

GOLD NUGGET TRIATHLON  
MAY 17, 2009  
ANCHORAGE, ALASKA  
Timing and Results by Up and Running Event Management

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TEAM Results  
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1. Victorious Secrets  
00:53:24 00:55:16 00:58:38 00:59:25 01:00:43 = 04:47:26  
3 Kristi Waythomas, 40 Suzanne Wheatall, 15 Andrea  
Neeser, 36 Janet Mamikunian, 39 Kelly Van Hoek
2. Team Trionics  
01:00:13 01:02:48 01:06:36 01:08:00 01:09:13 = 05:26:50  
50 Martha Dennis-Marlow, 1215 Amy Erickson, 1116 Julie  
Vogler, 1095 Kristin Wilkinson, 1072 Patricia Libby
3. Board Of Directors  
00:50:47 00:57:29 01:08:19 01:14:09 01:25:30 = 05:36:14  
2 Shannon Donley, 6 Deenie Robertson, 100 Amy  
MacKenzie, 237 Rose Van Hemert, 52 Margorie Keene
4. Well Kept Women  
01:01:23 01:08:28 01:11:13 01:12:14 01:15:07 = 05:48:25  
1341 Erin Beam, 1343 Debbie Blank, 1349 Deeann Lees, 1353  
Kristin Dulik, 1342 Caren Carlson
5. The Hotties  
01:06:54 01:08:50 01:13:30 01:16:48 01:19:52 = 06:05:54  
700 Kristine Eastman, 1092 Wendy Pallozzi, 701 Tracy Lyons,  
706 Laura Isaacson, 709 Mindy McCulley
6. Amaterasu  
01:07:03 01:08:35 01:12:16 01:13:52 01:27:02 = 06:08:48  
1219 Tina Moronell, 598 Julie Austerman, 597 Sarah Stevens,  
1039 Tricia Perkins, 600 Beth Kemp
7. World Beanies  
01:02:37 01:14:49 01:15:55 01:17:24 01:18:30 = 06:09:15  
205 Angela Conroy, 246 Anna Harrison, 489 Hannah Briggs,  
1172 Kathryn Wilson, 89 Rebecca Donald
8. Ak Cakes  
01:05:04 01:14:35 01:15:52 01:23:22 01:24:05 = 06:22:58  
1154 Annie Santiago, 921 Bethany Arsenault, 596 Jessica  
Pennington, 944 Lisa Lopez, 591 Christine Cadogan
9. Delta Divas  
01:01:44 01:17:25 01:20:16 01:21:42 01:22:02 = 06:23:09  
219 Cindy Tuckwood, 305 Brooke Whipple, 297 Galilee  
Halbert, 302 Courtney Durham, 296 Lindsay Pinkelman
10. Valley Rookies  
01:01:55 01:20:18 01:21:33 01:24:47 01:27:57 = 06:36:30  
733 Lynnetta Marcellus, 734 Tanya Scott, 728 Rachel Kroon,  
732 Stacy Holohan, 725 Misti Schiewe
11. Fit Alaskans  
01:03:53 01:14:45 01:26:57 01:28:39 01:37:05 = 06:51:19  
1059 Angie Brennan, 1288 Michelle Turinsky, 1292 Brenda Zuck,  
1290 Robyn Sullens, 1289 Tanya Lautaret
12. The Girlfriends  
01:16:44 01:22:50 01:22:52 01:27:55 01:29:51 = 07:00:12  
697 Nancy Barnacle, 698 Janet Hulbert, 696 Catherine Irwin,  
73 Susan Reeves, 480 Cassandra Barsalou
13. Fufadabo  
00:57:21 01:29:40 01:30:30 01:32:35 01:33:19 = 07:03:25  
32 Amy Owens, 631 Wendy Crowell, 629 Denise Cavanaugh,  
628 Maureen Mackowski, 632 Bonnie Smith
14. Girl Play Alaska  
01:11:10 01:14:03 01:18:09 01:33:38 01:47:51 = 07:04:51  
633 Lauren Bradley, 1109 Holly Spoth-Torres, 634 N. Leigh  
Frederickson, 636 Jennifer Moore, 637 Elizabeth Hunt
15. Naturally Amazing  
01:22:12 01:27:08 01:27:18 01:28:32 01:29:21 = 07:14:31  
656 Cassidy Rhodes, 658 Mackenzie Morrison-Heath, 655  
Elizabeth Matthews, 654 Makenna Rhodes, 657 Rachel Irons

16. No Fear Forward  
01:11:28 01:17:45 01:28:01 01:36:55 01:43:22 = 07:17:31  
151 Erin Widener, 663 Jennifer Correnti, 661 Heather Crook,  
660 Marci Hosken, 667 Patti Judd
17. 80's Ladies  
01:07:04 01:10:39 01:30:28 01:39:58 01:51:39 = 07:19:48  
584 Karma Roth, 585 Heather Hundrup, 583 Heather Riley,  
587 Kathy Branson, 586 Roma Boyer
18. Five Fish Tri-Ing For Fun  
01:12:53 01:17:52 01:18:16 01:42:09 01:54:50 = 07:26:00  
623 Carmen Thomas, 622 Andrea Tesch, 621 Diane Loopstra,  
625 Jennifer Carpenter, 624 Dona Eidam
19. Soldotna Energizers  
01:14:02 01:32:02 01:33:06 01:34:52 01:35:07 = 07:29:09  
932 Jennifer Lancaster-Jacks, 952 Christine Navarro, 947  
Dana Hunter, 460 Emily Werner, 459 Hailey Ames
20. Lady Wolves  
01:18:11 01:26:20 01:29:30 01:29:44 01:51:20 = 07:35:05  
1307 Stephanie Porter, 1305 Mary Witthus, 1304 Sarah  
Nicholson, 178 Jill Singleton, 1308 Dawn Stiles
21. Magnificent Seven  
01:18:21 01:21:59 01:29:50 01:41:20 01:45:33 = 07:37:03  
1317 Beth Baker, 1321 Kim Meck, 1319 Val Jokela, 1318  
Jennifer Comeau, 1315 Lee Anne Hellesto
22. The Pabs  
01:31:51 01:32:09 01:32:32 01:40:15 01:46:00 = 08:02:47  
718 Heather Martinez, 715 Kayla Hayes, 714 Danielle Knight,  
716 Miriam Hayes, 717 Aspen Knight
23. Swede Inspiration  
01:18:17 01:32:13 01:37:59 01:47:16 01:47:55 = 08:03:40  
163 Dana Buchanan, 315 Jessica Jensen, 874 Karen  
Gonne'harrell, 672 Renee Kochuten, 407 Irene Persson-Gamble
24. Llamas  
01:37:14 01:51:39 01:55:43 02:02:43 02:18:03 = 09:45:22  
1309 Caren Barlowe, 1314 Michelle Diaz, 1311 Alexis Beyer,  
1312 Kimberly Woodhull, 1313 April Arbuckle
25. We Fit  
01:25:37 02:12:35 02:12:54 02:13:11 02:13:14 = 10:17:31  
735 Claudia Haines, 736 Amy Russell, 737 Cindy Meeks, 738  
Audrey Russell, 739 McKenzie Meeks