

IRON NUT TRIATHLON  
AUGUST 11, 2018  
HARRY L. COOMES RECREATION CENTER, ABINGDON, VA

AWARD LIST

OVERALL MALE WINNERS		
1	Greg Comforth	45 1:28:08
OVERALL FEMALE WINNERS		
1	Kelly Mitchell	35 1:52:12
FEMALE AGE GROUP: 18 - 29		
1	Tabby Robinette	25 1:55:01
2	Anna Hawkins	28 1:55:13
3	Susan Wiley	29 2:06:41
MALE AGE GROUP: 18 - 29		
1	Caleb Roark	25 1:42:26
2	Benjamin Tolton	25 1:43:55
3	Blake Watson	29 1:46:29
4	Preston Pionk	28 2:02:07
FEMALE AGE GROUP: 30 - 39		
1	Jenni Day	37 1:56:39
2	Gail Wiley	34 2:10:55
3	Jenna Dereus	34 2:12:03
4	Nicole Fields	36 2:13:16
5	Erin Jurich-Finney	38 2:21:44
MALE AGE GROUP: 30 - 39		
1	Nathan Berg	31 1:46:26
2	David Magee	36 1:58:14
3	Tony Branson	38 2:06:00
4	Philip Deel	39 2:06:47
FEMALE AGE GROUP: 40 - 54		
1	Sharon Witonsky	51 2:21:29
2	Brenda Sprinkle	48 3:30:16
MALE AGE GROUP: 40 - 54		
1	Hans Stamberg	43 1:31:21
2	Ron Manis	52 1:31:58
3	Greg Meade	46 1:32:27
4	Chad Green	45 1:32:39
5	Scott Sikes	40 1:40:59
6	Brian Newberry	41 1:55:05
7	Matthew Bundy	45 2:06:30
8	Gary Rose	44 2:46:40
FEMALE AGE GROUP: 55 - 99		
1	Patti Turpin	61 3:03:09
MALE AGE GROUP: 55 - 99		
1	Robert Allen	61 1:54:18
2	Charles Sprinkle	55 3:29:53

RELAY

AWARD LIST

1	Barbara Stambery	Seth Testerman	1:46:06	
2	Linda Maidens	Matt Turner	Lisa Ellis	1:52:12