

2010 10K RUN FOR THE HEART
sponsored by the Knights of Columbus Council 5480
for the benefit of the American Heart Association
Old Stable Road, Newport News Park, Newport News, VA
Saturday, April 10, 2010 8:30 a.m.
A PENINSULA TRACK CLUB GRAND PRIX EVENT

OVERALL MEN

1	1 CRAIG B HYMES	47 YORKTOWN VA	38:02	6:08	*
2	2 DAVID P LOCKARD	41 HAMPTON VA	39:28	6:21	
3	3 PETER MUELLER	56 NEWPORT NEWS VA	39:53	6:25	*

OVERALL WOMEN

1	15 ANDREA LEBER	45 SUFFOLK VA	44:46	7:13	
2	16 CHARLENE LOPER	21 HAMPTON VA	44:54	7:14	
3	19 BECKY HOLLIDAY	49 LANEXA VA	46:36	7:30	

MEN: 19 AND UNDER

1	42 CHRISTOPHER OHLHAVER	15 NEWPORT NEWS VA	51:39	8:19	
2	54 GEOFF ABAHAZY	19 NEWPORT NEWS VA	52:29	8:27	
3	138 RYAN JENKINS	11 NEWPORT NEWS VA	1:40:11	16:08	

MEN: 20 - 29

1	9 ALLEN SESE	22 NORFOLK VA	42:34	6:51	
2	17 ALAN ROGERS	21 HAMPTON VA	45:16	7:18	
3	38 DREW LILLY	27 NEWPORT NEWS VA	51:15	8:15	

MEN: 30 - 39

1	4 JEFF PERSSON	32 HAMPTON VA	41:04	6:37	
2	6 GREGORY ADAMS II	32 FT EUSTIS VA	41:10	6:38	
3	7 MIKE STOHLER	31 NEWPORT NEWS VA	41:47	6:44	

MEN: 40 - 49

1	12 KRISTIAN ELLINGSEN	41 YORKTOWN VA	44:31	7:10	*
2	18 JOHN VANDERHOVEN	48 YORKTOWN VA	45:20	7:18	*
3	20 JOE TOUCHSTONE	40 GLOUCESTER VA	46:39	7:31	

MEN: 50 - 59

1	5 TERRY IMBERY	52 YORKTOWN VA	41:05	6:37	*
2	10 RICK PLATT	59 WILLIAMSBURG VA	43:20	6:59	*
3	13 DAVE VENABLE	53 YORKTOWN VA	44:39	7:12	*

MEN: 60 AND OVER

1	14 JIM CHRISTOL	62 YORKTOWN VA	44:43	7:12	*
2	23 ROBERT H WRIGHT	69 HAMPTON VA	47:52	7:43	*
3	34 STEVEN BOOKBINDER	61 NEWPORT NEWS VA	50:04	8:04	

WOMEN: 19 AND UNDER

1	110 SYDNEY GARRETT	8 NEWPORT NEWS VA	1:06:13	10:40	*
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WOMEN: 20 - 29

1	22 JULIETTE GIORDANO	27 YORKTOWN VA	47:03	7:35	
2	29 ANGELA ROWE	28 YORKTOWN VA	49:13	7:56	
3	44 MEGHAN FOLEY	26 HAMPTON VA	51:52	8:21	

WOMEN: 30 - 39

1	36 SUSAN HAGEL	37 NORFOLK VA	50:57	8:12	*
2	43 A JOYE LEE	37 HAMPTON VA	51:50	8:21	*
3	52 ANGELA PASSEY	34 YORKTOWN VA	52:23	8:26	

WOMEN: 40 - 49

1	25 RHONDA VENABLE	48 YORKTOWN VA	48:43	7:51	*
2	27 JENISE CARROLL	43 HAMPTON VA	48:59	7:53	
3	28 MICHELE SMITH-HARDEN	46 NORFOLK VA	49:08	7:55	*

WOMEN: 50 - 59

1	63 HELEN WORTHINGTON	55 BENA VA	53:56	8:41	*
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2	71 CINDY SLOMINSKI	52 SEAFORD VA	56:42	9:08	*
3	74 ELIZABETH ROWE	51 YORKTOWN VA	57:38	9:17	
WOMEN: 60 AND OVER					
NONE					

* denotes PTC member