

Lorenn Walker's Sports Resume

(omits swimming & slalom windsurfing races)

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Triathlon (women age group unless otherwise indicated):

- May 2017 Xterra Tahiti, 1st Age Group (1st men age group below hers – no men in or above her age group)
- March 2017 Hale'iwa Triathlon, 1st Age Group (1st men age group)
- Oct 2016 Xterra World Championship, 3rd Age Group (top half woman overall)
- June 2016 Xterra Belgium, 1st Age Group
- May 2016 North Shore Triathlon, 1st Age Group
- March 2016 Hale'iwa Triathlon, 1st Age Group
- Oct 2015 Xterra World Championship, 2nd Age Group
- May 2015 Mokulei'a Triathlon, 2nd Relay (family team Lorenn biked)
- April 2015 Xterra Western Championship, Las Vegas 1st Age Group
- Feb 2015 Hale'iwa Triathlon, 1st Relay women & mixed (family team Lorenn biked)
- July 2014 Tinman Triathlon, 1st Age Group
- July 2014 Freedom Fest Xterra Qualifer, 1st Age Group (6th woman overall)
- June 2014 North Shore Triathlon, 1st Age Group (12th woman overall)
- May 2014 Honolulu Triathlon, 1st Age Group
- Oct 2013 Xterra World Championship, 3rd Age Group
- July 2013 Xterra Freedom Fest, 1st Age group (12th woman overall)
- Oct 2012 Xterra World Championship, 3rd Age Group
- July 2012 Freedom Fest Xterra Qualifer, 3rd Woman Overall
- Oct 2011 Xterra World Championships, 4th Age Group
- Aug 2011 Mt. Man Xterra Qualifer 1st Age Group women (9th woman overall)
- July 2011 Kualoa Freedom Fest Xterra Qualifer 1st Age Group (5th woman overall)
- Oct 2010 Xterra World Championships 3rd Age Group women
- Aug 2010 Mt. Man Xterra Qualifier 1st Age Group women (14th woman overall)
- Oct 2009 Xterra World Championship 3rd Age Group women
- Aug 2009 Mt. Man Xterra Qualifer 1st Age Group women (10th woman overall)
- Oct 2008 Xterra World Championship 3rd Age Group women
- June 2008 Bali International Triathlon 1st Age Group women
- March 2008 New Zealand Xterra 1st Age group women
- Oct 2007 Xterra World Championships 2nd Age Group women
- April 2007 Iroquois Pt., 1st Age Group women (2nd woman overall bike)
- Oct 2006 Xterra World Championships 2nd Age Group women
- Aug 2006 Xterra Midwestern Championships 1st Age Group women
- Oct 2005 Xterra World Championships 2nd Age Group women
- Aug 2005 Mt Man Xterra Qualifier 1st Age group women (2nd men age group)
- Oct 2004 Xterra World Championships 1st Age Group women
- Aug 2004 Mt. Man Xterra Qualifier 1st Age group women

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Continued Triathlons:

Oct 2003 Xterra World Championships 1st Age group women
Oct 2003 Kona Ironman World Championships 12th Age Group women
June 2003 Hono Festival Duathlon (run 10 K & bike 30 K) 2nd woman overall
June 2003 Mt. Man Xterra Qualifier 1st Age Group (1st men age group & 7th woman overall)
May 2003 North Shore Triathlon, 1st Age Group
Nov 2002 Mt. Man Xterra Qualifier 1st Age Group (1st men age group & 6th woman overall)
Oct 2002 Xterra World Championships 1st Age group (1st men age group)
Oct 2002 Kona Ironman World Championships 6th Age Group
May 2002 Keauhou Half Ironman (Kona qualifier) 1st Age Group
April 2002 Bikefactory Lanikai 1st Age Group (11th woman overall)
Nov 2001 Nytro Haleiwa 1st Age Group (5th woman overall)
Nov 2001 Mt. Man 1st Age Group (7th woman overall)
Oct 2001 Xterra World Championships Maui 2nd Age Group
Sept 2001 Kalealoa Sprint 1st Age Group (5th woman overall)
Sept 2001 Niketown Na Wahine Sprint 1st Age Group
Aug 2001 Mt. Man Xterra Qualifier 1st Age Group (13th woman overall)
Nov 2000 Kuuloa Mountainman 1st Age Group (6th woman overall)
Oct 2000 Xterra World Championships Maui 1st Age Group
Sept 2000 Na Wahine 1st Place Open Age Relay Team (biked)
July 2000 Honolulu Tin Man 1st Age Group (14th woman overall)
July 2000 Jamba Juice Mountainman 3rd Place (9th woman overall)
June 2000 North Shore Triathlon 1st Age Group (8th woman overall)
May 2000 Kualoa Xterra Qualifier 1st Age Group (6th woman overall)
May 2000 Kaneohe Triathlon 1st Age Group (1st men age group & 8th woman overall)
Nov 1999 Kuuloa Mountainman 1st Age Group (12th woman overall)
Oct 1999 Xterra World Championships Maui 1st Age Group
July 1999 Jamba Juice Mountainman 1st Age Group (1st men age group & 10th woman overall)

Mountain Biking (MTB) & Road Biking:

Oct 2015 24 Hour MTB Race Kualoa 1st Woman Overall (beat 3rd place man by 1 lap)
Sept 2014 24 Hour MTB race Kualoa 3rd Woman Overall (tie for 4th place men overall)
July 2014 Xterra Freedom Fest 20K 3rd Woman Overall
July 2013 Xterra Freedom Fest 40K 2nd Masters woman
July 2012 Xterra Freedom Fest 40K 4th Woman Overall
Oct 2012 24 Hour MTB race Kualoa 2nd Woman Overall (tie for 5th place men overall)
Aug 2011 24 Hour MTB race Kualoa 3rd Woman Overall (tie for 5th place men overall)
Feb 2007 Mokuleia Time Trial 1st Age group, 6th Woman Overall
Sept 2006 Ko Olina 1st Overall Tri Team, 9th woman Bike (Walker biked)
Sept 2003 Dick Evans 112 mile—6th woman overall
Aug 2003 Halekala Cycle to the Sun, 5th Woman Overall, 1st age
Feb 2002 Boca Team 10 mile timed trial 1st Place overall (including men)
Feb 2001 7th Annual HQBN MTB Race 3rd Woman Overall & 1st Age Division
Nov 2000 Off Road Time Trials 10 mi 3rd Women Overall & 1st Age Division
June 2000 Hawai'i State Time Trials 40K 2nd Place 30+ & 1st Age Division

Running:

2017 Transrockie 120 miles, 6 day, 20,000 altitude gain, 1st 60+ yr old woman & 7th 50 yr old woman
2014 Ka'ena Point 10K 1st Age group 50+ woman
2010 Xterra Half Marathon World Championship Trail Run 3rd Age group
2009 Xterra Half Marathon World Championship Trail Run 1st Age group
2008 Xterra Half Marathon World Championship Trail Run 1st Age group

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Honolulu Marathons: 2003, 2002, 2001, 2000, 1999, 1996, 1995, 1994, 1993, 1984 (top 5% age group, slower years unlisted)

Windsurfing Wave Riding:

July 2000 Diamond Head Pro/Am 2nd Place Amateur Women
April 2000 North Shore Challenge 2nd Place Pro Women
Oct 1999 Hawaii State Championship 1st Place Amateur Women
Oct 1999 Hookipa Wave Contest 4th Place Amateur Women
June 1999 Diamond Head Pro/Am 3rd Place Amateur Women
April 1999 North Shore Challenge 5th Place Women (pro/am)
Oct 1998 Hawaii State Championships 3rd Place Women (pro/am)
April 1998 Wave Sailing Challenge, North Shore 1st Place Women (pro/am)
May 1997 Blue Planet Wave, North Shore 1st Place Women (pro/am)
May 1997 Waveriding World Tour, Diamond Head 4th Place Women (pro/am)
Sept 1995 Wave Riding Wahine Diamond Head Challenge Pro top 10 semi-finalist

Team Outrigger Canoe Paddling:

July 1999 Hui Waa Senior Masters Division Undefeated Champions
Aug 1998 Hawai'i State Regatta Championships 2nd Place Senior Masters
Aug 1997 Hawai'i State Regatta Championships 1st Place Senior Masters
Sept 1997 Molokai Channel 2nd Place Senior Master
Sept 1996 Molokai Channel 3rd Place Junior Masters

Solo Outrigger Canoe Paddling:

May 1998 Molokai Channel Two Person Relay 3rd Place Women Masters
April 1998 Hawai'i State Championships 3rd Place Novice B Women
April 1998 Oahu Championships 2nd Place Novice B Women

Sponsors have included: Santa Cruz Bicycles, Specialized, McCully Bike Shop, Surf N Sea, SurfFlight Hawai'i, Neilpryde, Maui Sails, Hed Wheels, The Acupuncture Clinic Hale'iwa, ShinSpins

Education:

1996 Master Public Health, University of Hawai'i at Manoa, Health Education
1983 Juris Doctor, Northeastern University School of Law, Boston, MA
1980 Bachelor Arts & Sciences, University of Hawai'i at Manoa, Communication
1978 Associate Arts, Leeward Community College, University of Hawai'i
1971 Montessori Teacher's Certificate, St. Nicholas Training Centre, London, England

Employment:

1994-present: Health Educator, Restorative Lawyer, College Instructor, CEO HFRJ www.hawaiiifriends.org
1985-1994: Deputy Attorney General, Hawai'i Department of Attorney General
1983-1985: Law Clerk Hawai'i state judges Russell Kono & Marie Milks
1983 (6 months) Law Clerk ITT Corp. New York City
1980-1982: Massachusetts Department of Public Welfare Administrative Hearing Officer
1977-1980: Variety of internships with State of Hawai'i, restaurant worker (1977-1978)
1975-1976: Bus person & waitress various restaurants on Kaua'i including The Beach House
1971-1975: Montessori teacher (5 yrs) & school director Children's House (1 yr), also waitress Yacht Harbor Pizza (1973-1975) Santa Cruz, CA

Sport References:

John Henderson (coach & race director) (808) 778-2247 henderj_2000@yahoo.com
Dave Nicholas (Xterra & former windsurfing contest dir) (808) 521-4322 kahunadav@xterraplanet.com
Raul Boca (former coach & race director) Ph: (808) 734-6999 info@bocahawaii.com

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Personal: Age 65 March 2017; ht. 5'7" 123 lbs; Max Vo2: 64.5% (running); married; 3 children & 3 grandchildren; author over 50 articles & 3 books including *Aging With Strength* 2012; Senior Fulbright Specialist international peacemaking & conflict management; more at: <http://lorenwalker.com/biography/>



June 2016 Xterra Belgium, Namur
1st Place Woman Age Group

Loirenn's article about the Belgium race: <http://www.xterraplanet.com/2016/06/2016-belgium-xterra/>



September 2014 **24 Hour Mountain Bike** race Kualoa Ranch, O'ahu
1st place woman overall (3rd place men overall)