

**13<sup>TH</sup> ANNUAL SOUTHERN HILLS TRIATHLON – SEPTEMBER 4, 2010**

**Duathlon**

	<b>First Name</b>	<b>Last Name</b>	<b>City</b>	<b>State</b>	<b>Time</b>
<b>Female Overall</b>	Roberta	Jacobson	Gordon	NE	1:43:28
<b>F 40-49</b>					
	Roberta	Jacobson	Gordon	NE	1:43:28
	Beth	Spitzer	Hot Springs	SD	1:46:57
	Charlotte	Lussier	Hermosa	SD	1:49:48
<b>Male Overall</b>	Joe	Roby	Rapid City	SD	1:22:35
<b>M 20-29</b>					
	Joe	Roby	Rapid City	SD	1:22:35
	Nick	Spain	Gering	NE	1:25:53
	Christopher	Coots	Rapid City	SD	1:49:24
<b>M 40-49</b>					
	Todd	Mueller	Rapid City	SD	1:32:41
	Rich	Nelson	Hot Springs	SD	1:45:51
<b>M 50-59</b>					
	Douglas	Haugan	Pierre	SD	1:27:48

## Olympic Triathlon

	First Name	Last Name	City	State	Time
<b>Female Overall</b>	Kara	McMachen	Rapid City	SD	2:42:25
<b>F 20-29</b>	Danielle	McKenzie	Belle Fourche	SD	3:14:17
<b>F 30-39</b>	Kara	McMachen	Rapid City	SD	2:42:25
	Christi	Haswell	Sheridan	WY	2:55:35
	Courtney	Green	Sheridan	WY	3:00:25
	Emily	Wheeler	Rapid City	SD	4:02:34
	Nicole	Craig	Rapid City	SD	4:02:34
<b>F 40-49</b>	Michelle	Meehan	Sheridan	WY	3:08:19
<b>Male Overall</b>	Doug	Morris	Geneva	IL	2:15:17
<b>M 20-29</b>	Cory	Brown	Rapid City	SD	2:36:30
	Chris	Gausepohl	Rapid City	SD	2:51:45
	Jacob	Sands	Spearfish	SD	3:13:46
	Ryan	LaFontaine	Sioux Falls	SD	3:17:39
<b>M 30-39</b>	Jamie	Perry	Bismarck	ND	2:24:43
	Leo	Flynn	Rapid City	SD	2:27:42
	Kris	Meredith	Rapid City	SD	2:28:06
	Brendan	Murphy	Rapid City	SD	2:37:11
	Derek	Leivestad	Rapid City	SD	2:39:56
	George	Rehberg	Rapid City	SD	2:55:00
	Gable	Rhodes	Rapid City	SD	2:58:00
	Scott	Martley	Rapid City	SD	3:06:41
	Ryan	Ryder	Black Hawk	SD	3:19:02

**M 40-49**

Greg	Loos	Rapid City	SD	2:19:15
Michael	Loos	Rapid City	SD	2:21:21
Mike	Welu	Hill City	SD	2:25:07
Todd	Loftus	Whitewood	SD	2:25:53
Stan	Torneten	Rapid City	SD	2:49:03
Thomas	Habbe	Rapid City	SD	3:06:41

**M 50-59**

Doug	Morris	Geneva	IL	2:15:17
Steve	Manlove	Rapid City	SD	2:56:29
Roger	Gallimore	Piedmont	SD	3:27:44

### Sprint Triathlon

	First Name	Last Name	City	State	Total
<b>Female Overall</b>	Tamara	Gorman	Rapid City	SD	1:13:58
<b>F &lt; 20</b>					
	Tamara	Gorman	Rapid City	SD	1:13:58
<b>F 20-29</b>					
	Katie	Messer	Rapid City	SD	1:37:10
	Tessa	Haggerty	Rapid City	SD	1:45:43
	Hailey	Gunderson	Aberdeen	SD	1:46:41
	Tera	Loftus	Fort Collins	CO	1:47:37
	Brooke	Herren	Lusk	WY	1:50:14
<b>F 30-39</b>					
	Jonette	Murphy	Rapid City	SD	1:23:40
	Mieke	Meyer	Spearfish	SD	1:35:34
	Stacey	Nelson	Rapid City	SD	1:39:24
	Fabiana	Meredith	Rapid City	SD	1:44:22
	Jennifer	Ryder	Black Hawk	SD	1:47:54
	Kara	Flynn	Rapid City	SD	1:50:14
	Ann	Collier	Nunning	NE	2:11:07
	Lorena	Veal	Story	WY	2:13:36
<b>F 40-49</b>					
	Kelly	Hill	Rapid City	SD	1:32:13
	Kristen	Loftus	Whitewood	SD	1:34:33
<b>F 50-59</b>					
	Barb	Fetters	Hot Springs	SD	1:41:14
	Christi	Hampton	Upton	WY	1:51:28
	Darci	MacManigal	Rapid City	SD	2:17:48

<b>Male Overall</b>	Brian	Gorman	Rapid City	SD	1:05:34
<b>M &lt; 20</b>					
	Brian	Gorman	Rapid City	SD	1:05:34
	Ryan	Smith	Rapid City	SD	1:30:47
	Samuel	Loftus	Whitewood	SD	1:32:33
<b>M 20-29</b>					
	Allan	McCallum	Rapid City	SD	1:35:11
	Robert	Wagner	Wright	WY	1:36:44
	Jared	Thompson	Black Hawk	SD	1:37:03
<b>M 30-39</b>					
	Joshua	Paull	Lead	SD	1:20:53
	Chad	Schone	Black Hawk	SD	1:26:21
	Dustin	Dierks	Sioux Falls	SD	1:27:02
	Kent	Renaud	Rapid City	SD	1:31:46
	Ben	Watson	Rapid City	SD	1:33:21
<b>M 40-49</b>					
	John	Hill	Rapid City	SD	1:22:14
	Robert	Gunderston	Aberdeen	SD	1:30:03
	Tim	Brumbaugh	Rapic City	SD	1:36:45
	Cooper	Garnos	Presho	SD	1:45:02
	Rich	Olstad	Hot Springs	SD	1:47:52
<b>M 50-59</b>					
	Tom	Golis	Hot Springs	SD	1:26:47
	Dan	Rasby	Rapid City	SD	1:38:46
<b>M 60-69</b>					
	Dave	Carpenter	Rapid City	SD	1:35:29

**Team Triathlon**

<b>Team Event</b>	<b>First Name</b>	<b>Last Name</b>	<b>City</b>	<b>State</b>	<b>Total</b>
<b>Sprint –Women</b>	Patty	Schuh	Hot Springs	SD	1:49:59
	Joyce	Farrell			
	Beth	Schuh			
	Brenda	Beliel	Gordon	NE	2:16:20
	Kris	Ferguson			
	Beth	Summers			
<b>Sprint -Open</b>	Tracy	Zacher	Rapid City	SD	1:30:44
	Kasey	Abbott			
	Alex	Arobba			
	Eric	Johnson	Spearfish	SD	1:44:09
	Shirley	Adams			
	Lorena	Rhoden			
	Brock	Johnsen	Rapid City	SD	1:49:28
	Roger	Johnsen			
	Roger	Johnsen			

### Youth Triathlon

	<b>First Name</b>	<b>Last Name</b>	<b>City</b>	<b>State</b>	<b>Total</b>
<b>F 7-8</b>					
	Alexia	Olson	Rapid City	SD	0:49:29
	Lauren	Hill	Rapid City	SD	0:49:48
<b>F 9-10</b>					
	Molly	Green	Sheridan	WY	0:39:51
	Aspen	Stover	Hot Springs	SD	0:39:52
	Ashleigh	Olson	Rapid City	SD	0:46:28
	Carlie	Collier	Dunning	NE	0:50:58
<b>F 11-12</b>					
	Hannah	Loftus	Whitewood	SD	0:38:06
	Grace	Hoffmann	Rapid City	SD	0:38:28
	Haylea	Stover	Hot Springs	SD	0:40:24
	Clover	Rhoden	Upton	WY	0:41:59
<b>M 9-10</b>					
	Eveneau	Rasby	Rapid City	SD	0:42:20
<b>M 11-12</b>					
	Derek	Lothspeich	Black Hawk	SD	0:34:03
	Matthew	Habbe	Rapid City	SD	0:38:29
<b>M 13-14</b>					
	Jeffrey	Loftus	Whitewood	SD	0:30:39