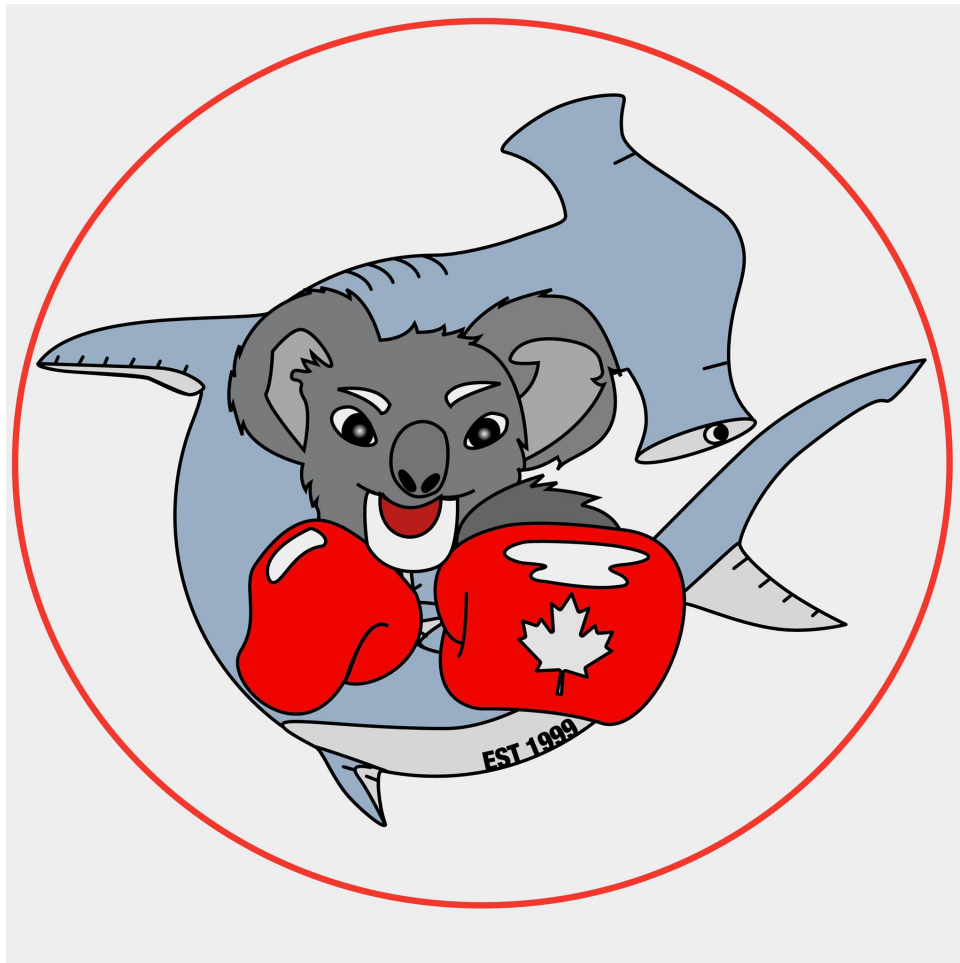


2022
Hammerheads and Koalas
Triathlon Team
Year In Review



Written by David Hopton and Mat Reid

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2022 Triathlon Ontario Awards

These stats alone suggest how amazing of a season we had. A typical year has us winning 2-4 Triathlon Ontario Awards. This year as a team we earned 7. Wow. This just shows all the hard work that everyone is doing. Everyone on the team has contributed to this success as we all contribute to the atmosphere of what we do at practices and races. Congrats especially to David Hopton as the High Performance Coach.

Division II Team Champions
Hammerheads and Koalas Triathlon Team

Ontario Volunteer of the Year
Mike Carey

Ontario 14-15 Youth Cup Series Champion
Caden Hubers

Ontario 14-15 Youth Provincial Champion
Caden Hubers

Ontario Junior-Elite Cup Series Champion
Sage Sulentic

Ontario Junior-Elite Triathlete of the Year
Sage Sulentic

Ontario Womens Elite Cup Series Champion
Ava Snyder

Ontario Womens Elite Provincial Champion
Ava Snyder

2022 Award Winners at the Banquet

Comeback of the Year

Jack Smales

Hard Luck of the Year

Thomas Spring
Crashing out of Ontario Summer Games

Coach of the Year

David Hopton

Male Team Rookie of the Year

Darren Murphy - 4:44 in Barrelman Half

Female Team Rookie of the Year

Angela Maniccia - Many podiums

Most Triathlon Podiums in 2022

Caden Hubers - 8

Male Most Improved Triathlete

William Bourne / Trevor Hood

Female Most Improved Triathlete

Jaime West

Male Most Improved Swimmer

William Bourne / Henry Hubers

Female Most Improved Swimmer

Julia Van der Laan de Vries

Male Most Improved Cyclist

Caden Hubers

Female Most Improved Cyclist

Dorothy Brown

Male Most Improved Runner

Thomas Spring

Female Most Improved Runner

Jaime West

Male Swimmer of the Year

Andrey Martchenko / Sage Sulentic

Female Swimmer of the Year

Ava Snyder / Dorothy Brown

Male Cyclist of the Year

Will Newell / Jack Smales

Female Cyclist of the Year

Robyn Dufresne

Male Runner of the Year

Robert Farrell

Female Runner of the Year

Dorothy Brown

Male Single Performance of the Year

Sage Sulentic - Canada Summer Games

Female Single Performance of the Year

Ava Snyder - Toronto Triathlon Festival

Male Triathlete of the Year

Sage Sulentic

Female Triathlete of the Year

Ava Snyder

The Hammerheads and Koalas Triathlon Team

Adult - 20-24	Joined	Tri's		Junior-Elite / Junior	Joined	Tri's
Elise Bolger	12-'17, '21	60		Nicole Avsec (in memory)	2011	35
Josh Umansky	2012	41		Colton Ross	2012	38
Shannon Bardin	2015	30		DJ Dunn	2012	36
Finn Sulentic	2016	12		Gloria Brown	2012	28
Anna Zielinski	2017	27		Meghan Avsec	2013	30
Maddie Murray	2017	33		Jacob Chant	2013	40
Ben Litzen	2018	8		Kai Sulentic	2015	18
Emily Chant	2012-'18, '21	40		Ava Snyder	2016	28
Monica Brundage	2021	4		Sianna Litzen	2016	28
Ben Kwasnik	2021	2				
James Crowe	2022	0				
Adult - 25-29				Ontario Summer Games Age		
David Mackie	2002	85		Andrey Martchenko	2014	26
David Hopton	2014	128		Sage Sulentic	2015	41
Mike Joseph	2014	0		Dorothy Brown	2015	36
Veronica Farrell	2019	2		Thomas Spring	2015	28
Robert Farrell	2019	6		Enya Hubers	2016	18
Emily Boehmer	2021	10		Skyleigh Litzen	2016	34
Ben Macphail	2021	8		Jaime West	2017	21
John Breeson	2022	16		Mia Till	2020	5
				Olivia Lanc	2019	10
Adult - 30-34				Porter Lakhanpal	2019	8
Lauren Reid	2008	83		Jack Smales	2021	9
Francois Mayotte	2011	40		Alexandra Archanbualt	2021	6
Dany Malley	2015	43				
Lindsay Blackman	2019	2		KOS 12-13		

Stephanie Robinson	2020	4		Caden Hubers	2016	23
Amanda Heeren	2020	3		Alex Rochon	2017	15
Keirstyn Moran	2021	12		Joseph Farha	2018	0
Elitania Aguila	2021	0		Domenik Gazzola	2019	0
Stephanie Anderson	2021	0		Krishna Khare	2019	2
				Mckenzie Dunwoodie	2021	0
Adult - 35-39				William Bourne	2021	5
Amber Renton	2014	26		Teague Chan Carusone	2021	0
Kathleen Malley	2015	34				
Mike Eves	2018	12		KOS 10-11		
Noel Thomson	2019	23		Quinton Ross	2018	5
Angela Maniccia	2022	18		Senna Chan Carusone	2019	4
				Gavin Turner	2020	5
Adult - 40-44				Jesse Newell	2020	12
Mat Reid	1999	207		Alyssa Reid	2020	4
Bobbi-Lynn Cleland	2014	0		Xavier Rochon	2021	0
Robyn Dufresne	2017	22		Ashton Dunwoodie	2021	0
Josh Turner	2020	20		Teagan Taylor	2022	10
Phillip McCatty	18-'19, 21	40				
Dave Hilbert	2021	2		Adult - 50-54		
				Anina Dunn	2006	6
Adult - 45-49				Alexei Martchenko	2007	54
Jon Dingle	2011	40		Dave Dunn	2013	23
Shane Jansz	2011	6		Stacey Litzen	2016	2
Will Newell	2013	58		Greg Phillips	2019	33
Bryan Butcher	2015	20		Julia van der Laan	2020	1
Kim McKnight	2015	20		Sherrie Thompson	2021	6
Sasha Sulentic	2015	6		Darren Murphy	2021	7
Mary Butcher	2015	4		Tim Thompson	2021	1
Garth Broughton	2016	18		Paul Mathers	2022	14
Henry Hubers	2016	22				
Kevin Urbanic	2017	24		Adult - 55-59		

David West	2017	2		Sandy Owens	2006	12
Lee Ann West	2017	13		Joanne Thomson	2007	16
Trevor Hood	2018	18		Mauro Campanelli	2015	28
Rebecca Bardin	2018	0		Moe Graszat	2021	8
Jeff Allen	2020	1		Paul Bourne	2022	0
Petra Radoiu	2021	0				
Sonya Caissie	2021	4		Adult - 65-69		
Belinda Grimaudo	2021	2		Gloria Hewitt	2007	55
				Nanci Virginillo	2008	70
Adult - 60-64				Anne Winning	2008	28
Kim Keuremennen	2008	12		Mike Carey	2021	175
Patrick Keuremennen	2008	18				
				Adult 70-74		
				Jack Hewitt	2007	150



Male Triathlete of the Year
Sage Sulentic



Female Triathlete of the Year
Ava Snyder

Surviving the Pandemic

By Mat Reid

When the first lockdown of the Coronavirus-19 pandemic started in March 2020 many of us were at the Florida Training Camp. It was the oddest week of all of our lives I am sure. We were training in the sun while the world around us had so much uncertainty. Families and bosses back home were putting pressure on us to come home immediately, under the “threat” of the borders closing. We started the week with 44 athletes, and ended with 9 athletes the last day. Nobody realized what we were in for and how our culture would change so drastically.

Fast forward almost 3 years since that first lockdown and we are still battling the virus, social changes, economic changes and now the weakened immune systems of our society due the avoidance of viruses over the last 3 years.

The 2020 Triathlon season was almost non existant with just a few social distancing races that felt more like kindergarten races then real races. 2021 saw a shorter triathlon season only hosting races in August onward. 2022 felt almost back to normal which was nice, but the lower numbers of racers really did show that the lockdowns and social distancing took its toll on many athletes motivation.

This is where I feel our team helped eachother the most. David and I tried our hardest to keep the team engaged and motivated. It was almost an impossible task. We thank all of you for hanging in their and continuing to show up for workouts that lead to no races. Attendance through covid was unbelievably fantastic.

As we approach 2023 I do feel that it will be a triathlon season back to normal. Back to more athletes racing, and I expect our team to grow very well over the winter/spring months of 2023. We entered covid at 120 athletes, went as high as 122 in the middle of covid, and are currently at 106. Not bad for a time when other triathlon teams were folding, going bankrupt, or postponing operations till after the Pandemic. We can all congratulate eachother and thank eachother for keeping the team going. David and I especially thank you all.

I am greatly looking forward to 2023, training and racing, socializing and traveling with you!

Thank you for reading,

Mat Reid

Hammerheads and Koalas Triathlon Team Owner/Founder

High Performance Report

By David Hopton

Ontario Summer Games: Thomas Spring had the swim of his life and was in a great position with teammate Jack on the bike before an unfortunate crash ended his day! Caden Hubers won the relay on Friday and on Saturday broke away on the bike solo, to have a big 20" lead starting the run. He cramped a bit on the run, but was able to hold on to his lead. In the second race, he didn't have the same legs. He was able to get away on the bike, but the lead was only 6" and the run legs weren't there. He held onto the Silver medal, coming third in the second race. Congrats Thomas and Caden!

Jaime West had an amazing first race! She had a great swim, and T1, made a pack with some really experienced athletes and held on with a strong run. In the second race she couldn't hang with the bike pack, but still swam and ran well, ending up 6th. Dorthy Brown swam in a wetsuit for the first time, and used her speedy T1 and epic mount to catch a strong bike pack. She had a similarly strong swim and T1 in race 2, but couldn't hang on the bike. She ran even faster in race 2 and ended up 5th. Both Jaime and Dorthy shocked us with their incredible performances! They used good tactics and great transitions to keep up with athletes with far more experience at this level of racing! This race is hopefully a glimpse at what's to come for these two speedy ladies!

Jack Smales had an awesome weekend. He had tough competition right behind but put together two very even and well rounded races coming 4th in both and 4th overall. Porter Lakhanpal had a rough first race, and learned some lessons he could clean up in his second race and went over a minute faster! Not too often you can get redemption 30 minutes later, so that was great to see! Sage Sulentic came out of the water with the leaders and put a small gap into them in T1. He was able to increase that gap on the bike and further on the run. With TTF the next day, he opted to conserve energy on race 2 and stay with the leaders, consolidating the win without using up too much energy. It paid off with a Win at TTF the next day!

Provincial Podiums: Ava Snyder won the Elite/U23 Race and the Cup Series with a dominant performance. She had the fastest swim and run of the day in a strong Junior/u23 field. She also added another medal in the MTR... nice triple race day!

Sage Sulentic came across with the Elite winner in race one and only 2" ahead of second place. He had a dominant second race showing his swim skills and won by 39" over the second junior and 24" over the Elite/U23 winner to take the OVERALL WIN like his teammate Ava!

Caden Hubers was second out of the water and just biked himself off the front of the race with the fastest bike and run of the day to take first on the day and winning the Youth Cup series with an undefeated season in Ontario youth racing.

Jacob Chant ended up 7th on the day, which gave him 3rd in the Junior Cup series and was just 15" off the silver!

David Hopton, High Performance coach for the Hammerheads and Koalas Triathlon Team

Events that Made 2022 Special For Us!

- A return to our training camp after being forced to miss 2021.
- A return to a better normalcy from Covid as the year progressed. We started with a 2 month lockdown, and were doing group races (ATB) again by the time March ended.
 - Jaime, Dorothy and Gloria were torch bearers for the Canada Summer Games.
 - Sage Sulentic named to Junior-Elite National Team
- Coach David Hopton named as one of Canada's Junior-Elite National Team Coaches.
 - Ava and Sage were selected by Ontario to race at Canada Summer Games.
 - Sage globetrotting through the world to race, Ava racing all over North America.
- KOS-Mini is introduced to the program, increasing the age allowance from 9-99, to 6-99.
- The App Team Snap is introduced to help athletes view the team training schedule easier.
 - Many new teammates joined the team and they are now part of the team family.
 - Hiring Noel Thomson to be the Head Coach for the Kids of Steel.
 - Incredible racing from our athletes that raced in 2022.
- Current Teammate Phillip McCatty from Jamaica, and former Teammate Jean-Marc Granderson from Trinidad, were selected to race in the 2022 Commonwealth Games in England (pictured below).



Florida Training Camp

'22 saw our team back at our long standing tradition of a March Break Training Camp. 2021 was the first year since 2001 that we didn't host our own camp, and I was really missing that week.

'22 was back to some normalcy. Here were the athletes that attended in 2022

Coaches: David Hopton and Mat Reid

Support/Family: Olivia Reid, Lucas Reid, Alyssa Reid, Pat Reid

2022 Athletes: William Bourne, Andrew Bourne, Paul Bourne, Moe Graszat, Eric D'Arcy, Julia Van der Laan de Vries, Sage Sulentic, Sasha Sulentic, Lisa Champion, Tom Champion, Jaime West, Lee Ann West, Brooke West, David West, Maddie Murray, Dona Andela, DJ Dunn, Dave Dunn, Anne Winning, Nanci Virginillo, Will Newell and Lauren Reid.

2023's Training Camp will be from March 11th-18th, 2023 at the Swiss Vacation Resorts in Clermont, Florida.

Training Camp Cost

Doesn't include travel or accommodations

All prices in CND, no tax	Early Bird Price, Dec 31st	Jan 1st - Start of Camp Price
Single	\$300	\$350
Couple	\$400	\$500
Family	\$500	\$650

A-la-carte pricing is.....

\$100 per day for single

\$150 per day for couple

\$200 per day for family

Couples can be a either parent/child, spouse or in a relationship

Families can be any combo of grandparents, parents and children

