



2018 Club Report

Season Highlights:

- ✓ Increased membership to 52 athletes and now provide easy enrollment management through CCN Bikes
- ✓ Organized *Lunch & Learn Triathlon Clinic*, April 21, 2018 with 30+ attendees and guest speakers on important topics of Bike Maintenance, Nutrition and Endurance and Race Scheduling.
- ✓ New to our club, organized Hecla Triathlon, July 21, 2018, home of the only Long Course race in Manitoba along with Olympic and Sprint Distances
 - 174 registrants and 69 volunteers
 - Registration Breakdown:
 - 53 Long Course racers with a strong female-male split of 40-60%
 - 45 Olympic racers with an even female-male split of 51-49%
 - 68 Sprint racers with a strong female-male split of 44-56%
 - 3 Relay teams across Olympic and Sprint distances
- ✓ Sulong also provided full volunteer support to the Pinawa KOS and other race events in *Pinawa – Challenge and Free Spirit*.
- ✓ As a growing club we had many smaller training sessions based on racer goals and distances, these started in early spring and are still underway with the Ironman Louisville still to come.
- ✓ The club has a strong representation across the long distance races, with highlight of such accomplishments below.
- ✓ Several members focused their “A” race on Ironman sights; this included both experienced Ironman participants and newbies. Impressive training efforts were displayed all season long!

Ironman Finishers:

- *Ironman Frankfurt European Championship* (2) – Doug Hahn, Matt Wieler
- *Ironman Wisconsin* (4) – Esther Adamson, Melody Balane, Edwina Keats, Meems Luong
- *Ironman Mont-Tremblant* (1) – Ferdinand Del Rosario
- *Ironman Louisville* this October (6) – Amy Anis, Jimmy Anis, Paquito Brucal, Ferdinand Del Rosario, Meems Luong, Armand Siapno,

Ironman 70.3 Finishers

- *Ironman 70.3 Liuzhou, China* (1) – Doug Hahn
- *Ironman 70.3 World Championship, South Africa* (1) – Doug Hahn
- *Ironman 70.3 Calgary* (7) – Melody Balane, Brendan Friesen, Robert Grantham, Doug Hahn, Maria Quintas, Robert Smith, Murray Vanderpont,
- *Ironman 70.3 Boulder, Colorado* (1) – Ashley Cvetkovic

Hecla Long Course Tri/Aquabike (12)

- Esther Adamson, Jimmy Anis, Amy Anis, Daniel Bezte, Heidi Brodland, Paquito Brucal, Ferdinand Del Rosario, Stephanie Dyck, Norman Garcia, Chris Kjean, Mimi Luong, Ronald Mutuc,
- ✓ Importantly, Sulong was also a very active club in home territory, participating as racers and volunteers at all Triathlon Manitoba sanctioned races.
 - *Patrick Ridell Run Series* – 6 participants
 - *Birds Hill Duathlon Series* – 32 participants over all races
 - *Triple Threat Triathlon, Birds Hill* – 19 participants
 - *St. Malo Triathlon* – 23 participants
 - *Kenora Borealis Multisport Triathlon* – 15 participants
 - *Hecla Triathlon* – 15 participants
 - *Riding Mountain Triathlon* – 9 participants
 - *Pinawa Challenge* – 23 participants
 - *Pinawa Multisport Triathlon* – 28 participants
- ✓ Wind-up Party – November 3, 2018