



Meredith Kessler

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Meredith grew up in Columbus, Ohio where she was a four sport athlete. She received a Division I athletic scholarship from Syracuse University where she participated in field hockey and track. In 2008 she was inducted into her high school's Athletic Hall of Fame.

After graduation in 2000, Meredith used her graduation money to purchase her first bike and entered a full Ironman two weeks later. From that moment on, she caught the spirit of Ironman competition and hasn't looked back. Since that first Ironman in 2000, Meredith has competed in forty-seven full Ironman races throughout the United States, New Zealand and Canada.

She was undefeated in her 2009 amateur season capturing the first place female position in every race that year. In addition, she holds the amateur course record at Ironman Arizona and the age-group course record at Wildflower 70.3.

In November 2009, she turned professional. Highlights include Ironman New Zealand champion 2012, Ironman St. George champion 2012, Ironman Coeur d'Alene champion 2012, Ironman Canada champion 2010, Eagleman 70.3 2012 1st place, Vineman 70.3 2012 1st place, Rev3 Portland 2011 1st place, Long Distance Triathlon World Championship 2011 3rd place, five 2nd place finishes, five 3rd place finishes, and four 4th place finishes.

2013 Schedule:

- Asia-Pacific Championship 70.3 Auckland (January)
- Ironman New Zealand (March)
- Ironman Melbourne (March)
- St. George 70.3 (May)
- Columbia 5150 (May)
- Rev 3 Quassy (June)
- Eagleman 70.3 (June)
- Vineman 70.3 (July)
- Rev 3 Wisconsin (August)
- Ironman Mt. Tremblant (August)
- Hy-Vee (September)
- Vegas 70.3 (September)
- Kona (October)
- Rev 3 Florida (November)
- Ironman Arizona (November)

Professional Results:

2012

Ironman New Zealand, 1st Place Pro Female

Swim: 26:30 (1st out of water) Bike: 2:29:57 (1st off the bike) Run: 1:21:38 (1st runner)

Oceanside 70.3, 3rd Place Pro Female

Swim: 25:31 (1) Bike: 2:28:58 (2) Run: 1:24:47 (3)

Ironman St. George, 1st Place Pro Female

Swim: 52:42 (1) Bike: 5:57:14 (1) Run: 3:18:23 (1)

Eagleman 70.3, 1st Place Pro Female

Swim: 23:52 (1) Bike: 2:19:00 (1) Run: 1:26:28 (1)

Ironman Couer d'Alene, 1st Place Pro Female

Swim: 51:53 (1) Bike: 5:13:16 (1) Run: 3:12:04 (1)

Rev3Portland, 2nd Place Pro Female

Swim: 28:55 (1) Bike: 2:32:18 (2) Run: 1:26:01(2)

Vineman 70.3, 1st Place Pro Female

Swim: 24:01 (2) Bike: 2:21:07 (1) Run: 1:20:58 (1)

Ironman Florida, 4th Place Pro Female

Swim: 52:44 (1) Bike: 4:47:00 (1) Run: 3:22:52 (4)

Ironman Arizona, 2nd Place Pro Female

Swim: 50:17 (2) Bike: 4:53:41 (1) Run: 3:18:12 (2)

2011

Ironman Arizona, 3rd Place Pro Female

Swim: 51:46 (2nd out of water) Bike: 4:53:36 (4th off the bike) Run: 3:10:18 (3rd runner)

Long Distance Triathlon World Championship, 3rd Place Pro Female

Swim: N/A Bike: 3:35:15 (TT start) Run: 2:03:54 (3rd runner)

Rev3 Anderson, 3rd Place Pro Female

Swim: 25:24 (2) Bike: 2:33:39 (6) Run: 1:24:42 (3)

Ironman Wisconsin, 2nd Place Pro Female

Swim: 53:07 (1) Bike: 5:15:31 (1) Run: 3:34:51 (2)

Ironman Canada, 3rd Place Pro Female

Swim: 53:31 (1) Bike: 5:06:47 (2) Run: 3:33:40 (3)

Vineman 70.3, 4th Place Pro Female

Swim: 24:08 (2) Bike: 2:25:36 (3) Run: 1:25:33 (4)

Rev3 Portland, 1st Place Pro Female

Swim: 26:60 (1) Bike: 2:20:47 (1) Run: 1:23:55 (1)

Texas 70.3, 8th Place Pro Female

Swim: 25:18 (3) Bike: 2:24:07 (10) Run: 1:25:05 (8)

2010

Ironman Arizona, 4th Place Pro Female

Swim: 51:21 (3rd out of water) Bike: 5:07:45 (3rd off the bike) Run: 3:11:32 (4th runner)

Ironman Canada, 1st Place Pro Female

Swim: 49:59 (2) Bike: 5:09:33 (1) Run: 3:10:14 (1)

Ironman Coeur d'Alene, 2nd Place Pro Female

Swim: 54:07 (3) Bike: 5:11:15 (2) Run: 3:14:23 (2)

Ironman St. George, 2nd Place Pro Female

Swim: 51:54 (3) Bike: 5:37:48 (2) Run: 3:12:40 (2)

New Orleans 70.3, 4th Place Pro Female

Swim: 29:00 (2) Bike: 2:22:35 (2) Run: 1:22: 24 (4)

2009

Ironman Arizona, 1st Pro Race, 7th Place Pro Female

Swim: 54:12 (3) Bike: 5:05:25 (3) Run: 3:32:50 (7)

Amateur /Age Group Results:

*1st off the bike in all races, course records at Ironman AZ & Wildflower Long Course

Vineman 70.3, 1st Age Group

1st Overall Amateur

Swim: 25:18 Bike: 2:30:00 Run: 1:26:52

Ironman Coeur D'Alene, 1st Age Group

1st Overall Amateur, Hawaii Qualifier

Swim: 57:02 Bike: 5:21:57 Run: 3:36:19

Wildflower Long Course, 1st Age Group

1st Overall Amateur, Course Record

Swim: 25:56 Bike: 2:43:01 Run: 1:31:33

2008

Ironman Arizona, 1st Age Group

1st Overall Amateur, Hawaii Qualifier, Course Record

Swim: 52:35 Bike: 5:15:37 Run: 3:42:27

Ironman World Championships, Kona, 17th Age Group

Swim: 58:34 Bike: 5:52:33 Run: 3:53:16

Ironman Louisville, 1st Age Group

2nd Overall Amateur, Hawaii Qualifier

Swim: 55:37 Bike: 5:31:48 Run: 4:06:14

Vineman 70.3, 2nd Age Group

2nd Overall Amateur,

Swim: 25:31 Bike: 2:41:27 Run: 1:29:25

Ironman Arizona, 2nd Age Group

Hawaii Qualifier

Swim: 55:03 Bike: 5:53:53 Run: 4:15:38

Coach:

Matt Dixon MSc: www.purplepatchfitness.com

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