

3rd Annual FAST BEFORE THE FEAST 5K RUN
 Benefitting the Food Bank of the Virginia Peninsula
 Mariners' Museum Park, Newport News, VA
 Thursday, November 23, 2017 8:30 AM
 USATF Certified Course #VA17036RT
 A Peninsula Track Club Event

Place	O'All	Name	Age	City	State	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====
TOP OVERALL MEN							
1	1	ROBERT CARTER	20	MELBOURNE	FL	17:03	5:30
2	2	JORDAN PRICE	30	NEWPORT NEWS	VA	17:33	5:39
3	3	PAUL SPEIGHT	31	HAMPTON	VA	17:48	5:44
TOP OVERALL WOMEN							
1	11	JACKIE HOFFMAN	24	CHESAPEAKE	VA	19:46	6:22
2	18	JENNIFER ANDERSON	36	POQUOSON	VA	20:24	6:34
3	23	EMILY HONEYCUTT	26	NEWPORT NEWS	VA	21:09	6:49
MEN: 11 AND UNDER							
1	45	COLE CAPUZZI	10	CHESTER	NJ	22:43	7:19
2	46	JOSHUA GUTHINGER	9	YORKTOWN	VA	22:44	7:19
3	59	SOREN HINES	8	NEWPORT NEWS	VA	23:38	7:37
4	105	JACK GORTON	11	NEWPORT NEWS	VA	25:58	8:22 *
5	161	COLIN MINTER	11	NEWPORT NEWS	VA	28:00	9:01
6	169	MORGAN DEAN	9	YORKTOWN	VA	28:09	9:04
7	183	ETHAN CLINKENBEARD	11	NEWPORT NEWS	VA	28:36	9:13
8	186	LUCAS MARKLEY	10	POQUOSON	VA	28:38	9:13
9	196	BLAKE WYNN	10	SMITHFIELD	VA	29:00	9:20
10	289	LUKE SENSENIG	7	YORKTOWN	VA	32:10	10:22
11	338	DARIEN EDWARDS	11	YORKTOWN	VA	33:48	10:53 *
12	361	SEAN LEECH	11	NEWPORT NEWS	VA	34:54	11:14
13	367	CHARLIE GASKELL	11	NEWPORT NEWS	VA	34:58	11:16
14	368	DAVID LANG	8	HAMPTON	VA	34:58	11:16
15	397	KELLEN LAROCHE	10	HAMPTON	VA	36:05	11:37
16	456	HUDSON SMITH	10	NEWPORT NEWS	VA	39:08	12:36
17	468	JOSHUA STEWART	11	NEWPORT NEWS	VA	39:36	12:45
18	474	DAYTON HARRIS	7	SEAFORD	VA	39:53	12:51
19	480	WILL GORTON	9	NEWPORT NEWS	VA	40:30	13:02 *
20	508	JOSEPH BRIGGS	7	NEWPORT NEWS	VA	42:24	13:39
21	514	PAYTON GOETZ	11	SMITHFIELD	VA	42:33	13:42
22	574	TYLER MADDOCK	9	YORKTOWN	VA	45:42	14:43
23	601	RIO HENDERSON	7	NEWPORT NEWS	VA	47:41	15:21
24	608	ALDEN SHIELDS BELL	8	GREENSBORO	NC	48:35	15:39
25	628	GEORGE H HUSSEY	8	SAN DIEGO	CA	50:28	16:15
26	633	JAYDEN ALEXANDER	10	NEWPORT NEWS	VA	50:37	16:18
27	647	TYREE DIGGS	9	NEWPORT NEWS	VA	51:11	16:29
28	649	BRADY TORRES	8	SEAFORD	VA	51:13	16:30
29	750	DYLAN EDWARDS	7	YORKTOWN	VA	1:07:36	21:46 *
MEN: 12 - 15							
1	4	LOGAN JACKSON	15	YORKTOWN	VA	17:49	5:44
2	13	JACOB RACE	15	NEWPORT NEWS	VA	19:52	6:24
3	14	KOSTAS MATEER	15	YORKTOWN	VA	20:01	6:27
4	17	AARON GEORGE	15	LOVELAND	OH	20:08	6:29
5	20	DJ GUTHINGER	15	YORKTOWN	VA	20:46	6:41
6	36	NATHAN GILLIAN	15	SUFFOLK	VA	22:17	7:11
7	50	JOSH MARKLEY	13	POQUOSON	VA	23:12	7:28
8	51	EDDIE FIOCCA	15	YORKTOWN	VA	23:17	7:30 *

9	79	JARRETT EASLEY	14	HAMPTON VA	24:27	7:53
10	83	ANDREW FIOCCA	13	YORKTOWN VA	24:36	7:55 *
11	96	JORDAN HORNE	14	NEWPORT NEWS VA	25:35	8:14
12	116	RYAN EDWARDS	13	FRANKLIN VA	26:31	8:32
13	138	HAGEN HINES	12	NEWPORT NEWS VA	27:28	8:51
14	165	CARTER CANALICHIO	12	CARROLLTON VA	28:06	9:03 *
15	203	NOAH MERTZ	12	HAMPTON VA	29:20	9:27 *
16	240	WILL WISNESKI	15	MARIETTA GA	30:30	9:49
17	243	JONATHAN RUST	13	POQUOSON VA	30:38	9:52
18	255	RYAN POLINSKI	14	MARIETTA GA	30:57	9:58
19	285	SEAN FERRIS	13	HAMPTON VA	32:03	10:19
20	293	MAC SMITH	13	NEWPORT NEWS VA	32:23	10:26
21	389	AIDEN GEORGE	15	LOVELAND OH	35:53	11:33
22	402	CONNOR MCKENZIE	12	MCLEAN VA	36:15	11:40
23	507	NOAH ROHLFS	12	NEWPORT NEWS VA	42:24	13:39
24	538	PEYTON CRUM	12	HAMPTON VA	44:04	14:11
25	541	RILEY BELTZ	12	NEWPORT NEWS VA	44:09	14:13
26	580	LEOPOLDO FIERROS	13	HAMPTON VA	46:21	14:55
MEN: 16 - 19						
1	5	WILLIAM PRILLAMAN	17	NEWPORT NEWS VA	18:28	5:57
2	15	PATRICK GILLIAN	17	SUFFOLK VA	20:01	6:27
3	19	DON DONLEY	17	HAMPTON VA	20:43	6:40
4	24	JIMMY FIOCCA	17	YORKTOWN VA	21:10	6:49 *
5	28	RAYMOND GILLIAN	19	SUFFOLK VA	21:30	6:56
6	60	NATE JACOBSON	19	YORKTOWN VA	23:40	7:37
7	86	JOSEPH LUKE MESSICK	18	HAMPTON VA	25:01	8:03
8	109	GRANT POLINSKI	17	MARIETTA GA	26:05	8:24
9	216	JACOB HOFFMAN	18	NEWPORT NEWS VA	29:53	9:37
10	242	ELI CRAMER	19	NEWPORT NEWS VA	30:32	9:50 *
11	340	JUAN CRUZ OLEA	16	NEWPORT NEWS VA	33:57	10:56 *
12	445	SAM CORNETTE	17	NEWPORT NEWS VA	38:26	12:23
13	467	DEVIN STONE	18	YORKTOWN VA	39:34	12:45
MEN: 20 - 24						
1	10	MARK YOUKER	21	YORKTOWN VA	19:39	6:20
2	12	TUCKER HOFFMAN	22	CHESAPEAKE VA	19:46	6:22
3	29	EMERSON YOUTSEY	20	YORKTOWN VA	21:47	7:01
4	41	JOHN SANDERSON	24	SUFFOLK VA	22:34	7:16
5	74	SAM BATEMAN	22	NEWPORT NEWS VA	24:14	7:48
6	87	JOSHUA MESSICK	22	HAMPTON VA	25:01	8:04
7	100	MATT JACOBSON	24	YORKTOWN VA	25:49	8:19
8	102	STUART MONTGOMERY	21	NEWPORT NEWS VA	25:53	8:20
9	115	JACOB O'DONOVAN	20	GRAND RAPIDS MI	26:29	8:32
10	119	SAM RADECKI	20	CARROLLTON VA	26:43	8:36
11	128	CHARLES MONTGOMERY	22	NEWPORT NEWS VA	26:58	8:41
12	180	CJ ROTH	23	YORKTOWN VA	28:30	9:11
13	238	HEATH TUCK	22	CHARLESTON SC	30:28	9:49
14	260	TROY THOMAS	23	SEATTLE WA	31:07	10:01
15	303	AUSTIN LINGENFELTER	24	YORKTOWN VA	32:45	10:33
16	307	CALEB RADECKI	22	CARROLLTON VA	32:48	10:34
17	415	ANDREW PETERSON-ROSE	22	NEWPORT NEWS VA	37:06	11:57
18	434	BRYAN HUNTER	20	PORTSMOUTH VA	37:48	12:10
19	469	DYLAN HENRY	23	POQUOSON VA	39:36	12:45
20	543	JACOB HOPE	22	NEWPORT NEWS VA	44:25	14:18
21	572	KENNETH FORREST	21	HAMPTON VA	45:38	14:42
22	589	DAVID MONTIEL	24	NEW YORK NY	46:42	15:02
23	680	CJ DREYFUSS	23	YORKTOWN VA	53:26	17:12
24	735	MATTHEW PLUCINSKI	23	NEWPORT NEWS VA	1:00:02	19:20

MEN: 25 - 29

1	9	JOSHUA THOMAS	28	CHARLOTTESVILLE VA	19:17	6:13
2	21	NATHAN CHUA	29	ARLINGTON VA	20:55	6:44
3	26	RAYMOND CUEVAS	28	YORKTOWN VA	21:14	6:50
4	53	J W BEATOVICH	28	YORKTOWN VA	23:25	7:32
5	56	NATHAN SPADY	29	CARROLLTON VA	23:28	7:33
6	57	DAVID BONNEWELL	27	NORFOLK VA	23:29	7:34
7	65	SEAN STRAUSSER	26	DOVER NH	23:48	7:40
8	81	CARK BELOTE	28	VIRGINIA BEACH VA	24:29	7:53
9	90	KITT MOGER	27	SUFFOLK VA	25:21	8:10
10	98	ETHAN BINGEMAN	26	ARLINGTON VA	25:41	8:16
11	110	AARON HOPKINS	26	NEWPORT NEWS VA	26:08	8:25
12	132	AUSTIN HALLINGER	26	POQUOSON VA	27:12	8:46
13	142	TIM SCHMIDT	29	YORKTOWN VA	27:32	8:52
14	168	ALEXANDER STRAND	27	WINSTON SALEM NC	28:08	9:04
15	192	LIAM HOUSTON	25	YORKTOWN VA	28:55	9:19
16	209	KEMARIN KIM	28	NEWPORT NEWS VA	29:33	9:31
17	214	NICOLAS COLEMAN	26	GLOUCESTER VA	29:44	9:34
18	220	AUSTIN SHOEPSLE	27	NEWPORT NEWS VA	30:00	9:40
19	225	DEREK ALFSEN	29	HOUSTON TX	30:08	9:42
20	270	LEO BAILEY II	29	NEWPORT NEWS VA	31:32	10:09
21	426	MATTHEW CAWLEY	25	POQUOSON VA	37:23	12:02
22	457	CODY MOSELY	25	NEWPORT NEWS VA	39:08	12:36
23	492	JUSTIN BELVIN	27	NEWPORT NEWS VA	41:24	13:20
24	496	MATTHEW BEAN	28	NEWPORT NEWS VA	41:59	13:31
25	562	JOSH STADLER	26	POQUOSON VA	45:16	14:35
26	624	GEROGE TILLERSON	26	NEWPORT NEWS VA	50:08	16:09
27	669	CODY COOR	29	KNIGHTDALE NC	52:50	17:01
28	676	CODY GRIFFITH	26	POQUOSON VA	53:14	17:09
29	685	ALDEN HOPE	25	NEWPORT NEWS VA	53:39	17:17

MEN: 30 - 34

1	7	JUSTIN STRAUSSER	30	VIRGINIA BEACH VA	19:04	6:08
2	8	RYAN DOUPE	31	NEWPORT NEWS VA	19:11	6:11 *
3	16	JEFFREY WOOD	33	HAMPTON VA	20:03	6:28
4	63	SEAN BEVILLE	32	MOSELEY VA	23:42	7:38
5	77	KEVIN NASH	33	ARNOLD MD	24:20	7:50
6	130	CLAYTON HOFSTETTER	33	POQUOSON VA	27:05	8:43
7	146	ERIC ALTMAN	32	NEWPORT NEWS VA	27:37	8:54
8	178	JUSTIN GWILT	34	ALEXANDRIA VA	28:24	9:09
9	222	FRED BOWERS	31	POQUOSON VA	30:03	9:41
10	224	JONATHAN NONNEMACHER	34	HAMPTON VA	30:08	9:42 *
11	229	DANIEL HALLINGER	31	WAKE FOREST NC	30:16	9:45
12	273	BENJAMIN SCARINO	31	NEWPORT NEWS VA	31:34	10:10
13	372	BRYAN PAYNE	33	WASHINGTON DC	35:06	11:18
14	378	JEFF GRAY	31	RALEIGH NC	35:14	11:21
15	384	DREW SMITH	31	CEDAR KNOLLS NJ	35:37	11:28
16	485	WILLIAM YARIS	30	LYNCHBURG VA	41:07	13:14
17	545	LEONARD COLLINS	34	HAMPTON VA	44:30	14:20
18	551	RONALD LAMB	33	NEWPORT NEWS VA	44:44	14:24
19	554	KENDALL BYNUM	30	NEWPORT NEWS VA	44:52	14:27
20	590	JEREMY BINDER	33	NORWALK CT	46:43	15:02
21	617	ANDREW WEAVER	30	HAMPTON VA	49:02	15:47
22	682	CHRISTOPHER SNOW	31	SMITHFIELD VA	53:32	17:14
23	688	JOHN KRAVITZ	30	HAMPTON VA	53:48	17:19
24	698	JOSEPH SEAL	31	CHESAPEAKE VA	54:56	17:41

MEN: 35 - 39

1	25	MICHAEL LEECH	39	NEWPORT NEWS VA	21:11	6:50
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2	32	DANIEL MCALLISTER	35	YORKTOWN VA	22:04	7:07
3	35	JASON ANDERSON	35	HURDON FL	22:14	7:10
4	61	BRIAN SMITH	35	NEWPORT NEWS VA	23:40	7:37
5	92	ROB LEFKOWICZ	35	NEWPORT NEWS VA	25:24	8:11
6	156	DAVID BURDO	37	SPRING LAKE MI	27:54	8:59
7	160	ZANE TRAPP	35	FT EUSTIS VA	27:56	9:00
8	173	RYAN HAGERTY	38	SEAFORD VA	28:12	9:05
9	185	DONNIE DOWELL	39	NEWPORT NEWS VA	28:37	9:13
10	204	PATRICK MINTER	36	NEWPORT NEWS VA	29:22	9:28
11	277	ADAM STEPHENS	36	HAMPTON VA	31:48	10:14
12	281	ROB BIRD	35	YORKTOWN VA	31:54	10:16
13	343	DAVID EDWARDS	35	YORKTOWN VA	34:02	10:58 *
14	356	BRYAN CRISPENS	38	CARROLLTON VA	34:35	11:08
15	379	TOMMY GRAY	35	SMITHFIELD VA	35:24	11:24
16	388	BRIAN GASKINS	37	NEWPORT NEWS VA	35:49	11:32
17	475	DALE HARRIS	37	SEAFORD VA	39:55	12:51
18	537	DAVID RILEY	35	VALDOSTA GA	44:01	14:11
19	550	CHRIS BEAL	37	POQUOSON VA	44:43	14:24
20	629	MICHAEL HUSSEY	39	SAN DIEGO CA	50:29	16:15
21	743	ANDREW BALL	38	AUSTIN TX	1:02:50	20:14
22	746	JAMES COTE	38	HAMPTON VA	1:04:23	20:44
23	759	JUSTIN NELSON	35	SUFFOLK VA	1:08:18	21:59
MEN: 40 - 44						
1	27	JOSHUA DEUERMEYER	41	NEWPORT NEWS VA	21:21	6:53 *
2	42	MATT CAPUZZI	44	CHESTER NJ	22:36	7:17
3	44	KEITH HINES	43	DURHAM NC	22:40	7:18
4	71	DOUGLAS MARSHALL	43	MATHEWS VA	24:07	7:46
5	123	RICHIE STATON	44	NEWPORT NEWS VA	26:51	8:39
6	127	RICHARD PEELING	43	NEWPORT NEWS VA	26:56	8:40
7	147	JEREMY SMITH	42	NEWPORT NEWS VA	27:39	8:54
8	159	JEFF SENSENIG	41	YORKTOWN VA	27:55	9:00
9	223	JOHN BRANCH	44	SUFFOLK VA	30:05	9:41
10	266	WYNTER BENDA	44	NORFOLK VA	31:20	10:05
11	269	MATT FRAUENZIMMER	43	NORFOLK VA	31:32	10:09
12	325	TODD KRAMER	41	NEWPORT NEWS VA	33:28	10:47
13	345	CHRISTOPHER LEBLANC	43	SUFFOLK VA	34:11	11:00
14	408	DAVID MCKENZIE	43	MCLEAN VA	36:24	11:43
15	412	PIOTR BIALKOWSKI	42	NORFOLK VA	36:57	11:54
16	493	MICHAEL GREGORY	42	BLYTHWOOD SC	41:24	13:20
17	511	JASON HEIL	44	RUTHER GLEN VA	42:28	13:40
18	519	ANTONIO PANNELL	44	HAMPTON VA	42:46	13:46
19	565	RYAN SNOW	41	NORFOLK VA	45:17	14:35
20	679	CHRIS DREYFUSS	44	YORKTOWN VA	53:25	17:12
21	708	JACK HECKLE	42	YORKTOWN VA	55:26	17:51
22	732	RODNEY BELTZ	41	NEWPORT NEWS VA	59:56	19:18
MEN: 45 - 49						
1	22	SHAWN MCCAUSLAND	46	VALRICO FL	21:05	6:47
2	38	WILLIAM TRIPLET	45	POOLESVILLE MD	22:21	7:12
3	39	ABRAHAM GEORGE	46	LOVELAND OH	22:24	7:13
4	54	MATTHEW HOFFMAN	46	NEWPORT NEWS VA	23:26	7:33
5	68	BRYANT RAMIREZ	48	NEWPORT NEWS VA	23:56	7:43
6	89	TIM DEAN	45	YORKTOWN VA	25:08	8:06
7	111	JEFFREY HOUCK	49	NEWPORT NEWS VA	26:12	8:26 *
8	141	JARED DOUGHERTY	46	SINGAPORE CH	27:31	8:52
9	190	MICHAEL OLSEN	47	YORKTOWN VA	28:42	9:15
10	191	BRIAN WINTERS	47	ARLINGTON VA	28:46	9:16
11	217	ARTHUR MERTZ	46	HAMPTON VA	29:55	9:38 *

12	232	BRIAN HOLLIFIELD	46	NEWPORT NEWS VA	30:18	9:46
13	250	JEFF ELLINGTON	46	NEWPORT NEWS VA	30:54	9:57
14	262	STEVE BULTMAN	48	NEWPORT NEWS VA	31:07	10:01
15	283	JIM DISOMMA	45	NEWPORT NEWS VA	31:57	10:17
16	339	JOHN POWELL	48	NEWPORT NEWS VA	33:50	10:54
17	374	TIM BRANSON	46	YORKTOWN VA	35:12	11:20
18	447	ADAM BROOKS	45	NEWPORT NEWS VA	38:35	12:25
19	463	STEVE PATTERSON	46	SUFFOLK VA	39:13	12:38
20	465	LANCE CALLIS	47	SUFFOLK VA	39:19	12:39
21	518	MIKE HILL	47	NEWPORT NEWS VA	42:40	13:44
22	577	ROBERT MADDOCK	46	YORKTOWN VA	45:59	14:48
23	583	BRETT EDWARDS	46	FRANKLIN VA	46:27	14:57
24	594	ROBERT MARES	45	HAMPTON VA	47:15	15:13
25	609	BARRY BELL	47	GREENSBORO NC	48:37	15:39
26	626	JONATHAN ANDERSON	45	HAMPTON VA	50:22	16:13
27	631	DAVE GASKELL	46	NEWPORT NEWS VA	50:33	16:17
28	673	TIM FORBES	48	POQUOSON VA	53:07	17:06
29	704	JEFF GARY	48	HAMPTON VA	55:15	17:47
30	705	MARK KONST	49	NEWPORT NEWS VA	55:17	17:48
MEN: 50 - 54						
1	6	JOHN CALLAHAN	52	WEST CHESTER PA	18:52	6:05
2	48	JOSEPH ROTH	51	YORKTOWN VA	22:57	7:24
3	55	DAVID YOUTSEY	52	YORKTOWN VA	23:27	7:33
4	66	WADE JACKSON	53	YORKTOWN VA	23:51	7:41
5	137	JACK MATEER	50	YORKTOWN VA	27:26	8:50
6	195	DENNIS BARNES	51	YORKTOWN VA	29:00	9:20
7	210	EDWARD PLUCINSKI	53	NEWPORT NEWS VA	29:39	9:33
8	251	CHARLES SOUTHALL	52	POQUOSON VA	30:55	9:57
9	276	SEAN MAHAN	54	HAMPTON VA	31:42	10:12
10	305	DAVE PECK	53	NEWPORT NEWS VA	32:46	10:33
11	311	MARK LANZALOTTO	50	SMITHFIELD VA	32:53	10:35
12	346	KEVIN L WARRICK	54	YORKTOWN VA	34:11	11:01 *
13	357	KEN STEFANEK	54	YORKTOWN VA	34:47	11:12
14	365	CHRISTOPHER PERSONS	50	POQUOSON VA	34:57	11:15 *
15	382	JOE GILLIAN	50	SUFFOLK VA	35:29	11:26
16	466	STEVEN ELLIS	52	NEWPORT NEWS VA	39:32	12:44
17	533	ROBERT E TRUJILLO	53	YORKTOWN VA	43:47	14:06 *
18	544	JAY SCRIBNER	54	HAMPTON VA	44:26	14:18 *
19	558	KEN RADECKI	53	CARROLLTON VA	45:05	14:31
20	595	SCOTT ALFSEN	54	CARROLLTON VA	47:19	15:14
21	619	DENNIS NICHOLSON	52	STONE MOUNTAIN GA	49:19	15:53
22	655	RAMON DELEON	53	FORT COLLINS CO	52:25	16:52
23	662	MARK MADLER	53	NEWPORT NEWS VA	52:39	16:57
MEN: 55 - 59						
1	30	ALAN VAN ZANDT	56	NEWPORT NEWS VA	21:49	7:02
2	47	DAVID EBERT	59	SMITHFIELD VA	22:47	7:20 *
3	52	JEFF HENKE	58	YORKTOWN VA	23:23	7:32
4	67	KAMEL BEN-OTHMANE	56	YORKTOWN VA	23:55	7:42
5	82	BOBBY PRICE	57	NEWPORT NEWS VA	24:31	7:54
6	121	MICHAEL LINGENFELTER	58	YORKTOWN VA	26:45	8:37
7	139	COURTNEY GENSLER	55	STAFFORD VA	27:28	8:51
8	167	DAVID MESSICK	56	HAMPTON VA	28:08	9:04
9	233	JAMES STRAUSSER	58	PONTE VEDRA BCH FL	30:23	9:47
10	236	ROBERT POWERS	58	POQUOSON VA	30:26	9:48
11	245	ROSS D WHITLOCK	56	HAMPTON VA	30:46	9:54
12	297	JEFF BARLEY	55	NEWPORT NEWS VA	32:29	10:28
13	381	WILLIAM BEATOVICH	58	YORKTOWN VA	35:29	11:26

14	386	ROBERT HOGGE	59	NORFOLK VA	35:45	11:31
15	429	MARTIN WALKER	56	NEWPORT NEWS VA	37:33	12:05
16	431	DAVID BELOTE	59	NEWPORT NEWS VA	37:34	12:06
17	477	CHARLES GRESHAM	56	NEWPORT NEWS VA	40:04	12:54
18	504	ANDREW CRAMER	56	NEWPORT NEWS VA	42:17	13:37 *
19	525	MARTIN QUIGLEY	58	YORKTOWN VA	43:07	13:53
20	534	JOHN BRINDLEY	55	VIRGINIA BEACH VA	43:52	14:07
21	535	DANIEL WARTHAN	58	NEWPORT NEWS VA	43:54	14:08
22	561	CHRISTOPHER MATHEUS	58	WILMINGTON NC	45:15	14:34
23	612	TOM HARDEN	59	HAMPTON VA	48:43	15:41
24	627	DREW HOPE	57	NEWPORT NEWS VA	50:23	16:13
25	652	MIKE LANGE	57	MANISTEE MI	51:29	16:35
26	703	GUY LEVY	55	NEWPORT NEWS VA	55:04	17:44
27	721	KEVIN DOWNER	59	YORKTOWN VA	58:18	18:46
28	727	BOB BEAN	56	NEWPORT NEWS VA	59:07	19:02
MEN: 60 - 64						
1	75	ALAN L MCCOLLUM	64	YORKTOWN VA	24:18	7:50 *
2	131	DOUG ROREM	61	WHEATON IL	27:11	8:45
3	135	DAVID M SYRETT	63	NEWPORT NEWS VA	27:22	8:49
4	153	STEVEN WOLF	60	NEWPORT NEWS VA	27:47	8:57
5	155	WAYNE WILLIAMS	64	POQUOSON VA	27:53	8:59
6	234	GARY TAPPER	63	YORKTOWN VA	30:24	9:48
7	249	GEORGE JACOBS	64	NEWPORT NEWS VA	30:52	9:56
8	252	GARY BONNEWELL	60	NORFOLK VA	30:56	9:58
9	256	ANTHONY KRAL	60	YORKTOWN VA	30:58	9:58
10	263	CHARLES REECE	61	YORKTOWN VA	31:09	10:02
11	268	GEOFFREY BROWN	61	VESTAL NY	31:29	10:08
12	336	KIM ANGLIN	62	DURHAM NC	33:45	10:52
13	358	RONALD HOLCOMB	61	NEWPORT NEWS VA	34:49	11:13 *
14	364	RICK COLLIER	60	DURHAM NC	34:57	11:15
15	403	RICHARD H LAROCHE	60	HAMPTON VA	36:15	11:40
16	448	JEFFREY WESTRICK	62	YORKTOWN VA	38:38	12:26
17	512	RAY FERRARA	64	NEWPORT NEWS VA	42:28	13:41
18	578	JACK DAVIS	62	YORKTOWN VA	46:05	14:50
19	651	GARY ALTMAN	63	KITTANNING PA	51:28	16:34
20	664	DAVID YOUKER	60	YORKTOWN VA	52:41	16:58
21	666	ROBERT MOSELY	61	NEWPORT NEWS VA	52:43	16:59
22	670	PAUL BARNARD	64	SEAFORD VA	52:51	17:01
23	672	KEN CORNELL	64	NEWPORT NEWS VA	52:58	17:03
24	690	DONALD ROWE	61	YORKTOWN VA	53:53	17:21
25	714	EUGENE THIES	63	HAMPTON VA	57:46	18:36 *
26	747	DON TIDWELL	60	HAMPTON VA	1:07:05	21:36
27	748	WILLIAM KELLY	61	GLAPTHORN PTE	1:07:25	21:42
28	757	RICHARD AYALA	62	VIRGINIA BEACH VA	1:08:16	21:59
MEN: 65 - 69						
1	122	CHARLES DONNELLY	67	GLEN SPEY NY	26:48	8:38
2	129	KEVIN BURKE	65	NEWPORT NEWS VA	27:01	8:42 *
3	154	ANDREW MEDVEC	67	KILL DEVIL HILLS N	27:51	8:58 *
4	219	ROBERT HINES	69	SMITHFIELD VA	29:58	9:39
5	556	BRANDFORD MCALLISTER	65	YORKTOWN VA	44:59	14:29
6	596	MICHAEL NICOLETTI	67	HAMPTON VA	47:25	15:16 *
7	717	ALAN KELLER	65	HAMPTON VA	58:13	18:45
MEN: 70 AND OVER						
1	151	MICHAEL POFF	72	ELLWOOD CITY PA	27:44	8:56
2	206	GEORGE I FENIGSOHN	70	POQUOSON VA	29:30	9:30 *
3	328	JERRY CRAFTON	73	NEWPORT NEWS VA	33:35	10:49
4	377	CHARLES R TERRELL	78	NEWPORT NEWS VA	35:14	11:21 *

5	604	MICHAEL GONTESKY	75	HAMPTON VA	47:54	15:25	*
6	605	GROVE A CALVERT	71	VIRGINIA BEACH VA	47:54	15:25	*
7	620	ROBERT S WHITE	94	HAMPTON VA	49:21	15:53	*
8	635	CHARLES LUPICO	71	POQUOSON VA	50:43	16:20	
9	668	ROBERT ROADARMEL	75	YORKTOWN VA	52:46	16:59	
10	720	ROBERT BALL	71	YORKTOWN VA	58:16	18:45	
11	739	BILL FOSTER	79	LODI OH	1:01:59	19:58	
12	763	RAYMOND YOH	71	NEWPORT NEWS VA	1:16:20	24:35	
WOMEN: 11 AND UNDER							
1	70	CURRAN CAPUZZI	9	CHESTER NJ	24:05	7:45	
2	188	MARI FRAUENZIMMER	8	NORFOLK VA	28:39	9:14	
3	226	PARKER ANDERSON	8	POQUOSON VA	30:10	9:43	
4	246	ATIANA WILLIAMS	11	HAMPTON VA	30:47	9:55	
5	380	JULIA GILLIAN	10	SUFFOLK VA	35:25	11:24	
6	411	KLARE BIALKOWSKI	8	NORFOLK VA	36:55	11:53	
7	432	KATIE FABRY	11	NEWPORT NEWS VA	37:39	12:08	
8	494	CAMPBELL ANDERSON	5	POQUOSON VA	41:29	13:22	
9	501	FINLEY ANDERSON	6	POQUOSON VA	42:07	13:34	
10	531	KENDALL BIRD	7	YORKTOWN VA	43:34	14:02	
11	623	ELISA HUSSEY	11	SAN DIEGO CA	50:04	16:07	
12	630	SAMMIE GASKELL	8	NEWPORT NEWS VA	50:31	16:16	
13	643	ALYSSA COLLINS	5	HAMPTON VA	51:07	16:28	
14	696	ALEX HECKLE	10	YORKTOWN VA	54:53	17:40	
WOMEN: 12 - 15							
1	49	BRIANNA HIPPLE	15	MILFORD MI	22:59	7:24	
2	114	SYDNEY EURE	14	CLAYTON NC	26:29	8:32	
3	143	ANN CHAPPEL ELLINGTON	13	NEWPORT NEWS VA	27:34	8:53	
4	144	ADDISON KRAMER	13	YORKTOWN VA	27:35	8:53	
5	150	ADELE BENDA	14	NORFOLK VA	27:43	8:56	
6	170	MACKENZIE DEAN	12	YORKTOWN VA	28:10	9:04	
7	174	EMILY SWARTZBAUGH	12	POQUOSON VA	28:15	9:06	*
8	181	FLANNERY BENDA	12	NORFOLK VA	28:32	9:11	
9	200	NAOMI WEISNER	14	BROOKLINE MA	29:08	9:23	
10	237	HAILEY SWARTZBAUGH	12	POQUOSON VA	30:27	9:48	*
11	292	ERICA GILLIAN	13	SUFFOLK VA	32:12	10:22	
12	413	KATE WISNESKI	13	MARIETTA GA	37:04	11:56	
13	452	HANNAH DYE	14	YORKTOWN VA	38:49	12:30	
14	461	HANNAH GOETZ	15	PORTSMOUTH VA	39:11	12:37	
15	472	ASHLEY GEORGE	15	LOVELAND OH	39:50	12:50	
16	547	KRISTEN YARBOROUGH	15	NEWPORT NEWS VA	44:37	14:22	
17	571	KIERNAN BIRD	12	YORKTOWN VA	45:37	14:41	
18	610	GILLIAN SHIELDS BELL	12	GREENSBORO NC	48:40	15:40	
19	611	HALEY JARVIS	13	NEWPORT NEWS VA	48:42	15:41	
20	728	ELIZABETH FIERROS	14	HAMPTON VA	59:09	19:03	
21	762	LEILIA YOH	12	NEWPORT NEWS VA	1:13:27	23:39	
WOMEN: 16 - 19							
1	43	SLOANE YOUTSEY	16	YORKTOWN VA	22:39	7:18	
2	106	MAYA GORTON	17	NEWPORT NEWS VA	25:58	8:22	*
3	187	KATIE HOUCK	19	NEWPORT NEWS VA	28:39	9:14	
4	194	HANNAH PARKER	19	UNIONVILLE MO	29:00	9:20	
5	199	SARAH BENOETHMANE	18	YORKTOWN VA	29:08	9:23	
6	253	ELISABETH POWELL	19	NEWPORT NEWS VA	30:56	9:58	
7	298	ABIGALE WACLO	18	GLOUCESTER VA	32:29	10:28	
8	337	SOPHIA RAMIREZ	18	NEWPORT NEWS VA	33:47	10:53	
9	354	SABRINA LINGENFELTER	19	YORKTOWN VA	34:33	11:08	
10	539	KATIEROSE BEATOVICH	16	YORKTOWN VA	44:05	14:12	

11	548	LAURA MADLER	16	NEWPORT NEWS VA	44:39	14:22
12	622	LILIANA RAMIREZ	16	NEWPORT NEWS VA	50:03	16:07
WOMEN:		20 - 24				
1	31	GRACE PRILLAMAN	20	NEWPORT NEWS VA	21:53	7:03
2	91	HANNAH FALLON	23	WILLIAMSBURG VA	25:22	8:10
3	163	RACHEL STADLER	24	POQUOSON VA	28:04	9:02
4	193	CHLOE YOUTSEY	23	YORKTOWN VA	28:57	9:20
5	221	ALEXIS STANFIELD	20	NEWPORT NEWS VA	30:00	9:40
6	230	KATHERINE PLUCINSKI	20	NEWPORT NEWS VA	30:17	9:45
7	259	SONIA BENOETHMANE	24	SEATTLE WA	31:06	10:01
8	282	TRICIA MENDEZ	23	SUFFOLK VA	31:56	10:17
9	284	MADISON ROSE	20	NEWPORT NEWS VA	31:59	10:18
10	300	COURTNEY MONTGOMERY	20	NEWPORT NEWS VA	32:35	10:30
11	301	KIRSTIN ROTH	21	YORKTOWN VA	32:43	10:32
12	308	TAYLOR COLEMAN	24	GLOUCESTER VA	32:51	10:35
13	320	KATE POWELL	23	NEWPORT NEWS VA	33:10	10:41
14	349	REILLY TODD	21	NEWPORT NEWS VA	34:21	11:04
15	363	MEGAN MCDONALD	24	POQUOSON VA	34:56	11:15
16	391	EMMA BECKERMAN	23	NEWPORT NEWS VA	35:58	11:35
17	396	KATIE PRESNALL	20	FOSTER VA	36:04	11:37
18	405	MARNIE BLALOCK	23	NEWPORT NEWS VA	36:21	11:42
19	406	CHLOE RENTO	23	NEWPORT NEWS VA	36:22	11:43
20	414	ELIZABETH PETERSON-ROSE	21	NEWPORT NEWS VA	37:05	11:56
21	419	BLAIR BELOTE	24	NEWPORT NEWS VA	37:09	11:58
22	425	HUNTER BAYNE	23	POQUOSON VA	37:22	12:02
23	427	BRIENNA SAWYER	23	POQUOSON VA	37:24	12:03
24	438	SOPHIE RADECKI	24	CARROLLTON VA	38:06	12:16
25	470	CLARE LEVY	22	NEWPORT NEWS VA	39:46	12:48
26	482	ANNE ROWE	22	YORKTOWN VA	40:39	13:05
27	484	RACHEL BEAN	20	NEWPORT NEWS VA	41:06	13:14
28	515	ASHLEY HILL	21	NEWPORT NEWS VA	42:34	13:42
29	588	BEVERLY AUMAN	24	NEWPORT NEWS VA	46:41	15:02
30	640	CASEY BLOWE	21	HAMPTON VA	50:54	16:23
31	661	MEGHAN MADLER	23	NEWPORT NEWS VA	52:38	16:57
32	671	ADDIE MOSELY	20	NEWPORT NEWS VA	52:56	17:03
33	674	KATELYN GRIFFITH	24	POQUOSON VA	53:07	17:06
34	683	MARIANNE MOCK	24	NEWPORT NEWS VA	53:33	17:14
35	694	FRANKIE LEVY	20	NEWPORT NEWS VA	54:42	17:37
36	700	MARIAH WILSON	24	HAMPTON VA	54:59	17:42
37	760	HALLIE TIDWELL	21	HAMPTON VA	1:09:38	22:25
WOMEN:		25 - 29				
1	37	MARIA SPADY	26	CARROLLTON VA	22:19	7:11
2	72	ALY SEARLES	27	ARLINGTON VA	24:09	7:47
3	85	SANG KO	25	YORKTOWN VA	24:55	8:02
4	97	STEFANIE WILSON	25	ARLINGTON VA	25:40	8:16
5	103	HAYLEY COSTA	28	NEWPORT NEWS VA	25:55	8:21
6	126	CHRISTINA BEATOVICH	28	YORKTOWN VA	26:55	8:40
7	140	BAILEE EWELL	28	POQUOSON VA	27:31	8:52
8	145	MADELINE RIDOUT	26	NORFOLK VA	27:36	8:53
9	148	JENNIFER SANDIFER	27	VIRGINIA BEACH VA	27:39	8:54
10	162	ABBY MICHAELIAN	26	MCECHANICSBURG PA	28:03	9:02
11	189	KATHERINE STRAND	27	WINSTON SALEM NC	28:41	9:14
12	197	INES BENOETHMANE	27	LYNCHBURG VA	29:01	9:21
13	201	KORENET BROWN	28	BROOKLYN NY	29:09	9:23
14	207	ALEXA BRASHER	26	HAYES VA	29:32	9:31
15	208	HEATHER LEANDER	26	YORKTOWN VA	29:33	9:31
16	212	APRIL WESTON	29	NEWPORT NEWS VA	29:41	9:34

17	215	ASHLEY DREW	25	HAMPTON VA	29:51	9:37
18	231	BRIANA MARTINEZ	25	SUFFOLK VA	30:18	9:46
19	279	SARAH LANGSTON	26	NEWPORT NEWS VA	31:51	10:15
20	314	LINDSAY BOONE	26	NEWPORT NEWS VA	33:02	10:38
21	317	ASHLEIGH TYLER	28	NEWPORT NEWS VA	33:05	10:39
22	333	LINDSEY COOR	27	KNIGHTDALE NC	33:41	10:51
23	341	KATHLEEN SHIPLEY	26	NEW SLBSNY OH	33:58	10:56
24	344	GRACEANNE BEATOVICH	27	YORKTOWN VA	34:03	10:58
25	347	MADISON CURRAN	26	NEWPORT NEWS VA	34:18	11:03
26	351	CHERYL GRESHAM	29	NEWPORT NEWS VA	34:25	11:05
27	376	JULIA KINNEY	28	RALEIGH NC	35:13	11:21
28	387	PATRICIA NEAL	27	NEWPORT NEWS VA	35:47	11:31
29	393	JESSICA MAPP	27	NEWPORT NEWS VA	36:00	11:35
30	400	ALLISON JENDRASEK	27	WILMINGTON NC	36:13	11:40
31	410	MEGAN HEBERT	26	HAMPTON VA	36:46	11:50
32	417	HEATHER WINEMAN	28	SUFFOLK VA	37:08	11:57
33	421	EMILY THOMEER	27	YORKTOWN VA	37:14	11:59
34	423	SAMANTHA HUDSON	28	NEWPORT NEWS VA	37:18	12:01
35	436	LISA KELLER	28	CHARLOTTESVILLE VA	37:51	12:11
36	442	LARISSA SMITH	27	CEDAR KNOLLS NJ	38:23	12:22
37	455	JILLIAN BELOTE	27	NEWPORT NEWS VA	39:07	12:36
38	458	CHELSEA MOSELY	26	NEWPORT NEWS VA	39:09	12:36
39	459	REGAN MOSELY	27	NEWPORT NEWS VA	39:09	12:36
40	478	ALEXANDRA HUYGHE	27	WASHINGTON DC	40:11	12:56
41	481	CAROLANN PECK	26	NEWPORT NEWS VA	40:31	13:03
42	495	REBECCA DARRON	28	HAMPTON VA	41:37	13:24
43	522	CARLY ZEH	25	HAYES VA	43:04	13:52
44	570	GRACE BALL	26	NEWPORT NEWS VA	45:31	14:39
45	597	PATTI TOPP	29	NEWPORT NEWS VA	47:25	15:16
46	598	REBECCA ROWLAND	29	NEWPORT NEWS VA	47:26	15:16
47	637	LOUISA HUGHES	28	WOODFORD VA	50:44	16:20
48	675	KRISTIN MARTINEZ	29	SEAFORD VA	53:14	17:08
49	684	MEAGAN CAID	26	NORFOLK VA	53:39	17:16
50	686	SADIE BEAN	28	NEWPORT NEWS VA	53:40	17:17
51	689	JESSICA EDWARDS	25	YORKTOWN VA	53:52	17:20
52	691	SARAH ROWE	28	YORKTOWN VA	53:54	17:21
53	695	HALEY TAPPER	27	YORKTOWN VA	54:42	17:37
54	697	KELLI SEAL	29	SUFFOLK VA	54:56	17:41
55	699	SERINIA WRIGHT	27	HAMPTON VA	54:58	17:42
56	702	KRISTIN HOPKINS	29	NEWPORT NEWS VA	55:03	17:43
57	723	JENNA MANCUSO	27	HAMPTON VA	58:35	18:52
58	726	HANNAH BEAN	27	NEWPORT NEWS VA	59:01	19:00
WOMEN:	30	- 34				
1	62	CAROLYN BEVILLE	30	MOSELEY VA	23:41	7:38
2	69	ERIN REMUS	32	HAMPTON VA	24:01	7:44
3	76	STEPHANIE NASH	32	ARNOLD MD	24:20	7:50
4	80	SERENA MILLER	30	BLACKSBURG VA	24:29	7:53
5	95	VERONICA WARWICK	31	POQUOSON VA	25:31	8:13
6	99	EMMY BATEMAN	30	NEWPORT NEWS VA	25:48	8:19
7	112	MARISSA STRAUSSER	31	VIRGINIA BEACH VA	26:15	8:27
8	157	LISA GOODRICH	30	YORKTOWN VA	27:54	8:59
9	177	REBECCA GWILT	33	ALEXANDRIA VA	28:23	9:09
10	205	LINDA SLATER	31	ARLINGTON VA	29:28	9:30
11	213	CHELSIE BAKER	31	NEWPORT NEWS VA	29:43	9:34
12	248	ALYSON HEIDENTHAL	30	NEWPORT NEWS VA	30:51	9:56
13	254	ANGELA WEATHERHEAD	34	HAMPTON VA	30:56	9:58
14	275	AMY JO SCARINO	32	NEWPORT NEWS VA	31:37	10:11

15	280	SARAH HUGHES	34	HARRISONBURG VA	31:51	10:15
16	287	ERIN TOPP	32	NEWPORT NEWS VA	32:08	10:21
17	299	SUSANNA BAILEY	34	NEWPORT NEWS VA	32:33	10:29
18	309	BRISTOL LONBERGER	32	SMITHFIELD VA	32:52	10:35
19	324	JENNIFER MOSBY	32	NEWPORT NEWS VA	33:25	10:46
20	330	TIFFANY LANGE-ALTMAN	30	HAMPTON VA	33:39	10:50
21	332	ANGELA THOMPSON	34	SUFFOLK VA	33:40	10:51
22	350	KRISTIN HARRIS	34	SEAFORD VA	34:25	11:05
23	352	REBECCA NONNEMACHER	34	HAMPTON VA	34:31	11:07 *
24	362	MADELINE HALLINGER	30	WAKE FOREST NC	34:55	11:15
25	369	CHELSEA HOPEWELL	34	HAMPTON VA	35:02	11:17
26	395	AMBER DAVIS	31	POQUOSON VA	36:03	11:37
27	409	STELLA COLLINSWORTH	30	NEWPORT NEWS VA	36:46	11:50
28	416	LISSETTE VIDAL	33	NEWPORT NEWS VA	37:07	11:57
29	430	JASMINE CARPENTER	30	HAMPTON VA	37:33	12:06
30	435	HEATHER BERLAND	34	SUFFOLK VA	37:50	12:11
31	479	SHANNON VANDERSTOUW	33	NEWPORT NEWS WV	40:29	13:02
32	487	DESIREE WALKER LAMB	31	NEWPORT NEWS VA	41:16	13:17
33	506	MELYSSA LALONDE	31	NEWPORT NEWS VA	42:19	13:37
34	517	MIRI CALLAWAY	32	YORKTOWN VA	42:38	13:44
35	523	ALLISON MORGAN	31	POQUOSON VA	43:05	13:52
36	527	TRACY HOFSTETTER	32	POQUOSON VA	43:14	13:55
37	528	KERRIE SIEBENALER	30	NASHVILLE GA	43:15	13:56
38	553	STACY BYNUM	30	NEWPORT NEWS VA	44:50	14:26
39	568	NICOLE SUCCOP	30	WILMINGTON NC	45:19	14:36
40	569	TIFFANY OLIVAREZ	34	MELBOURNE FL	45:22	14:36
41	600	KRISTIN BAILEY	32	DAYTON OH	47:31	15:18
42	613	CAITLIN FLANAGAN	32	NEWPORT NEWS VA	48:58	15:46
43	642	LACIE COLLINS	34	HAMPTON VA	51:06	16:27
44	646	TEUNSHA VICK	32	NEWPORT NEWS VA	51:10	16:29
45	656	KRISTEN CORNELL	31	NEWPORT NEWS VA	52:26	16:53
46	663	LEE YOUKER	30	YORKTOWN VA	52:40	16:57
47	681	SARAH POLAK	30	NEWPORT NEWS VA	53:31	17:14
48	687	ELISE COLEMAN-WHITE	30	NEWPORT NEWS VA	53:41	17:17
49	710	JENNIFER MARTIN	31	NEWPORT NEWS VA	56:44	18:16
50	713	MELISSA THIES	30	HAMPTON VA	57:24	18:29 *
51	724	ALANA CURRY	32	SUFFOLK VA	58:48	18:56
52	731	KELSEY COOPER	30	NEWPORT NEWS VA	59:18	19:06
53	742	DANIELE WILLIAMS	32	AUSTIN TX	1:02:43	20:12
WOMEN:		35 - 39				
1	33	BRIANNE HENRY-MCALLISTER	35	YORKTOWN VA	22:04	7:07
2	73	MEGAN E SCHULZE	35	GLEN ALLEN VA	24:10	7:47
3	84	HEATHER CALL	36	YORKTOWN VA	24:45	7:58
4	93	ANNA NEWMAN	39	HAMPTON VA	25:25	8:11
5	104	AMANDA COLLIER	38	YORKTOWN VA	25:57	8:22 *
6	108	MARY HALL	36	GLOUCESTER VA	26:02	8:23
7	117	STACEY KNIGHT	35	WASHINGTON DC	26:36	8:34
8	118	BRYNN BEAL	39	POQUOSON VA	26:40	8:35
9	124	SARAH ANDREWS	39	YORKTOWN VA	26:52	8:39
10	133	LIZ KENDALL	39	MARIETTA GA	27:16	8:47
11	136	LESLIE SAMPEDRO	35	FT EUSTIS VA	27:23	8:49
12	158	KATHERINE CANALICHIO	38	CARROLLTON VA	27:55	8:59 *
13	166	CHRISTINE ILARDI	36	YORKTOWN VA	28:06	9:03
14	172	MAURA RUST	38	POQUOSON VA	28:12	9:05
15	176	TASHA ROSE	37	NEWPORT NEWS VA	28:20	9:07
16	179	MELANIE BIRD	36	YORKTOWN VA	28:28	9:10
17	218	REBEKAH SENSENIG	38	YORKTOWN VA	29:57	9:39

18	227	SHARI STILLEY	39	NEWPORT NEWS VA	30:12	9:43
19	247	LOLA PORTER	35	SUFFOLK VA	30:51	9:56
20	274	JODY STEPHENS	38	HAMPTON VA	31:36	10:11
21	291	KATHLEEN CRISPENS	35	CARROLLTON VA	32:11	10:22
22	294	SARAH MARCHESE	37	NEWPORT NEWS VA	32:27	10:27
23	316	COURTNEY DOWELL	37	NEWPORT NEWS VA	33:04	10:39
24	318	KIM LOSS	38	POQUOSON VA	33:08	10:40
25	334	GINA RAMIREZ	37	SPRING LAKE MI	33:42	10:51
26	353	CARISSA BUTLER	38	YORKTOWN VA	34:32	11:07
27	392	TIFFANY URBAN	36	NEWPORT NEWS VA	35:58	11:35 *
28	394	LISA MACDONALD	38	SUFFOLK VA	36:02	11:36
29	399	CASEY LAROCHE	35	HAMPTON VA	36:12	11:39
30	437	EMILY SUKAL	35	HAMPTON VA	38:03	12:15
31	439	AMANDA DELPHIA	37	CHESAPEAKE VA	38:10	12:17
32	441	BROOKE WYNN	39	SMITHFIELD VA	38:15	12:19
33	443	AIME CLINKENBEARD	39	NEWPORT NEWS VA	38:25	12:22
34	451	BETH-ANN MCSWEENEY	39	HAYES VA	38:47	12:29
35	454	CATHERINE HUSSEY	39	SAN DIEGO CA	39:06	12:35
36	488	MELISSA SCAPARO	35	SELLERSBURG IN	41:19	13:18
37	491	JANELL GREGORY	38	BLYTHWOOD SC	41:23	13:20
38	526	JULIA STEWART	37	NEWPORT NEWS VA	43:12	13:55
39	529	ATASHA PANNELL	35	HAMPTON VA	43:21	13:57
40	540	NOELLE CAPUZZI	39	CHESTER NJ	44:06	14:12
41	560	KARI ANDERSON	39	HURDON FL	45:14	14:34
42	563	SARAH SNOW	36	NORFOLK VA	45:17	14:35
43	573	SUZANNE MADDOCK	39	YORKTOWN VA	45:41	14:43
44	576	CAROLYN MCALLISTER	35	YORKTOWN VA	45:57	14:48
45	585	JULIE BINDER	35	NORWALK CT	46:28	14:58
46	586	MELISSA NELSON	39	HAMPTON VA	46:40	15:02
47	591	SHARON SIMPSON	39	HAMPTON VA	46:43	15:03
48	614	LAURA SOULSBY	35	NEWPORT NEWS VA	49:00	15:46
49	616	INEY WEAVER	35	HAMPTON VA	49:01	15:47
50	632	JOLEEN SEARLES	39	POQUOSON VA	50:35	16:17
51	636	CHRISTINA GRAY	36	SMITHFIELD VA	50:43	16:20
52	639	CINDY HUGHES	39	NEWPORT NEWS VA	50:52	16:23
53	650	DANA TORRES	39	SEAFORD VA	51:14	16:30
54	722	MELANIE RAMIREZ	39	HAYES VA	58:34	18:51 *
55	729	AMANDA WALLACE	37	HAMPTON VA	59:12	19:04
56	745	ANDREA COTE	35	HAMPTON VA	1:04:07	20:39
57	751	MELISSA EDWARDS	37	YORKTOWN VA	1:07:37	21:46 *
58	752	NICOLE FLANNER	39	CARROLLTON VA	1:07:40	21:47
59	754	MARIAH AYALA	39	SUFFOLK VA	1:07:49	21:50
60	758	ROBIN NELSON	35	SUFFOLK VA	1:08:17	21:59
WOMEN:	40	- 44				
1	34	SARA HIPPLE	40	MILFORD MI	22:05	7:07
2	40	KAREN SANZO	41	HAMPTON VA	22:28	7:14 *
3	58	CHRISTINA RACE	40	NEWPORT NEWS VA	23:30	7:34
4	101	MELINDA TRAHAN	41	NEWPORT NEWS VA	25:51	8:20
5	113	LISA LEECH	41	NEWPORT NEWS VA	26:22	8:29
6	164	HOLLY GOETZ	41	PORTSMOUTH VA	28:05	9:03
7	182	MICHELE OLSEN	42	YORKTOWN VA	28:35	9:12
8	228	AMANDA HALFPENNY	42	HAMPTON VA	30:16	9:45
9	239	SARAH FRAUENZIMMER	42	NORFOLK VA	30:29	9:49
10	241	LINDSAY KRAMER	41	NEWPORT NEWS VA	30:31	9:50
11	265	JESSICA KLEMENCIC	41	HAMPTON VA	31:18	10:05
12	267	ELYSE ROOS	41	HAMPTON VA	31:20	10:05
13	329	LATASHIA NEWSOME	40	NEWPORT NEWS VA	33:36	10:49

14	348	LISA LEBLANC	43	SUFFOLK VA	34:19	11:03
15	370	LORI LANG	43	HAMPTON VA	35:03	11:17
16	373	CORRY SMITH	44	HAMPTON VA	35:07	11:18
17	385	KATIE PATRICK	40	POQUOSON VA	35:40	11:29
18	401	KELLY MCKENZIE	42	MCLEAN VA	36:14	11:40
19	424	KIM DISOMMA	44	NEWPORT NEWS VA	37:21	12:02
20	444	KAREN BEAN	44	NEWPORT NEWS MD	38:26	12:23
21	460	GRISELDA ROJAS	44	NEWPORT NEWS VA	39:11	12:37
22	471	JENIFER SMITH	42	NEWPORT NEWS VA	39:46	12:48
23	486	SIMONE BELL	41	YORKTOWN VA	41:11	13:16
24	510	LEONIE ROHLFS	43	NEWPORT NEWS VA	42:25	13:39
25	530	KATHY RIFFLE	43	NEWPORT NEWS VA	43:25	13:59
26	555	LISA SWARTZBAUGH	41	POQUOSON VA	44:54	14:27 *
27	592	SUZANNE FIERRO	44	HAMPTON VA	46:53	15:06
28	593	TINA MARES	43	HAMPTON VA	47:06	15:10
29	602	MEGAN ALEXANDER	43	NEWPORT NEWS VA	47:47	15:23
30	653	CRYSTAL MCNAMARA	42	SUFFOLK VA	52:04	16:46
31	659	CHRISTINE HERDMAN	40	CHESAPEAKE VA	52:27	16:53
32	677	KIMBERLY DREYFUSS	40	CLEARWATER FL	53:15	17:09
33	709	MELISSA HECKLE	41	YORKTOWN VA	55:27	17:51
34	734	TRACY LOUK	43	NEWPORT NEWS VA	59:59	19:19
35	737	CRYSTAL BERRY	43	HAMPTON VA	1:00:35	19:30
WOMEN :		45 - 49				
1	78	JENNIFER CORNETTE	46	NEWPORT NEWS VA	24:26	7:52 *
2	120	MARY BROWN	49	HAMPTON VA	26:44	8:36 *
3	152	JEANNE D FIOCCA	45	YORKTOWN VA	27:46	8:57 *
4	175	JULIE DYE	48	YORKTOWN VA	28:16	9:06
5	198	KATY DEAN	46	YORKTOWN VA	29:08	9:23
6	244	SUSAN EURE	46	CLAYTON NC	30:41	9:53
7	258	TARA KNISKERN	49	YORKTOWN VA	31:06	10:01
8	290	STEPHANIE DENNARD	49	NEWPORT NEWS VA	32:11	10:22
9	296	SHERRY BREWER	46	GLOUCESTER VA	32:28	10:27
10	319	LAURA KETTERMAN	46	HAMPTON VA	33:09	10:41 *
11	322	CHRISTINA FERRIS	46	HAMPTON VA	33:19	10:44
12	326	KIM HINES	48	NEWPORT NEWS VA	33:29	10:47
13	359	CAROL WYNN	48	NEWPORT NEWS VA	34:50	11:13
14	366	DEB BRISCOE	47	GLOUCESTER VA	34:58	11:15
15	371	KATIE ELLINGTON	46	NEWPORT NEWS VA	35:03	11:17
16	390	DAWN RAMIREZ	48	NEWPORT NEWS VA	35:55	11:34
17	404	BONNIE LAYTON	47	HAMPTON VA	36:18	11:41
18	418	MONICA DOUGHERTY	45	SINGAPORE CH	37:08	11:58
19	422	MINDI VELARDI	45	NEWPORT NEWS VA	37:15	12:00
20	428	REGINA BARNES	46	YORKTOWN VA	37:30	12:05
21	446	JENNIFER FINDLEY	46	YORKTOWN VA	38:33	12:25
22	453	MONIQUE FINNERAN	47	HILLIARD OH	38:55	12:32
23	490	VALOREE BARRY	47	SUFFOLK VA	41:22	13:19
24	498	SHEILA BRANSON	49	YORKTOWN VA	42:02	13:32
25	502	MARIA RAMIREZ-GORTON	46	NEWPORT NEWS VA	42:09	13:34 *
26	513	ANGELA SPENCER	45	POOLESVILLE MD	42:30	13:41
27	520	BONNIE WALKER	48	NEWPORT NEWS VA	42:46	13:46
28	579	BECKY RIEBELING	49	NEWPORT NEWS VA	46:09	14:52 *
29	587	GINA SIMPSON	46	HAMPTON VA	46:41	15:02
30	625	KAREN FORDE	46	NEWPORT NEWS VA	50:21	16:13
31	654	MARILU DELEON	46	FORT COLLINS CO	52:23	16:52
32	657	TRICIA SMITH	46	CHESAPEAKE VA	52:26	16:53
33	707	LINDA KELLER	48	NEWPORT NEWS VA	55:23	17:50
34	711	JULIE LARCH	45	CAPRON VA	56:45	18:16

35	719 KAREN DOWNER	47 YORKTOWN VA	58:15	18:45
WOMEN:	50 - 54			
1	64 KIM RATCLIFFE	50 YORKTOWN VA	23:47	7:40 *
2	94 GABRIELE LINGENFELTER	54 YORKTOWN VA	25:26	8:11
3	107 DEBRA PRICE	54 NEWPORT NEWS VA	25:59	8:22
4	149 JACQUELINE SISLAK	51 YORKTOWN VA	27:41	8:55 *
5	171 BECKY MICHAELIAN	54 MCECHANICSBURG PA	28:11	9:05
6	184 LYNN HOPKINS	53 NEWPORT NEWS VA	28:37	9:13
7	211 ANN CALLAHAN-GEORGE	53 LOVELAND OH	29:41	9:33
8	235 MARCIE DUNN	54 HAMPTON VA	30:25	9:48
9	261 ROXANNE DIETZLER	54 NEWPORT NEWS VA	31:07	10:01 *
10	272 KAREN STADLER	53 POQUOSON VA	31:34	10:10
11	286 PAULA GILLIAN	50 SUFFOLK VA	32:07	10:20
12	302 CYNTHIA PERSONS	52 POQUOSON VA	32:43	10:32 *
13	304 KELLY PECK	54 NEWPORT NEWS VA	32:45	10:33
14	306 MADDY BAILEY	50 NEWPORT NEWS VA	32:47	10:34
15	312 CHRISTINE YOUTSEY	51 YORKTOWN VA	32:59	10:37
16	315 KRIS KENNEDY	52 SUFFOLK VA	33:03	10:39
17	323 DEBRA JENDRASEK	52 WILMINGTON NC	33:24	10:45
18	327 DIANE HOPE	53 NEWPORT NEWS VA	33:32	10:48
19	331 MARYANN JACOBSON	54 YORKTOWN VA	33:39	10:50
20	342 KELLY MOSES	50 NEWPORT NEWS VA	34:02	10:58
21	355 ANN STEFANEK	52 YORKTOWN VA	34:35	11:08
22	375 DONNA HOGGE	52 NORFOLK VA	35:12	11:20
23	398 KIM FLINT	53 YORKTOWN VA	36:05	11:37 *
24	407 KIM HARRIS	54 NEWPORT NEWS VA	36:23	11:43
25	473 LAURA SCOTT	52 POQUOSON VA	39:52	12:50
26	476 ROBIN LEVY	53 NEWPORT NEWS VA	39:59	12:53
27	497 LYNNE BEAN	54 NEWPORT NEWS VA	42:00	13:31
28	509 VALERIE FERRARA	53 NEWPORT NEWS VA	42:25	13:39
29	532 JUANA TRUJILLO	51 YORKTOWN VA	43:46	14:06 *
30	542 KAREN BREWER	52 POQUOSON VA	44:10	14:13
31	549 ELAINE ARRIETA	52 YORKTOWN VA	44:42	14:24 *
32	552 KIMBERLY HOLLAND	54 POQUOSON VA	44:45	14:24
33	557 MARCI RADECKI	53 CARROLLTON VA	45:04	14:31
34	581 TRACY LESAGE	53 HAMPTON VA	46:22	14:56
35	584 DANA MACKEY	53 HAMPTON VA	46:27	14:57
36	618 LOGAN CHAPPELL	54 NEWPORT NEWS VA	49:03	15:48
37	644 BRENDA HARDEN	51 HAMPTON VA	51:09	16:28
38	648 XENIA DELEON	50 SUFFOLK VA	51:12	16:29
39	660 ELEANOR BLOWE	51 HAMPTON VA	52:28	16:54
40	715 VICKY JONES	53 HAMPTON VA	57:47	18:36
41	725 MARGARET ALFSEN	54 CARROLLTON VA	58:49	18:56
WOMEN:	55 - 59			
1	88 KIMBERLY BECOUVARAKIS	56 POQUOSON VA	25:02	8:04
2	125 REBECCA HENKE	57 YORKTOWN VA	26:54	8:40
3	134 LORI MELLE	55 NEWPORT NEWS VA	27:20	8:48 *
4	202 CONNIE MAXWELL	59 NEWPORT NEWS VA	29:19	9:27 *
5	257 JANICE POWERS	57 POQUOSON VA	31:04	10:00
6	271 CHRISTINE WILLIAMS	55 POQUOSON VA	31:33	10:10
7	278 LISA CASANOVA	57 NEWPORT NEWS VA	31:49	10:15
8	295 ALICE FITZPATRICK	55 CHESAPEAKE VA	32:28	10:27
9	313 VALERIE BOWEN	55 HAMPTON VA	33:01	10:38
10	321 THRESAJAN NELSON	55 NEWPORT NEWS VA	33:15	10:43
11	383 PEGGY JENNINGS	57 ATKINS AR	35:30	11:26
12	420 FAITH BELOTE	57 NEWPORT NEWS VA	37:11	11:58
13	433 TERRI CARTER	55 MELBOURNE FL	37:44	12:09

14	440	SANDI NONNEMACHER	57	HAZELTON PA	38:12	12:18
15	450	BRENDA MONTGOMERY	57	YORKTOWN VA	38:41	12:28
16	464	KAREN JOYNER	55	SUFFOLK VA	39:15	12:38
17	483	ELIZABETH ROWE	59	YORKTOWN VA	40:41	13:06
18	489	KATE MCDONALD	57	POQUOSON VA	41:20	13:19
19	500	CONSTANCE CURRAN	55	NEWPORT NEWS VA	42:06	13:33
20	503	CRYSTAL LANE-TILLERSON	57	NEWPORT NEWS VA	42:10	13:35
21	516	DEANNA HILL	55	NEWPORT NEWS VA	42:37	13:43
22	521	CHRISTINE LEWIS	57	SELLERSBURG IN	42:57	13:50
23	524	MARIA QUIGLEY	58	YORKTOWN VA	43:06	13:53
24	536	JENNIFER SHARP-WARTHAN	58	NEWPORT NEWS VA	43:55	14:08
25	546	JUDY YARBOROUGH	56	NEWPORT NEWS VA	44:36	14:22
26	564	SUSAN GEARY	57	CARROLLTON VA	45:17	14:35
27	566	NAJOUA BEN-OTHMANE	56	YORKTOWN VA	45:18	14:35
28	603	CECELIA KELLY	59	GLAPTHORN PTE	47:53	15:25
29	615	DEEDIE WEAVER	56	STRATFORD VA	49:00	15:47 *
30	634	ANGELA MATTHEWS	56	HAMPTON VA	50:41	16:19
31	641	SUSAN LAVOIE	57	NEWPORT NEWS VA	51:03	16:26
32	692	SUSAN WOLF	57	NEWPORT NEWS VA	53:54	17:21
33	693	KATHERINE TAPPER	59	YORKTOWN VA	54:36	17:35
34	701	DEBBIE KONST	59	NEWPORT NEWS VA	55:00	17:42
35	706	JERI YARNELL	56	NEWPORT NEWS VA	55:22	17:49
36	736	MARY BETH PLUCINSKI	56	NEWPORT NEWS VA	1:00:32	19:29
37	740	DEBI LANTZER	56	NORTH PORT FL	1:02:42	20:11
38	741	JANE HARRY	55	NORTH PIONT FL	1:02:42	20:11
39	749	NADINE ROREM	59	WHEATON IL	1:07:26	21:42
40	756	GLORIA AYALA	56	VIRGINIA BEACH VA	1:08:15	21:58
WOMEN:	60 - 64					
1	288	DEBBIE VREELAND	64	MONETA VA	32:09	10:21
2	310	KATE BELZER	61	YORKTOWN VA	32:52	10:35
3	449	JANIS WESTRICK	62	YORKTOWN VA	38:39	12:27
4	499	SHEREE PULLEN MOSBY	61	NEWPORT NEWS VA	42:05	13:33
5	505	ROMA COLLINSWORTH	64	YORKTOWN VA	42:18	13:37
6	559	KAREN SCHENCK	63	ARK VA	45:06	14:31 *
7	575	TERRI KELSEY	61	NEWPORT NEWS VA	45:48	14:45
8	582	VICKI COOPER	62	YORKTOWN VA	46:22	14:56
9	599	CATHI DAVIS	60	YORKTOWN VA	47:30	15:18
10	645	MARY GRAY	64	CARROLLTON VA	51:09	16:28
11	658	MARY CORNELL	61	NEWPORT NEWS VA	52:27	16:53
12	665	BEVERLY MOSELY	60	NEWPORT NEWS VA	52:42	16:58
13	712	SUSAN THIES	62	HAMPTON VA	56:47	18:17 *
14	716	KAREN KELLER	62	HAMPTON VA	57:54	18:38
15	753	BARBARA BAUER	64	HAMPTON VA	1:07:40	21:47
16	755	LAURETTE ALLEN	62	NEWPORT NEWS VA	1:08:08	21:56
17	761	SANDRA TIDWELL	61	HAMPTON VA	1:09:42	22:26
WOMEN:	65 - 69					
1	264	LUCY HINES	65	SMITHFIELD VA	31:17	10:05
2	335	CHERYL BARNARD	65	SEAFORD VA	33:42	10:51
3	567	ANN DONNELLY	65	GLEN SPEY NY	45:18	14:35
4	607	SUSAN SEARLES	66	POQUOSON VA	48:34	15:38
5	638	ANDREE LUPICO	68	POQUOSON VA	50:50	16:22
6	667	LYNNE ROADARMEL	68	YORKTOWN VA	52:45	16:59
7	730	ANDREA WALLACE	66	HAMPTON VA	59:15	19:04
8	733	CONNIE BELTZ	66	NEWPORT NEWS VA	59:58	19:19
9	744	BARBARA BALL	66	YORKTOWN VA	1:02:51	20:14
WOMEN:	70 AND OVER					
1	360	JANE ABBOTT	70	HAMPTON VA	34:52	11:14

2	606 PAULINE ELY	79 HAMPTON VA	48:10 15:31 *
3	621 SUSAN FISCHER	72 MIDDLE RIVER MD	49:29 15:56
4	678 KAREN THARPE	70 CLEARWATER FL	53:16 17:09
5	718 HELEN JOHNSON-ANDERSON	71 HAMPTON VA	58:14 18:45
6	738 JUDY FOSTER	76 LODI OH	1:01:59 19:57

* denotes PTC member