Christine Ridenour - CAN

Gender: Female
Athlete Year of Birth: 1992
Athlete Place of Birth: Duncan, British Columbia, Canada
Athlete Weight: 131lbs
Athlete Height: 5'6"
Current WTS Ranking: No Ranking

Athlete Biography

I first started triathlon when I was nine years old, after my swim coach suggested I do a triathlon, as I also liked to bike and run. The person who has had the most influence on my sporting career is my past coach Kelly Guest, who has taught me so much and supported me throughout my years of sport.

I currently train in Victoria, BC, and during an average training week I swim 7.5 hours, bike 6 hours, and run 4 hours. My personal best swim time (1500m) is 18:50, and best run time (10km) is 39:30. My triathlon goals are the podium at the 2010 World Championships and Youth Olympic Games, as well as to attend the 2012 Olympic Games, and win Olympic gold in 2016.

Athlete Sponsors: Asics, Frontrunners, Berg bikes.

Athlete Language: English

Athlete Tri Entry Year: 2001

Athlete Education: Graduated from Cowichan Secondary School, and will attend the University of Victoria in September 2010

Athlete Hobbies: Cooking, reading books, skiing, sleeping!

Athlete Proudest Moment: Inside triathlon, my proudest moment was my first win in a junior elite race, the Coteau du Lac triathlon, where I also qualified for the World Championships. Outside triathlon, my proudest moment was winning the Governor General\'s award at my high school, which meant I had the highest grade point average in the school.

Athlete Coach: Patrick Kelly

Major Games Results

Date	Event Name	Position
14/08/2010	2010 Singapore Youth Olympic Games	14

14/08/2010	2010 Singapore Youth Olympic Games	5

Recent World Triathlon Series Results

Date	Event Name	Position
09/09/2011	2011 Dextro Energy Triathlon - ITU World Championship Grand Final Beijing (Junior Women)	9
08/09/2010	2010 Dextro Energy Triathlon - ITU Triathlon World Championship Grand Final Budapest (Junior Women)	12

World Championship Medals

This athlete does not have any World Championship Medals

0 World Cup Wins

This athlete has not any World Cup Podiums