

30th Annual MULBERRY ISLAND HALF-MARATHON and 5K RUNS  
 Anderson Fieldhouse, Ft. Eustis, VA  
 Saturday, September 25, 2010 7:30 AM  
 A PENINSULA TRACK CLUB GRAND PRIX EVENT  
 USATF #VA-02027-RT (5K) & #VA-02037-RT (HALF-MARATHON)

HALF-MARATHON RESULTS

OVERALL MEN

1	1 ADAM OTSTOT	28 WILLIAMSBURG VA	1:12:29	5:32
2	2 RYAN KENT	24 YORKTOWN VA	1:18:55	6:02 *
3	3 BRIAN K SASTREBSKY	23 CHESAPEAKE VA	1:22:16	6:17

Record 1:06:50

OVERALL WOMEN

1	12 CRYSTAL WITTE	25 YORKTOWN VA	1:31:12	6:58 *
2	16 JENNY LENTZ	28 MERIDIN MS	1:32:24	7:03
3	18 KRISTEN BALLA	27 RICHMOND VA	1:33:21	7:08

Record 1:18:18

MEN'S AGE-GROUPS

MEN: 19 AND UNDER

1	173 GAGE SMITH	12 NORFOLK VA	2:12:51	10:08
2	189 EDDIE Y VALATIN	18 FT EUSTIS VA	2:18:59	10:37
3	224 MATTHEW ATTEBERRY	15 HAMPTON VA	2:44:06	12:32 *

MEN: 20 - 24

1	29 LONG TRAN	24 CHESAPEAKE VA	1:36:20	7:21
2	43 JONATHAN MYERS	22 WILLIAMSBURG PA	1:43:53	7:56
3	68 DAVID ZOLTAN	20 WILLIAMSBURG VA	1:49:24	8:21

MEN: 25 - 29

1	11 JASON F WOOD	29 SMITHFIELD VA	1:29:20	6:49
2	22 LAWRENCE PHILLIPS	25 NORFOLK VA	1:34:52	7:15
3	31 PREFECTO DEGALA	27 STOCKTON CA	1:37:47	7:28

MEN: 30 - 34

1	15 THOMAS BELVIN	33 FT EUSTIS VA	1:32:10	7:02
2	17 GREGORY ADAMS II	33 FT EUSTIS VA	1:33:19	7:08
3	19 TODD E COURSEY	30 CHESAPEAKE VA	1:34:14	7:12

MEN: 35 - 39

1	10 SCOTT CLEGG	39 FT EUSTIS VA	1:27:43	6:42
2	14 CHRISTOPHER MCDOWELL	39 VALRICO FL	1:31:58	7:01
3	27 MARC A MILNER	36 NEWPORT NEWS VA	1:36:17	7:21 *

MEN: 40 - 44

1	13 DAVID P LOCKARD	41 HAMPTON VA	1:31:19	6:58
2	24 KRISTIAN ELLINGSEN	41 YORKTOWN VA	1:35:41	7:18 *
3	26 TIMOTHY LOOMIS	42 NEWPORT NEWS VA	1:36:10	7:21

MEN: 45 - 49

1	4 GREGORY DAWSON	45 WILLIAMSBURG VA	1:22:36	6:19 *
2	5 CRAIG B HYMES	47 YORKTOWN VA	1:24:01	6:25 *
3	6 PAUL PELLETIER	45 WILLIAMSBURG VA	1:24:32	6:27 *

MEN: 50 - 54

1	9 ANDREW D CUTLER	53 YORKTOWN VA	1:26:26	6:36
2	21 TERRY IMBERY	52 YORKTOWN VA	1:34:35	7:13 *
3	38 ERIC EVERTON	52 SEAFORD VA	1:40:50	7:42 *

MEN: 55 - 59

1	64 JAMES DEVIESE	59 YORKTOWN VA	1:48:39	8:18
2	83 SAM WITTENBERG	57 VIRGINIA BEACH VA	1:53:06	8:38
3	110 JOHN A PRICE	55 VIRGINIA BEACH VA	1:59:21	9:07

MEN:	60 - 64				
	1	25 RICK PLATT	60 WILLIAMSBURG VA	1:35:44	7:19 *
	2	70 GEORGE CARRIGAN	61 WILLIAMSBURG VA	1:49:35	8:22
	3	75 JOSEPH L VERDIRAME	61 SUFFOLK VA	1:51:19	8:30 *
MEN:	65 - 69				
	1	67 ROBERT H WRIGHT	69 HAMPTON VA	1:49:21	8:21 *
	2	152 DOUG BERRY	67 NORFOLK VA	2:08:18	9:48 *
	3	190 LARRY ARATA	66 WILLIAMSBURG VA	2:19:20	10:38 *
MEN:	70 AND OVER				
	1	135 TOM RAY	77 KITTY HAWK NC	2:04:43	9:31 *
	2	219 THOMAS HUMPHREY	75 MIDLOTHIAN VA	2:38:18	12:05

WOMEN'S AGE-GROUPS

WOMEN:	19 AND UNDER				
	1	197 SYDNEY GARRETT	9 NEWPORT NEWS VA	2:21:31	10:48 *
	2	222 NANCY MONOCK	11 NEWPORT NEWS VA	2:43:25	12:28
WOMEN:	20 - 24				
	1	46 KRISTA M SHEETS	24 VIRGINIA BEACH VA	1:44:47	8:00
	2	87 MORGAN FASOLAK	22 ANCHORAGE AK	1:54:36	8:45
	3	113 ELIZABETH REGAN	23 VIRGINIA BEACH VA	1:59:54	9:09
WOMEN:	25 - 29				
	1	39 KRISTEN HOWARD	26 YORKTOWN VA	1:40:53	7:42
	2	72 DIANE GARZA	28 CLARKSVILLE TN	1:50:23	8:26
	3	85 ASHLEY TIMMRECK	27 NEWPORT NEWS VA	1:53:36	8:40
WOMEN:	30 - 34				
	1	44 CHRISTINA CARNEY	32 CAMDEN NC	1:44:28	7:59
	2	94 NICOLE PERRON	32 NORFOLK VA	1:55:59	8:51
	3	126 ADRIANA ALDAPE	30 VIRGINIA BEACH VA	2:03:13	9:24
WOMEN:	35 - 39				
	1	45 HEATHER CRADDOCK	38 TOANO VA	1:44:32	7:59
	2	80 SUSAN HAGEL	37 NORFOLK VA	1:52:41	8:36 *
	3	206 JENNIFER CALLICUTT	36 GLOUCESTER VA	2:27:38	11:16
WOMEN:	40 - 44				
	1	28 ARLYNE SPALLA	41 YORKTOWN VA	1:36:20	7:21
	2	51 VALERIE BERTHA	41 YORKTOWN VA	1:45:29	8:03
	3	116 JENNIFER D LESLIE	40 NEWPORT NEWS VA	2:00:07	9:10
WOMEN:	45 - 49				
	1	40 SUSAN BENANTE	46 ARLINGTON VA	1:41:36	7:45
	2	62 MICHELE SMITH-HARDEN	47 NORFOLK VA	1:48:26	8:17 *
	3	81 CYNTHIA SWIFT	45 FORT BELVOIR VA	1:52:51	8:37
WOMEN:	50 - 54				
	1	98 MARY GOODE	53 WILLIAMSBURG VA	1:56:25	8:53
	2	112 MARY A GIBBS	51 POQUOSON VA	1:59:42	9:08 *
	3	117 KATHLEEN WALSH	50 CHARLOTTESVILLE VA	2:00:22	9:11
WOMEN:	55 - 59				
	1	109 JAN SPANGLER	55 HAMPTON VA	1:59:18	9:07 *
	2	124 SUSAN SNEAD	55 VIRGINIA BEACH VA	2:02:27	9:21
	3	155 ROSEMARY PLUM	59 VIRGINIA BEACH VA	2:08:30	9:49
WOMEN:	60 - 64				
	1	97 B J DERRING	61 VIRGINIA BEACH VA	1:56:24	8:53
	2	223 GAIL LUCADO-PHELPS	60 NEWPORT NEWS VA	2:43:56	12:31 *
WOMEN:	65 - 69				
WOMEN:	70 AND OVER				

\* denotes PTC member