

Jason Sandquist – Triathlon

In the over three decades Jason has been competing at the top level of amateur triathlon he's won numerous awards, victories and podium places. His first triathlon was in 1989. In 1991, he completed his first Ironman race (a triathlon with 3.8km of swimming, 180km of cycling, and 42.2km of running). He placed fourth in his age category, qualifying for the Ironman World Championships.

He has since raced 28 Ironman races, including 10 Ironman World Championships. This has resulted in six wins for his age group and 13 podium places.

Some of his many accomplishments include Top Amateur Competitor at Ironman Canada in 1994, 1996, and 2000. He ranked first in the world for Ironman 70.3 races in 2013 and 2014. In 2014, Jason received the Excellence Award for Long Distance Triathlon from Triathlon Canada.

Jason is currently the BC Provincial Champion in the half Ironman distance for his age group (50+ men). He continues to accumulate age group wins and podiums, dedicates time and effort to his training, and inspires athletes and people in North Cowichan and beyond.