

**March & April news:**

Congratulations to **Becky Sage** who completed her first half marathon in VA finishing 53<sup>rd</sup> overall (men and women) and 7<sup>th</sup> in her age group.

**Phil Beane** (1:36) and **Michelle Horvath** (1:59) both achieved a personal bests at the Wrightsville Beach ½ marathon.

**Sarah Holmes** had a great day at the Pacific ½ marathon.

**Eliza Blackwell** won her age group at the Azalea Sprint.

**Heather Taylor** finished her first sprint tri of the season at Paris Island and then followed that up with a solid performance at the Peachtree 10 miler.

**Coach Buxton** joined **David Tattan** at the Clermont Olympic Triathlon. This was David's first race since having neck fusion surgery last year. David had a great day and Coach Buxton finished 1<sup>st</sup> in her age group.

**Coach Buxton, Leslie Curley, Phil Beane** and **Chris Duda** headed to New Orleans for the 70.3. Strong winds cancelled the swim, but it was a great day with Coach Buxton and Leslie both finishing 3<sup>rd</sup> in their age groups.



Coachbuxton.com athletes ready to head off for the pre-race brick.



**Coach Buxton, Phil and Lesley at the finish in NO.**

**Tiffany Irwin** won her age group at the Langly Pond Olympic Triathlon—next up for Tiffany is the Rev 3 ½ IM.

**Coach Buxton, Phil** and **Lesley** are heading to IM TX in May—follow their progress at [Ironmanlive.com](http://Ironmanlive.com)!