



2009 Male Age Group Athlete of the Year:

Jeff Hehn



The Age Group Athlete of the Year award recognizes outstanding accomplishments by an age group athlete. Each year, Saskatchewan has hundreds of athletes competing both inside and outside of the province, and it is our hope that we will be able to raise the recognition of some of our wonderful athletes through this annual award.

The 2009 Male Age group athlete of the Year is Jeff Hehn. What can we say about Jeff. Jeff is an all round athlete...he not only competes in triathlon, but also in cyclocross, half marathons, cycling and

skiing events.

In 2009 his competitive accomplishments included:

Bridge City Duathlon - 2nd Overall - 56:14 1st in age group

Regina Beach Olympic Distance - 1st Place 2:14

Merlin Ford Lincoln - 2nd in age group 2:11:02

Top 10 Finish at Nationals in Kelowna at the Apple Pushor Mitchell Triathlon
2:13:31

Las Vegas Marathon - Half - 1:27:07

In addition to his ability as an athlete, Jeff works equally hard at supporting triathlon in our province. Jeff can be found at virtually any local race volunteering in some capacity, often times setting up before the race, competing and then assisting with take down afterwards. Jeff spent many years as STAC's equipment guy, literally ensuring that our organization's equipment was in good working order, available to race directors and even hauling it to races. Jeff has been a constant support and volunteer for STCI, as a Board member, event organizer and swim coach when needed.

Jeff is a huge asset to our organization both as an athlete, volunteer and mentor to many triathletes.