

2014 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, Wednesday, January 1, 2014 11:00 AM  
A PENINSULA TRACK CLUB EVENT

TOP OVERALL MEN

|   |                 |                    |       |      |   |
|---|-----------------|--------------------|-------|------|---|
| 1 | 1 RYAN CARROLL  | 31 PORTSMOUTH VA   | 16:05 | 5:11 | * |
| 2 | 2 TODD KESSLER  | 31 NEWPORT NEWS VA | 17:33 | 5:39 | * |
| 3 | 3 ED M RIETSCHA | 35 HAMPTON VA      | 17:36 | 5:40 |   |

TOP OVERALL WOMEN

|   |                      |                      |       |      |  |
|---|----------------------|----------------------|-------|------|--|
| 1 | 10 SIKA HENRY        | 30 VIRGINIA BEACH VA | 19:14 | 6:12 |  |
| 2 | 15 JESSICA ARMSTRONG | 18 NEWPORT NEWS VA   | 20:30 | 6:36 |  |
| 3 | 17 HEATHER HUDGINS   | 36 MATHEWS VA        | 20:59 | 6:45 |  |

MEN: 9 AND UNDER

|   |                         |                   |       |       |  |
|---|-------------------------|-------------------|-------|-------|--|
| 1 | 168 RONAN RANELONE-MIMS | 5 POQUOSON VA     | 37:48 | 12:10 |  |
| 2 | 189 KALEB GAGE          | 7 NEWPORT NEWS VA | 40:13 | 12:57 |  |
| 3 | 248 JEREMIAH MONTS      | 9 CHESTER VA      | 50:12 | 16:10 |  |

MEN: 10 - 14

|   |                       |                |       |       |  |
|---|-----------------------|----------------|-------|-------|--|
| 1 | 64 DJ GUTHINGER       | 11 YORKTOWN VA | 26:02 | 8:23  |  |
| 2 | 207 BRANDON SINGLETON | 11 HAMPTON VA  | 43:52 | 14:07 |  |

MEN: 15 - 18

|   |                     |                    |       |       |  |
|---|---------------------|--------------------|-------|-------|--|
| 1 | 16 CORBIN ARMSTRONG | 16 POQUOSON VA     | 20:57 | 6:45  |  |
| 2 | 43 AUSTIN CALHOON   | 17 YORKTOWN VA     | 24:10 | 7:47  |  |
| 3 | 106 DANIEL BAUER    | 17 CHARLES CITY VA | 30:52 | 9:57  |  |
| 4 | 120 ISAIAH HICKS    | 15 HAMPTON VA      | 32:21 | 10:25 |  |

MEN: 19 - 24

|   |                    |                    |       |       |   |
|---|--------------------|--------------------|-------|-------|---|
| 1 | 5 RYAN CANOY       | 21 WILLIAMSBURG VA | 17:56 | 5:47  |   |
| 2 | 35 JORDON CALHOON  | 24 YORKTOWN VA     | 23:35 | 7:36  |   |
| 3 | 40 ZACHARY S BUGOS | 24 POQUOSON VA     | 23:56 | 7:42  | * |
| 4 | 108 EDDIE DESECKI  | 22 ST LOUIS MO     | 30:54 | 9:57  |   |
| 5 | 143 JALEN EDWARDS  | 20 HAMPTON VA      | 35:05 | 11:18 |   |

MEN: 25 - 29

|    |                         |                      |       |       |  |
|----|-------------------------|----------------------|-------|-------|--|
| 1  | 13 JAMES LEE            | 29 VIRGINIA BEACH VA | 19:58 | 6:26  |  |
| 2  | 14 CODY MCMAHAN         | 27 SUFFOLK VA        | 20:22 | 6:34  |  |
| 3  | 51 JOSHUA CALHOON       | 29 YORKTOWN VA       | 25:19 | 8:09  |  |
| 4  | 53 C J LINDEMANN        | 28 VIRGINIA BEACH VA | 25:20 | 8:10  |  |
| 5  | 54 ROBERT LINDERMAN     | 26 YORKTOWN VA       | 25:21 | 8:10  |  |
| 6  | 79 BRIAN R FRIES        | 25 NEWPORT NEWS VA   | 27:52 | 8:58  |  |
| 7  | 100 RYAN RHOADES        | 25 YORKTOWN VA       | 30:13 | 9:44  |  |
| 8  | 174 CHRISTOPHER SCOLARI | 29 HAYES VA          | 38:37 | 12:26 |  |
| 9  | 202 MATTHEW RICKETTS    | 27 HAMPTON VA        | 42:18 | 13:37 |  |
| 10 | 212 KEVIN BRANKFORD     | 27 YORKTOWN VA       | 44:17 | 14:16 |  |

MEN: 30 - 34

|   |                     |                    |       |       |   |
|---|---------------------|--------------------|-------|-------|---|
| 1 | 9 MICHAEL JENSEN    | 32 CHESAPEAKE VA   | 19:05 | 6:09  |   |
| 2 | 12 JIM HIGHSMITH    | 30 NEWPORT NEWS VA | 19:48 | 6:23  |   |
| 3 | 24 EDWYNN COLLINS   | 33 NEWPORT NEWS VA | 21:41 | 6:59  | * |
| 4 | 44 MARC JOHANSEN    | 30 NEWPORT NEWS VA | 24:16 | 7:49  |   |
| 5 | 48 RICK BOCCARD     | 30 GREENSBORO NC   | 24:45 | 7:58  |   |
| 6 | 73 JOVAN GATES      | 33 PORTSMOUTH VA   | 27:16 | 8:47  |   |
| 7 | 124 RYAN WILLIAMS   | 30 YORKTOWN VA     | 33:21 | 10:45 |   |
| 8 | 147 MELVIN LAWRENCE | 34 HAMPTON VA      | 35:20 | 11:23 |   |
| 9 | 241 CYRUS PITTS     | 32 YORKTOWN VA     | 47:50 | 15:24 |   |

MEN: 35 - 39

|   |                    |               |       |      |  |
|---|--------------------|---------------|-------|------|--|
| 1 | 4 DOUGLAS MARSHALL | 39 MATHEWS VA | 17:45 | 5:43 |  |
|---|--------------------|---------------|-------|------|--|

|              |     |                   |    |                   |       |         |
|--------------|-----|-------------------|----|-------------------|-------|---------|
| 2            | 6   | HOWIE HODAPP      | 36 | VIRGINIA BEACH VA | 18:10 | 5:51    |
| 3            | 11  | CHAD DRISCAL      | 38 | CHESAPEAKE VA     | 19:45 | 6:22    |
| 4            | 33  | JAMES CROCKER     | 37 | HAMPTON VA        | 23:26 | 7:33    |
| 5            | 45  | JASON WILSON      | 35 | YORKTOWN VA       | 24:22 | 7:51 *  |
| 6            | 127 | JOSEPH FULLER     | 39 | NORFOLK VA        | 33:33 | 10:48   |
| 7            | 157 | MARRO BREWINGTON  | 38 | HAMPTON VA        | 37:04 | 11:56   |
| 8            | 166 | BRIAN DECKER      | 35 | NEWPORT NEWS VA   | 37:37 | 12:07   |
| 9            | 170 | KOFI MERRITT      | 39 | NEWPORT NEWS VA   | 37:56 | 12:13   |
| 10           | 190 | SEAN GAGE         | 38 | NEWPORT NEWS VA   | 40:14 | 12:57   |
| MEN: 40 - 44 |     |                   |    |                   |       |         |
| 1            | 7   | JACK LOVETT       | 43 | YORKTOWN VA       | 18:38 | 6:00    |
| 2            | 8   | SPENCER MIMS      | 40 | POQUOSON VA       | 19:00 | 6:07    |
| 3            | 21  | MATT HYLTON       | 42 | HAMPTON VA        | 21:22 | 6:53    |
| 4            | 26  | DYLAN RALSTON     | 41 | SUFFOLK VA        | 21:50 | 7:02    |
| 5            | 31  | MICHAEL PHILLIPS  | 41 | HAMPTON VA        | 22:44 | 7:19    |
| 6            | 63  | TODD LANNING      | 44 | HAMPTON VA        | 25:53 | 8:20 *  |
| 7            | 66  | JACK DELOS SANTOS | 42 | HAMPTON VA        | 26:08 | 8:25    |
| 8            | 88  | BRIAN MASON       | 44 | YORKTOWN VA       | 28:54 | 9:18 *  |
| 9            | 90  | ERIC MIERZEJEWSKI | 40 | HAMPTON VA        | 28:56 | 9:19    |
| 10           | 101 | ARTHUR MERTZ      | 42 | HAMPTON VA        | 30:14 | 9:44    |
| 11           | 112 | BRIAN KETTERMAN   | 41 | HAMPTON VA        | 31:16 | 10:04 * |
| 12           | 176 | ALAN HICKS        | 43 | HAMPTON VA        | 38:42 | 12:28   |
| 13           | 216 | JONATHAN CASSELLS | 44 | HAMPTON VA        | 45:57 | 14:48   |
| 14           | 218 | MARCIN ADAIR      | 43 | HAMPTON VA        | 46:06 | 14:51   |
| 15           | 245 | RYAN ZERBY        | 41 | HAMPTON VA        | 49:46 | 16:01   |
| MEN: 45 - 49 |     |                   |    |                   |       |         |
| 1            | 20  | RANDY GUINA       | 48 | YORKTOWN VA       | 21:18 | 6:52    |
| 2            | 25  | WILLIAM PALAGYI   | 48 | SUFFOLK VA        | 21:47 | 7:01 *  |
| 3            | 29  | CHRIS RUFFIEUX    | 48 | YORKTOWN VA       | 22:40 | 7:18    |
| 4            | 36  | GARY RAUCHFUSS    | 47 | WILLIAMSBURG VA   | 23:38 | 7:37    |
| 5            | 61  | EDGAR DEARTH      | 47 | NEWPORT NEWS VA   | 25:34 | 8:14    |
| 6            | 80  | STEVEN F PETERS   | 49 | YORKTOWN VA       | 28:11 | 9:05 *  |
| 7            | 116 | KEVIN ARMSTRONG   | 49 | POQUOSON VA       | 31:58 | 10:18   |
| 8            | 126 | STEVEN KAST       | 49 | POQUOSON VA       | 33:27 | 10:46   |
| 9            | 129 | ANTHONY JONES     | 46 | HAMPTON VA        | 33:42 | 10:51   |
| 10           | 133 | SCOTT SHOUN       | 45 | POQUOSON VA       | 33:57 | 10:56   |
| 11           | 222 | WADE BRASHIER     | 46 | HAMPTON VA        | 46:24 | 14:56 * |
| 12           | 270 | KEVIN BARBER      | 48 | HAMPTON VA        | 54:15 | 17:28   |
| MEN: 50 - 54 |     |                   |    |                   |       |         |
| 1            | 22  | ALAN VAN ZANDT    | 52 | NEWPORT NEWS VA   | 21:24 | 6:54 *  |
| 2            | 27  | BILL PRICE        | 54 | CHESAPEAKE VA     | 22:17 | 7:11    |
| 3            | 32  | ED RIETSCHA       | 53 | YORKTOWN VA       | 22:56 | 7:23 *  |
| 4            | 56  | RICHARD MYER      | 54 | YORKTOWN VA       | 25:27 | 8:12    |
| 5            | 70  | JOSEPH TANNER     | 50 | NEWPORT NEWS VA   | 26:56 | 8:40    |
| 6            | 82  | JIM JONES         | 52 | YORKTOWN VA       | 28:19 | 9:07    |
| 7            | 111 | JOSEPH KILGORE    | 50 | HAMPTON VA        | 31:06 | 10:01   |
| 8            | 118 | STEVE BUGOS       | 52 | POQUOSON VA       | 32:05 | 10:20 * |
| 9            | 137 | BENNY LEBON       | 52 | NORFOLK VA        | 34:25 | 11:05   |
| 10           | 140 | TIM RANES         | 51 | HAMPTON VA        | 34:44 | 11:11   |
| 11           | 151 | LOUIS ATTEBERRY   | 52 | HAMPTON VA        | 36:15 | 11:40 * |
| 12           | 152 | DAVID WILLIAMS    | 54 | HAMPTON VA        | 36:20 | 11:42   |
| 13           | 154 | DONNIE HINES      | 54 | WILLIAMSBURG VA   | 36:26 | 11:44   |
| 14           | 169 | WILLIAM ERNST     | 50 | HAMPTON VA        | 37:53 | 12:12   |
| 15           | 187 | ALLEN KILGORE     | 51 | HAMPTON VA        | 39:57 | 12:52   |
| 16           | 226 | BILL LAMARSH      | 50 | YORKTOWN VA       | 46:40 | 15:02   |
| 17           | 258 | MARK DESECKI      | 51 | CHICAGO IL        | 52:46 | 16:59   |
| 18           | 259 | DUC NGUYEN        | 53 | HAMPTON VA        | 53:26 | 17:12   |

## MEN: 55 - 59

|    |                    |                    |       |       |   |
|----|--------------------|--------------------|-------|-------|---|
| 1  | 28 BART JOHNSON    | 56 NEWPORT NEWS VA | 22:35 | 7:16  | * |
| 2  | 34 MIKE SOBERICK   | 59 HAYES VA        | 23:32 | 7:35  |   |
| 3  | 38 DONALD HAMADYK  | 55 NEWPORT NEWS VA | 23:41 | 7:38  | * |
| 4  | 47 RONALD SMITH    | 57 HAMPTON VA      | 24:34 | 7:55  |   |
| 5  | 69 KEMP WILLIAMS   | 58 HAMPTON VA      | 26:45 | 8:37  |   |
| 6  | 72 SKIP COLE       | 57 POQUOSON VA     | 27:08 | 8:44  | * |
| 7  | 84 DONALD ROWE     | 57 YORKTOWN VA     | 28:38 | 9:13  |   |
| 8  | 93 ROBERT FRIES    | 56 NEWPORT NEWS VA | 29:25 | 9:29  |   |
| 9  | 105 LINWOOD HOLDEN | 56 HAMPTON VA      | 30:50 | 9:56  |   |
| 10 | 177 PETER M NAVIN  | 59 HAMPTON VA      | 38:46 | 12:29 | * |

## MEN: 60 - 64

|    |                       |                       |       |       |   |
|----|-----------------------|-----------------------|-------|-------|---|
| 1  | 41 JOSEPH L VERDIRAME | 64 SUFFOLK VA         | 23:57 | 7:43  | * |
| 2  | 49 RICK HARTUNG       | 60 HAMPTON VA         | 25:09 | 8:06  | * |
| 3  | 75 BILL DIEHL         | 63 YORKTOWN VA        | 27:37 | 8:54  |   |
| 4  | 76 TOM JONES          | 60 MURFREESBORO NC    | 27:44 | 8:56  |   |
| 5  | 78 JIMMY C BLOUNT     | 63 WILLIAMSBURG VA    | 27:49 | 8:58  | * |
| 6  | 86 ANDREW MEDVEC      | 63 HAMPTON VA         | 28:42 | 9:14  | * |
| 7  | 119 DALE SCOTT        | 62 PROVIDENCE FORGE V | 32:13 | 10:23 |   |
| 8  | 164 GARY M SMITH      | 63 NORFOLK VA         | 37:27 | 12:04 |   |
| 9  | 213 MICHAEL NICOLETTI | 63 HAMPTON VA         | 44:39 | 14:23 |   |
| 10 | 217 ERN KOEHLER       | 62 HAMPTON VA         | 46:00 | 14:49 |   |
| 11 | 239 WALLY BOLGER      | 60 YORKTOWN VA        | 47:48 | 15:23 | * |

## MEN: 65 - 69

|   |                     |                      |       |       |   |
|---|---------------------|----------------------|-------|-------|---|
| 1 | 37 DAVE SCHEESSELE  | 65 YORKTOWN VA       | 23:40 | 7:37  |   |
| 2 | 62 ED OLIPHANT      | 68 GLOUCESTER VA     | 25:39 | 8:16  |   |
| 3 | 142 KEITH BUTLER    | 66 CHESAPEAKE VA     | 35:02 | 11:17 |   |
| 4 | 180 JIM HALLEY      | 69 GRAFTON VA        | 39:15 | 12:38 | * |
| 5 | 206 GROVE A CALVERT | 67 VIRGINIA BEACH VA | 43:22 | 13:58 | * |
| 6 | 231 ALLAN HUMPHREYS | 66 NEWPORT NEWS VA   | 47:02 | 15:09 | * |
| 7 | 233 SKIP PARKER     | 65 YORKTOWN VA       | 47:18 | 15:14 |   |
| 8 | 272 DAVID EDWARDS   | 66 HAMPTON VA        | 55:37 | 17:54 |   |

## MEN: 70 - 74

|   |                   |               |       |       |  |
|---|-------------------|---------------|-------|-------|--|
| 1 | 113 JOSEPH CRONIN | 70 HAYES VA   | 31:21 | 10:06 |  |
| 2 | 165 KEN BUTLER    | 74 HAMPTON VA | 37:36 | 12:06 |  |

## MEN: 75 AND OVER

|   |                       |                    |       |       |   |
|---|-----------------------|--------------------|-------|-------|---|
| 1 | 117 CHARLES R TERRELL | 75 NEWPORT NEWS VA | 31:59 | 10:18 | * |
| 2 | 211 GEORGE NELLOS     | 77 POQUOSON VA     | 44:04 | 14:11 |   |
| 3 | 225 SEAN LYNCH        | 75 GRAFTON VA      | 46:37 | 15:01 |   |

## WOMEN: 9 AND UNDER

|   |                       |               |       |       |  |
|---|-----------------------|---------------|-------|-------|--|
| 1 | 155 MILAN BREWINGTON  | 7 HAMPTON VA  | 37:01 | 11:55 |  |
| 2 | 167 AVA RANELONE-MIMS | 7 POQUOSON VA | 37:46 | 12:10 |  |
| 3 | 224 ZAIRE ABBOTT      | 8 HAMPTON VA  | 46:35 | 15:00 |  |
| 4 | 229 ERICA LEONE       | 7 HAMPTON VA  | 46:52 | 15:06 |  |

## WOMEN: 10 - 14

|   |                       |                    |       |       |  |
|---|-----------------------|--------------------|-------|-------|--|
| 1 | 18 XIOMARA ENZ        | 12 HAMPTON VA      | 21:05 | 6:47  |  |
| 2 | 67 DESTINY TORRES     | 14 HAMPTON VA      | 26:23 | 8:30  |  |
| 3 | 130 MADELINE RUFFIEUX | 12 YORKTOWN VA     | 33:51 | 10:54 |  |
| 4 | 198 ELIZABETH GAGE    | 10 NEWPORT NEWS VA | 41:45 | 13:27 |  |
| 5 | 209 NATALIE RUFFIEUX  | 14 YORKTOWN VA     | 43:54 | 14:08 |  |
| 6 | 228 KATELYN LEONE     | 10 HAMPTON VA      | 46:52 | 15:05 |  |
| 7 | 236 CARIETTA RICE     | 12 HAMPTON VA      | 47:45 | 15:23 |  |
| 8 | 242 CHRISTINE NGUYEN  | 13 HAMPTON VA      | 47:56 | 15:26 |  |
| 9 | 243 MAYLI SWALEF      | 13 HAMPTON VA      | 47:57 | 15:26 |  |

## WOMEN: 15 - 18

|   |                   |                |       |       |  |
|---|-------------------|----------------|-------|-------|--|
| 1 | 254 KATHY LAMARSH | 18 YORKTOWN VA | 51:49 | 16:41 |  |
|---|-------------------|----------------|-------|-------|--|

WOMEN: 19 - 24

1 19 EMILY HONEYCUTT  
2 59 HANNA JOHNSON  
3 60 MARCY JOHNSON  
4 71 ARIANE BETTS  
5 81 ALLISON HAMADYK  
6 136 MARIA LEBON  
7 159 LAURA KILGORE  
8 162 ELIZABETH LAMARSH

22 WEST POINT VA 21:11 6:50  
20 NEWPORT NEWS VA 25:29 8:13 \*  
23 NEWPORT NEWS VA 25:30 8:13  
22 HAMPTON VA 26:59 8:42  
20 NEWPORT NEWS VA 28:14 9:06  
22 NORFOLK VA 34:25 11:05  
19 HAMPTON VA 37:10 11:58  
20 YORKTOWN VA 37:19 12:01

WOMEN: 25 - 29

1 23 LAUREN BOCCARD  
2 30 ERIN MACHIE  
3 91 CASSIE JOHANSEN  
4 103 DANA GRIBBINS  
5 141 SHARON ROACH  
6 145 VENE PRYOR  
7 148 SOYPHET DINSE  
8 173 LINDSAY EVANS  
9 201 BRIANNA WRIGHT-RICKETTS  
10 220 CHELSEA FISHER

29 GREENSBORO NC 21:27 6:54  
29 NEWPORT NEWS VA 22:40 7:18  
29 NEWPORT NEWS VA 29:09 9:23  
29 LOUISVILLE KY 30:26 9:48  
29 NEWPORT NEWS VA 34:47 11:12  
26 HAMPTON VA 35:13 11:20  
28 TOANO VA 35:29 11:26  
25 YORKTOWN VA 38:32 12:24  
29 HAMPTON VA 42:18 13:37 \*  
27 CHESAPEAKE VA 46:11 14:52

WOMEN: 30 - 34

1 42 MARIA GILES  
2 46 JESS HORTON  
3 50 JESSIE TAYLOR  
4 83 ANGELINA YUILLE  
5 89 MELISSA MAKOWIEC  
6 95 ELIZABETH ROONEY  
7 109 CARLY HUNTER  
8 146 JENNY TAYLOR  
9 161 IDANISHIA CAIRO  
10 194 MARLA WILSON  
11 199 SARAH GAGE  
12 204 LABRIDGET BAILEY  
13 249 LAUREN JOHNSON  
14 257 BROOKE GUERRETTE  
15 266 SARITA RHODES

31 GREENSBORO NC 24:06 7:46  
33 VIRGINIA BEACH VA 24:28 7:53  
30 HAMPTON VA 25:17 8:09  
34 HAMPTON VA 28:33 9:12  
31 NEWPORT NEWS VA 28:55 9:19  
33 NEWPORT NEWS VA 29:36 9:32  
31 VIRGINIA BEACH VA 31:04 10:00  
31 HAMPTON VA 35:18 11:22  
34 HAMPTON VA 37:18 12:01  
31 HAMPTON VA 41:05 13:14  
32 NEWPORT NEWS VA 42:04 13:33  
31 NEWPORT NEWS VA 42:56 13:50  
33 NEWPORT NEWS VA 50:44 16:20  
34 HAMPTON VA 51:50 16:41  
31 NEWPORT NEWS VA 53:38 17:16

WOMEN: 35 - 39

1 55 CATRINA RALSTON  
2 68 RENITHA A IRVIN  
3 104 STEPHANIE LANNING  
4 171 LINDSAY SILVERMAN  
5 172 DANYEALL MOODY  
6 183 KHRISTINA STAPLES  
7 191 ARNA M MAJCHER  
8 197 SHAREENA BOND  
9 208 MARY SINGLETON  
10 227 CHERIS ABBOTT  
11 246 JANICE LEONE  
12 264 STEPHANIE MERCER  
13 271 ROSA JONAS

38 SUFFOLK VA 25:24 8:11  
37 HAMPTON VA 26:44 8:37  
38 HAMPTON VA 30:41 9:53 \*  
37 HAMPTON VA 38:00 12:14  
39 NEWPORT NEWS VA 38:22 12:21  
36 HAMPTON VA 39:40 12:46  
37 POQUOSON VA 41:00 13:12 \*  
35 HAMPTON VA 41:40 13:25 \*  
38 HAMPTON VA 43:53 14:08  
35 HAMPTON VA 46:43 15:02  
37 HAMPTON VA 49:47 16:02  
35 NEWPORT NEWS VA 53:37 17:16  
39 HAMPTON VA 54:29 17:32

WOMEN: 40 - 44

1 96 LAURA KETTERMAN  
2 102 IRENE PANG  
3 121 TRACEY ATTEBERRY  
4 122 JULIE ARMSTRONG  
5 125 ALYSON MILES  
6 132 PAIGE SHOUN

43 HAMPTON VA 29:46 9:35 \*  
44 HAMPTON VA 30:20 9:46  
43 HAMPTON VA 32:32 10:29 \*  
41 POQUOSON VA 32:41 10:32  
44 CARROLLTON VA 33:26 10:46  
44 POQUOSON VA 33:56 10:56

|                |     |                      |    |                 |         |         |
|----------------|-----|----------------------|----|-----------------|---------|---------|
| 7              | 138 | CHRISTINA FERRIS     | 42 | HAMPTON VA      | 34:32   | 11:07   |
| 8              | 175 | KRISTEN FINDLEY      | 42 | HAMPTON VA      | 38:42   | 12:28   |
| 9              | 179 | MARLEITA EDWARDS     | 42 | HAMPTON VA      | 38:51   | 12:31   |
| 10             | 181 | SHERRE CASSELLS      | 44 | HAMPTON VA      | 39:33   | 12:44   |
| 11             | 230 | SHARMA ZERBY         | 42 | HAMPTON VA      | 46:53   | 15:06   |
| 12             | 240 | VALERIE PITTS        | 44 | YORKTOWN VA     | 47:49   | 15:24   |
| 13             | 247 | DANA BRODERSON       | 41 | POQUOSON VA     | 50:01   | 16:06   |
| 14             | 251 | CORETTA MONTS        | 43 | CHESTER VA      | 50:46   | 16:21   |
| 15             | 255 | CANDACE SUTTON       | 42 | HAMPTON VA      | 51:49   | 16:41   |
| 16             | 275 | MIA FERDINAND        | 44 | NEWPORT NEWS VA | 57:10   | 18:24   |
| WOMEN: 45 - 49 |     |                      |    |                 |         |         |
| 1              | 39  | KIM RATCLIFFE        | 46 | YORKTOWN VA     | 23:46   | 7:39 *  |
| 2              | 85  | MARIE PRICE          | 45 | CHESAPEAKE VA   | 28:41   | 9:14    |
| 3              | 92  | NANCY AYLER          | 49 | NEWPORT NEWS VA | 29:20   | 9:27 *  |
| 4              | 94  | MARIA PETERS         | 48 | YORKTOWN VA     | 29:27   | 9:29 *  |
| 5              | 110 | KATHRYN KILGORE      | 47 | HAMPTON VA      | 31:05   | 10:01   |
| 6              | 135 | LORI A SHERWOOD      | 49 | PORTSMOUTH VA   | 34:19   | 11:03 * |
| 7              | 139 | JOANNE KOEHLER       | 47 | HAMPTON VA      | 34:38   | 11:09   |
| 8              | 153 | ELIZABETH MCCOURY    | 47 | HAMPTON VA      | 36:23   | 11:43   |
| 9              | 156 | SUZIE KILGORE        | 49 | HAMPTON VA      | 37:03   | 11:56   |
| 10             | 178 | SONYA BRADLEY        | 47 | NEWPORT NEWS VA | 38:51   | 12:31   |
| 11             | 195 | BECKY RIEBELING      | 45 | NEWPORT NEWS VA | 41:18   | 13:18 * |
| 12             | 219 | JOAN HARPER-NEELY    | 46 | HAMPTON VA      | 46:07   | 14:51   |
| 13             | 252 | KRISTINA ERNST       | 47 | HAMPTON VA      | 51:02   | 16:26   |
| 14             | 265 | TRINEE HAWKINS       | 48 | NEWPORT NEWS VA | 53:38   | 17:16   |
| 15             | 269 | ANN BARBER           | 47 | HAMPTON VA      | 54:13   | 17:27   |
| 16             | 274 | CARMEN MEYERS        | 49 | HAMPTON VA      | 57:10   | 18:24   |
| 17             | 278 | VANESSA HOLLOMAN     | 46 | NEWPORT NEWS VA | 1:00:13 | 19:23   |
| WOMEN: 50 - 54 |     |                      |    |                 |         |         |
| 1              | 58  | NORMA PHILLIPS       | 53 | WILLIAMSBURG VA | 25:28   | 8:12 *  |
| 2              | 65  | CAROL BARTRAM        | 50 | YORKTOWN VA     | 26:06   | 8:24 *  |
| 3              | 97  | DONNA E FORREST      | 54 | NEWPORT NEWS VA | 29:49   | 9:36 *  |
| 4              | 98  | PATRICIA K WIEDEMANN | 53 | SEAFORD VA      | 29:51   | 9:37    |
| 5              | 107 | MICHELLE SPENCER     | 52 | HAMPTON VA      | 30:53   | 9:57    |
| 6              | 114 | ROBIN LAND           | 52 | WILLIAMSBURG VA | 31:41   | 10:12 * |
| 7              | 123 | LINDA M ANAYA        | 54 | YORKTOWN VA     | 33:00   | 10:38 * |
| 8              | 128 | JULIE BYRD           | 51 | YORKTOWN VA     | 33:34   | 10:48   |
| 9              | 134 | JUDY GIRARD          | 54 | ROCK HILL SC    | 34:01   | 10:57   |
| 10             | 149 | MATTHEW HARTMAN      | 53 | WILLIAMSBURG VA | 35:45   | 11:31   |
| 11             | 158 | TAMARA WOODRUFF      | 51 | YORKTOWN VA     | 37:09   | 11:58   |
| 12             | 163 | MARGO LAMARSH        | 50 | YORKTOWN VA     | 37:20   | 12:01   |
| 13             | 182 | SHARON SMITH         | 54 | HAMPTON VA      | 39:39   | 12:46   |
| 14             | 184 | SUSAN SORLIE         | 52 | HAMPTON VA      | 39:41   | 12:47 * |
| 15             | 196 | EVELYN HENSON        | 54 | NEWPORT NEWS VA | 41:29   | 13:21   |
| 16             | 205 | MICHELLE JENKINS     | 53 | WILLIAMSBURG VA | 42:57   | 13:50   |
| 17             | 214 | MARY RAUCHFUSS       | 53 | WILLIAMSBURG VA | 45:01   | 14:30   |
| 18             | 221 | DONNA CHAPMAN        | 52 | HAMPTON VA      | 46:23   | 14:56 * |
| 19             | 232 | NANCY MASON          | 54 | NEWPORT NEWS VA | 47:17   | 15:14   |
| 20             | 234 | SHERRY NEIGHBORS     | 53 | POQUOSON VA     | 47:28   | 15:17   |
| 21             | 261 | JACQUELINE GOINS     | 51 | HAMPTON VA      | 53:29   | 17:13   |
| 22             | 268 | CATHY BEASLEY        | 50 | BRANDON MS      | 54:11   | 17:27   |
| 23             | 273 | DAWN DESECKI         | 51 | CHICAGO IL      | 56:15   | 18:07   |
| WOMEN: 55 - 59 |     |                      |    |                 |         |         |
| 1              | 52  | SUSAN LINDEMANN      | 56 | YORKTOWN VA     | 25:20   | 8:09    |
| 2              | 57  | THEA M GANOE         | 56 | HAMPTON VA      | 25:27   | 8:12    |
| 3              | 77  | CATHLEEN REA         | 55 | NEWPORT NEWS VA | 27:48   | 8:57 *  |
| 4              | 87  | LIZ ROWE             | 55 | YORKTOWN VA     | 28:52   | 9:18    |

|                    |     |                    |    |                   |       |       |   |
|--------------------|-----|--------------------|----|-------------------|-------|-------|---|
| 5                  | 144 | DEBORAH MILLIKEN   | 55 | NORFOLK VA        | 35:13 | 11:20 |   |
| 6                  | 186 | JENNIFER BARR      | 56 | NEWPORT NEWS VA   | 39:45 | 12:48 | * |
| 7                  | 192 | TERESA DALE        | 58 | HAMPTON VA        | 41:01 | 13:12 |   |
| 8                  | 203 | JESSICA SPENCER    | 55 | YORKTOWN VA       | 42:45 | 13:46 |   |
| 9                  | 237 | JAN BOLGER         | 55 | YORKTOWN VA       | 47:46 | 15:23 | * |
| 10                 | 250 | LAURIE DEMARIS     | 57 | YORKTOWN VA       | 50:45 | 16:20 |   |
| 11                 | 253 | JUNE HUGHES        | 58 | GLOUCESTER VA     | 51:38 | 16:38 | * |
| 12                 | 260 | ANGELA COOK        | 57 | HAMPTON VA        | 53:27 | 17:13 |   |
| 13                 | 267 | MARY CALVERT       | 58 | VIRGINIA BEACH VA | 54:00 | 17:23 | * |
| WOMEN: 60 - 64     |     |                    |    |                   |       |       |   |
| 1                  | 99  | GAIL LUCADO-PHELPS | 63 | NEWPORT NEWS VA   | 30:01 | 9:40  | * |
| 2                  | 115 | DOTTIE HUMPHREYS   | 61 | NEWPORT NEWS VA   | 31:45 | 10:13 | * |
| 3                  | 131 | BRENDA C MITCHELL  | 63 | WILLIAMSBURG VA   | 33:53 | 10:55 | * |
| 4                  | 160 | BETH DIEHL         | 64 | YORKTOWN VA       | 37:16 | 12:00 |   |
| 5                  | 185 | MAUREEN LOWDER     | 63 | NEWPORT NEWS VA   | 39:42 | 12:47 |   |
| 6                  | 188 | CAROLYN RICHMOND   | 64 | HAMPTON VA        | 40:12 | 12:57 |   |
| 7                  | 235 | JULIE HALE         | 63 | HAMPTON VA        | 47:29 | 15:17 |   |
| 8                  | 256 | MONICA BRANDON     | 60 | HAMPTON VA        | 51:50 | 16:41 |   |
| 9                  | 262 | KAREN NICOLETTI    | 63 | HAMPTON VA        | 53:35 | 17:15 |   |
| 10                 | 263 | HONG-MY NGUYEN     | 61 | HAMPTON VA        | 53:36 | 17:15 |   |
| 11                 | 276 | JEANNETTE GRASE    | 64 | YORKTOWN VA       | 59:13 | 19:04 |   |
| WOMEN: 65 - 69     |     |                    |    |                   |       |       |   |
| 1                  | 74  | BARBARA BIASI      | 66 | YORKTOWN VA       | 27:29 | 8:51  | * |
| 2                  | 193 | BUNNY MAJCHER      | 66 | WILLIAMSBURG VA   | 41:03 | 13:13 | * |
| 3                  | 200 | CHERYL GRESHAM     | 67 | HAMPTON VA        | 42:12 | 13:35 |   |
| 4                  | 210 | JOANNE NELLOS      | 66 | POQUOSON VA       | 43:57 | 14:09 |   |
| 5                  | 215 | CHIPS HALLEY       | 69 | GRAFTON VA        | 45:02 | 14:30 | * |
| 6                  | 223 | MARGIE EVANS       | 65 | HAMPTON VA        | 46:25 | 14:57 |   |
| 7                  | 238 | MARIA SMITH        | 67 | HAMPTON VA        | 47:46 | 15:23 |   |
| WOMEN: 70 - 74     |     |                    |    |                   |       |       |   |
| 1                  | 244 | ALISON LYNCH       | 73 | GRAFTON VA        | 49:09 | 15:50 |   |
| WOMEN: 75 AND OVER |     |                    |    |                   |       |       |   |
| NONE               |     |                    |    |                   |       |       |   |
| WOMEN: Age Unknown |     |                    |    |                   |       |       |   |
| 1                  | 150 | CRYSTAL COATES     |    | HAMPTON VA        | 36:01 | 11:36 |   |
| 2                  | 277 | NAN MILLS-SMITH    |    | HAMPTON VA        | 59:19 | 19:06 |   |

\* denotes PTC member