

## Charles Macintosh

Age: 27

Focus: A collegiate rower and hockey player by nature, Charles started triathlons as cross training in the off-season. Having completed several AIDS Rides and distance running events, he focused his efforts last year on his swimming technique, a well-placed effort resulting in top swim times at several large triathlons last season and culminating in a first place finish at the prestigious Monster Challenge in Boston. Coming off recent back surgery, Charles' focus in the upcoming season will be getting back to race form through sprint racing. Charles looks forward to competing at a higher level this summer and hopefully a marathon in the fall as preparation an Ironman next year.

Profession: MBS Fixed Income Trader for Lehman Brothers in New York City.

### Selected Results

#### 2004

10/8/04	Lake Tahoe Marathon; CA/NV – 72m Bike Race	2 <sup>nd</sup> overall/ 1 <sup>st</sup> 25-29
10/3/04	Kokanee Trail Run; CA – 10k	9 <sup>th</sup> overall/ 2 <sup>nd</sup> 25-29
9/25/04	Granite Ledges Triathlon; NH – Olympic	22 <sup>nd</sup> overall/ 3 <sup>rd</sup> 25-29
9/12/04	American Memorial Triathlon; NY – Sprint	3 <sup>rd</sup> overall/ 2 <sup>nd</sup> 25-29
9/5/04	Monster Challenge Triathlon; MA – Sprint	1 <sup>st</sup> overall / 1 <sup>st</sup> 25-29
8/29/04	Farmington Valley Tri; CT – Olympic XTERRA	15 <sup>th</sup> overall/ 3 <sup>rd</sup> 25-29
8/8/04	Greenwich Triathlon; CT – Sprint	9 <sup>th</sup> overall/ 2 <sup>nd</sup> 25-29
7/10/04	Greenwich Point Swim; CT – Mile swim	2 <sup>nd</sup> 25-29
May	Spring Couples Relay; NYC – Team Tri	11 <sup>th</sup> overall/ 1 <sup>st</sup> age group

#### 2003

September	Tour de Greenwich; CT – Bike race	9 <sup>th</sup> overall/ 2 <sup>nd</sup> 25-29
August	Greenwich Triathlon; CT – Sprint	27 <sup>th</sup> overall/ 2 <sup>nd</sup> 25-29
June	Middlebury Triathlon; VT – Sprint	4 <sup>th</sup> overall/ 2 <sup>nd</sup> 25-29
May	Spring Couples Relay; NYC – Team Tri	7 <sup>th</sup> overall/ 1 <sup>st</sup> age group
April	Saratoga Triathlon; NY – Sprint	1 <sup>st</sup> overall/ 1 <sup>st</sup> 25-29

#### Other:

- Accomplished adventure racer- placing in races across North America and Europe
- Charles holds a BA in Economics from Middlebury College
- Dual citizenship with the Netherlands and Australia

