

Last Name	First Name	Age	USMS Club	Hometown	State	FINISH #	Age Group Place	Time
<b>18-24</b>								
Davis	Melissa	19		Mechanicsville	VA	3	1	19:42
Luscombe	Allison	24		Manakin-Sabot	VA	29	2	22:48
Barklund	Kelsey	19	WCMS	Culpeper	VA	55	3	24:39
Smith	Shannon	19	UNAT	Annandale	VA	58	4	24:47
Steely	Michelle	23	UNAT	Yorktown	VA	90	5	27:02
Pasko	Kaitlyn	24		Virginia Beach	VA	106	6	29:01
Brown	Rachel	21		Williamsburg	VA	119	7	30:30
Benn	Alison	19		Virginia Beach	VA	121	8	31:18
Heimer	Hollie	22	UNAT	Chesapeake	VA	124	9	31:34
Clendenin	Koah	23		Ashburn	VA	127	10	31:54
<b>25-29</b>								
Clair	Sarah	28	UNAT	Richmond	VA	17	1	21:46
Danis	Lauren	25	VMST	Onancock	VA	57	2	24:46
Foley	Irene	25		Norfolk	VA	82	3	26:38
Miller	Mindy	26		Virginia Beach	VA	100	4	28:17
Garrison	Amanda	26	UNAT	Alexandria	VA	113	5	29:47
<b>30-34</b>								
Klammer	Kristine	31	UNAT	Richmond	VA	8	1	20:47
Kegler	Melissa	30	UNAT	Reston	VA	51	2	24:31
Frisk	Lauren	30	UNAT	Virginia Beach		79	3	26:11
Kelly	Kim	30		Forest	VA	86	4	26:49
Harman	Kristin	32		Raleigh	NC	104	5	28:42
Seaux	Rachel	31		Virginia Beach	VA	122	6	31:19
Atkins	Ashley	32	UNAT	Lynchburg	VA	138	7	33:18
Calma	Heidi	34		Virginia Beach	VA	139	8	33:19
<b>35-39</b>								
Moosman	Deanne	35	STON	Rockbridge Baths	VA	7	1	20:37
Parkhouse	Teri	36	UNAT	Williamsburg	VA	25	2	22:15
Latell	Andrea	39	VMST	Irvington	VA	50	3	24:26
Hendricks	Jessica	35	UNAT	Gloucester	VA	67	4	25:21
Eicher	Lesley	38	UNAT	Harrisonburg	VA	81	5	26:32
Holland	Jonah	39	URMS	Richmond	VA	89	6	27:00
Rohlf	Leonie	39	UNAT	Newport News	VA	98	7	27:52
Talreja-Pelaez	Reena	39		Va Beach	VA	134	8	32:58
<b>40-44</b>								
Northup	Holly	43		Newport News	VA	34	1	23:21
Lowe-Thompson	Carolyn	42	UNAT	Roanoke	VA	36	2	23:31
Caruso	Kristin Breata	41	LAMS	Ashburn	VA	39	3	23:37
Buchanan	Elizabeth	42	WCMS	Harrisonburg	VA	102	4	28:40
Brown	Elizabeth	42	WCMS	Harrisonburg	VA	116	5	30:10
Weigel	Tina	43	UNAT	Yorktown	VA	137	6	33:15
<b>45-49</b>								

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McLindon	Anne	46	WAV1	Bethesda	MD	37	1	23:35
Anderson	Kimmy	48	UNAT	Midlothian	VA	66	2	25:19
Wagner	Mary	49	UNAT	Virginia Beach	VA	135	3	33:09
<b>50-54</b>								
Bowman	Carole	51		Chesapeake	VA	15	1	21:43
Speer	Nancy	50	VMST	Virginia Beach	VA	26	2	22:30
Fitch	Gina	54	UNAT	Midlothian	VA	47	3	24:07
Peterson	Mary Ann	53	VMST	Virginia Beach	VA	56	4	24:43
Swanson	Susan	53	UNAT	Norfolk	VA	64	5	25:05
Morris	Christine	52	VMST	Virginia Beach	VA	70	6	25:32
Raab	Barbara	51	SHYM	Chesapeake	VA	97	7	27:51
Joseph	Elizabeth	54	VMST	Smithfield	VA	105	8	29:00
Goode	Betsy	54	VMST	Virginia Beach	VA	111	9	29:40
Lundquist	Diana	50		Norfolk	VA	118	10	30:25
Radulescu	Domnica	52	STON	Lexington	VA	141	11	35:25
<b>55-59</b>								
Kelley	Gail	55	UNAT	Chesapeake	VA	52	1	24:32
Smith	Amy	55	UNAT	Annandale	VA	83	2	26:40
Mickunas	Karen	58	VMST	Virginia Beach	VA	84	3	26:45
Thurston	Sandy	55		Arlington	VA	92	4	27:33
Hunt	Elizabeth	55	UNAT	Fredericksburg	VA	125	5	31:43
Brisson	Marcia	55		Falls Church	VA	126	6	31:46
Benn	Cheryl	59	VMST	Virginia Beach	VA	130	7	32:16
<b>60-64</b>								
Davis	Laurel	61	BMS	Blacksburg	VA	75	1	25:52
Calkins	Lynda	63	VMST	Roanoke	VA	91	2	27:29
Rotch	Catherine	61	VMST	Virginia Beach	VA	110	3	29:32
Ulsaker	Mimi	61	UNAT	Ware Neck	VA	144	4	41:54
<b>65-69</b>								
Johnston	Jennifer	65	FXCM	Annandale	VA	145	1	42:59
Ptak	Cheryl	65	VMST	Rustburg	VA	147	2	52:08
<b>70-74</b>								
Marens	Susan	71	VMST	Virginia Beach	VA	114	1	29:52

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<b>18-24</b>								
Clendenin	William	19		Ashburn	VA	1	1	18:37
Clendenin	Stephen	24	BWST	Ashburn	VA	2	2	19:05
Smith	Walter	22	UNAT	Annandale	VA	6	3	20:34
Smith	Sean	20	UNAT	Annandale	VA	10	4	21:12
Hunt	Thomas	20	UNAT	Fredericksburg	VA	14	5	21:41
Gulick	Jonathan	20		Virginia Beach	VA	27	6	22:31
Heimer	Matthew	20	UNAT	Chesapeake	VA	112	7	29:44
Brown	Matthew	19		Williamsburg	VA	136	8	33:12
<b>25-29</b>								
Keefe	John	29	VMST	Virginia Beach	VA	107	1	29:02
Ulsaker	Oliver	28		Ware Neck	VA	128	2	31:57
<b>30-34</b>								
Shuman	Dan	30		Suffolk	VA	13	1	21:31
Harris	Sam	30	VMST	Virginia Beach	VA	28	2	22:47
Gooch	Matt	34		Richmond	VA	31	3	23:06
<b>35-39</b>								
Scharver	Christopher	36	VMST	Virginia Beach	VA	12	1	21:29
Duncan	Wayne	38	VMST	Ivor	VA	32	2	23:10
Cakouros	Michael	36	GERM	Fairfax	VA	69	3	25:26
Hagerty	Sean	39	FBST	Springfield	VA	72	4	25:47
Applegate	Aaron	39		Portsmouth	VA	88	5	26:57
Seaux	Don	36		Virginia Beach	VA	123	6	31:20
Gokce	Zeki	36		Goode	VA	133	7	32:51
<b>40-44</b>								
Lynch	Ted	44	GSMS	Williamsburg	VA	24	1	22:10
Kinnaman	Brian	42	UNAT	Fort Lee	VA	33	2	23:11
Hazen	Bob	43		Forest	VA	62	3	24:51
Luecke	John	42	UNAT	Virginia Beach	VA	94	4	27:41
Conradie	Pieter	40	UNAT	Williamsburg	VA	95	5	27:46
Lanier	Jefferson	43		Newport News	VA	142	6	37:32
<b>45-49</b>								
Sushkoff	George	47	VMST	Richmond	VA	4	1	19:53
Shea	Mark	49	SHYM	Chesapeake	VA	5	2	20:14
Gulick	David	45		Virginia Beach	VA	19	3	21:50
Cheever	Daniel	49		Virginia Beach	VA	41	4	23:39
Raulerson	Derek	49	VMST	Hampton	VA	42	5	23:40
Michael	Wythe	46	VMST	Richmond	VA	43	6	23:44
Bryant	Gregory	45	UNAT	Norfolk	VA	44	7	23:45
Nash	Parker	45	UNAT	Powhatan	VA	46	8	23:56
Neuland	Dan	48		Virginia Beach	VA	48	9	24:12
Ruffieux	Chris	47	UNAT	Yorktown	VA	68	10	25:25
Thelwell	Roger	45	UNAT	Harrisonburg	VA	103	11	28:41
Forbes	Raymond	45	UNAT	Virginia Beach	VA	117	12	30:19
<b>50-54</b>								

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Bickley	Matthew	51	VMST	Seaford	VA	9	1	21:07
Cortina	Jorge	54	UNAT	Poquoson	VA	11	2	21:28
Oakes	Kevin	52		Virginia Beach	VA	16	3	21:44
Brown	David	51	VMST	Lightfoot	VA	22	4	22:03
Robinson	Jim	50	UNAT	Virginia Beach	VA	25	5	22:05
Smith	Gerry	51	UNAT	Yorktown	VA	35	6	23:29
Joy	Craig	51	UNAT	Norfolk	VA	38	7	23:36
Tober	Alan	52	ARMS	Arlington	VA	45	8	23:51
Cicchetto	Michael	52	UNAT	Chesapeake	VA	54	9	24:36
Negus	Tom	51	UNAT	Virginia Beach	VA	59	10	24:48
Joseph	Stephen	53	VMST	Smithfield	VA	60	11	24:49
Roberts	Bill	52	FBST	Alexandria	VA	71	12	25:42
Phelps	Wayne	54	UNAT	Chesapeake	VA	77	13	26:07
Morris	Justin	54		Virginia beach	VA	80	14	26:20
Kendall	Kevin	54	VTAC	Chesapeake	VA	85	15	26:47
McDonald	Mike	52		Va Beach	VA	93	16	27:37
Myran	Steve	50	VMST	Norfolk	VA	109	17	29:28
Hewiit	James	51	UNAT	Midlothian	VA	115	18	30:00
McCartney	Kevin	53	UNAT	North Garden	VA	140	19	34:42
55-59								
Lange	Perry	57	VMST	Virginia Beach	VA	18	1	21:48
Saks	Mitch	55	VMST	Virginia Beach	VA	20	2	21:51
Balderston	Scott	58		Chesapeake	VA	21	3	21:54
Edwards	Gray	59	VMST	Virginia Beach	VA	30	4	23:04
Boyle	William	57	UNAT	Poquoson	VA	61	5	24:50
Dixon	Ken	57	UNAT	Hampton	VA	63	6	24:54
Heimer	Tony	55	UNAT	Chesapeake	VA	76	7	25:58
Jones	Robert	58		Virginia Beach	VA	78	8	26:10
Mickunas	Victor	57	VMST	Virginia Beach	VA	87	9	26:50
Grainer	Mike	59	UNAT	Providence Forge	VA	96	10	27:47
Smith	Patrick	59	UNAT	Annandale	VA	129	11	32:08
Anderson	Paul	56	UNAT	Yorktown	VA	131	12	32:20
60-64								
Mierzwa	Hank	63	STON	Natural Bridge	VA	40	1	23:38
Darr	Dale	61	VMST	Virginia Beach	VA	49	2	24:25
Craddock	Howard	60	VMST	Charlottesville	VA	53	3	24:33
Fisher	Bruce	64	DCM	Fairfax	VA	65	4	25:13
Richardson	Alvin	62	VMST	Newport News	VA	73	5	25:49
D'Haem	Robert	61		Suffolk	VA	74	6	25:51
Katz-Hyman	Tsvi	64	UNAT	Newport News	VA	108	7	29:14
Dorazio	David	61	UNAT	Charlottesville	VA	120	8	30:35
Klammer	Manny	63	UNAT	North Chesterfield	VA	132	9	32:44
65-69								
Wise	James	65	UNAT	Kingston	NY	101	1	28:20
70-74								

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Wise	Randolph	71	VMST	Virginia Beach	VA	99	1	27:53
Johnston	Tim David	71	FXCM	Annandale	VA	143	2	40:18
75-79								
Michael	George	79	UNAT	Richmond	VA	146	1	47:14