

22nd ANNUAL COAST GUARD DAY 5K  
 U.S. Coast Guard Training Center, Yorktown, VA  
 Saturday, August 7, 2010 8:30 AM  
 A PENINSULA TRACK CLUB GRAND PRIX EVENT

TOP OVERALL MEN

1	1	JACK J LITTLE	16	YORKTOWN VA	17:17	5:34
2	2	JOHN PIGGOTT	45	WILLIAMSBURG VA	17:28	5:38
3	3	JIM LANCASTER	33	BALTIMORE MD	17:35	5:40

TOP OVERALL WOMEN

1	18	MERCEDES D'AMICO	52	NEWPORT NEWS VA	21:01	6:46 *
2	31	MICHELE SMITH-HARDEN	46	NORFOLK VA	22:36	7:17 *
3	36	EMILY M ERNST	32	HAMPTON VA	23:15	7:29

MEN: 14 AND UNDER

1	4	GEOFFREY T ROUIN	13	YORKTOWN VA	18:38	6:00 *
2	72	JACK TARTALA	14	NEWPORT NEWS VA	25:55	8:21
3	95	HUNTER G WILFONG	11	SPOTSYLVANIA VA	27:38	8:54

MEN: 15 - 19

1	5	DESMOND D FOGG	16	NEWPORT NEWS VA	19:08	6:10
2	9	CODY KLAUER	18	CHESAPEAKE VA	19:50	6:23
3	54	BRIAN GRIFFITH	19	NEWPORT NEWS VA	25:04	8:04

MEN: 20 - 24

1	16	ERICK GWALTNEY	24	RICHMOND VA	20:52	6:43
2	26	ALEXANDER DUNCAN	21	MISSION VIEJO CA	22:26	7:14
3	57	ETHAN HALBERG	21	HAYES VA	25:14	8:08

MEN: 25 - 29

1	8	JOHN COOPER	28	YORKTOWN VA	19:47	6:22
2	21	DONALD E RICKERSON	26	HAMPTON VA	21:54	7:03
3	28	ADAM MONTALVO	28	YORKTOWN VA	22:31	7:15 *

MEN: 30 - 34

1	7	RYAN WALINSKI	32	HAMPTON VA	19:38	6:19
2	10	BRYAN DOLLYHIGH	34	GLOUCESTER VA	19:51	6:24 *
3	13	BRIAN J HAKES	30	WILLIAMSBURG VA	20:10	6:30

MEN: 35 - 39

1	14	PETER WOLF	38	NEWPORT NEWS VA	20:39	6:39 *
2	24	J DAVID MACLUSKIE	37	YORKTOWN VA	22:13	7:09
3	27	DANIEL MOSS	36	NEWPORT NEWS VA	22:28	7:14

MEN: 40 - 44

1	17	KRISTIAN ELLINGSEN	41	YORKTOWN VA	20:55	6:44 *
2	29	ATHAN KRAMER	42	YORKTOWN VA	22:32	7:15
3	77	ROBERTO J CANO	44	YORKTOWN VA	26:15	8:27 *

MEN: 45 - 49

1	6	PAUL PELLETIER	45	WILLIAMSBURG VA	19:14	6:12 *
2	19	ANDREW R D'AMICO	49	NEWPORT NEWS VA	21:30	6:55 *
3	22	TONY KOWALSKI	48	YORKTOWN VA	22:01	7:06

MEN: 50 - 54

1	12	TERRY IMBERY	52	YORKTOWN VA	19:55	6:25 *
2	23	DAVID J SMITH	53	TAPPAHANNOCK VA	22:06	7:07
3	45	CECIL SALYER	53	PORTSMOUTH VA	24:20	7:50

MEN: 55 - 59

1	11	PETER MUELLER	56	NEWPORT NEWS VA	19:54	6:25 *
2	34	RUBEN A NIEVES	57	NEWPORT NEWS VA	22:54	7:23
3	40	BARRY HUGHES	56	GLOUCESTER VA	23:44	7:39 *

MEN: 60 - 64

1	15	RICK PLATT	60	WILLIAMSBURG VA	20:47	6:42 *
2	25	JIM CHRISTOL	63	YORKTOWN VA	22:14	7:10 *

3	33	GEORGE CARRIGAN	61	WILLIAMSBURG VA	22:53	7:22
MEN:	65	AND OVER				
1	50	LARRY "LT" TURNER	67	SEAFORD VA	24:38	7:56 *
2	63	BILL L FENWICK	77	WILLIAMSBURG VA	25:37	8:15
3	65	LARRY ARATA	65	WILLIAMSBURG VA	25:41	8:16 *
WOMEN:	14	AND UNDER				
1	38	WIKTORIA PLAWSKA	14	YORKTOWN VA	23:36	7:36
2	125	SYDNEY GARRETT	9	NEWPORT NEWS VA	29:32	9:31 *
3	142	RACHEL J RYMER	11	YORKTOWN VA	31:10	10:02
WOMEN:	15	- 19				
1	160	MARGARET P TARTALA	19	NEWPORT NEWS VA	34:08	11:00
WOMEN:	20	- 24				
1	78	BRITTAINY LUKE	21	HUDGINS VA	26:18	8:28
2	122	KRISTIN N BUTER	22	HAYES VA	29:27	9:29
3	200	KATHRYN SPEAS	20	CHESAPEAKE VA	41:12	13:16
WOMEN:	25	- 29				
1	76	MEGAN SAARIKKO	29	SUFFOLK VA	26:09	8:25
2	80	JESSICA GWALTNEY	26	RICHMOND VA	26:27	8:31
3	104	LALA SHAHKARAMI	25	BELMONT CA	28:17	9:07
WOMEN:	30	- 34				
1	48	CARRIE LENHART	31	NEWPORT NEWS VA	24:30	7:53 *
2	55	KIMBERLY FLOYD	32	NEWPORT NEWS VA	25:06	8:05
3	83	AMY BROWN	30	YORKTOWN VA	26:31	8:33
WOMEN:	35	- 39				
1	44	SUSAN HAGEL	37	NORFOLK VA	24:19	7:50 *
2	64	MARIE C LOWTHER	38	YORKTOWN VA	25:39	8:16
3	73	ALYSSA J LEE	38	HAMPTON VA	25:59	8:22 *
WOMEN:	40	- 44				
1	62	IMELDA RONE	41	LANGLEY AFB VA	25:31	8:13
2	126	DAWN M DOOLEY	43	NEWPORT NEWS VA	29:35	9:32
3	130	MIRANDA HAYDEN	41	NEWPORT NEWS VA	29:55	9:38 *
WOMEN:	45	- 49				
1	41	RHONDA VENABLE	49	YORKTOWN VA	23:46	7:39 *
2	61	CHRISTINE SCHAFFNER	47	YORKTOWN VA	25:28	8:12 *
3	131	NANCY AYLER	46	NEWPORT NEWS VA	30:00	9:40 *
WOMEN:	50	- 54				
1	87	CINDY SLOMINSKI	52	SEAFORD VA	27:01	8:42 *
2	97	THEA M GANOE	52	NEWPORT NEWS VA	27:45	8:56
3	99	CATHLEEN REA	52	NEWPORT NEWS VA	27:54	8:59 *
WOMEN:	55	- 59				
1	82	HELEN WORTHINGTON	56	BENA VA	26:31	8:32 *
2	85	ROSEANNA NORTON	57	VIRGINIA BEACH VA	26:40	8:35
3	204	MARIA-PAZ SMITH	58	HAYES VA	43:38	14:03
WOMEN:	60	- 64				
1	66	ANN HIRN	64	PORTSMOUTH VA	25:44	8:17 *
2	123	BARBARA BIASI	62	YORKTOWN VA	29:30	9:30 *
3	210	KATHRYN CRITTENDEN	60	VIRGINIA BEACH VA	49:20	15:53
WOMEN:	65	AND OVER				
1	147	TAMI GRAF	74	LUSBY MD	31:51	10:16
2	166	CHIPS HALLEY	65	GRAFTON VA	34:55	11:15 *
3	190	PAULINE ELY	71	HAMPTON VA	39:00	12:34 *
COAST GUARD - MEN:						
1	8	JOHN COOPER	28	YORKTOWN VA	19:47	6:22
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3	104	LALA SHAHKARAMI	25	BELMONT CA	28:17	9:07

\* denotes PTC member