

2010 SENTARA NEW YEAR'S DAY 5K
for the benefit of the American Cancer Society in Memory of Denise Suits
Coliseum Central, Sentara Careplex Fitness Center, Hampton, VA
New Year's Day, Friday, January 1, 2010 11:00 AM
A PENINSULA TRACK CLUB EVENT

OVERALL MEN

1	1 MARK TOMPKINS	34 WILLIAMSBURG VA	16:17	5:15
2	2 WILLIAM BROWN	15 HAMPTON VA	16:45	5:24
3	3 DOUGLAS MARSHALL	35 MATHEWS VA	17:18	5:34

OVERALL WOMEN

1	14 ARLYNE SPALLA	40 YORKTOWN VA	20:20	6:33
2	16 KELLY KINGMA	17 WILLIAMSBURG VA	20:25	6:34
3	31 LAURA FORBES	29 NEWPORT NEWS VA	22:23	7:13 *

MEN: 14 AND UNDER

1	9 ANTHONY ADDEO	14 WILLIAMSBURG VA	19:23	6:15
2	28 J.P. GAFFNEY	14 HAMPTON VA	22:13	7:09
3	37 HARRY CONLEY	10 HAMPTON VA	22:48	7:21

MEN: 15 - 18

1	7 ASHTON QUEEN	15 WILLIAMSBURG VA	19:00	6:07
2	22 ALEX BECOUVARKIS	18 POQUOSON VA	21:01	6:46 *
3	125 ZACHARY COLLEY	18 NEWPORT NEWS VA	28:42	9:15

MEN: 19 - 24

1	19 SPENCER NORMAN	20 SMITHFIELD VA	20:45	6:41
2	30 BRIAN R FRIES	21 NEWPORT NEWS VA	22:21	7:12
3	32 ERICH BUSS	19 YORKTOWN VA	22:31	7:15

MEN: 25 - 29

1	5 TODD KESSLER	27 NEWPORT NEWS VA	18:41	6:01
2	10 CHRISTOPHER REOYO	25 YORKTOWN VA	19:25	6:15
3	26 JOHN FORBES	27 NEWPORT NEWS VA	22:11	7:09 *

MEN: 30 - 34

1	13 JEFF PERSSON	32 HAMPTON VA	20:18	6:33
2	52 AARON GOODMAN	30 POQUOSON VA	24:03	7:45
3	55 ROB COPLEN	34 HAMPTON VA	24:24	7:51

MEN: 35 - 39

1	4 JACK LOVETT	39 NEWPORT NEWS VA	18:09	5:51
2	12 KEITH BUELL	35 FALLS CHURCH VA	19:51	6:24
3	27 MATTHEW CALVERT	36 SUFFOLK VA	22:12	7:09

MEN: 40 - 44

1	20 KRISTIAN ELLINGSEN	41 YORKTOWN VA	20:47	6:42 *
2	41 WILLIAM TENNANT	44 NEWPORT NEWS VA	23:15	7:29 *
3	57 ROBERTO J CANO	43 YORKTOWN VA	24:26	7:52 *

MEN: 45 - 49

1	11 GEORGE FISCELLA	47 NEWPORT NEWS VA	19:30	6:17
2	21 MARK G HOLLINGSWORTH	47 HAMPTON VA	20:51	6:43 *
3	23 CALVIN COOKE	48 NEWPORT NEWS VA	21:18	6:52

MEN: 50 - 54

1	6 JAMES C BATES	53 HAMPTON VA	18:51	6:04 *
2	8 ROBERT M ANAYA	51 YORKTOWN VA	19:15	6:12
3	15 ROY HARKINS	52 WILLIAMSBURG VA	20:21	6:33

MEN: 55 - 59

1	29 RICK HARTUNG	56 HAMPTON VA	22:17	7:11 *
2	36 RUBEN A NIEVES	57 NEWPORT NEWS VA	22:45	7:20
3	48 JIMMY C BLOUNT	59 WILLIAMSBURG VA	23:52	7:41 *

MEN: 60 - 64

1	43 JOSEPH L VERDIRAME	60 SUFFOLK VA	23:16	7:30	*
2	190 R KEITH BUTLER	62 CHESAPEAKE VA	33:38	10:50	
3	191 KEVIN GARNER	61 NEWPORT NEWS VA	33:50	10:54	
MEN: 65 - 69					
1	35 ROBERT H WRIGHT	68 HAMPTON VA	22:42	7:19	*
2	61 LARRY ARATA	65 WILLIAMSBURG VA	24:38	7:56	
3	248 JOHN A CORK	65 CARROLLTON VA	43:28	14:00	*
MEN: 70 AND OVER					
1	38 EVAN RODERICK	75 WILLIAMSBURG VA	22:59	7:24	
2	172 CHARLES R TERRELL	71 NEWPORT NEWS VA	32:35	10:30	*
3	209 KEN BUTLER	70 HAMPTON VA	36:43	11:49	
WOMEN: 14 AND UNDER					
1	39 KATE MAW	13 YORKTOWN VA	23:01	7:25	
2	46 ANA MALHOTRA	12 CHESAPEAKE VA	23:42	7:38	
3	86 WIKTORIA PLAWSKA	13 YORKTOWN VA	26:16	8:27	
WOMEN: 15 - 18					
1	101 SARA DIMELER	15 CARROLLTON VA	27:44	8:56	
2	115 MADELEINE JULIENNE	16 WILLIAMSBURG VA	28:25	9:09	*
3	124 ASHLEY M CURTIS	17 YORKTOWN VA	28:41	9:14	
WOMEN: 19 - 24					
1	95 BRITNI SOUTHER	20 YORKTOWN VA	27:09	8:45	
2	142 AMANDA HARDING	24 HAMPTON VA	29:39	9:33	*
3	146 AMBER OKUBO	23 HAMPTON VA	29:51	9:37	
WOMEN: 25 - 29					
1	62 CLAUDIA VERDIRAME	26 SUFFOLK VA	24:40	7:57	*
2	77 LILLY DREW	26 NEWPORT NEWS VA	25:28	8:12	
3	171 SHANNON EDWARDS	28 POQUOSON VA	32:33	10:29	
WOMEN: 30 - 34					
1	65 RACHEL SWIFT	30 HAMPTON VA	24:46	7:59	*
2	70 BRIANA CHRISTY	34 YORKTOWN VA	24:57	8:02	*
3	94 HEATHER ROBERTSON	33 HAMPTON VA	27:01	8:42	
WOMEN: 35 - 39					
1	44 LORENA RIELY	37 NEWPORT NEWS VA	23:30	7:34	
2	66 A JOYE LEE	37 HAMPTON VA	24:52	8:00	*
3	91 GINNY PHILLIPS	36 YORKTOWN VA	26:37	8:34	
WOMEN: 40 - 44					
1	33 CAROLINE A DIEHL	43 NEWPORT NEWS VA	22:32	7:15	*
2	47 KIM RATCLIFFE	42 YORKTOWN VA	23:43	7:38	
3	59 JOY CHARBONEAU	43 NEWPORT NEWS VA	24:32	7:54	*
WOMEN: 45 - 49					
1	50 BECKY THOMPSON	45 HAMPTON VA	23:55	7:42	
2	53 JEAN M TROUTMAN	47 WILLIAMSBURG VA	24:04	7:45	*
3	63 DONNA SANDERS	45 YORKTOWN VA	24:40	7:57	*
WOMEN: 50 - 54					
1	90 GINNY GAFFNEY	51 HAMPTON VA	26:36	8:34	
2	96 ELIZABETH ROWE	51 YORKTOWN VA	27:13	8:46	
3	147 JENNIFER BIALK	50 HAMPTON VA	29:55	9:38	
WOMEN: 55 - 59					
1	67 RONA ALTSCHULER	55 NEWPORT NEWS VA	24:53	8:01	*
2	129 GAIL LUCADO-PHELPS	59 NEWPORT NEWS VA	28:55	9:19	*
3	134 BRENDA C MITCHELL	59 WILLIAMSBURG VA	29:16	9:26	*
WOMEN: 60 - 64					
1	223 PATRICIA CORK	62 CARROLLTON VA	38:21	12:21	*
2	289 DANA DUNHAM	63 POQUOSON VA	51:03	16:26	
3	292 DOROTHY CROSLIN	60 HAMPTON VA	51:17	16:31	
WOMEN: 65 - 69					

1	175 ELAINE HENDERSON	67 YORKTOWN VA	32:49 10:34 *
2	283 SUSAN GARDNER	69 POQUOSON VA	50:55 16:24
3	301 SUSAN DOLEZEL	66 YORKTOWN VA	52:20 16:51
WOMEN:	70 AND OVER		
1	307 ROBERTA GRIFFITH	70 HAMPTON VA	54:06 17:25

* denotes PTC member