

# Virginia Triple ANVIL Triathlon

Updated: 21:00 5 October 2019

**Race                      Category**

**Bike = 66 Laps Total**

**Run = 78 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish	Overall	Placement
102	Nancy Clinkenbeard	<b>4:51:00</b>	0:17:38	<b>24:31:14</b>	5:08:38	66	29:39:52	0:33:06	<b>24:05:30</b>	30:12:58	78	54:18:28	<b>54:18:28</b>	1	1
103	Colleen Wilcox	<b>4:18:00</b>	0:26:56	<b>27:29:57</b>	4:44:56	66	32:14:53	0:16:18	<b>24:49:16</b>	32:31:11	78	57:20:27	<b>57:20:27</b>	4	3
104	Danielle Winkler	<b>5:04:00</b>	0:25:26	<b>25:09:36</b>	5:29:26	66	30:39:02	0:18:52	<b>24:52:13</b>	30:57:54	78	55:50:07	<b>55:50:07</b>	2	2
106	David Daniels	<b>4:30:00</b>	0:33:43	<b>26:14:55</b>	5:03:43	66	31:18:38	1:05:49	<b>24:11:42</b>	32:24:27	78	56:36:09	<b>56:36:09</b>	3	1
107	Neil Hershman	<b>4:52:00</b>	0:23:39	<b>22:33:40</b>	5:15:39	66	27:49:19	0:11:18	<b>15:48:24</b>	28:00:37	43	43:49:01	<b>DNF</b>		
108	Frank Judge	<b>4:56:00</b>	0:25:11	<b>26:44:34</b>	5:21:11	66	32:05:45	0:14:23	<b>24:52:22</b>	32:20:08	78	57:12:30	<b>57:12:30</b>	5	2

Neil Hershman had his knee go out on him

# Virginia Double ANVIL Triathlon

Updated: 21:00 5 October 2019

**Race                      Category**

**Bike = 44 Laps Total**

**Run = 52 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish	Overall	Placement
603	Alicia Light	<b>3:20:00</b>	0:23:16	<b>15:16:21</b>	3:43:16	44	18:59:37	0:24:27	<b>14:42:05</b>	19:24:04	52	34:06:09	<b>34:06:09</b>	5	2
604	Kathy Roche-Wallace	<b>2:41:00</b>	0:14:25	<b>13:26:45</b>	2:55:25	44	16:22:10	0:13:04	<b>15:57:15</b>	16:35:14	52	32:32:29	<b>32:32:29</b>	4	1
605	Josh Kiecker	<b>2:44:00</b>	0:24:54	<b>12:51:39</b>	3:08:54	44	16:00:33	0:16:06	<b>11:58:05</b>	16:16:39	52	28:14:44	<b>28:14:44</b>	1	1
606	David Light	<b>2:16:00</b>	0:15:53	<b>14:00:10</b>	2:31:53	44	16:32:03	0:15:13	<b>17:18:56</b>	16:47:16	52	34:06:12	<b>34:06:12</b>	6	3
608	Marco Aurelio Rueda	<b>2:56:00</b>	0:21:49	<b>13:09:14</b>	3:17:49	44	16:27:03	0:16:18	<b>14:24:10</b>	16:43:21	52	31:07:31	<b>31:07:31</b>	3	2
609	Jeff Wamser	<b>2:32:00</b>	0:14:11	<b>7:22:39</b>	2:46:11	22	10:08:50	DNF	<b>0:00:00</b>				<b>0:00:00</b>	DNF	DNF
610	Team Heroin Is Cheaper	<b>3:38:00</b>	0:09:57	<b>14:25:18</b>	3:47:57	44	18:13:15	0:01:46	<b>11:51:11</b>	18:15:01	52	30:06:12	<b>30:06:12</b>	2	1

Team Heroin Is Cheaper  
Rachel L'Heureux, Jordan Smith, Mercedes Sawin

Jeff Wamser ~ DNF....was having knee issue and nutrition, has a Mexico Triple Ultra in a few weeks so dropping to do just a Anvil Plus for training

# Virginia ANVIL and Half ANVIL Triathlon

Updated: 09:30 5 October 2019

## ANVIL Distance

**Bike = 22 Laps Total**

**Run = 26 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
1017	Will Turner Day 1	<b>1:23:00</b>	0:15:49	<b>7:07:16</b>	1:38:49	22	8:46:05	0:19:58	<b>5:54:33</b>	9:06:03	26	15:00:36	<b>15:00:36</b>
105	Chris Brennan Day 2	<b>1:20:00</b>	0:15:21	<b>7:20:34</b>	1:35:21	22	8:55:55	0:15:12	<b>6:05:56</b>	9:11:07	26	15:17:03	<b>15:17:03</b>
105	Chris Brennan Day 3	<b>1:32:00</b>	0:26:45	<b>8:20:16</b>	1:58:45	22	10:19:01	0:34:58	<b>6:03:38</b>	10:53:59	26	16:57:37	<b>16:57:37</b>
105	Chris Brennan Day 4	<b>1:33:00</b>	0:34:39	<b>7:53:00</b>	2:07:39	22	10:00:39	0:37:13	<b>5:59:25</b>	10:37:52	26	16:37:17	<b>16:37:17</b>
1013	Siobhan Maize Day 5	<b>1:07:00</b>	0:14:59	<b>6:20:08</b>	1:21:59	22	7:42:07	0:20:16	<b>4:27:13</b>	8:02:23	26	12:29:36	<b>12:29:36</b>
1016	Jen Moore Day 5	<b>2:26:00</b>	0:20:03	<b>9:05:04</b>	2:46:03	22	11:51:07	0:05:40	<b>9:55:02</b>	11:56:47	26	21:51:49	<b>21:51:49</b>
1017	Will Turner Day 5	<b>1:20:00</b>	0:21:31	<b>7:10:54</b>	1:41:31	22	8:52:25	0:16:14	<b>5:45:01</b>	9:08:39	26	14:53:40	<b>14:53:40</b>

## Half ANVIL Distance

**Bike = 11 Laps Total**

**Run = 13 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
	Jack Hershman	<b>0:57:06</b>	0:19:00	<b>3:53:57</b>	1:16:06	11	5:10:03	0:07:05	<b>3:51:12</b>	5:17:08	13	9:08:20	<b>9:08:20</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>



# Virginia 1x5 Quintuple ANVIL Triathlon Day One

Updated: 22:00 30 September 2019

**Race**

**Category**

**Bike = 22 Laps Total**

**Run = 26 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	Drew Holton	<b>1:13:00</b>	0:07:28	<b>5:53:26</b>	1:20:28	22	7:13:54	0:00:43	<b>5:36:34</b>	7:14:37	26	12:51:11	<b>12:51:11</b>
37	Paul Bedard	<b>1:17:00</b>	0:18:08	<b>6:59:00</b>	1:35:08	22	8:34:08	0:00:10	<b>5:24:09</b>	8:34:18	26	13:58:27	<b>13:58:27</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>

# Virginia 1x5 Quintuple ANVIL Triathlon Day Two

Updated: 21:00 1 October 2019

**Race**

**Category**

**Bike = 22 Laps Total**

**Run = 26 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	<b>Drew Holton</b>	<b>1:19:00</b>	0:09:50	<b>6:46:00</b>	1:28:50	22	8:14:50	0:00:28	<b>8:11:18</b>	8:15:18	26	16:26:36	<b>16:26:36</b>
37	<b>Paul Bedard</b>	<b>1:15:00</b>	0:26:07	<b>7:04:41</b>	1:41:07	22	8:45:48	0:23:00	<b>5:05:08</b>	9:08:48	26	14:13:56	<b>14:13:56</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>

# Virginia 1x5 Quintuple ANVIL Triathlon Day Three

Updated: 19:00 2 October 2019

**Race                      Category**

**Bike = 22 Laps Total**

**Run = 26 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	<b>Drew Holton</b>	<b>1:20:00</b>	0:11:23	<b>7:41:38</b>	1:31:23	22	9:13:01	0:00:44	<b>8:54:00</b>	9:13:45	26	18:07:45	<b>18:07:45</b>
37	<b>Paul Bedard</b>	<b>1:17:00</b>	0:29:42	<b>6:49:57</b>	1:46:42	22	8:36:39	0:22:19	<b>6:37:35</b>	8:58:58	26	15:36:33	<b>15:36:33</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>

# Virginia 1x5 Quintuple ANVIL Triathlon Day Four

Updated: 22:00 3 October 2019

**Race**

**Category**

**Bike = 22 Laps Total**

**Run = 26 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	<b>Drew Holton</b>	<b>1:21:00</b>	0:17:16	<b>7:40:46</b>	1:38:16	22	9:19:02	0:00:52	<b>12:36:42</b>	9:19:54	26	21:56:36	<b>21:56:36</b>
37	<b>Paul Bedard</b>	<b>1:19:00</b>	0:35:46	<b>7:22:52</b>	1:54:46	22	9:17:38	0:31:37	<b>8:05:32</b>	9:49:15	26	17:54:47	<b>17:54:47</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>



# Virginia 1x5 Quintuple ANVIL Triathlon Day Five

Updated: 23:30 4 October 2019

**Race**

**Category**

**Bike = 22 Laps Total**

**Run = 26 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	<b>Drew Holton</b>	<b>1:24:00</b>	0:23:31	<b>7:27:34</b>	1:47:31	22	9:15:05	0:00:45	<b>9:20:11</b>	9:15:50	26	18:36:01	<b>18:36:01</b>
37	<b>Paul Bedard</b>	<b>1:21:00</b>	0:27:53	<b>7:32:36</b>	1:48:53	22	9:21:29	0:42:46	<b>6:39:47</b>	10:04:15	26	16:44:02	<b>16:44:02</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>