



5th Annual LPC Retro Triathlon  
 Asheville, NC • August 14, 2016  
 8:00 am Sunday • Sunny 70°F



### AGE GROUP RESULTS

#### Female Open Winners

Overall					----- Swim -----		T1	----- Bike -----		T2	----- Run -----		Chip	
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	12	Acquawon Stallworth	Salisbury NC	650	45	*****	4:29.8	0:51.5	*****	1:03:15.8	0:35.8	*****	25:27.5	1:34:40.6
2	19	Alenda Hartshorn	Asheville NC	642	36	*****	4:15.6	1:00.6	*****	1:07:01.1	1:02.7	*****	25:21.3	1:38:41.5
3	20	Ellen Stallings	Hendersonville NC	670	41	*****	4:47.9	2:24.0	*****	1:06:02.9	1:27.4	*****	24:52.0	1:39:34.4

#### Female Masters Winners

Overall					----- Swim -----		T1	----- Bike -----		T2	----- Run -----		Chip	
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	24	Teresa Fralix	Asheville NC	643	54	*****	5:48.3	1:37.8	*****	1:07:10.6	0:31.0	*****	29:48.7	1:44:56.6

#### Female 20 to 29

Overall					----- Swim -----		T1	----- Bike -----		T2	----- Run -----		Chip	
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	27	Sarah Crawford	Mills river NC	631	27	2	3:54.7	1:37.3	1	1:10:05.0	0:39.6	1	34:48.3	1:51:05.2
2	36	Megan Sales	Fairview NC	662	24	3	4:10.8	2:16.2	2	1:28:10.8	0:52.8	4	43:23.1	2:18:53.7
3	37	Mallory Ament	Brevard NC	630	24	1	3:34.1	2:32.9	3	1:29:20.1	3:45.1	3	42:33.4	2:21:45.8
4	39	Katherine Schuen	Hendersonville NC	652	24	4	5:24.8	2:18.3	4	1:45:14.5	2:32.4	2	40:19.3	2:35:49.5
5	40	Ellen Stallings	Hendersonville NC	651	23									2:35:59.6

#### Female 30 to 39

Overall					----- Swim -----		T1	----- Bike -----		T2	----- Run -----		Chip	
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	28	Priscila Maynez	Arden NC	632	32	1	4:08.9	0:41.1	1	1:21:36.1	0:38.9	1	27:33.0	1:54:38.2
2	30	Priscilla Curvin	Asheville NC	649	30	2	4:45.3	1:21.1	2	1:21:59.3	0:25.2	2	35:34.6	2:04:05.6



### Male 30 to 39

Overall		----- Swim -----						T1	----- Bike -----			T2	----- Run -----		Chip
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	13	Evan Beasley	Hendersonville NC	629	33									1:35:16.7	
2	14	Lance Queen	canton NC	646	31									1:35:21.3	
3	16	Matthew Gruber	Asheville NC	663	33	1	4:09.8	2:03.1	2	1:03:43.5	0:55.3	1	24:34.3	1:35:26.1	
4	17	Aaron Bland	Brevard NC	656	30	2	4:30.5	1:19.1	3	1:03:55.7	0:52.8	2	26:43.7	1:37:22.0	
5	29	Frank Cherry	Asheville NC	653	38	3	5:15.3	2:19.5	4	1:17:04.9	1:15.5	3	34:33.9	2:00:29.3	

### Male 40 to 49

Overall		----- Swim -----						T1	----- Bike -----			T2	----- Run -----		Chip
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	5	John Smith	Asheville NC	669	43	1	3:09.3	0:42.4	3	54:47.3	0:48.3	1	20:58.2	1:20:25.7	
2	6	Grant Sparks	Spruce Pine NC	668	40	5	4:18.4	1:14.1	2	54:17.3	0:43.2	2	22:43.0	1:23:16.2	
3	8	Cameron Beddingfield	Lincolnton NC	633	43	4	4:13.1	0:26.6	4	55:44.9	0:36.3	5	25:53.2	1:26:54.2	
4	9	Jeremy Pike	Mills River NC	637	41	3	4:09.2	1:01.0	5	56:12.6	1:01.5	3	25:00.0	1:27:24.5	
5	11	David Sisk	Winston-Salem NC	664	43	7	4:33.1	2:14.4	1	54:14.5	1:30.7	9	29:47.8	1:32:20.6	
6	15	Darrin Whitaker	Fletcher NC	660	49	10	5:54.1	1:25.9	6	1:01:51.1	0:56.0	4	25:16.6	1:35:24.0	
7	18	Joe Bedford		672	46	9	5:24.0	0:40.1	7	1:03:17.3	0:36.8	6	27:32.0	1:37:30.4	
8	22	Blake Fagan	Asheville NC	638	46	2	3:46.2	1:55.9	8	1:05:15.4	2:02.2	7	28:00.1	1:41:00.0	
9	23	Bradley Cain	Asheville NC	655	41	8	4:46.5	2:51.2	9	1:06:56.3	1:06.9	8	28:00.7	1:43:41.8	
10	31	Philip Creasman	Hendersonville NC	641	45	6	4:24.3	2:00.7	10	1:21:57.8	1:05.4	11	38:52.2	2:08:20.6	
11	35	Phillip Conner	Lake Lure NC	658	41	11	6:22.3	5:16.6	11	1:30:24.0	0:52.3	10	32:46.8	2:15:42.2	

### Male 50 to 59

Overall		----- Swim -----						T1	----- Bike -----			T2	----- Run -----		Chip
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	10	David Thompson	Waynesville NC	628	56	1	3:28.4	0:34.8	1	56:32.2	0:50.4	1	27:18.0	1:28:43.9	

### Male 60 to 69

Overall		----- Swim -----						T1	----- Bike -----			T2	----- Run -----		Chip
Place	Place	Name	City	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	21	Greg Zamule	Oakdale PA	647	60	1	5:39.3	1:15.8	1	1:02:19.3	0:45.0	1	30:56.2	1:40:55.8	