



The below times are for events held at Henry Hagg Lake, Gaston, Portland, OR beginning 2014

Men

Swim

Mark Blore/48	2:15:00	2016	Coronado, CA
Mark Blore/46	2:17:00	2014	Coronado, CA
Mark Blore/47	2:18:00	2015	Coronado, CA

Bike

Juan Carlos Sagastume/44	12:17:26	2016	Guatemala City, Guatemala
Mario Hamel/51	12:54:58	2017	Montreal, Quebec, Canada
Brad Sawa/41	13:30:33	2017	Calgary, Alberta, Canada

Run

Mario Hamel/51	9:26:07	2017	Montreal, Quebec, Canada
Brad Sawa/41	9:50:37	2017	Calgary, Alberta, Canada
Steve Fullard/38	10:19:28	2014	San Jose, CA from England

Overall

Mario Hamel/51	25:07:26	2017	Montreal, Quebec, Canada
Juan Carlos Sagastume/44	25:33:07	2016	Guatemala City, Guatemala
Brad Sawa/41	26:19:54	2017	Calgary, Alberta, Canada

Women

Christine Couldrey/41	2:31:00	2015	Raglan, New Zealand
Ashley Paulson/35	2:37:00	2017	Orem, UT
Caroline Brosius/49	2:45:00	2017	Washington, D.C.

Ashley Paulson/35	14:34:08	2017	Orem, UT
Christine Couldrey/41	15:58:02	2015	Raglan, New Zealand
Caroline Brosius/49	16:53:33	2017	Washington, D.C.

Ashley Paulson/35	9:53:11	2017	Orem, UT
Stacey Shand/37	12:26:19	2016	Kelowna, BC, Canada
Shanda Hill/34	13:11:50	2016	Vernon, BC, Canada

Ashley Paulson/35	27:18:48	2017	Orem, UT
Christine Couldrey/41	33:25:16	2015	Raglan, New Zealand
Stacey Shand/37	33:44:37	2016	Kelowna, BC, Canada

Men

Swim

Bobby Cooper/38	1:06:00	2014	Yuba City, CA
Michael Bufalino/43	1:13:00	2017	Salem, OR
Dan Duran/47	1:20:00	2016	Westminster, CO

Bike

Dolph Hoch IV/51	7:16:59	2016	Kellogg, ID
Dolph Hoch IV/50	7:21:18	2015	Kellogg, ID
Rory Bass/49	7:35:22	2015	Kelowna, BC, Canada

Run

Dolph Hoch IV/51	5:16:45	2016	Kellogg, ID
Dolph Hoch IV/52	5:40:46	2017	Kellogg, ID
Dolph Hoch IV/50	5:42:57	2015	Kellogg, ID

Overall

Dolph Hoch IV/51	14:07:38	2016	Kellogg, ID
Dolph Hoch IV/50	14:43:59	2015	Kellogg, ID
Dolph Hoch IV/51	15:13:53	2017	Kellogg, ID



Women

Lisa Wei-Haas/57	1:15:00	2017	Tulsa, OK
Lisa Wei-Haas/56	1:15:00	2016	Tulsa, OK
Lisa Wei-Haas/55	1:21:00	2015	Tulsa, OK

Lisa Wei-Haas/56	7:24:28	2016	Tulsa, OK
Lisa Wei-Haas/57	7:30:21	2017	Tulsa, OK
Lisa Wei-Haas/55	7:50:23	2015	Tulsa, OK

Teresa Wymetalek/43	5:44:00	2015	Beaverton, OR
Lisa Wei-Haas/56	6:54:08	2016	Tulsa, OK
Lisa Wei-Haas/55	6:59:04	2015	Tulsa, OK

Lisa Wei-Haas/56	15:52:54	2016	Tulsa, OK
Lisa Wei-Haas/55	16:28:14	2015	Tulsa, OK
Lisa Wei-Haas/55	16:29:46	2017	Tulsa, OK