



IRONMAN[®]

WORLD CHAMPIONSHIP

swim 24 miles
‘AU ‘AU KAI



bike 112 miles
PAIKKALA

run 26.2 miles
HOLO HOLO

KAILUA-KONA, HAWAII

October 10, 2009

He Au Hou i ka 'Eheu o ka Noio
A New Era on the Wings of a Noio

MEDIA GUIDE



Aloha!

On behalf of the Ironman Team, I am pleased to welcome you to the Big Island of Hawaii. On Saturday, you will witness nearly 1,800 athletes participate in the world's most challenging endurance event – the Ford Ironman World Championship. This incredible event takes athletes on a 2.4-mile swim, a 112-mile bike and a 26.2-mile run and for many on the starting line come race day, fulfills the accomplishment of a lifelong dream.

Last year was another exciting milestone for Ironman, as we celebrated the 30th anniversary. Throughout its rich history, media has played a fundamental role in sharing Ironman with the world. From Julie Moss' crawl to the finish line in 1982 and *Sports Illustrated's* spread on Ironman's 25th anniversary to *The New York Times* article on the ongoing popularity of the growing event brand, media continue to capture race coverage that remains ingrained in the hearts and minds of millions. The powerful imagery and stories you capture demonstrate what makes Ironman so unique; the passion, courage and determination embodied by each and every athlete. We appreciate your coverage and for continuing to showcase Ironman's mantra, **"ANYTHING IS POSSIBLE.™"**

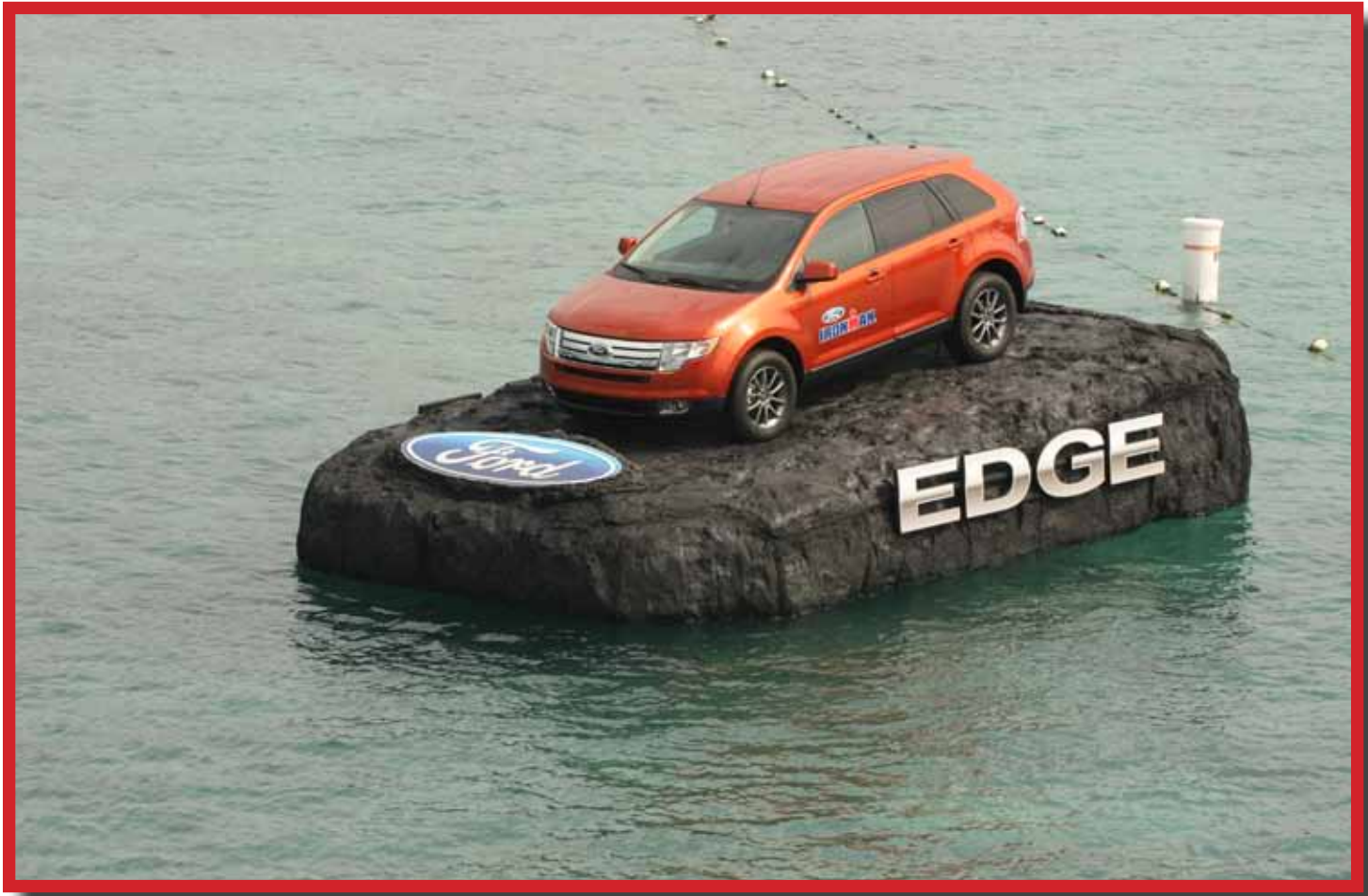
As you will see in the coming days, few sporting events can compare to the raw emotion seen at the Ford Ironman World Championship finish line here in Kailua-Kona, Hawaii. If this is your first time covering an Ironman event, you will quickly learn that the experience is unmatched. For those who have covered this race before, you have experienced the magic, and I hope it brings you back for many years to come.

The Ironman Media Team is here to assist you and ensure the 2009 Ford Ironman World Championship is one to remember. Enjoy the day.

Sincerely,

A handwritten signature in black ink that reads "Blair LaHaye". The signature is written in a cursive, flowing style.

Blair LaHaye
Director of Communications
World Triathlon Corporation

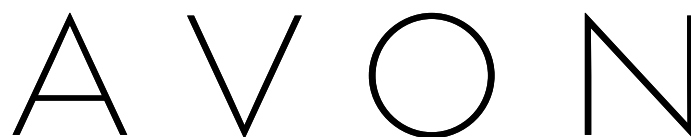




TIMEX[®]

FOSTER GRANT









A Member of the Tokio Marine Group







BRAVELY DONE.





Kona, Hawaii  808-329-9111

Table of Contents

Introduction	12
To include information on Ironman's History, Quick Facts, Media Logistics, Schedule of Events, Race Course, Almanac, 2009 Countries and States Represented and Pace Chart	
Features	29
To include information on the Qualification Process, Support Requirements, Ironman Recycling, Physically Challenged Division, Volunteers, Event History, Ironman Hall of Fame, Ironman Television and the Ironman Foundation	
Event Information	59
To include information on Qualifier Series Champions, Male and Female Defending Champions, Male and Female Top Finishers and 2008/2009 Professional Prize Purse	
Results	78
To include Winning Times, Starters and Finishers, Times Ranked, Course Records, Top 10 Times and Finishes, Race Results, Record Holders, 2008 Age Group Top Five, Physically Challenged Results and Military Results	
Rules and Regulations	137
To include Rules and Regulations Applying to Swim, Bike and Run Portions of Event in addition to information on Penalties, Overall Rules and Physically Challenged Rules	



Ford Oval is a registered trademark of Ford Motor Company

All Ironman event images in this guide are courtesy of Bakke-Svensson/Ironman and ASIPhoto.com

Julie Moss Image on page 41 is courtesy of Carol Hogan/Ironman

IRONMAN, IRONMAN TRIATHLON, M-DOT, 70.3, IRONMAN.COM, IRONMANLIVE.COM are registered trademarks of World Triathlon Corporation and IRONMAN 70.3 and M-DOT 70.3 are trademarks of World Triathlon Corporation.

© 2009 World Triathlon Corporation

Introduction



Ironman: The Beginning • 13
Quick Facts • 15
Media Logistics & Contacts • 17
Schedule of Events • 19
The Race Course • 22
Ironman Almanac • 25
Countries and States Represented • 26
Pace Chart • 27

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 Hawaii running race, a lively discussion about the creation of a major endurance event in Hawaii occurred. To challenge athletes who had already seen success at a local biathlon (swim/run), the first “Hawaiian 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-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 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 first we’ll call the Ironman,” Collins recalls.

On Feb. 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 58 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 Hawaii 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 Hawaii.

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’ o mumuku” 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.™”**

***Note:** The year-by-year event history can be found on page 40 of the Media Guide.*

2009 Ford Ironman World Championship Quick Facts

WHEN:

Oct. 10, 2009, beginning at 6:45 a.m. (professional athlete start) and 7 a.m. (age group athlete start)

WHAT:

A 2.4-mile ocean swim, 112-mile bike race and 26.2-mile run. Competitors have 17 hours to finish; cutoff times are applied to each segment of the race.

WHERE:

Kailua-Kona, Hawaii. 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, and then returns along the same route to transition. The marathon course travels through Kailua-Kona and on to the same highway, the Queen Ka'ahumanu, used for the bike course. Contestants then run back into Kailua-Kona, coming down Ali'i Drive to the cheers of thousands of spectators at the finish line.

WHO:

In 2008, approximately 1,800 athletes from 46 states and 50 countries swam 2.4 miles in the Pacific Ocean, cycled 112 miles through lava fields and ran 26.2 miles in 90-degree heat. Most qualify through the Ironman/Ironman 70.3 Qualifying Series worldwide; more than 170,000 athletes enter qualifying events annually. In 2009, 6,693 athletes entered the Ironman Lottery, which awards 150 slots to U.S. citizens, 50 slots to international athletes and approximately five slots to physically challenged athletes. In recognition of their athletic accomplishments, the 2008 top 10 male and female professional athletes automatically qualify for the 2009 race along with the 2008 age group champions.

PURSE:

A total prize purse of \$560,000 is distributed among the 10 professional male and female finishers. The first-place male and female finishers each receive \$110,000, while the second place finishers both receive \$55,000. A total of \$20,000 worth of Timex Ironman Watch Bonuses are also made available to professional athletes.

2008 CHAMPS:

Australia's Craig Alexander and Great Britain's Chrissie Wellington celebrated first-place finishes at the 30th Anniversary of the Ford Ironman World Championship in Kailua-Kona, Hawaii. Alexander, with an Ironman 70.3 World Championship title in addition to a second-place finish in Kona the previous year, crossed the line with a time of 8:17:45. Defending her Ironman World Championship title, Wellington finished more than 10 minutes ahead of her fellow competitors at 9:06:23.

COURSE RECORDS:

Men – Luc Van Lierde (BEL), 8:04:08 in 1996

Women – Paula Newby-Fraser (ZIM), 8:55:28 in 1992

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.

WEATHER:

Temperatures on race day range from 82 to 95 degrees, with the humidity hovering around 90 percent. Crosswinds on portions of the bike course sometimes gust as high as 60 mph.

INTERNET COVERAGE:

Through a live 17-hour Webcast, Ironman enthusiasts can follow every stroke, spin and stride live on race day by visiting www.ironman.com, Ironman's official Web site. Viewers can also get real-time race results, live audio and video updates by well-known triathletes such as Greg Welch and Paula Newby-Fraser, as well as text updates and race-related photos. Additionally, and for the first time, the Ford Ironman World Championship will be showcased on www.universalsports.com, Ironman's new Webcast partner.

FACTS:

During the course of the race, more than 235,000 cups; 46,600 bike bottles; 20,000 gallons of fluid replacement, cola, water and soup; 66 cases of bananas and 261 bottles of sunscreen are used, provided by more than 5,000 volunteers along the 140.6-mile course. Throughout the day, athletes receive encouragement and cheers from more than 20,000 spectators.

TELEVISION:

NBC Sports will air the 2009 Ford Ironman World Championship on Saturday, Dec. 19, 2009 from 4:30 - 6 p.m., with numerous encore broadcasts on the *Universal Sports* cable network. *ESPN International* will provide next-day coverage of the event. To date, the 90-minute broadcast has earned 42 Emmy nominations, won 15 Emmy awards and received three prestigious CINE Golden Eagle Awards. The event is broadcast to more than 100 million homes each year.

Surviving Race Week In Kona

The Ironman Media Center Team strives to provide you assistance in capturing the myriad stories taking place at the Ford Ironman World Championship. Even so, the vastness of the race course and difficult access in some areas can make covering the event somewhat challenging. Like an Ironman athlete, the key to your journalistic success lies in pre-race preparation and on-site cooperation.

Beginning Monday, Oct. 5, media members can obtain race day credentials in the Ironman Media Center, located in Ballrooms 1 and 2 of the “Official Headquarters Hotel,” King Kamehameha’s Kona Beach Hotel. The deadline for obtaining credentials is 4 p.m. on Friday, Oct. 9. We will not issue credentials on race day. We recommend you pre-register for credentials online before you arrive in Kona, as applications are discouraged during race week. You can access the media credential application on www.ironman.com under “Media Related Downloads” in the Media Center section. For information or assistance, e-mail a request to Jessica@ironman.com. Media members who are issued credentials will receive a media T-shirt, media badge and media wrist band. We do not require you to wear the T-shirt on race day, however we do encourage wearing it, as it allows security officials to more easily identify you at entrances to media viewing areas.

Your media wristband is required and will grant you access to media viewing areas and the Ironman Media Center.

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 Center 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 will 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 judgement and sportsmanlike conduct when interfacing with volunteers, athletes, fellow journalists, Ironman staff, local authorities, etc. throughout event week and on race day.

Telephones/Computers - Our Media Center will be providing dozens of cabled CAT5 network outlets, with additional Wi-Fi hotspots for wireless connectivity. If you would like to connect, please ensure your laptop is capable of a CAT5 connection or wireless 802.11b network connection.

Television/Filming - World Triathlon Corporation (WTC) owns the exclusive worldwide broadcast rights to the Ford Ironman World Championship. Worldwide broadcast rights to the event 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 2009 Ford Ironman World Championship 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, we will continually update men's and women's results in the Media Center. We will also have IronmanLIVE coverage running on TV screens throughout race day. There will be a post-race press conference conducted in two waves with the men's and women's winners, as well as other top professional finishers, inside King Kamehameha's Kona Beach Hotel, Ballroom 3. We will begin with the male winner and top male finishers at approximately 6:30 p.m., with the female winner and top female finishers immediately following at approximately 7:30 p.m. Some athletes' physical condition following the race may prevent them from appearing at the press conferences. Media Center Team members will be on-hand to update media on athletes' availability. The Media Center will also make Top 50 results available as soon as possible on race night. We will distribute complete results at the same location, Sunday, Oct. 11, beginning at 9 a.m.

We thank you for your coverage of the 2009 Ford Ironman World Championship and hope you enjoy your stay in Hawaii. If you require additional assistance, please contact the following:

Blair LaHaye, Director of Communications

Blair@ironman.com
(813) 868-5929 (Office)
(727) 808-0646 (Cell)

Jessica Weidensall, Public Relations Manager

Jessica@ironman.com
(813) 868-5914 (Office)
(813) 918-3849 (Cell)

Catie Case, Public Relations Coordinator

Catie@ironman.com
(813) 868-5931 (Office)
(813) 927-3664 (Cell)



Schedule of Events

<u>Date and Time</u>	<u>Event</u>	<u>Location</u>
Monday, Oct. 5		
6:30 a.m. - 11:30 a.m.	IronInfo Tent	Kailua Pier
8 a.m. - 4 p.m.	Race Office	KKKBH Marina Room
9 a.m. - 4 p.m.	Media Center	KKKBH Ballrooms 1 & 2
9 a.m. - 6 p.m.	Ironman Retail	KKKBH MOBI Room
Noon - 6 p.m.	Official Opening of Ironman Retail	Hale Halawai, Ali'i Drive
Tuesday, Oct. 6		
24 Hours	Internet Cafe	KKKBH Oscars
6:30 a.m. - 11:30 a.m.	IronInfo Tent	Kailua Pier
8 a.m. - 4 p.m.	Race Office	KKKBH Marina Room
9 a.m. - 2 p.m.	Athlete Check-In	KKKBH Ballrooms 3 & 4
9 a.m. - 4 p.m.	Media Center	KKKBH Ballrooms 1 & 2
9 a.m. - 6 p.m.	Ironman Retail	KKKBH MOBI Room
9 a.m. - 9 p.m.	Ironman Retail	Hale Halawai, Ali'i Drive
4 p.m.	Keiki Dip & Dash Kids Biathlon	Kailua Pier
5 p.m.	Ironman Parade of Nations (Assemble at 4 p.m.)	KKKBH to Ali'i Drive
5 p.m. - 8 p.m.	Official Opening of Ironman Village	Hale Halawai, Ali'i Drive
Wednesday, Oct. 7		
24 hours	Internet Cafe	KKKBH Oscars
6:30 a.m. - 11:30 a.m.	IronInfo Tent	Kailua Pier
8 a.m. - 4 p.m.	Race Office	KKKBH Marina Room
9 a.m. - 2 p.m.	Athlete Check-In	KKKBH Ballrooms 3 & 4
9 a.m. - 4 p.m.	Media Center	KKKBH Ballrooms 1 & 2
9 a.m. - 4 p.m.	Ironman Village	Hale Halawai, Ali'i Drive
9 a.m. - 8 p.m.	Ironman Retail	KKKBH MOBI Room & Hale Halawai, Ali'i Drive
1 p.m.	Japanese Triathletes Mandatory Pre-Race Meeting	KKKBH Parking Lot
2:15 p.m.	German Triathletes Mandatory Pre-Race Meeting	KKKBH Parking Lot

Schedule of Events

Date and Time

Event

Location

Thursday, Oct. 8

24 hours	Internet Cafe	KKKBH Oscars
8 a.m. - 4 p.m.	Race Office	KKKBH Marina Room
9 a.m. - 2 p.m.	Final Day of Athlete Check-In	KKKBH Ballrooms 3 & 4
9 a.m. - 4 p.m.	Media Center	KKKBH Ballrooms 1 & 2
9 a.m. - 4 p.m.	Ironman Village	Hale Halawai, Ali'i Drive
9 a.m. - 6 p.m.	Ironman Retail	Hale Halawai, Ali'i Drive
9 a.m. - 9 p.m.	Ironman Retail	KKKBH MOBI Room
11 a.m.	Pre-Race Press Conference	KKKBH Ballroom 2
1 p.m.	Professional Athletes Meeting	KKKBH Luau Grounds
6 p.m.	K-Swiss E Komo Mai (Welcome) Banquet*	KKKBH Parking Lot
8 p.m. (Tentative)	Mandatory Pre-Race Meeting: ALL Other Athletes <i>(IMMEDIATELY FOLLOWING E KOMO MAI BANQUET)</i>	KKKBH Parking Lot

Friday, Oct. 9

24 hours	Internet Cafe	KKKBH Oscars
8 a.m. - 4 p.m.	Race Office	KKKBH Marina Room
9 a.m. - 10 a.m.	Physically Challenged Athlete Meeting	KKKBH Paddlers Restaurant
9 a.m. - noon	Ironman Village	Hale Halawai, Ali'i Drive
9 a.m. - noon	Ironman Retail Closes at Hale Halawai moves to KKKBH	Hale Halawai, Ali'i Drive
9 a.m. - 4 p.m.	Media Center	KKKBH Ballrooms 1 & 2
9 a.m. - 6 p.m.	Ironman Retail	KKKBH MOBI Room
Noon - 5:30 p.m.	Bike Check-In	Kailua Pier

**Media credentials do not grant access to banquets. All media must purchase tickets.*

Schedule of Events

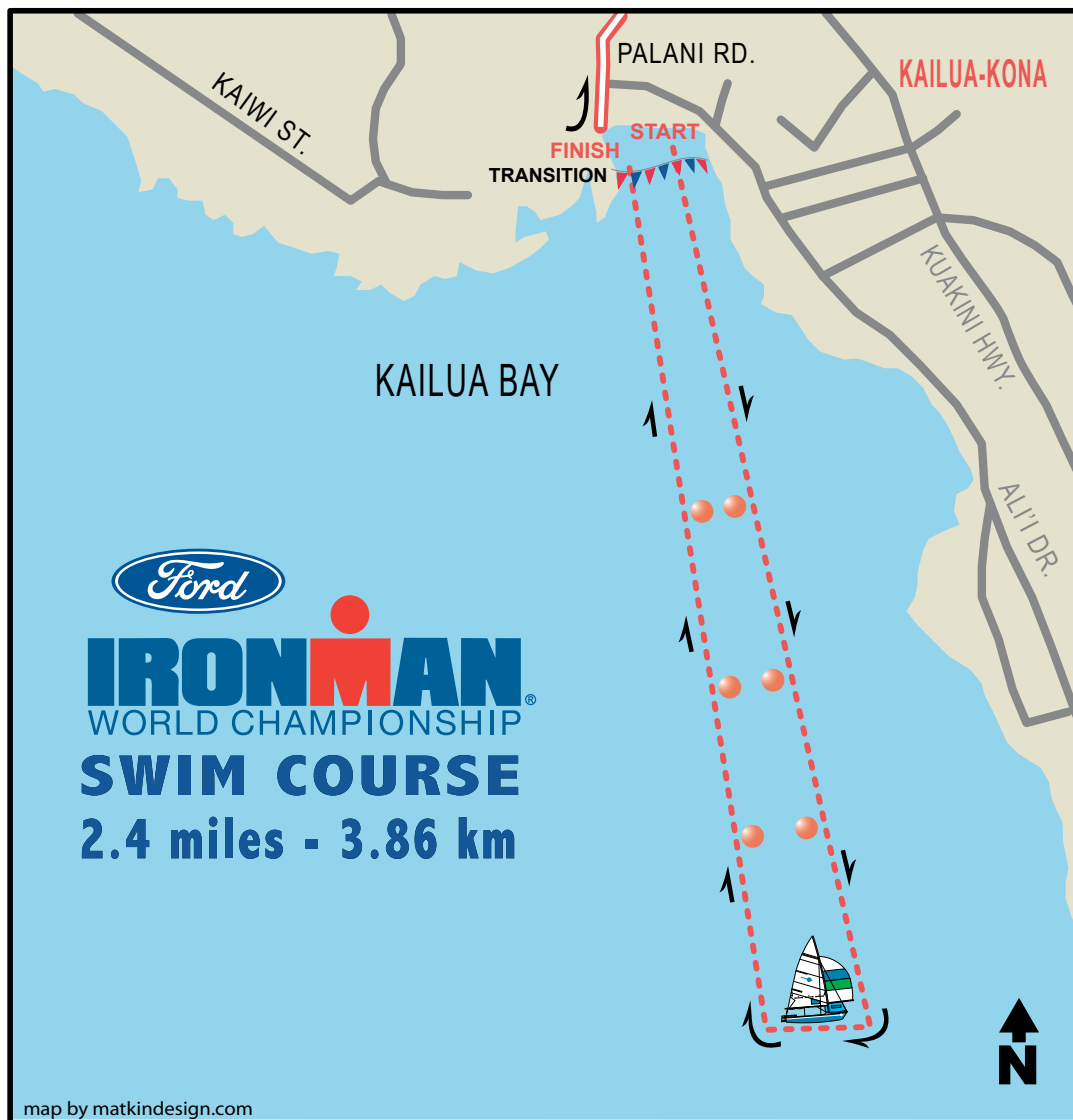
<u>Date and Time</u>	<u>Event</u>	<u>Location</u>
Saturday, Oct. 10		
24 hours	Internet Cafe	KKKBH Oscars
4:45 AM	Swim Check-In	KKKBH Parking Lot
5:30 a.m. - 12:30 a.m.	Media Center	KKKBH Ballrooms 1 & 2
6 a.m. - 6 p.m.	Ironman Retail	KKKBH Lawn
6:45 a.m.	Professional/Elite Start	Kailua Pier
7 a.m.	Age Group (Mass) Start	Kailua Pier
8 a.m. - 6 p.m.	Ironman Retail	KKKBH MOBI Room
6:30 p.m.	Pro Men Post-Race Press Conference	KKKBH Ballroom 3
7:30 p.m.	Pro Women Post-Race Press Conference	KKKBH Ballroom 3
Midnight	Official Race Finish	
Sunday, Oct. 11		
24 hours	Internet Cafe	KKKBH Oscars
8 a.m. - 2 p.m.	Media Center	KKKBH Ballrooms 1 & 2
8:30 a.m. - 9 p.m.	Ironman Retail	KKKBH MOBI Room
10 a.m. - 3 p.m.	Race Office	KKKBH Marina Room
6 p.m. - 10:30 p.m.	PowerBar Awards Banquet*	KKKBH Parking Lot
Monday, Oct. 12		
24 hours	Internet Cafe	KKKBH Oscars
9 a.m. - noon	Media Center	KKKBH Ballrooms 1 & 2
9 a.m. - 6 p.m.	Ironman Retail	KKKBH MOBI Room
10 a.m. - 3 p.m.	Race Office	KKKBH Marina Room

**Media credentials do not grant access to banquets. All media must purchase tickets.*

Swim Course - 2.4 miles/3.86 km

The swim course is an elongated rectangle, over one mile long and 100 yards wide. It starts on the east side of Kailua Pier, goes south to the turnaround vessel and returns to the pier. Athletes must swim in a clockwise direction, keep all marker buoys on their right and swim around the turnaround vessel. The start line is located 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 on race day, athletes use the King Kamehameha’s Kona Beach Hotel as a reference.

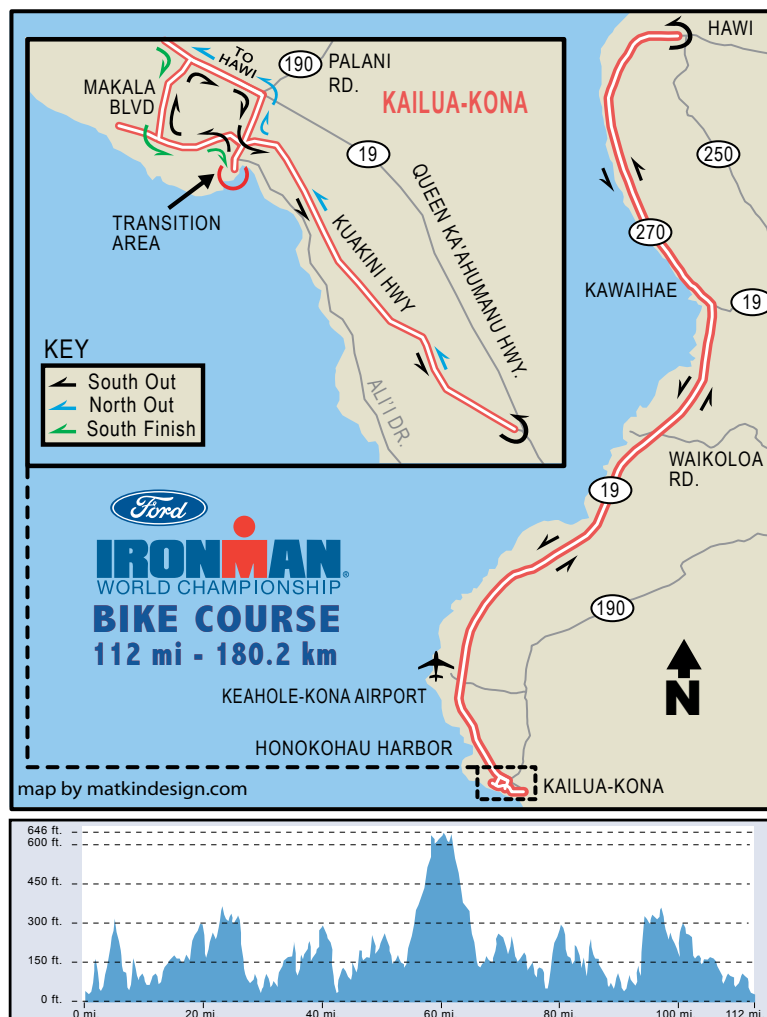
The water temperature is expected to be 79 degrees Fahrenheit. There is usually no surf, but athletes may encounter small swells parallel to the course. Wind chop does not usually occur early in the morning. Currents vary, but are usually weak when moving across the course.



Bike Course - 112 miles/180.2 km

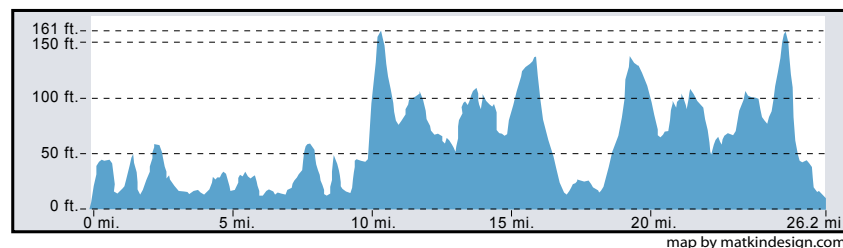
The bike course begins as athletes exit the transition area, located at Kailua Pier. Athletes will travel up Palani Road to Kuakini Highway, then left on to Kuakini Highway (toward the Old Airport Park). Athletes will next make a right turn on to Makala Boulevard traveling toward the Queen Ka’ahumanu 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 6 percent (six foot rise for each 100 feet of distance).

The bike turnaround is located in Hawi and is one of the official checkpoints on the course. After the turnaround, athletes will be headed 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.



K-Swiss 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 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 OTEC Road at the Natural Energy Lab of Hawaii Authority (NELHA); travel in and out of OTEC 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 right on Ali'i Drive to the finish line! Aid stations will be located approximately one mile apart along the course.



Average Rainfall For October:

Kailua-Kona: .59 inches

Hawi: 3.80 inches

Sunrise: 6:17 a.m.

Sunset: 6:04 p.m.

Average Water Temperature For October: 79°F (26°C)

Depth Of Water:

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

Moon Phase:

Last quarter phase on October 10.

Average Humidity Pattern:

High: 87 percent

Low: 51 percent

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 Conditions:

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'o mumuku 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.

Countries & States Represented - 2009

Countries Represented - 2009

Andorra	Germany	Singapore
Argentina	Guadeloupe	Slovakia
Australia	Guam	Slovenia
Austria	Hong Kong	South Africa
Barbados	Hungary	Spain
Belgium	Ireland	Sweden
Bermuda	Israel	Switzerland
Brazil	Italy	Turkey
Canada	Japan	Ukraine
Cayman Islands	Korea	United Arab Emirates
Chile	Luxembourg	United Kingdom
Columbia	Malaysia	United States of America
Costa Rica	Mexico	<i>(includes U.S. Virgin</i>
Croatia	Netherlands	<i>Islands)</i>
Czech Republic	New Zealand	
Denmark	Norway	
Ecuador	Panama	
Estonia	Philippines	
Finland	Poland	
France <i>(includes</i>	Portugal	
<i>New Caledonia</i>	Puerto Rico	
<i>and Reunion)</i>	Saudi Arabia	

States Represented - 2009

Alabama	Maine	South Carolina
Alaska	Maryland	Tennessee
Arizona	Massachusetts	Texas
Arkansas	Michigan	Utah
California	Minnesota	Vermont
Colorado	Missouri	Virginia
Connecticut	Montana	Washington
Delaware	Nebraska	Wisconsin
District of Columbia	Nevada	Wyoming
Florida	New Hampshire	
Georgia	New Jersey	
Hawaii	New Mexico	
Idaho	New York	
Illinois	North Carolina	
Indiana	Ohio	
Iowa	Oklahoma	
Kansas	Oregon	
Kentucky	Pennsylvania	
Louisiana	Rhode Island	

Swim Course
2.4 miles / 3.9 km
 Men's Record 46:41
 Women's Record 48:43

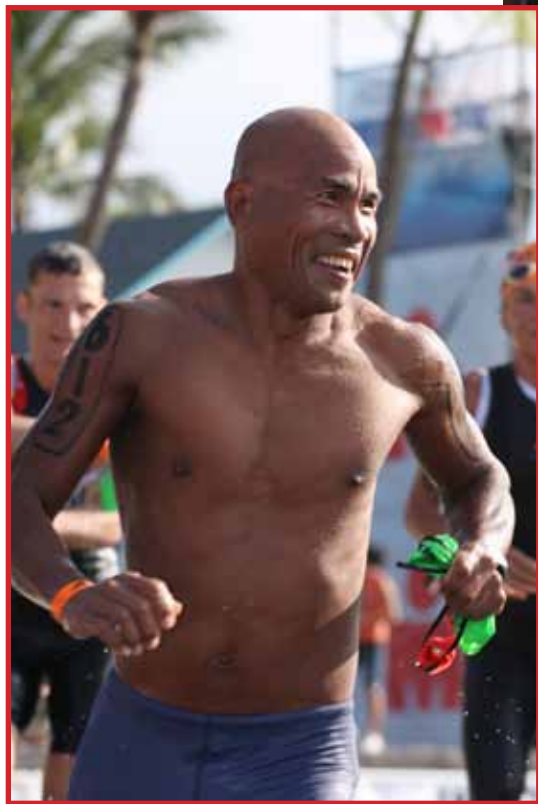
Run Course
26.2 miles / 42.2 km
 Men's Record 2:40:04
 Women's Record 2:57:44

<u>Finish Time</u>	<u>Minutes Per Mile</u>
0:45:00	18:45
0:55:00	22:55
1:05:00	27:05
1:15:00	31:15
1:25:00	35:25
1:35:00	39:35
1:45:00	43:45
1:55:00	47:55
2:05:00	52:05
2:15:00	56:15
2:20:00	58:20

<u>Finish Time</u>	<u>Minutes Per Mile</u>
2:20:00	5:21
2:30:00	5:44
2:40:00	6:06
2:50:00	6:29
3:00:00	6:52
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
5:40:00	12:59
5:50:00	13:22
6:00:00	13:44
6:10:00	14:07
6:20:00	14:30
6:30:00	14:53

Bike Course
112 miles / 180.2 km
 Men's Record 4:18:23
 Women's Record 4:48:30

<u>Finish Time</u>	<u>Miles Per Hour</u>
4:15:00	26.36
4:30:00	24.89
4:45:00	23.58
5:00:00	22.41
5:15:00	21.34
5:30:00	20.37
5:45:00	19.48
6:00:00	18.67
6:15:00	17.93
6:30:00	17.24
6:45:00	16.60
7:00:00	16.01
7:15:00	15.45
7:30:00	14.94
7:45:00	14.46
8:00:00	14.01
8:15:00	13.58



Features



The Qualification Process	• 30
The “Average” Ironman	• 32
Support Requirements	• 33
Ironman Recycling Process	• 34
Countries Represented 1978-2009	• 35
Physically Challenged Division	• 36
Volunteers	• 38
Event History	• 40
Ironman Hall of Fame	• 51
Ironman Television	• 52
Ironman Economics & Demographics	• 56
The Ironman Foundation	• 57

Athletes gain entry into the Ford Ironman World Championship one of three ways: by earning a slot at one of the qualifying events held worldwide, by being selected in the Ironman Lottery 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 Ford Ironman World Championship slots to their top age group finishers, with all races also awarding professional slots.

Ironman's U.S. lottery began in 1983 to give athletes of all abilities the chance to compete in the World Championship. Each April, the U.S. Ironman Lottery awards 150 slots for the Ford Ironman World Championship, randomly chosen from approximately 7,000 lottery entries. International Ironman Lottery awards 50 slots to age-group athletes from around the world, excluding U.S. citizens.

In 1997, Ironman added a Physically Challenged Lottery, awarding approximately five slots to physically challenged athletes annually.

Those selected via lottery must complete an Ironman 70.3 (formerly known as a Half-Ironman) or other long-distance event in order to officially validate their slots. If an athlete does not fulfill this requirement, the slot is forfeited. There is no waiting list.

Approximately 75 percent of the athletes in the 2009 Ford Ironman World Championship qualified at one of these Ironman Qualifier Series races:

Ford Ironman Wisconsin

September 7, 2008 · Madison, Wisconsin

Ironman 70.3 Monaco

September 7, 2008 · Monaco, France

Ford Ironman Florida

November 1, 2008 · Panama City Beach, Florida

Foster Grant Ironman World Championship 70.3

November 8, 2008 · Clearwater, Florida

Ford Ironman Arizona

November 23, 2008 · Tempe, Arizona

Ironman Western Australia

December 7, 2008 · Busselton, Australia

Lotto Ironman Langkawi Malaysia

February 28, 2009 · Langkawi, Malaysia

Bonita Ironman New Zealand

March 7, 2009 · Taupo, New Zealand

Ironman 70.3 California

April 4, 2009 · Oceanside, California

Ironman Australia

April 5, 2009 · Port Macquarie, N.S.W., Australia

Spec-Savers Ironman South Africa

April 5, 2009 · Port Elizabeth, South Africa

Ironman China

April 19, 2009 · Haikou, Hainan Island, China

Ironman 70.3 St. Croix

May 3, 2009 · St. Croix, U.S. Virgin Islands

Ironman Lanzarote Canarias

May 23, 2009 · Lanzarote, Canary Islands, Spain

Ironman 70.3 Hawaii

May 30, 2009 · Kohala Coast, Hawaii

Ironman Brazil

May 31, 2009 · Florianopolis, Brazil

Ironman 70.3 Eagleman

June 14, 2009 · Cambridge, Maryland

Ironman Japan

June 21, 2009 · Goto, Nagasaki, Japan

Ford Ironman Coeur d'Alene

June 21, 2009 · Coeur d'Alene, Idaho

Ironman France

June 28, 2009 · Nice, France

Ironman 70.3 Buffalo Springs Lake

June 28, 2009 · Lubbock, Texas

**Frankfurter Sparkasse Ironman European
Championship**

July 5, 2009 · Frankfurt, Germany

Karnten Ironman Austria

July 5, 2009 · Klagenfurt, Austria

Ironman Switzerland

July 12, 2009 · Zurich, Switzerland

Ford Ironman Lake Placid

July 26, 2009 · Lake Placid, New York

Ironman 70.3 Antwerp

August 2, 2009 · Antwerp, Belgium

Ironman UK

August 9, 2009 · Sherborne, Dorset, UK

Subaru Ironman Canada

August 30, 2009 · Penticton, B.C., Canada

Ford Ironman Louisville

August 30, 2009 · Louisville, Kentucky

Ironman 70.3 Monaco

September 6, 2009 · Monaco, France

“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.

2008: Of the 1,751 athletes who started the 2008 Ford Ironman World Championship, 1,636 finished, resulting in a 93 percent finishing rate. Competitors ranged in age from 18 years old to 79 years old. The athlete field was 73 percent male and 27 percent female. The areas of occupation with the highest percentage of athletes were: engineers, teachers, business owners, managers and professional triathletes. Other athletes were airline pilots, chefs, musicians and homemakers. The male 35-39, 40-44 and 30-34 were the age groups with the highest number of athletes.

2009: Of the nearly 1,800 athletes participating in this year’s event, again, 73 percent are male and 27 percent are female. Some of the areas of occupation with the highest percentage of athletes are: engineers, business owners, managers, professional triathletes, teachers and doctors. Other athletes are: gardeners, chiropractors, musicians, postal employees and clergy members. The male 40-44, 35-39 and 30-34 are the age groups with the highest number of athletes. The youngest athletes scheduled to compete at the Ford Ironman World Championship are Ryann Fraser, 20, from Boulder, Colo., and Philip Graves, 20, from York, Great Britain. The Ford Ironman World Championship boasts more than 35 athletes over the age of 70 to include this year’s oldest registered competitors, Robert Southwell, 80, from Mooloolaba, Queensland, AUS, and Madonna Buder, 79, from Spokane, Wash.

You could be thinking, “I could do that, but what does it take to train?” Never fear, there are average times for this, too. Triathletes train an average of seven months for Ironman. The average hours per week devoted to training for Ironman generally fall between 18 and 30-plus.

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)

Support Requirements

The numbers are astounding. More than 500,000 items must be set-up, put together, washed, cleaned, picked up or disposed of during the Ford Ironman World Championship.

All of this for an event that lasts less than one full day.

Supplies

235,000 paper cups
46,600 sponges
46,600 bike bottles
24,528 Gatorade Endurance Edge Bottles
15,000 feet of mesh fencing
9,000 safety pins
14,500 gear bags
379 tables & 442 chairs
3,500 towels
3,000+ wrist bands
6,100 feet of metal barricades
1,000 trash cans
1,800+ swim caps
1,800+ run numbers
1,800+ bike numbers
60 jars of petroleum jelly
261 (4 oz.) bottles of sunscreen
154 bike racks
200 massage tables
110 coolers
100 cots
81 luas
180 ice chests
55 tents
25 computers
12 bleachers
20 printers

Food & Drink

142,855 pounds of ice
20,000 gallons of fluid replacement, cola, water and soup
21,000 packets of PowerBar Gel
10,000 PowerBars
66 cases of bananas
56 cases of oranges
1,350 bread rolls

Personnel

20,000 spectators
5,000 volunteers
1,800 triathletes
300 security
350 journalists
150 police
5 on-site announcers

Communications

200 cellular phones
40 landline phones
9 fax machines

Vehicles

54 motorcycles
50 surfboards
30+ vans
25 patrol boats and kayaks
25+ cars
20+ trucks
6 shuttles
2 outrigger canoes

Promotion

1,800 medals
10,000 race programs
8,000 posters
1,000 badges
170 trophies

Television

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

Recycling on the Big Island during the Ford Ironman World Championship is a massive undertaking, with hundreds of thousands of items recycled each year consisting of: bike bottles, Gatorade bottles, water bottles, cola cans, cardboard boxes, paper cups and much more. Under the direction of Rosalind Butterfield, recycling coordinator for the Ford Ironman World Championship, Ironman volunteers have stepped up and made great strides in the vast recycling process.

Along the 140.6-mile course, nearly 3,500 volunteers, at aid stations and transition areas, gather recyclable plastic and cardboard items, while carefully emptying fluids, sorting plastic and breaking down cardboard boxes. After the last athlete has cleared the bike course, “sweep” trucks start the gathering process. At many aid stations, volunteers also bag the paper cups and personally take them to the landfill to be recycled there. Last year, the volunteers filled two 40-foot shipping containers, recycling 98 percent of what was used along the course. Even the smallest piece of glass, from items such as juice bottles, is recycled and used on the Big Island in materials such as gardening supplies and highway blacktop.

For special race week events such as the E Komo Mai (Welcome) Banquet, Awards Banquet and Mahalo Party, Butterfield enlists members of various charitable organizations to stand at the recycle and trash containers to help people place items into the right container. Recyclables are also retrieved from the Ford Ironman Village, which runs for several days and provides a venue for thousands of residents, sponsors and visitors to learn more about Ironman with sponsor and retail booths, speakers and special events.

The Ford Ironman World Championship Team not only gives back to the Big Island 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.

After race week and race day have passed, Butterfield works nearly a full day along with 10 others to get the materials ready for Business Hawaii Services to haul for shipping. Although it feels like an endurance event of its own, Butterfield has the energy and motivation to see the project through. She also speaks to other organizations about Ironman’s recycling process and provides suggestions for how other people or groups can become more involved.

The recycling program is one of the ways Ironman continues to show its commitment and support for the Big Island Community, preserving the environment and beauty of Hawaii for years to come.

Countries Represented 1978-2009

Albania	Greece	Slovakia
Algeria	Guadeloupe	Slovenia
Andorra	Guam	South Africa
Antigua	Guatemala	Spain
Argentina	Honduras	Sri Lanka
Armenia	Hong Kong	St. Kitts & Nevis
Australia	Hungary	Swaziland
Austria	Iceland	Sweden
Bahamas	India	Switzerland
Barbados	Indonesia	Syria
Belgium	Iran	Tahiti
Bermuda	Ireland	Taiwan
Bolivia	Israel	Thailand
Brazil	Italy	Trinidad & Tobago
Canada	Japan	Tunisia
Cayman Islands	Korea	Turkey
Chile	Lebanon	Ukraine
China	Liechtenstein	United Arab Emirates
Colombia	Luxembourg	United Kingdom
Costa Rica	Malaysia	United States of America
Croatia	Mexico	<i>(includes U.S. Virgin</i>
Cyprus	Monaco	<i>Islands)</i>
Czech Republic	Namibia	Venezuela
Democratic Republic	Netherlands	Vietnam
of the Congo	New Zealand	Western Samoa
Denmark	Norway	Yugoslavia
Ecuador	Oman	Zaire <i>(now referred to as</i>
Egypt	Panama	<i>Democratic Republic of</i>
El Salvador	Peru	<i>the Congo)</i>
Estonia	Philippines	Zimbabwe
Finland	Poland	
France <i>(includes</i>	Portugal	
<i>New Caledonia</i>	Puerto Rico	
<i>and Reunion)</i>	Qatar	
France, Metropolitan	Russia	
French Guiana	Saipan*	
French Polynesia	Saudi Arabia	
Germany	Sierra Leone	
Granada	Singapore	

* Largest island and capital of the United States Commonwealth of the Northern Mariana Islands

Meeting The Ironman Challenge

Each year, the finest athletes from around the world come to test themselves at the Ford Ironman World Championship. A supreme test of physical and mental toughness, the Ironman requires 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 finisher, some must overcome not only the challenges that Ironman offers, but the physical challenges life has imposed on them as well.



Since 1982, several physically challenged athletes have seen success in the Ironman. Among the physically challenged participants, heroes have emerged from the Ironman 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, Calif., petitioned the organization to allow him to participate in the race 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 physically challenged division was given a "test run" in 1994, 1995 and 1996 with demonstration participation by wheelchair athletes. "The Ford Ironman World Championship is a recognized leader in the integration of the Physically Challenged division within our sport," said Diana Bertsch, Ford Ironman World Championship event director. "We are proud of the growth among the Physically Challenged Division and applaud the determination and extraordinary abilities of these athletes."

In 1996, John MacLean from Australia completed the event within the overall time of 17 hours and, in 1997, 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 in the newly formalized PC division. 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 completed 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 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 Kuliai ka nu`u (strive to reach their summit).”

There are two different categories within the Physically Challenged Division: handcycle and physically challenged. This year, there are six handcycle and seven physically challenged athletes registered for the Ford Ironman World Championship. 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. Athletes now must compete for Hawaii starting slots at Ironman 70.3 Buffalo Springs Lake, held in Lubbock, Texas, and Ironman 70.3 Antwerp, held in Antwerp, Belgium. This year’s physically challenged participants include a visually impaired athlete racing with a guide and several lower and upper extremity amputees.



The Ford Ironman World Championship owes much of its success to more than 5,000 volunteers. Ironman's volunteers are from the Big Island (particularly the Kona Community), the Hawaiian Islands, the U.S. mainland and several foreign countries.

Just as our participating triathletes come from diverse backgrounds, the many volunteers represent all walks of life: armed forces, doctors, receptionists, politicians, teachers, students and more. Without their colossal show of support, the Ironman World Championship would not be the world-class event it is today.

Consulting extensively with Event Director Diana Bertsch, a team of 15 volunteer divisional directors supervise specific areas of the race. Areas include: aid stations, timing, swim, construction, medical, security, special events, bike, transition, registration, marshals, run, finish/post-race, supplies and communications. These directors begin working on the race seven months prior to the event, similar to when athletes begin their training. The effort spent is the equivalent of a part-time job that turns into a full-time commitment four to six weeks before race day.

The volunteer directors plan and coordinate race day strategies, often with thought to implementing alternate plans if circumstances dictate. Obviously, this requires prior volunteer experience and a talent for organizational, managerial and social skills, not to mention a true love for the event. To date, five of the 15 current directors have crossed the finish line on Ali'i Drive!

These 15 directors enlist the help of many others who become involved in the planning stage four to six weeks prior to the race. The directors delegate duties to coordinators who, in turn, assign responsibilities throughout the volunteer ranks.

Individual volunteer training varies, depending upon the responsibilities assigned. Whether requiring instruction on passing off water bottles or organizing and dispersing items at transition areas, each duty takes on a significant purpose.



The race lasts 17 hours, but some individuals may volunteer for more than 20 hours on race day alone. Race day volunteer activities are vast. Volunteers distribute food and beverages at aid stations; carry supplies; fill, hand-off and pick up water bottles; operate radios and telephones; hand out sponges; assist in equipment disbursement in transition areas; massage the athletes and cover every other duty imaginable.

Electricians, carpenters and other skilled laborers construct the start and finish line areas. Computer specialists time swim, bike and run splits and compile results. Computers with highly sophisticated timing mats are set up at start, transition, turnaround and finish areas to ensure 1/100th second precision.

Approximately 65 doctors and 120 nurses and paramedics from all over the world donate their time to staff two medical facilities, seven radio-equipped emergency vans and an ambulance. The Kona Community contributes nearly its entire medical and massage community to support race day needs.

The Ford Ironman World Championship affords volunteers the opportunity to touch the world by helping total strangers achieve their goals. Ironman not only brings people from all over the world to Kailua-Kona, it brings the West Hawaii Community together for a day of Aloha.

And then there is the cleanup! By the end of the race, volunteers at 44 aid stations will have handed out 46,600 bicycle bottles, 235,000 paper cups, 56 cases of oranges, 66 cases of bananas and more than 20,000 gallons of fluid replacement, cola, water and soup. The leftover mess is picked up, swept, recycled and disposed of so, by noon on Sunday, the streets of Kona are back to normal.



Ironman Triathlon Year-by-Year History

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 Hawaii 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.



Participants gather on the beach before the start of the inaugural “Hawaiian IRON MAN Triathlon” in 1978.

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 race 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. Ironically, Collins is not on-hand for the event, as the Navy transfers him to out of Hawaii. 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 Big Island of Hawaii. 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.



Julie Moss crawls to the finish line in February 1982.

Her courage and determination inspires millions and creates the Ironman mantra that **"ANYTHING IS POSSIBLE.™"**

October 1982

The race owners move its 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 restrict entry. The first U.S. Ironman 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 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 ordinary 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: Vaclav Vitovec, a 31-year-old Czechoslovakian. Californian Jennifer Hinshaw, 23, sets a women's swim record of 50:31 that will 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

Participants from 34 countries and 46 states compete. 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. Possibly the most notable Ironman highlight this year is the debut of 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.

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 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 Ironman - 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 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."



Scott Tinley wins Ironman and sets a new course record of 8:50:54 in 1985.

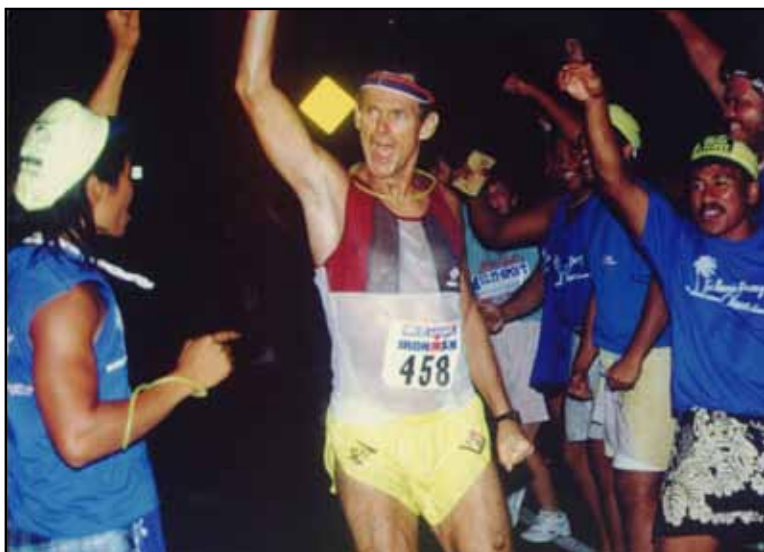
1988

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 Hawaii.

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 "Iron War." Paula Newby-Fraser also breaks her 1988 run course record by two minutes.

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

Veteran Ironman triathlete and former WTC owner, Dr. Jim Gills, finishes the 1989 race. Gills purchased the race from Silk in 1990.

1991

Mark Allen survives challenges from Australia's Greg Welch and Pennsylvanian Jeff Devlin to capture his third consecutive Ironman 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 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. It was not the only record, though; Paula Newby-Fraser, 30, the Zimbabwewan who resides in Encinitas, Calif., breaks her own course record by nearly 5 minutes, becoming the first woman ever to eclipse the nine-hour mark at the Ironman with an 8:55:28 performance.

1993

Mark Allen and Paula Newby-Fraser stamp their seals of greatness on the Ironman 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; no other woman has broken nine hours at the Ironman Triathlon World Championship. Winning for the third-consecutive year, she also ties Dave Scott for most Ironman victories, each holding six titles.

1994

Paula Newby-Fraser becomes the only athlete, male or female, to record seven Ironman 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. He 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, 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 Triathlon World Championship after a one-year hiatus, Mark Allen makes up a 13-minute deficit to Ironman rookie Thomas Hellriegel, of Germany. He claims his sixth Ironman 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.



Greg Welch leaps across the finish line as he wins the world championship title in 1994.

1996

Luc Van Lierde, 27, of Belgium, in his Ironman 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 better 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. 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 title in 9:31:43. Four other notable happenings occur on the Ironman scene: 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 Triathlon 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 Triathlon World Championship title, finishing in 8:24:20. Switzerland's Natascha Badmann, 31, takes the lead early and captures her first championship title in 9:24:16. Defending Ironman 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.



Natascha Badmann celebrates her first Ironman win in 1998.



Luc Van Lierde wears the flag of his home country, Belgium, as he wins his second championship title in 1999.

1999

In one of the most hotly contested races ever, Canadian Lori Bowden and Belgian Luc Van Lierde capture the championship crowns, finishing in 9:13:02 and 8:17:17, respectively. For Bowden, 32, this is her first championship title. She had finished second in Hawaii 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 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, Hawaii, 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 Triathlon 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 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 and Florida Triathlons. 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 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 second in 8:23:09. DeBoom's finish was the highest placing for an American male in Hawaii 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. In other Ironman news, 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. 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.

2001

Just three weeks after the tragedy on September 11, amidst crowd chants of “USA, USA,” American Tim DeBoom, 30, of Lyons, Colo., 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 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 Hawaii. Six-time Ironman 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.



Just weeks after the September 11 tragedy, American Tim DeBoom wins the Ironman World Championship in 2001, bringing the crown back to the U.S. for the first time since 1995.

2002

Both the USA’s Tim DeBoom, 31, and Switzerland’s Natascha Badmann, 35, successfully defend their Ironman titles winning in 8:29:56 and 9:07:54, respectively. With his win, DeBoom becomes the first man to capture successive Ironman titles since 1993. This year’s win marks Badmann’s third consecutive championship crown, taking her total world championship wins to four. 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 Triathlon 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 a YMCA in Kailua-Kona, Hawaii. Ironman racing continues to expand with the addition of Ironman Coeur d’Alene, in Idaho, on June 29.



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

2004

Germany's Normann Stadler and Switzerland's Natascha Badmann are victorious in 2004. 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 Triathlon 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. Stadler, known for his cycling prowess, has an 8-minute lead at the 100-mile marker of the bike leg. 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. The German duo places 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 Triathlon World Championship, in its 26th year, has 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.

2005

Germany's Faris Al-Sultan and Switzerland's Natascha Badmann claim victories this year. Al-Sultan earns his first World Championship title, while Badmann earns her sixth. This is a significant win for Al-Sultan, as it is his second Ironman title and makes him the third German to win the Ford Ironman World Championship. This win pushes Badmann 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 groups also see many personal bests, as sixteen Ford 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.

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. The 2005 Champion, Faris Al-Sultan, of Germany, places third, crossing the finish line in 8:19:04. After a spectacular 2005 debut and a second place finish, Australia's Michellie Jones claims her first Ford 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. Austin, Texas, native, Desiree Ficker, turns in a career best and finishes in second place with a time of 9:24:02. After having her appendix rupture during the 2005 race, Canadian Lisa Bentley returns to Kailua-Kona and tallies a third place finish with a time of 9:25:18. 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.

2007



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

After several attempts for the illustrious title and a second place finish in 2006 to two-time Ironman World Champion, Normann Stadler, 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 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. Wellington dominates during the bike and run, despite the heat, leading top females such as Samantha McGlone, Leanda Cave, Kate Major and Joanna Lawn. A number of Ironman 'greats' were forced to withdraw from the event, including Faris Al-Sultan, Michellie Jones, Natascha Badmann and Normann Stadler. 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*, who 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.

2008

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. 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 3 minutes and 5 seconds ahead of 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. Alexander dominates an impressive men's field consisting of Ironman World Champions such as Chris McCormack, Normann Stadler, Faris Al-Sultan and other top contenders including Chris Lieto, Eneko Llanos, Torbjorn Sindballe, Cameron Brown and Rutger Beke. 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 current 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. Thirty years ago, a group of 12 men completed the 140.6-mile journey. In 2008, 1,636 men and women from around the world, ranging in age from 18 to 79, cross the finish line.



Craig Alexander wears an Australian flag and displays the finish tape after winning his first Ironman World Championship title in 2008.

Ironman 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

2000

Tom Warren

1994

Julie Moss

2001

Dr. Bob Laird

1995

Scott Tinley

2002

Bob Babbitt

1996

Paula Newby-Fraser

2003

John MacLean

1997

Mark Allen

2004

Gordon Haller
Lyn Lemaire

1998

John Collins

2005

Greg Welch

1999

Valerie Silk

2008

Team Hoyt



Team Hoyt after they were inducted into the Ironman Hall of Fame at last year's awards banquet.

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 sets 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 humble 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. **The 2009 broadcast will air on NBC on Saturday, Dec. 19, 2009 from 4:30 - 6 p.m.**

Each year, a crew of approximately 40 people cover the 140.6-mile 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., when everyone finally calls it a day.



Over the years, the *NBC* broadcast has garnered 42 nominations and has captured 15 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 2003, 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/Versus (VS.)* 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 line up included seven shows airing on *VS*. In 2008, *VS*. aired five domestic Ironman events, including Ford Ironman Arizona, Ford Ironman Coeur d'Alene, Ford Ironman USA Lake Placid, Ford Ironman Louisville and Ford Ironman Wisconsin. This year, *Universal Sports* will broadcast Ford Ironman Louisville, Ford Ironman Florida and Ford Ironman Arizona, all of which will have several encore broadcasts. Broadcast details will be posted on Ironman.com as air dates are confirmed.

For the first time, the Ford Ironman World Championship will be showcased on www.UniversalSports.com, Ironman's new Webcast partner. In addition, *ESPN International* will provide next-day coverage of the Ford Ironman World Championship and will carry 12 domestic and international events throughout the year.

Rights to the *NBC*, *ESPN* and *VS*. productions are sold internationally and are seen in more than 50 different countries in more than 100 million homes worldwide. Viewership continues to increase each year.

Ironman Triathlon Sports Television Awards

1981

Nominated - Special Classification of Outstanding Program

1990

Nominated - Electronic Camerapersons
Winner - Electronic Camerapersons

1991

Nominated - Videotape Editing
Nominated - Electronic Camerapersons

1992

Nominated - Electronic Camerapersons
Winner - Electronic Camerapersons

1993

Nominated - Outstanding Edited Sports Special
Nominated - Electronic Camerapersons
Winner - Electronic Camerapersons

1994

Nominated - Music
Nominated - Outstanding Edited Sports Special
Nominated - Videotape Editing
Nominated - Electronic Camerapersons
Winner - Electronic Camerapersons

1995

Nominated - Outstanding Edited Special
(Long Turn-Around)
Nominated - Videotape Editing
Nominated - Writing
Nominated - Opens/Closes/Teases
Winner - Opens/Closes/Teases

1996

Nominated - Electronic Camerapersons
Nominated - Outstanding Edited Sports Special

1997

Nominated - Edited Sports Special
Nominated - Electronic Camera Work
Nominated - Editing
Nominated - Features
Nominated - Opens/Closes/Teases
Winner - Edited Sports Special
Winner - Opens/Closes/Teases

1998

Nominated - Edited Sports Special
Nominated - Film Cinematography
Nominated - Editing

1999

Nominated - Edited Sports Special
Nominated - Film Cinematography
Nominated - Writing
Nominated - Electronic Camera Work
Winner - Edited Sports Special
Winner - Film Cinematography
Winner - Electronic Camera Work

2000

Nominated - Edited Sports Special

2002

Nominated - Outstanding Edited Sports Special

2003

Nominated - Edited Sports Special
Nominated - Camera Work
Nominated - Short Feature
Nominated - Open/Tease
Winner - Edited Sports Special
Winner - Camera Work
Winner - Open/Tease

2004

Nominated - Outstanding Edited Sports Special
Nominated - Outstanding Camera Work
Nominated - Outstanding Short Feature:
Sarah Reinertsen
Winner - Outstanding Edited Sports Special

2005

Winner - CINE Golden Eagle Award

2006

Nominated - Outstanding Edited Sports Special

Winner - Outstanding Edited Sports Special

2007

Nominated - Outstanding Edited Sports Special

Nominated - Outstanding Camera Work

2008

Nominated - Outstanding Edited Sports Special



There are nearly 1,800 triathletes participating in the 2009 Ford Ironman World Championship ranging in age from 20 to 80 years old. These men and women come from diverse ethnic, religious and socioeconomic backgrounds. Some are professional athletes, some are elite age group competitors and some are determined weekend warriors who squeeze in workouts at all hours of the day and night.

Ironman Athlete Demographic:

Average Annual Income:	\$161,000
Average Age:	37
Gender Ratio:	Male:70 percent, Female: 30 percent
Education (Post Secondary):	95 percent
Occupation (Professional; Executive):	72 percent
Access to Internet:	97 percent
Daily Internet Use:	60 percent

From its inaugural year, the Ironman Triathlon ignited international enthusiasm for swim-bike-run events and popularized the sport of triathlon worldwide. Race applications quickly rose from dozens into thousands, prompting race organizers to institute a qualifying system to keep the field at a safe and manageable size. Currently, most Ironman races fill up in anywhere from approximately one hour to several weeks.

Ironman focuses tremendous national and international media attention on Hawaii, annually bringing the islands, via television, to more than 100 million homes worldwide. A key element of the event's success is its Hawaii location. The state's climate, beauty and culture lend the race an exotic appeal. Hawaii's Department of Business, Economic Development & Tourism says that Ironman generates more than \$20 million in direct sales from out-of-state visitors specifically traveling to the Big Island for the annual event. Tax revenues for state and county governments will increase by several million in the form of general excise tax, transit, accommodations and fuel, as well as individual and other taxes. Not included in these figures are the millions of dollars the event brings the state in television exposure and visitor travel throughout the rest of the year.

So, the next time you're wondering about who's an Ironman, remember it's probably someone quite common with an uncommon desire to pursue health and fitness, competition, challenge and an unforgettable experience in a memorable venue - the Kona Coast of Hawaii.

Each year, Ironman reaches out to a variety of worldwide charitable organizations with efforts from *The Ironman Foundation*. Additionally, Ironman also recognizes groups within the Big Island community by supporting quality education, accessible health care, cultural and historical organizations and youth athletic groups.

The Ironman Foundation has now donated more than \$700,000 to many deserving organizations in Hawaii. Hospice Kona and PATH (Peoples Advocacy for Trails Hawaii), were each the recipient of a 2008 Ford E350 15 passenger van (including insurance and fuel for one year), and a 2008 Ford Fire Truck was donated to the Volunteer Fire Company Bravo 7.

A total of \$10,000 was donated toward renovation efforts for Higashihara Park and Kamakani Playground. Other recent recipients include, but are not limited to American Red Cross, Habitat for Humanity, American Cancer Society, Kohala Project Venture, Kona YMCA, Hawaii Island United Way, Special Olympics, Kona Literary Council and the Keauhou Canoe Club.

For a seventh consecutive year, Ironman embarked on its annual charitable eBay auction with coveted slots to the Ford Ironman World Championship in Kailua-Kona, Hawaii. Through the success of the eBay auction, Ironman has raised more than \$1.6 million. In the auction's history, Ironman has utilized those funds for donations to organizations including: The Blazeman Foundation, St. Joseph's Children's Hospital and the County of Hawaii Parks & Recreation Department.

Beyond Foundation efforts, Ironman also operated its Hawaii Community Kokua Program. This involves loaning coolers, ice chests and other triathlon equipment to events and athletic clubs around the Big Island. This year-round program promotes a positive and healthy lifestyle for the people of Hawaii, one that is compatible with the mission of Ironman.

Note: A copy of the official registration and financial information may be obtained from The Division of Consumer Services by calling 1-800-435-7353 or 1-904-488-2221. Registration does not imply endorsement, approval or recommendations by the state.



Event Information



Ironman Qualifier Series Champions • 60
Defending Men's Champion • 64
Male Finishers - Second and Third Place • 66
Defending Women's Champion • 70
Female Finishers - Second and Third Place • 72
2008/2009 Professional Prize Purse • 76

Ironman Qualifier Series Champions

Ford Ironman Wisconsin

September 7, 2008

Chris McDonald	Total Time: 8:43:29
Hillary Biscay	Total Time: 9:47:25

Ironman 70.3 Monaco

September 7, 2008

Andreas Raelert	Total Time: 4:10:10
Nicola Spirig	Total Time: 4:37:12

Ford Ironman Florida

November 1, 2008

Tom Evans	Total Time: 8:07:59
Bella Comerford	Total Time: 9:07:48

Foster Grant Ironman World Championship 70.3

November 8, 2008

Terenzo Bozzone	Total Time: 3:40:10
Joanna Zeiger	Total Time: 4:02:49

Ford Ironman Arizona

November 23, 2008

Andreas Raelert	Total Time: 8:14:16
Heleen Bij De Vaate	Total Time: 9:21:06

Ironman Western Australia

December 7, 2008

Tim Berkel	Total Time: 8:07:06
Gina Ferguson	Total Time: 8:59:24

Lotto Ironman Langkawi Malaysia

February 28, 2009

Luke McKenzie	Total Time: 8:26:48
Belinda Granger	Total Time: 9:21:10

Bonita Ironman New Zealand

March 7, 2009

Cameron Brown	Total Time: 8:18:04
Gina Ferguson	Total Time: 9:18:25

Ironman Qualifier Series Champions

Ironman 70.3 California

April 4, 2009

Matthew Reed Total Time: 3:51:50
Mirinda Carfrae Total Time: 4:25:02

Ironman Australia

April 5, 2009

Patrick Vernay Total Time: 8:24:53
Chrissie Wellington Total Time: 8:57:10

Spec-Savers Ironman South Africa

April 5, 2009

Marino Vanhoenacker Total Time: 8:17:32
Lucie Zelenkova Total Time: 9:16:32

Ironman China

April 19, 2009

Rasmus Henning Total Time: 8:53:20
Charlotte Paul Total Time: 9:48:14

Ironman 70.3 St. Croix

May 3, 2009

Tim O'Donald Total Time: 4:02:36
Catriona Morrison Total Time: 4:32:38

Ironman Lanzarote Canarias

May 23, 2009

Bert Jammaer Total Time: 8:54:03
Bella Bayliss Total Time: 9:54:57

Ironman 70.3 Hawaii

May 30, 2009

Craig Alexander Total Time: 4:02:52
Belinda Granger Total Time: 4:33:16

Ironman Brazil

May 31, 2009

Eduardo Sturla Total Time: 8:13:39
Dede Griesbauer Total Time: 9:10:15

Ironman Qualifier Series Champions

Ironman 70.3 Eagleman

June 14, 2009

Terenzo Bozzone Total Time: 3:51:11

Mirinda Carfrae Total Time: 4:13:27

Ironman Japan

June 21, 2009

Luke McKenzie Total Time: 8:28:31

Nicole Klingler Total Time: 9:52:52

Ford Ironman Coeur d'Alene

June 21, 2009

Francisco Pontano Total Time: 8:32:12

Tyler Stewart Total Time: 9:23:21

Ironman France

June 28, 2009

Marcel Zamora Perez Total Time: 8:30:06

Tine Deckers Total Time: 9:30:29

Ironman 70.3 Buffalo Springs Lake

June 28, 2009

Paul Matthews Total Time: 4:01:26

Amy Marsh Total Time: 4:33:36

Frankfurter Sparkasse Ironman European Championship

July 5, 2009

Timo Bracht Total Time: 7:59:15

Sandra Wallenhorst Total Time: 8:58:08

Karnten Ironman Austria

July 5, 2009

Marino Vanhoenacker Total Time: 8:01:38

Bella Bayliss Total Time: 8:50:13

Ironman Switzerland

July 12, 2009

Ronnie Schildknecht Total Time: 8:20:00

Sibylle Matter Total Time: 9:14:35

Ironman Qualifier Series Champions

Ford Ironman Lake Placid

July 26, 2009

Maik Twelsiek Total Time: 8:36:37

Tereza Macel Total Time: 9:29:36

Ironman 70.3 Antwerp

August 2, 2009

Marino Vanhoenacker Total Time: 3:41:45

Sofie Goos Total Time: 4:08:06

Ironman UK

August 9, 2009

Philip Graves Total Time: 8:45:51

Bella Bayliss Total Time: 9:33:59

Subaru Ironman Canada

August 30, 2009

Jordan Rapp Total Time: 8:25:13

Tereza Marcel Total Time: 9:11:20

Ford Ironman Louisville

August 30, 2009

Viktor Zyemtsev Total Time: 8:25:27

Nina Kraft Total Time: 9:20:21

Ironman 70.3 Monaco

September 6, 2009

Axel Zeebroek Total Time: 4:15:17

Christel Robin Total Time: 4:47:20



Ford Ironman Louisville

Craig Alexander

Birthdate: June 22, 1973

Country: Australia



Craig “Crowie” Alexander has been racing for the past two decades, with his career beginning on the Australian short-course circuit. Alexander is a former Australian Sprint Champion who currently holds a record four Australian Long Course titles. Beginning in 2002, he has spent much of his race season in North America, trying his hand at longer distance events. Alexander’s resume includes podium placements from 2004 races, such as St. Croix Half-Ironman and Accenture Chicago Triathlon, and from 2005 races including the Australian Sprint Championships and Australian Long Course Championships.

In 2006, Alexander claimed victory at St. Croix Ironman 70.3, an event he has won three times now, while finishing second at the LA International Triathlon and ITU World Long Course Championships. At the inaugural 2006 Ford Ironman World Championship 70.3 in Clearwater, Fla., Alexander finished the fast course with a time of 3:45:37, propelling him to the number one spot on the podium. Alexander’s stellar results earned him the honor of being named “US Triathlete of the Year” by *Triathlete Magazine*. The Aussie’s 2007 season included titles from multiple Ironman 70.3 events, including Vineman Ironman 70.3 and Ford Ironman 70.3 Florida, with a third place finish at Panthers Ironman Australia. Alexander rounded out the season with an incredible second place finish at the Ford Ironman World Championship, in his first attempt, and a fourth place finish at the Ford Ironman World Championship 70.3.

Last year, Alexander saw success at events such as Ford Ironman 70.3 California, Newfoundland Ironman 70.3, the inaugural Ironman 70.3 Kansas and Subaru Ironman 70.3 Muskoka, but none compared to winning the title at the 2008 Ford Ironman World Championship.

This year, Alexander received first place titles at Ironman 70.3 Hawaii, Ironman 70.3 Singapore, Ironman 70.3 Geelong, Ironman 70.3 Boise and Subaru Ironman 70.3 Muskoka. He will return to Kona to defend his title, and if he is successful, he will be only one of four men to ever complete the task.

2008 World Champion - Craig Alexander

IRONMAN/70.3 HIGHLIGHTS:

2009

- 1st • Ironman 70.3 Hawaii • 4:02:52
- 1st Aviva • Ironman 70.3 Singapore • 3:47:24
- 1st • Ironman 70.3 Geelong • 3:50:51
- 1st • Ironman 70.3 Boise • 3:51:46
- 1st Subaru • Ironman 70.3 Muskoka • 3:58:04
- 8th • Vineman Ironman 70.3 • 4:05:59

2008

- 1st • Ford Ironman World Championship • 8:17:45
- 1st • Subaru Ironman 70.3 Muskoka • 4:10:31
- 1st • Newfoundland Ironman 70.3 • 3:59:45
- 1st • St. Croix Ironman 70.3 • 4:05:34
- 2nd • Ford Ironman 70.3 California • 3:58:25
- 2nd • Vineman Ironman 70.3 • 3:51:26
- 2nd • Ironman 70.3 Kansas • 4:00:00

2007

- 2nd • Ford Ironman World Championship • 8:19:04
- 4th • Ford Ironman World Championship 70.3 • 3:44:10
- 1st • Newfoundland Ironman 70.3 • 3:58:26
- 1st • Vineman Ironman 70.3 • 3:50:50
- 1st • Ford Ironman 70.3 Florida • 3:50:27
- 1st • St. Croix Ironman 70.3 • 4:04:52
- 3rd • Panthers Ironman Australia • 8:38:50

2006

- 1st • Ford Ironman World Championship 70.3 • 3:45:37
- 1st • St. Croix Ironman 70.3 • 4:07:33

2004

- 2nd • St. Croix Half-Ironman • 4:14:00

2002

- 2nd • Ralph's Half-Ironman California • 3:48:28
- 8th • St. Croix Half-Ironman • 4:18:46

Fastest Hawaii Splits:

Overall • 8:17:45 • 2008

Swim • 51:40 • 2007

Bike • 4:37:19 • 2008

Run • 2:45:01 • 2008

Eneko Llanos

Birthdate: November 30, 1976

Citizenship: Spain



Two-time Olympian Eneko Llanos began his racing career as a short-course triathlete, placing 23rd in Sydney, Australia, in 2000, and 20th in Athens, Greece, in 2004. Llanos is also one of the most well-known athletes on the XTERRA circuit, claiming 2004 and 2005 XTERRA World Championship titles. Additionally, he was the 2003 ITU Long Distance World Champion.

Making the jump to the Ironman scene in 2005, Llanos placed second at Ironman Western Australia with a time of 8:31:41. In 2006, Llanos placed third at Karnten Ironman Austria and took home a fifth place finish in his first attempt at the Ford Ironman World Championship. He became the first Spaniard to claim the men's title at the 2007 Ironman Lanzarote Canarias with a time of 8:49:38.

Over the last year, Llanos has placed second in three of the most well-known events on the Ironman circuit. Last year in Kona, Llanos found himself in second behind Australia's Craig Alexander. A gutsy performance at the 2008 Frankfurter Sparkasse Ironman European Championship saw him pull away from 2007 Ford Ironman World Champion, Chris McCormack, during the closing stages of the marathon, but he wasn't able to hold off the Australian and had to settle with second. A year later, Llanos was in the same position, but this time it was Timo Bracht who would catch Llanos in the closing miles of the marathon.

Llanos' amazing consistency makes him one of the most talked about among his fellow competitors.

IRONMAN/70.3 HIGHLIGHTS:

2009

2nd • Frankfurter Sparkasse Ironman European Championship • 8:00:21

2008

2nd • Ford Ironman World Championship • 8:20:50

2nd • Frankfurter Sparkasse Ironman European Championship • 8:00:49

2007

1st • Ironman Lanzarote Canarias • 8:49:38

2006

5th • Ford Ironman World Championship • 8:22:28

3rd • Karnten Ironman Austria • 8:15:11

2005

2nd • Ironman Western Australia • 8:31:41

Fastest Hawaii Splits:

Overall • 8:20:50 • 2008

Swim • 51:39 • 2008

Bike • 4:29:26 • 2006

Run • 2:51:43 • 2007

Rutger Beke

Birthdate: August 8, 1977

Citizenship: Belgium



Rutger Beke has been competing in triathlons since he was 17, and has placed in the top five at the Ford Ironman World Championship five times. Beke placed second at his first Kona attempt in 2003, and was on the podium again in 2004 with a fifth place finish. His 2004 season also saw a third-place finish at Ralph's Half-Ironman California Triathlon. In 2005, Beke achieved his fastest bike time and placed fourth at the Ford Ironman World Championship.

As the 2006 season approached, Beke suffered an early injury in the form of a stress fracture that kept him sidelined for nearly eight weeks. Upon recovery, Beke began to train even harder than before. After receiving a solid third place finish at Ford Ironman Lake Placid in July, Beke set his sights on Kona, where he earned a fourth place finish behind some of the sport's toughest competitors. In 2007, Beke claimed his first Ironman win, placing first at Ford Ironman Arizona with a time of 8:21:14.

Beke has also seen top placements at events including Ford Ironman Florida, Ironman France, Ford Ironman Lake Placid and Ford Ironman Arizona.

Last year, Beke had his fastest Hawaii run, helping him achieve a third place finish.

His 2009 season saw an eighth place finish at Ironman 70.3 Antwerp with a time of 3:50:55. Building upon his success at last year's world championship, Beke was slotted to be a top contender in 2009. However, just weeks before this year's race, Beke injured his foot in a cycling accident and had to withdraw. He is expected to return to racing later this year and will likely return to Kona as a top contender in 2010.

IRONMAN/70.3 HIGHLIGHTS:

2009

8th • Ironman 70.3 Antwerp • 3:50:55

2008

3rd • Ford Ironman World Championship • 8:21:23

5th Ironman France • 8:55:11

2007

1st • Ford Ironman Arizona • 8:21:14

2006

4th • Ford Ironman World Championship • 8:21:04

2nd • Half-Ironman Antwerp • 3:40:18

3rd • Ford Ironman USA Lake Placid • 8:46:44

2005

4th • Ford Ironman World Championship • 8:22:30

1st • Half-Ironman Monaco Triathlon • 4:31:46

2004

5th • Ironman Triathlon World Championship • 8:54:26

3rd • Ralph's Half-Ironman California Triathlon • 4:07:22

2003

2nd • Ironman Triathlon World Championship • 8:28:27

2nd • Ralph's Half-Ironman California Triathlon • 4:00:05

2002

3rd • Ironman Florida • 8:35:06

Fastest Hawaii Splits:

Overall • 8:21:04 • 2006

Swim • 54:35 • 2004, 2006

Bike • 4:30:30 • 2005

Run • 2:47:49 • 2008

Chrissie Wellington

Birthdate: February 18, 1977

Country: United Kingdom



Chrissie Wellington got her start in triathlon in 2004, racing various Sprint and Olympic-distance events. In 2006, she participated in the ITU World Age Group Championships, held in Switzerland, and won her age group as the overall fastest female. Shortly after her win, Wellington enlisted the help of a coach and decided to apply for a professional license in the sport.

After spending time training with a coach in Thailand, it was clear that turning professional was a smart move for Wellington. In 2007, she participated in Ironman 70.3 UK and Aviva Ironman 70.3 Singapore, placing fifth and third respectively. She also attempted her first full-distance Ironman at SCB Ironman Korea and took home the title. Soon after taking first in the harsh Ironman Korea conditions, Wellington found herself at the start line of the Ford Ironman World Championship. In Kona, Wellington made history, becoming the first British athlete to win an Ironman World Championship title.

In 2008, Wellington won the titles at all four of the Ironman/70.3 events she participated in – Timberman 70.3, Panthers Ironman Australia, Frankfurter Sparkasse Ironman European Championship and the Ford Ironman World Championship. In 2009, she earned another three Ironman/70.3 titles, with wins at Ironman Australia, Ironman 70.3 Kansas and Timberman 70.3.

Wellington's continued success showcases her natural athletic talent and promise in the sport. The confidence she has gained from winning multiple titles, coupled with back-to-back World Championship victories, make her a threat among any women's field.

2008 World Champion - Chrissie Wellington

IRONMAN/70.3 HIGHLIGHTS:

2009

1st • Ironman Australia • 8:57:10
1st • Ironman 70.3 Kansas • 4:14:52
1st • Timberman 70.3 4:15:11

2008

1st • Ford Ironman World Championship • 9:06:23
1st • Frankfurter Sparkasse Ironman European Championship • 8:51:25
1st • Panthers Ironman Australia • 9:03:55
1st • Timberman 70.3 • 4:11:46

2007

1st • Ford Ironman World Championship • 9:08:45
1st • SCB Ironman Korea • 9:54:37
3rd • Aviva Ironman 70.3 Singapore • 4:19:18
5th • Ironman 70.3 UK • 5:04:45

Fastest Hawaii Splits:

Overall • 9:06:23 • 2008

Swim • 56:20 • 2008

Bike • 5:06:15 • 2007

Run • 2:57:44* • 2008

**New run course record*

Yvonne van Vlerken

Birthdate: November 5, 1978

Country: Netherlands



Although somewhat new to the Ironman scene, Yvonne van Vlerken has been competing in duathlon and triathlon events for more than nine years, getting her start at events on the European circuit. Until the record was broken by Chrissie Wellington earlier this year, van Vlerken held the fastest overall time by a woman in 140.6-mile event.

She celebrated her first Ironman 70.3 event and title on the same day at Half-Ironman Antwerp in 2006. There, she qualified for the Ford Ironman World Championship 70.3, where she finished fifth. In 2007, van Vlerken participated in Ironman 70.3 Antwerp again, this time taking second place.

In 2008, van Vlerken began her season with a second-place finish at Lotto Ironman Langkawi Malaysia, where she qualified for the Ford Ironman World Championship. After winning Ironman 70.3 Austria, van Vlerken finished with an impressive second in her Kona debut.

Heading into this year's race, van Vlerken arrives in Kona as a pre-race favorite thanks to a runner-up finish to Sandra Wallenhorst at the Frankfurter Sparkasse Ironman European Championship and another second place at Ironman 70.3 Geelong.

IRONMAN/70.3 HIGHLIGHTS:

2009

2nd • Ironman 70.3 Geelong • 4:15:25
2nd • Frankfurter Sparkasse Ironman European Championship • 9:02:18

2008

2nd • Ford Ironman World Championship • 9:21:20
1st • Ironman 70.3 Austria • 4:22:43
2nd • Lotto Ironman Langkawi Malaysia • 9:35:46

2007

2nd • Ironman 70.3 Antwerp • 4:21:28

2006

1st • Half-Ironman Antwerp • 4:07:29
5th • Ford Ironman World Championship 70.3 • 4:19:50

Fastest Hawaii Splits:

Overall • 9:21:20 • 2008

Swim • 1:06:49 • 2008

Bike • 5:05:34 • 2008

Run • 3:04:27 • 2008

Sandra Wallenhorst

Birthdate: January 1, 1972

Country: Germany



Sandra Wallenhorst got her start on the Ironman circuit with a sixth place finish at the 2004 Subaru Ironman Canada, but had to take a year off due to injury and another year off to start a family. After the birth of her son, Wallenhorst began to train harder than ever.

Her training paid off, and although she was somewhat unknown on the triathlon circuit prior to 2008, she had an amazing season, which included a record-breaking win at Karnten Ironman Austria. Wallenhorst's 8:47:26 finish bested the Ironman record time of 8:50:53 set by Paula Newby-Fraser at Ironman Europe in 1994. Later that year, Wallenhorst continued her way to the top of the Ironman scene with third place finishes at Ironman 70.3 Austria and the Ford Ironman World Championship.

This year, Wallenhorst won the women's title at the Frankfurter Sparkasse Ironman European Championship, where she won the highly anticipated showdown with last year's runner-up in Kona, Yvonne van Vlerken. She also won Ironman 70.3 Austria. Known to be among the sport's fastest marathon runners, Wallenhorst arrives in Kona as one of the women most likely to challenge defending champion, Chrissie Wellington, for the title.

IRONMAN/70.3 HIGHLIGHTS:

2009

1st • Frankfurter Sparkasse Ironman European Championship • 8:58:09
1st Ironman 70.3 Austria • 4:28:46

2008

3rd • Ford Ironman World Championship • 9:22:52
1st • Karnten Ironman Austria 8:47:26
3rd • Ironman 70.3 Austria • 4:26:25

2004

6th • Subaru Ironman Canada 9:59:58

Fastest Hawaii Splits:

Overall • 9:22:52 • 2008

Swim • 1:03:21 • 2008

Bike • 5:14:57 • 2008

Run • 2:58:36 • 2008

2008/2009 Professional Prize Purse

The 2008 Ford Ironman World Championship professional prize purse consisted of \$560,000 that was distributed among the top ten male and female finishers. In addition to the prize purse, there was a total of \$20,000 worth of Timex Ironman Watch Bonuses available to athletes. The 2009 professional prize purse will reflect the same amounts distributed in 2008.

2008 Professional Prize Purse:

First	Craig Alexander	Prize: \$110,000
	Chrissie Wellington	Prize: \$110,000
Second	Eneko Llanos	Prize: \$55,000
	Yvonne van Vlerken	Prize: \$55,000
Third	Rutger Beke	Prize: \$35,000
	Sandra Wallenhorst	Prize: \$35,000
Fourth	Ronnie Schildknecht	Prize: \$20,000
	Erika Csomor	Prize: \$20,000
Fifth	Cameron Brown	Prize: \$15,000
	Linsey Corbin	Prize: \$15,000
Sixth	Patrick Vernay	Prize: \$12,500
	Virginia Berasatequi	Prize: \$12,500
Seventh	Andy Potts	Prize: \$10,000
	Bella Comerford	Prize: \$10,000
Eighth	Mathias Hecht	Prize: \$9,000
	Gina Ferguson	Prize: \$9,000
Ninth	Michael Lovato	Prize: \$7,500
	Gina Kehr	Prize: \$7,500
Tenth	Eduardo Sturla	Prize: \$6,000
	Dede Griesbauer	Prize: \$6,000

Timex Ironman Watch Bonus Recipients:

Bike	Torbjorn Sindballe	Prize: \$5,000
	Chrissie Wellington	Prize: \$5,000
Run	Normann Stadler	Prize: \$5,000
	Chrissie Wellington	Prize: \$5,000



Results



Winning Times Recap 1978-2008 • 79

Starters and Finishers • 81

Win Times Ranked • 82

Swim Times Ranked • 84

Bike Times Ranked • 86

Run Times Ranked • 88

Course Records • 90

Top 10 All-Time Finishes • 91

Top 10 All-Time Swims • 92

Top 10 All-Time Bikes • 93

Top 10 All-Time Runs • 94

Top Ten Smallest Margins of Victory • 95

Most Recorded Top 10 Kona Finishes • 97

Race Results 1978-2008 • 98

Amateur Record Holders • 129

2008 Top Five Age Group Results • 130

2008 Physically Challenged and Military Results • 135

Winning Times Recap (Men) 1978-2008

First Place - Men

Year	Name	Swim	Bike	Run	Total
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

** Course Record*

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

Winning Times Recap (Women) 1978-2008

First Place - Women

Year	Name	Swim	Bike	Run	Total
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
1978	—	—	—	—	—

** Course Record*

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

Starters and Finishers 1978-2008

Year	Male		Female		Total	
	Start	Finish	Start	Finish	Start	Finish
2008	1,276	1,179	475	457	1,751	1,636
2007	1,305	1,232	485	453	1,790	1,685
2006	1,243	1,198	453	429	1,696	1,627
2005	1,278	1,243	466	445	1,744	1,688
2004	1,297	1,192	431	387	1,734	1,581
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
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) 1978-2008

Total Time	Name	Representing	Year
8:04:08*	Luc Van Lierde	BEL	1996
8:07:45	Mark Allen	USA	1993
8:09:08	Mark Allen	USA	1992
8:09:15	Mark Allen	USA	1989
8:11:56	Normann Stadler	GER	2006
8:14:17	Faris Al-Sultan	GER	2005
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
8:20:27	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	GER	1997
8:33:29	Normann Stadler	GER	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
11:46:58	Gordon Haller	USA	1978

**Course Record*

† 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) 1978-2008

Total Time	Name	Representing	Year
8:55:28*	Paula Newby-Fraser	ZIM	1992
8:58:23	Paula Newby-Fraser	ZIM	1993
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
9:16:46	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 Record*

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

Note: *Outlined above are overall finish times of the first place female ranked in ascending order.*

Swim Times Ranked (Male Champions) 1978-2008

Swim Time	Name	Representing	Year
49:54	Faris Al-Sultan	GER	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
50:38	Luc Van Lierde	BEL	1999
50:40	Mark Allen	USA	1993
50:52	Dave Scott	USA	1982†
50:52	Dave Scott	USA	1983
50:53	Dave Scott	USA	1986
50:57	Dave Scott	USA	1987
51:00	Dave Scott	USA	1980
51:17	Mark Allen	USA	1989
51:27	Mark Allen	USA	1992
51:28	Scott Molina	USA	1988
51:36	Luc Van Lierde	BEL	1996
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
52:01	Timothy DeBoom	USA	2001
52:02	Timothy DeBoom	USA	2002
52:04	Peter Reid	CAN	1998
53:08	Thomas Hellriegel	GER	1997
54:05	Normann Stadler	GER	2006
54:27	Normann Stadler	GER	2004
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
1:20:40	Gordon Haller	USA	1978

† 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) 1978-2008

Swim Time	Name	Representing	Year
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
54:59	Paula Newby-Fraser	ZIM	1991
55:30	Paula Newby-Fraser	ZIM	1996
56:02	Natascha Badmann	SUI	1998
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
57:42	Erin Baker	NZL	1987
58:04	Natascha Badmann	SUI	2002
58:09	Chrissie Wellington	GBR	2007
59:55	Natascha Badmann	SUI	2001
1:00:28	Sylviane Puntous	CAN	1983
1:00:45	Sylviane Puntous	CAN	1984
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) 1978-2008

Bike	Name	Representing	Year
4:18:23*	Normann Stadler	GER	2006
4:25:24	Faris Al-Sultan	GER	2005
4:29:00	Mark Allen	USA	1993
4:30:44	Luc Van Lierde	BEL	1996
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
4:37:52	Mark Allen	USA	1989
4:37:58	Normann Stadler	GER	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	GER	1997
4:48:17	Timothy DeBoom	USA	2001
4:48:32	Dave Scott	USA	1986
4:53:48	Dave Scott	USA	1987
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 Record*

† 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) 1978-2008

Bike	Name	Representing	Year
4:48:30*	Paula Newby-Fraser	ZIM	1993
4:52:00	Natascha Badmann	SUI	2005
4:52:26	Natascha Badmann	SUI	2002
4:56:34	Paula Newby-Fraser	ZIM	1992
4:57:13	Paula Newby-Fraser	ZIM	1988
5:01:00	Paula Newby-Fraser	ZIM	1989
5:01:34	Paula Newby-Fraser	ZIM	1996
5:02:25	Paula Newby-Fraser	ZIM	1994
5:05:47	Paula Newby-Fraser	ZIM	1991
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
5:12:52	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
6:30:00	Lyn Lemaire	USA	1979
6:53:28	Linda Sweeney	USA	1981

**Course Record*

† 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) 1978-2008

Run	Name	Representing	Year
2:40:04*	Mark Allen	USA	1989
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
2:42:46	Luc Van Lierde	BEL	1999
2:45:01	Craig Alexander	AUS	2008
2:45:54	Timothy DeBoom	USA	2001
2:47:31	Peter Reid	CAN	1998
2:47:38	Peter Reid	CAN	2003
2:48:05	Mark Allen	USA	1993
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
2:51:56	Thomas Hellriegel	GER	1997
2:52:48	Mark Allen	USA	1990
2:53:00	Dave Scott	USA	1984
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
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 Record*

† 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) 1978-2008

Run	Name	Representing	Year
2:57:44*	Chrissie Wellington	GBR	2008
2:59:16	Lori Bowden	SUI	1999
2:59:58	Chrissie Wellington	GBR	2007
3:02:10	Lori Bowden	CAN	2003
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
3:06:45	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
3:58:35	Julie Leach	USA	1982 †
4:04:57	Linda Sweeney	USA	1981
5:10:00	Lyn Lemaire	USA	1979

**Course Record*

† 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.*

Fastest Course Times (Big Island Course)

Swim

1998 • Lars Jorgensen (USA) • 46:41

1999 • Jodi Jackson (USA) • 48:43

Bike

2006 • Normann Stadler (GER) • 4:18:23

1993 • Paula Newby-Fraser (ZIM) • 4:48:30*

Run

1989 • Mark Allen (USA) • 2:40:04

2008 • Chrissie Wellington (GBR) • 2:57:44

Course Record

1996 • Luc Van Lierde (BEL) • 8:04:08

1992 • Paula Newby-Fraser (ZIM) • 8:55:28

** Until 1998, bike splits included both T1 and T2 transition times.
Bike splits from 1998 forward reflect the actual bike time only.*



Chrissie Wellington set a new run course record in 2008, finishing the 26.2 miles in 2:57:44.

Top 10 All-Time Finishes

Men

Finish Time	Name	Representing	Year
8:04:08*	Luc Van Lierde	BEL	1996
8:06:07	Thomas Hellriegel	GER	1996
8:07:45	Mark Allen	USA	1993
8:09:08	Mark Allen	USA	1992
8:09:15	Mark Allen	USA	1989
8:10:13	Dave Scott	USA	1989
8:11:56	Normann Stadler	GER	2006
8:13:07	Chris McCormack	AUS	2006
8:14:17	Faris Al-Sultan	GER	2005
8:14:27	Pauli Kiuru	FIN	1993

Women

Finish Time	Name	Representing	Year
8:55:28*	Paula Newby-Fraser	ZIM	1992
8:58:23	Paula Newby-Fraser	ZIM	1993
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
9:08:04	Erin Baker	NZL	1993
9:08:45	Chrissie Wellington	GBR	2007

* Course Record

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

Top 10 All-Time Swims

Men

Swim Time	Name	Representing	Year
46:41*	Lars Jorgensen	USA	1998
46:44	Lars Jorgensen	USA	1995
46:50	Jan Sibbersen	GER	2003
47:01	Noa Sakamoto	USA	2008
47:02	John Flanagan	USA	2008
47:04	Jan Sibbersen	GER	2004
47:15	Hiroki Hikida	JPN	2003
47:39	Bradford Hinshaw	USA	1986
47:41	John Weston	USA	2003
47:48	Djan Madruga	BRA	1984

Women

Swim Time	Name	Representing	Year
48:43*	Jodi Jackson	USA	1999
49:11	Wendy Ingraham	USA	1998
49:51	Barb Lindquist	USA	2000
49:52	Wendy Ingraham	USA	1997
49:57	Ute Mueckel	GER	1997
50:28	Wendy Ingraham	USA	1999
50:28	Monica Caplan	USA	2003
50:29	Linda Gallo	USA	2003
50:30	Raleigh Tennant	AUS	1999
50:31	Jennifer Hinshaw	USA	1984

** Course Record*

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

Top 10 All-Time Bikes

Men

Bike Time	Name	Representing	Year
4:18:23*	Normann Stadler	GER	2006
4:21:36	Torbjorn Sindballe	DNK	2005
4:24:50	Thomas Hellriegel	GER	1996
4:25:24	Faris Al-Sultan	GER	2005
4:25:26	Torbjorn Sindballe	DNK	2007
4:25:35	Chris Lieto	USA	2006
4:26:15	Ain Alar Juhanson	EST	2008
4:27:23	Chris Lieto	USA	2005
4:27:25	Mitchell Anderson	AUS	2005
4:27:41	Torbjorn Sindballe	DNK	2008

Women

Bike Time	Name	Representing	Year
4:48:30*	Paula Newby-Fraser	ZIM	1993
4:50:16	Erin Baker	NZL	1993
4:50:16	Karin Thuerig	SUI	2005
4:50:41	Karin Thuerig	SUI	2003
4:52:00	Natascha Badmann	SUI	2005
4:52:26	Natascha Badmann	SUI	2002
4:53:47	Natascha Badmann	SUI	1996
4:54:13	Michellie Jones	AUS	2005
4:55:32	Karin Thuerig	SUI	2002
4:56:34	Paula Newby-Fraser	ZIM	1992

** Course Record*

** 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 10 All-Time Runs

Men

Finish Time	Name	Representing	Year
2:40:04*	Mark Allen	USA	1989
2:41:03	Dave Scott	USA	1989
2:41:48	Luc Van Lierde	BEL	1996
2:41:57	Olivier Bernhard	SUI	1999
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
2:42:46	Luc Van Lierde	BEL	1999
2:43:55	Sergio Marques	PRT	2006

Women

Finish Time	Name	Representing	Year
2:57:44*	Chrissie Wellington	GBR	2008
2:58:36	Sandra Wallenhorst	GER	2008
2:59:16	Lori Bowden	CAN	1999
2:59:58	Chrissie Wellington	GBR	2007
3:00:52	Samantha McGlone	CAN	2007
3:01:25	Erika Csomor	HUN	2007
3:02:10	Lori Bowden	CAN	2003
3:02:19	Kate Major	AUS	2005
3:03:09	Lori Bowden	CAN	2001
3:04:02	Heather Fuhr	CAN	1998

** Course Record*

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

Top 10 Smallest Margins of Victory

Year	Men 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 (GER) 2 Chris McCormack (AUS)	00:01:11
1996	1 Luc Van Lierde (BEL) 2 Thomas Hellriegel (GER)	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 (GER)	00:02:25
2008	1 Craig Alexander (AUS) 2 Eneko Llanos (ESP)	00:03:05
2007	1 Chris McCormack (AUS) 2 Craig Alexander (AUS)	00:03:30
1999	1 Luc Van Lierde (BEL) 2 Peter Reid (CAN)	00:03:37

Top 10 Smallest Margins of Victory

Year	<u>Women</u> First/Second Place	Margin of Victory
February 1982	1 Kathleen McCartney (USA) 2 Julie Moss (USA)	00:00:29
1987	1 Erin Baker (NZL) 2 Sylviane Puntous (CAN)	00:01:32
1985	1 Joanne Ernst (USA) 2 Elizabeth Bulman (USA)	00:01:33
1984	1 Sylviane Puntous (CAN) 2 Patricia Puntous (CAN)	00:02:15
2005	1 Natascha Badmann (SUI) 2 Michellie Jones (USA)	00:02:21
2000	1 Natascha Badmann (SUI) 2 Lori Bowden (CAN)	00:02:48
1998	1 Natascha Badmann (SUI) 2 Lori Bowden (CAN)	00:03:03
1986	1 Paula Newby-Fraser (ZIM) 2 Sylviane Puntous (CAN)	00:03:59
October 1982	1 Julie Leach (USA) 2 Joann Dahlkoetter (USA)	00:04:13
2001	1 Natascha Badmann (SUI) 2 Lori Bowden (CAN)	00:04:22

Most Recorded Top 10 Kona Finishes

Men			
Place	Name	Representing	Number
1st	Scott Tinley	USA	12
2nd	Mark Allen	USA	11
3rd	Ken Glah	USA	10
4th	Dave Scott	USA	10
5th	Peter Reid	CAN	9
6th	Pauli Kiuru	FIN	8
7th	Thomas Hellriegel	GER	8
8th	Jurgen Zack	GER	8
9th	Greg Welch	AUS	7
10th	Timothy DeBoom	USA	7

Women			
Place	Name	Representing	Number
1st	Fernanda Keller	BRA	14
2nd	Paula Newby-Fraser	USA*	13
3rd	Wendy Ingraham	USA	9
4th	Heather Fuhr	CAN	9
5th	Lori Bowden	CAN	8
6th	Natascha Badmann	SUI	8
7th	Karen Smyers	USA	7
8th	Terry Schneider	USA	6
9th	Erin Baker	NZL	5
10th	Sylviane Puntous	CAN	5

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 Ditttrich	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

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 Ditttrich	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

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

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

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

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

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

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

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

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

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

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

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

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, Hawaii

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, Hawaii

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

1978**Original Ironman Finishers**

Place	Name	Swim	Bike	Run	Total
1st	Gordon Haller	1:20:40	6:56:00	3:30:00	11:46:58
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 Record Holders

Men's Division

<u>Age</u>	<u>Record</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
18-24	8:55:02	Vassilis Krommidas	24	1994
25-29	8:41:02	Maximilian Longree	25	2006
30-34	8:45:59	Igor Kogoj	34	1993
35-39	8:47:02	Jim Beuselinck	39	2006
40-44	8:58:55	Bent Andersen	42	2006
45-49	9:11:56	Brian Keast	45	2005
50-54	9:26:23	Kevin Moats	51	2006
55-59	9:47:29	Reinhold Humbold	57	2005
60-64	10:20:38	Reinhold Humbold	60	2008
65-69	11:29:45	Milos Kostic	65	2006
70-74	12:59:02	Bob Scott	71	2001
75-79	13:27:50	Bob Scott	75	2005
80+	16:21:55	Robert McKeague	80	2005

Women's Division

<u>Age</u>	<u>Record</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
18-24	9:49:33	Kate Major	24	2002
25-29	9:47:40	Bree Wee	27	2007
30-34	9:51:12	Donna E. Kay	30	1993
35-39	9:53:51	Wendy Mader	35	2008
40-44	10:03:06	Donna Kay-Ness	43	2006
45-49	10:26:22	Donna Smyers	48	2005
50-54	10:35:59	Laura Sophia	50	2005
55-59	11:43:33	Sandi Wiebe	55	2005
60-64	12:34:52	Mariana Phipps	61	2005
65-69	13:54:25	Jan Miller	67	2005
70-74	15:19:19	Ethel Autorino	70	2000
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.*

2008 Top Five Age Group Results

Top Five Men

<u>Place</u>	<u>Name</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
Men 18-24					
1st	Richard Thompson	1:02:04	4:53:11	3:08:32	09:10:43
2nd	Romain Guillaume	52:37	5:03:15	3:15:38	09:15:56
3rd	Markus Thomschke	59:01	4:59:41	3:12:25	09:18:00
4th	Hans Nilsson	1:05:02	5:08:39	2:57:49	09:18:06
5th	Constantin Schaaf	1:18:51	5:15:32	2:59:12	09:41:02
Men 25-29					
1st	Daniel Schmoll	52:34	5:08:58	3:03:04	09:09:36
2nd	Adam Zastrow	57:04	5:06:11	3:08:40	09:16:45
3rd	Gilad Rotem	57:05	5:09:38	3:03:37	09:17:10
4th	Ben Cotter	58:30	4:59:35	3:15:01	09:17:31
5th	Michel Dewilde	1:00:30	5:06:57	3:07:11	09:20:11
Men 30-34					
1st	Clemens Coenen	55:18	4:50:17	3:02:24	08:52:36
2nd	Sam Hume	53:32	5:03:14	2:56:13	08:57:21
3rd	Stefan Werner	58:04	4:40:54	3:21:35	09:05:17
4th	Tim Hola	53:25	5:05:05	3:04:42	09:08:38
5th	Lionel Roye	58:56	5:09:09	3:02:11	09:14:28
Men 35-39					
1st	Patrick Wallimann	59:03	4:55:49	3:00:26	09:01:16
2nd	Jeffrey Keil	57:56	5:03:04	2:58:22	09:05:56
3rd	Tommy Nielsen	55:25	4:55:02	3:17:27	09:13:22
4th	Bradley Hosking	1:02:15	5:00:06	3:04:40	09:14:22
5th	Paul Dodd	55:19	5:06:49	3:06:08	09:14:22
Men 40-44					
1st	Georg Anstett	1:03:05	5:03:23	3:02:42	09:14:37
2nd	Alexander Lang	1:05:05	5:01:06	3:08:49	09:23:06
3rd	Bent Andersen	58:17	5:12:12	3:08:54	09:26:38
4th	Luis De La Torre	58:26	5:11:54	3:12:45	09:28:57
5th	Markus Kriege	1:01:49	5:15:48	3:04:33	09:30:09

2008 Top Five Age Group Results

Top Five Men (continued)

Place	Name	Swim	Bike	Run	Total
Men 45-49					
1st	Rob Zwierlein	1:01:38	5:07:57	3:18:07	09:33:06
2nd	Michael Hagen	1:03:17	5:05:56	3:20:58	09:37:31
3rd	Roger Azcon	1:02:04	5:12:59	3:18:09	09:39:16
4th	Ron Sammut	1:03:05	5:14:49	3:17:25	09:41:01
5th	Richard Diesen	58:48	5:08:21	3:31:25	09:45:26
Men 50-54					
1st	Christian Bodson	1:12:40	5:10:05	3:09:10	09:38:47
2nd	Jeff Cuddeback	56:42	5:20:20	3:21:08	09:44:43
3rd	Helge Babel	1:07:11	5:21:38	3:17:51	09:54:00
4th	John Hill	1:13:29	5:19:44	3:16:56	09:56:52
5th	Uwe Weigert	1:12:15	5:07:15	3:40:49	10:07:15
Men 55-59					
1st	Oakes Ames	1:13:00	5:28:09	3:28:46	10:16:38
2nd	Yves Tabarant	1:15:09	5:41:15	3:24:49	10:27:11
3rd	Dean Harper	55:25	5:52:37	3:55:21	10:44:30
4th	Alain Deschenes	1:17:02	5:23:27	3:55:21	10:44:38
5th	Miroslav Vrastil	1:19:54	5:43:48	3:39:02	10:55:53
Men 60-64					
1st	Reinhold Humbold	1:10:12	5:26:44	3:35:05	10:20:38
2nd	Steven Smith	1:00:33	5:30:57	4:09:12	10:51:03
3rd	Mink Zeilstra	1:07:46	5:58:11	3:45:57	11:04:14
4th	Hermann Hefti	1:25:50	5:49:11	3:47:21	11:14:01
5th	Kent Robison	1:11:20	5:57:02	3:56:16	11:14:03
Men 65-69					
1st	Milos Kostic	1:32:26	6:12:19	3:56:46	11:56:26
2nd	Risto Raelisaenen	1:25:17	5:57:37	4:56:41	12:30:03
3rd	Toyomi Taki	1:23:41	6:41:50	4:30:06	12:51:28
4th	Guenter Pressler	1:53:19	6:39:24	4:10:35	12:51:29
5th	Eckhard Friedreich	1:18:07	6:37:11	5:05:42	13:12:07

2008 Top Five Age Group Results

Top Five Men (continued)

<u>Place</u>	<u>Name</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
Men 70-74					
1st	Richard Clark	1:53:00	6:46:04	4:54:17	13:45:22
2nd	Ron Ottaway	1:32:57	6:50:33	5:16:02	13:53:17
3rd	Horst Greb	1:29:45	7:07:33	5:12:21	13:57:14
4th	Georg Von Schrader	1:32:22	7:27:21	4:45:55	14:00:30
5th	Yutaka Kojimaa	1:22:37	7:20:14	5:14:54	14:16:04
 Men 75-79					
1st	Bob Scott	1:47:02	7:10:29	5:40:18	14:49:48
2nd	Lew Hollander	1:47:42	7:40:46	6:43:09	16:28:23
3rd	Lyle Roberts	1:59:05	7:51:55	6:25:51	16:29:07
4th	Edwin Wolfgram	1:47:32	8:06:15	6:42:50	16:48:22

***Note:** There were no male competitors in the 80+ division.*

2008 Top Five Age Group Results

Top Five Women

<u>Place</u>	<u>Name</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
Women 18-24					
1st	Heather Jackson	1:11:51	5:23:34	3:43:41	10:23:55
2nd	Lauren Swigart	1:12:53	5:39:46	3:35:10	10:32:59
3rd	Elizabeth Gordon	1:04:08	5:40:30	3:41:23	10:33:39
4th	Christine Waitz	1:07:57	5:49:09	3:33:57	10:37:08
5th	Kate Pallardy	1:05:28	5:50:04	3:37:08	10:40:28
Women 25-29					
1st	Inge Vancauwenberghe	1:08:15	5:25:59	3:50:05	10:28:53
2nd	Catherine Brown	1:01:40	5:47:15	3:33:33	10:29:40
3rd	Gabriela Furter	1:06:18	5:49:39	3:31:54	10:34:46
4th	Barbara Tesar	1:11:23	5:37:15	3:46:35	10:42:26
5th	Megan Knepper	55:17	6:04:44	3:39:45	10:47:19
Women 30-34					
1st	Kathleen Calkins	1:01:18	5:22:08	3:27:12	09:55:52
2nd	Rosemarie Gerspacher	1:01:46	5:24:07	3:34:03	10:05:32
3rd	Rachel Ross	1:04:17	5:35:29	3:21:33	10:06:33
4th	Irene Kinnegim	1:08:20	5:17:24	3:37:09	10:10:38
5th	Christine Parks	1:01:37	5:39:05	3:24:57	10:12:53
Women 35-39					
1st	Wendy Mader	55:15	5:36:16	3:17:19	09:53:51
2nd	Kelly Lear-Kaul	1:03:46	5:40:12	3:27:23	10:17:24
3rd	Kristin Lie	1:18:45	5:39:12	3:21:18	10:25:26
4th	Michaela Rudolf	1:17:06	5:40:04	3:30:45	10:34:07
5th	Chrissy Steigerwald	1:04:03	5:48:52	3:38:33	10:40:26
Women 40-44					
1st	Peggy Yetman	1:15:28	5:46:29	3:13:07	10:20:36
2nd	Diana Hassel	1:06:06	5:25:25	3:49:29	10:28:21
3rd	Sue Mellsoy	55:32	5:47:33	3:39:40	10:29:11
4th	Nicole Best	1:03:48	5:55:12	3:29:14	10:33:26
5th	Lisbeth Kenyon	1:04:30	5:30:57	3:51:56	10:34:50

2008 Top Five Age Group Results

Top Five Women (continued)

<u>Place</u>	<u>Name</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
Women 45-49					
1st	Donna Kay-Ness	1:05:03	5:30:53	3:45:39	10:31:37
2nd	Juliana Nievergelt	58:31	5:44:19	3:57:32	10:47:14
3rd	Terry Martin Duvel	1:04:14	5:44:25	3:51:52	10:49:26
4th	Tracy Singleton	58:33	5:35:32	4:12:51	10:53:44
5th	Rikako Takei	1:17:15	6:03:11	3:52:50	11:19:26
Women 50-54					
1st	Laura Sophiea	1:06:17	5:36:27	3:45:10	10:38:46
2nd	Donna Smyers	1:10:04	5:49:34	3:43:32	10:50:35
3rd	Ellen Hart	1:17:16	6:03:46	3:22:01	10:51:17
4th	Kimberlee Rouse	1:22:45	5:52:52	3:36:14	10:59:53
5th	Monika Heindl	1:17:28	6:25:14	4:05:27	11:55:19
Women 55-59					
1st	Hilly Bronnimann	1:22:14	6:01:10	4:16:49	11:52:10
2nd	Carol Hassell	1:15:03	6:11:23	4:14:49	11:52:50
3rd	Missy LeStrange	1:10:01	6:30:48	4:24:58	12:16:00
4th	Rosemary Wedlake	1:25:46	6:38:49	4:07:20	12:21:19
5th	Debra Cully	1:17:59	6:49:16	4:35:22	12:53:07
Women 60-64					
1st	Cherie Gruenfeld	1:22:14	6:52:37	4:47:54	13:11:10
2nd	Mary Doherty	1:20:43	7:15:39	4:24:16	13:15:22
3rd	Tiare Lund	1:25:00	6:50:08	5:15:04	13:42:57
4th	Cullen Goodyear	1:17:00	6:53:12	5:21:30	13:44:44
5th	Susan Petch	1:21:53	7:21:24	5:00:42	13:54:14
Women 65-69					
1st	Louise McGonigal	1:31:02	6:59:55	6:22:46	15:05:38
2nd	Beatrice Burns	1:47:24	7:31:32	5:34:02	15:11:01
3rd	Lolly Rodgers	1:32:58	8:05:41	6:28:43	16:42:57
4th	Peggy McDowell-Cramer	1:32:17	7:21:24	7:04:21	16:56:27
Women 70-74					
1st	Harriet Anderson	1:53:36	7:32:27	6:35:07	16:17:51

Note: There were no female competitors in the 75-79 or 80+ divisions.

2008 Physically Challenged and Military Results

Physically Challenged Division Results

Physically Challenged Division

<u>Place</u>	<u>Name</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
1st	Jason Lester	1:35:56	6:36:00	4:41:56	13:07:21
2nd	Maverick Malech	1:40:36	6:37:06	5:27:04	13:59:51
3rd	Jeff Glasbrenner	1:14:39	6:43:51	6:13:40	14:18:58
4th	Brian Leske	1:14:19	7:55:52	6:12:42	15:44:06

Handcycle Division

<u>Place</u>	<u>Name</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
1st	Hans Koeppen	1:19:24	7:09:46	2:39:07	11:16:43
2nd	Jason Fowler	1:35:27	7:30:21	2:16:27	11:29:52
3rd	Marc Herremans	1:06:56	8:00:46	2:28:59	11:46:42
4th	Marc Aten	1:17:29	8:10:09	2:36:42	12:10:13
5th	Ricky James	1:18:36	8:21:27	2:56:55	12:44:42

Note: There were no female competitors in either division in 2008.

Military Division Results

Military Men

<u>Place</u>	<u>Name</u>	<u>Military Division</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
1st	Brian Monaghan	U.S. Coast Guard	59:18	5:20:01	3:11:57	09:36:38
2nd	Mike Ferreira	U.S. Coast Guard	1:04:37	5:14:45	3:12:08	09:40:42
3rd	Christopher Bachl	U.S. Army	1:04:23	5:10:06	3:21:51	09:44:10
4th	Greg Price	U.S. Marines	1:03:38	5:16:13	3:21:22	09:46:21
5th	James Bales	U.S. Air Force	55:13	5:18:49	3:30:05	09:51:42

Military Women

<u>Place</u>	<u>Name</u>	<u>Military Division</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
1st	Samantha Bird	U.S. Army	1:01:37	5:58:52	4:07:13	11:17:37
2nd	Sara McGrath	U.S. Marines	1:07:13	6:13:27	3:58:42	11:31:56
3rd	Caroline White	U.S. Air Force	1:18:31	6:25:06	3:42:54	11:36:08
4th	Rachel Beckmann	U.S. Coast Guard	1:12:42	6:28:02	3:56:04	11:44:41
5th	Kristin Barnes	U.S. Navy	1:18:50	6:01:23	4:18:22	11:47:01



Rules and Regulations



Swim Rules • 138

Bike Rules • 139

Run Rules • 141

Rules Applying to All Segments of Race • 142

Physically Challenged Athlete Rules • 144

Swim Course Length — 2.4 miles/3.9 km

1. Each swimmer must wear an official swim cap provided by the race. Wearing swim goggles or a face mask is recommended, but not required.
2. No fins, paddles, snorkels, wetsuits* or flotation devices of any kind are allowed. Tri-suits and full body suits must be sleeveless. Shoulders must be completely uncovered.
3. Please be sure your timing chip is properly fixed on your right ankle.
4. No individual paddlers or escorts allowed. Course will be adequately patrolled by water safety personnel via surfboards, kayaks and patrol boats.
5. Swimmers will be required to have race officials mark their race numbers on both their shoulders. PLEASE DO NOT APPLY SUNSCREEN OR VASELINE TO AREAS BEARING YOUR RACE NUMBER.
6. Time penalties will be imposed on athletes not behind the official start line 5 minutes prior to the race start.
7. Swimmers are required to stay on course, swim clockwise and keep course markers to the right. Failure to do so may result in disqualification.
8. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down, and call or seek assistance. A swimmer who has received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the athlete withdraws from the race or receive medical assistance.
9. The swim course will be CLOSED 2 hours and 20 minutes after the start** of the race. Athletes still in the water after this time will result in a DNF and will not be permitted to continue in the event.
10. After the swim, athletes must pick up their bike gear bag. This is a security measure designed to maintain an accurate count of swimmers in and out of the water.
11. After the swim, athletes must dress for the bike portion of the race in designated changing tents only. No dressing will be allowed in the bike holding area as it impedes traffic through the bike lanes. Public nudity is prohibited.

** Athletes competing in an age category of 70+ are given the “option” of wearing a sleeveless, full or 3/4 wetsuit during the swim portion. If an athlete aged 70+ elects to use a wetsuit, he/she will not be eligible for an age group award, but will still be considered an “official finisher.”*

*** Start time may vary based on water conditions.*

Bike **Course Length — 112 miles/180.2 km**

Cycling Conduct and specifications are consistent with USA Triathlon (USAT) Rules.

1. All athletes are required to ride road/triathlon bikes. Mountain bikes, beach cruisers and bikes with coaster-type brakes are prohibited.
2. No tandems, recumbents, fairings, solid wheels, wheel covers or any add-on device designed exclusively to reduce resistance are allowed. Any new, “unusual” or prototype equipment will be subject to an evaluation of legality by Ironman and/or USA Triathlon’s Head Referee.
3. All bikes and helmets will be checked in Friday, Oct. 9, prior to race day. Race officials reserve the right to reject any bike not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race. Once your bike is checked into the holding area, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.
4. Age Group Athletes:
 - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - b. Athletes must ride single file on the far right side of the road near the white line except when passing another cyclist. Side-by-side riding is not allowed.
 - c. Cyclists must keep a 7-meter distance (approximately 4 bike lengths) between bikes except when passing.
 - d. Overtaking cyclists may pass on the left for up to 20 seconds, but must move back to the right side of the road near the white line after passing.
 - e. An overtaken cyclist must fall back 7 meters before attempting to regain the lead from the lead bike.
 - f. Athletes committing rule violations will be notified on the spot by an official.
 - g. The official will do the following:
 - i. Call out the athlete’s race number and display either a RED CARD (drafting) or a YELLOW CARD (any other penalty).
 - ii. There will be penalty tents (PTs) evenly placed throughout the bike course and one in transition. An official will instruct the athlete to report to the next penalty tent (PT) on the course.
 - iii. Document type of infraction and athlete’s race number.
 - h. The athlete will do the following:
 - i. Report to next PT and tell the official in the PT whether you received a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.
 - ii. Have race number marked by the PT official with a “/” (slash mark) for drafting or a “P” for other penalties.
 - iii. Be required to register, via a sign-in sheet.
 - iv. Resume the race immediately upon signing in and having your number marked with a “P” for non-drafting violations.
 - v. Remain in the PT for four minutes if you were shown a RED CARD and received a “/” (slash mark) on your race number.
 - vi. Be disqualified if you receive any combination of three penalties.
 - vii. Risk disqualification for not reporting to the PT.
5. Shoes must be in the bike gear bag or secured to bike pedals. Shoes may NOT be placed beside the bike.
6. Shoes and shirt must be worn at all times.

7. Each athlete must wear the Ironman-issued race number at all times while on the course. Bike number must be placed low on BACK of cyclist's jersey where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
8. Athletes will be required to follow section E.3.4 of the 2009 ITU Athletes' Rules on helmets. Alterations to a hardshell helmet that affect its integrity are not allowed. The helmet must be fastened before the athlete first mounts the bicycle and at all times when the athlete is on the bicycle. The athlete must dismount the bicycle prior to unfastening their chin strap.
9. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches or supporters of any type may NOT bike, drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort.
10. Bags will be provided for the "Special Foods Station" located near mid-point on the bike course. The Special Foods Station is for nutritional purposes ONLY, and ONLY food items will be allowed in the bag. All unclaimed bags will be DISCARDED after station is closed.
11. Each athlete must be individually responsible for repair and maintenance of his/her own bike.
12. Athletes are expected to follow directions and instructions of all race officials and public authorities.
13. "No Pass Zone." Athletes are required to ride at a reduced rate of speed and maintain a static position on all Palani Road descents. This includes the descent from Queen Ka'ahumanu to Kuakini and the descent from Kuakini returning to transition. Both descents are approximately 2/10 of a mile and include sharp turns with an immediate left turn at the bottom of the hill. Failure to comply will result in a penalty to be served at the transition area. Disregard for this rule that places other athletes and/or race officials in immediate peril will result in disqualification and a one-year suspension from all licensed and qualifying Ironman events.
14. Athlete may walk bike, if necessary, but may not make progress on the bike course unaccompanied by bicycle.
15. Cyclists are individually responsible for following traffic laws and are solely responsible for the consequences of any infractions.
16. The bike course will be CLOSED 10 hours and 30 minutes after the start of the race. Athletes still on the bike course after this time will result in a DNF and will not be permitted to continue in the event.
17. After bike portion, athletes must pick up their run gear bag. This is a security measure designed to maintain an accurate count of cyclists still on the course.
18. All athletes must mount and dismount in the marked zones at the transition area.
19. Under no circumstances should an athlete ride his/her bike inside the transition area.

Run

Course Length — 26.2 miles/42.2 km

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear their race number at all times on the course. Race numbers issued by Ironman identify the official athletes in the race. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Run number must be placed on FRONT of runner and securely attached. Race belts may be worn. Shoes and shirts are required on the run segment.
3. This is an INDIVIDUAL event. No individual support vehicles or non-athlete escort runners are allowed. Teamwork as a result of outside assistance that provides an advantage over single athletes is not allowed. Ample aid and food stations will be provided. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, media or supporters of any type may not bike, drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or be escorted.
4. Bags will be provided for the Special Foods Station located near mid-point on marathon course. Special Foods Station is for nutritional purposes ONLY. All unclaimed bags will be DISCARDED after Special Foods Station is closed.
5. Follow the directions and instructions of all race officials and public authorities.
6. Since the majority of athletes will still be on the course after dark, runners will be REQUIRED to wear reflective materials on the front and back of their shoes and clothing. ALL athletes still on the course at dusk will be required to carry or attach at least one lightstick for the remainder of the race.
7. The Ironman course will close 17 hours after the start of the race. Support services are not available after course closure.
8. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Rules Applying To All Segments of Race

It is the athlete's responsibility to know all aspects of the swim, bike and run courses.

1. USAT sanctions the Ford Ironman World Championship. Based on USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world in the calendar year, the athlete cannot compete as an age grouper in that same calendar year in a USAT-endorsed event, including the Ford Ironman World Championship. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events. Ford Ironman World Championship rules state that once an athlete competes as a Professional/Elite in the Ironman qualifying race series season, the athlete cannot compete as an age grouper in that respective year's Ford Ironman World Championship as an age grouper.
2. Athletes are expected to follow directions and instructions of all race officials and public authorities.
3. It is the athletes responsibility to report any incident or accident that occurs to race management.
4. Course marshals shall have authority to disqualify any athlete pending approval of Head Referee.
5. Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.
6. No athlete may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with the intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule is grounds for immediate disqualification and will result in a one-year suspension for a first offense. Second time offenders will be banned from all future Ironman-licensed events.
7. The Medical Control Rules set forth by USAT, in harmony with the World Anti-Doping Agency (WADA) regulations and policies on banned substances, will be binding on all athletes. In addition, other rules and regulations, even if not yet recognized by the WADA may be instituted, which if such occurs, you agree to abide by. Athletes may be requested to undergo drug testing procedures before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.
8. Should any athlete test positive for any substance banned by the WADA regulations and policies and is not vindicated by the administrative appeal process, or test positive for any other item as mentioned above, the athlete, at the judgment of Ironman officials, will be banned from participation for a period of two years from the date that the athlete competed and/or was drugtested. A second offense will result in lifetime suspension of participation in Ironman events.
9. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in athlete being suspended from competing in any Ironman event in the future.
10. If athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the Communications Center located in the King Kamehameha's Kona Beach Hotel and turn in his/her timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any Ironman event in the future.
11. Ironman reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race mandatory meetings.
12. As a USAT-sanctioned race, the Ironman will subscribe to all USAT rules, including the disbursement of prizes. Specifically, professional triathletes may not win age group awards, and age group athletes are not eligible for prize money.
13. For additional information regarding training sites, safety procedures and general information questions

regarding the race, please go to the IronInfo tent near Kailua Pier. The booth will be open 10 days prior to the race. From Oct. 1 through 4 it will be open from 6:30 to 10:30 a.m. Beginning Oct. 5, it will remain open until 11:30 a.m., except for the last day, Thursday Oct. 8, where it will close at 10 a.m.

14. It is required that all athletes are either a one-day or annual member of USA Triathlon. You will be required to show proof of your current annual USAT membership or purchase a one-day membership at Registration/Athlete Check-In in Kona. If you are applying as a professional athlete, you must include proof of professional status.
15. Communication devices of any type are strictly prohibited during competition including iPod, Thump or any other musical device. Use of such devices may result in disqualification.
16. Ironman does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any Ironman event.

Physically Challenged Athlete Rules

Supplemental rules and regulations pertaining to the Physically Challenged Division for the 2009 Ford Ironman World Championship are consistent with USAT rules.

Swim

1. Ironman reserves the right to seed athletes at swim start, i.e. early start, late start, designated wave, etc.
2. Athletes may use wetsuits during competition. Each athlete must obtain approval from Ironman prior to the race for all swimwear and accessories to be used during the swim portion. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by Ironman.

Bike

Cycling Conduct and specifications are consistent with USAT rules.

1. Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
2. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the Ironman competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.
3. Athletes are required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other athletes, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.
4. Athletes will be required to follow section E.3.4 of the 2009 ITU Athletes' Rules on helmets.
5. DRAFTING IS PROHIBITED. Event drafting rules will apply to this division.

Run

Running conduct and specifications are consistent with USAT rules. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be permitted.

Athletes will be required to follow section E.3.4 of the 2009 ITU Athletes' Rules on helmets.

Run Segment for Wheelchair Athletes: Wheelchair athletes are required to have both a headlight and red flashing light attached to their wheelchair during the entire run segment.

Physically Challenged Athlete General Information

Handlers conduct and specifications are consistent with USAT rules.

1. Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers will be approved prior to the race and will work directly with the Physically Challenged Coordinator. Handlers conduct is consistent with USAT rules.
2. Race organization will select qualified individuals to assist athletes in transition areas. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by Ironman.
3. All athletes must attend the physically challenged pre-race meeting Friday, Oct. 9, at 9 a.m., at King Kamehameha's Kona Beach Hotel's Paddlers Restaurant. Failure to attend the scheduled meeting may result in forfeiture of a start spot. Check Schedule of Events to confirm meeting time and location.
4. The race committee and Ironman reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athletes in writing or at pre-race meetings.
5. Any rule interpretation or enforcement made by the race committee or Ironman shall be final.



IRONMAN[®]

WORLD CHAMPIONSHIP



Blair LaHaye
Director of Communications
Blair@ironman.com
(727) 808-0646



Jessica Weidensall
Public Relations Manager
Jessica@ironman.com
(813) 918-3849

Catie Case
Public Relations Coordinator
Catie@ironman.com
(813) 927-3664

www.ironman.com