

# 2009 Champions

## Regional Triathlon Championships

Wool Capital, San Angelo, TX – August 9  
Female – Natasha Van Der Merwe  
Male – Brady O'Bryan

## Regional Sprint Triathlon Championships

Las Colinas, Texas – July 5  
Female – Ashley Johnson  
Male – Tyler Johnson

## Arkansas State Duathlon Championships

Du For The Parks, Hot Springs, AR - May 25  
Female - Monda Teeter  
Male - Todd Hink

## Louisiana State Triathlon Championships

Meat Pie Tri, Natchitoches, LA – Sept 27  
Female - Eryn Schilling  
Male - Michael Miguez

## Oklahoma State Triathlon Championships

Route 66 Spring, El Reno, OK- May 30  
Female - Kara Cassel  
Male - Christian Ballard

## Texas State Triathlon Championships

Stonebridge Ranch Sprint, McKinney, TX  
Sept 27  
Female - Abby Cox  
Male - David Balis

## Regional Duathlon Championships

Corpus Christi Duathlon – April 26  
Female – Lacey Brewer  
Male – Dana Lyons

## Arkansas State Triathlon Championships

Toad Suck Sprint, Conway, AR - June 7  
Female - Maggie Pickhardt  
Male - Willy Pickhardt

## Louisiana State Duathlon Championships

Opelousas Sunrise Rotary Duathlon – March 22  
Female – Ria Bertels  
Male – Brandon Guillory

## Oklahoma State Duathlon Championships

Draper Lake Duathlon - OKC, OK- July 12  
Female - Kara Cassel  
Male - Daniel Agnew-Tigert

## Texas State Duathlon Championships

Darndst Du In Texas, San Marcos, TX - Aug 16  
Female - Lisa Pohlit  
Male - Derek Yorek