

2010 USAT SMW Region Duathlete Top Guns

Males

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|----------------------|-----------------------|
| 1. Dana Lyons | 11. Kevin Golden |
| 2. Robert Reveal | 12. Emmanuel Lopez |
| 3. Kyle Brady | 13. Rob Fowler |
| 4. Cody Brewer | 14. James Griffis |
| 5. Stephen O'Neil | 15. Thomas Mazurek |
| 6. Christian Ballard | 16. Baucum Fulk |
| 7. Patrick Schuster | 17. Chris Edgerton |
| 8. Robert Mooney | 18. Abraham Rodriguez |
| 9. Tim Caglarcan | 19. Mike Franklin |
| 10. Chad Sanders | 20. Lee Robb |

Females

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| 1. Lacey Brewer | 6. Melissa Ruthven |
| 2. Landra Fowler | 7. Karen Robertson |
| 3. Glenda Adams | 8. Tammy Rooney |
| 4. Kara Cassel | 9. Maura Guthrie |
| 5. Anne Ekern | 10. Kelsey Abbott |
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2010 USAT SMW Region Triathlete Top Guns

Males

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|-----------------------|-----------------------|
| 1. Jacob Evans | 21. Lawson Fall |
| 2. Adam Wilk | 22. Brandon Guillory |
| 3. Mark Hillers | 23. J. T. Reinert |
| 4. William Ritter | 24. Christian Ballard |
| 5. Chauncey Deller | 25. Greg Hericks |
| 6. Dana Lyons | 26. Ben Hall |
| 7. Patrick Schuster | 27. Patrick Dougherty |
| 8. Tyler Johnson | 28. Frank Sarosdy |
| 9. Roger Wacker | 29. Jason Soria |
| 10. Michael Miguez | 30. Sean Thompson |
| 11. Paul Terranova | 31. Michael Dawdy |
| 12. Ahmed Zaher | 32. Dean King |
| 13. Willy Pickhardt | 33. Seth Ozasa |
| 14. Chris Rulon | 34. Clint Bob |
| 15. Vince Dietsch | 35. Chris Herrington |
| 16. Michael Buonaugur | 36. Madison Flowers |
| 17. David Balis | 37. John Trowbridge |
| 18. Joe Thorne | 38. Pedro Trindade |
| 19. Stephen Milford | 39. Ian Ray |
| 20. Todd Gerlach | 40. Mark Eldredge |

Females

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| 1. Natasha Van Der Merwe | 11. Mina Pizzini |
| 2. Sharon Sander | 12. Ann Wacker |
| 3. Ashley Johnson | 13. Melissa Ruthven |
| 4. Karen Burks | 14. Alma Darensburg |
| 5. Maggie Pickhardt | 15. Rebecca Bradley |
| 6. Amari Holmes | 16. Ashley MaCurdy |
| 7. Patricia Murphy | 17. Anna Means |
| 8. Kara Cassel | 18. Julie Mosier-Crosno |
| 9. Abby Cox | 19. D'Ann Arthur |
| 10. Clines Lisa | 20. Karen Robertson |