



IRON NUT TRIATHLON  
MAY 21, 2016  
HARRY L. COOMES RECREATION CENTER, ABINGDON, VA

AWARD LIST

	OVERALL MALE WINNERS	
1 Ronnie Manis	50	1:32:07
	OVERALL FEMALE WINNERS	
1 Mary Dawson	36	1:55:58
	FEMALE AGE GROUP: 18 - 24	
	MALE AGE GROUP: 18 - 24	
1 Caleb Roark	23	1:32:51
	FEMALE AGE GROUP: 25 - 29	
	MALE AGE GROUP: 25 - 29	
1 Curtis Brumit	27	1:37:47
	FEMALE AGE GROUP: 30 - 34	
	MALE AGE GROUP: 30 - 34	
1 Weston Peters	32	1:56:51
	FEMALE AGE GROUP: 35 - 39	
1 Jenni Day	35	2:10:21
2 Stephanie Yoder	37	2:31:13
	MALE AGE GROUP: 35 - 39	
1 Aaron Whitley	38	1:44:15
2 Philip Deel	37	2:08:55
3 Jason Dowd	35	2:39:13
	FEMALE AGE GROUP: 40 - 44	
	MALE AGE GROUP: 40 - 44	
1 Greg Meade	44	1:34:24
2 Travis Green	43	2:05:01
3 Matthew Bundy	43	2:16:01
	FEMALE AGE GROUP: 45 - 49	
1 Lisa Davis	49	2:04:15
2 Lee Hitch	45	2:15:02
3 Joanne Davenport	45	2:24:26
	MALE AGE GROUP: 45 - 49	
1 Scott Davis	48	1:50:12
	FEMALE AGE GROUP: 50 - 54	
	MALE AGE GROUP: 50 - 54	
1 Jeff Bauseman	52	1:50:52
	FEMALE AGE GROUP: 55 - 59	
1 Cynthia Seeling	55	3:03:28
	MALE AGE GROUP: 55 - 59	
1 Robert Allen	59	1:49:29
2 Ken Crapps	56	2:03:30
	FEMALE AGE GROUP: 60 - 99	
1 Candy Habich	60	2:27:55
	MALE AGE GROUP: 60 - 99	
1 Wallace Street	75	2:36:18

RELAY  
AWARD LIST

1 Lovett/ Hay	1:49:33
2 Clark/ Dick/ Ellis	1:57:44
3 Mott-Lee's Crew	2:09:42
4 Bremmer/ Jurich-Finney	2:46:36