



2009 Female Age Group Athlete of the Year:

Emma Bandol

Emma had a very exciting 2009 race season :

Here is a look at her accomplishments:

Splash and Dash – 1st place

Merlin Ford Lincoln Spin – 1st place - Saskatchewan's Female provincial champion

Regina Beach – 1st Place

Ironman Canada – 11:25: (a personal best by 45 minutes and the 1st female from SK)

Flatlander Half Marathon – 1:43 3rd place

White Butte Duathlon – 1st place

Las Vegas Marathon – 3:40:50 - successfully qualified for Boston Marathon on her 1st attempt.

Emma is not only known for her athleticism but also her work ethic and her support for others. Here are a few words from a friend of Emma's

“Emma is an exceptional human being, always encouraging others to become the best they can be. She is the Ironman with a Heart of Gold.”