



Fast Before the Feast 5K 2019



Women's Overall

1	JENNIFER ANDERSON	38	00:19:32.85	Williamsburg	VA
2	MEGHAN MULROY	25	00:20:24.74	Newport News	VA
3	MARIA SPADY	28	00:20:49.68	Yorktown	VA

Girls 14 & Under

1	ADDISON WINSLOW	11	00:24:29.38	Suffolk	VA
2	EMMY CENNAME	13	00:24:54.00	Newport News	VA
3	FLANNERY BENDA	14	00:25:56.93	Norfolk	VA
4	MARI FRAUENZIMMER	10	00:27:54.62	Norfolk	VA
5	AVERY NARRON	12	00:28:51.32	Fayetteville	NC
6	KAMERON ANDERSON	8	00:33:32.02	Hudson	FL
7	ADELAIDE SMITH	14	00:33:55.33	Poquoson	VA
8	KLARE BIALKOWSKI	10	00:34:31.52	Norfolk	VA
9	JULIA GILLIAN	12	00:35:01.04	Suffolk	VA
10	ANNA HESS	10	00:35:02.60	Moyock	NC
11	ATIANA WILLIAMS	13	00:36:05.09	Newport News	VA
12	PAIGE LA ROCHE	12	00:36:15.65	Hampton	VA
13	AVA SLOCUM	9	00:36:54.54	Hampton	VA
14	ELISE RIVERS	9	00:36:55.23	Hampton	VA
15	SARAH MOORE	9	00:38:42.38	Hampton	VA
16	BETHEL MERFAKE	14	00:39:54.26	YORKTOWN	VA
17	PHOEBE SPENCE	2	00:40:10.91	Charlottesville	VA
18	LISHA MOORE	6	00:40:27.83	Newport News	VA
19	KATIE MASON	13	00:41:52.44	Clayton	NC
20	ANDEE SEAL	5	00:41:53.62	Chesapeake	VA
21	RACHEL LANG	6	00:42:06.18	HAMPTON	VA
22	LUCY NORFLEET	10	00:43:50.48	Newport News	VA
23	LIANA MERFAKE	6	00:44:00.16	YORKTOWN	VA
24	CAROLINE RIVERS	6	00:44:05.94	Hampton	VA
25	SAGE HENDERSON	5	00:48:27.27	Yorktown	VA
26	ANNALEIGH ROSARIO	7	00:50:47.84	Newport News	VA
27	KYLEE HAGERTY	9	00:51:29.89	Seaford	VA
28	KARA WEBER	10	00:51:44.11	Chantilly	VA
29	GRACE MURRAY	12	00:53:24.57	Hampton	VA
30	KEIRA MURRAY	8	00:53:46.45	Hampton	VA
31	KATIE FABRY	13	00:57:58.77	Newport News	VA
32	TAYLOR ADAMS	11	00:58:01.24	Suffolk	VA
33	ALICE CLARK	6	00:58:26.71	Newport News	VA
34	ADDISON GRAY	10	01:02:12.99	Carrollton	VA
35	KYLIE OSTEALINO	3	01:02:50.69	NEWPORT NEWS	VA
36	SALINA JAFRI	13	01:03:26.66	Portland	OR

Young Women 15-19

1	KARLEY HASKIELL	15	00:23:43.84	Yorktown	VA
2	SKYLAR HASKIELL	17	00:23:44.06	Yorktown	VA
3	JESSICA MAGEE	16	00:24:07.37	Norfolk	VA
4	SLOANE YOUTSEY	18	00:24:23.55	Yorktown	VA
5	LILIANA RAMIREZ	18	00:26:22.36	Newport News	VA
6	KALI SKAROSI	15	00:26:57.65	Goose Creek	SC
7	NATALIE BRAUCKMANN	16	00:26:57.80	Yorktown	VA
8	EMMA STOKER	17	00:26:57.83	Yorktown	VA
9	CHRISTINA MULROY	16	00:27:32.88	Midlothian	VA
10	SYDNEY EURE	16	00:27:36.79	Clayton	NC
11	ALEXIS HASKIELL	19	00:28:13.79	Yorktown	VA
12	ADELÉ BENDA	16	00:28:37.88	Norfolk	VA
13	HOLLY SAGE	15	00:29:46.23	Carrollton	VA
14	MADISON WILHELM	15	00:29:47.98	Hampton	VA
15	MEGAN MILLER	15	00:30:52.84	Newport News	VA
16	ANN CHAPPELL ELLINGTON	15	00:30:54.39	Newport News	VA
17	ERICA GILLIAN	15	00:32:17.34	Suffolk	VA
18	KATHLEEN LAINE	18	00:36:20.72	Kennesaw	GA
19	KATE WISNESKI	15	00:36:53.08	marietta	GA
20	ANISTON FRALEY	15	00:41:31.32	Hampton	VA
21	EMILY LONCAR	18	00:42:01.44	Yorktown	VA
22	RACHEL GILLETTE	19	00:44:02.67	Yorktown	VA
23	KENDALL NORFLEET	18	00:46:30.05	Yorktown	VA
24	CAROLINE GILLETTE	15	00:48:27.64	Yorktown	VA
25	EMMA SMITH	18	00:50:49.50	chesapeake	VA
26	KENDALL MURRAY	18	00:53:24.46	Hampton	VA
27	ZARA WASIQUE	16	00:53:50.94	Portland	OR
28	KAYLIE MANGLICMOT	18	01:00:44.81	Newport News	VA
29	EEMAN JAFRI	16	01:03:25.55	Portland	OR



Fast Before the Feast 5K 2019



Women 20 - 24

1	GRACE PRILLAMAN	22	00:21:42.55	Newport News	VA
2	BROOKLYNNE GALLIMORE	20	00:24:07.42	Harvest	AL
3	GRACE BOWEN	23	00:24:49.39	Richmond	VA
4	LYNN JOHNSON	20	00:25:06.80	Raleigh	NC
5	KIRSTEN ZEIGLER	20	00:26:11.63	CHESAPEAKE	VA
6	NICOLE HEALD	22	00:26:27.47	Newport News	VA
7	ABBY WACLO	20	00:27:00.10	Gloucester	VA
8	NORA MULROY	21	00:27:33.36	Midlothian	VA
9	BREONNA CASE	20	00:27:35.79	Virginia Beach	VA
10	LAUREN PALAGYI	24	00:27:55.16	Suffolk	VA
11	ASHLEY BURDICK	23	00:27:59.61	Portsmouth	VA
12	RACHEL LEVINE	21	00:28:09.19	Ann Arbor	MI
13	MADISON YOUNG	21	00:28:16.59	Poquoson	VA
14	BAYLEE THORNBURG	20	00:28:21.63	Cardinal	VA
15	RACHEL STRATTON	24	00:28:30.04	Yorktown	VA
16	ELAINA KLUGE	20	00:29:18.55	Hampton	VA
17	MEGAN RICHARDS	23	00:29:20.82	Yorktown	VA
18	KATIE HOUCK	21	00:30:16.11	Newport News	VA
19	AMANDA LONCAR	22	00:30:18.76	Yorktown	VA
20	COURTNEY MONTGOMERY	22	00:30:53.66	Newport News	VA
21	MICHAELA NORFLEET	23	00:31:26.83	Bedford	NH
22	RACHAEL MINGIONE	20	00:33:00.60	Chesapeake	VA
23	JESSICA FITZPATRICK	23	00:33:33.84	Chesapeake	VA
24	JULIA ROZZELL	22	00:34:14.54	Yorktown	VA
25	MORGAN RHODES	22	00:34:35.35	Chesapeake	VA
26	ABIGAIL ADCOX	20	00:34:44.87	Yorktown	VA
27	LUCY MASON	23	00:35:36.03	Newport News	VA
28	MEREDITH HUTCHENS	20	00:36:00.79	Newport News	VA
29	JOELLE NORFLEET	22	00:36:03.22	Yorktown	VA
30	CAITLYN PULVER	24	00:36:06.04	Newport News	VA
31	KAT PLUCINSKI	22	00:37:10.13	Newport News	VA
32	RACHEL DAWSON	23	00:38:07.39	Hampton	VA
33	ELIZABETH PETERSON-ROSE	23	00:40:47.37	Newport News	VA
34	SOPHIA RAMIREZ	20	00:40:53.36	Newport News	VA
35	SERENA PLAZA	24	00:45:03.87	Newport News	VA
36	MIA LUNA	22	00:45:56.62	Newport News	VA
37	REBEKAH SHELBY	24	00:48:26.17	Newport News	VA
38	COLEY SMITH	22	00:50:50.31	Chesapeake	VA
39	CASSIDY CROWDER	22	00:52:47.19	Newport News	VA
40	SALLY STOOKS	21	01:00:35.80	Hampton	VA
41	MELISSA ROGERSON	23	01:03:07.95	Poquoson	VA
42	ABBY TOPPING	23	01:03:09.17	Poquoson	VA

Women 25 - 29

1	ALY SEARLES	29	00:23:13.65	Washington	DC
2	JESSICA PONCE	27	00:26:14.63	Yorktown	VA
3	LORI LAWSON	25	00:26:41.98	Fairfax	VA
4	ELIZABETH HUBBARD	26	00:26:43.10	Houston	TX
5	RACHEL STADLER	26	00:27:43.43	Poquoson	VA
6	RYLEI PORTER	25	00:28:35.75	Yorktown	VA
7	ABBY MASON	27	00:28:51.69	Richmond	VA
8	JENNIFER BOOTH	29	00:29:42.79	Newport News	VA
9	CARLY CROCKETT	26	00:29:57.87	Hampton	VA
10	AMBERLY LEVAN	28	00:30:04.99	Newport News	VA
11	STEPHANIE MAHER	27	00:31:14.50	Arlington	VA
12	LAUREN MAHONEY	29	00:31:50.93	Newport News	VA
13	LACEY MILLER	27	00:32:46.72	Hayes	VA
14	EMILY NATSIOS	29	00:33:40.26	Arlington	VA
15	ELIZABETH HOFMANN	25	00:33:47.31	Durham	NC
16	MINDY CRAIG	29	00:33:51.61	Hampton	VA
17	COOPER HATCH	27	00:34:15.48	Newport News	VA
18	LARISSA SMITH	29	00:35:18.89	Cedar Knolls	NJ
19	CAITLIN MESSINA	29	00:35:31.21	Newport News	VA
20	ASHLEY SHAH	27	00:35:49.82	Washington	DC
21	VISVA PATEL	25	00:35:50.48	Yorktown	VA
22	MIRANDA WOLFE	27	00:36:14.71	Newport News	VA
23	KAYLA CORBIERE	28	00:37:17.76	Adams	KY
24	EMILY COGGINS	28	00:37:31.65	Suffolk	VA
25	BRIENNA SAWYER	25	00:38:21.33	Centreville	VA
26	BROOKE LAWRENCE	26	00:38:39.13	Hampton	VA
27	BROOKE SYNAN	25	00:41:17.93	Yorktown	VA
28	ADRIENNE SPILLANE	29	00:42:21.71	Newport News	VA
29	CARLEY DICKSON	26	00:43:09.74	Newport News	VA
30	KATY BOBBITT	27	00:44:58.78	Newport News	VA
31	KELSIE BAILEY	27	00:46:07.34	Concord	NC
32	JENNA MCELROY	29	00:46:43.48	Newport News	VA
33	TARYN HALL	28	00:48:55.24	Seaford	VA
34	KATHRINE RUDZIK	26	00:49:41.64	Winter Garden	FL
35	EMILY JUDD	26	00:49:41.82	Hampton	VA
36	BRITTNEY THOMPSON	29	00:50:20.49	Carrollton	VA
37	ANNE SKELTON	25	00:51:12.88	Richmond	VA
38	MARNIE BLALOCK	25	00:51:14.02	Newport News	VA
39	LESLIE MONCAYO	28	00:51:55.45	Fort Bragg	NC
40	CHRISTY INGELL	28	00:53:02.20	Newport News	VA
41	JANANI SRIDHAR	29	00:53:11.82	Hampton	VA
42	GABRIELLE ROSARIO	29	00:57:50.64	Newport News	VA
43	MARIANNE HOPE	26	00:58:03.10	Newport News	VA
44	LACY MALLORY	26	00:58:27.80	Hampton	VA
45	CAROLYN HUYGHE	29	00:59:20.83	Washington	DC
46	ALEXANDRA HUYGHE	29	00:59:24.16	Washington	DC
47	DEVIN COX	27	00:59:28.01	Smithfield	VA
48	ANDREA COLLIER	29	01:00:33.91	Newport News	VA
49	KILEY MILLER	28	01:00:48.99	Suffolk	VA
50	GRACE CHO	25	01:02:49.07	Newport News	VA



Fast Before the Feast 5K 2019



Women 30 - 34

1	JOHANNA TORGESEN	31	00:21:30.72	Virginia Beach	VA
2	AMANDA JAMES	32	00:23:00.58	Christiansburg	VA
3	SERENA MILLER	32	00:24:54.19	Blacksburg	VA
4	REBECCA DEVINCENT	32	00:24:59.89	Mechanicsville	VA
5	ALYSON HEIDENTHAL	32	00:25:00.41	Newport News	VA
6	RAYNA REID	31	00:26:00.30	Newport News	VA
7	COURTNEY NORRIS	30	00:26:18.43	Newport News	VA
8	SAMANTHA HUDSON	30	00:26:51.97	Hampton	VA
9	AMANDA SMYER	32	00:27:35.13	Virginia Beach	VA
10	EMMA HATCH	32	00:27:55.37	Newport News	VA
11	LINDSEY ACCARDI	30	00:28:14.22	Carrollton	VA
12	MADELINE HALLINGER	32	00:28:14.79	Wake Forest	NC
13	JULIE BARRETT	33	00:29:01.42	Pinehurst	NC
14	DANIELLE HECKMAN	31	00:30:18.45	Yorktown	VA
15	SUSANA BELTRAN	32	00:30:24.06	Apo	AE
16	AMBER WARD	32	00:30:45.67	Norfolk	VA
17	ALANA CURRY	34	00:30:48.95	Suffolk	VA
18	CHRISTINE DAWKINS	33	00:30:50.39	Hampton	VA
19	KATY GASTON	30	00:32:10.99	Newport News	VA
20	CRYSTAL BAILEY	33	00:32:29.92	Newport News	VA
21	BRITTANY WILLIAMS	30	00:33:36.61	Newport News	VA
22	TIFFANY LANGE-ALTMAN	32	00:33:40.08	Hampton	VA
23	JULIA GRAY	30	00:34:43.93	Carrollton	VA
24	JASMINE PETTAWAY	30	00:35:05.37	Newport News	VA
25	GENEVIEVE LOUTINSKY	32	00:35:44.97	Newport News	VA
26	ERYNN HATCH	31	00:36:55.17	Newport News	VA
27	GEORGIA CARLES	34	00:38:32.03	Newport News	VA
28	SUSAN NORFLEET	31	00:38:45.23	Newport News	VA
29	JENNIFER MOSBY	34	00:39:28.26	Newport News	VA
30	CHELSIE BAKER	33	00:40:33.27	Newport News	VA
31	KELLI SEAL	31	00:41:55.60	Chesapeake	VA
32	REBECCA DARRON	31	00:42:09.63	Hampton	VA
33	KAYLA MURCHISON	34	00:42:34.89	Newport News	VA
34	AMANDA ANDERSON	30	00:42:39.74	Norfolk	VA
35	MELYSSA LALONDE	33	00:43:25.74	Gloucester	VA
36	JASMINE CARPENTER	32	00:43:51.86	Smithfield	VA
37	LOREN TAPPAN	33	00:43:52.05	Hampton	VA
38	KRISTEN MOORE	34	00:44:39.51	Newport News	VA
39	ALISON TEM	31	00:49:56.63	Norfolk	VA
40	ALLISON MORGAN	33	00:49:58.38	Poquoson	VA
41	CHADNEY THOMPSON	32	00:50:24.66	Carrollton	VA
42	BECCA GRINBARG	34	00:50:40.97	Newport News	VA
43	MIA CARTER	32	00:51:33.62	Waldorf	MD
44	HANNAH JOHNSON	31	00:53:16.13	Newport News	VA
45	JENNIFER MARTIN	33	00:54:20.91	Newport News	VA
46	SHERRI CLAYBORNE	31	00:56:16.12	Gloucester	VA
47	BETH DICKSON	31	00:57:04.41	Hampton	VA
48	JENNIFER SHOOK	34	00:57:04.91	Hampton	VA
49	ELISE COLEMAN-WHITE	32	00:59:25.74	Norfolk	VA
50	SARAH POLAK	32	01:00:07.87	Smithfield	VA

Women 30 - 34

51	AMANDA OSTELLINO	31	01:02:48.83	Newport News	VA
52	RENEE LENASSI	33	01:05:00.28	Richmond	VA
53	MELISSA THIES	32	01:05:46.61	Hampton	VA

Women 35 - 39

1	ANGELA THOMPSON	36	00:24:07.87	Suffolk	VA
2	ALISON ALCAINE	36	00:25:03.33	Apex	NC
3	MARY HALL	38	00:25:41.58	Gloucester	VA
4	TANIA WHITE	37	00:25:46.91	Newport News	VA
5	MELISSA ABREU TOYENS	35	00:26:04.88	Ruskin	FL
6	JENNIFER NARRON	39	00:26:34.97	Fayetteville	NC
7	JESSICA CLIFT	37	00:27:32.84	Yorktown	VA
8	REBECCA MACHUSEK	38	00:27:48.04	Hampton	VA
9	TABITHA ROYCE-GOLAN	36	00:28:07.59	Newport News	VA
10	TASHA ROSE	39	00:30:42.47	Newport News	VA
11	CAROL MINTER	37	00:30:56.85	Newport News	VA
12	SARAH CHAPPELL	37	00:31:52.76	Newport News	VA
13	HAZEL DOUPE	36	00:32:32.52	Rogers	AR
14	TARA MAYNARD	36	00:32:41.13	Newport News	VA
15	CHRISTINE ILARDI	38	00:32:46.89	Yorktown	VA
16	ELIZABETH JONES	36	00:33:49.52	Millersville	MD
17	MAGEN LEFKOWICZ	39	00:33:59.39	Newport News	VA
18	LARISSA MARIE AMBROSE	39	00:34:58.98	Hampton	VA
19	KATRINA CABLE	35	00:35:21.14	Yorktown	VA
20	JESSICA WOLKOWICH	39	00:35:22.90	Suffolk	VA
21	SARAH HUGHES	36	00:35:33.69	Harrisonburg	VA
22	GRETCHEN MCMICHAEL	39	00:35:33.83	Harrisonburg	VA
23	SARAH MARCHESE	39	00:35:34.78	Newport News	VA
24	AMY GOLDSCHMIEDT	36	00:36:14.27	Williamsburg	VA
25	JANYA MOSBY	36	00:36:28.15	Midlothian	VA
26	CASEY LA ROCHE	37	00:36:35.02	Hampton	VA
27	JAMIE WHEELER	38	00:37:18.86	Greenville	SC
28	KEISA GARDNER	39	00:37:21.31	Yorktown	VA
29	ANNIE THALMAN	35	00:37:42.91	Woodbridge	VA
30	LINDSEY LA ROCHE	37	00:38:25.20	Hampton	VA
31	JESSICA MANCARI	36	00:38:44.81	Arlington	VA
32	PAMELA BOERNER	38	00:38:56.59	Newport News	VA
33	STEPHANIE ROANE	35	00:40:04.44	Charlottesville	VA
34	LAUREN HENRY	37	00:41:02.73	Norfolk	VA
35	KATHLEEN WACLAWSKI	37	00:41:43.91	Poquoson	VA
36	ASHLEY WINSLOW	35	00:42:08.52	Suffolk	VA
37	MEGAN WAGNER	35	00:42:24.20	Suffolk	VA
38	JUANITA WILKERSON	35	00:42:25.08	Newport News	VA
39	JILL VANDERVORT	38	00:42:32.40	Arlington	VA
40	REBECCA NONNEMACHER	36	00:43:21.96	Hampton	VA
41	RAINA STROMAN	38	00:43:53.66		AR
42	HANA RETTA	39	00:44:03.50	YORKTOWN	VA
43	KHRISTINA HARTOON	36	00:45:46.02	Norfolk	VA



Fast Before the Feast 5K 2019



Women 35 - 39

44	ELIZABETH FORSLUND	38	00:46:08.31	Bridgewater	VA
45	MARLYN ANDINO	39	00:46:09.37	Newport News	VA
46	ATASHA PANNELL	37	00:46:13.98	hampton	VA
47	BEKAH ROGERS	38	00:48:12.85	Smithfield	VA
48	JULIA STEWART	39	00:49:05.90	Newport News	VA
49	LINDSAY HAGERTY	38	00:51:40.53	Seaford	VA
50	STACEY KNIGHT	37	00:52:41.02	Washington	DC
51	CHRISTINA GRAY	38	00:53:35.86	Carrollton	VA
52	TIFFANY URBAN	38	00:55:45.43	Newport News	VA
53	JENNY SWEAT	37	00:55:52.44	Buford	GA
54	AMY LEWIS	39	00:57:25.23	Newport News	VA
55	JESSICA NORFLEET	35	00:58:26.43	Newport News	VA
56	TRACI GORDON	36	00:59:31.61	Tampa	FL
57	BRIDGET HAMBLIN	36	01:00:16.48	Columbus	OH
58	SUSANNA BAILEY	36	01:00:36.90	Newport News	VA
59	KRISTY VANCE	38	01:01:54.87	Suffolk	VA
60	JULIE JAFRI	39	01:03:25.98	Portland	OR
61	STACEY RICHMAN	36	01:05:03.05	Richmond	VA

Women 40 - 44

1	KAREN SANZO	43	00:22:04.03	Hampton	VA
2	ANNA NEWMAN	41	00:25:59.45	Hampton	VA
3	KRISTIE MANNING	40	00:26:24.80	Newport News	VA
4	LORI JANKE	43	00:27:09.34	Providence Forge	VA
5	KRISTIN COCHRAN	44	00:27:19.20	Newport News	VA
6	CYNTHIA CARPENTER	40	00:27:20.69	Washington	DC
7	AMANDA COLLIER	40	00:28:23.53	Yorktown	VA
8	LISA LEECH	43	00:28:54.46	Newport News	VA
9	SARAH FRAUENZIMMER	44	00:29:11.93	Norfolk	VA
10	SHARI STILLEY	41	00:30:32.87	Newport News	VA
11	LIZ KENDALL	41	00:30:37.88	Marietta	GA
12	KELLY MCKENZIE	44	00:31:18.39	Mc Lean	VA
13	AMY MCCLURE	40	00:32:01.69	Newport News	VA
14	ERICA RIVERS	40	00:32:12.43	Hampton	VA
15	X SLOCUM	43	00:32:12.87	Hampton	VA
16	AMANDA HALL	44	00:32:17.09	Newport News	VA
17	AMY HUTCHENS	43	00:32:25.44	Brooklyn	NY
18	MARIAH AYALA	41	00:32:50.85	Suffolk	VA
19	BERTIE CHINN	41	00:33:39.04	Chesapeake	VA
20	KIM TIPTON	44	00:34:01.73	Waland	TN
21	MAYA GOKCEN	41	00:34:25.10	Yorktown	VA
22	MEGHAN VIRGINIA O'MALLEY	41	00:34:37.85	Newport News	VA
23	CARI MUJICA	40	00:34:47.14	Yorktown	VA
24	STEPHANIE LEVINE	43	00:34:47.26	Mount Laurel	NJ
25	JANE MOORE	43	00:35:29.37	Hampton	VA
26	FARRAH WILSON	42	00:35:39.40	Midlothian	VA
27	LINDSAY KRAMER	43	00:36:11.79	Yorktown	VA
28	JENNIFER CARPENTER-FITZPATRICK	42	00:36:50.58	Newport News	VA
29	EMILY QUINN	43	00:37:13.72	Yorktown	VA
30	ERIN HANCOCK	40	00:37:31.24	Alexandria	VA
31	ELYSE ROOS	43	00:38:36.99	Hampton	VA
32	REBEKAH SENSENIG	40	00:39:09.25	Yorktown	VA

Women 40 - 44

33	JESSICA KLEMENCIC	44	00:39:20.51	Hampton	VA
34	TARYN SPENCE	41	00:40:11.58	Charlottesville	VA
35	ALLISON KAHANE	44	00:41:07.68	Rockville	MD
36	RACHEL HESS	40	00:41:29.54	Moyock	NC
37	ANITA MASON	43	00:42:28.57	Clayton	NC
38	HEATHER SINGLETON	43	00:44:03.79	Hampton	VA
39	CHRISTY WALKER	44	00:44:36.71	Durham	NC
40	KELLY HODSON	42	00:46:35.41	Hampton	VA
41	BETH-ANN MCSWEENEY	41	00:46:53.57	Hayes	VA
42	DARCY KNOBLICH	42	00:47:23.42	Suffolk	VA
43	JOLEEN SEARLES	41	00:47:38.34	Poquoson	VA
44	ALICIA WHEELER	40	00:48:21.28	Newport News	VA
45	CRYSTAL MCNAMARA	44	00:50:34.07	Lexington Park	MD
46	TRULEE SWINDLE	44	00:53:48.47	Virginia Beach	VA
47	TRACI POWERS	43	00:56:24.79	Providence Forge	VA
48	MARIA WASIQUE	44	00:57:02.12	Portland	OR
49	KARI ANDERSON	41	00:59:31.29	Hudson	FL
50	VICTORIA FACIANE	41	01:00:44.69	Yorktown	VA
51	CHRISTINE HERDMAN	42	01:01:57.09	Chesapeake	VA
52	EMILY KELLY	40	01:04:50.85	Lynchburg	VA
53	EMILY KELLY	40	01:04:51.78	Lynchburg	VA
54	CARRIE WALDMAN	41	01:05:55.19	Newport News	VA



Fast Before the Feast 5K 2019



Women 45 - 49

1	HOLLI ALLEN	49	00:25:51.95	Yorktown	VA
2	SUSAN EURE	48	00:30:28.74	Clayton	NC
3	KATHY WISNESKI	48	00:30:42.18	Marietta	GA
4	JOY ELLIOTT	45	00:32:06.89	Newport News	VA
5	LORI LANG	45	00:32:14.81	Hampton	VA
6	JENNIFER ZEIGLER	46	00:35:27.93	Chesapeake	VA
7	KATIE ELLINGTON	48	00:36:12.75	Newport News	VA
8	MARNIE SHARTZER	48	00:36:22.59	Yorktown	VA
9	TAMARA KREPPS	46	00:36:29.29	Newport News	VA
10	DEBORAH BRISCOE	49	00:36:32.49	Gloucester	VA
11	CHRISTINA FERRIS	48	00:37:05.05	Hampton	VA
12	LAURA KETTERMAN	48	00:37:05.38	Hampton	VA
13	JENNIFER MILLER	46	00:37:08.00	Newport News	VA
14	TRACY GALLIMORE	47	00:38:59.33	Harvest	AL
15	DONNA PHAN	45	00:39:46.55	Yorktown	VA
16	KAREN DOWNER	49	00:40:20.53	Yorktown	VA
17	TANYA KLUGE	46	00:41:07.04	Bellevue	FL
18	TERRY SMITH	47	00:42:25.15	Carrollton	VA
19	KIMBERLEY MURRAY	47	00:43:27.25	Hampton	VA
20	KAREN FORDE	48	00:44:19.26	Williamsburg	VA
21	HEATHER GAUTHIER	46	00:47:09.52	Poquoson	VA
22	MARILU DELEON	49	00:48:26.63	Chesapeake	VA
23	MEGAN ALEXANDER	45	00:48:28.80	Yorktown	VA
24	MONICA MARKLEY	47	00:49:39.80	Poquoson	VA
25	TRACY LOUK	45	00:50:10.50	Newport News	VA
26	KERRIE HOLLIFIELD	49	00:51:53.03	Newport News	VA
27	JULIE LARCH	47	00:52:07.56	Newport News	VA
28	KRYSTAL BARRETT	45	00:55:46.99	Acworth	GA
29	ANDREA SINGLETON	46	00:55:47.54	Virginia Beach	VA
30	MOBINA JAFREE	49	00:56:58.01	Portland	OR
31	TINA MANGLICMOT	47	01:01:07.95	Newport News	VA
32	TRICIA SMITH	48	01:01:39.38	Chesapeake	VA

Women 50 - 54

1	MICHELLE HASKIELL	54	00:26:35.19	Yorktown	VA
2	KIM RATCLIFFE	52	00:27:36.16	Yorktown	VA
3	PAULA GILLIAN	52	00:28:12.41	Suffolk	VA
4	MICHELE HEALD	52	00:30:34.65	Newport News	VA
5	TARA DRESS	52	00:32:12.22	Newport News	VA
6	TINA BECOUVARAKIS	52	00:33:02.30	Hampton	VA
7	JULIE YOUNG	52	00:33:52.75	Poquoson	VA
8	MADDY BAILEY	52	00:34:20.34	Hampton	VA
9	DAWN RAMIREZ	50	00:35:10.72	Newport News	VA
10	KELLY MOSES	52	00:35:37.88	Newport News	VA
11	AMELIA MUNDS	53	00:36:02.71	Baltimore	MD
12	ANN ADCOX	52	00:36:24.56	Yorktown	VA
13	KIM HINES	50	00:36:49.81	Newport News	VA
14	DEBBIE MEIGHAN	54	00:36:56.22	Leesburg	VA
15	STEPHANIE DENNARD	51	00:37:40.47	Newport News	VA
16	DEBORAH RICE	54	00:37:59.39	Newport News	VA
17	LAURA SCOTT	54	00:38:36.90	Poquoson	VA
18	KAREN LAINE	53	00:41:06.81	Kennesaw	GA
19	MARY SCOTT	51	00:42:36.55	Newport News	VA
20	KAY FERGUSON	52	00:44:27.71	Newport News	VA
21	MITZI EMBLIDGE	50	00:44:34.71	Newport News	VA
22	KIMBERLY CAROSI	52	00:45:11.64	Newport News	VA
23	KRISTEN ROBERTSON	53	00:45:18.68	Newport News	VA
24	PAULA BUNN	54	00:45:51.86	Newport News	VA
25	CHRISTINE YOUTSEY	53	00:45:57.63	Yorktown	VA
26	ANN STEFANEK	54	00:45:57.68	Yorktown	VA
27	TERESA ROBINSON	54	00:46:21.08	Newport News	VA
28	AMY NORFLEET	54	00:46:29.62	Yorktown	VA
29	PAIGE BREWER	54	00:46:41.18	Poquoson	VA
30	XENIA DELEON	52	00:48:26.77	Suffolk	VA
31	BECKY RIEBELING	51	00:49:31.72	Newport News	VA
32	SUSIE GARDNER	54	00:49:35.56	Yorktown	VA
33	ANGELA THOMPSON	51	00:50:25.07	Carrollton	VA
34	CHERYL COOPER	53	00:51:20.26	Oak Harbor	OH
35	MICHAEL SCHOLL	52	00:53:19.89	Memphis	TN
36	JOELLE SCHOLL	52	00:53:20.26	Memphis	TN
37	LORI PALAGYI	52	00:53:28.24	Suffolk	VA
38	LISA WIGGINS	52	00:53:37.41	Newport News	VA
39	MARINA EVANS	52	00:53:56.26	Hampton	VA
40	CHRISTY KRUKLINSKI	54	00:54:27.37	Saint Petersburg	FL
41	ELAINE ARRIETA	54	00:54:31.12		AR
42	LINDA FICHT	51	00:54:58.41	Newport News	VA
43	ANN STEVENS	51	00:59:27.86	Newport News	VA



Fast Before the Feast 5K 2019



Minuteman Timing

Women 55 - 59

1	GABRIELE LINGENFELTER	56	00:26:23.16	Yorktown	VA
2	DEBRA PRICE	56	00:27:18.66	Newport News	VA
3	KAREN STADLER	55	00:28:19.94	Poquoson	VA
4	CHRISTINE WILLIAMS	57	00:31:00.77	Poquoson	VA
5	MARY PAT NORFLEET	57	00:31:40.05	Bedford	NH
6	MARGARET CARPENTER	55	00:31:55.82	Falls Church	VA
7	MARY MULROY	56	00:32:35.59	Midlothian	VA
8	KELLY PECK	55	00:33:08.54	newport news	VA
9	ALICE FITZPATRICK	57	00:33:38.52	Chesapeake	VA
10	JANICE POWERS	59	00:33:40.54	Poquoson	VA
11	KIM HARRIS	56	00:34:20.55	Newport News	VA
12	VALERIE BOWEN	57	00:34:26.14	Hampton	VA
13	KARI JOHNSON	57	00:35:18.89	Raleigh	NC
14	JODY O'HARA	59	00:35:36.98	Montpelier	VA
15	DIANE HOPE	55	00:35:37.20	Newport News	VA
16	DIANA L MCGOWAN	58	00:36:28.38	Hampton	VA
17	DEBBIE HATCH	58	00:36:31.59	Newport News	VA
18	ROBIN LEVY	55	00:39:08.95	Newport News	VA
19	LINDA LAWRENCE	56	00:39:19.39	Hampton	VA
20	SANDI NONNEMACHER	59	00:39:23.88	Hazleton	PA
21	BECKY WALTZ	57	00:40:53.17	Newport News	VA
22	MERLENE MALLORY	57	00:41:25.47	Hampton	VA
23	TRACY LESAGE	55	00:44:04.88	Hampton	VA
24	DANA MACKEY	55	00:44:05.52	Hampton	VA
25	KATHY HUBBARD	58	00:44:15.09	Newport News	VA
26	CRYSTAL LANE-TILLERSON	59	00:45:22.61	Newport News	VA
27	JUDITH STEWART	58	00:45:52.21	Newport News	VA
28	JILLIAN VENTI	57	00:46:37.91	Newport News	VA
29	AUDREY ROSENTHAL	55	00:47:04.15	Boxborough	MA
30	MARGARET ALFSEN	56	00:48:09.04	Carrollton	VA
31	KELLY CARPENTER	57	00:49:29.12	Norfolk	VA
32	MARY BETH PLUCINSKI	58	00:52:46.34	Newport News	VA
33	LARRICA SIDES	55	00:53:03.69	Hampton	VA
34	CHRIS GASTON	59	00:53:10.19	Newport News	VA
35	BELINDA SCHOLL	57	00:53:20.75	Memphis	TN
36	SONJA WHITTINGTON	57	00:53:37.03	Newport News	VA
37	JERI YARNELL	58	00:54:19.81	Newport News	VA
38	KIMBERLY HOLLAND	56	00:54:32.13	Poquoson	VA
39	PAGE STOOKS	56	01:00:35.12	Hampton	VA
40	LISA WENSCHLAG	55	01:00:47.32	Newport News	VA
41	JO-LEI PORTER	56	01:01:03.57	Yorktown	VA
42	LUCY NORFLEET	59	01:01:07.62	Newport News	VA
43	KATHLEEN DAY	59	01:01:26.51	Suffolk	VA
44	HAI CHO	59	01:02:54.99	Newport News	VA
45	TINA ROGERSON	58	01:03:37.77	Poquoson	VA
46	DENISE TOPPING	56	01:03:38.16	Poquoson	VA

Women 60 - 64

1	CHERYL CLAPP	61	00:30:14.90	Smithfield	VA
2	MARYANNE REIDY	64	00:32:27.00	Schenectady	NY
3	LUCY MENDEZ	60	00:34:04.93	Newport News	VA
4	CARLEEN LENASSI	60	00:34:29.18	Richmond	VA
5	ANA BOSSMAN	61	00:36:47.98	Yorktown	VA
6	COLLEEN BEATOVICH	60	00:38:19.78	Yorktown	VA
7	CHERYL WALDRON	64	00:39:24.99	Yorktown	VA
8	MARIA QUIGLEY	60	00:42:12.87	Yorktown	VA
9	KIMBERLY FORSLUND	62	00:46:07.80	KeysvilleKeysville	VA
10	GAIL JORDAN	64	00:49:09.00	Williamsburg	VA
11	BARBARA TEM	64	00:49:23.18	Pinehurst	NC
12	MARGO BAIS	64	00:53:29.02	Newport News	VA
13	JOANNE STUDEBAKER	62	00:56:10.96	Rye	NH
14	NANCY DEGAN	62	00:56:43.55	New Orleans	LA
15	JOANNE DEGAN	62	00:56:47.36	New Orleans	LA
16	REBECCA NORFLEET	62	00:59:02.93	Newport News	VA
17	JOAN BUTTNER	63	00:59:26.55	Cincinnati	OH
18	CATHI DAVIS	62	00:59:29.30	Yorktown	VA
19	MISSY LIPPIATT	63	01:00:46.41	Portsmouth	VA
20	SHELBA BOONE	60	01:00:46.47	Portsmouth	VA
21	SUE MILLER	61	01:00:50.89	Manassas	VA
22	NADINE ROREM	61	01:02:21.57	Wheaton	IL
23	SANDRA TIDWELL	63	01:05:25.37	Hampton	VA
24	SUSAN THIES	64	01:05:45.03	Hampton	VA

Women 65 - 69

1	DEBBIE VREELAND	66	00:35:07.23	Moneta	VA
2	MARY HARMAN	69	00:37:38.08	Newport News	VA
3	CINDY BRINKER	65	00:46:03.89	Newport News	VA
4	VITHENIA FORBES	67	00:48:11.38	Baltimore	MD
5	CHRIS CONLEY	67	00:48:23.27	Hayes	VA
6	TRACY WOOD	65	00:51:51.48	Newport News	VA
7	CONNIE BELTZ	68	00:53:29.97	Newport News	VA
8	LINDA BOERNER	68	00:55:45.37	Newport News	VA
9	ROBERTA THAYER-SMITH	67	00:56:52.29	Yorktown	VA
10	MAUREEN DALTON	67	00:56:54.50	Suwanee	GA
11	MARSHA KNOX	69	00:58:42.99	Yorktown	VA
12	MARY GRAY	66	01:02:18.18	Carrollton	VA

Women 70 - 74

1	JANE ABBOTT	72	00:33:11.61	Hampton	VA
2	SUSAN HAMBLIN	72	00:39:33.53	Waunakee	WI
3	LYNNE ROADARMEL	70	00:46:25.08	Yorktown	VA
4	KATE ALEXANDER	73	00:48:28.70	Yorktown	VA
5	HELEN JOHNSON-ANDERSON	74	00:50:21.74	Hampton	VA

Women 75 & Over

1	PAULINE ELY	81	00:52:27.19	Hampton	VA
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Fast Before the Feast 5K 2019



Men's Overall

1	BRIAN CLAPP	31	00:17:35.22	Smithfield	VA
2	TIMOTHY MANCARI	35	00:17:43.74	Arlington	VA
3	ANDREW CAMERON	34	00:17:48.70	Newport News	VA

Boys 14 & Under

1	EVAN QUINN	13	00:19:00.93	Yorktown	VA
2	SOREN HINES	10	00:22:45.91	Newport News	VA
3	JOHN TRAVIS COX	11	00:22:46.17	Yorktown	VA
4	EDWARD HARDY	14	00:23:28.46	Newport News	VA
5	JACK SEBRING	14	00:23:47.09	Poquoson	VA
6	HAGEN HINES	14	00:24:49.66	Newport News	VA
7	PAUL GOLDSCHMIEDT JR.	14	00:24:50.90	Williamsburg	VA
8	BRADY LA ROCHE	14	00:25:36.78	Hampton	VA
9	WINSTON BUNN	12	00:26:13.52	Dover	MA
10	WESLEY BUNN	12	00:26:14.23	Dover	MA
11	LUCAS MARKLEY	12	00:26:56.30	Poquoson	VA
12	KELLEN LA ROCHE	12	00:27:05.13	Hampton	VA
13	RYAN MCKENZIE	12	00:27:36.08	Mc Lean	VA
14	CHARLIE BUNN	12	00:27:46.99	Dover	MA
15	JOSHUA KREPPS	13	00:28:03.32	Newport News	VA
16	THEO MURPHY	10	00:28:11.68	Newport News	VA
17	MICHAEL SIBLEY	14	00:28:11.97		AR
18	COLIN WINSLOW	9	00:28:35.64	Suffolk	VA
19	LUCAS NARRON	9	00:28:41.81	Fayetteville	NC
20	CONNOR MCKENZIE	14	00:28:57.09	Mc Lean	VA
21	LOGAN ONEIL	14	00:29:43.35	Yorktown	VA
22	DJ MOORE	9	00:30:19.24	Newport News	VA
23	RILEY BELTZ	14	00:30:37.88	Newport News	VA
24	JAKE LA ROCHE	9	00:30:59.08	Hampton	VA
25	DAVID LANG	10	00:32:07.66	HAMPTON	VA
26	LUKE SENSENIG	9	00:33:24.96	Yorktown	VA
27	JAYSON LEFKOWICZ	5	00:33:54.26	Newport News	VA
28	MASON NEWLAND	9	00:33:56.60	Walland	TN
29	SAGE GRAY	12	00:34:43.82	Poquoson	VA
30	NATHAN SENSENIG	7	00:34:52.33	Yorktown	VA
31	THOMAS HESS	8	00:35:02.97	Moyock	NC
32	CHARLIE MOORE	11	00:35:28.14	Hampton	VA
33	MASON HAGERTY	6	00:35:30.59	Seaford	VA
34	ADONIAH MERFAKE	10	00:35:32.29	YORKTOWN	VA
35	DANIEL STOOKS	14	00:35:40.25	Hampton	VA
36	FINN VANDERVORT	7	00:37:23.48	Arlington	VA
37	JOSHUA STEWART	13	00:38:16.19	Newport News	VA
38	BENJAMIN SENSENIG	6	00:39:09.06	Yorktown	VA
39	MATTHEW MILLER	12	00:41:10.40	Newport News	VA
40	DEXTER VANDERVORT	5	00:42:30.58	Arlington	VA
41	JOSEPH BRIGGS	9	00:43:59.10	Gloucester	VA
42	RIO HENDERSON	9	00:44:02.03	Yorktown	VA
43	NEO ELFINSTONE	11	00:45:19.26	Newport News	VA
44	JAYDEN HODSON	14	00:46:28.87	Hampton	VA
45	LIAM JANKE	11	00:52:08.18	Providence Forge	VA
46	BILAL WASIQUE	8	00:52:20.39	Portland	OR
47	MICHAEL SLOCUM	7	00:54:30.70	Hampton	VA
48	HENRY RIVERS	7	00:54:31.59	Hampton	VA
49	BRETT POWERS	10	00:56:05.99	Providence Forge	VA
50	LOGAN JOHNSON- FOWLE	13	00:56:22.55	Yorktown	VA
51	MATTHEW TEM	4	00:56:41.87	Norfolk	VA
52	JACOB KELLY	12	01:02:09.28	Lynchburg	VA
53	PAUL CHO	14	01:02:47.23	Newport News	VA



Fast Before the Feast 5K 2019



Young Men 15-19

1	WILLIAM LAINE	15	00:18:04.27	Kennesaw	GA
2	JASON LYNCH	17	00:18:24.80	Yorktown	VA
3	WILLIAM PRILLAMAN	19	00:19:59.93	Newport News	VA
4	CAREY HUTCHENS	18	00:21:57.56	Newport News	VA
5	ALEC GALLIMORE	18	00:22:25.94	Harvest	AL
6	MILLS BECOUVARAKIS	17	00:22:32.74	Hampton	VA
7	JOSH MARKLEY	15	00:22:36.07	Poquoson	VA
8	LUCAS MURPHY	17	00:22:42.40	Newport News	VA
9	MCKAY WILHELM	17	00:22:56.17	Hampton	VA
10	CALEB MURPHY	18	00:25:02.91	Newport News	VA
11	PATRICK GILLIAN	19	00:25:59.14	Suffolk	VA
12	IAN MUNDS	17	00:26:56.15	Baltimore	MD
13	TREVOR MCMURRAY	19	00:27:50.05	Suffolk	VA
14	NATHAN GILLIAN	17	00:28:04.42	Suffolk	VA
15	JUSTUS KAMINSKI	15	00:29:01.88	Hampton	VA
16	BRAD WENSCHLAG	19	00:29:53.00	Newport News	VA
17	WILL MCLAUGHLIN	15	00:30:29.26	Seaford	VA
18	ANDREW KENT	19	00:30:37.39	Hampton	VA
19	JAMES NORFLEET	18	00:30:49.37	Newport News	VA
20	THOMAS NORFLEET	19	00:30:49.52	Bedford	NH
21	CHRISTOPHER KELLY	17	00:31:40.94	Lynchburg	VA
22	GARRETT NORFLEET	18	00:34:32.01	Yorktown	VA
23	PAUL MALLORY	19	00:58:28.24	Hampton	VA

Men 20 - 24

1	TYLER MOORE	23	00:20:45.78	poquoson	VA
2	MAXWELL CARPENTER	21	00:20:54.37	Falls Church	VA
3	ZACHARY BECOUVARAKIS	22	00:21:36.38	Hampton	VA
4	EMERSON YOUTSEY	22	00:21:54.50	Yorktown	VA
5	WILLARD ROBINSON	24	00:22:45.17	Boone	NC
6	REED MINGIONE	22	00:24:23.30	Chesapeake	VA
7	RAYMOND GILLIAN	21	00:25:24.38	Suffolk	VA
8	STUART MONTGOMERY	23	00:25:28.86	Newport News	VA
9	WALKER MASON	24	00:27:37.08	Newport News	VA
10	STEVEN LONCAR	20	00:27:50.61	Yorktown	VA
11	MICHAEL LANE RICE	23	00:27:52.17	Newport News	VA
12	CHRISTIAN MURPHY	22	00:28:02.39	Newport News	VA
13	LANE SLATE	20	00:28:16.29	Yorktown	VA
14	BUDDY ARCARA	21	00:28:22.31	Cardinal	VA
15	CHARLES MONTGOMERY	24	00:29:30.03	Newport News	VA
16	BRADFORD MCGEE	20	00:29:42.65	Newport News	VA
17	CAMERON ROZZELL	20	00:30:18.39	Yorktown	VA
18	JACOB HOPE	24	00:31:43.63	Newport News	VA
19	CARTER MASON	24	00:32:52.09	Newport News	VA
20	HOLDEN NIEMAN	20	00:33:16.55	Shaw A F B	SC
21	REID HOWELL	23	00:38:06.99	Hampton	VA
22	ANDREW PETERSON-ROSE	24	00:42:18.42	Newport News	VA
23	ADAM LEVINE	24	00:47:05.84	Chicago	IL
24	BRADLEY STOVALL	22	00:55:16.89	Prince George	VA
25	MATTHEW PALAGYI	22	00:55:27.51	Suffolk	VA
26	BENJAMIN NORFLEET	21	00:58:21.25	Newport News	VA
27	DAVID NORFLEET	22	00:58:21.45	Bedford	NH



Fast Before the Feast 5K 2019



Men 25 - 29

1	TRAVIS MOORE	26	00:21:21.62	poquoson	VA
2	CONNOR MAHAN	25	00:21:32.96	Hampton	VA
3	COLIN POPE	28	00:22:36.02	Yorktown	VA
4	PATRICK BARRETT	29	00:22:37.89	Roanoke	VA
5	STEPHEN CLAPP	26	00:24:29.61	Fairfax	VA
6	NICK NATSIOS	29	00:25:00.36	Arlington	VA
7	AUSTIN HALLINGER	28	00:25:24.81	Poquoson	VA
8	ANDREW CLAPP	28	00:25:54.01	Smithfield	VA
9	TODD GALYEAN	27	00:25:55.16	Richmond	VA
10	CHAZ HALL	29	00:28:44.03	Seaford	VA
11	AUSTIN LINGENFELTER	26	00:29:16.76	Yorktown	VA
12	KYLE LAWRENCE	26	00:29:41.57	Chesapeake	VA
13	TOMMY LAWRENCE	27	00:30:20.50	Chesapeake	VA
14	JACOB TRENT	28	00:31:20.37	Yorktown	VA
15	CHRISTOPHER BOOTH	25	00:31:36.45	Newport News	VA
16	MATT DISCHNER	28	00:34:17.47	FAIRFAX	VA
17	GEORGE TILLERSON IV	28	00:35:21.98	Newport News	VA
18	JUSTIN WOLFE	29	00:36:15.04	Newport News	VA
19	HARLEY PAGE	25	00:37:11.28	Newport News	VA
20	JUSTIN BELVIN	29	00:38:05.30	Hampton	VA
21	DYLAN HENRY	25	00:38:20.29	Centreville	VA
22	JOSH STADLER	28	00:42:51.99	Poquoson	VA
23	MATT PLUCINSKII	25	00:47:00.81	Newport News	VA
24	JOHN TERESKA	29	00:48:26.50	Newport News	VA
25	ANDREW GARDNER	29	00:51:03.61	YORKTOWN	VA
26	ANDREW INGELL	28	00:53:04.38	Newport News	VA
27	ALEX KRUKLINSKI	25	00:54:26.01	Saint Petersburg	FL
28	CHRISTIAN SYNAN	26	00:55:16.37	Yorktown	VA
29	ALDEN HOPE	27	00:58:03.10	Newport News	VA
30	BRIAN MILLER	28	01:00:48.80	Suffolk	VA
31	ANTHONY OSTELLINO	28	01:02:51.30	NEWPORT NEWS	VA

Men 30 - 34

1	RYAN DOUPE	33	00:19:15.44	Rogers	AR
2	NATHAN SPADY	31	00:20:49.47	Yorktown	VA
3	CHARLES MONCAYO	31	00:21:00.01	Fort Bragg	NC
4	THEODORE TORGESEN	32	00:21:46.42	Virginia Beach	VA
5	RAYMOND CUEVAS	30	00:25:49.49	Yorktown	VA
6	DESMOND MOORE	33	00:25:58.28	Newport News	VA
7	ERIC ALTMAN	34	00:26:17.74	Hampton	VA
8	DANIEL HALLINGER	33	00:26:30.26	Wake Forest	NC
9	TREY SESEK	30	00:27:07.62	Hampton	VA
10	DEREK ALFSEN	31	00:28:11.33	Carrollton	VA
11	JARED SHOOK	34	00:28:15.01	Hampton	VA
12	JOHN KUHN	31	00:28:33.68	Newport News	VA
13	PHILIP SILVER	30	00:28:43.27	Hampton	VA
14	EVAN DICKSON	31	00:30:25.50	Hampton	VA
15	MICHAEL LEVI RICE	30	00:30:36.89	Newport News	VA
16	TREVOR ALBRIGHT	33	00:32:14.70	Chesapeake	VA
17	CRAIG MURCHISON	31	00:32:23.53	Mount Laurel	NJ
18	MICHAEL TEM	33	00:32:33.33	Norfolk	VA
19	WES GOULD	34	00:33:26.43	Alexandria	VA
20	ZACH WILLIAMS	34	00:33:37.90	Newport News	VA
21	SEAN ROBERTS	34	00:33:40.18	Hampton	VA
22	DREW SMITH	33	00:34:32.28	Cedar Knolls	NJ
23	JEFF GRAY	33	00:34:43.96	Carrollton	VA
24	DAVID MESSINA	31	00:35:31.35	Newport News	VA
25	LEO BAILEY II	31	00:36:04.97	Newport News	VA
26	ROBERT DAY	34	00:37:27.74	Suffolk	VA
27	JOSEPH SEAL	33	00:41:57.67	Chesapeake	VA
28	BRENDAN MCELROY	30	00:46:45.23	Newport News	VA
29	JAMIE SHELBY	33	00:48:26.32	Newport News	VA
30	TONY GRINBARG	33	00:50:40.67	Newport News	VA
31	SAM COX	31	00:59:39.50	Smithfield	VA
32	CHRISTOPHER SNOW	33	01:00:09.66	Smithfield	VA
33	JESSE STEELE	34	01:04:58.77	Richmond	VA
34	KIP NAZDA	30	01:05:25.07	Newport News	VA



Fast Before the Feast 5K 2019



Men 35 - 39

1	JASON TODD	39	00:20:10.26	Newport News	VA
2	JASON ANDERSON	37	00:22:01.32	Hudson	FL
3	ROBERT LEFKOWICZ	37	00:22:39.13	Newport News	VA
4	JASON HATCH	36	00:22:51.69	Newport News	VA
5	MATTHEW DICKSON	38	00:24:03.85	Greenville	SC
6	JAVIER PAGAN PAGAN	37	00:24:49.93	Suffol	VA
7	RODRIGO ALCAINE	36	00:25:03.56	Apex	NC
8	RYAN KARLE	38	00:26:31.48	Suffolk	VA
9	ADAM CLIFT	36	00:27:15.97	Yorktown	VA
10	JOE KRUGLER	36	00:27:34.65	Virginia Beach	VA
11	ADAM MONTALVO	37	00:28:07.86	Carrollton	VA
12	ERIC KARLIN	36	00:28:13.05	Yorktown	VA
13	AUSTIN WHITE	39	00:28:41.32	Newport News	VA
14	KYLE NARRON	39	00:28:53.66	Fayetteville	NC
15	JONATHAN NONNEMACHER	36	00:29:23.88	Hampton	VA
16	AUSTIN GORE	37	00:31:19.72	Newport News	VA
17	BRYAN PAYNE	35	00:31:42.61	Washington	DC
18	JOHN BALL	35	00:31:49.39	Newport News	VA
19	PHILIP STORCH	37	00:32:19.18	Chantilly	VA
20	JOHN DIXON	36	00:32:30.23	Poquoson	VA
21	SHANE DEVINCENT	37	00:32:41.31	Mechanicsville	VA
22	BRANDON BURMEISTER	36	00:32:44.77	Hampton	VA
23	ADAM VANDERVORT	38	00:37:24.12	Arlington	VA
24	TOMMY GRAY	37	00:38:24.52	Carrollton	VA
25	MATTHEW BOERNER	39	00:38:58.94	Newport News	VA
26	NATHAN SALINAS	35	00:39:27.31	Newport News	VA
27	JEREMY TAPPAN	38	00:43:48.96	Hampton	VA
28	JESSE CLARK	36	00:43:51.13	Newport News	VA
29	MALACHI WAFFORD	36	00:47:51.49	Newport News	VA
30	JONATHAN JACOBS	36	00:48:11.17	Smithfield	VA
31	MATHEW KOTCH	39	00:53:12.34	New London	CT
32	BRIAN GASKINS	39	00:55:44.81	Newport News	VA
33	JASON WALDMAN	39	01:05:55.70	Newport News	VA

Men 40 - 44

1	MICHAEL LEECH	41	00:19:35.66	Newport News	VA
2	CHRIS LAWS	44	00:19:50.09	Newport News	VA
3	TERRELL PAGE	40	00:22:33.43	Fort Eustis	VA
4	JIMMY DEGENOVA	42	00:23:12.62	Washington	DC
5	STEVEN BRINKER	42	00:25:43.83	Newport News	VA
6	JASON DORVAL	42	00:26:12.73	Chesapeake	VA
7	JEFFREY RIVERS	40	00:28:07.83	Hampton	VA
8	TOMMY GUNTER	40	00:29:20.70	Hyattsville	MD
9	ANDREW MUJICA	42	00:29:57.94	Yorktown	VA
10	RON WEBER II	42	00:30:07.73	Chantilly	VA
11	ANDREW TURNER	41	00:30:11.70	Yorktown	VA
12	STEVE TURNER	43	00:31:23.26	Hamptom	VA
13	JEREMY TUNNEY	43	00:31:48.73	Portland	OR
14	DANIEL EVANS	43	00:33:38.40	Hampton	VA
15	MICHAEL RANDALL	44	00:33:45.09	Newport News	VA
16	DAMON CABLE	40	00:33:54.65	Yorktown	VA
17	PIOTR BIALKOWSKI	44	00:34:32.54	Norfolk	VA
18	DAMON GRIMES	43	00:35:13.92	Suffolk	VA
19	RODNEY BELTZ	43	00:35:17.43	Newport News	VA
20	RYAN HAGERTY	40	00:35:30.38	Seaford	VA
21	BRYAN STILLEY	41	00:36:22.49	Newport News	VA
22	MICHAEL CHINN	44	00:36:26.49	Chesapeake	VA
23	TODD KRAMER	43	00:38:40.62	Yorktown	VA
24	JEFFREY KLEMENCIC	44	00:39:22.46	Hampton	VA
25	MICHAEL RODGERS	41	00:40:12.68	Newport News	VA
26	DAVID WEBER	40	00:40:28.67	Knoxville	TN
27	TOM HESS	42	00:40:49.66	Moyock	NC
28	CHRISTOPHER DENNARD	42	00:48:21.18	Newport News	VA
29	JEREMY HODSON	42	00:52:58.01	Hampton	VA
30	JOHN GEDVILLE	40	00:53:49.62	Newport News	VA
31	PAUL KNOBLICH	42	01:01:57.68	Suffolk	VA



Fast Before the Feast 5K 2019



Men 45 - 49

1	ROBERT QUINN	48	00:23:12.11	Yorktown	VA
2	BRADFORD CARPENTER	45	00:23:45.50	Washington	DC
3	JOHN BRANCH	46	00:24:26.09	Suffolk	VA
4	MARK WILHELM	48	00:24:58.24	Hampton	VA
5	DOUG KLUGE	47	00:26:43.84	Bellevue	FL
6	DAVID MCKENZIE	45	00:27:36.36	Mc Lean	VA
7	ROBERT BUNN	45	00:27:47.53	Dover	MA
8	BRIAN HOLLIFIELD	48	00:29:05.39	Newport News	VA
9	ERIC KENT	49	00:29:13.43	Hampton	VA
10	RICHIE STATON	47	00:29:38.68	Newport News	VA
11	RICHARD ZEIGLER	48	00:30:36.56	Chesapeake	VA
12	PHIL MILLER	46	00:31:24.71	Newport News	VA
13	JEFF ELLINGTON	48	00:32:19.67	Newport News	VA
14	MARK MILLER	49	00:32:38.02	Poquoson	VA
15	JEFF HANSEN	48	00:33:32.40	Chesapeake	VA
16	MATT FRAUENZIMMER	45	00:35:59.74	Norfolk	VA
17	WYNTER BENDA	46	00:36:03.82	Norfolk	VA
18	MERFAKE SEMRET	48	00:38:10.70	YORKTOWN	VA
19	TYLER MOORE	47	00:38:42.84	Hampton	VA
20	JASON LANG	45	00:42:06.60	Hampton	VA
21	PAUL MURRAY	47	00:43:28.43	Hampton	VA
22	JONATHAN ANDERSON	47	00:45:40.52	Hampton	VA
23	KOLBI SHARTZER	46	00:46:26.74	Yorktown	VA
24	BRAD MITCHELL	45	01:01:55.60	Washington	DC

Men 50 - 54

1	GREG SUMMERLIN	51	00:22:07.52	Carrollton	VA
2	DANIEL MINGIONE	54	00:22:17.05	Chesapeake	VA
3	JIM TRETTEL	50	00:23:51.67	Haymarket	VA
4	MIKE JORDAN	54	00:24:10.30	Newport News	VA
5	STEVEN LAINE	52	00:25:14.23	Kennesaw	GA
6	MICHAEL RICE	52	00:26:01.45	Newport News	VA
7	JOE GILLIAN	52	00:26:17.67	Suffolk	VA
8	BRYANT RAMIREZ	50	00:26:26.77	Newport News	VA
9	PHIL ARCARA	53	00:27:18.09	Cardinal	VA
10	TERRY HARRIS	54	00:28:44.75	Newport News	VA
11	DAVID YOUTSEY	54	00:29:02.95	Yorktown	VA
12	SAM ROSE	52	00:32:09.88	Newport News	VA
13	DAVE WHITE	50	00:34:34.06	Newport News	VA
14	DOUG WOLKOWICH	50	00:35:23.41	Suffolk	VA
15	BRUCE BESLEY	53	00:39:43.32	Norfolk	VA
16	MATT HENRY	50	00:41:02.69	Norfolk	VA
17	SHAKEEL JAFREE	50	00:47:27.13	Portland	OR
18	JOHN MARKLEY	51	00:49:39.53	Poquoson	VA
19	STEVE ADCOX	52	00:52:05.00	Yorktown	VA
20	MOHAMMAD WASIQUE	54	00:52:21.53	Portland	OR
21	MICHAEL KRUKLINSKI	54	00:54:26.20	Saint Petersburg	FL
22	SCOTT NORFLEET	54	00:58:22.21	Yorktown	VA
23	JAMES WENSCHLAG	53	01:00:47.66	Newport News	VA

Men 60 - 64

1	MICHAEL LINGENFELTER	60	00:26:26.36	Yorktown	VA
2	RICHARD LA ROCHE	62	00:29:03.96	Hampton	VA
3	AL MONTALVO	64	00:29:43.87	Yorktown	VA
4	ROBERT HOGGE	61	00:32:04.56	Norfolk	VA
5	ANTHONY KRAL	62	00:33:51.54	Yorktown	VA
6	PORTER CLAPP	62	00:34:10.92	Smithfield	VA
7	RONALD HOLCOMB	63	00:34:11.51	Newport News	VA
8	MARK MCGOWAN	62	00:36:28.86	Hampton	VA
9	WILLIAM BEATOVICH	60	00:37:00.93	Yorktown	VA
10	BRIAN MILLER	61	00:38:13.49	Manassas	VA
11	DANIEL MASON	60	00:38:57.95	Newport News	VA
12	MARTIN QUIGLEY	60	00:41:58.29	Yorktowntown	VA
13	KIM ANGLIN	64	00:44:47.27	Durham	NC
14	JACK DAVIS	64	00:47:12.98	Yorktown	VA
15	KEVIN DOWNER	61	00:49:26.64	Jacksonville	FL
16	DOUG ROREM	63	01:01:42.00	Wheaton	IL
17	DON TIDWELL	62	01:02:24.09	Hampton	VA
18	MARK LENASSI	61	01:05:01.24	Richmond	VA



Fast Before the Feast 5K 2019



Men 55 - 59

1	MIC WESTMORELAND	56	00:20:47.64	Leesburg	VA
2	STEVE ROBBINS	56	00:22:13.23	Poquoson	VA
3	ALAN VAN ZANDT	58	00:23:54.71	Newport News	VA
4	DAVID MOORE	55	00:24:14.23	poquoson	VA
5	ROSS WHITLOCK	58	00:24:42.09	Hampton	VA
6	BILL HATCH	58	00:25:56.44	Newport News	VA
7	GREG BECOVUARAKIS	57	00:26:00.77	Hampton	VA
8	JIMMY HEALD	55	00:28:24.84	Newport News	VA
9	DAVE HASKIELL	55	00:28:40.59	Yorktown	VA
10	SCOTT ALFSEN	55	00:28:58.45	Carrollton	VA
11	KEN STEFANEK	56	00:29:04.25	Yorktown	VA
12	JEFF BARLEY	57	00:30:00.44	Newport News	VA
13	DARYL BLOOM	59	00:31:25.41	Newport News	VA
14	SEAN MAHAN	57	00:31:45.08	Hampton	VA
15	TIMOTHY LAWRENCE	57	00:32:07.48	Hampton	VA
16	MIKE MYNES	56	00:32:08.15	Newport News	VA
17	CHRISTOPHER L CULLEN	59	00:32:14.03	Salisbury	MD
18	BOBBY PRICE	59	00:32:17.84	Newport News	VA
19	STEVE MULROY	57	00:32:36.88	Midlothian	VA
20	EDWARD CHU	58	00:33:00.65	Yorktown	VA
21	MONTE ROBINSON	59	00:33:11.67	Newport News	VA
22	DAVID PECK	55	00:33:13.79	Newport News	VA
23	KEVIN WARRICK	56	00:35:33.30	Yorktown	VA
24	CHRIS CUEVAS	57	00:38:19.00	Yorktown	VA
25	GUY LEVY	57	00:39:09.60	Newport News	VA
26	STEVE HUBBARD	58	00:43:57.35	Newport News	VA
27	ORLANDO PLAZA	55	00:45:08.67	Newport News	VA
28	GREGORY COLES	58	00:45:45.20	Newport news	VA
29	TEDDY BREWER	56	00:46:41.93	Poquoson	VA
30	ED PLUCINSKI	55	00:47:03.67	Newport News	VA
31	RAMON DELEON	55	00:48:26.23	Chesapeake	VA
32	BRAD GARDNER	57	00:51:03.26	YORKTOWN	VA
33	RORY PORTER	56	00:52:50.12	Yorktown	VA
34	KEN WACLO	55	00:54:34.15	Gloucester	VA
35	MARK NORFLEET	59	00:59:00.40	Newport News	VA
36	MIKE LANGE	59	00:59:38.41	Manistee	MI
37	BILL STOOKS	56	01:00:39.57	Hampton	VA

Men 65 - 69

1	ALAN MCCOLLUM	66	00:25:02.07	Yorktown	VA
2	BILL DANCY	66	00:25:44.92	Smithfield	VA
3	WAYNE WILLIAMS	66	00:26:52.29	Poquoson	VA
4	GEORGE JACOBS	66	00:29:12.17	Newport News	VA
5	ANDREW MEDVEC	69	00:30:18.80	Hampton	VA
6	MARK JONES	67	00:30:42.65	Yorktown	VA
7	MARK VINYARD	67	00:31:28.07	Hampton	VA
8	KEVIN BURKE	67	00:31:41.75	Newport News	VA
9	DOUG KNOX	66	00:34:17.62	Yorktown	VA
10	SIDNEY DEGAN	65	00:35:56.94	New Orleans	LA
11	MILES WONG	65	00:36:11.43	Hayes	VA
12	WILLIAM WALDRON	67	00:36:57.27	Yorktown	VA
13	DAVID BRINKER	65	00:46:03.58	Newport News	VA
14	GENE THIES	65	00:47:30.22	Hampton	VA
15	RON WEBER	69	00:51:21.15	Manassas	VA
16	MICHAEL NICOLETTI	69	00:53:42.01	Hampton	VA
17	JERRY BOERNER	69	00:55:42.80	Newport News	VA
18	ED TEM	66	00:56:48.88	Pinehurst	NC
19	CLARK BUTTNER	66	00:58:37.90	Cincinnati	OH
20	PATRICK HUYGHE	67	00:59:22.84	Washington	DC
21	GARY ALTMAN	65	00:59:36.61	Kittanning	PA

Men 70 - 74

1	MICHAEL POFF	74	00:27:59.56	Ellwood City	PA
2	GEORGE FENIGSOHN	72	00:31:12.76	Poquoson	VA
3	JOHN ADAMS	71	00:38:44.86	Hampton	VA
4	MORGAN ROANE	71	00:40:04.65	Hampton	VA
5	GARY HAMBLIN	73	00:44:06.36	Waunakee	WI
6	RAYMOND YOH	73	01:21:12.45	Newport News	VA

Men 75 & Over

1	CHARLES TERRELL	80	00:36:06.56	Newport News	VA
2	MICHAEL GONTESKY	77	00:52:25.92	Hampton	VA
3	ROBERT BUNN	75	00:52:40.77	Newport News	VA
4	ROBERT WHITE	96	00:55:58.33	Hampton	VA
5	LEWIS DAVIS	82	00:58:27.68	Hampton	VA
6	ROBERT ROADARMEL	77	01:07:46.80	Yorktown	VA