

## **APPENDIX 6: TRIATHLONS**

### **TRIATHLONS AND IRONMANS**

Year	Sprint	Olympic	70.3	Ironman	Life Total	DNF
2004	1	0	0	0	1	0
2005	0	0	1	0	2	0
2006	1	1	0	0	4	2
2007	0	2	3	1	10	0
2008	0	5	1	2	18	0
2009	1	3	1	1	24	0
2010	0	2	2	2	30	0
2011	0	1	3	2	36	0
2012	0	0	2	4	42	0
2013	0	0	3	1	46	0
2014	0	4	0	2	52	1
2015	0	1	1	0	54	0
2016	0	1	1	0	56	0

#### **NOTES:**

1. Ironman goes on bucket list in 1982, as a result of Julie Moss crawl over finish line in Kona. From 1982 to 2007, it takes twenty-five years to complete first Ironman.

2. In 2008, put Kona Ironman World Championship on bucket list; raced it in 2013, five years later.
3. In 2005, put 70.3 World Championship on bucket list; completed it in 2007, two years later.
4. In 2008, put *Ironman—all continents except Antarctica* on bucket list; completed it in 2011, three years later.
5. Several podium finishes along the way.
6. Overall summary: three sprints; twenty Olympics; seventeen 70.3s; fifteen 140.6s; three DNFs.

## TRIATHLON HISTORY

Date	Race	Swim T1	Bike T2	Run	Total
3-14-04	Temecula	4:54	56:16	27:55	1:31:47
	Sprint	150 yards	16 miles	5K	
6-13-05	Honu	1:02:51	3:51:58	3:05:11	8:11:00
	70.3	1.2 miles	56 miles	13.1 miles	
4-02-06	Temecula	6:08	58:14	27:08	1:31:33
	Sprint	150 yards	16 miles	5K	
4-22-06	Desert	23:44 4:32	1:11:00 1:41	53:12	2:33:54
	International	.9 miles	25 miles	10K	
6-01-06	Honu	1:15	DNF		
7-29-06	Vineman	70.3	DNF		
3-28-07	Mooloolaba	31:40	1:27:00	1:02:58	3:01:40
	International	.9 miles	25 miles	10K	
6-02-07	Honu	43:03 5:11	3:11:00 2:51	2:26:00	6:28:55
	70.3	1.2 miles	56 miles	13.1 miles	

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7-21-07	Vineman 70.3	59:56 1.2 miles	3:35:00 56 miles	2:40:00 13.1 miles	7:19:44
8-19-07	Ironman UK 140.6	1:22:39 10:11 2.4 miles	7:38:59 6:15 112 miles	5:33:38 26.2 miles	14:51:18
9-06-07	LA Tri Olympic	36:42 6:21 .9 miles	1:18:26 3:54 25 miles	1:01:01 10K	3:06:02
11-10-07	Clearwater World 70.3	43:34 1.2 miles	2:55:56 56 miles	2:25:16 13.1 miles	6:14:19
3-27-08	Mooloolaba International	35:07 .9 miles	1:25:28 25 miles	58:18 10K	2:58:53
4-6-08	Australia Ironman 140.6	1:29:10 2.4 miles	7:24:22 112 miles	5:50:34 26.2 miles	14:44:07
5-31-08	Honu 70.3	46:09 6:09 1.2 miles	3:16:00 3:30 56 miles	2:31:00 13.1 miles	6:43:34
6-29-08	San Diego International	17:33 4:03 1K	57:27 2:16 30K	57:34 10K	2:18:51
8-9-08	Pendleton International	12:48 1.5K	1:00:09 40K	26:17 5K	1:39:00
8-24-08	Canada Ironman 140.6	1:28:00 5:00 2.4 miles	7:19:00 4:00 112 miles	5:25:00 26.2 miles	14:22:33
9-07-08	LA Tri Olympic	33:21 3:53 .9 miles	1:19:54 3:00 25 miles	57:45 10K	2:57:55
9-28-08	OC Mission Viejo Olympic	32:59 1 mile	1:24:00 25 miles	1:05:00 10K	3:09:31
03-28-09	Mooloolaba International	35:56 6:28 .9 miles	1:26:00 2:03 25 miles	58:45 10K	3:10:00
06-28-09	Philly Olympic	29:24 4:37 .9 miles	1:24:46 2:53 25 miles	58:09 10K	2:59:51

JACK DALY'S LIFE BY DESIGN

07-12-09	Carlsbad Sprint	20:00 1K	50:00 25K	26:00 5K	1:36
09-13-09	DC Olympic	32:00 1 mile	1:15:00 25 miles	60:00 10K	2:58
10-25-09	Austin 70.3	41:58:31	3:05:34	2:15:26	6:12:34
11-22-09	Ironman Arizona 2.4 miles	1:26:44 9:07 112 miles	6:53:01 5:03 26.2 miles	5:50:00	14:24:40
03-27-10	Oceanside 70.3	41:19	3:06:54	2:27:33	6:25:06
04-11-10	Frogman 70.3	1:04:00	3:10:00	2:43:00	6:57:00
05-30-10	Ironman Brazil	1:18:28 4:46	6:31:13 7:08	5:09:00	13:10:55
06-27-10	Philly Olympic	27:00	1:20:00	57:00	2:56:00
08-29-10	Chicago Olympic	30:00	1:15:00	1:10:00	3:09:00
11-28-10	Ironman Cozumel	1:29:00	7:03:00	5:15:00	14:00:00
03-05-11	Ironman New Zealand	1:23:52	7:00:01	4:51:14	13:35:06
04-10-11	Ironman South Africa	1:26:00	6:26:00	5:14:00	13:19:00
<i>*Note: Podium finish—third in age group.</i>					
06-04-11	Honu 70.3	44:09	3:04:00	2:16:00	6:14:25
06-26-11	Philly Olympic	30:00	1:20:00	53:00	2:53:00
09-25-11	Orangeman 70.3	47:44	3:29:00	2:31:00	6:47:00
10-08-11	Myrtle Beach 70.3	49:00	3:00:00	2:05:00	6:01:00
03-04-12	Ironman New Zealand (70.3 Alt)	52:47	3:08:00	2:10:00	6:25:49
03-25-12	Ironman Melbourne, Australia	1:41:52	6:17:54	5:44:18	13:56:45
<i>**** Thirty-eight triathlons to date, beginning 3/14/04****</i>					

06-02-12	Honu 70.3	47:00	3:12:00	2:20:00	6:32:00
08-19-12	Mount Tremblant Ironman	1:30:00	6:30:00	5:37:34	13:54:41
10-14-12	Magic Mountain	42:16	4:36:55	3:01:33	8:31:28
11-18-12	Ironman Tempe, Arizona	1:32:00	6:05:00	5:16:31	13:06:09
5-04-13	St. George, Utah, 70.3	49:10	3:32:00	3:05:00	7:39:13
6-01-13	Honu 70.3	48:07	3:18:59	2:57:30	7:15:44
9-15-13	Moo 70.3	49:00	3:13:00	2:38:00	6:52:28
10-12-13	Kona	1:47:32	7:12:08	6:48:57	16:05:11
3-23-14	Cabo	1:30:00	7:29:00	6:15:00	15:41:30
6-8-14	Cairns, Australia	1:38:00	7:05:00	5:59:00	14:58:00
6-29-14	Challenge Atlantic City	2:20:00	6:47:00	2:20:00	DNF
8-3-14	NYC Olympic	16:53	1:23:59	55:19	2:49:43
8-23-14	Santa Barb Triathlon	38:00	2:05:00	1:40:00	4:30:00
9-21-14	South Dakota Olympic	47:00	1:10:00	56:00	3:01:37
10-26-14	Oceanside Olympic	33:00	1:19:00	57:00	2:55:00
7-19-15	NYC Olympic	24:00	1:26:00	1:02:00	3:02:35
9-13-15	Cedar Point 70.3	58:00	3:18:00	2:15:00	6:43:32
6-04-16	Honu 70.3	50:00	3:34:00	3:14:00	7:52:37
8-13-16	National USA Olympic	45:41	1:26:55	1:05:29	3:25:00

Fifty-seven triathlons completed through Dec 31, 2016, beginning March 2004.