:07	Lionel Sanders	CAN	2017
8:04:08	Luc Van Lierde	BEL	1996
8:04:41	Branden Currie	NZL	2018
8:04:45	Matt Russell	USA	2018

WOMEN

Finish Time	Name	Representing	Year
8:26:18	Daniela Ryf	CHE	2018
8:36:34	Lucy Charles-Barlcaj	GBR	2018
8:41:58	Anne Haug	DEU	2018
8:43:43	Sarah True	USA	2018
8:46:46	Daniela Ryf	CHE	2016
8:50:45	Mirinda Carfrae	AUS	2018
8:50:47	Daniela Ryf	CHE	2017
8:52:14	Mirinda Carfrae	AUS	2013
8:52:30	Sarah Crowley	AUS	2018
8:54:02	Chrissie Wellington	GBR	2018

* Course Bests

Note: Outlined above are the top ten finish times.

The times presented here are not necessarily first place finishers.

TOP TEN ALL-TIME:

Swims

MEN

Swim Time	Name	Representing	Year
46:29	Jan Sibbersen	DEU	2018
46:41*	Lars Jorgensen	USA	1998
46:44	Lars Jorgensen	USA	1995
46:50	Jan Sibbersen	DEU	2003
47:01	Noa Sakamoto	USA	2008
47:02	John Flanagan	USA	2008
47:04	Jan Sibbersen	DEU	2004
47:09	Josh Amberger	AUS	2017
47:15	Hiroki Hikida	JPN	2003
47:39	Bradford Hinshaw	USA	1986

WOMEN

Swim Time	Name	Representing	Year
48:14	Lucy Charles-Barclay	GBR	2018
48:43*	Jodi Jackson	USA	1999
48:48	Lucy Charles	GBR	2017
48:53	Lauren Brandon	USA	2017
49:11	Wendy Ingraham	USA	1998
49:51	Barb Lindquist	USA	2000
49:52	Wendy Ingraham	USA	1997
49:57	Ute Mueckel	DEU	1997
50:28	Wendy Ingraham	USA	1999
50:28	Monica Caplan	USA	2003

* Course Bests

Note: Outlined above are the top ten swim times.
The times presented here are not necessarily first place finishers.

TOP TEN ALL-TIME:

Bikes



Time
4:12:54
4:13:55
4:14:19
4:14:57
4:15:17

WOMEN	
Time	Bike Time
4:26:07	
4:38:10	
4:38:16	
4:42:25	
4:43:09	
4:43:50	
4:44:20	
4:44:31	
4:44:45	
4:44:59	

Name	Representing	Year
Cameron Wurf	AUS	2018
Michael Weiss	AUT	2018
Andrew Starykowicz	USA	2018
Bart Aernouts	BEL	2018
David Plese	SVN	2018
Cameron Wurf	AUS	2017
Matt Russell	USA	2018
Lionel Sanders	CAN	2017
Sabastian Kienle	DEU	2017
Andreas Dreitz	DEU	2018

Name	Representing	Year
Daniela Ryf	CHE	2018
Lucy Charles Barclay	GBR	2018
Corinne Abraham	GBR	2018
Angela Naeth	CAN	2018
Sarah Crowley	AUS	2018
Mareen Hufe	GIB	2018
Karin Thuerig	SUI	2011
Kaisa Sali	FIN	2018
Heather Jackson	USA	2018
Lisa Huetthaler	AUT	2018

* Course Best
 * Until 1998, bike splits included both T1 and T2 transition times. Bike splits from 1998 forward reflect the actual bike time only.
 Note: Outlined above are the top ten bike times.
 The times presented here are not necessarily first place finishers.



TOP TEN ALL-TIME:

Runs

MEN

Run Time	Name	Representing	Year
2:39:45	Patrick Lange	DEU	2016
2:39:59	Patrick Lange	DEU	2017
2:40:04	Mark Allen	USA	1989
2:41:03	Dave Scott	USA	1989
2:41:05	Pete Jacobs	AUS	2010
2:41:31	Patrick Lange	DEU	2018
2:41:48	Luc Van Lierde	BEL	1996
2:41:57	Olivier Bernhard	CHE	1999
2:41:59	Craig Alexander	AUS	2010
2:42:05	Chris McCormack	AUS	2007

WOMEN

Run Time	Name	Representing	Year
2:50:26*	Mirinda Carfrae	AUS	2014
2:50:38	Mirinda Carfrae	AUS	2013
2:52:09	Mirinda Carfrae	AUS	2011
2:52:41	Chrissie Wellington	GBR	2011
2:53:32	Mirinda Carfrae	AUS	2010
2:53:51	Caitlin Snow	USA	2011
2:55:20	Anne Haug	DEU	2018
2:56:04	Caitlin Snow	USA	2010
2:56:51	Miranda Carfrae	AUS	2009
2:56:51	Daniela Ryf	CHE	2016

* Course Best

Note: Outlined above are the top ten run times.

The times presented here are not necessarily first place finishers.

WINNING TIMES RECAP:

(First Place : Men)
1978-2018

Year	Name	Swim	Bike	Run	Total
2018	Patrick Lange	50:37	4:16:04	2:41:31	7:52:39
2017	Patrick Lange	48:45	4:28:53	2:39:59	8:01:40
2016	Jan Frodeno	48:02	4:29:00	2:46:34	8:06:30
2015	Jan Frodeno	50:50	4:27:27	2:52:21	8:14:40
2014	Sebastian Kienle	54:38	4:20:46	2:54:36	8:14:18
2013	Frederik Van Lierde	51:02	4:25:35	2:51:18	8:12:29
2012	Pete Jacobs	51:28	4:35:15	2:48:05	8:18:37
2011	Craig Alexander	51:56	4:24:05	2:44:03	8:03:56*
2010	Chris McCormack	51:36	4:31:50	2:43:31	8:10:37
2009	Craig Alexander	50:57	4:37:33	2:48:05	8:20:21
2008	Craig Alexander	51:43	4:37:19	2:45:01	8:17:45
2007	Chris McCormack	51:48	4:37:32	2:42:02	8:15:34
2006	Normann Stadler	54:05	4:18:23	2:55:03	8:11:56
2005	Faris Al-Sultan	49:54	4:25:24	2:54:51	8:14:17
2004	Normann Stadler	54:27	4:37:58	2:57:53	8:33:29
2003	Peter Reid	50:36	4:40:04	2:47:38	8:22:35
2002	Timothy DeBoom	52:02	4:45:21	2:50:22	8:29:56
2001	Timothy DeBoom	52:01	4:48:17	2:45:54	8:31:18
2000	Peter Reid	51:45	4:39:32	2:48:10	8:21:00
1999	Luc Van Lierde	50:38	4:41:26	2:42:46	8:17:17
1998	Peter Reid	52:04	4:42:23	2:47:31	8:24:20
1997	Thomas Hellriegel	53:08	4:47:57	2:51:56	8:33:01
1996	Luc Van Lierde	51:36	4:30:44	2:41:48	8:04:08
1995	Mark Allen	51:50	4:46:35	2:42:09	8:20:34
1994	Greg Welch	50:22	4:41:07	2:48:58	8:20:27
1993	Mark Allen	50:40	4:29:00	2:48:05	8:07:45
1992	Mark Allen	51:27	4:35:23	2:42:18	8:09:08
1991	Mark Allen	50:14	4:46:07	2:42:09	8:18:32
1990	Mark Allen	51:43	4:43:45	2:52:48	8:28:17
1989	Mark Allen	51:17	4:37:52	2:40:04	8:09:15
1988	Scott Molina	51:28	4:36:50	3:02:42	8:31:00
1987	Dave Scott	50:57	4:53:48	2:49:26	8:34:13
1986	Dave Scott	50:53	4:48:32	2:49:11	8:28:37
1985	Scott Tinley	55:13	4:54:07	3:01:33	8:50:54
1984	Dave Scott	50:21	5:10:59	2:53:00	8:54:20
1983	Dave Scott	50:52	5:10:48	3:04:16	9:05:57
1982 †	Dave Scott	50:52	5:10:16	3:07:15	9:08:23
1982 †	Scott Tinley	1:10:45	5:05:11	3:03:45	9:19:41
1981	John Howard	1:11:12	5:03:29	3:23:48	9:38:29
1980	Dave Scott	51:00	5:03:00	3:30:33	9:24:33
1979	Tom Warren	1:06:15	6:19:00	3:51:00	11:15:56
1978	Gordon Haller	1:20:40	6:56:00	3:30:00	11:46:58

WINNING TIMES RECAP:

(First Place :Women) 1978-2018

Year	Name	Swim	Bike	Run	Total
2018	Daniela Ryf	57:27	4:26:07	2:57:05	8:26:18
2017	Daniela Ryf	53:10	4:53:10	3:00:02	8:50:47
2016	Daniela Ryf	52:50	4:52:26	2:56:51	8:46:46
2015	Daniela Ryf	56:14	4:50:46	3:06:37	8:57:57
2014	Mirinda Carfrae	1:00:14	5:05:48	2:50:26	9:00:55
2013	Mirinda Carfrae	58:50	4:58:20	2:50:38	8:52:14*
2012	Leanda Cave	56:03	5:12:06	3:03:13	9:15:54
2011	Chrissie Wellington	1:01:03	4:56:53	2:52:41	8:55:08
2010	Mirinda Carfrae	55:53	5:04:59	2:53:32	8:58:36
2009	Chrissie Wellington	54:31	4:52:07	3:03:06	8:54:02
2008	Chrissie Wellington	56:20	5:08:16	2:57:44	9:06:23
2007	Chrissie Wellington	58:09	5:06:15	2:59:58	9:08:45
2006	Michellie Jones	54:29	5:06:09	3:13:08	9:18:31
2005	Natascha Badmann	1:02:30	4:52:00	3:06:25	9:09:30
2004	Natascha Badmann	1:01:36	5:31:37	3:11:45	9:50:04
2003	Lori Bowden	56:51	5:09:00	3:02:10	9:11:55
2002	Natascha Badmann	59:40	4:52:26	3:12:58	9:07:54
2001	Natascha Badmann	59:55	5:16:07	3:09:33	9:28:37
2000	Natascha Badmann	58:04	5:06:42	3:19:02	9:26:16
1999	Lori Bowden	1:02:23	5:08:30	2:59:16	9:13:02
1998	Natascha Badmann	56:02	5:10:00	3:14:50	9:24:16
1997	Heather Fuhr	1:01:47	5:23:11	3:06:45	9:31:43
1996	Paula Newby-Fraser	55:30	5:01:34	3:09:45	9:06:49
1995	Karen Smyers	53:37	5:17:49	3:05:20	9:16:46
1994	Paula Newby-Fraser	54:19	5:02:25	3:23:30	9:20:14
1993	Paula Newby-Fraser	53:29	4:48:30	3:16:24	8:58:23
1992	Paula Newby-Fraser	53:30	4:56:34	3:05:24	8:55:28
1991	Paula Newby-Fraser	54:59	5:05:47	3:07:05	9:07:52
1990	Erin Baker	56:37	5:12:52	3:04:13	9:13:42
1989	Paula Newby-Fraser	54:19	5:01:00	3:05:37	9:00:56
1988	Paula Newby-Fraser	56:38	4:57:13	3:07:09	9:01:01
1987	Erin Baker	57:42	5:26:34	3:11:08	9:35:25
1986	Paula Newby-Fraser	57:03	5:32:05	3:20:05	9:49:14
1985	Joanne Ernst	1:01:42	5:39:13	3:44:26	10:25:22
1984	Sylviane Puntous	1:00:45	5:50:36	3:33:51	10:25:13
1983	Sylviane Puntous	1:00:28	6:20:40	3:22:28	10:43:36
1982 †	Julie Leach	1:04:57	5:50:36	3:58:35	10:54:08
1982 †	Kathleen McCartney	1:32:00	5:51:12	3:46:28	11:09:40
1981	Linda Sweeney	1:02:07	6:53:28	4:04:57	12:00:32
1980	Robin Beck	1:20:00	6:05:00	3:56:24	11:21:24
1979	Lyn Lemaire	1:16:20	6:30:00	5:10:00	12:55:38

TOP 10 SMALLEST MARGINS OF VICTORY:

MEN

Year	First/Second Place	Margin of Victory
1983	1 Dave Scott (USA) 2 Scott Tinley (USA)	00:00:33
1989	1 Mark Allen (USA) 2 Dave Scott (USA)	00:00:58
2006	1 Normann Stadler (DEU) 2 Chris McCormack (AUS)	00:01:11
2010	1 Chris McCormack (AUS) 2 Andreas Raelert (DEU)	00:01:40
1996	1 Luc Van Lierde (BEL) 2 Thomas Hellriegel (DEU)	00:01:59
2000	1 Peter Reid (CAN) 2 Tim DeBoom (USA)	00:02:09
1988	1 Scott Molina (USA) 2 Mike Pigg (USA)	00:02:11
1995	1 Mark Allen (USA) 2 Thomas Hellriegel (DEU)	00:02:25
2017	1. Patrick Lange (DEU) 2. Lionel Sanders (CAN)	00:02:27
2009	1 Craig Alexander (AUS) 2 Chris Lieto (USA)	00:02:35

WOMEN

Year	First/Second Place	Margin of Victory
February 1982	1 Kathleen McCartney (USA) 2 Julie Moss (USA)	00:00:29
2012	1 Leanda Cave (GBR) 2 Caroline Steffen (SWI)	00:01:04
1987	1 Erin Baker (NZL) 2 Sylviane Puntous (CAN)	00:01:32
1985	1 Joanne Ernst (USA) 2 Elizabeth Bulman (USA)	00:01:33
2014	1 Mirinda Carfrae (AUS) 2 Daniela Ryf (CHE)	00:02:02
1984	1 Sylviane Puntous (CAN) 2 Patricia Puntous (CAN)	00:02:15
2005	1 Natascha Badmann (SUI) 2 Michelle Jones (USA)	00:02:21
2000	1 Natascha Badmann (SUI) 2 Lori Bowden (CAN)	00:02:48
2011	1 Chrissie Wellington (GBR) 2 Mirinda Carfrae (AUS)	00:02:49
1998	1 Natascha Badmann (SUI) 2 Lori Bowden (CAN)	00:03:03

TOP FIVE:

Most Recorded Kona Finishes

MEN

Place	Name	Representing	Number
1st	Ken Glah	USA	21
2nd	Scott Tinley	USA	19
3rd	Mark Allen	USA	11
4th	Dave Scott	USA	10
5th	Peter Reid	CAN	9

WOMEN

Place	Name	Representing	Number
1st	Fernanda Keller	BRA	23
2nd	Paula Newby-Fraser	USA*	16
3rd	Natascha Badmann	SUI	13
4th	Wendy Ingraham	USA	12
5th	Heather Fuhr	CAN	12

*Newby-Fraser represented Zimbabwe until 1996, when she became a naturalized American citizen.

STARTERS AND FINISHERS

1978-2018

Year	Male		Female		Total	
	Start	Finish	Start	Finish	Start	Finish
2018	1,723	1,669	662	638	2,385	2,307
2017	1,696	1,604	672	627	2,368	2,231
2016	1,612	1,548	691	659	2,306	2,211
2015	1,654	1,558	647	597	2,301	2,155
2014	1,570	1,423	625	564	2,195	1,987
2013	1,523	1,453	547	525	2,070	1,978
2012	1,426	1,359	558	524	1,984	1,883
2011	1,360	1,297	499	476	1,859	1,773
2010	1,359	1,301	489	469	1,849	1,771
2009	1,288	1,200	489	453	1,780	1,653
2008	1,276	1,179	475	457	1,733	1,636
2007	1,305	1,232	485	453	1,791	1,685
2006	1,243	1,198	453	429	1,691	1,622
2005	1,278	1,243	466	445	1,745	1,688
2004	1,297	1,192	431	387	1,730	1,572
2003	1,252	1,200	397	375	1,649	1,575
2002	1,227	1,116	380	341	1,607	1,457
2001	1,124	1,056	344	308	1,468	1,364
2000	1,203	1,128	328	299	1,531	1,427
1999	1,180	1,141	291	278	1,471	1,419

Year	Male		Female		Total	
	Start	Finish	Start	Finish	Start	Finish
1998	1,183	1,100	304	279	1,487	1,379
1997	1,189	1,101	290	264	1,479	1,365
1996	1,133	1,038	288	251	1,421	1,289
1995	1,163	1,068	278	260	1,441	1,328
1994	1,131	1,047	274	243	1,405	1,290
1993	1,179	1,109	259	244	1,438	1,353
1992	1,091	1,037	273	261	1,364	1,298
1991	1,115	1,063	264	249	1,379	1,312
1990	1,130	1,013	257	223	1,387	1,236
1989	1,024	983	261	248	1,285	1,231
1988	1,009	949	266	240	1,275	1,189
1987	1,115	1,040	266	243	1,381	1,283
1986	829	763	210	188	1,039	951
1985	829	792	189	173	1,018	965
1984	878	767	158	136	1,036	903
1983	836	720	128	115	964	835
1982†	758	690	92	85	850	775
1982†	531	494	49	47	580	541
1981	306	283	20	16	326	299
1980	106	93	2	2	108	95
1979	14	11	1	1	15	12
1978	15	12	0	0	15	12

† Two races took place in 1982 (February and October)



WIN TIMES RANKED:

(Men)

1978-2018

Total Time	Name	Representing	Year
7:52:39	Patrick Lange	DEU	2018
8:01:40	Patrick Lange	DEU	2017
8:03:56*	Craig Alexander	AUS	2011
8:04:08	Luc Van Lierde	BEL	1996
8:06:30	Jan Frodeno	DEU	2016
8:07:45	Mark Allen	USA	1993
8:09:08	Mark Allen	USA	1992
8:09:15	Mark Allen	USA	1989
8:10:37	Chris McCormack	AUS	2010
8:11:56	Normann Stadler	DEU	2006
8:12:29	Frederik Van Lierde	BEL	2013
8:14:17	Faris Al-Sultan	DEU	2005
8:14:18	Sebastian Kienle	DEU	2014
8:14:40	Jan Frodeno	DEU	2015
8:15:34	Chris McCormack	AUS	2007
8:17:17	Luc Van Lierde	BEL	1999
8:17:45	Craig Alexander	AUS	2008
8:18:32	Mark Allen	USA	1991
8:18:37	Pete Jacobs	AUS	2012
8:20:21	Craig Alexander	AUS	2009
8:20:27	Greg Welch	AUS	1994
8:20:34	Mark Allen	USA	1995
8:21:00	Peter Reid	CAN	2000
8:22:35	Peter Reid	CAN	2003
8:24:20	Peter Reid	CAN	1998
8:28:17	Mark Allen	USA	1990
8:28:37	Dave Scott	USA	1986
8:29:56	Timothy DeBoom	USA	2002
8:31:00	Scott Molina	USA	1988
8:31:18	Timothy DeBoom	USA	2001
8:33:01	Thomas Hellriegel	DEU	1997
8:33:29	Normann Stadler	DEU	2004
8:34:13	Dave Scott	USA	1987
8:50:54	Scott Tinley	USA	1985
8:54:20	Dave Scott	USA	1984
9:05:57	Dave Scott	USA	1983
9:08:23	Dave Scott	USA	1982†
9:19:41	Scott Tinley	USA	1982†
9:24:33	Dave Scott	USA	1980
9:38:29	John Howard	USA	1981
11:15:56	Tom Warren	USA	1979

*Course Best | † Two races took place in 1982 (February and October)
Note: Outlined above are overall finish times of the first place male ranked in ascending order.

WIN TIMES RANKED:

(Women)

1978-2018

Total Time	Name	Representing	Year
8:26:18	Daniela Ryf	CHE	2018
8:46:46	Daniela Ryf	CHE	2016
8:50:47	Daniela Ryf	CHE	2017
8:52:14*	Mirinda Carfrae	AUS	2013
8:54:02	Chrissie Wellington	GBR	2009
8:55:08	Chrissie Wellington	GBR	2011
8:55:28	Paula Newby-Fraser	ZIM	1992
8:57:57	Daniela Ryf	CHE	2015
8:58:23	Paula Newby-Fraser	ZIM	1993
8:58:36	Mirinda Carfrae	AUS	2010
9:00:55	Mirinda Carfrae	AUS	2014
9:00:56	Paula Newby-Fraser	ZIM	1989
9:01:01	Paula Newby-Fraser	ZIM	1988
9:06:23	Chrissie Wellington	GBR	2008
9:06:49	Paula Newby-Fraser	ZIM	1996
9:07:52	Paula Newby-Fraser	ZIM	1991
9:07:54	Natascha Badmann	SUI	2002
9:08:45	Chrissie Wellington	GBR	2007
9:11:55	Lori Bowden	CAN	2003
9:13:02	Lori Bowden	CAN	1999
9:13:42	Erin Baker	NZL	1990
9:15:54	Leanda Cave	GBR	2012
9:16:46	Karen Smyers	USA	1995
9:18:31	Michellie Jones	AUS	2006
9:20:14	Paula Newby-Fraser	ZIM	1994
9:24:16	Natascha Badmann	SUI	1998
9:26:16	Natascha Badmann	SUI	2000
9:28:37	Natascha Badmann	SUI	2001
9:31:43	Heather Fuhr	CAN	1997
9:35:25	Erin Baker	NZL	1987
9:49:14	Paula Newby-Fraser	ZIM	1986
9:50:04	Natascha Badmann	SUI	2004
10:25:13	Sylviane Puntous	CAN	1984
10:25:22	Joanne Ernst	USA	1985
10:43:36	Sylviane Puntous	CAN	1983
10:54:08	Julie Leach	USA	1982 †
11:09:40	Kathleen McCartney	USA	1982 †
11:21:24	Robin Beck	USA	1980
12:00:32	Linda Sweeney	USA	1981
12:55:38	Lyn Lemaire	USA	1979

*Course Best | † Two races took place in 1982 (February and October)

SWIM TIMES RANKED:

(Male Champions)
1978-2018

Swim Time	Name	Representing	Year
48:02	Jan Frodeno	DEU	2016
48:45	Patrick Lange	DEU	2017
49:54	Faris Al-Sultan	DEU	2005
50:14	Mark Allen	USA	1991
50:21	Dave Scott	USA	1984
50:22	Greg Welch	AUS	1994
50:36	Peter Reid	CAN	2003
50:37	Patrick Lange	DEU	2018
50:38	Luc Van Lierde	BEL	1999
50:40	Mark Allen	USA	1993
50:50	Jan Frodeno	DEU	2015
50:52	Dave Scott	USA	1982
50:52	Dave Scott	USA	1983
50:53	Dave Scott	USA	1986
50:57	Craig Alexander	AUS	2009
50:57	Dave Scott	USA	1987
51:00	Dave Scott	USA	1980
51:02	Frederik Van Lierde	BEL	2013
51:17	Mark Allen	USA	1989
51:27	Mark Allen	USA	1992
51:28	Pete Jacobs	AUS	2012
51:28	Scott Molina	USA	1988
51:36	Luc Van Lierde	BEL	1996
51:36	Chris McCormack	AUS	2010
51:43	Mark Allen	USA	1990
51:43	Craig Alexander	AUS	2008
51:45	Peter Reid	CAN	2000
51:48	Chris McCormack	AUS	2007
51:50	Mark Allen	USA	1995
51:56	Craig Alexander	AUS	2011
52:01	Timothy DeBoom	USA	2001
52:02	Timothy DeBoom	USA	2002
52:04	Peter Reid	CAN	1998
53:08	Thomas Hellriegel	DEU	1997
54:05	Normann Stadler	DEU	2006
54:27	Normann Stadler	DEU	2004
54:38	Sebastian Kienle	DEU	2014
55:13	Scott Tinley	USA	1985
1:06:15	Tom Warren	USA	1979
1:10:45	Scott Tinley	USA	1982†
1:11:12	John Howard	USA	1981

† Two races took place in 1982
(February and October)

Note: Outlined above are swim
times of the first place male finisher
ranked in ascending order.

SWIM TIMES RANKED:

(Female Champions) 1978-2018

Swim Time	Name	Representing	Year
52:50	Daniela Ryf	CHE	2016
53:10	Daniela Ryf	CHE	2017
53:29	Paula Newby-Fraser	ZIM	1993
53:30	Paula Newby-Fraser	ZIM	1992
53:37	Karen Smyers	USA	1995
54:19	Paula Newby-Fraser	ZIM	1989
54:19	Paula Newby-Fraser	ZIM	1994
54:29	Michellie Jones	AUS	2006
54:31	Chrissie Wellington	GBR	2009
54:59	Paula Newby-Fraser	ZIM	1991
55:30	Paula Newby-Fraser	ZIM	1996
55:53	Mirinda Carfrae	AUS	2010
56:02	Natascha Badmann	SUI	1998
56:03	Leanda Cave	GBR	2012
56:14	Daniela Ryf	CHE	2015
56:20	Chrissie Wellington	GBR	2008
56:37	Erin Baker	NZL	1990
56:38	Paula Newby-Fraser	ZIM	1988
56:51	Lori Bowden	CAN	2003
57:03	Paula Newby-Fraser	ZIM	1986
57:27	Daniela Ryf	CHE	2018
57:42	Erin Baker	NZL	1987
58:04	Natascha Badmann	SUI	2002
58:09	Chrissie Wellington	GBR	2007
58:50	Mirinda Carfrae	AUS	2013
59:55	Natascha Badmann	SUI	2001
1:00:14	Mirinda Carfrae	AUS	2014
1:00:28	Sylviane Puntous	CAN	1983
1:00:45	Sylviane Puntous	CAN	1984
1:01:03	Chrissie Wellington	GBR	2011
1:01:36	Natascha Badmann	SUI	2004
1:01:42	Joanne Ernst	USA	1985
1:01:47	Heather Fuhr	CAN	1997
1:02:07	Linda Sweeney	USA	1981
1:02:23	Lori Bowden	CAN	1999
1:02:30	Natascha Badmann	SUI	2005
1:04:57	Julie Leach	USA	1982
1:16:20	Lyn Lemaire	USA	1979
1:20:00	Robin Beck	USA	1980
1:32:00	Kathleen McCartney	USA	1982

† Two races took place in 1982 (February and October)

Note: Outlined above are swim times of the first place female finisher ranked in ascending order.

BIKE TIMES RANKED: (Male Champions) 1978-2018

Bike	Name	Representing	Year
4:16:04*	Patrick Lange	DEU	2018
4:18:23	Normann Stadler	DEU	2006
4:20:46	Sebastian Kienle	DEU	2014
4:24:05	Craig Alexander	AUS	2011
4:25:24	Faris Al-Sultan	DEUR	2005
4:25:35	Frederik Van Lierde	BEL	2013
4:27:27	Jan Frodeno	DEUR	2015
4:53:10	Daniela Ryf	DEU	2017
4:29:00	Jan Frodeno	DEU	2016
4:29:00	Mark Allen	USA	1993
4:30:44	Luc Van Lierde	BEL	1996
4:31:50	Chris McCormack	AUS	2010
4:35:15	Pete Jacobs	AUS	2012
4:35:23	Mark Allen	USA	1992
4:36:50	Scott Molina	USA	1988
4:37:19	Craig Alexander	AUS	2008
4:37:32	Chris McCormack	AUS	2007
4:37:33	Craig Alexander	AUS	2009
4:37:52	Mark Allen	USA	1989
4:37:58	Normann Stadler	DEU	2004
4:39:32	Peter Reid	CAN	2000
4:40:04	Peter Reid	CAN	2003
4:41:07	Greg Welch	AUS	1994
4:41:26	Luc Van Lierde	BEL	1999
4:42:23	Peter Reid	CAN	1998
4:43:45	Mark Allen	USA	1990
4:45:21	Timothy DeBoom	USA	2002
4:46:07	Mark Allen	USA	1991
4:46:35	Mark Allen	USA	1995
4:47:57	Thomas Hellriegel	DEU	1997
4:48:17	Timothy DeBoom	USA	2001
4:48:32	Dave Scott	USA	1986
4:53:48	Dave Scott	USA	1987

Bike	Name	Representing	Year
4:54:07	Scott Tinley	USA	1985
5:03:00	Dave Scott	USA	1980
5:03:29	John Howard	USA	1981
5:05:11	Scott Tinley	USA	1982†
5:10:16	Dave Scott	USA	1982†
5:10:48	Dave Scott	USA	1983
5:10:59	Dave Scott	USA	1984
6:19:00	Tom Warren	USA	1979
6:56:00	Gordon Haller	USA	1978

*Course Best

† Two races took place in 1982 (February and October)

Note: Outlined above are bike times of the first place male finisher ranked in ascending order.

BIKE TIMES RANKED:

(Female Champions) 1978-2018

Bike	Name	Representing	Year
4:26:07*	Daniela Ryf	CHE	2018
4:48:30	Paula Newby-Fraser	ZIM	1993
4:50:46	Daniela Ryf	CHE	2015
4:52:00	Natascha Badmann	SUI	2005
4:52:07	Chrissie Wellington	GBR	2009
4:52:26	Daniela Ryf	CHE	2016
4:52:26	Natascha Badmann	SUI	2002
4:53:10	Daniela Ryf	CHE	2017
4:56:34	Paula Newby-Fraser	ZIM	1992
4:56:53	Chrissie Wellington	GBR	2011
4:57:13	Paula Newby-Fraser	ZIM	1988
4:58:20	Mirinda Carfrae	AUS	2013
5:01:00	Paula Newby-Fraser	ZIM	1989
5:01:34	Paula Newby-Fraser	ZIM	1996
5:02:25	Paula Newby-Fraser	ZIM	1994
5:04:59	Mirinda Carfrae	AUS	2010
5:05:47	Paula Newby-Fraser	ZIM	1991
5:05:48	Mirinda Carfrae	AUS	2014
5:06:09	Michellie Jones	AUS	2006
5:06:15	Chrissie Wellington	GBR	2007
5:06:42	Natascha Badmann	SUI	2000
5:08:16	Chrissie Wellington	GBR	2008
5:08:30	Lori Bowden	CAN	1999
5:09:00	Lori Bowden	CAN	2003
5:10:00	Natascha Badmann	SUI	1998
5:12:06	Leanda Cave	GBR	2012
5:12:52	Erin Baker	NZL	1990
5:16:07	Natascha Badmann	SUI	2001
5:17:49	Karen Smyers	USA	1995
5:23:11	Heather Fuhr	CAN	1997
5:26:34	Erin Baker	NZL	1987
5:31:37	Natascha Badmann	SUI	2004
5:32:05	Paula Newby-Fraser	ZIM	1986
5:39:13	Joanne Ernst	USA	1985
5:50:36	Sylviane Puntous	CAN	1984
5:50:36	Julie Leach	USA	1982†
5:51:12	Kathleen McCartney	USA	1982†
6:05:00	Robin Beck	USA	1980
6:20:40	Sylviane Puntous	CAN	1983

Bike	Name	Representing	Year
6:30:00	Lyn Lemaire	USA	1979
6:53:28	Linda Sweeney	USA	1981

*Course Best

† Two races took place in 1982 (February and October)

Note: Outlined above are bike times of the first place female finisher ranked in ascending order.

RUN TIMES RANKED: (Male Champions) 1978-2018

Run	Name	Representing	Year
2:39:59*	Patrick Lange	DEU	2017
2:40:04	Mark Allen	USA	1989
2:41:31	Patrick Lange	DEU	2018
2:41:48	Luc Van Lierde	BEL	1996
2:42:02	Chris McCormack	AUS	2007
2:42:09	Mark Allen	USA	1995
2:42:09	Mark Allen	USA	1991
2:42:18	Mark Allen	USA	1992
2:42:29	Pete Jacobs	AUS	2011
2:42:46	Luc Van Lierde	BEL	1999
2:43:31	Chris McCormack	AUS	2010
2:44:03	Craig Alexander	AUS	2011
2:45:01	Craig Alexander	AUS	2008
2:45:34	Jan Frodeno	GER	2016
2:45:54	Timothy DeBoom	USA	2001
2:47:31	Peter Reid	CAN	1998
2:47:38	Peter Reid	CAN	2003
2:48:05	Craig Alexander	AUS	2009
2:48:05	Mark Allen	USA	1993
2:48:05	Pete Jacobs	AUS	2012
2:48:10	Peter Reid	CAN	2000
2:48:58	Greg Welch	AUS	1994
2:49:11	Dave Scott	USA	1986
2:49:26	Dave Scott	USA	1987
2:50:22	Timothy DeBoom	USA	2002
2:51:18	Frederik Van Lierde	BEL	2013
2:51:56	Thomas Hellriegel	DEU	1997
2:52:21	Jan Frodeno	DEU	2015
2:52:48	Mark Allen	USA	1990
2:53:00	Dave Scott	USA	1984
2:54:36	Sebastian Kienle	GER	2014
2:54:51	Faris Al-Sultan	GER	2005
2:55:03	Normann Stadler	GER	2006
2:57:53	Normann Stadler	GER	2004
3:01:33	Scott Tinley	USA	1985

Run	Name	Representing	Year
3:02:42	Scott Molina	USA	1988
3:03:45	Scott Tinley	USA	1982 †
3:04:16	Dave Scott	USA	1983
3:07:15	Dave Scott	USA	1982 †
3:23:48	John Howard	USA	1981
3:30:00	Gordon Haller	USA	1978
3:30:33	Dave Scott	USA	1980
3:51:00	Tom Warren	USA	1979

*Course Best

† Two races took place in 1982 (February and October)
Note: Outlined above are run times of the first place male finisher ranked in ascending order.

RUN TIMES RANKED: (Female Champions) 1978-2018

Run	Name	Representing	Year
2:50:26*	Mirinda Carfrae	AUS	2014
2:50:38	Mirinda Carfrae	AUS	2013
2:53:32	Mirinda Carfrae	AUS	2010
2:52:41	Chrissie Wellington	GBR	2011
2:56:51	Daniela Ryf	CHE	2016
2:57:05	Daniela Ryf	CHE	2018
2:57:44	Chrissie Wellington	GBR	2008
2:59:16	Lori Bowden	SUI	1999
2:59:58	Chrissie Wellington	GBR	2007
3:00:02	Daniela Ryf	CHE	2017
3:02:10	Lori Bowden	CAN	2003
3:03:06	Chrissie Wellington	GBR	2009
3:03:13	Leanda Cave	GBR	2012
3:04:13	Erin Baker	ZIM	1990
3:05:20	Karen Smyers	ZIM	1995
3:05:24	Paula Newby-Fraser	ZIM	1992
3:05:37	Paula Newby-Fraser	ZIM	1989
3:06:25	Natascha Badmann	SUI	2005
3:07:37	Daniela Ryf	CHE	2015
3:06:45	Heather Fuhr	ZIM	1997
3:07:05	Paula Newby-Fraser	NZL	1991
3:07:09	Paula Newby-Fraser	NZL	1988
3:09:33	Natascha Badmann	SUI	2001
3:09:45	Paula Newby-Fraser	USA	1996
3:11:08	Erin Baker	ZIM	1987
3:11:45	Natascha Badmann	SUI	2004
3:12:58	Natascha Badmann	SUI	2002
3:13:08	Michellie Jones	AUS	2006
3:14:50	Natascha Badmann	CAN	1998
3:16:24	Paula Newby-Fraser	ZIM	1993
3:19:02	Natascha Badmann	CAN	2000
3:20:05	Paula Newby-Fraser	USA	1986
3:22:28	Sylviane Puntous	USA	1983
3:23:30	Paula Newby-Fraser	ZIM	1994
3:33:51	Sylviane Puntous	CAN	1984
3:44:26	Joanne Ernst	CAN	1985
3:46:28	Kathleen McCartney	USA	1982 †
3:56:24	Robin Beck	USA	1980

Run	Name	Representing	Year
3:58:35	Julie Leach	USA	1982 †
4:04:57	Linda Sweeney	USA	1981
5:10:00	Lyn Lemaire	USA	1979

*Course Best

† Two races took place in 1982 (February and October)

Note: Outlined above are run times of the first place female finisher ranked in ascending order.



RACE RESULTS 1978-2018:

2017

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Patrick Lange	48:45	4:28:53	2:39:59	8:01:40
2nd	Lionel Sanders	53:41	4:14:19	2:51:53	8:04:07
3rd	David McNamee	48:40	4:28:55	2:45:30	8:07:11
4th	Sebastian Kienle	53:44	4:14:57	2:57:11	8:09:59
5th	James Cunnama	49:09	4:21:02	2:57:11	8:11:24
6th	Terenzo Bozzone	48:41	4:26:20	2:53:47	8:13:06
7th	Andy Potts	49:01	4:31:02	2:50:26	8:14:43
8th	Patrik Nilsson	48:34	4:29:92	2:55:51	8:19:26
9th	Ben Hoffman	48:52	4:22:00	3:04:16	8:19:26
10th	Boris Stein	53:48	4:23:59	3:00:42	8:22:24

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Daniela Ryf	53:10	4:53:10	3:00:02	8:50:47
2nd	Lucy Charles	48:48	4:58:19	3:08:09	8:59:38
3rd	Sarah Crowley	53:07	4:57:51	3:05:36	9:01:38
4th	Heather Jackson	57:58	4:53:54	3:05:36	9:01:38
5th	Kaisa Sali	57:53	4:59:50	3:01:33	9:04:40
6th	Susie Cheetham	57:54	5:03:27	3:09:25	9:16:00
7th	Carrie Lester	57:51	5:00:31	3:16:35	9:19:49
8th	Liz Lyles	1:00:08	5:04:10	3:11:21	9:20:31
9th	Annabel Luxford	53:02	4:59:15	3:24:06	9:20:58
10th	Jocelyn McCauley	54:31	5:04:34	3:16:41	9:21:08

RACE RESULTS 1978-2018:

2016

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Jan Frodeno	48:02	4:29:00	2:45:34	8:06:30
2nd	Sebastian Kienle	52:27	4:23:55	2:49:03	8:10:02
3rd	Patrick Lange	48:57	4:37:49	2:39:45	8:11:14
4th	Ben Hoffman	48:55	4:28:06	2:51:45	8:13:00
5th	Andi Bocherer	48:10	4:28:07	2:52:05	8:13:25
6th	Tim O'Donnell	48:12	4:29:10	2:55:01	8:16:20
7th	Boris Stein	54:10	4:23:04	2:55:19	8:16:56
8th	Bart Aernouts	53:58	4:32:37	2:48:44	8:20:30
9th	Ivan Raña	48:52	4:38:13	2:50:17	8:21:51
10th	Frederik Van Lierde	48:49	4:35:33	2:53:21	8:21:59

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Daniela Ryf	52:50	4:52:26	2:56:51	8:46:46
2nd	Mirinda Carfrae	56:44	5:10:54	2:58:20	9:10:30
3rd	Heather Jackson	58:56	5:00:31	3:07:48	9:11:32
4th	Anja Beranek	52:51	5:00:42	3:16:35	9:14:26
5th	Kaisa Lehtonen	58:55	5:08:54	3:03:16	9:15:40
6th	Michelle Vesterby	57:39	5:09:05	3:12:27	9:19:05
7th	Sarah Piampiano	1:02:42	5:07:29	3:07:04	9:22:31
8th	Asa Lundstrom	5:09:46	5:09:46	3:06:42	9:22:59
9th	Lucy Gossage	1:01:57	5:06:01	3:12:15	9:25:57
10th	Carrie Lester	56:40	5:10:50	3:15:55	9:28:17

RACE RESULTS 1978-2018:

2015

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Jan Frodeno	50:50	4:27:27	2:52:21	8:14:40
2nd	Andreas Raelert	52:24	4:30:52	2:50:02	8:17:43
3rd	Tim O'Donnell	52:24	4:26:13	2:55:46	8:18:50
4th	Andy Potts	50:56	4:32:41	2:53:45	8:21:25
5th	Tyler Bufferfield	52:33	4:29:35	2:56:19	8:23:09
6th	Cyril Viennot	52:35	4:34:27	2:53:05	8:25:05
7th	Eneko Llanos	52:36	4:26:56	3:04:10	8:28:10
8th	Sebastian Kienle	52:36	4:25:53	3:06:08	8:29:43
9th	Brent McMahon	52:26	4:27:51	3:06:02	8:30:13
10th	Boris Stein	57:27	4:30:48	2:58:48	8:31:43

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Daniela Ryf	56:14	4:50:46	3:06:37	8:57:57
2nd	Rachel Joyce	56:11	5:01:29	3:08:42	9:10:59
3rd	Liz Blantchford	56:13	5:07:25	3:06:25	9:14:52
4th	Michelle Vesterby	56:11	5:00:41	3:17:14	9:18:50
5th	Heather Jackson	1:04:36	5:04:43	3:07:53	9:21:45
6th	Susie Cheetham	57:39	5:14:33	3:06:55	9:23:50
7th	Sarah Piampiano	1:10:01	5:02:28	3:06:33	9:24:32
8th	Camilla Pedersen	56:14	4:59:17	3:25:23	9:25:41
9th	Caroline Steffen	56:16	5:10:53	3:15:27	9:27:54
10th	Lucy Gossage	1:05:08	5:02:40	3:15:51	9:28:36

RACE RESULTS 1978-2018:

2014

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Sebastian Kienle	54:38	4:20:46	2:54:36	8:14:18
2nd	Ben Hoffman	51:20	4:32:20	2:51:25	8:19:23
3rd	Jan Frodeno	50:56	4:37:19	2:47:46	8:20:32
4th	Andy Potts	50:56	4:36:56	2:48:18	8:21:38
5th	Cyril Viennot	54:32	4:31:18	2:51:55	8:22:19
6th	Nils Frommhold	51:14	4:34:11	2:52:45	8:22:29
7th	Timothy Van Berkel	51:21	4:36:45	2:50:53	8:23:26
8th	Frederik Van Lierde	51:03	4:32:17	2:56:21	8:24:11
9th	Bart Aernouts	55:43	4:37:47	2:50:12	8:28:28
10th	Romain Guillaume	51:08	4:34:23	2:59:58	8:30:15

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Mirinda Carfrae	1:00:14	5:05:48	2:50:26	9:00:55
2nd	Daniela Ryf	56:55	4:54:33	3:07:00	9:02:57
3rd	Rachel Joyce	56:47	4:56:49	3:06:27	9:04:23
4th	Jodie Swallow	54:28	5:02:46	3:08:45	9:10:19
5th	Caroline Steffen	56:53	5:02:03	3:08:43	9:12:43
6th	Julia Gajer	1:00:17	5:10:15	3:03:24	9:18:11
7th	Liz Lyles	1:00:19	5:10:15	3:03:24	9:18:16
8th	Gina Crawford	55:04	5:17:30	3:01:49	9:19:21
9th	Mary Beth Ellis	54:56	5:00:04	3:21:24	9:20:46
10th	Liz Blantchford	54:59	5:13:30	3:10:16	9:23:34

RACE RESULTS 1978-2018:

2013

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Frederik Van Lierde	51:02	4:25:35	2:51:18	8:12:29
2nd	Luke Mckenzie	51:17	4:22:25	2:57:20	8:15:19
3rd	Sebastian Kienle	54:13	4:22:33	2:58:35	8:19:24
4th	James Cunnama	51:13	4:34:21	2:52:37	8:21:46
5th	Tim O'Donnell	51:04	4:35:37	2:51:07	8:22:25
6th	Ivan Raña	51:06	4:40:34	2:47:54	8:23:43
7th	Tyler Butterfield	51:24	4:30:10	2:58:22	8:24:09
8th	Bart Aernouts	57:26	4:39:46	2:44:03	8:25:38
9th	Timo Bracht	51:21	4:34:46	2:56:07	8:26:32
10th	Faris Al-Sultan	51:19	4:29:56	3:05:46	8:31:13

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Mirinda Carfrae	58:50	4:58:20	2:50:38	8:52:14
2nd	Rachel Joyce	54:09	4:55:25	3:03:37	8:57:28
3rd	Liz Blatchford	54:07	4:57:40	3:03:23	9:03:35
4th	Yvonne Van Vlerken	1:01:57	4:54:38	3:03:25	9:04:34
5th	Caroline Steffen	54:10	4:57:50	3:11:55	9:09:09
6th	Caitlin Snow	58:47	5:08:05	2:58:53	9:10:12
7th	Meredith Kessler	54:06	4:55:13	3:16:35	9:10:19
8th	Michelle Vesterby	54:12	4:55:53	3:16:31	9:11:13
9th	Gina Crawford	54:14	5:04:17	3:11:18	9:14:47
10th	Linsey Corbin	59:11	5:07:50	3:04:54	9:17:22

RACE RESULTS 1978-2018:

2012

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Pete Jacobs	51:28	4:35:15	2:48:05	8:18:37
2nd	Andreas Raelert	55:17	4:36:34	2:47:23	8:23:40
3rd	Frederik Van Lierde	51:36	4:35:25	2:52:49	8:24:09
4th	Sebastian Kienle	55:21	4:33:23	2:54:24	8:27:08
5th	Faris Al-Sultan	51:39	4:35:53	2:56:49	8:28:33
6th	Timo Bracht	53:45	4:37:16	2:55:36	8:30:57
7th	Andy Potts	50:32	4:43:52	2:53:18	8:31:45
8th	Timothy O'Donnell	51:37	4:44:15	2:53:59	8:33:28
9th	David Dellow	51:33	4:40:27	2:59:02	8:35:02
10th	Dirk Bockel	52:30	4:34:17	3:05:47	8:36:21

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Leanda Cave	56:03	5:12:06	3:03:13	9:15:54
2nd	Caroline Steffen	57:37	5:06:49	3:08:08	9:16:58
3rd	Mirinda Carfrae	1:00:06	5:12:18	03:05:04	9:21:41
4th	Sonja Tajsich	1:10:36	5:07:57	2:59:26	9:22:45
5th	Mary Beth Ellis	56:06	5:08:06	3:10:30	9:22:57
6th	Natascha Badmann	1:06:21	5:06:07	3:09:18	9:26:25
7th	Gina Crawford	55:59	5:21:30	3:06:16	9:28:54
8th	Linsey Corbin	1:02:53	5:16:55	3:07:55	9:32:18
9th	Caitlin Snow	57:43	5:30:47	3:03:06	9:36:18
10th	Amy Marsh	56:08	5:16:36	3:20:27	9:38:15

RACE RESULTS 1978-2018:

2011

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Craig Alexander	51:56	4:24:05	2:44:03	8:03:56
2nd	Pete Jacobs	51:38	4:31:01	2:42:29	8:09:11
3rd	Andreas Raelert	51:58	4:26:52	2:47:48	8:11:07
4th	Dirk Bockel	51:44	4:24:17	2:53:04	8:12:58
5th	Timo Bracht	53:37	4:35:07	2:47:26	8:20:12
6th	Mike Aigroz	52:31	4:30:43	2:54:08	8:21:07
7th	Raynard Tissink	52:08	4:28:38	2:56:37	8:22:15
8th	Andi Boecherer	51:49	4:25:46	3:01:44	8:23:19
9th	Luke McKenzie	51:47	4:24:16	3:05:54	8:25:42
10th	Faris Al-Sultan	51:55	4:29:31	3:01:41	8:27:18

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Chrissie Wellington	1:01:03	4:56:53	2:52:41	8:55:08
2nd	Mirinda Carfrae	57:17	5:04:17	2:52:09	8:57:57
3rd	Leanda Cave	53:54	4:58:41	3:06:36	9:03:29
4th	Rachel Joyce	53:56	4:58:57	3:09:55	9:06:57
5th	Caroline Steffen	57:15	4:50:26	3:15:17	9:07:32
6th	Karin Thuerig	1:12:19	4:44:20	3:13:31	9:15:00
7th	Sonja Tajsich	1:06:57	4:58:55	3:04:47	9:15:17
8th	Heather Wurtele	58:43	4:59:10	3:15:29	9:17:56
9th	Caitlin Snow	58:47	5:20:57	2:53:51	9:18:11
10th	Virginia Berasategui	58:44	5:03:31	3:12:50	9:19:52

RACE RESULTS 1978-2018:

2010

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Chris McCormack	51:36	4:31:50	2:43:31	8:10:37
2nd	Andreas Raelert	51:27	4:32:26	2:44:25	8:12:17
3rd	Marino Vanhoenacker	51:33	4:31:00	2:46:45	8:13:14
4th	Craig Alexander	51:32	4:39:35	2:41:59	8:16:53
5th	Raynard Tissink	52:25	4:30:47	2:52:44	8:20:11
6th	Timo Bracht	53:52	4:29:42	2:53:18	8:21:00
7th	Eneko Llanos	51:38	4:39:23	2:47:02	8:22:02
8th	Dirk Bockel	51:12	4:35:47	2:52:01	8:22:59
9th	Pete Jacobs	51:15	4:47:04	2:41:05	8:23:26
10th	Faris Al-Sultan	51:25	4:32:40	2:55:28	8:24:04

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Mirinda Carfrae	55:53	5:04:59	2:53:32	8:58:36
2nd	Caroline Steffen	55:57	4:59:22	3:05:47	9:06:00
3rd	Julie Dibens	53:50	4:55:27	3:16:12	9:10:04
4th	Virginia Berasategui	57:46	5:05:26	3:08:30	9:16:47
5th	Rachel Joyce	52:25	5:10:32	3:11:09	9:18:48
6th	Karin Thuerig	1:13:12	4:48:22	3:14:26	9:22:48
7th	Yvonne Van Vlerken	1:01:58	4:59:41	3:17:39	9:23:33
8th	Caitlin Snow	57:50	5:27:40	2:56:04	9:26:42
9th	Heleen Bij De Vaate	1:13:07	5:02:30	3:06:48	9:27:02
10th	Leanda Cave	55:43	5:07:29	3:20:05	9:27:42

RACE RESULTS 1978-2018:

2009

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Craig Alexander	50:57	4:37:33	2:48:05	8:20:21
2nd	Chris Lieto	51:07	4:25:11	3:02:35	8:22:56
3rd	Andreas Raelert	51:00	4:38:01	2:51:05	8:24:32
4th	Chris McCormack	52:51	4:32:45	2:55:59	8:25:20
5th	Rasmus Henning	51:06	4:37:07	2:55:33	8:28:17
6th	Timo Bracht	54:30	4:33:49	2:56:27	8:28:52
7th	Dirk Bockel	50:50	4:37:29	2:57:42	8:29:55
8th	Pete Jacobs	50:03	4:38:41	2:57:14	8:30:15
9th	Andy Potts	47:45	4:46:07	2:52:15	8:30:30
10th	Faris Al-Sultan	50:53	4:33:40	3:03:11	8:31:44

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Chrissie Wellington	54:31	4:52:07	3:03:06	8:54:02
2nd	Mirinda Carfrae	58:45	5:14:18	2:56:51	9:13:59
3rd	Virginia Berasategui	58:52	5:01:42	3:10:43	9:15:28
4th	Tereza Macel	53:29	5:04:17	3:21:12	9:23:43
5th	Samantha McGlone	58:47	5:16:17	3:11:27	9:30:28
6th	Rachel Joyce	53:31	5:10:03	3:23:43	9:32:27
7th	Joanna Lawn	57:16	5:19:10	3:13:35	9:34:45
8th	Sandra Wallenhorst	1:03:07	5:20:43	3:09:24	9:38:28
9th	Dede Griesbauer	55:05	5:10:22	3:30:53	9:40:59
10th	Tyler Stewart	1:08:31	5:06:20	3:22:59	9:42:41

RACE RESULTS 1978-2018:

2008

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Craig Alexander	51:43	4:37:19	2:45:01	8:17:45
2nd	Eneko Llanos	51:39	4:33:27	2:51:49	8:20:50
3rd	Rutger Beke	54:44	4:34:45	2:47:49	8:21:23
4th	Ronnie Schildknecht	54:56	4:34:26	2:48:20	8:21:46
5th	Cameron Brown	51:50	4:36:47	2:53:39	8:26:17
6th	Patrick Vernay	51:58	4:42:49	2:51:40	8:30:23
7th	Andy Potts	48:40	4:46:00	2:54:31	8:33:50
8th	Mathias Hecht	51:42	4:36:55	3:01:13	8:34:02
9th	Michael Lovato	52:58	4:45:21	2:52:12	8:34:47
10th	Eduardo Sturla	54:47	4:34:27	3:03:19	8:36:53

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Chrissie Wellington	56:20	5:08:16	2:57:44	9:06:23
2nd	Yvonne van Vlerken	1:06:49	5:05:34	3:04:27	9:21:20
3rd	Sandra Wallenhorst	1:03:21	5:14:57	2:58:36	9:22:52
4th	Erika Csomor	59:09	5:18:12	3:03:05	9:24:49
5th	Linsey Corbin	1:00:35	5:14:33	3:09:16	9:28:51
6th	Virginia Berasategui	58:50	5:22:17	3:03:48	9:29:15
7th	Bella Comerford	59:02	5:21:46	3:08:31	9:34:08
8th	Gina Ferguson	54:45	5:26:29	3:11:19	9:36:53
9th	Gina Kehr	54:45	5:21:46	3:14:36	9:37:06
10th	Dede Griesbauer	54:52	5:20:52	3:19:17	9:39:53

RACE RESULTS 1978-2018:

2007

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Chris McCormack	51:48	4:37:32	2:42:02	8:15:34
2nd	Craig Alexander	51:40	4:38:11	2:45:13	8:19:04
3rd	Torbjorn Sindballe	53:25	4:25:26	2:57:25	8:21:30
4th	Timothy DeBoom	51:39	4:38:20	2:48:29	8:22:33
5th	Marino Vanhoenacker	53:21	4:33:06	2:53:00	8:23:31
6th	Chris Lieto	51:37	4:28:18	3:00:16	8:25:49
7th	Eneko Llanos	51:47	4:38:12	2:51:43	8:26:00
8th	Luc Van Lierde	51:42	4:38:18	2:55:28	8:30:01
9th	Michael Lovato	53:27	4:41:32	2:54:03	8:33:28
10th	Patrick Vernay	53:24	4:49:17	2:48:13	8:35:10

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Chrissie Wellington	58:09	5:06:15	2:59:58	9:08:45
2nd	Samantha McGlone	58:07	5:10:31	3:00:52	9:14:04
3rd	Kate Major	58:08	5:10:16	3:06:35	9:19:13
4th	Joanna Lawn	58:15	5:10:18	3:13:45	9:26:47
5th	Rebecca Preston	58:08	5:17:23	3:07:14	9:26:55
6th	Rebekah Keat	58:13	5:16:03	3:08:17	9:27:19
7th	Dede Griesbauer	53:27	5:13:06	3:22:03	9:33:34
8th	Leanda Cave	53:13	5:13:46	3:24:22	9:36:10
9th	Belinda Granger	58:07	5:10:18	3:24:19	9:37:54
10th	Erika Csomor	1:03:18	5:29:10	3:01:25	9:39:47

RACE RESULTS 1978-2018:

2006

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Normann Stadler	54:05	4:18:23	2:55:03	8:11:56
2nd	Chris McCormack	53:51	4:29:24	2:46:02	8:13:07
3rd	Faris Al-Sultan	53:36	4:29:37	2:50:44	8:19:04
4th	Rutger Beke	54:35	4:33:33	2:48:16	8:21:04
5th	Eneko Llanos	53:45	4:29:26	2:55:00	8:22:28
6th	Marino Vanhoenacker	54:04	4:29:13	2:56:59	8:24:17
7th	Luke Bell	53:57	4:29:34	2:56:55	8:24:26
8th	Cameron Brown	53:55	4:29:26	2:58:05	8:25:22
9th	Chris Lieto	53:48	4:25:35	3:02:47	8:27:37
10th	Patrick Vernay	54:36	4:36:12	2:52:48	8:28:13

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Michellie Jones	54:29	5:06:09	3:13:08	9:18:31
2nd	Desiree Ficker	1:01:46	5:05:06	3:11:50	9:24:02
3rd	Lisa Bentley	1:01:31	5:10:32	3:08:54	9:25:18
4th	Gina Kehr	54:02	5:16:11	3:12:29	9:27:24
5th	Katherine Allen	59:48	5:10:34	3:14:51	9:30:22
6th	Kate Major	1:01:34	5:08:24	3:17:46	9:31:53
7th	Joanna Lawn	59:48	5:10:20	3:18:17	9:32:48
8th	Belinda Granger	59:44	5:01:45	3:25:50	9:35:48
9th	Melissa Ashton	59:46	5:10:42	3:22:37	9:38:22
10th	Natascha Badmann	1:06:43	4:59:04	3:27:54	9:38:52

RACE RESULTS 1978-2018:

2005

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Faris Al-Sultan	49:54	4:25:24	2:54:51	8:14:17
2nd	Cameron Brown	52:23	4:33:08	2:50:13	8:19:36
3rd	Peter Reid	52:23	4:27:51	2:55:59	8:20:04
4th	Rutger Beke	55:01	4:30:30	2:52:41	8:22:30
5th	Cameron Brown	52:16	4:28:44	2:57:47	8:23:01
6th	Chris McCormack	53:06	4:37:06	2:49:10	8:23:52
7th	Raynard Tissink	54:48	4:31:37	2:55:11	8:25:52
8th	Tom Soderdahl	52:19	4:35:23	2:54:17	8:25:57
9th	Francisco Pontano	49:56	4:35:45	2:58:07	8:27:24
10th	Stephan Vuckovic	52:11	4:36:56	2:56:39	8:29:35

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Natascha Badmann	1:02:30	4:52:00	3:06:25	9:09:30
2nd	Michellie Jones	54:55	4:54:13	3:18:13	9:11:51
3rd	Kate Major	1:00:07	5:06:13	3:02:19	9:12:39
4th	Joanna Lawn	55:09	5:05:06	3:10:02	9:14:53
5th	Kate Allen	1:00:15	5:11:57	3:05:00	9:22:08
6th	Katja Schumacher	58:49	5:12:18	3:11:56	9:27:54
7th	Belinda Granger	1:00:05	5:02:01	3:21:25	9:28:16
8th	Kim Loeffler	1:02:28	5:10:48	3:12:06	9:30:18
9th	Karen Smyers	1:00:12	5:02:24	3:22:27	9:30:47
10th	Melissa Ashton	55:35	5:14:49	3:17:22	9:32:20

RACE RESULTS 1978-2018:

2004

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Normann Stadler	54:27	4:37:58	2:57:53	8:33:29
2nd	Peter Reid	53:12	5:01:38	2:46:10	8:43:40
3rd	Faris Al-Sultan	50:39	4:55:44	2:54:51	8:45:14
4th	Alex Taubert	53:24	4:49:45	3:00:37	8:48:35
5th	Rutger Beke	54:35	4:59:57	2:55:55	8:54:26
6th	Torjborn Sindballe	53:07	4:48:51	3:12:32	8:58:45
7th	Cameron Widoff	51:31	4:59:36	3:04:07	8:59:25
8th	Timo Bracht	54:54	4:58:42	3:05:59	9:03:11
9th	Rene Rovera	56:28	5:04:30	2:59:41	9:04:32
10th	Raynard Tissink	53:18	5:02:45	3:00:46	9:04:51

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Natascha Badmann	1:01:36	5:31:37	3:11:45	9:50:04
2nd	Heather Fuhr	1:01:18	5:44:12	3:06:04	9:56:19
3rd	Kate Major	1:01:05	5:38:51	3:17:39	10:01:56
4th	Lisa Bentley	1:01:05	5:50:11	3:06:17	10:04:16
5th	Joanna Lawn	56:37	5:46:09	3:17:44	10:05:10
6th	Belinda Granger	59:08	5:38:26	3:21:07	10:07:06
7th	Lisbeth Kristensen	56:33	5:41:25	3:26:29	10:08:55
8th	Fernanda Keller	1:01:15	5:47:40	3:18:05	10:10:49
9th	Tina Walter	1:05:09	5:40:59	3:20:38	10:11:02
10th	Nicole Leder	1:01:06	5:59:56	3:08:21	10:13:46



RACE RESULTS 1978-2018:

2003

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Peter Reid	50:36	4:40:04	2:47:38	8:22:35
2nd	Rutger Beke	52:28	4:37:59	2:54:12	8:28:27
3rd	Cameron Brown	50:38	4:39:57	2:55:34	8:30:08
4th	Normann Stadler	52:44	4:33:40	3:02:50	8:32:47
5th	Luke Bell	50:33	4:39:42	3:00:19	8:34:38
6th	Jurgen Zack	51:42	4:38:49	3:01:02	8:35:19
7th	Faris Al-Sultan	48:57	4:42:01	3:00:29	8:35:51
8th	Cameron Widoff	50:39	4:39:43	3:01:40	8:35:59
9th	Michael Lovato	52:33	4:44:04	2:56:13	8:36:56
10th	Mika Luoto	51:44	4:49:35	2:53:04	8:37:19

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Lori Bowden	56:51	5:09:00	3:02:10	9:11:55
2nd	Natascha Badmann	58:43	5:00:02	3:13:45	9:17:08
3rd	Nina Kraft	51:45	5:07:34	3:11:18	9:17:16
4th	Heather Fuhr	56:16	5:12:13	3:06:03	9:19:02
5th	Lisa Bentley	56:04	5:14:30	3:08:13	9:22:41
6th	Karin Thuerig	1:11:59	4:50:41	3:18:56	9:26:28
7th	Gina Kehr	50:37	5:19:09	3:22:09	9:36:11
8th	Deirdre Tennant	52:36	5:24:02	3:20:07	9:40:54
9th	Kate Major	58:38	5:18:45	3:24:27	9:46:03
10th	Belinda Granger	54:13	5:15:43	3:31:39	9:46:29

RACE RESULTS 1978-2018:

2002

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Timothy DeBoom	52:02	4:45:21	2:50:22	8:29:56
2nd	Peter Reid	53:20	4:44:15	2:53:48	8:33:06
3rd	Cameron Brown	52:13	4:45:15	2:56:06	8:35:34
4th	Thomas Hellriegel	53:23	4:34:52	3:05:47	8:36:59
5th	Alex Taubert	53:29	4:45:12	2:57:02	8:38:58
6th	Francois Chabaud	52:14	4:39:17	3:05:57	8:40:39
7th	Markus Forster	55:17	4:47:15	2:59:29	8:44:28
8th	Mika Luoto	53:24	4:51:39	2:59:00	8:45:45
9th	Cameron Widoff	52:05	4:44:51	3:06:33	8:45:53
10th	Olaf Sabatschus	55:36	4:44:31	3:00:18	8:46:18

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Natascha Badmann	59:40	4:52:26	3:12:58	9:07:54
2nd	Nina Kraft	53:27	5:06:15	3:12:03	9:14:24
3rd	Lori Bowden	59:52	5:08:02	3:09:32	9:22:27
4th	Heather Fuhr	1:01:16	5:18:24	3:07:20	9:29:58
5th	Fernanda Keller	58:59	5:09:36	3:18:14	9:31:38
6th	Lisa Bentley	57:53	5:19:44	3:13:56	9:34:19
7th	Kate Allen	57:31	5:13:04	3:20:40	9:38:40
8th	Karin Thuerig	1:13:00	4:55:32	3:29:42	9:42:08
9th	Sibylle Matter	55:24	5:15:07	3:28:03	9:42:51
10th	Joanna Lawn	59:07	5:12:23	3:28:45	9:42:57

RACE RESULTS 1978-2018:

2001

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Timothy DeBoom	52:01	4:48:17	2:45:54	8:31:18
2nd	Cameron Brown	52:16	4:53:29	2:58:05	8:46:10
3rd	Thomas Hellriegel	55:35	4:47:42	3:01:25	8:47:40
4th	Normann Stadler	56:14	4:45:13	3:05:57	8:49:43
5th	Lothar Leder	52:08	4:56:01	2:59:42	8:49:49
6th	Marc Herremans	54:06	4:58:25	2:55:59	8:51:19
7th	Andreas Niedrig	52:13	4:53:26	3:04:44	8:53:00
8th	Cameron Widoff	54:01	5:02:04	2:57:20	8:55:33
9th	Steve Larsen	1:00:45	4:33:32	3:19:09	8:56:28
10th	Christoph Mauch	54:03	5:02:42	2:58:10	8:57:30

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Natascha Badmann	59:55	5:16:07	3:09:33	9:28:37
2nd	Lori Bowden	1:01:04	5:25:55	3:03:09	9:32:59
3rd	Nina Kraft	54:09	5:29:30	3:14:18	9:41:01
4th	Paula Newby-Fraser	56:31	5:28:42	3:12:55	9:41:35
5th	Karen Smyers	56:56	5:29:19	3:19:31	9:48:34
6th	Fernanda Keller	58:37	5:32:40	3:18:13	9:51:20
7th	Wendy Ingraham	52:15	5:34:10	3:27:34	9:57:33
8th	Gina Kehr	53:15	5:39:14	3:22:57	9:57:36
9th	Heather Fuhr	1:04:48	5:46:06	3:07:19	10:00:58
10th	Jill Savege	52:11	5:51:59	3:15:39	10:03:30

RACE RESULTS 1978-2018:

2000

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Peter Reid	51:45	4:39:32	2:48:10	8:21:00
2nd	Timothy DeBoom	50:33	4:40:30	2:49:59	8:23:09
3rd	Normann Stadler	52:51	4:35:14	2:56:00	8:26:44
4th	Lothar Leder	51:41	4:43:58	2:50:26	8:28:14
5th	Thomas Hellriegel	51:52	4:38:25	2:59:57	8:33:34
6th	Christoph Mauch	51:39	4:39:05	3:02:40	8:35:37
7th	Peter Kropko	51:38	4:51:03	2:52:28	8:39:17
8th	Spencer Smith	50:47	4:41:33	3:08:31	8:43:05
9th	Cameron Widoff	51:53	4:56:31	2:54:11	8:45:23
10th	Ken Glah	51:32	4:39:40	3:12:55	8:46:20

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Natascha Badmann	58:04	5:06:42	3:19:02	9:26:16
2nd	Lori Bowden	1:00:26	5:21:33	3:04:19	9:29:04
3rd	Fernanda Keller	56:37	5:22:11	3:10:43	9:31:28
4th	Beth Zinkand	54:06	5:23:13	3:15:22	9:35:21
5th	Joanna Zeiger	50:52	5:40:20	3:06:24	9:40:23
6th	Lisa Bentley	57:23	5:35:35	3:13:18	9:49:28
7th	Susanne Nielsen	54:33	5:35:07	3:20:39	9:53:38
8th	Wendy Ingraham	50:49	5:28:37	3:30:35	9:54:13
9th	Lena Wahlquist	54:54	5:32:49	3:26:16	9:56:28
10th	Gina Kehr	51:36	5:44:26	3:21:02	10:00:36

RACE RESULTS 1978-2018:

1999

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Luc Van Lierde	50:38	4:41:26	2:42:46	8:17:17
2nd	Peter Reid	50:46	4:41:39	2:47:56	8:22:54
3rd	Timothy DeBoom	48:51	4:42:58	2:51:23	8:25:42
4th	Christoph Mauch	53:00	4:39:22	2:52:29	8:27:06
5th	Olivier Bernhard	53:38	4:48:44	2:41:57	8:27:12
6th	Thomas Hellriegel	53:07	4:38:38	2:54:03	8:28:49
7th	Frank Heldoorn	53:07	4:49:38	2:51:12	8:36:34
8th	Christopher Legh	50:35	4:48:12	2:55:36	8:37:22
9th	Christophe Buquet	56:45	4:45:43	2:53:07	8:38:21
10th	Peter Sandvang	50:37	4:40:13	3:06:34	8:39:20

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Lori Bowden	1:02:23	5:08:30	2:59:16	9:13:02
2nd	Karen Smyers	53:03	5:15:01	3:09:33	9:20:40
3rd	Fernanda Keller	56:04	5:16:33	3:09:30	9:24:30
4th	Susanne Nielsen	53:02	5:16:08	3:16:36	9:29:23
5th	Beth Zinkand	54:48	5:13:50	3:23:42	9:34:41
6th	Joanna Zeiger	50:33	5:29:52	3:12:34	9:36:39
7th	Louise Davoren	1:00:24	5:14:46	3:19:29	9:38:49
8th	Heather Fuhr	58:31	5:27:52	3:11:02	9:40:39
9th	Joanne King	53:13	5:25:21	3:18:19	9:40:49
10th	Sian Welch	53:17	5:25:46	3:19:43	9:42:09

RACE RESULTS 1978-2018:

1998

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Peter Reid	52:04	4:42:23	2:47:31	8:24:20
2nd	Luc Van Lierde	48:48	4:52:45	2:47:58	8:31:57
3rd	Lothar Leder	50:43	4:55:20	2:44:58	8:32:57
4th	Christoph Mauch	51:41	4:50:02	2:53:39	8:38:06
5th	Spencer Smith	49:02	4:53:30	2:53:40	8:39:07
6th	Christopher Legh	55:12	4:46:14	2:56:43	8:40:45
7th	Rene Rovera	55:05	4:55:19	2:48:03	8:41:10
8th	Thomas Hellriegel	52:08	4:41:45	3:08:34	8:45:21
9th	Rainer Muller-Horner	51:47	4:53:55	2:59:03	8:46:52
10th	Timothy DeBoom	49:14	4:52:17	3:04:43	8:48:59

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Natascha Badmann	56:02	5:10:00	3:14:50	9:24:16
2nd	Lori Bowden	1:01:43	5:15:54	3:07:03	9:27:19
3rd	Fernanda Keller	55:43	5:18:14	3:12:17	9:28:29
4th	Melissa Spooner	56:01	5:18:42	3:23:59	9:42:28
5th	Heather Fuhr	1:01:10	5:30:19	3:04:02	9:42:55
6th	Joanna Zeiger	50:46	5:29:50	3:19:05	9:46:30
7th	Isabelle Gagnon	56:13	5:26:12	3:24:33	9:51:38
8th	Sian Welch	53:57	5:16:44	3:38:54	9:52:21
9th	Susanne Nielsen	54:04	5:26:29	3:33:13	9:57:51
10th	Wendy Ingraham	49:11	5:29:14	3:37:04	9:59:43



RACE RESULTS 1978-2018:

1997

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Thomas Hellriegel	53:08	4:47:57	2:51:56	8:33:01
2nd	Jurgen Zack	52:12	4:45:33	3:01:33	8:39:18
3rd	Lothar Leder	52:22	4:58:53	2:49:15	8:40:30
4th	Peter Reid	52:24	4:56:32	2:54:20	8:43:16
5th	Cristián Bustos	53:17	4:55:43	2:55:02	8:44:02
6th	Cameron Widoff	52:25	4:56:21	2:55:32	8:44:18
7th	Ken Glah	52:10	4:49:00	3:04:27	8:45:37
8th	Holger Lorenz	52:19	4:59:31	2:54:05	8:45:55
9th	Alex Taubert	53:10	5:03:07	2:51:32	8:47:49
10th	Frank Heldoorn	52:29	4:59:22	2:57:53	8:49:44

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Heather Fuhr	1:01:47	5:23:11	3:06:45	9:31:43
2nd	Lori Bowden	1:04:43	5:15:26	3:21:33	9:41:42
3rd	Fernanda Keller	57:27	5:26:51	3:25:44	9:50:02
4th	Wendy Ingraham	49:52	5:26:56	3:34:43	9:51:31
5th	Sian Welch	56:16	5:23:55	3:31:30	9:51:41
6th	Lee DiPietro	1:02:29	5:45:51	3:09:31	9:57:51
7th	Martha Sorensen	1:00:18	5:37:18	3:26:53	10:04:29
8th	Isabelle Gagnon	1:00:13	5:36:40	3:38:19	10:15:12
9th	Louise Davoren	1:01:44	5:44:23	3:30:22	10:16:29
10th	Joanna Zeiger	53:03	5:50:17	3:34:38	10:17:58

RACE RESULTS 1978-2018:

1996

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Luc Van Lierde	51:36	4:30:44	2:41:48	8:04:08
2nd	Thomas Hellriegel	54:22	4:24:50	2:46:55	8:06:07
3rd	Greg Welch	51:23	4:35:43	2:51:51	8:18:57
4th	Peter Reid	54:22	4:30:33	2:59:42	8:24:37
5th	Dave Scott	53:16	4:49:55	2:45:20	8:28:31
6th	Alex Taubert	55:31	4:42:52	2:52:22	8:30:45
7th	Peter Kropko	54:14	4:48:12	2:52:29	8:34:55
8th	Jean Moureau	55:40	4:41:55	2:57:54	8:35:29
9th	Jan Van Der Marel	59:48	4:37:54	2:58:14	8:35:56
10th	Matthias Klumpp	56:57	4:47:12	2:51:59	8:36:08

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	55:30	5:01:34	3:09:45	9:06:49
2nd	Natascha Badmann	1:00:41	4:53:47	3:16:51	9:11:19
3rd	Karen Smyers	54:11	5:02:33	3:22:29	9:19:13
4th	Wendy Ingraham	51:30	5:06:44	3:23:58	9:22:12
5th	Ute Mueckel	51:27	5:16:57	3:18:18	9:26:42
6th	Fernanda Keller	1:02:08	5:09:16	3:16:58	9:28:22
7th	Heather Fuhr	1:01:12	5:16:02	3:14:20	9:31:34
8th	Lori Bowden	1:08:04	5:28:00	3:12:10	9:48:14
9th	Krista Whelan	1:03:47	5:10:23	3:36:24	9:50:34
10th	Juliana Nievergelt	54:09	5:19:54	3:37:12	9:51:15

RACE RESULTS 1978-2018:

1995

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Mark Allen	51:50	4:46:35	2:42:09	8:20:34
2nd	Thomas Hellriegel	55:17	4:29:37	2:58:05	8:22:59
3rd	Rainer Mueller	52:12	4:45:54	2:47:17	8:25:23
4th	Greg Welch	51:47	4:46:31	2:50:56	8:29:14
5th	Ken Glah	51:54	4:46:47	2:51:59	8:30:40
6th	Cristián Bustos	56:01	4:49:23	2:48:05	8:33:29
7th	Jurgen Zack	53:41	4:40:23	2:59:59	8:34:03
8th	Lothar Leder	53:29	4:44:35	2:56:02	8:34:06
9th	Pauli Kiuru	51:59	4:46:55	2:55:14	8:34:08
10th	Timothy DeBoom	51:54	4:47:07	2:59:16	8:38:17

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Karen Smyers	53:37	5:17:49	3:05:20	9:16:46
2nd	Isabelle Mouthon	55:15	5:17:51	3:12:07	9:25:13
3rd	Fernanda Keller	1:02:08	5:17:53	3:17:47	9:37:48
4th	Paula Newby-Fraser	53:35	5:06:04	3:38:15	9:37:54
5th	Wendy Ingraham	51:44	5:22:22	3:28:30	9:42:36
6th	Susan Latshaw	57:51	5:21:53	3:29:53	9:49:37
7th	Ute Mueckel	51:44	5:31:59	3:27:05	9:50:48
8th	Beatrice Mouthon	56:10	5:32:50	3:24:40	9:53:40
9th	Alison Coote	58:43	5:44:36	3:26:10	10:09:29
10th	Katie Webb	55:19	5:51:32	3:30:09	10:17:00

RACE RESULTS 1978-2018:

1994

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Greg Welch	50:22	4:41:07	2:48:58	8:20:27
2nd	Dave Scott	51:48	4:39:16	2:53:28	8:24:32
3rd	Jeff Devlin	58:49	4:34:06	2:59:01	8:31:56
4th	Jurgen Zack	54:15	4:35:32	3:04:13	8:34:00
5th	Olaf Sabatschus	59:13	4:42:06	2:53:23	8:34:42
6th	Lothar Leder	54:20	4:45:47	2:59:19	8:39:26
7th	Frank Heldoorn	54:13	4:42:53	3:02:53	8:39:59
8th	Jean Moureau	54:12	4:42:23	3:04:19	8:40:54
9th	Ken Glah	51:48	4:37:42	3:12:13	8:41:43
10th	Hideya Miyazuka	58:32	4:47:23	3:01:32	8:47:27

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	54:19	5:02:25	3:23:30	9:20:14
2nd	Karen Smyers	58:22	5:10:55	3:18:53	9:28:08
3rd	Fernanda Keller	1:05:05	5:15:39	3:22:46	9:43:30
4th	Wendy Ingraham	53:13	5:14:55	3:36:54	9:46:02
5th	Donna Peters	58:40	5:22:33	3:32:26	9:53:39
6th	Ute Mueckel	51:42	5:23:12	3:39:35	9:54:29
7th	JulieAnne White	1:02:59	5:27:39	3:24:03	9:54:41
8th	Sabine Westhoff	54:09	5:21:56	3:40:29	9:56:34
9th	Ines Estedt	1:06:04	5:28:54	3:22:29	9:57:27
10th	Angela M. Milne	1:01:25	5:25:39	3:35:27	10:02:31

RACE RESULTS 1978-2018:

1993

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Mark Allen	50:40	4:29:00	2:48:05	8:07:45
2nd	Pauli Kiuru	51:05	4:28:06	2:55:16	8:14:27
3rd	Wolfgang Dittrich	48:30	4:30:29	3:01:14	8:20:13
4th	Ken Glah	50:41	4:33:54	2:59:26	8:24:01
5th	Jurgen Zack	51:52	4:27:42	3:06:44	8:26:18
6th	Paul Huddle	53:32	4:39:39	2:54:36	8:27:47
7th	Bruce Thomas	50:29	4:38:15	3:00:05	8:28:49
8th	Holger Lorenz	51:47	4:35:29	3:05:35	8:32:51
9th	Jeff Devlin	53:40	4:44:20	2:55:18	8:33:18
10th	Olaf Sabatschus	57:05	4:40:08	2:56:55	8:34:08

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	53:29	4:48:30	3:16:24	8:58:23
2nd	Erin Baker	58:36	4:50:16	3:19:12	9:08:04
3rd	Sue Latshaw	56:05	4:57:49	3:26:46	9:20:40
4th	Karen Smyers	53:34	5:06:25	3:21:13	9:21:12
5th	Wendy Ingraham	51:06	5:00:32	3:31:30	9:23:08
6th	Heather Fuhr	59:20	5:19:09	3:13:17	9:31:46
7th	Fernanda Keller	59:41	5:11:01	3:22:46	9:33:28
8th	Terry Schneider	1:00:05	5:13:39	3:20:31	9:34:15
9th	JulieAnne White	1:02:30	5:10:44	3:23:38	9:36:52
10th	Katinka Wiltenburg	1:04:56	5:03:46	3:29:57	9:38:39

RACE RESULTS 1978-2018:

1992

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Mark Allen	51:27	4:35:23	2:42:18	8:09:08
2nd	Cristian Bustos	52:35	4:34:16	2:49:38	8:16:29
3rd	Pauli Kiuru	51:18	4:36:26	2:49:45	8:17:29
4th	Wolfgang Dittrich	48:35	4:38:17	2:56:27	8:23:19
5th	Jurgen Zack	53:34	4:32:28	2:59:02	8:25:04
6th	Greg Welch	49:32	4:37:20	3:00:01	8:26:53
7th	Paul Huddle	51:37	4:41:19	2:54:30	8:27:26
8th	Jeff Devlin	54:35	4:39:06	2:56:47	8:30:28
9th	Teemu Vesala	57:30	4:43:51	2:56:08	8:37:29
10th	Ray Browning	51:26	4:41:31	3:07:37	8:40:34

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	53:30	4:56:34	3:05:24	8:55:28
2nd	JulieAnne White	1:02:07	5:02:32	3:17:01	9:21:40
3rd	Thea Sybesma	1:00:40	5:08:14	3:18:03	9:26:57
4th	Terry Schneider	1:00:07	5:04:22	3:24:36	9:29:05
5th	Krista Whelan	1:02:24	5:01:54	3:30:43	9:35:43
6th	Donna Peters	59:59	5:03:46	3:34:18	9:38:03
7th	Fernanda Keller	1:02:34	5:17:07	3:19:21	9:39:02
8th	Katinka Wiltenburg	1:03:07	5:19:24	3:24:15	9:46:46
9th	Sian Williams	56:23	5:00:16	3:53:04	9:49:43
10th	Juliana Nievergelt	54:28	5:11:46	3:46:22	9:52:36

RACE RESULTS 1978-2018:

1991

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Mark Allen	50:14	4:46:07	2:42:09	8:18:32
2nd	Greg Welch	51:02	4:45:21	2:48:10	8:24:34
3rd	Jeff Devlin	54:12	4:43:11	2:50:31	8:27:55
4th	Pauli Kiuru	51:08	4:45:20	2:53:38	8:30:07
5th	Wolfgang Dittrich	48:02	4:42:58	2:59:48	8:30:48
6th	Scott Tinley	53:59	4:49:59	2:59:07	8:43:06
7th	Ken Glah	51:06	4:50:03	3:05:19	8:46:29
8th	Ben Van Zelst	54:02	4:55:08	3:00:39	8:49:51
9th	Cristian Bustos	52:55	4:54:52	3:03:04	8:50:52
10th	Stefan Kolm	51:25	4:52:21	3:09:19	8:53:06

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	54:59	5:05:47	3:07:05	9:07:52
2nd	Erin Baker	56:32	5:08:47	3:18:18	9:23:37
3rd	Sara Coope	1:02:34	5:19:09	3:11:36	9:33:20
4th	Thea Sybesma	1:00:00	5:10:16	3:24:07	9:34:24
5th	Krista Whelan	1:01:36	5:17:28	3:23:54	9:42:59
6th	JulieAnne White	1:02:32	5:29:59	3:14:05	9:46:37
7th	Jan Wanklyn	53:47	5:38:39	3:16:34	9:49:01
8th	Terry Schneider	1:03:11	5:25:00	3:21:38	9:49:49
9th	Louise Bonham	58:54	5:31:32	3:23:02	9:53:29
10th	Wendy Ingraham	51:18	5:22:50	3:40:27	9:54:35

RACE RESULTS 1978-2018:

1990

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Mark Allen	51:43	4:43:45	2:52:48	8:28:17
2nd	Scott Tinley	52:36	4:51:33	2:53:30	8:37:40
3rd	Pauli Kiuru	52:48	4:51:32	2:55:04	8:39:24
4th	Rob Barel	52:20	4:50:24	3:03:03	8:45:48
5th	Greg Welch	51:51	4:52:20	3:01:56	8:46:07
6th	Henry Kiens	51:48	4:52:26	3:02:21	8:46:36
7th	Paul Huddle	52:47	4:51:30	3:03:19	8:47:37
8th	Jurgen Zack	53:46	4:49:05	3:07:26	8:50:17
9th	Ray Browning	52:17	4:51:54	3:12:54	8:57:06
10th	Jeff Devlin	57:20	4:55:59	3:04:09	8:57:29

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Erin Baker	56:37	5:12:52	3:04:13	9:13:42
2nd	Paula Newby-Fraser	57:05	5:14:45	3:08:10	9:20:01
3rd	Terry Schneider	1:01:56	5:32:12	3:26:25	10:00:34
4th	Amy Aikman	1:00:00	5:38:04	3:24:49	10:02:54
5th	Jan Wanklyn	55:02	5:46:09	3:23:21	10:04:33
6th	Kirsten Hanssen Ames	55:06	5:31:07	3:31:49	10:08:02
7th	Tina Bischoff	55:17	5:52:05	3:25:46	10:13:10
8th	Krista Whelan	1:02:38	5:39:29	3:33:03	10:15:12
9th	Fernanda Keller	1:01:33	5:41:52	3:33:18	10:16:44
10th	Irma Zwartkruis	1:00:15	5:31:35	3:45:31	10:17:21

RACE RESULTS 1978-2018:

1989

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Mark Allen	51:17	4:37:52	2:40:04	8:09:15
2nd	Dave Scott	51:16	4:37:53	2:41:03	8:10:13
3rd	Greg Welch	51:39	4:43:43	2:56:53	8:32:16
4th	Ken Glah	51:24	4:38:57	3:02:10	8:32:32
5th	Pauli Kiuru	53:29	4:43:08	2:56:03	8:32:42
6th	Scott Tinley	54:15	4:38:53	3:03:43	8:36:52
7th	Jurgen Zack	52:23	4:39:20	3:06:49	8:38:33
8th	Yves Cordier	51:20	4:41:50	3:06:01	8:39:13
9th	Ray Browning	51:33	4:42:04	3:05:57	8:39:35
10th	Wolfgang Dittrich	48:13	4:39:04	3:12:38	8:39:56

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	54:19	5:01:00	3:05:37	9:00:56
2nd	Sylviane Puntous	56:33	5:09:28	3:15:53	9:21:55
3rd	Kirsten Hanssen	53:52	5:05:17	3:25:22	9:24:31
4th	Fernanda Keller	1:02:18	5:20:33	3:15:42	9:38:33
5th	Sue Latshaw	56:36	5:10:31	3:35:52	9:43:00
6th	Jan Wanklyn	52:29	5:27:54	3:22:54	9:43:18
7th	Tina Bischoff	54:31	5:22:23	3:27:41	9:44:37
8th	Julie Wilson	56:38	5:07:31	3:41:26	9:45:36
9th	Leslie Fedon	54:16	5:19:10	3:35:50	9:49:17
10th	Amy Aikman	58:19	5:31:33	3:22:57	9:52:51

RACE RESULTS 1978-2018:

1988

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Scott Molina	51:28	4:36:50	3:02:42	8:31:00
2nd	Mike Pigg	51:20	4:37:44	3:04:06	8:33:11
3rd	Ken Glah	51:29	4:40:20	3:06:47	8:38:37
4th	Scott Tinley	56:07	4:44:37	3:02:26	8:43:11
5th	Mark Allen	51:23	4:54:20	2:57:38	8:43:22
6th	Ray Browning	56:11	4:47:30	3:09:57	8:53:38
7th	Dirk Aschmoneit	51:18	4:56:34	3:06:12	8:54:15
8th	Todd Jacobs	56:15	4:55:37	3:04:01	8:55:53
9th	Hideya Miyazuka	59:26	4:54:08	3:04:00	8:57:35
10th	Pauli Kiuru	56:06	4:59:16	3:05:25	9:00:49

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	56:38	4:57:13	3:07:09	9:01:01
2nd	Erin Baker	55:39	5:04:02	3:12:32	9:12:14
3rd	Kirsten Hanssen	1:00:23	5:12:46	3:24:15	9:37:25
4th	Julie Wilson	58:07	5:11:19	3:43:39	9:53:06
5th	Tina Bischoff	55:48	5:35:39	3:22:49	9:54:17
6th	Terry Schneider	1:04:06	5:22:00	3:32:43	9:58:49
7th	Sarah Springman	1:03:20	5:27:50	3:30:51	10:02:02
8th	Luanne Park	1:11:20	5:23:54	3:27:40	10:02:54
9th	Jan Wanklyn	55:49	5:28:12	3:39:24	10:03:25
10th	Laurie Samuelson	55:34	5:35:34	3:36:04	10:07:13

RACE RESULTS 1978-2018:

1987

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Dave Scott	50:57	4:53:48	2:49:26	8:34:13
2nd	Mark Allen	51:00	4:53:47	3:00:31	8:45:19
3rd	Greg Stewart	1:03:16	5:00:00	2:55:36	8:58:53
4th	Mike Pigg	51:01	5:00:54	3:10:38	9:02:34
5th	Ken Glah	53:22	4:53:30	3:18:24	9:05:17
6th	Scott Tinley	54:35	5:01:25	3:12:36	9:08:37
7th	Nicholaus Martin	1:00:31	5:08:37	3:01:20	9:10:29
8th	Todd Jacobs	58:00	5:09:36	3:05:21	9:12:58
9th	George Hoover	51:22	5:14:43	3:09:46	9:15:53
10th	Pauli Kiuru	56:02	5:20:47	2:59:11	9:16:00

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Erin Baker	57:42	5:26:34	3:11:08	9:35:25
2nd	Sylviane Puntous	57:50	5:29:43	3:09:23	9:36:57
3rd	Paula Newby-Fraser	58:03	5:22:15	3:20:18	9:40:37
4th	Julie Wilson	58:14	5:35:32	3:28:38	10:02:24
5th	Sarah Springman	1:01:34	5:35:05	3:31:45	10:08:25
6th	Amy Aikman	1:01:10	5:36:29	3:32:57	10:10:37
7th	Nancy Harrison	1:02:48	5:39:56	3:31:15	10:14:00
8th	Luanne Park	1:05:22	5:43:57	3:29:50	10:19:09
9th	Beth Nelson	1:17:01	5:41:15	3:26:01	10:24:19
10th	Terry Schneider	1:02:49	5:40:08	3:42:30	10:25:28

RACE RESULTS 1978-2018:

1986

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Dave Scott	50:53	4:48:32	2:49:11	8:28:37
2nd	Mark Allen	51:00	4:49:29	2:55:34	8:36:04
3rd	Scott Tinley	53:06	4:57:18	3:10:11	9:00:37
4th	Klaus Barth	53:22	4:53:21	3:16:57	9:03:42
5th	Greg Stewart	57:02	4:58:31	3:09:37	9:05:10
6th	Ken Glah	53:11	5:00:05	3:16:13	9:09:30
7th	Tony Sattler	1:00:45	4:57:33	3:12:06	9:10:25
8th	Marc Surprenant	51:45	5:00:38	3:20:51	9:13:15
9th	Mike Pigg	51:43	5:08:20	3:16:40	9:16:43
10th	Mac Martin	56:54	4:50:27	3:32:38	9:20:00

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Paula Newby-Fraser	57:03	5:32:05	3:20:05	9:49:14
2nd	Sylviane Puntous	56:24	5:34:57	3:21:51	9:53:13
3rd	Joanne Ernst	57:36	5:26:09	3:36:21	10:00:07
4th	Elizabeth Bulman	56:49	5:40:05	3:30:23	10:07:18
5th	Heidi Christensen	53:31	5:39:57	3:42:51	10:16:20
6th	Juliana Brening	56:40	5:36:36	3:50:52	10:24:09
7th	Beth Mitchell	57:29	5:50:25	3:40:43	10:28:38
8th	Beth Nelson	1:24:01	5:52:18	3:17:49	10:34:09
9th	Nancy Harrison	1:00:56	6:04:36	3:30:40	10:36:13
10th	Louise Mackinlay	1:09:27	5:44:17	3:45:10	10:38:55

RACE RESULTS 1978-2018:

1985

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Scott Tinley	55:13	4:54:07	3:01:33	8:50:54
2nd	Chris Hinshaw	49:53	4:57:50	3:28:56	9:16:40
3rd	Carl Kupferschmid	1:11:47	5:10:35	3:04:09	9:26:32
4th	Hannes Blaschke	1:03:24	5:02:13	3:26:36	9:32:15
5th	Tom Charles	1:02:23	5:28:09	3:04:41	9:35:14
6th	Danny Banks	51:58	5:06:56	3:38:54	9:37:49
7th	Mike Pigg	57:52	5:23:12	3:17:06	9:38:10
8th	Klaus Barth	55:20	5:19:33	3:28:15	9:43:09
9th	Steven Mudgett	1:01:53	5:26:03	3:18:31	9:46:27
10th	Michael Kirtley	1:02:27	5:40:23	3:04:31	9:47:22

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Joanne Ernst	1:01:42	5:39:13	3:44:26	10:25:22
2nd	Elizabeth Bulman	1:01:11	6:01:16	3:24:27	10:26:55
3rd	Paula Newby-Fraser	59:38	5:54:26	3:36:59	10:31:04
4th	Nancy Harrison	1:21:04	5:40:38	3:34:54	10:36:36
5th	Sarah Springman	1:06:49	5:45:41	3:55:04	10:47:35
6th	Kathleen McCartney	1:16:54	5:48:35	3:43:11	10:48:41
7th	Bonnie Barton-Hill	1:22:34	6:06:39	3:25:49	10:55:03
8th	Juliana Brening	57:51	5:50:56	4:06:16	10:55:04
9th	Janet Greenleaf	58:19	5:57:50	4:07:16	11:03:26
10th	Elizabeth Nelson	1:21:23	6:00:55	3:41:32	11:03:52

RACE RESULTS 1978-2018:

1984

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Dave Scott	50:21	5:10:59	2:53:00	8:54:20
2nd	Scott Tinley	55:54	5:18:52	3:03:57	9:18:45
3rd	Grant Boswell	53:07	5:15:04	3:15:44	9:23:55
4th	Rob Barel	53:03	5:10:22	3:23:45	9:27:11
5th	Mark Allen	50:22	4:59:21	3:45:19	9:35:02
6th	John Howard	1:07:52	4:56:49	3:33:57	9:38:39
7th	David Evans	59:00	5:21:32	3:23:23	9:43:55
8th	Chris Hinshaw	49:07	5:20:26	3:39:15	9:48:49
9th	Steve Sine	1:03:03	5:39:07	3:14:11	9:56:21
10th	Scott Skultety	58:45	5:33:37	3:26:39	9:59:02

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Sylviane Puntous	1:00:45	5:50:36	3:33:51	10:25:13
2nd	Patricia Puntous	1:00:51	5:50:31	3:36:05	10:27:28
3rd	Julie Olson	1:00:33	5:37:43	3:59:54	10:38:10
4th	Joanne Ernst	1:04:40	5:49:24	3:46:28	10:40:33
5th	Moira Hornby	1:05:32	6:12:49	3:44:58	11:03:20
6th	Jennifer Hinshaw	50:31	5:58:36	4:15:54	11:05:02
7th	Juliana Harrison Brening	1:00:32	5:54:56	4:10:39	11:06:08
8th	Karen McKeachie	1:09:11	6:10:11	3:48:13	11:07:37
9th	Jacqueline Shaw	1:03:09	5:41:19	4:27:41	11:12:10
10th	Anne Dandoy	1:10:13	6:08:51	4:02:25	11:21:30

RACE RESULTS 1978-2018:

1983

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Dave Scott	50:52	5:10:48	3:04:16	9:05:57
2nd	Scott Tinley	57:24	5:03:58	3:05:08	9:06:30
3rd	Mark Allen	52:08	5:13:32	3:15:26	9:21:06
4th	Marc Thompson	1:01:20	5:20:49	3:26:57	9:49:07
5th	Robert Roller	53:30	5:32:13	3:30:38	9:56:23
6th	Mark MacIntyre	1:03:29	5:52:59	3:00:47	9:57:16
7th*	Bob Curtis	1:00:14	5:23:00	3:38:44	10:01:59
7th*	Thomas Boughey	50:50	5:36:17	3:34:51	10:01:59
9th	Mac Martin	59:50	5:25:22	3:39:14	10:04:27
10th	Kurt Madden	57:58	5:43:56	3:23:27	10:05:21

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Sylviane Puntous	1:00:28	6:20:40	3:22:28	10:43:36
2nd	Patricia Puntous	1:00:31	6:26:12	3:22:33	10:49:17
3rd	Eva Ueltzen	1:02:48	6:05:13	3:53:48	11:01:49
4th	Kathie Rivers	1:05:11	6:12:16	3:52:37	11:10:05
5th	Sally Edwards	1:17:18	6:29:45	3:29:28	11:16:33
6th	Jann Girard	53:35	6:37:32	3:49:50	11:20:57
7th	Annie Dandoy	1:12:55	6:15:45	3:53:26	11:22:07
8th	Elaine Alrutz	1:05:20	6:20:01	4:00:15	11:25:37
9th	Sue Kinsey	1:03:43	6:20:56	4:01:16	11:25:56
10th	Jenny Lamott	55:44	6:19:51	4:13:32	11:29:08

* Tie between two athletes

RACE RESULTS 1978-2018:

OCTOBER 1982

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Dave Scott	50:52	5:10:16	3:07:15	9:08:23
2nd	Scott Tinley	1:00:58	5:18:09	3:09:21	9:28:28
3rd	Jeff Tinley	58:05	5:21:05	3:17:43	9:36:53
4th	Scott Molina	52:48	5:26:20	3:31:15	9:50:23
5th	Jody Durst	55:41	5:23:33	3:33:29	9:52:43
6th	Kurt Madden	56:16	5:35:16	3:33:04	10:04:36
7th	George Yates	1:07:42	5:26:20	3:33:18	10:07:20
8th	Dean Harper	53:30	5:47:06	3:27:19	10:07:55
9th	Reed Gregerson	55:32	5:38:38	3:34:14	10:08:24
10th	Ferdy Massimino	53:32	5:28:51	3:47:44	10:10:07

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Julie Leach	1:04:57	5:50:36	3:58:35	10:54:08
2nd	JoAnn Dahlkoetter	1:14:04	6:02:29	3:41:48	10:58:21
3rd	Sally Edwards	1:15:38	6:19:27	3:27:55	11:03:00
4th	Kathleen McCartney	1:14:05	5:51:43	4:05:05	11:10:53
5th	Lyn Brooks	1:09:24	6:34:03	3:34:47	11:18:14
6th	Ardis Bow	59:37	6:03:42	4:18:39	11:21:58
7th	Darlene Ann Drumm	1:09:33	6:07:37	4:12:45	11:29:55
8th	Kathie Rivers	1:08:15	6:09:02	4:15:15	11:32:32
9th	Jennifer Hinshaw	53:26	6:06:51	4:37:51	11:38:08
10th	Cheryl Lloyd	1:11:35	5:52:21	4:36:03	11:39:59

RACE RESULTS 1978-2018:

February 1982

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	Scott Tinley	1:10:45	5:05:11	3:03:45	9:19:41
2nd	Dave Scott	58:39	5:17:16	3:21:02	9:36:57
3rd	Jeff Tinley	1:13:02	5:27:45	3:12:29	9:53:16
4th	Mark Sisson	1:18:18	5:21:23	3:17:34	9:57:15
5th	Reed Gregerson	1:05:00	5:31:54	3:25:43	10:02:37
6th	Jeff Jones	1:03:40	5:33:27	3:33:32	10:10:39
7th	Greg Reddan	1:04:30	5:52:53	3:16:28	10:13:51
8th	Kim Bushong	58:29	5:08:11	4:09:04	10:15:44
9th	Thomas Boughey	1:02:00	5:39:54	3:35:24	10:17:18
10th	Tom Warren	1:03:41	5:26:03	3:48:22	10:18:06

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Kathleen McCartney	1:32:00	5:51:12	3:46:28	11:09:40
2nd	Julie Moss	1:11:00	5:53:39	4:05:30	11:10:09
3rd*	Lyn Brooks	1:19:30	6:38:02	3:53:29	11:51:00
3rd*	Sally Edwards	1:36:30	6:30:06	3:44:24	11:51:00
5th*	Cheryl Lloyd	1:23:31	6:01:50	4:32:38	11:57:58
5th*	Claire McCarty	1:20:01	6:21:33	4:16:24	11:57:58
7th	Cherry Stockton	1:44:35	6:06:47	4:09:15	12:00:37
8th	Eva Oberth	1:19:48	6:27:41	4:26:03	12:13:32
9th	Darlene Ann Drumm	1:15:17	6:32:08	4:32:28	12:19:53
10th	Shawn Wilson	1:01:27	6:26:04	4:58:03	12:25:34

Tie between two athletes

RACE RESULTS 1978-2018:

1981

TOP 10 MEN

Place	Name	Swim	Bike	Run	Total
1st	John Howard	1:11:12	5:03:29	3:23:48	9:38:29
2nd	Tom Warren	59:40	5:37:09	3:27:49	10:04:38
3rd	Scott Tinley	1:05:34	5:47:52	3:19:21	10:12:47
4th	Thomas Boughey	56:26	5:57:00	3:30:14	10:23:40
5th	Dennis Hansen	1:03:48	6:01:45	3:21:10	10:26:43
6th	Dante Dettamanti	1:01:09	5:36:15	3:41:38	10:29:02
7th	James Butterfield	1:27:48	5:58:30	3:05:08	10:31:26
8th	Jonathan Durst	58:07	5:33:47	4:02:17	10:34:11
9th	Conrad Kress	1:02:26	5:49:40	3:46:09	10:38:15
10th	Ronald Krueper	1:02:56	6:00:57	3:25:28	10:39:11

TOP 10 WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Linda Sweeney	1:02:07	6:53:28	4:04:57	12:00:32
2nd	Sally Edwards	1:28:30	6:58:36	4:10:19	12:37:25
3rd	Lyn Brooks	1:20:07	7:13:11	4:08:57	12:42:15
4th	Cynthia Marks	1:11:07	7:33:02	4:16:42	13:00:51
5th	Kika Walker	1:08:17	7:21:47	5:03:25	13:33:29
6th	Nancy Kummen	1:51:17	6:26:06	5:16:43	13:34:16
7th	Georgia Gatch	1:05:37	7:23:36	5:51:47	14:21:00
8th	Carol Laplant	1:45:27	7:43:49	4:54:59	14:24:15
9th	Christa Obara	2:10:44	7:48:50	4:44:33	14:44:07
10th	Patricia Specht	1:57:06	7:41:13	5:11:49	14:50:08

Note: Course moved to Kailua-Kona, Hawai'i



RACE RESULTS 1978-2018:

1980

TOP MEN

Place	Name	Swim	Bike	Run	Total
1st	Dave Scott	51:00	5:03:00	3:30:33	9:24:33
2nd	Chuck Neumann	1:02:00	5:38:00	3:44:41	10:24:41
3rd	John Howard	1:51:00	4:28:00	4:13:36	10:32:36
4th	Tom Warren	1:00:00	5:40:00	4:09:16	10:49:16
5th	Thomas Boughey	55:00	5:43:00	4:19:07	10:57:07

TOP WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Robin Beck	1:20:00	6:05:00	3:56:24	11:21:24
2nd	Eve Anderson	1:30:00	7:48:00	6:22:59	15:40:59

Note: Event held in Honolulu, Hawai'i

1979

TOP MEN

Place	Name	Swim	Bike	Run	Total
1st	Tom Warren	1:06:15	6:19:00	3:51:00	11:15:56
2nd	John Dunbar	1:09:55	6:51:00	4:03:00	12:03:56
3rd	Ian Emberson	1:02:35	6:53:00	4:28:00	12:23:30
4th	Gordon Haller	1:51:59	6:57:00	3:43:00	12:31:53
5th	Ron Seiple	1:58:47	6:47:00	4:57:00	13:43:00

TOP WOMAN

Place	Name	Swim	Bike	Run	Total
1st	Lyn Lemaire	1:16:20	6:30:00	5:10:00	12:55:38

Note: Only one woman competed in 1979

RACE RESULTS 1978-2018:

1978

ORIGINAL IRONMAN FINISHERS

Place	Name	Swim	Bike	Run	Total
1st	Gordon Haller	1:20:40	6:56:00	3:30:00	11:46:40
2nd	John Dunbar	1:00:15	7:04:00	4:03:00	12:20:27
3rd	Dave Orłowski	1:09:15	7:51:00	4:59:00	13:59:13
4th	Ian D. Emberson	1:01:40	7:47:00	5:15:00	14:03:25
5th	Sterling F. Lewis	1:02:30	7:47:00	5:15:00	14:04:35
6th	Tom Knoll	2:13:05	8:19:00	4:13:00	14:45:11
7th	Henry Forrest	1:36:42	8:47:00	5:06:00	15:30:14
8th	Frank Day	1:44:20	8:45:00	6:09:00	16:38:31
9th	John Collins	1:31:15	9:15:00	6:14:00	17:00:38
10th	Archie Hapai	57:35	8:06:00	8:20:00	17:24:22
11th	Dan Hendrickson	1:35:35	11:39:00	6:48:00	20:03:28
12th	Harold Irving	1:05:30	11:04:00	8:08:00	21:00:38

Note: No women competed in 1978

AMATEUR BEST HOLDERS:

IRONMAN World Championship

MEN'S DIVISION

Age Group	Record	Name	Age	Year
18-24	8:51:50	Timo Schaffeld	22	2018
25-29	8:34:01	Rasmus Svennings- son	25	2018
30-34	8:37:15	Mikkel Hojborg Olsen	30	2018
35-39	8:24:36	Dan Plews	35	2013
40-44	8:41:22	Christian Mueller	42	2013
45-49	8:55:33	Koen Van Rie	46	2018
50-54	9:16:38	Carl Brummer	50	2018
55-59	9:18:18	Richard Sweet	55	2018
60-64	9:46:54	Rob Barel	59	2017
65-69	10:44:30	William Wren	66	2013
70-74	11:45:05	Milos Kostic	770	2011
75-79	13:06:03	Robert Plant	75	2018
80+	15:38:25	Hironu Inada	80+	2012

WOMEN'S DIVISION

Age Group	Record	Name	Age	Year
18-24	9:38:26	Samantha Morrison	23	2013
25-29	9:15:16	Catherine Faux	26	2013
30-34	9:36:26	Tessa Kortekaas	30	2018
35-39	9:28:48	Christina Svejstrup	35	2018
40-44	9:32:05	Beate Goertz	42	2011
45-49	10:01:30	Lisbeth Kenyon	45	2011
50-54	10:12:02	Michelle Enslin	50	2018
55-59	10:33:10	Jeni Winegarner	56	2013
60-64	11:41:44	Julia Daggett	60	2018
65-69	12:28:43	Missy Lestrangle	66	2018
70-74	13:42:50	Linda Ashmore	70	2017
75-79	15:54:16	Madonna Buder	75	2005

Note: Outlined above are the top ten finish times.
The times presented here are not necessarily first place finishers.

TOP FIVE AGE GROUP:

IRONMAN World Championship 2018 Results

TOP FIVE MEN

Place	Name	Swim	Bike	Run	Total
Men 18-24					
1st	Timo Schaffeld	57:49	4:32:30	3:17:20	8:51:50
2nd	Nick Noone	53:08	4:40:52	3:24:35	9:05:04
3rd	Julen Diez Rodriguez	56:20	4:41:05	3:23:57	9:07:23
4th	Andre Johnson Navjord	1:02:47	4:40:53	3:23:52	9:13:00
5th	Francesco Gualtieri	56:42	4:39:09	3:29:51	9:13:46
Men 25-29					
1st	Rasmus Svenningsson	55:23	4:28:08	3:05:17	8:34:01
2nd	Mikkel Mortensen	55:46	4:32:59	3:02:34	8:36:48
3rd	Ben Phillips	51:37	4:36:08	3:14:20	8:47:29
4th	David De Grooff	53:14	4:42:46	3:10:49	8:51:45
5th	Johan Borg	57:20	4:37:10	3:09:50	8:51:57
Men 30-34					
1st	Mikkel Holjborg Olsen	55:24	4:39:19	3:03:13	8:37:15
2nd	Clay Emge	55:31	4:35:08	3:01:01	8:37:35
3rd	Ryan Giuliano	59:01	4:38:01	2:58:09	8:40:09
4th	Matthew Malone	57:52	4:34:59	3:02:25	8:40:38
5th	Petr Soukup	53:06	4:39:29	3:04:24	8:41:40
Men 35-39					
1st	Dan Plews	54:47	4:32:55	2:50:56	8:24:36
2nd	Lars Petter Stormo	55:36	4:32:06	3:05:02	8:37:27
3rd	Sergio Marques	57:56	4:35:22		8:38:29
4th	Toon Veldeman	55:32	4:30:30	3:00:08	8:41:24
5th	David Clark	53:10	4:33:47	3:09:43 3:13:32	8:46:29
Men 40-44					
1st	Bruno Clerbout	56:04	4:30:28	3:15:47	8:47:40
2nd	Bert Verbeke	54:56	4:30:55	3:19:20	8:50:33
3rd	Marc Brinkmann	1:02:20	4:31:47	3:12:24	8:53:05
4th	Jose Graca	58:43	4:36:27	3:17:15	8:58:58
5th	Brice Williams	53:35	4:37:42	3:22:21	8:59:38
Men 45-49					
1st	Koen Van Rie	56:04	4:36:55	3:09:02	8:55:33
2nd	Reon Park	54:56	4:33:45	3:18:48	9:01:21
3rd	Paul Lunn	1:02:20	4:38:36	3:19:39	9:08:26
4th	Lucas Antonetti	58:43	4:51:17	3:18:29	9:11:28
5th	Stefan Flachowsky	53:35	4:38:24	3:24:40	9:11:40

TOP FIVE AGE GROUP:

IRONMAN World Championship 2018 Results

Place	Name	Swim	Bike	Run	Total
Men 50-54					
1st	Christophe Lemery	1:02:00	4:56:43	3:18:58	9:23:31
2nd	Pierre Heynemand	1:01:16	4:55:45	3:31:02	9:34:29
3rd	Thorstein Gystad	1:05:18	5:08:37	3:16:30	9:39:02
4th	Frank van Graas	58:11	5:01:53	3:50:05	9:58:34
5th	Graham Bruce	53:39	5:26:27	3:30:34	9:58:53
Men 55-59					
1st	Wolfgang Schmatz	1:03:42	5:09:05	3:31:51	9:52:35
2nd	Frédéric Sultana	58:12	5:20:40	3:49:43	10:15:04
3rd	Kevin Fergusson	1:01:56	5:06:50	4:01:40	10:18:41
4th	David Boyes	1:05:12	5:15:04	3:57:19	10:24:01
5th	Tapio Piesanen	1:19:03	5:19:19	3:43:08	10:27:56
Men 60-64					
1st	Rob Barel	58:10	5:05:23	3:36:25	9:46:54
2nd	Gregory Taylor	1:13:46	5:32:40	3:45:05	10:38:13
3rd	Steven Mudgett	1:10:23	5:32:20	3:58:55	10:49:48
4th	Paul Bakerman	1:03:21	5:33:30	4:22:05	11:08:15
5th	Jean-Marc Bertolo	1:12:22	5:48:59	3:59:29	11:08:56
Men 65-69					
1st	Rick Simpson	1:05:06	5:45:24	4:57:58	11:54:10
2nd	Roberto Azevedo	1:22:22	5:44:12	4:40:06	12:00:26
3rd	Peter Turek	1:11:32	6:13:42	4:27:52	12:06:24
4th	Rob Wylie	1:28:50	6:15:11	4:13:17	12:08:17
5th	Jose Marin Sospedra	1:39:45	6:09:04	4:15:13	12:15:23
Men 70-74					
1st	Simon Butterworth	1:21:19	5:57:35	4:58:29	12:29:35
2nd	Bäuerle Jürgen	1:32:58	6:26:16	5:10:26	13:27:43
3rd	Patrick Bourdillon	1:35:59	6:49:29	5:14:53	13:53:00
4th	Roger Freeman	1:35:34	6:56:49	5:09:24	13:59:31
5th	Bruno Billeter	1:37:53	6:53:05	5:11:30	14:05:39
Men 75-79					
1st	Fidel Rotondaro	1:18:19	7:07:28	5:37:54	14:17:56
2nd	Tadayoshi Ogawa	1:22:11	7:49:58	6:06:26	15:38:31
3rd	George Hulse	1:45:05	7:39:28	5:57:27	15:43:26
4th	Milos Kostic	2:01:54	7:15:16	6:43:59	16:18:26
5th	Douglas Wells	1:52:59	8:17:01	5:55:46	16:30:34

TOP FIVE AGE GROUP:

IRONMAN World Championship 2018 Results

TOP FIVE WOMEN

Place	Name	Swim	Bike	Run	Total
Women 18-24					
1st	Joanna Ryter	1:09:44	5:16:23	3:28:23	9:59:35
2nd	Carla Lacerda	1:03:31	5:09:26	3:41:58	10:01:15
3rd	Julia Slyer	1:10:31	5:11:21	3:54:52	10:23:45
4th	Perron Benedicte	1:04:01	5:20:54	3:53:03	10:24:33
5th	Line Bonde	1:08:10	5:06:44	4:04:36	10:25:35
Women 25-29					
1st	Ruth Purbrook	1:03:20	4:52:43	3:32:23	9:33:46
2nd	Tamara Hitz	57:03	5:09:15	3:27:01	9:38:48
3rd	Hilary Fenton	1:04:13	5:05:26	3:27:43	9:44:38
4th	Amy Henderson	1:09:23	4:59:20	3:34:44	9:48:34
5th	Katrine Brock	1:16:08	5:16:35	3:34:44	9:48:34
Women 30-34					
1st	Tessa Kortekaas	1:05:06	4:56:43	3:29:50	9:36:26
2nd	Barbara Scherrer	1:02:23	4:55:07	3:39:01	9:43:47
3rd	Pierangela Dezerega	1:06:08	5:07:09	3:25:33	9:46:03
4th	Jacqui Giuliano	1:07:36	5:16:43	3:17:21	9:48:48
5th	Heidi Hyvarinen	1:03:57	5:07:54	3:34:52	9:53:36
Women 35-39					
1st	Christina Svejstrup	1:09:12	4:55:10	3:17:13	9:28:48
2nd	Esefeld Katrin	1:07:58	5:05:08	3:31:16	9:49:58
3rd	Meghan Fillnow	1:08:49	5:09:57	3:32:26	9:57:30
4th	Jane Fardell	1:01:38	5:23:41	3:27:03	9:59:53
5th	Michelle Menzi	1:11:48	5:08:51	3:36:18	10:02:52
Women 40-44					
1st	Sione Jongstra	59:40	5:04:51	3:36:37	9:46:18
2nd	Sharon Schmidt-Mongrain	1:03:04	5:08:14	3:30:46	9:48:39
3rd	Amy Farrell	1:06:03	5:01:20	3:36:10	9:49:30
4th	Liza Rachetto	1:04:55	4:59:39	3:34:04	9:53:40
5th	Tina On-Albon	1:06:00	5:10:19	3:32:36	9:57:50
Women 45-49					
1st	Janette Dommer	1:03:28	4:48:36	3:15:22	9:23:25
2nd	Elisabetta Villa	1:10:49	5:15:10	3:22:00	9:54:00
3rd	Kelly Phuah	1:06:40	5:10:23	3:42:01	10:05:19
4th	Linda Guinoiseau	1:09:01	5:17:08	3:33:07	10:06:42
5th	Tanja Tschach	1:00:36	5:15:25	3:54:35	10:17:32

TOP FIVE AGE GROUP:

IRONMAN World Championship 2018 Results

TOP FIVE WOMEN (CONT.)

Place	Name	Swim	Bike	Run	Total
Women 50-54					
1st	Michelle Enslin	1:06:49	5:16:27	3:41:35	10:12:02
2nd	Yvonne Timewell	1:07:40	5:20:51	3:50:27	10:26:04
3rd	Diana Hassel	1:05:15	5:15:10	4:08:12	10:36:01
4th	Katherine Nichols		5:41:49	3:49:57	10:42:40
5th	Iris Tiedeken	1:04:40	5:36:45	3:58:46	10:47:42
		1:04:51			
Women 55-59					
1st	Kaisa Jakobsen	1:15:54	5:32:10	3:51:50	10:47:57
2nd	June Ward	1:16:12	5:46:38	3:50:11	11:00:54
3rd	Leslie Knibb	1:03:36	5:25:29	4:39:37	11:15:57
4th	Maxine Mckinnon	1:22:37	5:54:48	3:52:29	11:19:42
5th	Margaret Hepworth		5:40:52	4:25:44	11:26:13
		1:08:34			
Women 60-64					
1st	Julia Daggett	1:21:10	5:52:33	4:19:49	11:41:44
2nd	Jane Wiley	1:22:59	5:47:48	4:21:35	11:42:54
3rd	Julie Moss	1:03:29	6:03:01	4:51:12	12:08:40
4th	Nelly Wojtasinski	1:19:39	5:37:41	5:06:36	12:12:35
5th	Amy Griffith	1:14:37	6:05:00	4:45:18	12:16:58
Women 65-69					
1st	Missy Lestrangle	1:11:54	6:02:33	5:03:26	12:28:43
2nd	Sharon Keith	1:12:46	6:20:00	5:35:14	13:24:45
3rd	Mary Houbolt	1:28:14	5:39:54	6:09:41	13:34:49
4th	Sandra Wendel	1:23:12	6:45:48	5:30:17	13:53:49
5th	Joanne Furu	1:38:17	7:14:30	4:49:36	14:00:11
Women 70-74					
1st	Bobbe Greenberg	1:37:39	7:01:55	5:35:25	14:28:50
2nd	Cullen Goodyear	1:22:54	6:44:25	6:10:29	14:36:13
3rd	Anne Grundy	1:30:36	7:09:16	5:48:02	14:42:42
4th	Natalie Grabow	1:38:51	7:00:47	6:19:43	15:19:12
5th	Valerie Gonzales	1:57:22	7:43:30	5:29:39	15:27:43

2018 PHYSICALLY CHALLENGED OPEN DIVISION AND MILITARY RESULTS:

Physically Challenged Results

PHYSICALLY CHALLENGED ATHLETES MEN

Place	Name	Swim	Bike	Run	Total
1st	Andaloussi Ahmed	1:08:51	7:21:35	2:52:26	11:29:15
2nd	Daniel Garcia	1:20:24	7:16:17	3:09:24	12:02:28
3rd	Diogo Ratacheski	1:37:55	6:44:04	3:59:45	12:31:38
4th	Erich Manser	1:05:14	5:40:56	6:03:02	13:04:41
5th	Glenn Hartrick	1:28:53	8:00:38	4:03:18	14:03:31
6th	Alexandre Dias	1:26:53	6:40:24	6:03:22	14:21:48
7th	Chris Dell	1:25:14	6:37:54	6:02:50	14:22:45
8th	Kyle Pease	1:07:32	8:22:02	4:45:53	14:28:59
9th	Jeffrey Lampe	1:46:24	7:03:22	6:39:47	15:46:48

Hand Cycle Results

PHYSICALLY CHALLENGED ATHLETES WOMEN

Place	Name	Swim	Bike	Run	Total
1st	Liz McTernan	1:19:54	8:06:13	4:41:57	14:21:12
2nd	Sarah Reinertsen	1:21:09	7:09:05	5:59:47	14:41:04

HAND CYCLE DIVISION MEN

Place	Name	Swim	Bike	Run	Total
1st	Geert Schipper	59:47	5:35:05	2:39:59	9:19:47

Military Division Results

MILITARY DIVISION MEN

Place	Name	Swim	Bike	Run	Total	Military
1st	Joel Maley	1:12:01	4:53:48	3:17:14	9:14:45	Canadian. Military

MILITARY DIVISION WOMEN

Place	Name	Swim	Bike	Run	Total	Total
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IRONMAN 70.3 WORLD CHAMPIONSHIP

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Rock'n'Roll MARATHON SERIES® GENERAL INFORMATION



INTRODUCTION:

Rock 'n' Roll Series

The Rock 'n' Roll Marathon Series makes running fun. Each year, more athletes participate in Rock 'n' Roll running events than any other running series in the United States.

What started as a simple idea in 1998 – a marathon with bands along the course celebrating each participant – soon transformed the running landscape igniting the second running boom.

While entertainment and the energy of a festival weekend define the Rock 'n' Roll Marathon Series experience, the fact that runners have raised more than \$310 million for participating charities shows our heart and soul.

Event weekends include a world-class Health & Fitness Expo and culminate with finish line concert featuring the biggest names in music, with past performers including Macklemore & Ryan Lewis, Pitbull, Goo Goo Dolls, All-American Rejects, Flo Rida, Train and Lady Antebellum.

In 2014, the Remix Challenge was born, and runners can now earn extra bling by completing two days of running in 11 cities. Runners who participate in multiple cities each year can also qualify for Heavy Medal awards, Limited Edition medals and a coveted spot in our Hall of Fame.

Whether you're running your 10th marathon, third half marathon, first 5K or supporting a runner who has overcome the odds, we bring the best of the active lifestyle experience to a 100,000 sqft trade show, superb course execution, and a relentless pursuit of excellence.



ROCK 'N' ROLL MARATHON SERIES: Las Vegas

Humana *Rock'n'Roll* MARATHON & 1/2 LAS VEGAS

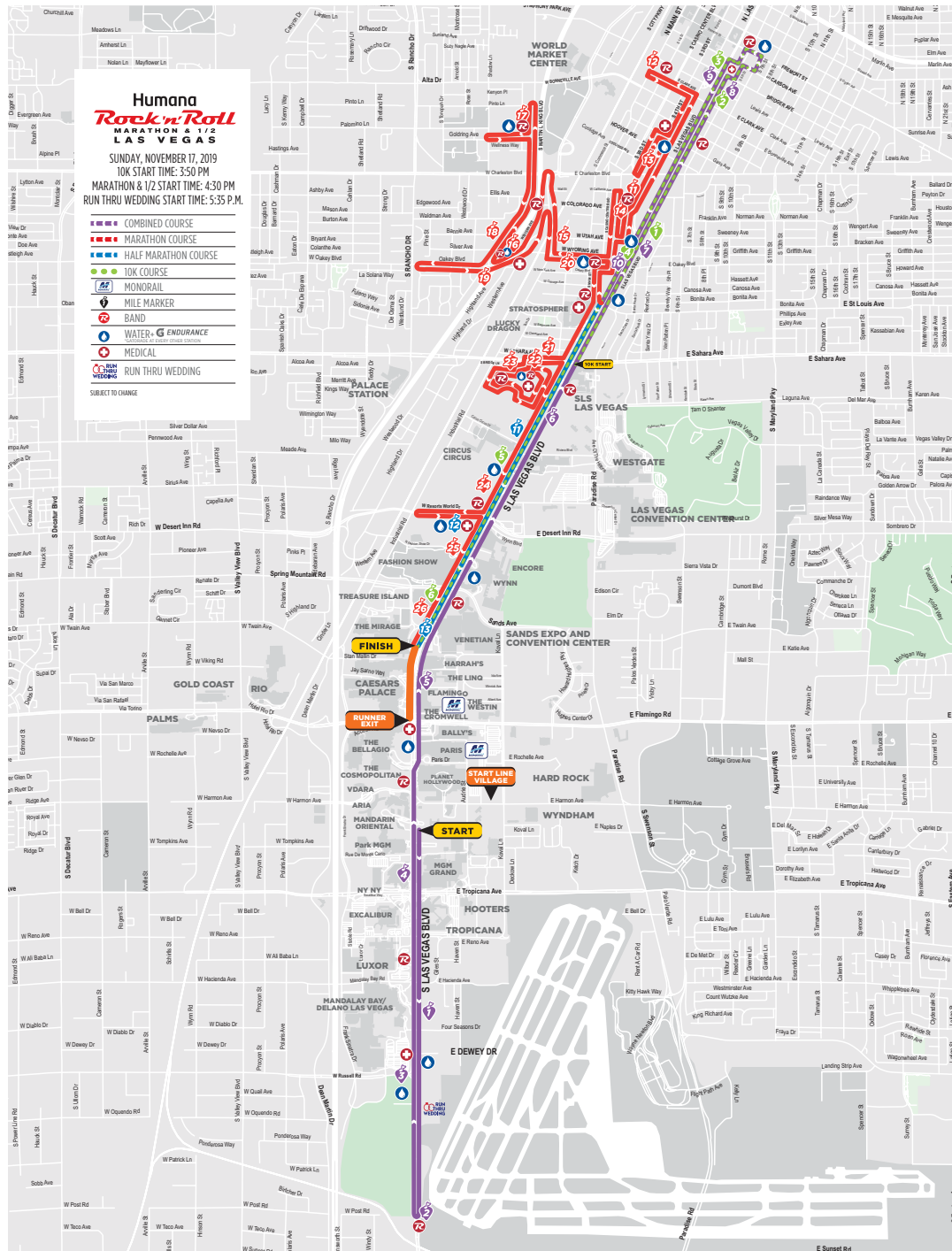
For over 20 years, the Rock 'n' Roll Marathon Series has made running fun by infusing each course with live bands, cheer teams and more. In 2019, the Humana Rock 'n' Roll Las Vegas Marathon & 1/2 is celebrating 11 years running, and we are bringing our best with more music, runner support, and community engagement every step of the way. Humana Rock 'n' Roll Las Vegas is the only night the Las Vegas Strip is closed for a private event and with a marathon, half, 10K and Saturday 5K, there is something for everyone. We invite you, your friends and family to run the Las Vegas Strip at Night with us in 2019!

RnR Course Maps (Marathon, 1/2 Marathon, 10K, 5K)

www.runrocknroll.com/las-vegas/the-races/course/



ROCK 'N' ROLL MARATHON SERIES: 2019 Las Vegas Marathon, 1/2 Marathon & 10K Course Map



ROCK 'N' ROLL MARATHON SERIES: 2019 Las Vegas 5K Course Map



PACE CHARTS:

Elite Athlete Marathon Pace Chart

Men

Pace	4:50	4:52	4:55	4:58	5:00
1	4:50	4:52	4:55	4:58	5:00
2	9:40	9:44	9:50	9:56	10:00
3	14:30	14:36	14:45	14:54	15:00
4	19:20	19:28	19:40	19:52	20:00
5	24:10	24:20	24:35	24:50	25:00
6	29:00	29:12	29:30	29:48	30:00
7	33:50	34:04	34:25	34:45	35:00
8	39:40	38:56	39:20	39:44	40:00
9	43:30	43:48	44:15	44:42	45:00
10	48:20	48:40	49:10	49:40	50:00
11	53:10	53:32	54:05	54:37	55:00
12	58:00	58:24	59:00	59:36	1:00:00
13	1:02:50	1:03:06	1:03:55	1:04:33	1:05:00
13	1:03:18	1:03:45	1:04:24	1:05:03	1:05:30
14	1:07:40	1:08:08	1:08:50	1:09:31	1:10:00
15	1:12:30	1:13:00	1:13:45	1:14:30	1:15:00
16	1:17:20	1:17:52	1:18:40	1:19:28	1:20:00
17	1:22:10	1:22:44	1:23:35	1:24:26	1:25:00
18	1:27:00	1:27:36	1:28:30	1:29:44	1:30:00
19	1:31:50	1:32:28	1:33:25	1:34:22	1:35:00
20	1:36:40	1:37:20	1:38:20	1:39:20	1:40:00
21	1:41:30	1:42:12	1:43:15	1:44:17	1:45:00
22	1:46:20	1:47:04	1:48:10	1:49:15	1:50:00
23	1:51:10	1:51:56	1:53:05	1:54:14	1:55:00
24	1:56:00	1:56:48	1:58:00	1:59:12	2:00:00
25	2:00:50	2:01:40	2:02:55	2:04:10	2:05:00
26	2:05:40	2:06:32	2:07:50	2:09:07	2:10:00
26.2	2:06:44	2:07:30	2:08:55	2:10:07	2:11:06

Women

5:30	5:32	5:35	5:38	5:40
5:30	5:32	5:35	5:38	5:40
11:00	11:03	11:10	11:15	11:20
16:30	16:36	16:45	16:53	17:00
22:00	22:07	22:20	22:31	22:40
27:30	27:39	27:55	28:09	28:20
33:00	33:12	33:30	33:47	34:00
38:30	38:44	39:05	39:25	39:40
44:00	44:15	44:40	45:03	45:20
49:30	49:47	50:15	50:41	51:00
55:00	55:19	55:50	56:19	56:40
1:00:30	1:00:52	1:01:25	1:01:57	1:02:20
1:06:00	1:06:24	1:07:00	1:07:35	1:08:00
1:11:30	1:11:56	1:12:35	1:13:13	1:13:40
1:12:02	1:12:29	1:13:08	1:13:47	1:14:14
1:07:00	1:17:28	1:18:10	1:18:51	1:19:20
1:22:30	1:23:00	1:23:45	1:24:30	1:25:00
1:28:00	1:28:31	1:29:20	1:30:07	1:30:40
1:33:30	1:34:03	1:34:35	1:35:45	1:36:20
1:39:00	1:39:35	1:40:30	1:41:23	1:42:00
1:44:30	1:45:07	1:46:05	1:47:01	1:47:40
1:50:00	1:50:39	1:51:39	1:52:39	1:53:20
1:55:30	1:56:12	1:57:15	1:58:17	1:59:00
2:01:00	2:01:44	2:02:50	2:03:55	2:04:40
2:06:30	2:07:15	2:08:25	2:09:33	2:10:20
2:12:00	2:12:48	2:14:00	2:15:11	2:16:00
2:17:30	2:18:20	2:19:35	2:20:49	2:21:40
2:23:00	2:23:52	2:25:10	2:26:27	2:26:27
2:24:13	2:24:58	2:26:24	2:27:35	2:28:35

PACE CHARTS:

Marathon Pace Charts

4:50	24:10	48:20	1:12:30	1:36:40	2:00:50	2:06:44
4:55	24:35	49:10	1:13:45	1:38:20	2:02:55	2:08:55
5:00	25:00	50:00	1:15:00	1:40:00	2:05:00	2:11:06
5:05	25:25	50:50	1:16:15	1:41:40	2:07:05	2:13:17
5:10	25:50	51:40	1:17:30	1:43:20	2:09:10	2:15:28
5:15	26:15	52:30	1:18:45	1:45:00	2:11:15	2:17:39
5:20	26:40	53:20	1:20:00	1:46:40	2:13:20	2:19:51
5:25	27:05	54:10	1:21:15	1:48:20	2:15:25	2:22:02
5:30	27:30	55:00	1:22:30	1:50:00	2:17:30	2:24:13
5:35	27:55	55:50	1:23:45	1:51:39	2:19:35	2:26:24
5:40	28:20	56:40	1:25:00	1:53:20	2:21:40	2:28:35
5:45	28:45	57:30	1:26:15	1:56:40	2:23:45	2:30:46
5:50	29:10	58:20	1:27:30	1:58:20	2:25:50	2:32:57
5:55	29:35	59:10	1:28:45	2:00:00	2:27:55	2:35:08
6:00	30:00	1:00:00	1:31:15	2:05:00	2:32:05	2:39:30
6:10	30:50	1:01:40	1:32:30	2:06:40	2:34:10	2:41:42
6:15	31:15	1:02:30	1:33:45	2:08:20	2:36:15	2:43:53
6:20	31:40	1:03:20	1:35:00	2:10:00	2:38:20	2:46:06
6:25	32:05	1:04:10	1:36:15	2:13:20	2:40:25	2:48:15
6:30	32:30	1:05:00	1:37:30	2:15:00	2:42:30	2:50:26
6:35	32:55	1:05:50	1:38:45	2:16:40	2:44:35	2:52:37
6:40	33:20	1:06:40	1:40:00	2:18:20	2:46:40	2:54:48

PACE CHARTS:

Marathon Pace Chart (cont.)

6:45	33:45	1:07:30	1:41:15	2:20:00	2:48:45	2:56:59
6:50	34:10	1:08:20	1:42:30	2:23:30	2:50:50	2:59:10
6:55	34:35	1:09:10	1:43:45	2:25:00	2:52:55	3:01:21
7:00	35:00	1:10:00	1:45:00	2:26:40	2:55:00	3:03:33
7:30	37:30	1:15:00	1:52:30	2:30:00	3:07:30	3:16:39
8:00	40:00	1:20:00	2:00:00	2:40:00	3:20:00	3:29:46
8:30	42:30	1:25:00	2:07:30	2:50:00	3:32:30	3:42:52
9:00	45:00	1:30:00	2:15:00	3:00:00	3:45:00	3:55:59
9:10	45:50	1:31:40	2:17:30	3:03:20	3:49:10	4:00
10:19	51:35	1:43:10	2:34:45	3:26:20	4:17:55	4:30

PACE CHARTS:

Half Marathon Pace Charts

Pacing Splits for a 59:00 - 4:00:00 Half Marathon

Use this chart to project finishing times at various mile marks along the course.

1 MI	5K	5 MI	10K	15K	10 MI	20K	13.1 MI
4:30	13:57	22:30	27:54	41:51	45:00	55:48	59:00
4:32	14:02	22:38	28:03	42:05	45:15	56:07	59:17
4:39	14:25	23:15	28:50	43:15	46:30	57:40	1:00:55
4:40	14:28	23:20	28:56	43:24	46:40	57:52	1:01:11
4:50	14:59	24:10	29:58	44:57	48:20	59:56	1:03:22
5:00	15:30	25:00	31:00	46:30	50:00	1:02:00	1:05:33
5:06	15:48	25:28	31:35	47:23	50:56	1:03:10	1:06:44
5:10	16:01	25:50	32:02	48:03	51:40	1:04:04	1:07:44
5:14	16:14	26:10	32:27	48:41	52:20	1:04:54	1:08:34
5:20	16:32	26:40	33:04	49:36	53:20	1:06:08	1:09:55
5:30	17:03	27:30	34:06	51:09	55:00	1:08:12	1:12:06
5:40	17:34	28:20	35:08	52:42	56:40	1:10:16	1:14:17
5:50	18:05	29:10	36:10	54:15	58:20	1:12:20	1:16:29
6:00	18:36	30:00	37:12	55:48	1:00:00	1:14:24	1:18:40
6:10	19:07	30:50	38:14	57:21	1:01:40	1:16:28	1:20:51
6:20	19:38	31:40	39:16	58:54	1:03:20	1:18:32	1:23:02
6:30	20:09	32:30	40:18	1:00:27	1:05:00	1:20:36	1:25:13
6:40	20:40	33:20	41:20	1:02:00	1:06:40	1:22:40	1:27:24
6:50	21:11	34:10	42:22	1:03:33	1:08:20	1:24:44	1:29:35
7:00	21:42	35:00	43:24	1:05:06	1:10:00	1:26:48	1:31:46
7:20	22:44	36:40	45:28	1:08:12	1:13:20	1:30:56	1:36:08
7:40	23:46	38:20	47:32	1:11:18	1:16:40	1:35:04	1:40:31
8:00	24:48	40:00	49:36	1:14:24	1:20:00	1:39:12	1:44:53
8:30	26:21	42:30	52:42	1:19:03	1:25:00	1:45:24	1:51:26
9:00	27:54	45:00	55:48	1:23:42	1:30:00	1:51:36	1:57:59
9:30	29:27	47:30	58:54	1:28:21	1:35:00	1:57:48	2:04:33
10:00	31:00	50:00	1:02:00	1:33:00	1:40:00	2:04:00	2:11:06
10:30	32:33	52:30	1:05:06	1:37:39	1:45:00	2:10:12	2:17:39
11:00	34:06	55:00	1:08:12	1:42:18	1:50:00	2:16:24	2:24:13
11:30	35:39	57:30	1:11:18	1:46:57	1:55:00	2:22:36	2:30:46
12:00	37:12	1:00:00	1:14:24	1:51:36	2:00:00	2:28:48	2:37:19
12:30	38:45	1:02:30	1:17:30	1:56:15	2:05:00	2:35:00	2:43:45
13:00	40:18	1:05:30	1:20:36	2:01:50	2:10:00	2:41:12	2:50:18
13:44	41:40	1:08:39	1:23:20	2:04:59	2:17:18	2:46:39	3:00:00
16:01	49:38	1:20:06	1:39:16	2:28:54	2:40:11	3:18:00	3:30:00
18:18	56:21	1:31:32	1:12:43	2:49:04	3:03:05	3:45:26	4:00:00

2018 RESULTS:

Place	Name	Time
Marathon - Top Male Finishers		
1st	Thomas Rivers Puzey	2:25:53
2nd	Yonatan Abebe	2:36:27
3rd	Gary Messina	2:45:02
4th	Albert Wint	2:48:49
5th	Mark Zuelsdorf	2:49:58
Marathon - Top Female Finishers		
1st	Hannah Mcinturff	3:07:24
2nd	Katherine Sargeant	3:12:25
3rd	Jessica Sams	3:12:28
4th	Gretchen Johnson	3:17:25
5th	Amanda Heller	3:18:04
Half Marathon - Top Male Finishers		
1st	Wilkerson Given	1:02:48
2nd	Matt Mcdonald	1:04:54
3rd	Eggleston Jeffrey	1:05:05
4th	Matthew Williams	1:05:06
5th	Will Nation	1:05:24
Half Marathon - Top Female Finishers		
1st	Taylor Kelly	1:10:13
2nd	Bridget Belyeu	1:12:29
3rd	Abrahamson Ellie	1:13:07
4th	Everson Hannah	1:13:51
5th	Van Beek Maddie	1:14:14

2017 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Gilles Rubio	37	FR	2:38:04
2nd	Karel Burger	37	San Diego, CA	2:41:27
3rd	Tyler Pence	24	Springfield, IL	2:43:55
4th	Gaetan Fetaud	25	FR	2:46:31
5th	Yannick Sire	42	FR	2:48:32
Marathon - Top Female Finishers				
1st	Marisa Hird	31	Naperville, IL	2:55:19
2nd	Elizabeth Ehrhardt	24	Denver, CO	3:05:17
3rd	Julie Romera	30	FR	3:07:47
4th	Adriana Wild	38	CA	3:14:47
5th	Elina Junnila	40	FI	3:15:46
Half Marathon - Top Male Finishers				
1st	William Nye	72	East Aurora, NY	1:00:46
2nd	Eric Rodriguez	49	Indio, CA	1:18:32
3rd	Driss El Himer	43	France	1:09:44
4th	Terry Rushworth	43	CA	1:19:08
5th	Richard Arias	41	EC	1:19:57
Half Marathon - Top Female Finishers				
1st	Janet Bawcom	39	Flagstaff, AZ	1:18:02
2nd	Sarah Crouch	28	Flagstaff, AZ	1:18:24
3rd	Georgia Porter	29	Flagstaff, AZ	1:18:28
4th	Maribel Mendoza	36	Houston, TX	1:14:29
5th	Jennarae Ripley	33	Henderson, NV	1:18:46

2016 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Michael Wardian	42	Arlington, VA	2:38:04
2nd	Eric Fitzpatrick	24	Boise, ID	2:38:55
3rd	Chip O'Hare	35	Auburn, NY	2:38:59
4th	Kenneth Smeby	35	Norway	2:42:04
5th	Jason Howe	39	Salt Lake City, UT	2:48:06
Marathon - Top Female Finishers				
1st	Elaina Schellhaass	29	Saint Louis Park, MN	3:10:51
2nd	Chelsey Leighton	25	Lewiston, ID	3:11:50
3rd	Shleby Nelson	24	Las Vegas, NV	3:14:36
4th	Brandi Crane	30	San Antonio, TX	3:18:18
5th	Amelia Griffith	36	Australia	3:19:12
Half Marathon - Top Male Finishers				
1st	William Kibor	31	Kenya	1:01:21
2nd	Elkanah Kibet	30	Colorado Springs, CO	1:03:35
3rd	Robert Cheseret	33	Colorado Springs, CO	1:04:14
4th	Augustus Maiyo	33	Colorado Springs, CO	1:04:14
5th	Scott Fauble	25	Flagstaff, AZ	1:04:19
Half Marathon - Top Female Finishers				
1st	Elvin Kibet	26	Colorado Springs, CO	1:15:35
2nd	Katja Goldring	26	Flagstaff, AZ	1:16:10
3rd	Kinsey Gomez	24	Moscow, ID	1:16:23
4th	Christina Vergara Aleshire	34	Henderson, NV	1:18:01
5th	Dani Miller	24	Fraser, MI	1:18:16

2015 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Andrew Lemoncello	33	United Kingdom	2:21:47
2nd	Tommy Rivers Puzey	31	Flagstaff, AZ	2:34:36
3rd	Greg Selke	25	North Chili, NY	2:37:50
4th	Sesar Figueroa	31	Richmond, TX	2:45:22
5th	Tutea Degage	40	French Polynesia	2:45:38
Marathon - Top Female Finishers				
1st	Williana Rojas	32	Venezuela	3:08:18
2nd	Jen Annett	30	Penticton, Canada	3:08:54
3rd	Carla Fava	30	Austin, TX	3:10:17
4th	Erin Burns	30	Lachine, Canada	3:11:42
5th	Amanda Froehlich	29	Marquis, Canada	3:15:06
Half Marathon - Top Male Finishers				
1st	Jeffrey Egelston	31	Boulder, CO	1:04:40
2nd	Paul Katam	25	Beaverton, OR	1:04:48
3rd	Craig Lutz	23	Flagstaff, AZ	1:05:28
4th	Nicholas Hilton	26	Flagstaff, AZ	1:06:02
5th	Ian Butler	24	Gunnison, CO	1:06:35
Half Marathon - Top Female Finishers				
1st	Jennifer Bergman	24	Portland, OR	1:15:22
2nd	Olivia Mickle	24	Beaverton, OR	1:15:51
3rd	Ashley Brasovan	24	Golden, CO	1:18:10
4th	Mona Stockhecke	32	Germany	1:18:30
5th	Maria Del Rocia Gracia Garcia	24	Mexico	1:19:04
Wheelchair Champions				
Men	Mark Hill	53	Pontypridd, Great Britain	4:03:54
Women	Corey Peterson	34	Santee, CA	2:35:34

2014 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Ben Bruce	32	Flagstaff, AZ	2:27:22
2nd	Bartosz Olszewski	30	Poland	2:30:31
3rd	Justin Kowalski	29	South Bend, IN	2:36:28
4th	Cory Logdson	26	Omaha, NE	2:38:44
5th	Pablo Rivero	32	Fayetteville, AR	2:51:04
Marathon - Top Female Finishers				
1st	Cathy Cullen	34	Winnipeg, Canada	2:56:57
2nd	Nuta Olaru	44	Longmont, CO	3:05:57
3rd	Sarah Getty	31	Des Moines, WA	3:07:11
4th	Mary Flaws	47	Waukesha, WI	3:13:04
5th	Michelle Lines	33	Park City, UT	3:14:09
Half Marathon - Top Male Finishers				
1st	Jeffrey Eggleston	30	Boulder, CO	1:03:24
2nd	Andy Wacker	26	Boulder, CO	1:03:49
3rd	Ben Payne	33	Ft. Walton Beach, FL	1:04:18
4th	Brett Hales	27	Layton, UT	1:04:31
5th	Andrew Benford	26	Flagstaff, AZ	1:06:04
Half Marathon - Top Female Finishers				
1st	Lindsey Sherf	28	Chapel Hill, NC	1:14:15
2nd	Anna Nosenko	26	Ukraine	1:14:45
3rd	Bradi Hutchison Barrett	24	Claremont, CA	1:16:40
4th	Alvina Begay	34	Flagstaff, AZ	1:16:40
5th	Krystalanne Curwood	29	Boulder, CO	1:20:42
Wheelchair Champions				
Men	Pierre Mark	25	Window Rock, AZ	4:50:43
Women	Corey Peterson	33	Santee, CA	2:24:53

2013 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Jason Brosseau	28	Colorado Springs, CO	2:35:26
2nd	Andrew Duncan	46	Las Vegas, NV	2:35:35
3rd	Justin Kurek	33	Calgary, Canada	2:37:17
4th	Yon Yilma	25	Edmonds, WA	2:41:36
5th	Martin Gignac	40	Montreal, Canada	2:47:25
Marathon - Top Female Finishers				
1st	Nuta Olaru	43	Boulder, CO	2:58:46
2nd	Jennifer Benitez	40	Carol Stream, IL	3:04:48
3rd	Kellie Nickerson	27	Albuquerque, NM	3:11:04
4th	Jennifer Ford	33	Shelton, WA	3:15:53
5th	Jody Faught	36	Brantford, CA	3:19:13
Half Marathon - Top Male Finishers				
1st	Fidele Jefferson	35	Flagstaff, AZ	1:06:17
2nd	Tefera deneke	34	Flagstaff, AZ	1:06:26
3rd	Mario Macias	31	Manitou Springs, CO	1:06:47
4th	Ahmed Osman	25	Flagstaff, AZ	1:09:43
5th	Dustin Betz	24	Schnellville, IN	1:10:27
Half Marathon - Top Female Finishers				
1st	Adriana Nelson	33	Boulder, CO	1:18:10
2nd	Jennifer Boyd	41	Albuquerque, NM	1:22:38
3rd	Carla McAlister	40	San Clemente, CA	1:23:09
4th	Amana Henriques	27	Las Vegas, NV	1:23:53
5th	Gretchen Hurlbutt	35	Boise, ID	1:24:03
Wheelchair Champions - Half Marathon				
Men	Grant Berthiaume	51	Tuscon, AZ	2:08:38

2012 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Jonathan Ndambuki	36	Kenya	2:32:24
2nd	Steve Dekoker	31	Seattle, WA	2:33:22
3rd	Sam Robinson	27	Oakland, CA	2:41:09
4th	Jesse Armijo	30	Albuquerque	2:43:38
5th	Noel Fernandez	35	Irving, TX	2:44:51
Marathon - Top Female Finishers				
1st	Nuta Olaru	42	Boulder, CO	2:51:31
2nd	Andrian Neal	29	Colorado Springs, CO	2:51:33
3rd	Dani Fischer	24	Madison, WI	2:59:20
4th	Erika Huerta	29	Miami, FL	3:00:38
5th	Sandra McClellan	34	Spring Park, MN	3:03:16
Half Marathon - Top Male Finishers				
1st	Craig Hopkins	24	Portland, OR	1:07:23
2nd	Francis Maundu	34	Kenya	1:07:28
3rd	Cesar Lizano	30	San Jose, CA/Costa Rica	1:07:42
4th	Roosevelt Cook	33	Oak Hills, CA	1:12:07
5th	Brandon Dworak	25	Boise, ID	1:12:10
Half Marathon - Top Female Finishers				
1st	Bradi Hutchison	22	CPocatello, ID	1:19:34
2nd	Paige Biglin	29	Columbus, OH	1:20:47
3rd	Megan Rolland	24	Blue Lake, CA	1:24:07
4th	Heidi Greenwood	28	Cleveland Heights, OH	1:24:55
5th	Amelia Slagle	27	Portland, OR	1:26:08
Wheelchair Champions - Half Marathon				
Men	Brad Ray	43	Loveland, CO	1:55:37

2011 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Peter Omae	33	Kenya	2:29:13
2nd	Clay Wing	37	Washington	2:35:24
3rd	Rafael Cueto	47	Dominican Republic	2:35:56
4th	Chris Heezen	26	South Dakota	2:36:25
5th	Albert Wint	32	Utah	2:36:55
Marathon - Top Female Finishers				
1st	Zsofia Erdelyi	23	Hungary	2:48:59
2nd	Melanie Peters	28	Michigan	2:49:37
3rd	Marnie Staehly	34	Texas	2:55:31
4th	Crista Kundu	30	British Columbia	3:04:31
5th	Tammy Tribett	39	Virginia	3:10:43
Half Marathon - Top Male Finishers				
1st	Sean Houseworth	32	Colorado	1:03:12
2nd	Jason Hartmann	31	Colorado	1:03:34
3rd	Jason Lehmkuhle	34	Minnesota	1:03:37
4th	Sean Quigley	26	Colorado	1:04:14
5th	Matt Gabrielson	33	Minnesota	1:04:19
Half Marathon - Top Female Finishers				
1st	Benita Willis	32	Australia	1:10:40 (CR)
2nd	Amy Hastings	27	California	1:11:22
3rd	Katie McGregor	34	Michigan	1:11:45
4th	Addie Bracy	25	North Carolina	1:14:10
5th	Kathy Newberry	33	Michigan	1:14:53
Wheelchair Champions - Half Marathon				
Men	Scott Parsons	51	San Jose, California	50:30:00
Women	Sandi Rush	50	Fallbrook, CA	1:11:03

2010 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Josh Cox	35	Mammoth Lakes, CA	2:25:05
2nd	Steve Dekoker	29	Seattle, WA	2:31:21
3rd	Stalin Barros	30	Ecuador	2:31:52
4th	Nicholas Penning	20	Hulett, WY	2:37:03
5th	Ryan Herzog	31	Littleton, CO	2:37:10
Marathon - Top Female Finishers				
1st	Dorota Gruca	40	Poland	2:44:36
2nd	Beth Woodward	35	Orrville, OH	2:59:04
3rd	Beth Walsh	30	Encinitas, CA	2:59:05
4th	Adriana Bermudez	35	Costa Rica	2:59:05
5th	Amanda DiPaolo	22	Lansing, MI	3:00:33
Half Marathon - Top Male Finishers				
1st	Scott Bauhs	24	Mammoth Lakes, CA	1:02:39
2nd	Patrick Smyth	24	Mammoth Lakes, CA	1:03:31
3rd	Matt Loiselle	24	Canada	1:05:12
4th	Craig Curley	22	Tucson, AZ	1:05:28
5th	Mario Macias	29	Alamosa, CA	1:05:57
Half Marathon - Top Female Finishers				
1st	Jen Rhines	36	Mammoth Lakes, CA	1:14:57
2nd	Nicki Archer	25	Great Britain	1:18:01
3rd	Johanna Bonfiglio	32	Carlsbad, CA	1:19:08
4th	Sara Raschiatore	30	Joshua Tree, CA	1:19:26
5th	Bria Wetsch	22	Portland, OR	1:19:29
Wheelchair Champions - Full Marathon				
Men	Scott Parsons	51	San Jose, California	1:47:08
Women	Sandi Rush	50	Fallbrook, CA	2:32:22

2009 RESULTS:

Place	Name	Age	Hometown	Time
Marathon - Top Male Finishers				
1st	Christopher Toroitich	28	Kenya	2:15:15 (CR)
2nd	Terefe Yae	28	Ethiopia	2:16:42
3rd	Assefa Tesfave	25	Ethiopia	2:16:43
4th	Augustus Kavutu	32	Kenya	2:18:06
5th	Stephen Haas	26	Indiana	2:18:45
Marathon - Top Female Finishers				
1st	DCaroline Rotich	25	Kenya	2:29:47 (CR)
2nd	Alevtina Ivanova	34	Russia	2:30:05
3rd	Serkalem Abrha	22	Ethiopia	2:36:26
4th	Adanech Zekiros	33	Ethiopia	2:39:19
5th	Jane Kibii	25	Kenya	2:40:12
Half Marathon - Top Male Finishers				
1st	Bekana Daba	21	Ethiopia	1:01:40 (CR)
2nd	Stephen Muange	26	Kenya	1:03:11
3rd	Teodoro Vega	33	Mexico	1:03:13
4th	Edward Tabut	25	Kenya	1:04:28
5th	Fernando Cabada	27	California	1:04:56
Half Marathon - Top Female Finishers				
1st	Werknesh Kidane	28	Ethiopia	1:10:55
2nd	Desi Davila	26	Michigan	1:12:14
3rd	Belainesh Gebre	21	Ethiopia	1:12:41
4th	Claudia Bacque	33	Illinois	1:16:22
5th	Hyvon Ngetich	24	Kenya	1:16:31
Wheelchair Champions - Full Marathon				
Men	Chad Johnson	34	Charlestown, IN	1:53:13
Women	Holly Koester	49	Walton Hills, OH	3:42:19
Wheelchair Champions - Half Marathon				
Men	Rex Hawthorne	41	Canada	1:21:41
Women	Clelia Carcases	41	Miami, FL	2:13:38



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