

24th ANNUAL COAST GUARD DAY 5K  
 U.S. Coast Guard Training Center, Yorktown, VA  
 Saturday, August 4, 2012 8:30 AM  
 USATF Course Cert. VA10027RT  
 A PENINSULA TRACK CLUB GRAND PRIX EVENT

TOP OVERALL MEN

1	1	JOHN PIGGOTT	47	WILLIAMSBURG VA	17:02	5:29
2	2	COREY BAXTER	29	SUFFOLK VA	17:32	5:39
3	3	JAMES PELLERANO	23	YORKTOWN VA	17:45	5:43

TOP OVERALL WOMEN

1	24	MERCEDES CASTILLO-D'AMICO	54	NEWPORT NEWS VA	20:35	6:38 *
2	34	MILAGROS WALLEEN	35	YORKTOWN VA	21:35	6:57
3	40	CONNIE GLUECK	48	WILLIAMSBURG VA	21:59	7:05 *

MEN: 14 AND UNDER

1	26	TOMMY MAYO	14	MATHEWS VA	21:02	6:47
2	50	STEPHEN MARSHALL	13	HAMPTON VA	22:25	7:13
3	129	TIM HOFFSTAETTER	10	SMITHFIELD VA	26:38	8:35
4	131	ETHAN PETERSON	9	CARROLLTON VA	26:43	8:36
5	149	ETHEN PICKLES	10	WILLIAMSBURG VA	28:03	9:02
6	244	TIMOTHY MCDONALD	12	CHESAPEAKE VA	36:40	11:48
7	272	THOMAS LOPEZ	13	YORKTOWN VA	39:14	12:38

MEN: 15 - 19

1	8	BRIAN MCMANUS	16	WILLIAMSBURG VA	18:58	6:07
2	20	AARON KRAMER	17	YORKTOWN VA	20:13	6:31
3	23	BRYCE WILLIAMS	15	YORKTOWN VA	20:25	6:35
4	27	MITCHELL HESSE	17	YORKTOWN VA	21:03	6:47
5	142	ALEXANDER MARR	15	CHESTERFIELD VA	27:21	8:48
6	170	EDDIE KUSTER	17	YORKTOWN VA	29:22	9:28
7	182	AUSTIN C HAUFLER	15	WILLIAMSBURG VA	30:02	9:40
8	301	AUSTIN M GUINDON	16	BEBRODE MT	45:05	14:31

MEN: 20 - 24

1	7	IAN KING	22	VIRGINIA BEACH VA	18:51	6:04
2	44	FRANKLYN DAHLBERG	21	VIRGINIA BEACH VA	22:09	7:08
3	45	DAVID D CARY	24	HAMPTON VA	22:13	7:09
4	46	TED D HARRISON	22	VIRGINIA BEACH VA	22:15	7:10
5	70	JEROME CURRAN	20	MERRITT ISLAND FL	23:32	7:35
6	82	BREYDEN HAYES	20	NEWPORT NEWS VA	24:09	7:47
7	127	ARRON MACNEIL	20	NEWPORT NEWS VA	26:33	8:33
8	180	SPENCER MERRITT	21	SUMMERVILLE SC	29:56	9:38
9	252	ALLEN SPARKS	20	POQUOSON VA	37:06	11:57

MEN: 25 - 29

1	10	RYAN DOUPE	26	NEWPORT NEWS VA	19:16	6:12 *
2	14	ROSS MONTFORT	27	NEWPORT NEWS VA	19:55	6:25
3	17	TOM LOVETT	25	BEL AIRN MD	20:11	6:30
4	31	MAX RINALDI	25	GETTYSBURG PA	21:25	6:54
5	37	ZACHARY COONE	29	GLOUCESTER POINT V	21:46	7:01
6	41	MICHAEL D ANDERSEN	28	FT LEE VA	22:05	7:07
7	67	CARL ESCHLER	29	YORKTOWN VA	23:25	7:32
8	86	ANDREW VICKS	28	WILLIAMSBURG VA	24:22	7:51
9	113	CHARLES YEAGLEY	27	YORKTOWN VA	25:59	8:22
10	135	TYLER SHERMAN	26	YORKTOWN VA	26:55	8:40
11	137	EVAN RENERT	28	YORKTOWN VA	26:57	8:41
12	146	MARCUS J WARD	28	HIGH POINT NC	27:48	8:57
13	159	RUDY CASTELLANOS	26	VIRGINIA BEACH VA	28:38	9:13
14	167	CHRISTOPHER DEMERY	26	BROOKLYN NY	29:11	9:24

15	302 JOHN DOOLEY	28 NEWPORT NEWS VA	45:12	14:33
MEN: 30 - 34				
1	16 MICHAEL LEECH	34 NEWPORT NEWS VA	19:59	6:26
2	18 EDWYNN COLLINS	31 NEWPORT NEWS VA	20:11	6:30 *
3	35 JASON M WARD	32 NEWPORT NEWS VA	21:35	6:57
4	51 JACOB AULNER	30 CHICAGO IL	22:28	7:14
5	54 LUCAS D JOHNSON	32 NORFOLK VA	22:30	7:15
6	57 ANTHONY AREVALO	30 NEWPORT NEWS VA	22:52	7:22
7	62 PETER LUBRANO	30 WILLIAMSBURG VA	23:03	7:26
8	63 BARTHOLAMEW RIPLEY	33 SOUTH GLENS FALL N	23:08	7:27
9	68 THOMAS A MANEY	30 HAMPTON VA	23:27	7:33
10	69 JAMES CALTON	32 LOUISVILLE KY	23:31	7:34
11	101 BRETT LEE	30 SANIAQUIN UT	25:28	8:12
12	120 DANIEL CARLILE	33 WILLIAMSBURG VA	26:15	8:27
13	126 JASON SPENCE	33 WILLIAMSBURG VA	26:26	8:31
14	162 RICHARD NEMCHIK	34 FT EUSTIS VA	28:56	9:19
15	185 RANDY COMBS	34 SPRINGFIELD VA	30:14	9:44
16	196 MICHAEL LEVERIDGE	34 YORKTOWN VA	30:48	9:55
17	212 ADAM FIELDS	31 LANGLEY AFB VA	33:02	10:38
18	218 SCOTT LEAZOTT	30 POQUOSON VA	33:53	10:55
19	219 CHRISTOPHER GONZALEZ	32 NEWPORT NEWS VA	34:00	10:57
20	227 MATTHEW WITHAM	33 YORKTOWN VA	34:36	11:09
21	238 SEAN GUARD	31 VIRGINIA BEACH VA	36:05	11:37
22	275 SYTAURI Q DONALD	34 GLOUCESTER POINT V	39:49	12:49
23	294 RYAN KIPPER	30 WILLIAMSBURG VA	43:36	14:02
24	304 PATRICK SCHWARTZ	30 VIRGINIA BEACH VA	45:27	14:38
25	325 CASTILLO RANGEL	31 PORTSMOUTH VA	54:37	17:35
26	328 JONATHAN BERNHARDT	33 YORKTOWN VA	55:07	17:45
MEN: 35 - 39				
1	11 MARC MILNER	38 NEWPORT NEWS VA	19:22	6:14 *
2	15 MATTHEW R MATIASEK	37 CHESAPEAKE VA	19:57	6:26
3	30 JEFF W KUCK	36 WILLIAMSBURG VA	21:21	6:53
4	53 GIANLUIGI CLOVATI	35 NEWPORT NEWS VA	22:28	7:14
5	64 BLAKE LAING	38 PORTSMOUTH VA	23:12	7:28
6	65 JEFFREY GILILLAND	35 WILLIAMSBURG VA	23:20	7:31
7	92 TOBY L SOLTERMANN	38 FT HOOD TX	24:48	7:59
8	104 ROSS B HUMPHREYS	36 YORKTOWN VA	25:38	8:15
9	106 SCOTT BACKUS	36 NEWPORT NEWS VA	25:43	8:17
10	116 CARLOS ORELLANA	35 JOHNSTON RI	26:10	8:26
11	117 MICHAEL SNYDER	36 WILLIAMSBURG VA	26:11	8:26
12	125 KEVIN MCNEELY	39 NEWPORT NEWS VA	26:24	8:30
13	150 STANLEY DAVOY	38 NEWPORT NEWS VA	28:12	9:05
14	157 SHANE CARMAN	37 IUKA MS	28:30	9:11
15	173 MICHAEL A PARK	37 NORFOLK VA	29:38	9:33
16	215 KEVIN ROUSSEAU	39 WHITEFIELD ME	33:31	10:48
17	231 MICHAEL W ZIEGER	39 VIRGINIA BEACH VA	34:53	11:14
18	233 CHRISTIAN APPELETT	35 NEWPORT NEWS VA	35:08	11:19
19	281 CHRIS B HOLM	38 VIRGINIA BEACH VA	40:49	13:08
20	326 MICHAEL BAILEY	36 NEWPORT NEWS VA	54:53	17:40
MEN: 40 - 44				
1	4 DAVID P LOCKARD	43 HAMPTON VA	18:17	5:53
2	5 DANIEL SHAYE	43 WILLIAMSBURG VA	18:31	5:58 *
3	6 JACK LOVETT	42 NEWPORT NEWS VA	18:44	6:02
4	9 DAN DAUM	43 MONONGAHELA PA	19:08	6:10
5	21 TED LAMBERT	43 VIRGINIA BEACH VA	20:14	6:31
6	28 ATHAN KRAMER	44 YORKTOWN VA	21:12	6:50
7	39 KRIS ELLINGSEN	43 YORKTOWN VA	21:53	7:03 *

8	42	CHRIS NAILON	43	WATERFORD CT	22:07	7:08
9	52	DOUG LACOSTE	42	YORKTOWN VA	22:28	7:14
10	74	NICK CHOCAS	41	NORFOLK VA	23:43	7:38
11	85	JONATHAN KEYES	42	WILLIAMSBURG VA	24:14	7:48
12	87	KEITH W HAUFLER	42	WILLIAMSBURG VA	24:25	7:52
13	100	RICK DAVENPORT	41	YORKTOWN VA	25:21	8:10 *
14	105	LUIS ANDINO	44	WILLIAMSBURG VA	25:42	8:17
15	115	TIMITHY MANROW	40	EVERETT WA	26:06	8:25
16	130	THOMAS O'BRYAN	41	GRAFTON VA	26:39	8:35 *
17	132	RANDALL GARRIOTT	40	NEWPORT NEWS VA	26:52	8:39
18	136	JOSHUA TULIP	40	URBANNA VA	26:57	8:41
19	139	MICHAEL HAMILTON	41	NEWPORT NEWS VA	27:05	8:43
20	200	BOBBY ROGERS	43	NEWPORT NEWS VA	31:26	10:07
21	217	JOHN MARSHALL	42	CLEMMONS NC	33:47	10:53
22	258	DAVE KOPPENHAVER	44	CHESAPEAKE VA	37:27	12:03
23	297	JEFF SIPE	42	SEAFORD VA	43:52	14:07
MEN: 45 - 49						
1	13	EDGARDO ACADEMIA	48	FT LEE VA	19:52	6:24
2	22	BRIAN WESTRATER	46	YORKTOWN VA	20:18	6:32
3	32	KIPP CRONE	45	PROVIDENCE FORGE V	21:29	6:55
4	49	CHRIS ROBINSON	45	TOANO VA	22:21	7:12
5	66	EDDIE PORTER III	46	NEWPORT NEWS VA	23:22	7:31
6	71	MARK YATES	47	SMITHFIELD VA	23:36	7:36
7	75	ERIC WILLIAMS	47	YORKTOWN VA	23:46	7:39
8	93	WILLIAM PALAGYI	47	SUFFOLK VA	24:51	8:00 *
9	122	ANDREW HERBST	47	NORFOLK VA	26:18	8:28
10	123	MICHAEL DANIELS	45	VIRGINIA BEACH VA	26:20	8:29
11	128	EL MARCELO RONE	48	YORKTOWN VA	26:38	8:35
12	140	GARY RAUCHFUSS	45	WILLIAMSBURG VA	27:07	8:44
13	184	WESLEY T COLE	46	CARY NC	30:09	9:43
14	199	JIM BRIDGES	47	NEWPORT NEWS VA	31:08	10:02 *
15	220	DAVID DONAHUE	45	TAPPAHONNOCK VA	34:01	10:57
16	245	DAN MCDONALD	47	CHESAPEAKE VA	36:40	11:48
17	259	JASON THOMPSON	46	YORKTOWN VA	37:29	12:04
18	319	MARCEL MONTANE	49	GLOUCESTER POINT V	50:45	16:20
MEN: 50 - 54						
1	12	TERRY MCMANUS	51	WILLIAMSBURG VA	19:45	6:22
2	25	TERRY IMBERY	54	YORKTOWN VA	20:41	6:40 *
3	29	SEAN P OATMEYER	50	WILLIAMSBURG VA	21:14	6:50
4	36	DAVE EBERT	54	HAMPTON VA	21:41	6:59 *
5	38	ALAN VAN ZANDT	51	NEWPORT NEWS VA	21:50	7:02 *
6	43	DWIGHT W STARKS	51	VIRGINIA BEACH VA	22:08	7:08
7	56	JOHN MIDDLETON	54	DURHAM NC	22:40	7:18
8	81	STEVE KOHNERT	50	HAMPTON VA	24:09	7:47 *
9	83	MICHAEL GLUECK	51	WILLIAMSBURG VA	24:11	7:47 *
10	84	DAVID BECKER	50	TOANO VA	24:14	7:48
11	94	MARTY TOMASEK	51	LANEXA VA	24:51	8:00
12	97	ED RIETSCHA	51	YORKTOWN VA	25:03	8:04 *
13	110	JOHN WADE	50	NEWPORT NEWS VA	25:48	8:19
14	143	DAVID LEWIS	54	GLOUCESTER POINT V	27:22	8:49
15	171	MARK HORRELL	51	WILLIAMSBURG VA	29:23	9:28
16	197	GERARDO LOPEZ	54	YORKTOWN VA	30:52	9:57
17	223	MILLS CROSLAND	51	WINSTON-SALEM NC	34:09	11:00
18	232	BOB OLSON	53	YORKTOWN VA	35:03	11:17
19	241	RICHARD SINES	52	NEWPORT NEWS VA	36:16	11:41 *
20	246	BRIAN HEALY	51	POWHATAN VA	36:42	11:49
21	289	GLEN HARRISON	51	HAMPTON VA	42:36	13:43

22	290 WILLIAM B HARRISON JR	53 HAMPTON VA	42:39	13:44	*
23	316 MARTIN WALSH	51 YORKTOWN VA	49:06	15:49	
MEN: 55 - 59					
1	33 BOB KEROACH	55 WILLIAMSBURG VA	21:33	6:56	
2	47 BARRY L HUGHES	58 GLOUCESTER POINT V	22:18	7:11	*
3	73 MIKE SOBERICK	57 HAYES VA	23:42	7:38	
4	107 EUGENE THIES	58 HAMPTON VA	25:44	8:17	*
5	144 ED CROSBY	56 WILLIAMSBURG VA	27:34	8:53	
6	163 SKIP COLE	56 POQUOSON VA	29:06	9:22	*
7	187 MICHAEL BRUGNARA	59 CHARLOTTE NC	30:15	9:45	
8	195 WALTER W FLINT	56 GLOUCESTER VA	30:45	9:54	*
9	269 WILLIAM DUNGAN JR	56 VIRGINIA BEACH VA	38:52	12:31	
10	284 BOB CURTIN JR	59 HAMPTON VA	41:24	13:20	*
11	292 MANUEL CASTELLANOS	59 VIRGINIA BEACH VA	43:14	13:55	
MEN: 60 - 64					
1	19 ROLAND PARSONS	61 PETERSBURG VA	20:12	6:31	
2	103 EDGAR J RANGEL	63 NEWPORT NEWS VA	25:37	8:15	*
3	111 JIMMY C BLOUNT	61 WILLIAMSBURG VA	25:51	8:20	*
4	154 ANDREW MEDVEC	62 HAMPTON VA	28:27	9:10	*
5	213 STUART WAHL	60 YORKTOWN VA	33:23	10:45	
6	235 GREGORY LANG	63 LITTLESTOWN PA	35:47	11:31	
7	280 DANIEL GREENE	60 WILLIAMSBURG VA	40:40	13:06	
8	309 RICHARD ST PETER	64 CARROLLTON VA	47:02	15:09	
MEN: 65 AND OVER					
1	59 WINSTON COLLINS SR	71 NEWPORT NEWS VA	22:56	7:23	*
2	60 KENNETH MITCHELL	67 WILLIAMSBURG VA	22:56	7:23	*
3	90 JAY HARPER	65 YORKTOWN VA	24:46	7:58	
4	98 WILLIAM SHARER	65 WILLIAMSBURG VA	25:04	8:04	
5	114 WILLIAM CHADIM	65 MIDLOTHIAN VA	26:05	8:24	
6	145 LARRY ARATA	67 WILLIAMSBURG VA	27:40	8:55	*
7	155 ALLEN LESTER	65 NORFOLK VA	28:28	9:10	
8	160 ED OLIPHANT	66 GLOUCESTER VA	28:40	9:14	
9	190 ROBERT A WHITE	70 SEAFORD VA	30:22	9:47	
10	204 CLARENCE HARGUS	70 WAKE VA	31:41	10:12	
11	224 RICHARD MARUYAMA	70 YORKTOWN VA	34:11	11:00	
12	225 EARL ARWOOD	71 NEWPORT NEWS VA	34:30	11:07	
13	242 PAUL O SHARP	71 NORTH VA	36:25	11:44	*
14	266 JIM HALLEY	67 GRAFTON VA	38:36	12:26	*
15	288 CALVIN M HANRAHAN	68 EDENTON NC	42:15	13:36	*
16	291 GROVE A CALVERT	65 VIRGINIA BEACH VA	42:46	13:46	*
17	321 WILLIAM WOODBURN	65 NEW LONDON NC	50:47	16:21	
18	322 STEPHEN SHOOK	71 YORKTOWN VA	50:49	16:22	
WOMEN: 14 AND UNDER					
1	55 JUSTINA ROWE	14 YORKTOWN VA	22:31	7:15	*
2	164 SAMANTHA MILLER	12 QUINTON VA	29:07	9:23	
3	179 EMMA C COLE	13 CARY NC	29:52	9:37	
4	194 BROOKE WESTRATER	14 YORKTOWN VA	30:38	9:52	
5	216 MIA I MARSHALL	9 CLEMMONS NC	33:44	10:52	
6	239 AMBER L HAUFLE	12 WILLIAMSBURG VA	36:12	11:39	
7	254 KELLI E MARSHALL	13 CLEMMONS NC	37:09	11:58	
8	271 KIERSTEN P LOVETT	10 NEWPORT NEWS VA	39:05	12:35	
9	310 JENNA HEATON	12 YORKTOWN VA	48:04	15:28	
10	324 GITANA DECASTILLO	3 PORTSMOUTH VA	54:36	17:35	
11	331 TAWNA GARRIOTT	9 NEWPORT NEWS VA	56:34	18:13	
WOMEN: 15 - 19					
1	77 MEREDITH DAVIS	16 CHESAPEAKE VA	23:50	7:41	

2	78	ALEXIS WILLIAMS	18	YORKTOWN VA	23:54	7:42
3	156	EMILY MCDONALD	16	CHESAPEAKE VA	28:30	9:11
4	192	SARAH LACOSTE	15	YORKTOWN VA	30:30	9:49
5	250	CYNTHIA LEAF	19	YORKTOWN VA	37:05	11:56
6	267	SHANNON KUSTER	19	YORKTOWN VA	38:41	12:27
7	277	ELISABETH R MARSHALL	15	CLEMMONS NC	39:53	12:51
WOMEN: 20 - 24						
1	79	ALLISON J HUGHES	22	NORFOLK VA	23:56	7:43
2	165	VICTORIA EMERY	21	SOUTH PORTLAND ME	29:09	9:23
3	168	ASHLEY M RANGEL	24	PORTSMOUTH VA	29:14	9:25
4	206	FELICIA TOMASEK	20	LANEXA VA	32:04	10:20
5	264	LAUREN HARDEN	21	CHESAPEAKE VA	38:05	12:16
6	270	CALESHA W HAYES	24	NEWPORT NEWS VA	39:00	12:33
WOMEN: 25 - 29						
1	58	CAROLINE N WALSH	25	BRECKSVILLE OH	22:53	7:22
2	72	CANDACE VEGA	28	SAN ANTONIO TX	23:39	7:37
3	118	JENNIFER WEAVER	29	NEWPORT NEWS VA	26:12	8:26
4	176	HAZEL EBALO	29	NEWPORT NEWS VA	29:46	9:35
5	178	SARA BONOVIATCH	26	WILLIAMSBURG VA	29:51	9:37
6	210	MELISSA MAKOWIEC	29	NEWPORT NEWS VA	32:59	10:37
7	228	HALEY LIVESAY	26	SUFFOLK VA	34:38	11:09
8	229	SAMANTHA WITHROW	25	RICHMOND VA	34:38	11:09
9	237	KARIE S ANDERSON	26	VIRGINIA BEACH VA	36:04	11:37
10	243	ANGELA SPENCE	29	WILLIAMSBURG VA	36:33	11:46
11	253	KRISTEN PARMENTER	27	NEWPORT NEWS VA	37:08	11:57
12	256	LAURA A TOMALA	28	WILLIAMSBURG VA	37:15	12:00
13	278	RASHEENA VAIL	28	YORKTOWN VA	40:07	12:55
14	279	JENNIFER BAILEY	29	NEWPORT NEWS VA	40:11	12:56
15	299	POOJA KULKARNI	26	PLAINSBORO NJ	44:24	14:18
16	307	STEPHANIE FLANDERS	25	RICHMOND VA	46:43	15:02
17	314	HEATHER COTTON	29	HAMPTON VA	49:00	15:47
WOMEN: 30 - 34						
1	80	CAREY PHILLIPS	30	WILLIAMSBURG VA	24:05	7:45
2	89	TIFFANY CARNEY	32	NEWPORT NEWS VA	24:31	7:54
3	95	HEATHER D PENA	33	WILLIAMSBURG VA	24:55	8:02
4	119	MARIBEL MARTINEZ MEDINA	32	NEWPORT NEWS VA	26:14	8:27
5	134	JAIME COX	34	NEWPORT NEWS VA	26:54	8:40 *
6	147	CARMEL A BROWN	33	HAMPTON VA	27:56	9:00 *
7	148	NICOLE WELFEL	31	YORKTOWN VA	27:58	9:00
8	166	JENNIFER SCOTT	32	NEWPORT NEWS VA	29:10	9:24
9	172	MICHELLE LECHMAN	32	NEWPORT NEWS VA	29:37	9:32
10	186	KELLY COMBS	33	SPRINGFIELD VA	30:15	9:44
11	207	EMILY PHILLIPS	34	VIRGINIA BEACH VA	32:34	10:29
12	221	LAURA TANNER	33	NEWPORT NEWS VA	34:03	10:58
13	240	IVY JADE ACADEMIA	31	FT LEE VA	36:15	11:40
14	248	CHRISTINA BRUGNARA	30	CHARLOTTE NC	36:52	11:52
15	249	MEGAN J ZIEGER	34	VIRGINIA BEACH VA	36:53	11:52
16	286	JULIE KUCK	34	WILLIAMSBURG VA	41:54	13:30
17	287	TERRA DELONG	30	NEWPORT NEWS VA	42:04	13:33
18	293	MEKISSA MORENO	32	YORKTOWN VA	43:23	13:58
19	305	JESSICA GRANSBURY	31	NORFOLK VA	46:15	14:53
20	327	LARA BERNHARDT	32	YORKTOWN VA	55:07	17:45
21	330	ELEANOR GREENE	33	SOMERVILLE MA	55:59	18:02
WOMEN: 35 - 39						
1	48	SUSAN HAGEL	39	NORFOLK VA	22:20	7:12 *
2	61	NICOLE CARSON	38	WILLIAMSBURG VA	22:57	7:23 *
3	91	JEANETTE L PRIMICH	36	WILLIAMSBURG VA	24:46	7:59

4	99	CRYSTAL DAVENPORT	37	YORKTOWN VA	25:19	8:09	*
5	108	LISA TAYLOR	36	NEWPORT NEWS VA	25:45	8:18	
6	138	STEPHANIE HAMILTON	39	NEWPORT NEWS VA	27:04	8:43	
7	193	NATALIE L PITTS	35	HAMPTON VA	30:37	9:51	
8	198	PAMELA ROYSTER	39	NEWPORT NEWS VA	31:02	10:00	
9	203	JENNIFER CALLICUTT	38	GLOUCESTER VA	31:40	10:12	
10	211	LEE A SHELHORSE	35	SEAFORD VA	33:00	10:38	
11	222	RUTH INNES	38	YORKTOWN VA	34:04	10:58	
12	226	STEPHANIE COLLINS	38	SMITHFIELD VA	34:31	11:07	
13	234	JOY GOLSTON	35	HAMPTON VA	35:41	11:29	
14	247	NATALIE MIELE	38	VIRGINIA BEACH VA	36:45	11:50	
15	263	DANA NICHOLSON	39	NEWPORT NEWS VA	37:54	12:12	*
16	273	CHRISTINA SNYDER	36	WILLIAMSBURG VA	39:29	12:43	
17	283	KATHLEEN BROWN	39	HAYES VA	41:13	13:16	
18	285	RHONDA DOUBLE	39	PORTSMOUTH VA	41:35	13:23	
19	298	SHANE MARTZ	37	HAYES VA	44:17	14:15	
20	313	TINA SPARKS	37	WILLIAMSBURG VA	48:33	15:38	
21	317	HILLAREY TULIP	39	URBANNA VA	49:07	15:49	
22	329	ELIZABETH GREENE	36	WOODBIDGE VA	55:59	18:01	
23	332	KIMBERLY GARRIOTT	39	NEWPORT NEWS VA	56:36	18:13	
WOMEN:		40 - 44					
1	174	BETTY BASSHAM	42	ALEXANDRIA VA	29:43	9:34	
2	177	JOY HIND	44	CHESAPEAKE VA	29:49	9:36	
3	183	PATRICIA WIDELL	42	JACKSONVILLE FL	30:03	9:41	
4	205	MICHELE E BENSON	40	HAMPTON VA	31:52	10:16	
5	209	JENNIFER LOWDEN	43	GLOUCESTER VA	32:58	10:37	
6	214	NATALIE M WHITE	42	WARSAW VA	33:29	10:47	
7	251	JENNIFER LINDSEY	42	STAFFORD VA	37:06	11:57	
8	257	PATRICIA KOPPENHAVER	41	CHESAPEAKE VA	37:26	12:03	
9	274	PETRINA LEBLANC	40	LANGLEY AFB VA	39:39	12:46	
10	276	DEB MARSHALL	41	CLEMMONS NC	39:52	12:50	
11	295	SUZETTE BABCOCK	42	URBANNA VA	43:44	14:05	
12	296	JEN SIPE	41	SEAFORD VA	43:51	14:07	
13	303	TEELA T FINCH	44	WILLIAMSBURG VA	45:17	14:35	
14	318	JENNIFER ROTH	40	PORTSMOUTH VA	49:21	15:53	
WOMEN:		45 - 49					
1	88	CHRISTINE SCHAFFNER	49	YORKTOWN VA	24:27	7:53	*
2	102	BRENDA BARRERA	49	NORFOLK VA	25:33	8:14	
3	124	LORI MELLE	49	NEWPORT NEWS VA	26:21	8:29	*
4	141	CAROL L MARLEY	47	TOANO VA	27:15	8:47	
5	153	ADA LESTER	48	NORFOLK VA	28:24	9:09	
6	175	BELINDA RAMSEY	49	POQUOSON VA	29:46	9:35	*
7	181	ANGELA WILLIAMS	49	NEWPORT NEWS VA	30:00	9:40	*
8	188	TERRI BRUGNARA	48	CHARLOTTE NC	30:16	9:45	
9	201	NANCY L KRAMER	48	YORKTOWN VA	31:27	10:08	
10	230	LISA TUCKEY	45	WILLIAMSBURG VA	34:42	11:10	
11	268	TAMMY KNOTT	48	PORTSMOUTH VA	38:51	12:31	
12	312	DEBORAH WIGGINS	47	YORKTOWN VA	48:15	15:32	
13	315	HOLLY WIGGINS	49	YORKTOWN VA	49:01	15:47	
14	320	SUSAN CHANDLER	49	HAYES VA	50:46	16:21	
WOMEN:		50 - 54					
1	76	SHERI D MANN	50	YORKTOWN VA	23:47	7:40	*
2	133	JANICE KAILOS	51	WILLIAMSBURG VA	26:53	8:40	
3	158	CATHERINE WITHROW	50	SMITHFIELD VA	28:33	9:12	
4	169	BECKY HOLLIDAY	51	NEWPORT NEWS VA	29:18	9:26	
5	208	DEBY A MIDDLEBROOK	54	WILLIAMSBURG VA	32:54	10:36	
6	261	MARCY BRIDGES	53	NEWPORT NEWS VA	37:38	12:07	*

7	262 DEANNA HILL	50 NEWPORT NEWS VA	37:48	12:10
8	300 SUSAN LANDERS	53 SUFFOLK VA	44:37	14:22
9	306 DANA JOHNSON	52 MIDLOTHIAN VA	46:42	15:02
10	311 MARY RAUCHFUSS	52 WILLIAMSBURG VA	48:08	15:30
WOMEN: 55 - 59				
1	112 HELEN WORTHINGTON	58 BENA VA	25:56	8:21 *
2	121 CAROLYN HARRISON	56 VIRGINIA BEACH VA	26:17	8:28
3	189 LAURA ELLIS	57 VIRGINIA BEACH VA	30:19	9:46
4	191 HOLLEY TOMLIN	55 TAPPAHANNOCK VA	30:28	9:49
5	202 ROSE NEMCHIK	57 FT EUSTIS VA	31:31	10:09
6	236 KAREN CORL	57 CARROLLTON VA	35:57	11:35 *
WOMEN: 60 - 64				
1	96 KATHLEEN WEBSTER	63 NEWPORT NEWS VA	25:02	8:04 *
2	109 LOUISE SHARER	60 WILLIAMSBURG VA	25:47	8:18
3	152 BARBARA BIASI	64 YORKTOWN VA	28:16	9:06 *
4	161 BRENDA C MITCHELL	62 WILLIAMSBURG VA	28:49	9:17 *
5	255 RITA COOK	60 NEWPORT NEWS VA	37:10	11:58
6	282 SHIRLEY WHITENACK	63 CARROLLTON VA	40:50	13:09
7	308 MARIANNE SCHWARTZ	64 ELIZABETH CITY NC	46:52	15:05
WOMEN: 65 AND OVER				
1	151 ANN HIRN	66 PORTSMOUTH VA	28:13	9:05 *
2	260 ANN MANCIAGLI	76 WILLIAMSBURG VA	37:32	12:05
3	265 MARGARET HALLEY	67 GRAFTON VA	38:35	12:25 *
4	323 MARCIA SHOOK	68 YORKTOWN VA	50:57	16:24
COAST GUARD - MEN:				
1	3 JAMES PELLERANO	23 YORKTOWN VA	17:45	5:43
2	7 IAN KING	22 VIRGINIA BEACH VA	18:51	6:04
3	17 TOM LOVETT	25 BEL AIRN MD	20:11	6:30
4	28 ATHAN KRAMER	44 YORKTOWN VA	21:12	6:50
5	30 JEFF W KUCK	36 WILLIAMSBURG VA	21:21	6:53
6	31 MAX RINALDI	25 GETTYSBURG PA	21:25	6:54
7	37 ZACHARY COONE	29 GLOUCESTER POINT V	21:46	7:01
8	51 JACOB AULNER	30 CHICAGO IL	22:28	7:14
9	57 ANTHONY AREVALO	30 NEWPORT NEWS VA	22:52	7:22
10	67 CARL ESCHLER	29 YORKTOWN VA	23:25	7:32
11	70 JEROME CURRAN	20 MERRITT ISLAND FL	23:32	7:35
12	86 ANDREW VICKS	28 WILLIAMSBURG VA	24:22	7:51
13	101 BRETT LEE	30 SANIAQUIN UT	25:28	8:12
14	105 LUIS ANDINO	44 WILLIAMSBURG VA	25:42	8:17
15	113 CHARLES YEAGLEY	27 YORKTOWN VA	25:59	8:22
16	115 TIMOTHY MANROW	40 EVERETT WA	26:06	8:25
17	116 CARLOS ORELLANA	35 JOHNSTON RI	26:10	8:26
18	126 JASON SPENCE	33 WILLIAMSBURG VA	26:26	8:31
19	132 RANDALL GARRIOTT	40 NEWPORT NEWS VA	26:52	8:39
20	135 TYLER SHERMAN	26 YORKTOWN VA	26:55	8:40
21	137 EVAN RENERT	28 YORKTOWN VA	26:57	8:41
22	150 STANLEY DAVOY	38 NEWPORT NEWS VA	28:12	9:05
23	162 RICHARD NEMCHIK	34 FT EUSTIS VA	28:56	9:19
24	167 CHRISTOPHER DEMERY	26 BROOKLYN NY	29:11	9:24
25	180 SPENCER MERRITT	21 SUMMERVILLE SC	29:56	9:38
26	196 MICHAEL LEVERIDGE	34 YORKTOWN VA	30:48	9:55
27	215 KEVIN ROUSSEAU	39 WHITEFIELD ME	33:31	10:48
28	218 SCOTT LEAZOTT	30 POQUOSON VA	33:53	10:55
29	219 CHRISTOPHER GONZALEZ	32 NEWPORT NEWS VA	34:00	10:57
30	227 MATTHEW WITHAM	33 YORKTOWN VA	34:36	11:09

31	233	CHRISTIAN APPELETT	35	NEWPORT NEWS VA	35:08	11:19
32	238	SEAN GUARD	31	VIRGINIA BEACH VA	36:05	11:37
33	241	RICHARD SINES	52	NEWPORT NEWS VA	36:16	11:41 *
34	245	DAN MCDONALD	47	CHESAPEAKE VA	36:40	11:48
35	328	JONATHAN BERNHARDT	33	YORKTOWN VA	55:07	17:45
COAST GUARD - WOMEN:						
1	58	CAROLINE N WALSH	25	BRECKSVILLE OH	22:53	7:22
2	148	NICOLE WELFEL	31	YORKTOWN VA	27:58	9:00
3	165	VICTORIA EMERY	21	SOUTH PORTLAND ME	29:09	9:23
4	166	JENNIFER SCOTT	32	NEWPORT NEWS VA	29:10	9:24
5	198	PAMELA ROYSTER	39	NEWPORT NEWS VA	31:02	10:00
6	209	JENNIFER LOWDEN	43	GLOUCESTER VA	32:58	10:37
7	237	KARIE S ANDERSON	26	VIRGINIA BEACH VA	36:04	11:37
8	279	JENNIFER BAILEY	29	NEWPORT NEWS VA	40:11	12:56
9	286	JULIE KUCK	34	WILLIAMSBURG VA	41:54	13:30

\* denotes PTC member