



## **2009 Female Long Course Athlete of the Year:**

**Lindsay Byers**

Our female Long Course Athlete of the Year is Lindsay Byers. Lindsay is no stranger to sport and athletic success, her professional life as personal trainer has her exposed to athletes all of the time. But there is a difference between training someone and training yourself! And Lindsay had a fantastic 2009 year of competition. Here is a sampling of her success.

2009 –

Saskatchewan Marathon – 1<sup>st</sup> Place 3:21:23

Regina Beach Olympic Distance – 2<sup>nd</sup> Place 2:38

Great White North Half Ironman - 5:17:12, 7<sup>th</sup> in her age group

Subaru Ironman - 11:33:43, 10<sup>th</sup> in her age group.

Lindsay is still racing in the 25-29 age category...so we can expect to see great things from her over the years.