

25th ANNUAL COAST GUARD DAY 5K
 U.S. Coast Guard Training Center, Yorktown, VA
 Saturday, August 3, 2013 8:30 AM
 USATF Cert. #VA10027RT
 A PENINSULA TRACK CLUB GRAND PRIX EVENT

TOP OVERALL MEN

1	1	JACK LITTLE	19	YORKTOWN VA	16:20	5:16
2	2	ALEX DOLWICK	16	APEX NC	17:56	5:47
3	3	LISANI CIEGO	27	YORKTOWN VA	18:21	5:55

TOP OVERALL WOMEN

1	24	MERCEDES CASTILLO-D'AMICO	55	NEWPORT NEWS VA	20:24	6:34 *
2	25	SIKA HENRY	29	VIRGINIA BEACH VA	20:33	6:37
3	29	MILAGROS WALLEN	36	YORKTOWN VA	21:04	6:47

MEN: 14 AND UNDER

1	14	WILLIAM SOSSAMAN	13	RALEIGH NC	19:49	6:23
2	39	CHRISTIAN LAUFFER	14	APEX NC	21:41	6:59
3	68	JENSEN MORALES	12	HAMPTON VA	22:54	7:22
4	89	WYATT SCATES	11	FREDERICK MD	24:07	7:46
5	98	IAIN MITCHELL	14	CARY NC	24:46	7:59
6	133	ETHEN PICKLES	11	WILLIAMSBURG VA	26:27	8:31
7	172	ANDREW PARKER	14	HOLLY SPRINGS NC	28:38	9:13
8	291	LOGAN ATKINS	14	WILLIAMSBURG VA	37:35	12:06
9	298	THOMAS LOPEZ	14	YORKTOWN VA	38:31	12:24
10	337	AARON MILLER	9	HAYES VA	44:01	14:10
11	348	MARK MCPHERSON	11	CHESAPEAKE VA	46:11	14:52
12	360	VANN EASON	10	MECHANICSVILLE VA	49:29	15:56

MEN: 15 - 19

1	6	BRYCE WILLIAMS	16	YORKTOWN VA	18:37	6:00
2	7	JUSTIN ADAMS	15	BOHANNAN VA	18:41	6:01 *
3	8	DANIEL W GERLACH	17	NEWPORT NEWS VA	18:46	6:03
4	15	BRIAN MCMANUS	17	WILLIAMSBURG VA	19:52	6:24
5	16	CORBIN ARMSTRONG	16	POQUOSON VA	19:53	6:24
6	17	AARON M BAKER	15	APEX NC	20:00	6:26
7	28	HARRISON HUNTLEY	17	CARY NC	20:57	6:45
8	50	STEVE GETZ	17	CARY NC	22:08	7:08
9	59	JOHN JAGT	17	CARY NC	22:34	7:16
10	78	CONNOR L COX	17	YORKTOWN VA	23:46	7:39
11	79	JASON JACKSON	15	NEWPORT NEWS VA	23:49	7:40
12	107	ROBERT N TATUM	17	POQUOSON VA	25:20	8:10
13	162	JACOB COLE	17	CARY NC	28:15	9:06
14	171	GRANT C BAKER	17	APEX NC	28:31	9:11
15	232	EDWARD E RIVERS	18	HENRICO VA	32:07	10:21
16	304	BEN MABE	17	HAYES VA	39:00	12:34

MEN: 20 - 24

1	9	IAN KING	23	VIRGINIA BEACH VA	18:46	6:03
2	18	MICHAEL GATTRELL	22	YORKTOWN VA	20:00	6:27
3	20	TONY FRANZUA	20	YORKTOWN VA	20:12	6:30
4	26	JIM NICOL	23	NEWPORT NEWS VA	20:47	6:42
5	38	TROY D VALDEZ	24	NORFOLK VA	21:39	6:58
6	41	GABRIEL LAMARTINA	20	FOREST VA	21:46	7:01
7	44	WILLIAM STARK	24	WEST MILFORD NJ	21:50	7:02
8	60	RYAN SALTER	20	YORKTOWN VA	22:37	7:17
9	61	LOUIS CORTEZ	22	ROCKLAND ME	22:39	7:18
10	100	BREYDEN HAYES	21	NEWPORT NEWS VA	24:58	8:03
11	115	NICHOLAS T FUTRELL	20	YORKTOWN VA	25:33	8:14

12	157	RYAN OLSON	22	YORKTOWN VA	27:55	8:59
13	165	WILLIAM A VALLE-SANTOS	20	HENRICO VA	28:23	9:08
14	184	ALEX WEENINK	20	YORKTOWN VA	29:16	9:26
15	245	BRIAN YEE	24	VIRGINIA BEACH VA	33:35	10:49
16	314	ZACHARY SHADE	21	ERIE PA	40:12	12:57
MEN: 25 - 29						
1	4	RYAN DOUPE	27	NEWPORT NEWS VA	18:34	5:59 *
2	13	ANDREW R TENBUSCH	27	NORFOLK VA	19:47	6:22
3	22	DAVID CARY	25	NORFOLK VA	20:18	6:32
4	23	MATTHEW W ZINN	28	WILLIAMSBURG VA	20:20	6:33
5	36	ROSS MONTFORT	28	NEWPORT NEWS VA	21:33	6:56
6	40	GUDMUNDUR KRISTJANSSON	25	RICHMOND VA	21:43	7:00
7	66	ANDREW EVANS	27	NEWPORT NEWS VA	22:50	7:21 *
8	74	JOSE F PEREZ	27	YORKTOWN VA	23:32	7:35
9	102	LUIS E CAYCHO	28	YORKTOWN VA	25:01	8:04
10	117	DRIQ S SPURGEON	27	NORFOLK VA	25:38	8:15
11	169	AARON WELCH	27	WHITMAN MA	28:29	9:10
12	181	CHAZ LESLIE	26	WOODBIDGE VA	29:15	9:25
13	183	EGAN RENNER	26	YORKTOWN VA	29:16	9:25
14	217	FORREST NEELEY	28	POQUOSON VA	31:10	10:02
15	220	DANIEL BLANCO	28	BELLPORT NY	31:15	10:04
16	226	ANDREW HURDLE	27	SOUTH MILLS NC	31:46	10:14
17	269	KYLE DOOLY	25	CHESAPEAKE VA	34:49	11:13
18	279	RYAN GORDON	25	WOODBIDGE VA	35:49	11:32
19	366	CHUCK LESLIE	25	CAMDEN NJ	52:10	16:48
MEN: 30 - 34						
1	11	ZACH G VALENTINE	30	NEWPORT NEWS VA	19:16	6:12
2	27	EDWYNN COLLINS	32	NEWPORT NEWS VA	20:54	6:44 *
3	32	NATHAN HATFIELD-HATFIEL	31	ST THOMAS VI	21:14	6:50
4	35	WILLIAM ADAMS	32	WILLIAMSBURG VA	21:30	6:55
5	63	JASON ROSKENS	31	HAYES VA	22:45	7:20
6	65	HESTEN KILLIP	30	NEWPORT NEWS VA	22:49	7:21
7	103	AARON T CRAIG	30	NORFOLK VA	25:08	8:06
8	127	KURT STRAUB	30	CHESAPEAKE VA	26:15	8:27
9	182	ROBERT GRIGSBY	34	MIDDLETOWN RI	29:15	9:25
10	198	JUSTIN MAYO	34	VIRGINIA BEACH VA	30:01	9:40
11	202	CHRIS WHIPPLE	31	WILLIAMSBURG VA	30:21	9:46
12	214	MARK MILLS	33	YORKTOWN VA	31:06	10:01
13	222	JEFFREY CARNEY	32	NEWPORT NEWS VA	31:33	10:10
14	231	ZACHARY STARKS	30	NEWPORT NEWS VA	32:01	10:19
15	261	MARK HAWES	33	YORKTOWN VA	34:10	11:00
16	274	ERIC DRESCHER	32	WILLIAMSBURG VA	35:24	11:24
17	288	MATTHEW STAFFORD	30	HAMPTON VA	37:12	11:59
18	301	TAYLOR MITCHELL	30	YORKTOWN VA	38:37	12:26
MEN: 35 - 39						
1	31	ADAN NEGRETE HENDRIE	36	NORFOLK VA	21:11	6:49
2	69	DANIEL SEGURA	38	CHESAPEAKE VA	23:02	7:25
3	93	ROSS B HUMPHREYS	37	YORKTOWN VA	24:19	7:50
4	96	BRYSON SPANGLER	38	ST THOMAS VI	24:35	7:55
5	109	TOM ROWE	37	NEWPORT NEWS VA	25:24	8:11
6	110	ANTHONY GONZALES	38	WILLIAMSBURG VA	25:26	8:12
7	129	BRETT MAJOR	39	GLOUCESTER VA	26:17	8:28
8	130	TRAVIS SHEPPARD	39	WILLIAMSBURG VA	26:18	8:28
9	134	CARLOS O RIVERA	37	YORKTOWN VA	26:27	8:31
10	146	MATTHEW R DONOVAN	38	CASCADE IA	27:13	8:46
11	147	GERG HARTMAN	38	PORTSMOUTH VA	27:23	8:49
12	156	ERIC DILA	37	WILLIAMSBURG VA	27:50	8:58

13	158	JASON WILSON	35	YORKTOWN VA	27:58	9:00	*
14	166	MICHAEL LEVERIDGE	35	YORKTOWN VA	28:25	9:09	
15	223	MATHIAS HINTZ	39	NEWPORT NEWS VA	31:34	10:10	
16	310	CHRIS B HOLM	39	VIRGINIA BEACH VA	40:00	12:53	
17	318	MICHAEL EASON	38	MECHANICSVILLE VA	40:34	13:04	
18	367	SYTAURI DONALD	35	GLOUCESTER POINT V	52:35	16:56	
MEN: 40 - 44							
1	5	DAVID P LOCKARD	44	HAMPTON VA	18:36	5:59	
2	10	JACK LOVETT	43	YORKTOWN VA	18:48	6:03	
3	37	DAVID GRETEN	43	HAMPTON VA	21:38	6:58	
4	47	JOHNNY FLOWERS JR	42	SEAFORD VA	21:56	7:04	*
5	52	MICHAEL POPELARS	40	WILLIAMSBURG VA	22:16	7:10	
6	62	ERIC HUNLEY	43	HAMPTON VA	22:44	7:19	
7	64	KRIS ELLINGSEN	44	YORKTOWN VA	22:46	7:20	*
8	75	CARLTON L NOLL	40	QUINTA VA	23:32	7:35	
9	95	KRIS L DUKE	40	VIRGINIA BEACH VA	24:30	7:53	
10	106	JONATHAN KEYES	43	WILLIAMSBURG VA	25:18	8:09	
11	126	DANNY WEATHERLY	44	GLOUCESTER VA	26:13	8:27	
12	135	TIM HAWS	40	WILLIAMSBURG VA	26:30	8:32	
13	151	GREG CANNATELLI	44	WILLIAMSBURG VA	27:39	8:54	
14	161	MICHAEL BROWN	40	HAYES VA	28:12	9:05	
15	167	STEVEN TOY	40	VIRGINIA BEACH VA	28:26	9:10	
16	179	JOSHUA TULIP	41	URBANNA VA	29:06	9:22	
17	190	ROB BOLLER	44	WILLIAMSBURG VA	29:35	9:32	
18	191	WILLIAM NEWCOMB	41	NEWPORT NEWS VA	29:38	9:33	
19	239	JOHN BROOKS	43	STEPHENS CITY VA	33:12	10:42	
20	295	RALPH BURO	43	MOSELEY VA	38:03	12:15	
21	297	LARRY MILLER	44	YORKTOWN VA	38:30	12:24	
22	372	ROBERT PICKERING	43	POQUOSON VA	58:03	18:42	
MEN: 45 - 49							
1	46	ERIC S WILHANS	48	YORKTOWN VA	21:54	7:03	
2	51	MICHAEL STROTHER	48	CHESAPEAKE VA	22:12	7:09	
3	55	CHRIS ROBINSON	46	TOANO VA	22:25	7:13	
4	58	KIPP CRONE	46	PROVIDENCE FORGE V	22:31	7:15	
5	70	MATTHEW LAUFFER	45	APEX NC	23:21	7:31	
6	72	LANCE ATKINS	48	WILLIAMSBURG VA	23:27	7:33	
7	104	ANDREW LAMBLEY	46	NEWPORT NEWS VA	25:14	8:08	
8	111	LUIS ANDINO	45	WILLIAMSBURG VA	25:28	8:12	
9	118	PATRICK DOLWICK	46	APEX NC	25:49	8:19	
10	125	MICHAEL GRAVITT	47	GLOUCESTER POINT V	26:12	8:26	
11	153	GARY RANCHFUSS	46	WILLIAMSBURG VA	27:43	8:56	
12	159	ANTHONY FRAZIER	49	WILLIAMSBURG VA	27:59	9:01	*
13	168	EL MARCELO RONE JR	49	YORKTOWN VA	28:28	9:10	
14	170	BRIAN TIFFANY	47	CAMDEN NC	28:30	9:11	
15	187	CHRISTIAN A HOLTER	49	NEWPORT NEWS VA	29:29	9:30	*
16	195	ROBERT C GERLACH	48	NEWPORT NEWS VA	29:55	9:38	
17	203	CHARLES L BAKER	46	APEX NC	30:28	9:49	
18	234	EDWARD CAVAZOS	47	WILLIAMSBURG VA	32:17	10:24	
19	247	HARRY HOWELL	46	HAMPTON VA	33:39	10:50	
20	248	WESLEY COLE	47	CARY NC	33:40	10:51	
21	251	KEVIN ARMSTRONG	48	POQUOSON VA	33:47	10:53	
22	259	JOHN ROBERSON	47	APEX NC	34:05	10:59	
23	266	WALTER RIVERA	45	WILLIAMSBURG VA	34:27	11:06	*
24	293	SCOTT SCATES	46	FREDERICK MD	37:46	12:10	
25	305	BLAKE MABE	48	HAYES VA	39:07	12:36	
26	308	TIMOTHY COLLINS	47	NORFOLK VA	39:40	12:46	
27	311	MICHAEL DANIELS	46	VIRGINIA BEACH VA	40:01	12:53	

28	319	GERRY ROERTY	47	MECHANICSVILLE VA	40:47	13:08
29	334	ROBINSON COX	46	YORKTOWN VA	43:32	14:01
MEN: 50 - 54						
1	12	TONY KOWALSKI	51	YORKTOWN VA	19:44	6:21
2	34	CLAUDE HICKS JR	53	NEWPORT NEWS VA	21:26	6:54
3	42	ALAN VAN ZANDT	52	NEWPORT NEWS VA	21:47	7:01 *
4	43	JOE GARRITY	50	HAMPTON VA	21:49	7:02 *
5	49	ANDREW R D'AMICO	52	NEWPORT NEWS VA	22:06	7:07 *
6	53	DWIGHT W STARKS	52	VIRGINIA BEACH VA	22:21	7:12
7	80	GARY MUENSTERMAN	51	RICHMOND VA	23:51	7:41
8	82	MICHAEL D HODGES	52	NORFOLK VA	23:53	7:42
9	92	DONALD HAMADYK	54	NEWPORT NEWS VA	24:13	7:48 *
10	101	MARTY TOMASEK	52	LANEXA VA	25:00	8:03
11	112	GENE PARSONS	53	HAMPTON VA	25:29	8:12 *
12	121	DEAN HOVERMALE	50	WILLIAMSBURG VA	26:04	8:24
13	137	MIKE THOMAS	54	NEWPORT NEWS VA	26:43	8:36 *
14	140	FRANK WEGE	52	YORKTOWN VA	26:52	8:39
15	141	GEORGE RIPLEY	54	GLOUCESTER VA	26:55	8:40
16	186	ALAN HENRY	53	YORKTOWN VA	29:17	9:26
17	221	MILLS CROSLAND	52	WINSTON-SALEM NC	31:20	10:06
18	254	BOB OLSON	54	YORKTOWN VA	33:54	10:55
19	283	RICHARD SINES	53	NEWPORT NEWS VA	36:43	11:49 *
20	290	CRAIG BECK	50	HAMPTON VA	37:27	12:04
21	323	GLEN HARRISON	52	HAMPTON VA	41:28	13:21 *
22	324	WILLIAM B HARRISON JR	54	HAMPTON VA	41:43	13:26 *
MEN: 55 - 59						
1	21	ROBERT ANAYA	55	YORKTOWN VA	20:13	6:31 *
2	30	TERRY IMBERY	55	YORKTOWN VA	21:10	6:49 *
3	33	WYATT E CUTCHINS	57	NEWPORT NEWS VA	21:16	6:51 *
4	57	BARRY L HUGHES	59	GLOUCESTER POINT V	22:30	7:15 *
5	76	JOHN PRICE	58	VIRGINIA BEACH VA	23:37	7:36
6	85	MIKE SOBERICK	58	HAYES VA	24:01	7:44
7	105	JOHN F BROOKS	56	YORKTOWN VA	25:16	8:08
8	113	EUGENE THIES	59	HAMPTON VA	25:32	8:13 *
9	119	AL A MONTALVO	58	YORKTOWN VA	25:56	8:21 *
10	122	GEORGE W NELSEN	58	NEWPORT NEWS VA	26:05	8:24 *
11	132	TOM HALE	57	APEX NC	26:25	8:31
12	148	DAVID LEWIS	55	GLOUCESTER POINT V	27:31	8:52
13	152	DAVID SWEENEY	55	NEWPORT NEWS VA	27:40	8:55
14	160	DAVID J SMITH	56	TAPPAHANNOCK VA	27:59	9:02
15	176	SKIP COLE	57	POQUOSON VA	28:51	9:17 *
16	193	CHARLIE MURPHY	56	RALEIGH NC	29:47	9:35
17	227	JOHN R GALLO	57	NEWPORT NEWS VA	31:47	10:14 *
18	235	GERARDO LOPEZ	55	YORKTOWN VA	32:18	10:24
19	253	GRAFFIE EDLER JR	55	SURRY VA	33:53	10:55
20	281	JOHN LITTLE	55	YORKTOWN VA	36:33	11:46
21	285	BRENT ACKZEN	59	GLENDALE AZ	37:00	11:55
22	320	KRISTOPHER SARPY	58	NEWPORT NEWS VA	40:52	13:09
MEN: 60 - 64						
1	48	RICK PLATT	63	WILLIAMSBURG VA	21:59	7:05 *
2	67	ROLAND PARSONS	62	PETERSBURG VA	22:51	7:22
3	124	EDGAR J RANGEL	64	NEWPORT NEWS VA	26:11	8:26 *
4	131	JIMMY C BLOUNT	62	WILLIAMSBURG VA	26:19	8:28 *
5	196	ANDREW MEDVEC	63	HAMPTON VA	29:57	9:39 *
6	238	ROBERT MANN	61	YORKTOWN VA	33:02	10:38 *
7	241	MARK LEIGH	61	HAMPTON VA	33:21	10:44
8	276	WILMER PRUITT	62	MECHANICSVILLE VA	35:36	11:28

9	333	MANUEL CASTELLANOS	60	VIRGINIA BEACH VA	43:19	13:57
10	364	MICHAEL NICOLETTI	63	HAMPTON VA	51:13	16:30
11	371	STANLEY PASZKIEWICZ	64	FISHERVILLE VA	57:38	18:34
MEN: 65 AND OVER						
1	54	JIM CHRISTOL	66	YORKTOWN VA	22:21	7:12 *
2	87	WINSTON COLLINS SR	72	NEWPORT NEWS VA	24:04	7:45 *
3	108	JOSEPH HARPER	66	YORKTOWN VA	25:22	8:10
4	143	WILLIAM SHARER	66	WILLIAMSBURG VA	26:57	8:41 *
5	155	RANDY HAWTHORNE	68	WILLIAMSBURG VA	27:45	8:56 *
6	177	ROBERT A WHITE	71	SEAFORD VA	28:57	9:19
7	199	GLENN CORY	99	YORKTOWN VA	30:09	9:43
8	207	LARRY E ARATA	68	WILLIAMSBURG VA	30:46	9:55 *
9	210	RICHARD MARUYAMA	71	YORKTOWN VA	30:54	9:57
10	233	CLARENCE HARGUS	71	WAKE VA	32:14	10:23 *
11	273	EARL ARWOOD	72	NEWPORT NEWS VA	35:09	11:19
12	309	ALLAN HUMPHREYS	66	NEWPORT NEWS VA	39:45	12:48 *
13	342	GROVE A CALVERT	66	VIRGINIA BEACH VA	45:27	14:38 *
14	358	RICHARD ST PETER	65	CARROLLTON VA	49:26	15:55
WOMEN: 14 AND UNDER						
1	114	LAUREN J BLANKS	13	YORKTOWN VA	25:33	8:14
2	154	CAITLYN DILA	12	WILLIAMSBURG VA	27:44	8:56
3	180	KATHRYN DANIELS	10	VIRGINIA BEACH VA	29:14	9:25
4	189	SAMANTHA MILLER	14	QUINTON VA	29:33	9:31
5	192	KIRSTEN HALE	13	APEX NC	29:40	9:33
6	209	REGAN BRADFORD	13	CARY NC	30:53	9:57
7	249	EMMA COLE	14	CARY NC	33:42	10:51
8	286	KIERSTEN P LOVETT	11	YORKTOWN VA	37:05	11:57
9	294	BETHANY BURO	10	MOSELEY VA	37:47	12:10
10	299	EMILY ROBERSON	14	APEX NC	38:31	12:24
11	339	LAURNA ATKINS	11	WILLIAMSBURG VA	44:10	14:13
12	340	LAINA ATKINS	9	WILLIAMSBURG VA	44:11	14:14
13	343	MADISON M SPARKS	14	WILLIAMSBURG VA	45:48	14:45
14	359	KYLA ROERTY	11	MECHANICSVILLE VA	49:28	15:55
WOMEN: 15 - 19						
1	45	LINDSEY BLANKS	15	YORKTOWN VA	21:51	7:02
2	77	JUSTINA ROWE	15	YORKTOWN VA	23:42	7:38
3	88	MICHAELA TIFFANY	15	CAMDEN NC	24:05	7:45
4	215	RACHEL MANTELL	19	CHURCH VIEW VA	31:09	10:02
5	218	ALYSON JORDAN	16	CARY NC	31:11	10:02
6	256	HAILEY TRUITT	16	CARY NC	34:01	10:57
7	349	MAGGIE KOWALSKI	19	YORKTOWN VA	46:31	14:59
8	350	AYREONA POE	16	PORTSMOUTH VA	46:32	14:59
9	352	BRITTANY HULL	18	PORTSMOUTH VA	46:53	15:06
WOMEN: 20 - 24						
1	73	JENNIFER HAUSE	23	NEWPORT NEWS VA	23:31	7:34
2	150	JESSI H MCCULLOCH	23	YORKTOWN VA	27:32	8:52
3	174	KATHERINE S DULLAHGAN	20	MIDLOTHIAN VA	28:48	9:17
4	212	FELICIA TOMASEK	21	LANEXA VA	30:59	9:59
5	228	KALIE IACOBUCCI	24	NEWPORT NEWS VA	31:48	10:14
6	246	JORDAN STROTHER	21	CHESAPEAKE VA	33:36	10:49
7	268	LAUREN HARDEN	22	CHESAPEAKE VA	34:43	11:11
8	313	JESSICA SITTER	20	ERIE PA	40:02	12:54
WOMEN: 25 - 29						
1	173	DANIELA HENNING	25	NEWPORT NEWS VA	28:46	9:16
2	178	SOPHIA M MCCULLOCH	27	YORKTOWN VA	28:57	9:20
3	185	KIMBERLY SANDOVAL	25	EAGLE POINT OR	29:17	9:26

4	205	DOMINIQUE HAYES	27	NEWPORT NEWS VA	30:39	9:52
5	208	CHRISTINA COLE	26	NORFOLK VA	30:50	9:56
6	211	JIE HAWES	28	YORKTOWN VA	30:57	9:58
7	219	DANIELLE N MCCULLOCH	28	YORKTOWN VA	31:13	10:03
8	237	HALLEY BLANCO	27	BELLPORT NY	32:21	10:25
9	257	TAMARA WHIPPLE	29	WILLIAMSBURG VA	34:03	10:58
10	264	MALISSA FIX	25	PORTSMOUTH VA	34:25	11:05
11	265	ASHLEY GORDON	28	NEWPORT NEWS VA	34:26	11:05
12	278	TIFFANY PARTEE-GORDAN	25	WOODBIDGE VA	35:41	11:30
13	287	KATHRYN STAFFORD	27	HAMPTON VA	37:06	11:57
14	296	ERIN SMALL	26	GERMANTOWN MD	38:08	12:17
15	302	KASHA YEE	25	VIRGINIA BEACH VA	38:43	12:28
16	328	CALESHA HAYES	25	NEWPORT NEWS VA	42:13	13:36
17	336	CHRISTINA COOPER	29	HAMPTON VA	44:00	14:10
18	353	LORNA NEELEY	28	POQUOSON VA	47:05	15:10 *
19	365	JOHANNAH LESLIE	26	WOODBIDGE VA	51:30	16:35
20	377	HOLLY SUTTON	27	NEWPORT NEWS VA	1:02:01	19:58
WOMEN:		30 - 34				
1	84	TIFFANY CARNEY	33	NEWPORT NEWS VA	24:00	7:44
2	90	CAREY PHILLIPS	31	WILLIAMSBURG VA	24:07	7:46
3	99	RACHEL SWIFT	34	HAMPTON VA	24:47	7:59 *
4	123	KRISTA PARK	30	YORKTOWN VA	26:06	8:24
5	136	SUSIE HAWS	30	WILLIAMSBURG VA	26:42	8:36
6	144	KELLY STRAUB	31	CHESAPEAKE VA	27:02	8:42
7	149	KELLY FIORE	31	HAMPTON VA	27:32	8:52
8	175	JENNIFER L TAYLOR	34	NEWPORT NEWS VA	28:50	9:17 *
9	216	HAZEL EBALO	30	NEWPORT NEWS VA	31:10	10:02
10	224	SOPHIA COLLEY	31	YORKTOWN VA	31:40	10:12 *
11	225	MARIKA BENGGIO	34	YORKTOWN VA	31:43	10:13
12	240	BRIANNE KILLIP	33	NEWPORT NEWS VA	33:13	10:42
13	244	TERRA DELONG	31	NEWPORT NEWS VA	33:25	10:46
14	255	STELA TURELLI	34	VIRGINIA BEACH VA	33:56	10:56
15	272	STEPHANIE MILLS	32	YORKTOWN VA	35:08	11:19
16	280	HEATHER RUGNETTA	33	NEWPORT NEWS VA	35:53	11:33
17	284	ABIGAIL DOUGHERTY	31	VIRGINIA BEACH VA	36:48	11:51
18	300	IRENE MITCHELL	32	YORKTOWN VA	38:32	12:24
19	303	JENNIFER FOSTER	31	NEWPORT NEWS VA	38:59	12:33
20	321	REBECCA ADAMS	30	WILLIAMSBURG VA	41:24	13:20
21	330	ALICIA WILSON	31	NEWPORT NEWS VA	42:28	13:41
22	331	PATRICIA STARKS	30	NEWPORT NEWS VA	42:31	13:41
23	335	SARAH MARKOWITZ	32	NEWPORT NEWS VA	43:45	14:05
24	351	PAULA POE	31	PORTSMOUTH VA	46:32	14:59
25	370	ANASTASIA PASZKIEWICZ	34	FISHERVILLE VA	57:37	18:33
26	378	ALYSIA GUTTERMAN	34	POQUOSON VA	1:02:02	19:58
WOMEN:		35 - 39				
1	86	LAURA R NIELSEN	35	YORKTOWN VA	24:02	7:45
2	94	JEANETTE L ARIMICH	37	WILLIAMSBURG VA	24:24	7:51
3	138	JAIME COX	35	NEWPORT NEWS VA	26:46	8:37 *
4	197	ANTONIA MAYO	35	VIRGINIA BEACH VA	29:57	9:39
5	250	EMILY PHILLIPS	35	VIRGINIA BEACH VA	33:45	10:52
6	262	SALLY AVERY	35	POQUOSON VA	34:19	11:03
7	282	CATHERINE FARRIS	35	NEWPORT NEWS VA	36:35	11:47
8	289	LEAH FRY	39	HAMPTON VA	37:12	11:59
9	307	STEPHANIE COLLINS	39	SMITHFIELD VA	39:36	12:45
10	312	REBECCA DUKE	39	VIRGINIA BEACH VA	40:02	12:53
11	315	CHARITY L SCOUTEN	36	GLOUCESTER VA	40:13	12:57
12	345	TINA SPARKS	38	WILLIAMSBURG VA	45:56	14:47 *

13	361	JULEE ROERTY	38	MECHANICSVILLE VA	49:59	16:06
14	362	TARA DONAHUE	36	KILMARNICK VA	50:00	16:06
15	363	KEREN F ASBURY	39	FARNHAM VA	51:03	16:26
WOMEN:	40	- 44				
1	71	SUSAN HAGEL	40	NORFOLK VA	23:22	7:32 *
2	194	SUZETTE BABCOCK	43	URBANNA VA	29:49	9:36
3	200	MICHELE BENSON-HOWELL	41	HAMPTON VA	30:10	9:43
4	201	IMELDA RONE	44	YORKTOWN VA	30:14	9:44
5	236	PETRINA LEBLANC	41	LANGLEY AFB VA	32:19	10:24
6	260	HOLLY DE SANTIS	41	LANEXA VA	34:08	10:59
7	275	ELIZABETH GRIMESEY	43	MECHANICSVILLE VA	35:25	11:24
8	316	KATHLEEN BROWN	40	HAYES VA	40:32	13:03
9	329	CONNIE MOORE	44	NEWPORT NEWS VA	42:18	13:37
10	332	KAREN HASTINGS	40	HAMPTON VA	42:59	13:50 *
11	338	ANGIE MILLER	40	HAYES VA	44:03	14:11
12	354	KELLY LAMBLEY	43	NEWPORT NEWS VA	47:05	15:10
13	356	EMILY EASON	40	MECHANICSVILLE VA	48:09	15:30
14	357	HILLAREY TULIP	40	URBANNA VA	49:01	15:47
15	374	ELIZABETH CLEMMONS	40	COBBS CREEK VA	58:05	18:42
WOMEN:	45	- 49				
1	91	CATHERINE HOVERMALE	45	WILLIAMSBURG VA	24:13	7:48
2	120	MICHELLE LITTLE	49	YORKTOWN VA	25:56	8:21
3	145	CAROL L MARLEY	48	TOANO VA	27:10	8:45
4	204	BONNIE L BROWN	48	WILLIAMSBURG VA	30:38	9:52
5	206	MELINDA SETTLE	48	CHARLES CITY VA	30:42	9:53
6	229	CHERYL LAGER	48	NEWPORT NEWS VA	31:49	10:15 *
7	263	MARIA D VASQUEZ	47	VIRGINIA BEACH VA	34:24	11:05
8	267	WALESKA RIVERA	47	WILLIAMSBURG VA	34:42	11:11 *
9	270	BRENDA NICKEL	46	NEWPORT NEWS VA	34:53	11:14
10	306	MELISSA ALEXANDER	47	YORKTOWN VA	39:20	12:40
11	326	AILEEN GIRARD	46	POQUOSON VA	41:45	13:27
12	341	LAURI ATKINS	45	WILLIAMSBURG VA	45:12	14:33
13	346	DAWN TUNNO	47	NEWPORT NEWS VA	45:57	14:48
14	347	DONNA WATSON	49	NEWPORT NEWS VA	46:01	14:49
15	368	TEELA FINCH	45	WILLIAMSBURG VA	53:02	17:05
16	373	JANICE WILLIAMS	47	NEWPORT NEWS VA	58:04	18:42
WOMEN:	50	- 54				
1	56	KARLA HAVENS	51	PLAINVIEW VA	22:26	7:13 *
2	81	SHERI D MANN	51	YORKTOWN VA	23:52	7:41 *
3	83	PAULA HENRY	53	YORKTOWN VA	24:00	7:44
4	97	CHRISTINE SCHAFFNER	50	YORKTOWN VA	24:44	7:58 *
5	142	LYDIA QUILES	50	GLOUCESTER VA	26:56	8:40
6	164	HOLLY WIGGINS	50	YORKTOWN VA	28:20	9:07
7	213	DONNA E FORREST	53	NEWPORT NEWS VA	31:05	10:01 *
8	242	LINDA BORING	51	YORKTOWN VA	33:24	10:45
9	243	AMY BEATTY	52	GLOUCESTER POINT V	33:24	10:45
10	252	LINDA M ANAYA	54	YORKTOWN VA	33:48	10:53 *
11	271	SUE RICHARDSON	50	VIRGINIA BEACH VA	34:58	11:16
12	277	PATRICIA K WIEDEMANN	53	SEAFORD VA	35:41	11:29
13	292	MEG CARMINE	52	BENA VA	37:36	12:07
14	317	NANCY GORDON	54	NEWPORT NEWS VA	40:33	13:03
15	327	MARIA LOPEZ	52	HAMPTON VA	41:54	13:30
16	355	MICHELE MARTIN	50	WILLIAMSBURG VA	47:50	15:24
17	375	DIANE B CARTER	54	NEWPORT NEWS VA	1:00:10	19:22
WOMEN:	55	- 59				
1	128	HELEN WORTHINGTON	59	BENA VA	26:16	8:28 *
2	139	LINDA FOX	56	VIRGINIA BEACH VA	26:47	8:38

3	258 BARBARA WILLIAMS	58 BENA VA	34:04	10:58	*
4	376 DEBORAH A RUSSELL	56 POQUOSON VA	1:01:11	19:42	
WOMEN: 60 - 64					
1	116 LOUISE SHARER	61 WILLIAMSBURG VA	25:37	8:15	*
2	188 BRENDA C MITCHELL	63 WILLIAMSBURG VA	29:31	9:30	*
3	230 DOTTIE HUMPHREYS	61 NEWPORT NEWS VA	31:53	10:16	*
4	325 SHIRLEY WHITENACK	64 CARROLLTON VA	41:44	13:26	
5	369 KAREN NICOLETTI	63 HAMPTON VA	54:11	17:27	
WOMEN: 65 AND OVER					
1	163 BARBARA BIASI	65 YORKTOWN VA	28:16	9:06	*
2	322 ANN MANCIAGLI	77 WILLIAMSBURG VA	41:24	13:20	
WHEELCHAIR RACERS					
1	19 DARRIN SNYDER	46 VIRGINIA BEACH VA	20:07	6:29	
COAST GUARD - MEN:					
1	3 LISANI CIEGO	27 YORKTOWN VA	18:21	5:55	
2	18 MICHAEL GATTRELL	22 YORKTOWN VA	20:00	6:27	
3	20 TONY FRANZUA	20 YORKTOWN VA	20:12	6:30	
4	23 MATTHEW W ZINN	28 WILLIAMSBURG VA	20:20	6:33	
5	32 NATHAN HATFIELD-HATFIEL	31 ST THOMAS VI	21:14	6:50	
6	35 WILLIAM ADAMS	32 WILLIAMSBURG VA	21:30	6:55	
7	41 GABRIEL LAMARTINA	20 FOREST VA	21:46	7:01	
8	44 WILLIAM STARK	24 WEST MILFORD NJ	21:50	7:02	
9	52 MICHAEL POPELARS	40 WILLIAMSBURG VA	22:16	7:10	
10	60 RYAN SALTER	20 YORKTOWN VA	22:37	7:17	
11	61 LOUIS CORTEZ	22 ROCKLAND ME	22:39	7:18	
12	74 JOSE F PEREZ	27 YORKTOWN VA	23:32	7:35	
13	96 BRYSON SPANGLER	38 ST THOMAS VI	24:35	7:55	
14	110 ANTHONY GONZALES	38 WILLIAMSBURG VA	25:26	8:12	
15	111 LUIS ANDINO	45 WILLIAMSBURG VA	25:28	8:12	
16	129 BRETT MAJOR	39 GLOUCESTER VA	26:17	8:28	
17	130 TRAVIS SHEPPARD	39 WILLIAMSBURG VA	26:18	8:28	
18	134 CARLOS O RIVERA	37 YORKTOWN VA	26:27	8:31	
19	135 TIM HAWS	40 WILLIAMSBURG VA	26:30	8:32	
20	151 GREG CANNATELLI	44 WILLIAMSBURG VA	27:39	8:54	
21	156 ERIC DILA	37 WILLIAMSBURG VA	27:50	8:58	
22	161 MICHAEL BROWN	40 HAYES VA	28:12	9:05	
23	166 MICHAEL LEVERIDGE	35 YORKTOWN VA	28:25	9:09	
24	169 AARON WELCH	27 WHITMAN MA	28:29	9:10	
25	182 ROBERT GRIGSBY	34 MIDDLETOWN RI	29:15	9:25	
26	183 EGAN RENNER	26 YORKTOWN VA	29:16	9:25	
27	184 ALEX WEENINK	20 YORKTOWN VA	29:16	9:26	
28	202 CHRIS WHIPPLE	31 WILLIAMSBURG VA	30:21	9:46	
29	220 DANIEL BLANCO	28 BELLPORT NY	31:15	10:04	
30	234 EDWARD CAVAZOS	47 WILLIAMSBURG VA	32:17	10:24	
31	247 HARRY HOWELL	46 HAMPTON VA	33:39	10:50	
32	279 RYAN GORDON	25 WOODBRIDGE VA	35:49	11:32	
33	281 JOHN LITTLE	55 YORKTOWN VA	36:33	11:46	
34	283 RICHARD SINES	53 NEWPORT NEWS VA	36:43	11:49	*
35	290 CRAIG BECK	50 HAMPTON VA	37:27	12:04	
36	301 TAYLOR MITCHELL	30 YORKTOWN VA	38:37	12:26	
37	305 BLAKE MABE	48 HAYES VA	39:07	12:36	
38	314 ZACHARY SHADE	21 ERIE PA	40:12	12:57	
COAST GUARD - WOMEN:					
1	185 KIMBERLY SANDOVAL	25 EAGLE POINT OR	29:17	9:26	
2	225 MARIKA BENGGIO	34 YORKTOWN VA	31:43	10:13	

* denotes PTC member