

Female Long Course Athlete of the Year

Past Winners: 2008 Stacey Shand
2009 Lindsay Byers

2010 Nominees:

- Shannon Bews, Saskatoon. Nominated by Don Gallo. Shannon completed the 2010 Subaru Ironman in Penticton with a time of 12:38:56.
- Lindsay Byers, Saskatoon. Nominated by Don Gallo. Lindsay was the first Saskatchewan female in Penticton and finished with a time of 11:21:57.
- Navarra Good, Saskatoon. Nominated by The Regina Multisport Club. Navarra finished the 2010 Subaru Ironman with a time of 12:44:09.

Female Long Course Athlete of the Year Winner for 2010:

Shannon Bews

Using strong results in the swim and the bike, Shannon finished the 2010 Subaru Ironman Competition with a time of 12:38:56, good for 40th place in her age division. Shannon's swim time was 1:15:13 and her bike time was 6:22:06. Shannon finished the race with a run time of 4:52:03.

Shannon has been involved in the sport as an athlete, race director and official.