

Male Long Course Athlete of the Year

Past Winners: 2008 Stephen Johnson
2009 Simon Toon

2010 Nominees:

- Grant Bryden, Saskatoon. Nominated by the Saskatoon Triathlon Club Inc. Grant qualified for Kona for the second time this past year placing 8th in his age group in Penticton with a time of 11:14:19.
- George Kokonas, Regina. Nominated by the Regina Multisport Club. George finished his second Ironman in Penticton in 2010 with a time of 11:40:02, more than 1 and a half hours faster than 2009.
- Reg Rempel, Saskatoon. Nominated by Don Gallo & Reagan Wildeman. Reg was the top overall finisher for Saskatchewan in Penticton for the Ironman.

Male Long Course Athlete of the Year Winner for 2010: Reg Rempel



Picture: Reg receives his award from CJ Katz, STAC President

Reg lead all Saskatchewan triathletes at the 2010 Subaru Ironman in Penticton. Reg finished his swim at the 2010 Ironman in 1010 in 101st place in his division with a time of 1:10:31. Reg had a bike time of 5:33:39 which was 24th in his division and finished with a strong run

time of 3:45:29 good for 13th place in his division. Overall, his total time of 10:36:53 placed him 14th in his age group division and 235th overall. Reagan, in her nomination for Reg, described his race as having a seamless strategy in the face of very challenging conditions.