

# Loirenn Walker Sports Resume

(omits swimming & slalom windsurfing races)

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## **Triathlon (off road & road--women age group unless noted):**

- Oct 2022 Xterra World Championship (held in Italy for first time—all previously held on Maui), 1<sup>st</sup>
- Dec 2021, Oct 2019, 2018, Xterra World Championship, 1<sup>st</sup>
- May 2018 Xterra Lake Garda Italy, 1<sup>st</sup>
- Oct 2017 Xterra World Championship, 2<sup>nd</sup>
- May 2017 Xterra Tahiti, 1<sup>st</sup> Age Group (1<sup>st</sup> men age below & none older entered)
- March 2017 Hale'iwa Triathlon, 1<sup>st</sup> (1<sup>st</sup> men age group)
- Oct 2016 Xterra World Championship, 3<sup>rd</sup> (top half women overall)
- June 2016 Xterra Belgium, 1<sup>st</sup>
- May 2016 North Shore Triathlon, 1<sup>st</sup>
- March 2016 Hale'iwa Triathlon, 1<sup>st</sup>
- Oct 2015 Xterra World Championship, 2<sup>nd</sup>
- May 2015 Mokule'ia Triathlon, 2<sup>nd</sup> Relay (family team Lorenn biked)
- April 2015 Xterra Western Championship, Las Vegas 1<sup>st</sup>
- Feb 2015 Hale'iwa Triathlon, 1<sup>st</sup> Relay women & mixed (Lorenn biked family team of 3 generations)
- July 2014 Tinman Triathlon, 1<sup>st</sup> Age Group & Freedom Fest Xterra Qualifier, 1<sup>st</sup> (6<sup>th</sup> woman overall)
- June 2014 North Shore Triathlon, 1<sup>st</sup> (12<sup>th</sup> woman overall)
- May 2014 Honolulu Triathlon, 1<sup>st</sup>
- Oct 2013 Xterra World Championship, 3<sup>rd</sup>
- July 2013 Xterra Freedom Fest, 1<sup>st</sup> (12<sup>th</sup> woman overall)
- Oct 2012 Xterra World Championship, 3<sup>rd</sup>
- July 2012 Freedom Fest Xterra Qualifier, 3<sup>rd</sup> Woman Overall
- Oct 2011 Xterra World Championships, 4<sup>th</sup>
- Aug 2011 Mt. Man Xterra Qualifier 1<sup>st</sup> (9<sup>th</sup> woman overall)
- July 2011 Kualoa Freedom Fest Xterra Qualifier 1<sup>st</sup> (5<sup>th</sup> woman overall)

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Oct 2010 Xterra World Championships 3<sup>rd</sup>  
Aug 2010 Mt. Man Xterra Qualifier 1<sup>st</sup> (14<sup>th</sup> woman overall)  
Oct 2009 Xterra World Championship 3<sup>rd</sup>  
Aug 2009 Mt. Man Xterra Qualifier 1<sup>st</sup> (10<sup>th</sup> woman overall)  
Oct 2008 Xterra World Championship 3<sup>rd</sup>  
June 2008 Bali International Triathlon 1<sup>st</sup>  
March 2008 New Zealand Xterra 1<sup>st</sup>  
Oct 2007 Xterra World Championships 2<sup>nd</sup>  
April 2007 Iroquois Pt., 1<sup>st</sup> & 2<sup>nd</sup> woman overall on bike  
Oct 2006 Xterra World Championships 2<sup>nd</sup>  
Aug 2006 Xterra Midwestern Championships 1<sup>st</sup>  
Oct 2005 Xterra World Championships 2<sup>nd</sup>  
Aug 2005 Mt Man Xterra Qualifier 1<sup>st</sup> (2<sup>nd</sup> men age group)  
Oct 2004 Xterra World Championships 1<sup>st</sup>  
Aug 2004 Mt. Man Xterra Qualifier 1<sup>st</sup>  
Oct 2003 Xterra World Championships 1<sup>st</sup>  
Oct 2003 Kona Ironman World Championships 12<sup>th</sup>  
June 2003 Hono Festival Duathlon (run 10 K & bike 30 K) 2<sup>nd</sup> woman overall  
June 2003 Mt. Man Xterra Qualifier 1<sup>st</sup> (1<sup>st</sup> men age group & 7<sup>th</sup> woman overall)  
May 2003 North Shore Triathlon, 1<sup>st</sup>  
Nov 2002 Mt. Man Xterra Qualifier 1<sup>st</sup> (1<sup>st</sup> men age group & 6<sup>th</sup> woman overall)  
Oct 2002 Xterra World Championships 1<sup>st</sup> (1<sup>st</sup> men age group)  
Oct 2002 Kona Ironman World Championships 6<sup>th</sup> Age Group  
May 2002 Keauhou Half Ironman (Kona qualifier) 1<sup>st</sup> Age Group  
April 2002 Bikefactory Lanikai 1<sup>st</sup> (11<sup>th</sup> woman overall)  
Nov 2001 Nytro Haleiwa 1<sup>st</sup> (5<sup>th</sup> woman overall)  
Nov 2001 Mt. Man 1<sup>st</sup> (7<sup>th</sup> woman overall)  
Oct 2001 Xterra World Championships Maui 2<sup>nd</sup>  
Sept 2001 Kalealoa Sprint 1<sup>st</sup> (5<sup>th</sup> woman overall) & Niketown Na Wahine Sprint 1<sup>st</sup> Age Group  
Aug 2001 Mt. Man Xterra Qualifier 1<sup>st</sup> (13<sup>th</sup> woman overall)  
Nov 2000 Kuuloa Mountainman 1<sup>st</sup> (6<sup>th</sup> woman overall)  
Oct 2000 Xterra World Championships Maui 1<sup>st</sup>  
Sept 2000 Na Wahine 1<sup>st</sup> Place Open Age Relay Team (biked)  
July 2000 Honolulu Tin Man 1<sup>st</sup> (14<sup>th</sup> woman) & Jamba Juice Mt Man 3<sup>rd</sup> Place (9<sup>th</sup> woman)  
June 2000 North Shore Triathlon 1<sup>st</sup> (8<sup>th</sup> woman overall)  
May 2000 Kualoa Xterra Qualifier 1<sup>st</sup> (6<sup>th</sup> woman overall)  
May 2000 Kaneohe Triathlon 1<sup>st</sup> (1<sup>st</sup> men age group & 8<sup>th</sup> woman overall)  
Nov 1999 Kuuloa Mountainman 1<sup>st</sup> (12<sup>th</sup> woman overall)  
Oct 1999 Xterra World Championships Maui 1<sup>st</sup>  
July 1999 Jamba Juice Mountainman 1<sup>st</sup> (1<sup>st</sup> men age group & 10<sup>th</sup> woman overall)

## **Mountain Biking (MTB) & Road Biking (women age group unless noted):**

Oct 2018 24 Hour MTB Race Kualoa 3<sup>rd</sup> Woman Overall (tore ACL but finished!)  
Oct 2017 24 Hour MTB Race Kualoa 1<sup>st</sup> Woman Overall (beat 5<sup>th</sup> place men overall by 1 lap)  
Oct 2015 24 Hour MTB Race Kualoa 1<sup>st</sup> Woman Overall (beat 3<sup>rd</sup> place men overall by 1 lap)  
Sept 2014 24 Hour MTB race Kualoa 3<sup>rd</sup> Woman Overall (tie for 4<sup>th</sup> place men overall)  
July 2014 Xterra Freedom Fest 20K 3<sup>rd</sup> Woman Overall  
July 2013 Xterra Freedom Fest 40K 2<sup>nd</sup> Masters Woman  
July 2012 Xterra Freedom Fest 40K 4<sup>th</sup> Woman Overall  
Oct 2012 24 Hour MTB race Kualoa 2<sup>nd</sup> Woman Overall (tie for 5<sup>th</sup> place men overall)  
Aug 2011 24 Hour MTB race Kualoa 3<sup>rd</sup> Woman Overall (tie for 5<sup>th</sup> place men overall)  
Feb 2007 Mokule'ia Time Trial 1<sup>st</sup> Age group, 6<sup>th</sup> Woman Overall  
Sept 2006 Ko Olina 1<sup>st</sup> Overall Tri Team, 9<sup>th</sup> woman Bike (Walker biked)

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Sept 2003 Dick Evans 112 mile—6<sup>th</sup> Woman Overall  
Aug 2003 Halekala Cycle to the Sun, 5<sup>th</sup> Woman Overall, 1<sup>st</sup> age  
Feb 2002 Boca Team 10 mile timed trial 1<sup>st</sup> Place overall (including men overall)  
Feb 2001 7<sup>th</sup> Annual HQBN MTB Race 3<sup>rd</sup> Woman Overall & 1<sup>st</sup> Age Division  
Nov 2000 Off Road Time Trials 10 mi 3<sup>rd</sup> Women Overall & 1<sup>st</sup> Age Division  
June 2000 Hawai'i State Time Trials 40K 2<sup>nd</sup> Place 30+ & 1<sup>st</sup> Age Division

## **Trail Running:**

2023 [McCall Trailrunning Classic](#), 50 Miles--to be completed July 15, 2023  
2023 [Run Iceland](#), staged 110K trail run—to be completed June 10, 2023  
2022 [TranSelkirks Trail Run Revelstoke](#), BC, appx 97 miles total staged over 5 days  
5<sup>th</sup> solo woman age 50 & 1<sup>st</sup> age 60 women & men ([oldest person in race](#))  
2021 [Idaho Mountain Trail Ultra](#) 20 mile trail run 1<sup>st</sup> woman over 65  
2019 [McCall Trail Running Classic](#) 20 mile trail run 1<sup>st</sup> woman over 60  
2017 Transrockie 120 miles trails staged 6 day race (20,000 altitude gain) 1<sup>st</sup> women age 60  
2014 Ka'ena Point 10K 1<sup>st</sup> woman 50  
2010 – 2008 Xterra World Championship Trail Run half-marathon 3<sup>rd</sup> Age group (2010) & 1<sup>st</sup> Age group (2008 & 2009)

**Road Running Honolulu Marathons (only top 5% age group years and marathon distances):** 2003, 2002, 2001, 2000, 1999, 1996, 1995, 1994, 1993, 1984

## **Windsurfing Wave Riding:**

July 2000 Diamond Head Pro/Am 2<sup>nd</sup> Place Amateur Women  
April 2000 North Shore Challenge 2<sup>nd</sup> Place Pro Women  
Oct 1999 Hawai'i State Championship 1<sup>st</sup> Place Amateur Women  
Oct 1999 Hookipa Wave Contest 4<sup>th</sup> Place Amateur Women  
June 1999 Diamond Head Pro/Am 3<sup>rd</sup> Place Amateur Women  
April 1999 North Shore Challenge 5<sup>th</sup> Place Women (pro/am)  
Oct 1998 Hawai'i State Championships 3<sup>rd</sup> Place Women (pro/am)  
April 1998 Wave Sailing Challenge, North Shore 1<sup>st</sup> Place Women (pro/am)  
May 1997 Blue Planet Wave, North Shore 1<sup>st</sup> Place Women (pro/am)  
May 1997 Waveriding World Tour, Diamond Head 4<sup>th</sup> 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 2<sup>nd</sup> Place Senior Masters  
Aug 1997 Hawai'i State Regatta Championships 1<sup>st</sup> Place Senior Masters  
Sept 1997 Molokai Channel 2<sup>nd</sup> Place Senior Master  
Sept 1996 Molokai Channel 3<sup>rd</sup> Place Junior Masters

## **Solo Outrigger Canoe Paddling:**

May 1998 Molokai Channel Two Person Relay 3<sup>rd</sup> Place Women Masters  
April 1998 Hawai'i State Championships 3<sup>rd</sup> Place Novice B Women  
April 1998 O'ahu Championships 2<sup>nd</sup> 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, ShinSpins, Empower Physical Therapy & Training, Fisher Acupuncture Clinic & Gretchen Cover | Marketing Consultant

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## **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 Certificate (pre-school- 3<sup>rd</sup> grade), St. Nicholas Training Centre, London, England

## **Employment:**

1995 – present: Director, [Hawai'i Friends of Restorative Justice](#)  
1994-present: University of Hawai'i adjunct professor & Restorative Lawyer  
1985-1994: Deputy Attorney General, Hawai'i Department of Attorney General  
1983-1985: Law Clerk Hawai'i state judges Russell Kono & Marie Milks  
1983: 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 & school director Children's House and waitress Yacht Harbor Pizza (1973-1975) Santa Cruz, CA

## **Coach References:**

Jeremy Humphrey, McCall, Idaho (303) 386-5629 [jeremy\\_humphrey@yahoo.com](mailto:jeremy_humphrey@yahoo.com)  
John Henderson, Huntsville, Utah (808) 778-2247 [henderj\\_2000@yahoo.com](mailto:henderj_2000@yahoo.com)

**Personal:** Age 71; ht. 5'6" 119 lbs; Max Vo2: 64.5% (running); married; 3 children; 4 grandchildren; author over 50 articles & 3 books including *Aging With Strength* 2012; Senior Fulbright peacemaking & conflict management; [more in bio](#)



Xterra Namur, Belgium, June 2016, 1<sup>st</sup> Women age group  
[Lorenn's article about the Belgium](#) race

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**24 Hour Mountain Bike Kualoa Ranch, O'ahu 2014**

1<sup>st</sup> place woman solo division overall October 2014 (would have tied 3<sup>rd</sup> place men overall)



**24 Hour Mountain Bike, Kualoa Ranch, O'ahu, 2018**

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3<sup>rd</sup> place woman solo division overall (would have tied 5<sup>th</sup> place men overall)



[Lorenn's article on what she learned from doing 20 xterra world championships on Maui](#)



[Idaho Mountain Trail Ultra](#) 20 mile trail run September 2021 -1<sup>st</sup> woman age 65