

# The Iron Nut



## Sprint Tri 2017

IRON NUT TRIATHLON

JUNE 3, 2017

HARRY L. COOMES RECREATION CENTER, ABINGDON, VA

### AWARD LIST

#### OVERALL MALE WINNERS

1 David Simmons 42 1:21:53

#### OVERALL FEMALE WINNERS

1 Jamie Simmons 39 1:22:50

#### FEMALE AGE GROUP: 18 - 29

1 Mollie Rutledge 24 1:59:51

2 Jenna Haimes 25 2:04:48

3 Blakely Robertson 21 2:05:15

4 Savannah McCord 23 2:22:52

#### MALE AGE GROUP: 18 - 29

#### FEMALE AGE GROUP: 30 - 39

1 Erin Jurich-Finney 38 2:45:15

2 Debra McCown 34 2:59:33

3 Katie Dawson 37 3:06:17

#### MALE AGE GROUP: 30 - 39

1 Shawn Hall 35 1:27:16

2 Brian Dawson 37 1:31:49

3 Zac Holt 31 1:53:18

4 Philip Deel 38 2:03:16

5 Jason Dowd 36 2:28:42

#### FEMALE AGE GROUP: 40 - 54

#### MALE AGE GROUP: 40 - 54

1 Greg Conforth 44 1:28:43

2 Chad Green 44 1:35:19

3 Greg Meade 45 1:41:49

4 Jeff Bauserman 53 1:48:26

5 Bosco Quigley 47 1:54:32

#### FEMALE AGE GROUP: 55 - 99

1 Patti Turpin 60 2:56:41

#### MALE AGE GROUP: 55 - 99

1 Robert Allen 60 1:51:06

2 Jose Rodriguez 62 2:41:10