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# Star-News

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## KURE BEACH | TRIATHLETES SWIM, RUN, BIKE, RUN, SWIM



**ABOVE:** Larson White, 5, of Eden, gives out water as racer David Weatherford douses himself Sunday during the second run of the Kure Beach Double Sprint Triathlon.

**RIGHT:** The first heat of triathletes enters the water. Matt Wistoff, of Wilmington, was the top male finisher, and Brianne Gaal, of Cary, was the top female finisher of about 500 participants.



PHOTOS | BRIANA BROUGH

## IN THE AREA

### Wisthoff, Gaal win at Kure Beach

**Matthew Wisthoff** of Wilmington won the Kure Beach Double Sprint Triathlon on Sunday morning, gliding out of the ocean first and never losing his lead.

Wisthoff, 22, completed the first segment, a 375-meter swim, in 7 minutes, 37 seconds and then kept the lead with an 8:48 time in the second part, a 1.5-mile run. His overall time was 1 hour, 1 minute, 53 seconds, nearly three minutes ahead of second-place **Aaron Kiefer** of Morrisville.

The race, which had nearly 500 participants, consists of the initial swim and run, followed by a 12-mile bike, another 1.5-mile run and then another 375-meter swim.

**Brianne Gaal** of Cary won the women's race by about 3 ½ minutes, finishing in 1:10:50. Gaal had the fastest women's time in two run segments and the bike segment. **Amie Krasnozon** of Durham finished second. The top women's local finisher was Leland's **Jennifer Lastfogel**, who was fifth in 1:18:52.

# Swim, run and cycle

Merritt Wagoner of Wilmington (left) runs during the Kure Beach Double Sprint Triathlon on Sunday as a spectator runs along to take a picture. About 500 people of all ages participated in the event, which was won by Matthew Wisthoff.



PHOTO | BRIANNA BROUGH