



2009 Female Junior Athlete of the Year:

Abby Miller



The award for 2009 Saskatchewan Female Junior Triathlete of the Year is Abby Miller. Abby is well known in the triathlon circles as one of the most determined, hard working athletes around. Although in 2009 Abby succumbed to a few injuries, she persevered and peaked for her Canada Summer Games performance.

Abby's 2009 competitions include:

Brent Gibson Memorial – 1st place in her age group

PATCO – Junior Elite 24th

Bird's Hill Park – 21st

Merlin Ford Lincoln Spin – 2nd in age group

Goteau du lac junior elite triathlon – 17th

Junior Nationals – 24th

Duck Mountain Triathlon – 1st place

Canada Summer Games – 18th

Abby is currently ranked 18th in TriCanada's Teck Cominco 2009 National Junior Series. She is a gold medalist in high school city track and field and cross country. She was a medalist in provincial cross country in 2008. Abby is an accomplished pianist and maintains a 90 plus average in school.

Abby is also a great supporter of triathlon in SK regularly volunteering at races, KOS events and mentoring younger athletes.