

# VALLEY GIRL TRI AND DU

Listed in this order: Duathlon > Olympic > Sprint Distances

CATEGORY	Relay Team Name	FIRST	LAST	AGE	CITY	STATE
DUATHLON		Hannah	Ewert	22	Deer Park	WA
DUATHLON		Nicole	Gordon	23	Spokane Valley	WA
DUATHLON		Elena	Mierau	32	SPOKANE	WA
DUATHLON		Samantha	Masters	33	Cheney	WA
DUATHLON		Elisa	Schwarze	33	Spokane Valley	WA
DUATHLON		Jennifer	Miles	34	OTIS ORCHARDS	WA
DUATHLON		Maureen	Correia	35	Spokane Valley	WA
DUATHLON		Anna	Johnson	35	Priest River	ID
DUATHLON		Jennifer	Schmidt	35	Bellingham	WA
DUATHLON		Amanda	Spear	35	Spokane	WA
DUATHLON		Kimberly	Shepard	37	Oldtown	ID
DUATHLON		Erin	Nystrom	41	Shoreline	WA
DUATHLON		Connie	Smith	43	Spokane valley	WA
DUATHLON		Megan	Carpenter	44	Spokane Valley	WA
DUATHLON		Dava	Wharton	46	Coeur D'alene	ID
DUATHLON		Kathleen	Cook	49	PUYALLUP	WA
DUATHLON		Lisa	McAllister	49	Lakewood	WA
DUATHLON		Mags	Shaffer	50	Spokane	WA
DUATHLON		Jean	Ripley	53	Spokane	WA
DUATHLON		Jean	Ripley	53	Spokane	WA
DUATHLON		Sarah	Dueweke	55	Spokane	WA
DUATHLON		Melissa	Love	55	Spokane	WA
DUATHLON		Robin	Walters	56	Spokane	WA
DUATHLON		Elaine	Engelmann	59	Silverdale	WA
DUATHLON		tonya	Townsend	60	Spokane	WA
DUATHLON		Kim	Bogart	61	Spokane	WA
DUATHLON		Kellie	Pitts	61	Bremerton	WA
DUATHLON		Cindy	Porter	61	Spokane	WA

DUATHLON		Connie	Weedin	62	Astoria	OR
DUATHLON		Jodee	Thompson	66	Spokane	WA
DUATHLON RELAY TEAM	Legs Miserables	Teresa	Disher	49	Peshastin	WA
DUATHLON RELAY TEAM	Legs Miserables	Teresa	Travis	46	Wenatchee	WA
DUATHLON RELAY TEAM	Legs Miserables	Miranda	Morrison	45	Moses Lake	WA

## OLYMPIC DISTANCE

OLYMPIC		Erinn	Gordon	20	Elk	WA
OLYMPIC		Amy	Blyckert	22	greenacres	WA
OLYMPIC		Maggie	Jarvis	23	Spokane	WA
OLYMPIC		Emily	Mulholland	24	Spokane	WA
OLYMPIC		Kayla	Stielstra	28	Hayden	ID
OLYMPIC		Emma	Woolley	28	Spokane	WA
OLYMPIC		Laura	Weiden	30	Kent	WA
OLYMPIC		emily	davis	31	tacoma	wa
OLYMPIC		Julia	Champagne	32	Spokane	WA
OLYMPIC		Amanda	Lowe	32	Spokane	WA
OLYMPIC		Christina	Seybold	32	Spokane Valley	WA
OLYMPIC		SAMANTHA	KNAPP	33	Spokane	WA
OLYMPIC		Amanda	Bergquist	35	Medical Lake	WA
OLYMPIC		Sarah	Hall	38	Spokane	WA
OLYMPIC		Mandi	Bingham	40	Cheney	WA
OLYMPIC		Stacia	Reagan	40	Cheney	WA
OLYMPIC		Rebecca	Flood	42	Spokane	WA
OLYMPIC		Amie	Santiago	42	Seattle	WA
OLYMPIC		Adela	Schoolderman	42	Tacoma	WA
OLYMPIC		Jennifer	Gaffaney	43	Elk	WA
OLYMPIC		Sarah	Dalyan	44	Spokane	WA
OLYMPIC		June	Blaser	46	Silverdale	WA
OLYMPIC		Lisa	Grable	46	Spokane	WA
OLYMPIC		Renee	Huling	46	Rathdrum	ID

OLYMPIC		Tristin	Roy	46	Spokane	WA
OLYMPIC		Robin	Fox	49	Spokane	WA
OLYMPIC		Shannon	Main	49	Spokane	WA
OLYMPIC		Charlene	Longworth	50	Cheney	WA
OLYMPIC		Valerie	Ewert	51	Deer Park	WA
OLYMPIC		Janette	Hatcher	51	Bremerton	WA
OLYMPIC		Kary	Amburn	52	coeur d Alene	ID
OLYMPIC		Dawn	Grable	52	loon lake	WA
OLYMPIC		Peggy	Hughes	52	Spokane	WA
OLYMPIC		Shawn	Painter	54	Port Orchard	WA
OLYMPIC		SHERRI	LAHAIE	55	SILVERDALE	WA
OLYMPIC		diane	cobain	56	Silverdale	WA
OLYMPIC		Annrenee	Wedemeyer	56	Nine Mile falls	WA
OLYMPIC		Marcia	White	60	Mead	WA
OLYMPIC		Maria	Corcoran	61	Pullman	WA
OLYMPIC		Riva	Dean	62	Spokane	WA
OLYMPIC		Kevin	Stevens	62	Spokane	WA
OLYMPIC		Cheryl	Lindstrom	63	Tracyton	WA
OLYMPIC		Robyn	Nelson	63	Silverdale	WA
OLYMPIC		Lisa	Kramer	64	Juneau	AK
OLYMPIC		Debbie	Hulbert	65	Moscow	ID

## SPRINT DISTANCE

Sprint ATHENA		Sandy	Mumford	65	Newport	WA
Sprint ATHENA		Kerry	Cox	63	Poulsbo	WA
Sprint ATHENA		Michelle	Verlander	60	Bremerton	WA
Sprint ATHENA		Brith	Croghan	41	Bremerton	WA
Sprint ATHENA		Kristi	Obleness	57	Spokane	WA
Sprint ATHENA		kathy	allen	56	spokane	WA
Sprint ATHENA		Alene	Gordon	56	Elk	WA
Sprint ATHENA		Colleen	Cicarelli	53	Spokane	WA
Sprint ATHENA		Mary	Ronnestad	52	Spokane	WA

Sprint ATHENA		Jody	Johnson	47	Coeurdäó»Alene	ID
Sprint ATHENA		Amy	Sanders	45	Spokane	WA
Sprint ATHENA		Kimberly	Williams	44	Spokane	WA
Sprint ATHENA		Shanna	Bennett	41	Reardan	WA
Sprint ATHENA		Elizabeth	Hug	37	Spokane	WA
Sprint ATHENA		Emily	Kellogg	37	Spokane	WA
Sprint ATHENA		Lauren	Bendio	34	Spokane	WA
Sprint ATHENA		Rebecca	Bolster	33	Spokane Valley	WA
Sprint ATHENA		Jennie	Roginski	32	Spokane	WA

SPRINT INDIVIDUAL		Cailin	Donaghy	14	Spokane	WA
SPRINT INDIVIDUAL		Kayla	Priebe	16	Veradale	WA
SPRINT INDIVIDUAL		Morah	O'Brien	17	Post Falls	ID
SPRINT INDIVIDUAL		Jora	Gleason	18	Spokane	WA
SPRINT INDIVIDUAL		Madison	Morlan	19	Rathdrum	ID
SPRINT INDIVIDUAL		Taylor	Gould	20	Spokane	WA
SPRINT INDIVIDUAL		Megan	Gordon	22	ELK	WA
SPRINT INDIVIDUAL		Whitney	Inman	24	Spokane	WA
SPRINT INDIVIDUAL		Sarah	Peterson	25	Newman Lake	WA
SPRINT INDIVIDUAL		Amanda	Collins	26	Marysville	WA
SPRINT INDIVIDUAL		Shelbey	Johnson	26	Spokane	WA
SPRINT INDIVIDUAL		Rachael	McCrary	26	Spokane	WA
SPRINT INDIVIDUAL		Mattie	Orme	26	Kearns	UT
SPRINT INDIVIDUAL		Sarah	Weedin	26	Astoria	OR
SPRINT INDIVIDUAL		Sarah	Quine	27	SPOKANE	WA
SPRINT INDIVIDUAL		Moriah	Aispuro	28	SANDPOINT	ID
SPRINT INDIVIDUAL		Kaylee	Hammerich	28	Pullman	WA
SPRINT INDIVIDUAL		Sydney	Johnson	28	spokane	WA
SPRINT INDIVIDUAL		Patricia	Means	28	Spokane	WA
SPRINT INDIVIDUAL		Kristin	Million	28	Pullman	WA
SPRINT INDIVIDUAL		Mikayla	Brandhorst	29	Cheney	WA
SPRINT INDIVIDUAL		Kirstin	Cortner	29	Spokane	WA
SPRINT INDIVIDUAL		Taryn	Gonzalez	29	Spokane Valley	WA

SPRINT INDIVIDUAL		Kami	Kowalski	29	Pullman	WA
SPRINT INDIVIDUAL		Dawn	Niccum	29	West Richland	WA
SPRINT INDIVIDUAL		Kaylene	Folks	30	Medical Lake	WA
SPRINT INDIVIDUAL		Shtephany	Nalley	30	Astoria	OR
SPRINT INDIVIDUAL		Rachel	Robison	30	Spokane valley	WA
SPRINT INDIVIDUAL		Ellie	Bogar	31	Moscow	ID
SPRINT INDIVIDUAL		Kelly	Enfield	31	Nine Mile Falls	WA
SPRINT INDIVIDUAL		Jennifer	Guidi	31	Spokane Valley	WA
SPRINT INDIVIDUAL		Lisa	Haffey	31	Seattle	WA
SPRINT INDIVIDUAL		Alicia	Hunt	31	Spokane	WA
SPRINT INDIVIDUAL		Alexis	Lundgren	31	Spokane	WA
SPRINT INDIVIDUAL		Janna	Michaud	31	Spokane	WA
SPRINT INDIVIDUAL		Elizabeth	Regalado	31	Spokane	WA
SPRINT INDIVIDUAL		Whitney	Sanford	31	Coeur D Alene	ID
SPRINT INDIVIDUAL		Crystal	Barrett	32	Otis Orchards	WA
SPRINT INDIVIDUAL		Brooke	Donnelly	32	LIBERTY LAKE	WA
SPRINT INDIVIDUAL		Heather	Dresback	32	Spokane	WA
SPRINT INDIVIDUAL		Katherine	Junay Lopez	32	Spokane	WA
SPRINT INDIVIDUAL		Whitney	Kessie	32	Spokane valley	WA
SPRINT INDIVIDUAL		Joleen	Laue	32	Pullman	WA
SPRINT INDIVIDUAL		Danielle	Reinarz	32	Cranbrook	BC
SPRINT INDIVIDUAL		Jessica	Ziegler	32	Spokane	WA
SPRINT INDIVIDUAL		Melissa	Burns-Price	33	COEUR d alene	ID
SPRINT INDIVIDUAL		Megan	Leary	33	Coeur d Alene	ID
SPRINT INDIVIDUAL		Annie	Stillar	33	Spokane	WA
SPRINT INDIVIDUAL		Alison	Walker	33	Airway Heights	WA
SPRINT INDIVIDUAL		Jodi	Welch	33	Oldtown	ID
SPRINT INDIVIDUAL		Savannah	wu	33	Spokane	WA
SPRINT INDIVIDUAL		Kate	Butcher	34	Spokane	WA
SPRINT INDIVIDUAL		JILL	MORRISON	34	DAVENPORT	WA
SPRINT INDIVIDUAL		Jillian	Robison	34	Valleyford	WA
SPRINT INDIVIDUAL		Jennifer	Antonietti	35	Spokane Valley	WA
SPRINT INDIVIDUAL		Katrina	Clauson	35	Wilson	WY

SPRINT INDIVIDUAL		Kelli	Kittilstved	35	Spokane	WA
SPRINT INDIVIDUAL		Jenna	McGerty	36	Spokane	WA
SPRINT INDIVIDUAL		HEATHER	PARE	36	Spokane	WA
SPRINT INDIVIDUAL		Anya	Spano	36	Nine Mile Falls	WA
SPRINT INDIVIDUAL		Jessica	Campbell	37	Spokane	WA
SPRINT INDIVIDUAL		Jamie	Jones	37	Helena	MT
SPRINT INDIVIDUAL		Seneca	Shank	37	Mead	WA
SPRINT INDIVIDUAL		Allison	Sonneland	37	Spokane	WA
SPRINT INDIVIDUAL		Erin	Toungate	37	Spokane	WA
SPRINT INDIVIDUAL		Jessica	McCorgary	38	Spokane	WA
SPRINT INDIVIDUAL		Lacey	Menasco	38	Spokane Valley	WA
SPRINT INDIVIDUAL		Jenny	Schimmels	38	Spokane	WA
SPRINT INDIVIDUAL		Molly	Cooke	39	Spokane	WA
SPRINT INDIVIDUAL		Shanna	Brown	40	Spokane	WA
SPRINT INDIVIDUAL		Heather	Costanzo	40	Nine Mile Falls	WA
SPRINT INDIVIDUAL		Stephanie	Craft	40	Mead	WA
SPRINT INDIVIDUAL		Lyss	Johnson	40	Moses Lake	WA
SPRINT INDIVIDUAL		Samantha	Mumford	40	Newport	WA
SPRINT INDIVIDUAL		Amanda	Smith	40	Coeur d'á Alene	ID
SPRINT INDIVIDUAL		Melissa	Burgess	41	Spokane	WA
SPRINT INDIVIDUAL		Virginia	Davis	41	Liberty Lake	WA
SPRINT INDIVIDUAL		Brie	LeBret	41	SPOKANE	WA
SPRINT INDIVIDUAL		Leslie	Dashiell	42	Spokane	WA
SPRINT INDIVIDUAL		Jolie	Jantz	42	Hayden	ID
SPRINT INDIVIDUAL		Gayle	Soto	42	Veradale	WA
SPRINT INDIVIDUAL		Bekah	Gay	43	Coeur d Alene	ID
SPRINT INDIVIDUAL		Angela	Coleman	44	Spokane Valley	Wa
SPRINT INDIVIDUAL		Cindy	Early	44	Coeur d_æ_Alene	ID
SPRINT INDIVIDUAL		Julie	Haddad	44	Spokane	WA
SPRINT INDIVIDUAL		Jenny	Hoene	45	Spokane Valley	wa
SPRINT INDIVIDUAL		Heather	Morasch	45	Spokane	WA
SPRINT INDIVIDUAL		Jonnie	Bray	46	Nespelem	WA
SPRINT INDIVIDUAL		Denice	Donaghy	46	Spokane	WA

SPRINT INDIVIDUAL		Rachael	Mccann	46	Spokane	WA
SPRINT INDIVIDUAL		Tina	Hovde	47	Spokane	Wa
SPRINT INDIVIDUAL		Melissa	Johnson	47	DAVENPORT	WA
SPRINT INDIVIDUAL		Kathalene	Cassels	48	Deer Park	WA
SPRINT INDIVIDUAL		Janet	Lane	48	Spokane	WA
SPRINT INDIVIDUAL		Laura	Matthews	48	Mount Vernon	WA
SPRINT INDIVIDUAL		Dee	Myers	48	Spokane Valley	WA
SPRINT INDIVIDUAL		tracey	peterson	48	Hayden	ID
SPRINT INDIVIDUAL		Jennifer	Weir	49	Spokane	WA
SPRINT INDIVIDUAL		Mary	Wilson	49	West Yellowstone	MT
SPRINT INDIVIDUAL		Maria	Leaver	50	Spokane	WA
SPRINT INDIVIDUAL		Alisa	Rodriguez	50	Great Falls	MT
SPRINT INDIVIDUAL		Leslie	Streeter	50	Richland	WA
SPRINT INDIVIDUAL		Lori	Graham	51	Liberty Lake	WA
SPRINT INDIVIDUAL		Laura	Narolski	51	Coeur d'Alene	ID
SPRINT INDIVIDUAL		Jan	Couture	52	Spokane	WA
SPRINT INDIVIDUAL		Dina	Minchey	52	Medical Lake	WA
SPRINT INDIVIDUAL		Shelley	Robillard	52	Moses Lake	US
SPRINT INDIVIDUAL		Cheryl	Gould	53	Spokane	WA
SPRINT INDIVIDUAL		Linda	Heyamoto	53	Liberty Lake	WA
SPRINT INDIVIDUAL		Gloria	Hartley	54	Deer Park	WA
SPRINT INDIVIDUAL		Jill	Johnson	54	Spokane	WA
SPRINT INDIVIDUAL		Ila	Myers	54	Spokane	WA
SPRINT INDIVIDUAL		Suzanna	Spencer	54	SPIRIT LAKE	ID
SPRINT INDIVIDUAL		Linda	Estes	55	Spokane Valley	WA
SPRINT INDIVIDUAL		Marlene	Norris	55	Spokane	WA
SPRINT INDIVIDUAL		Chris	Blair	56	Bremerton	WA
SPRINT INDIVIDUAL		Dora	Glidden	56	Spokane	WA
SPRINT INDIVIDUAL		Karen	Davis-Morris	57	Pullman	WA
SPRINT INDIVIDUAL		Delaine	Gruber	57	Spokane	WA
SPRINT INDIVIDUAL		Lisa	Johnson	57	Deer Park	WA
SPRINT INDIVIDUAL		Kris	Knight	57	Spokane Valley	WA
SPRINT INDIVIDUAL		Michele	Vallor	57	Leavenworth	WA

SPRINT INDIVIDUAL		Nancy	Harvey Weisen	58	Spokane Valley	WA
SPRINT INDIVIDUAL		Barbara	Stone	58	Spokane	WA
SPRINT INDIVIDUAL		Tina	Barr	59	Tacoma	WA
SPRINT INDIVIDUAL		June	Hobson	59	Colbert	WA
SPRINT INDIVIDUAL		Valeri	Houtary	59	Bremerton	WA
SPRINT INDIVIDUAL		Colleen	Manary Quine	60	Spokane	WA
SPRINT INDIVIDUAL		Carrie	Christen	61	Spokane	WA
SPRINT INDIVIDUAL		Cheryle	Jones	62	Otis Orchards	WA
SPRINT INDIVIDUAL		Theresa	Long	62	Richland	WA
SPRINT INDIVIDUAL		Mary	Myhre	62	Spokane	WA
SPRINT INDIVIDUAL		Elizabeth	Bousley	63	Spokane	WA
SPRINT INDIVIDUAL		Kathleen	Casey	63	Walla Walla	WA
SPRINT INDIVIDUAL		Deborah	Vaughn	63	Bremerton	WA
SPRINT INDIVIDUAL		Karen	Ashton	64	Gig Harbor	WA
SPRINT INDIVIDUAL		Karen	Gallogly	64	Salmon	ID
SPRINT INDIVIDUAL		SUSAN	HYDE	64	Post Falls	ID
SPRINT INDIVIDUAL		Cindi	John	64	Spokane	WA
SPRINT INDIVIDUAL		Peggy	Barton	65	Spokane	WA
SPRINT INDIVIDUAL		Ellen	Canfield	65	Bothell	WA
SPRINT INDIVIDUAL		Olivette	Orme	65	Spokane	WA
SPRINT INDIVIDUAL		Melinda	Spohn	65	Spokane	WA
SPRINT INDIVIDUAL		Rebecca	Walch	65	Bremerton	WA
SPRINT INDIVIDUAL		Debe	Breckenridge	66	Loon Lake	WA
SPRINT INDIVIDUAL		Janet	Penner	66	Chattaroy	WA
SPRINT INDIVIDUAL		Gail	Duba	67	Veradale	WA
SPRINT INDIVIDUAL		Eileen	Coyne	68	Seattle	WA
SPRINT INDIVIDUAL		Janell	Heinemann	68	Medical Lake	WA
SPRINT INDIVIDUAL		Deb	Smith	68	Spokane	WA
SPRINT INDIVIDUAL		Linda	Prussack	70	Spokane	WA
SPRINT INDIVIDUAL		Vinette	Tichi	70	Woodinville	WA
SPRINT INDIVIDUAL		Linda	Peterson	71	Seattle	WA
SPRINT INDIVIDUAL		sharon	Stoppler	75	Issaquah	WA
SPRINT INDIVIDUAL		Judy	Beatty	78	Seabeck	WA



## SPRINT RELAY TEAMS

SPRINT RELAY TEAM	A Family Affair	Lynda	Darnell	54	Pullman	WA
SPRINT RELAY TEAM	A Family Affair	Heather	Marney	45	Pullman	WA
SPRINT RELAY TEAM	A Family Affair	Blythe	Buchan	38	Nine Mile Falls	WA
SPRINT RELAY TEAM	BAM!	Anita	Brazington	53	Deer Park	WA
SPRINT RELAY TEAM	BAM!	Michelle	Hottell	51	Spokane	WA
SPRINT RELAY TEAM	BAM!	Bianca	Lauzon	45	Deer Park	WA
SPRINT RELAY TEAM	Cow Belles	Tara	Ross	56	West Yellowstone	MT
SPRINT RELAY TEAM	Cow Belles	Angie	Everest	49	West Yellowstone	MT
SPRINT RELAY TEAM	Cow Belles	Brandy	Loomis	49	West Yellowstone	MT
SPRINT RELAY TEAM	L&Ms	Melissa	Slahtasky	52	Pasco	Wa
SPRINT RELAY TEAM	L&Ms	Lorianne	Hermann	50	Richland	WA
SPRINT RELAY TEAM	L&Ms	Michelle	Chapman	47	Pullman	WA
SPRINT RELAY TEAM	Ready Set Go	Carol	Guthrie	66	Yakima	WA
SPRINT RELAY TEAM	Ready Set Go	Janet	Fuller	49	Moses Lake	WA
SPRINT RELAY TEAM	Ready Set Go	Joanna	Albrecht	48	Moxee	WA
SPRINT RELAY TEAM	Splash, Dash & Flash	Debbie	Arbuckle	53	Spokane	WA
SPRINT RELAY TEAM	Splash, Dash & Flash	Leslie Ann	Yates-Waits	50	Colbert	WA
SPRINT RELAY TEAM	Splash, Dash & Flash	Casie	Bush	45	Spokane	WA
SPRINT RELAY TEAM	TEAM BOTTS	Susan	Elder Botts	66	post falls	ID
SPRINT RELAY TEAM	TEAM BOTTS	Chelsea	Botts	42	cda	ID
SPRINT RELAY TEAM	TEAM BOTTS	keira	botts	12	post falls	ID
SPRINT RELAY TEAM	Tripawed	Sandy	Treccani	46	spokane	WA
SPRINT RELAY TEAM	Tripawed	Erika	Bronson	38	Spokane	WA
SPRINT RELAY TEAM	Tripawed	Katherine	Larimer	36	Greenacres	WA