

# 2011 HCA VA 8k

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Div Place	Name	Race Num	Age	Place	Gender Place	Clock Time	Net Time	Hometown
<b>****MEN -- OPEN****</b>								
1	DONNIE COWART	20007	26	1	1	22:57	22:57	CHARLOTTESVILLE, VA
2	JULIUS KOGO	20004	26	2	2	22:57	22:57	KENYA
3	SAMUEL NDEREBA	20001	34	3	3	23:01	23:01	KENYA
4	DERESE DENIBOBA	20008	29	4	4	23:07	23:07	ETHIOPIA
5	JOHN ITATI	20002	37	5	5	23:18	23:18	KENYA
<b>****WOMEN -- OPEN****</b>								
1	ALEMTSEHAY MISGANAW	20023	31	21	1	26:17	26:17	ETHIOPIA
2	LILIAN MARILTA	20020	23	23	2	26:25	26:25	KENYA
3	NICOL TRAYNOR	20015	22	27	3	26:35	26:35	RICHMOND, VA
4	MULU SEBOKA	20010	27	29	4	26:54	26:54	ETHIOPIA
5	HELLEN JEMUTAI	20013	29	30	5	26:59	26:59	KENYA
<b>MEN -- 9 AND UNDER</b>								
1	WESLEY SIEMERS	20535	8	459	345	41:42	41:05	STAUNTON, VA
2	ROBBIE WILLIAMS	20626	9	648	446	43:22	43:10	POWHATAN, VA
3	ANDREW DULL	22119	8	2142	998	57:11	55:58	GLEN ALLEN, VA
4	JOSEPH WENZEL	20934	9	2568	1124	1:01:17	1:01:15	MONTPELIER, CA
5	AIDAN BIDGOOD	22561	9	2586	1127	1:03:18	1:01:36	PURCELLVILLE, VA
<b>MEN -- 10 THROUGH 14</b>								
1	ROBBIE STARLING	20913	14	53	45	30:09	30:09	MOSELEY, VA
2	HARRISON MARTINGAYLE	20813	14	61	53	30:40	30:39	VIRGINIA BEACH, VA
3	TYLER WILLIAMS	20168	14	75	65	31:34	31:33	POWHATAN, VA
4	SKYLAR VIOLETTE	20988	11	90	75	32:48	32:38	GREENSBURG, PA
5	DAVID EVERS, JR.	20131	12	101	86	33:12	33:10	CHESTERFIELD, VA
<b>MEN -- 15 THROUGH 19</b>								
1	PATRICK LOVE	21134	19	20	20	26:15	26:15	UNIVERSITY OF RICHMO, VA
2	PAUL MYER	21135	18	24	22	26:34	26:25	UNIVERSITY OF RICHMO, VA
3	MATTHEW DENLINGER	21048	18	28	25	26:52	26:51	WEYERS CAVE, VA
4	HEATH ANDERSON	21137	17	35	30	27:34	27:33	CHESTERFIELD, VA
5	JOHN DENLINGER	21050	16	44	38	28:40	28:38	WEYERS CAVE, VA
<b>MEN -- 20 THROUGH 24</b>								
1	NIXON KIPLAPAT	20019	24	6	6	23:19	23:19	KENYA
2	SANDY ROBERTS	20016	24	7	7	23:20	23:20	RALEIGH, NC
3	KENT PECORA	20009	22	10	10	24:32	24:32	CHARLOTTESVILLE, VA
4	JOHN VIAL	21130	23	11	11	24:53	24:53	RICHMOND, VA
5	LEE GABLER	21131	23	14	14	25:28	25:28	CHARLOTTESVILLE, VA

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<b>MEN -- 25 THROUGH 29</b>								
1	BRIAN FULLER	20022	25	8	8	23:59	23:59	GLEN ALLEN, VA
2	RICHARD KANDIE	20006	26	9	9	24:20	24:20	COON RAPIDS, MN
3	ALEXANDER GROUT	21046	25	12	12	24:58	24:58	WILLIAMSBURG, VA
4	CHARLIE BAN	20808	29	13	13	25:19	25:19	MCLEAN, VA
5	BERT JACOBY	20104	28	15	15	25:33	25:33	FREDERICKSBURG, VA
<b>MEN -- 30 THROUGH 34</b>								
1	MICHAEL HENRY	20911	34	32	27	27:18	27:16	RICHMOND, VA
2	PAUL CHASEN	20110	30	41	35	28:01	28:00	TOWSON, MD
3	CARL CARLSEN	20811	30	67	58	30:56	30:56	RICHMOND, VA
4	MITCHELL JONES	21293	31	79	68	32:31	32:00	RICHMOND, VA
5	KYLE LAUX	20134	32	93	78	33:07	32:43	HENRICO, VA
<b>MEN -- 35 THROUGH 39</b>								
1	GIRMA TOLA	20005	36	33	28	27:25	27:25	ETHIOPIA
2	DAVID HETHERINGTON	21337	39	51	44	29:45	29:44	RICHMOND, VA
3	CHARLES JORDAN	20091	39	65	56	30:49	30:44	ALEXANDRIA, VA
4	SHANE HOLDAWAY	20142	35	71	62	31:40	31:12	GLEN ALLEN, VA
5	CHRISTOPHER LOZA	20997	39	96	81	36:55	32:49	ARLINGTON, VA
<b>MEN -- 40 THROUGH 44</b>								
1	MIKE COLAIACOVO	22625	42	31	26	27:08	27:08	ELLCOTT CITY, MD
2	JACK LOVETT	21140	41	45	39	28:41	28:40	NEWPORT NEWS, VA
3	CHRISTOPHER CALFEE	20118	44	77	66	31:47	31:46	MOSELEY, VA
4	MATTHEW GOODWIN	21047	40	78	67	31:56	31:55	RICHMOND, VA
5	DWIGHT LAYNE	20153	42	106	90	33:27	33:18	RICHMOND, VA
<b>MEN -- 45 THROUGH 49</b>								
1	SEAN KILLEEN	20112	46	48	41	29:36	29:36	RICHMOND, VA
2	JIM MOSEY	21141	46	50	43	29:44	29:42	MIDLOTHIAN, VA
3	MICHAEL KRONGAARD	20986	46	54	46	30:17	30:12	RICHMOND, VA
4	JOHN BRODIE	21059	49	85	72	32:25	32:24	RICHMOND, VA
5	DANIEL ZELINSKI	21061	45	94	79	32:48	32:45	PETERSBURG, VA
<b>MEN -- 50 THROUGH 54</b>								
1	HERNAN GARBINI	20105	50	42	36	28:15	28:14	WAYNESBORO, VA
2	TIM FRANCIS	20912	51	49	42	29:43	29:42	ROCK PORT, MO
3	JACK MORRISON	21054	52	55	47	30:25	30:23	FREDERICKSBURG, VA
4	JAMES PAUL	21297	51	83	70	32:24	32:22	RICHMOND, VA
5	DOUG LANDAU	20141	51	84	71	32:24	32:23	HERNDON, VA

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<b>MEN -- 55 THROUGH 59</b>								
1	KEN MILLER	21057	58	72	63	31:24	31:21	RICHMOND, VA
2	DICK QUINN	20828	58	98	83	33:21	32:59	WASILLA, AK
3	FELIX LOPEZ	21152	58	109	93	33:29	33:28	LYNCHBURG, VA
4	MORRIE PIERSOL	20990	59	133	112	34:24	34:18	RICHMOND, VA
5	DENNIS RYAN	20992	59	145	123	34:53	34:45	RICHMOND, VA
<b>MEN -- 60 THROUGH 64</b>								
1	RICK PLATT	22631	61	88	73	32:28	32:27	WILLIAMSBURG, VA
2	JAMES WEAVER	20198	64	205	166	37:47	36:57	MECHANICSVILLE, VA
3	BRAD METCALF	21001	60	215	173	38:05	37:07	RICHMOND, VA
4	TIMOTHY HEATH	21295	63	227	181	37:32	37:25	MECHANICSVILLE, VA
5	JOHN MCGURN	20926	64	336	258	40:00	39:17	RICHMOND, VA
<b>MEN -- 65 THROUGH 69</b>								
1	DENNIS LAMOUNTAIN	20174	66	191	156	36:32	36:26	RICHMOND, VA
2	GEORGE NIXON	22137	69	323	251	40:02	38:57	RICHMOND, VA
3	DAVID CHARLESWORTH	20316	66	453	339	41:43	41:03	BEDFORD, NH
4	LARRY ARATA	20250	67	464	349	41:12	41:07	WILLIAMSBURG, VA
5	TIMOTHY COOK	20237	67	508	375	42:05	41:40	RICHMOND, VA
<b>MEN -- 70 THROUGH 74</b>								
1	JERRY MULLEN	20687	72	965	594	46:30	46:13	RICHMOND, VA
2	DAVID FAURI	21824	71	988	610	47:18	46:22	RICHMOND, VA
3	THOMAS BAGLEY	20472	71	1313	733	48:52	48:37	RICHMOND, VA
4	DON SEXTON	22034	73	1521	799	51:14	50:20	CHESTERFIELD, VA
5	FUZZZO SHERMER	23727	70	1570	820	52:46	50:45	MECHANICSVILLE, VA
<b>MEN -- 75 AND OVER</b>								
1	STANLEY GOLDMAN	21539	75	1378	752	50:15	49:02	RICHMOND, VA
2	RON HENRY	22544	78	1926	930	55:05	53:44	MIDLOTHIAN, VA
3	WILSON SHERIDAN	23337	78	2960	1216	1:11:48	1:09:16	RICHMOND, VA
4	RICHARD IZQUIERDO	25039	83	3183	1270	1:19:36	1:15:36	RICHMOND, VA
5	VERNARD HENLEY	25386	82	3487	1322	1:30:07	1:26:07	RICHMOND, VA
<b>WOMEN -- 9 AND UNDER</b>								
1	SOPHIE O'DONNELL	22185	9	2489	1385	1:01:36	59:59	CROZET, VA
<b>WOMEN -- 10 THROUGH 14</b>								
1	SADIE SANDIFER	20171	13	151	23	35:02	34:59	CHESTERFIELD, VA
2	MARGARET HILBERT	20324	14	182	32	36:19	36:05	CHESTER, VA
3	AINSLEY GREENWALD	20931	13	250	51	37:58	37:55	CHESTER, VA

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4	BROOKE TRAINHAM	21261	13	329	75	39:39	39:07	AMELIA, VA
5	JORDAN FARQUHAR	20248	14	357	87	39:53	39:33	SPRINGFIELD, VA

## WOMEN -- 15 THROUGH 19

1	ALLISON STAPLETON	21143	18	73	10	31:41	31:31	COMMACK, NY
2	EMILY GRABER	21142	18	114	18	33:46	33:36	LITITZ, PA
3	ERIN GERAGHTY	21056	19	125	20	33:52	33:52	WOODBIDGE, VA
4	MOLLIE SHAW	20991	16	154	24	35:31	35:22	RANGER, GA
5	JANE THOMAS	20821	19	158	26	35:38	35:27	PITTSFORD, NY

## WOMEN -- 20 THROUGH 24

1	DANA GUGLIELMO	21150	20	64	9	30:53	30:42	RICHMOND, VA
2	HAYLEY SULLIVAN	20987	22	76	11	31:39	31:36	RICHMOND, VA
3	SUSANNAH PIERSOL	21062	21	82	13	32:27	32:20	RICHMOND, VA
4	EMILY FOURNIER	20086	22	86	14	32:34	32:26	RICHMOND, VA
5	CAIT BEELER	21162	23	87	15	32:34	32:26	RALEIGH, NC

## WOMEN -- 25 THROUGH 29

1	LOUISE KNUDSON	21051	26	46	7	28:58	28:57	CHARLOTTESVILLE, VA
2	MEGAN HEIDT	21313	27	81	12	32:21	32:19	SILVER SPRING, MD
3	ELKE HORN	21303	25	122	19	33:47	33:41	ARLINGTON, VA
4	JAMIE SPECTER	20373	26	163	27	35:41	35:41	RICHMOND, VA
5	ASHLEY BEDDINGFIELD	21075	25	169	28	36:23	35:49	GLOUCESTER, VA

## WOMEN -- 30 THROUGH 34

1	TEZETA DENGERSA	20011	30	39	6	27:51	27:51	WASHINGTON, DC
2	AUDREY PERLOW	20145	31	131	21	34:19	34:17	ARLINGTON, VA
3	SONYA BINGHAM	20214	31	170	29	36:01	35:50	RICHMOND, VA
4	JENNIE JONES	20923	34	176	30	36:02	36:00	GREENSBORO, NC
5	SHAYNA COOKE	21366	34	192	36	36:30	36:28	PHIPPSBURG, CO

## WOMEN -- 35 THROUGH 39

1	MELISSA RITTENHOUSE	21053	35	52	8	30:00	29:59	HARRISONBURG, VA
2	JULIE BEST	20161	36	110	17	33:36	33:28	MECHANICSVILLE, VA
3	LAURI ROCHELLE	21060	35	140	22	34:31	34:30	CHESTERFIELD, VA
4	HOLLY MURPHY	20994	36	210	41	37:24	37:01	GLEN ALLEN, VA
5	REBECCA HOLT	21002	36	226	46	37:51	37:25	RICHMOND, VA

## WOMEN -- 40 THROUGH 44

1	SUZANNE LAPRADE LEWIS	21278	42	104	16	33:18	33:15	RICHMOND, VA
2	CHERI PRIOR	21014	44	155	25	35:27	35:22	GLEN ALLEN, VA
3	JANA MCGINNIS	22745	42	188	34	36:24	36:22	PIEDMONT, AL
4	DANA AUSTIN	22744	42	190	35	36:27	36:24	PIEDMONT, AL

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5	TAMARA PENNELL	21073	44	222	44	37:31	37:22	LEXINGTON PARK, MD

## WOMEN -- 45 THROUGH 49

1	LAURIE HOUSEHOLDER-M	20824	47	206	40	37:01	36:57	RICHMOND, VA
2	SUSAN JOHNSON	20416	46	257	53	38:13	38:02	CHESTERFIELD, VA
3	CRICKET O'CONNOR	20958	48	258	54	38:07	38:05	RICHMOND, VA
4	LISA HAND	21095	45	426	103	41:14	40:42	GLEN ALLEN, VA
5	CAROL LUND	20079	48	432	107	41:31	40:46	GLEN ALLEN, VA

## WOMEN -- 50 THROUGH 54

1	ANNE REILLY	20365	53	212	42	37:08	37:03	CLIFTON, VA
2	ANDREA BENNETT	20644	50	334	78	43:37	39:15	SCOTT DEPOT, WV
3	JAN HENCKE	20910	50	415	99	40:33	40:29	BLACKSBURG, VA
4	JOY BLAUVELT	20421	53	474	121	41:19	41:12	RICHMOND, VA
5	ANITA SCHILLING	20346	54	497	128	41:40	41:31	MIDLOTHIAN, VA

## WOMEN -- 55 THROUGH 59

1	ANNIE JOHNSON	21336	55	327	74	39:46	39:02	RICHMOND, VA
2	SHARON WAKE	20328	56	355	85	40:17	39:33	RICHMOND, VA
3	CHARLENE WILHELM	20815	55	423	101	40:55	40:40	RICHMOND, VA
4	JEAN BONE	20296	58	431	106	41:06	40:45	RICHMOND, VA
5	MARY ALICE BLACKWELL	21021	56	472	119	41:28	41:11	RUCKERSVILLE, VA

## WOMEN -- 60 THROUGH 64

1	MARY TANKERSLEY	20408	60	739	248	44:29	44:10	RICHMOND, VA
2	ANNE RIORDAN	22501	60	797	278	45:36	44:38	FREDERICKSBURG, VA
3	PAM KINTZER	21204	62	838	299	45:40	45:04	MECHANICSVILLE, VA
4	RITA KATZMAN	21511	61	899	331	48:52	45:40	RICHMOND, VA
5	MARY BURGERT	20772	62	990	380	48:00	46:23	AFTON, VA

## WOMEN -- 65 THROUGH 69

1	ANN HIRN	20201	66	837	298	45:48	45:03	PORTSMOUTH, VA
2	DIANE DE ECHEANDIA	20473	68	868	315	45:48	45:21	HAMPTON, VA
3	DIANE BEASLEY	22378	67	1956	1021	54:56	54:01	RICHMOND, VA
4	ANNE LOMONICO	23773	65	1993	1049	56:55	54:23	BARNEGAT, NJ
5	KAREN SMITH	23864	68	2205	1185	59:16	56:33	GLEN ALLEN, VA

## WOMEN -- 70 THROUGH 74

1	JOAN COVEN	21191	70	477	122	41:53	41:16	WEST POINT, VA
2	MARY KATE BERGLUND	20685	70	1174	490	48:17	47:42	RICHMOND, VA
3	JUDY ELLEN	21758	70	1349	609	50:13	48:49	MECHANICSVILLE, VA
4	CHARLOTTE RHODES	23598	70	2682	1527	1:05:23	1:03:15	PETERSBURG, VA
5	PEGGY DUVALL	24592	70	2899	1696	1:11:34	1:07:44	RICHMOND, VA

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**WOMEN -- 75 AND OVER**

1	JANET LAKEY	21970	78	2010	1059	55:34	54:37	MIDLOTHIAN, VA
2	VIRGINIA WELLS	25188	79	3028	1794	1:14:36	1:10:49	RALEIGH, NC
3	ELOISE PRICE	24615	79	3030	1796	1:14:27	1:10:49	RICHMOND, VA
4	NANCY WELKER	23756	77	3076	1831	1:12:07	1:12:07	ROSELAND, VA
5	SALLY VOTTA	24505	75	3077	1832	1:14:40	1:12:10	RICHMOND, VA