



## 2009 Male Long Course Athlete of the Year:

**Simon Toon**



**Our male Long Course Athlete of the Year** is Simon Toon. Simon has been competing in triathlon since the early 90's. Simon came to the sport from running, where he had found great success in marathons, half marathons and 10 kms. Due to Simon's strong background in running, that left little time to hone his swimming skills, so his first few races saw Simon emerge from the water at the back of the pack. But that didn't stop him, Simon has consistently improved over the years...establishing himself as a one of the province's top age groupers.

In 2009, Simon competed in the following events:

Sk Marathon - 9th overall - 2nd in age group

Merlin Ford Lincoln Spin off Spadina - Sprint - 1st place

Great white north- 1/2 Ironman - 13th of 149 in age group

Coeur D'alene Ironman - 41 out of 241 in age group

Subaru Ironman - 44 out of 348 in age group - time 11:13:20( and according to some sources, this isn't even his fastest time)

Frank Dunn Triathlon - 5th overall - 2nd in age group

In addition to his triathlon ability, Simon is also great supporter of triathlon in our province, volunteering, sponsoring and even hosting the annual "Lazy Man" triathlon at this cabin at Pratt Lake. Simon can be found at many Kids of Steel races where his son, Nathan, is a regular competitor and Simon is somewhere volunteering.