

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

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

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

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

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

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

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

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

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 *

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 *

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	*
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	
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	
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	
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	
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	
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	*
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	*
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	
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	
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	
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	*
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	*
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
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