

Lorenn Walker's Sports Resume

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Triathlon:

October, 2011 Xterra World Championships, 4th Age Group
August 2011 Mt. Man Xterra Qualifier 1st Age Group women (9th woman overall)
July 2011 Kualoa Freedom Fest Xterra Qualifier 1st Age Group (5th woman overall)
October 2010 Xterra World Championships 3rd Age Group women
August 2010 Mt. Man Xterra Qualifier 1st Age Group women (14th woman overall)
October 2009 Xterra World Championship 3rd Age Group women
August 2009 Mt. Man Xterra Qualifier 1st Age Group women (10th woman overall)
October 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
October 2007 Xterra World Championships 2nd Age Group women
April 2007 Iroquois Pt., 1st Age Group women (2nd Overall women 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 included)
Oct 2004 Xterra World Championships 1st Age Group women
Aug 2004 Mt. Man Xterra Qualifier 1st Age group women
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 (including men), 7th woman overall

Triathlon Continued:

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

MTB & Road Bike Cycling:

Aug 2011	24 Hour MTB race Kualoa 3 rd woman overall (tie for 5 th place men overall)
Feb 2007	Mokuleia Time Trial 1 st Age group, 6 th woman overall
Sept 2006	Ko Olina 1 st Overall Tri Team, 9 th woman Bike (leg Walker did)
Sept 2003	Dick Evans 112 mile—6 th woman overall
Aug 2003	Halekala Cycle to the Sun (10,000 feet, 36 miles) 5 th woman overall
Feb 2002	Boca Team 10 mile timed trial 1 st Place overall (including men)
Feb 2001	7 th Annual HQBN MTB Race 3 rd overall women & 1 st Age Division
Nov 2000	Off Road Time Trials 10 mi 3 rd overall women & 1 st Age Division
June 2000	Hawa‘ii State Time Trials 40K 2 nd Place 30+ & 1 st Age Division

Running:

2010	Xterra Half Marathon World Championship Trail Run 3 rd Age group
2009	Xterra Half Marathon World Championship Trail Run 1 st Age group
2008	Xterra Half Marathon World Championship Trail Run 1 st Age group
2003, 2002, 2001, 2000, 1999, 1996, 1995, 1994, 1993, 1984	Honolulu Marathon, Merit Awards (top 5% in age group)
2003	Perimeter Run around Oahu—relay—3 rd Place woman overall
2000	6.72 Mi Pineapple Run 3 rd 40+ Age Division (9 th woman overall)
1984	15K North Shore Sugar Run 2 nd Place woman overall
1985	15K North Shore Sugar Run 1 st Age Division women (6 th overall women)

Windsurfing Wave Riding:

July 2000	Diamond Head Pro/Am 2 nd Place Amateur Women
April 2000	North Shore Challenge 2 nd Place Pro Women
Oct 1999	Hawaii State Championship 1 st Place Amateur Women
Oct 1999	Hookipa Wave Contest 4 th Place Amateur Women
June 1999	Diamond Head Pro/Am 3 rd Place Amateur Women

Windsurfing Wave Riding Continued:

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: Specialized, Neilpryde, Maui Sails, Santa Cruz Bicycles, SurfFlight Hawai'i, McCully Bike Shop, Hed Wheels, Green Tea Hawai'i, The Acupuncture Clinic Haleiwa, 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
1971 Montessori Teacher's Certificate, St. Nicholas Training Centre, London, England

Employment:

1994-present: Health Educator, Writer, Personal & Public Speech College Instructor, Honolulu Community College University of Hawaii (part-time)
1985-1994: Deputy Attorney General, Hawaii 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 Hearings Officer
1977-1980: Variety of internships with State of Hawai'i
1975-1976: Busgirl & waitress restaurants on Kaua'i including The Beach House
1971-1975: Montessori teacher & school director (1 year) Children's House, Santa Cruz, CA

References:

Dave Nichols (Xterra & former windsurfing contest director) Ph: (808) 521-4322

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John Henderson (coach & former race director) Ph: (808) 778-2247 henderj_2000@yahoo.com

Raul Boca (former coach & race director) Ph: (808) 734-6999 info@bocahawaii.com

Personal: Age 59; ht. 5'7"; 126 lbs; Max Vo2: 64.5% (running); married, 3 children & 3 grandchildren