

## **VSGA Triathlon Results - 8/25/12**

### **MEN**

#### **50-54**

1. Chris Ummer 1:24:3
2. Howard Novak 1:45:43.7

#### **55-59**

1. Terry Ryan 1:29:11.7

#### **60-64**

1. David Johns 1:28:25.4
2. Fred Willi Lowe 1:33:58.9
3. Robert Woodworth 1:34:52.9

- 80-84** 1. George Freeman 2:36:30

### **WOMAN**

#### **50-54**

1. Karen Newman 1:18:31.8
2. Betty Fisk 1:56:33.3

#### **55-59**

1. Rebecca Ryan 1:31:27.1
2. Pam Sills 1:35:02.5