



Smithfield Indoor Triathlon

Swim	Spin	Run
50 yards per lap	Read bike console	13 laps per mile

Age Group	Place	Name	Age	Gender	(laps)	(miles)	(laps)	Total Distance
0-19 yrs (Female)	1	Elizabeth Hall	F	17	17	8.9	31	15.12
	2	Lily Apedaile	F	18	17	8.8	25	14.10
	3	Addison Pugmire	F	17	17	6.2	20	10.73
	4	Rachel Allred	F	8	9	5.6	22	9.75
	5	Tais Trammell	F	17	6	4.3	20	7.89
(Male)	1	Max Dallon	M	15	24	9.4	33	16.52
	2	Luke Dallon	M	15	8	9.8	26	14.48
	3	Gabriel Pace	M	15	19	7.6	32	14.14
	4	Finn Marett	M	6	5	4.9	22	8.71
20-29 yrs (Female)	1	Samantha Hall	F	23	17	9.1	35	15.93
	2	Megan Bergstrom	F	23	23	8.1	30	14.68
	3	Lauren Brown	F	22	14	8.4	29	14.05
	4	Jordan Merrill	F	21	15	7.6	30	13.49
	5	Stephanie Lovell	F	26	9	8.4	21	12.40
	6	Katelyn Oliverson	F	23	16	7.5	20	11.94
	7	Sidney Trainor	F	25	12	6.3	27	11.48
	8	Lexie Koford	F	27	15	6.4	24	11.37
	9	Kylee Woodward	F	27	10	7	22	11.24

10	Keile Williams	F	26	10	6.5	21	10.58
11	Ziah Lynn	F	23	6	6.9	20	10.49
12	Oakley Weyland	F	21	11	5.4	23	9.88

(Male)

1	Joshua Hall	M	21	17	9	33	15.53
2	Jackson DuBose	M	21	22	8.4	33	15.35
3	Rowan Trammell	M	20	9	9	33	14.84
4	Jake Willmore	M	27	13	8.7	29	14.27
5	Jordan Spach	M	26	8	8.9	30	14.20
6	Kyler Koford	M	28	5	9	28	13.73
7	Matthew Trainor	M	25	16	8.3	24	13.36
8	Jaden Wood	M	28	9	7.9	29	13.13
9	Miles Weyland	M	21	12	6.9	32	12.85
10	Joseph Lamb	M	27	10	6.8	29	12.11
11	Taylor Williams	M	29	12	7.3	22	11.71

30-39 yrs

(Female)

1	Nicole Dymock	F	32	14	8.9	28	14.40
2	Ronnie Love	F	37	16	8.4	28	14.07
3	Danielle Koenen	F	33	14	7.4	29	13.05
4	Michelle Brown	F	30	15	8.2	23	13.02
5	Sarakay Palmer	F	35	7	8.1	25	12.54
6	Jessica Wickham	F	35	9	7.3	26	12.07
7	Jennie Aldous	F	32	12	7.7	19	11.65
8	Janessa Nielsen	F	33	5	6.7	24	10.82
9	Jamie Niedrich	F	33	12	4.1	24	8.82

(Male)

1	Stockton Williams	M	31	14	9.7	31	15.66
2	Kyle Gordon	M	36	11	9.1	32	14.96
3	Jon Shook	M	36	14	9.4	27	14.75
4	Tyson Lovell	M	31	12	8.2	32	14.15
5	Nathan Tubbs	M	35	7	8.7	26	13.30
6	John Marette	M	34	7	9	22	12.98
7	Shane Palmer	M	37	11	8	24	12.63
8	Swede Struve	M	32	9	8.1	20	11.94
9	Rhett Nielsen	M	36	8	7.6	22	11.67

40-49 yrs

(Female)

1	Charity Anderson	F	46	13	8.5	23	13.15
2	Melani Allred	F	45	15	7.8	21	12.31
3	Kendl Watt	F	41	11	7.7	15	10.95
4	Shelly Swenson	F	45	11	5.9	20	9.91
5	Becky Merrill	F	48	10	2.3	14	5.31

(Male)

1	Jared Gabrish	M	46	11	10.2	27	15.29
2	Ben Snow	M	43	12	9.3	29	14.78
3	Chad Dallon	M	43	17	8.8	29	14.71
4	Christopher Lewis	M	43	12	8.6	30	14.24
5	Stephen Allred	M	43	12	7.6	28	12.93
6	Chase Harris	M	41	7	8.3	26	12.90

50+ yrs
(Female)

1	Stephanie Hall	F	50	15	8.4	33	14.76
2	Bonnie Summers	F	58	9	8.4	29	13.63
3	Jeannine Groll	F	53	14	7.5	30	13.31
4	Naomi Trammell	F	50	12	8.2	25	13.07
5	Penny Tolman	F	58	11	6.9	26	11.84
6	Cara Gordon	F	58	11	7.5	20	11.51
7	Rachelle Oliverson	F	53	14	7.5	15	11.00
8	Tammy Mendenhall	F	62	9	6	17	9.38

(Male)

1	Anthony Larson	M	53	13	9.9	36	16.55
2	Caleb Trammell	M	50	15	10	32	16.20
3	Jerry Hall	M	50	18	9.5	28	15.34
4	John Apedaile	M	62	16	9.8	26	15.16
5	Chris Kuester	M	52	13	8.9	30	14.62
6	Lee Curtis	M	51	9	9.9	25	14.51
7	Ernesto Galvez	M	52	16	8	30	13.98
8	Mike Oliverson	M	66	6	6.3	17	9.43
9	Jed Woodward	M	61	3	3.8	15	6.36