

without drop shadow



with drop shadow



# Long Course Athlete of the Year

## Reg Rempel

- Oliver Half Iron Distance, 39<sup>th</sup> Overall, 1<sup>st</sup> in Age Group
- Ironman Canada, 289<sup>th</sup> Overall, 5<sup>th</sup> out of 94 in Age Group
- Ironman World Championships, 1317<sup>th</sup> Overall, 37<sup>th</sup> in Age Group