



The Asheville Duathlon, 10K Trail Run, Gravel Grinder Bike Race & Du 4 Kids

Biltmore Estate, Asheville, NC • September 11, 2016
7:45 am Sunday Sunny 67°F



Gravel Grinder Age Group Results

Gravel Grinder 20 Mile

Female Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|--------------------|--------------|---------------|------------|----------------|------------------|
| 1 | Jaimee Johnsen | Fairview NC | 1247 | 39 | 4 | 1:26:34.6 |
| 2 | Samantha Sachs | Asheville NC | 1268 | 29 | 5 | 1:28:33.4 |
| 3 | Elizabeth Harrison | Brevard NC | 1241 | 37 | 6 | 1:30:42.4 |
| 4 | Marilyn Senz | Fletcher NC | 1278 | 55 | 9 | 1:37:18.6 |
| 5 | Linda Martin | Arden NC | 1254 | 59 | 10 | 1:37:50.7 |

Female Open

| <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|----------------------|------------------|---------------|------------|----------------|------------------|
| Maylynn Oswald | Atlanta GA | 1259 | 30 | 13 | 1:40:37.5 |
| Amanda Boyd | Durham NC | 1227 | 28 | 23 | 1:57:56.6 |
| Michelle Kuhnen | Arden NC | 1251 | 27 | 25 | 1:58:37.9 |
| Clarissa Powell | Anderson SC | 1262 | 27 | 26 | 1:59:07.2 |
| Andrea Langdon | Cheraw SC | 1252 | 28 | 30 | 2:03:52.6 |
| cheryl harrington | pisgah forest NC | 1240 | 35 | 31 | 2:06:26.3 |
| Stacy Hudgins | MARION NC | 1243 | 27 | 32 | 2:09:20.1 |
| jessica guffey | flat rock NC | 1239 | 34 | 34 | 2:14:45.0 |
| Haley Watkins | Charlotte NC | 1275 | 31 | 49 | 3:06:47.4 |
| Heather Nikki Parton | Canton NC | 1260 | 22 | 50 | 3:06:47.7 |
| Erin Troutman | Monroe NC | 1271 | 28 | 52 | 3:06:58.3 |



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Female Masters 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|-------------------|-------------------|---------------|------------|----------------|------------------|
| 1 | shannon davis | Asheville NC | 1236 | 44 | 14 | 1:42:01.9 |
| 2 | Kristen Cox | Raleigh NC | 1233 | 46 | 17 | 1:48:10.5 |
| 3 | Tracie Hollifield | Candler NC | 1242 | 43 | 19 | 1:51:29.8 |
| 4 | Amy Redmond | Charlotte NC | 1267 | 42 | 24 | 1:58:07.2 |
| 5 | Jackie Wait | Hendersonville NC | 1272 | 46 | 29 | 2:02:09.0 |
| 6 | Amy Hudgins | MARION NC | 1244 | 44 | 33 | 2:09:20.3 |
| 7 | Kristine Freeman | Arden NC | 1238 | 49 | 40 | 2:26:24.2 |
| 8 | Shauna Heavner | Vale NC | 1280 | 42 | 41 | 2:28:20.0 |
| 9 | Avery Jones | Arden NC | 1248 | 41 | 45 | 2:38:56.4 |

Female Grandmasters 50 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|---------------|--------------|---------------|------------|----------------|------------------|
| 1 | Mimi Hunt | Seneca SC | 1245 | 56 | 20 | 1:53:02.8 |
| 2 | Robin Proctor | Lake Lure NC | 1264 | 56 | 35 | 2:15:57.3 |
| 3 | Lori Norton | Tamassee SC | 1257 | 51 | 38 | 2:20:15.6 |

Male Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|-----------------|--------------|---------------|------------|----------------|------------------|
| 1 | Brad Campbell | Fairview NC | 1230 | 58 | 1 | 1:20:51.9 |
| 2 | Michael Burnett | Magnolia OH | 1229 | 58 | 2 | 1:22:06.5 |
| 3 | Donald Cox | Raleigh NC | 1232 | 47 | 3 | 1:22:52.0 |
| 4 | jarrod melancon | asheville NC | 1255 | 38 | 7 | 1:33:24.3 |
| 5 | Andrew Knoblich | Charlotte NC | 1250 | 31 | 8 | 1:36:43.6 |



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Male 19 and Under

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|--------------|------------------|---------------|------------|----------------|------------------|
| 1 | Cole Woodson | Pisgah Forest NC | 1277 | 10 | 15 | 1:46:39.2 |

Male Open

| <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|-------------------|---------------|---------------|------------|----------------|------------------|
| Matthew Streckert | Louisville KY | 1269 | 38 | 12 | 1:39:52.3 |
| Matthew Reckinger | Saluda NC | 1265 | 30 | 18 | 1:51:25.3 |
| Michael Boyd | Durham NC | 1228 | 28 | 22 | 1:57:56.5 |
| Frank Cherry | Asheville NC | 1231 | 38 | 43 | 2:37:31.7 |
| Jacob Watkins | Charlotte NC | 1274 | 29 | 47 | 3:06:45.0 |
| Brandon Luther | Canton NC | 1253 | 29 | 48 | 3:06:45.4 |
| Blair Troutman | Monroe NC | 1270 | 29 | 51 | 3:06:58.2 |

Male Masters 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|--------------|-------------------|---------------|------------|----------------|------------------|
| 1 | Brad Woodson | Pisgah Forest NC | 1276 | 40 | 16 | 1:46:39.3 |
| 2 | Brian Craig | Black Mountain NC | 1234 | 46 | 27 | 1:59:40.2 |
| 3 | Jeff Wait | Hendersonville NC | 1273 | 49 | 46 | 3:01:14.9 |

Male Grandmasters 50 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|---------------|--------------|---------------|------------|----------------|------------------|
| 1 | Marshall Dent | Florence SC | 1279 | 55 | 11 | 1:39:47.2 |
| 2 | Ralph O'Neal | Cary NC | 1258 | 55 | 21 | 1:54:54.8 |
| 3 | Ken Hunt | Seneca SC | 1246 | 55 | 28 | 2:01:35.1 |
| 4 | James Proctor | Lake Lure NC | 1263 | 59 | 36 | 2:15:57.6 |



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| | | | | | | |
|---|----------------|--------------|------|----|----|-----------|
| 5 | Bradley Norton | Tamassee SC | 1256 | 56 | 37 | 2:20:14.2 |
| 6 | Peter Alberice | Asheville NC | 1226 | 63 | 39 | 2:21:43.9 |
| 7 | DAVE CURRENCE | ASHEVILLE NC | 1235 | 65 | 42 | 2:34:34.9 |
| 8 | Donny Ducker | Arden NC | 1237 | 52 | 44 | 2:37:31.8 |

Gravel Grinder 40 Mile

Female Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|-------------------|--------------|---------------|------------|----------------|------------------|
| 1 | Laura Rice | Fletcher NC | 1361 | 31 | 5 | 2:20:12.5 |
| 2 | Molly Russell | Atlanta GA | 1335 | 27 | 19 | 2:47:24.7 |
| 3 | Tracey Drews | asheville NC | 1312 | 56 | 21 | 2:50:11.8 |
| 4 | Amy Carver | Charlotte NC | 1357 | 45 | 25 | 2:56:04.2 |
| 5 | Charisma Arbogast | Brevard NC | 1301 | 38 | 29 | 3:10:18.0 |

Female Open

| <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|----------------|----------------|---------------|------------|----------------|------------------|
| Rebecca Graves | Knoxville TN | 1314 | 38 | 39 | 3:30:12.1 |
| Jennifer Senos | Mooresville NC | 1337 | 37 | 45 | 3:51:31.1 |

Female Masters 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|----------------|--------------------|---------------|------------|----------------|------------------|
| 1 | Hesper Dickson | Brevard NC | 1311 | 43 | 30 | 3:10:18.2 |
| 2 | Stephanie Holt | Brevard NC | 1321 | 40 | 41 | 3:35:00.9 |
| 3 | Leah Pelfrey | Rochester Hills MI | 1330 | 46 | 43 | 3:40:30.9 |
| 4 | Renee Williams | Darlington SC | 1346 | 49 | 49 | 4:05:26.1 |



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Female Grandmasters 50 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|-------------------|-------------------|---------------|------------|----------------|------------------|
| 1 | Heidi Sherman | Asheville NC | 1339 | 64 | 33 | 3:13:00.6 |
| 2 | Jenn Armen | Hendersonville NC | 1355 | 55 | 36 | 3:17:31.2 |
| 3 | Wendy Coin | Asheville NC | 1308 | 53 | 37 | 3:22:14.7 |
| 4 | Jeannette Steppan | Mooresville NC | 1342 | 58 | 38 | 3:27:12.7 |
| 5 | Anita Humphries | Lancaster PA | 1323 | 58 | 50 | 4:18:54.8 |

Male Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|----------------|-----------------|---------------|------------|----------------|------------------|
| 1 | Jimmy Awad | Kernersville NC | 1302 | 25 | 1 | 2:05:51.4 |
| 2 | James Martin | Arden NC | 1327 | 56 | 2 | 2:13:51.5 |
| 3 | Timothy Hopkin | Flat Rock NC | 1350 | 48 | 3 | 2:18:54.5 |
| 4 | Tim Riddle | Burlington NC | 1333 | 56 | 4 | 2:19:11.5 |
| 5 | wes wiseman | Asheville NC | 1348 | 52 | 6 | 2:26:54.4 |

Male 19 and Under

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|-----------------|---------------|---------------|------------|----------------|------------------|
| 1 | Fletcher Riddle | Burlington NC | 1334 | 19 | 9 | 2:34:43.4 |
| 2 | joshua wong | asheville NC | 1351 | 17 | 16 | 2:46:59.7 |
| 3 | Connor Smith | Asheville NC | 1341 | 13 | 17 | 2:47:17.4 |

Male Open

| <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|------------------|--------------|---------------|------------|----------------|------------------|
| Matthew Torrence | Knoxville TN | 1345 | 28 | 10 | 2:35:04.9 |
| Zachary Holmes | Atlanta GA | 1359 | 28 | 20 | 2:47:25.0 |



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Matthew Gruber Asheville NC 1317 33 42 3:36:48.4

Male Masters 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|------------------|---------------|---------------|------------|----------------|------------------|
| 1 | Michael Campbell | Greenville SC | 1307 | 44 | 13 | 2:38:15.2 |
| 2 | Jeff Harrison | Hickory NC | 1319 | 42 | 15 | 2:44:11.1 |
| 3 | John Smith | Asheville NC | 1340 | 43 | 18 | 2:47:17.7 |
| 4 | Herb Freeman | Arden NC | 1313 | 46 | 22 | 2:54:43.9 |
| 5 | James Bound | Fairview NC | 1354 | 43 | 23 | 2:55:06.6 |
| 6 | Brian Gualano | Asheville NC | 1318 | 49 | 24 | 2:55:24.1 |
| 7 | Chad Holt | Brevard NC | 1322 | 42 | 26 | 3:05:38.4 |
| 8 | Brian Struchen | Charlotte NC | 1344 | 41 | 27 | 3:07:01.8 |
| 9 | Chris Burl | Knoxville TN | 1306 | 41 | 32 | 3:12:47.1 |
| 10 | Sid Border | Asheville NC | 1304 | 48 | 34 | 3:14:06.2 |
| 11 | John Richards | Mooreville NC | 1332 | 41 | 44 | 3:51:28.6 |
| 12 | scott stetson | Asheville NC | 1343 | 44 | 46 | 3:53:56.2 |

Male Grandmasters 50 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|----------------|-------------------|---------------|------------|----------------|------------------|
| 1 | Eric Johnston | Hendersonville NC | 1325 | 64 | 7 | 2:27:55.8 |
| 2 | jeff dalton | Asheville NC | 1352 | 57 | 8 | 2:30:29.9 |
| 3 | Steven Covert | Arden NC | 1309 | 54 | 11 | 2:35:23.8 |
| 4 | scott Pegram | Winston Salem NC | 1329 | 51 | 12 | 2:36:09.3 |
| 5 | Gerald Cotton | Asheville NC | 1349 | 51 | 14 | 2:38:22.4 |
| 6 | Joe Cross | Oneida TN | 1310 | 61 | 28 | 3:07:40.4 |
| 7 | Hank Birdsong | Cedar Mountain NC | 1303 | 62 | 31 | 3:10:18.5 |
| 8 | Paul Reeves | Asheville NC | 1331 | 53 | 35 | 3:14:14.9 |
| 9 | Phil Graves | Knoxville TN | 1315 | 52 | 40 | 3:30:12.2 |
| 10 | George Hatcher | Fayetteville NC | 1320 | 60 | 47 | 4:00:34.1 |



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| | | | | | | |
|----|----------------|--------------|------|----|----|-----------|
| 11 | jeff paul | Asheville NC | 1353 | 54 | 48 | 4:00:52.7 |
| 12 | John Humphries | Lancaster PA | 1324 | 59 | 51 | 4:18:55.2 |

Gravel Grinder 60 Mile

Female Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|----------------|-------------------|---------------|------------|----------------|------------------|
| 1 | Laura Calvin | Concord NC | 851 | 41 | 14 | 4:00:35.7 |
| 2 | Melissa Hall | Southern pines NC | 856 | 51 | 17 | 4:26:12.7 |
| 3 | Molly Sandfoss | Marion NC | 869 | 49 | 18 | 4:31:43.8 |

Male Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|----------------|----------------|---------------|------------|----------------|------------------|
| 1 | Jimm McElroy | Weaverville NC | 861 | 36 | 1 | 3:04:31.1 |
| 2 | Matthew Martz | Chapel Hill NC | 859 | 32 | 2 | 3:15:46.3 |
| 3 | Lee Duncan | Cary NC | 854 | 41 | 3 | 3:15:46.6 |
| 4 | Brad Messenger | Asheville NC | 862 | 35 | 4 | 3:18:23.2 |
| 5 | Thomas Smith | Etowah NC | 870 | 41 | 5 | 3:18:57.7 |

Male Open

| <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|-----------------|-------------------|---------------|------------|----------------|------------------|
| Matthew Mihacsi | Southern Pines NC | 863 | 33 | 11 | 3:58:24.0 |

Male Masters 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|-------------|-------------|---------------|------------|----------------|------------------|
|--------------|-------------|-------------|---------------|------------|----------------|------------------|



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| | | | | | | |
|---|-------------------|-----------------|-----|----|---|-----------|
| 1 | Jasen Taylor | mooreville NC | 871 | 41 | 6 | 3:29:47.1 |
| 2 | Jonathan Marshall | Huntersville NC | 858 | 44 | 9 | 3:42:49.8 |

Male Grandmasters 50 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Chip Time</u> |
|--------------|-----------------|--------------------|---------------|------------|----------------|------------------|
| 1 | Thomas Gee | Paris TN | 855 | 64 | 7 | 3:31:42.6 |
| 2 | Gary w Jackson | Asheville NC | 857 | 62 | 8 | 3:34:42.1 |
| 3 | Mark Monroe | Harrisburg NC | 864 | 52 | 10 | 3:48:29.9 |
| 4 | Greg Combs | Southern Pines NC | 875 | 57 | 12 | 3:58:34.5 |
| 5 | Richard Wiegert | Southern Pines NC | 874 | 52 | 13 | 3:59:18.6 |
| 6 | Neil Myers | Eutawville SC | 865 | 52 | 15 | 4:13:28.0 |
| 7 | Robert Chambers | Calhoun Falls SC | 852 | 60 | 16 | 4:17:24.3 |
| 8 | David Pelfrey | Rochester Hills MI | 866 | 51 | 19 | 5:12:49.4 |