

Movin' & Groovin' for PanCAN - 5K Run/Walk, Aug 28, 2004

Pl	Name	Age	Hometown	Bib	Pace	Time
Male Overall						
1.	Guy Alton	20	New Kent, VA	302	5:20	16:33.00
1.	Nick Sirica	16	Glen Allen, VA	238	6:06	18:56.00
2.	Brooks Williams	15	Richmond, VA	240	6:10	19:10.00
Female Overall						
1.	Mindy Reese	28	Richmond, VA	273	6:37	20:33.00
1.	Eileen Jacobs	42	Chesterfield, VA	196	6:48	21:07.00
1.	Tia Miles	15	Richmond, VA	252	6:57	21:33.00
Male Master						
1.	Matt Robus	47	New Kent, VA	318	6:11	19:13.00
Female Master						
1.	Linda Gulick	53	Richmond, VA	306	7:20	22:45.00
Female 14 & Under						
1.	Kacen Delphin	14	Richmond, VA	346	7:12	22:22.00
2.	Julie Walker	13	Glen Allen, VA	157	11:06	34:27.00
3.	Sara Garza	13	Laurel, MD	111	14:45	45:45.00
4.	Molly Garza	11	Laurel, MD	110	15:04	46:44.00
5.	Samantha Lytle	10	Laurel, MD	115	17:47	55:10.10
Female 15 to 19						
1.	Caronda Bond	16	Richmond, VA	250	7:58	24:44.00
2.	Jonecia Bates	17	Richmond, VA	251	8:11	25:24.00
3.	Dana Harvey	16	Mechanicsville, VA	256	8:31	26:26.00
4.	Kiara Branch	15	Richmond, VA	253	9:36	29:46.00
5.	Fiona Vinson	15	Richmond, VA	332	9:44	30:11.00
6.	Kyrie Dibling-Moore	17	Richmond, VA	285	14:36	45:17.00
Female 20 to 24						
1.	Renee Roberts	22	Richmond, VA	316	7:11	22:18.00
2.	Nikki Dibling-Moore	21	Richmond, VA	284	7:40	23:47.39
3.	Laura Eynon	23	Richmond, VA	226	8:20	25:52.00
4.	Christina Barnes	24	Richmond, VA	354	8:21	25:55.00
5.	Caroline Harvey	21	Mechanicsville, VA	200	8:50	27:25.00
6.	Kim Martin	23	Quinton, VA	245	9:00	27:55.00
7.	Jessica Hamilton	24	Chester, VA	344	9:27	29:18.00
8.	Jessica Burnette	23	Richmond, VA	363	10:03	31:12.00
9.	Samantha Dunkle	23	Richmond, VA	290	10:20	32:05.00
10.	Amy Iorio	24	Arlington, VA	366	10:31	32:37.00
11.	Kate Menedt	23	Chesterfield, VA	357	11:23	35:18.00
12.	Jamie Custer	20	St. Petersburg, FL	325	18:30	57:21.00
13.	MaryLeavitt	22	Richmond, VA	143	19:02	59:02.00
Female 25 to 29						
1.	Terry Troy	29	Chester, VA	209	7:26	23:04.00
2.	Kim Harris	25	Richmond, VA	271	8:52	27:32.00
3.	Kelly Ploszay	27	Richmond, VA	224	9:06	28:15.00
4.	Stephanie Perryman	28	Colonial Heights, VA	331	9:17	28:49.00
5.	Erin Walsh	29	Pasadena, MD	359	9:23	29:07.00
6.	Julie Pelligrino	25	Alexandria, VA	232	9:33	29:37.00
7.	Julie Rosson	26	Glen Allen, VA	104	10:49	33:34.00
8.	Rae Parker	25	Manakin Sabot, VA	362	10:51	33:41.00
9.	Rachel McCaffrey	26	Chesterfield, VA	136	11:23	35:19.00
10.	Holly Haines	27	Mechanicsville, VA	304	13:35	42:08.00
11.	MaryBenton	26	Mechanicsville, VA	305	13:35	42:09.00
12.	Alexis Anderson	25	Richmond, VA	154	14:05	43:42.00

13. April Anderson	25 Richmond, VA	294	14:26	44:45.00
14. Gina Fuller	28 Richmond, VA	139	15:15	47:19.00
15. Whitney deBordenave	27 Richmond, VA	190	19:02	59:01.00

Female 30 to 34

1. MaritBank	33 Richmond, VA	166	7:49	24:14.00
2. Carrie Parker	32 Richmond, VA	167	8:05	25:04.00
3. MaryBeth Wicker	34 Richmond, VA	274	8:12	25:28.00
4. Jeannie Arnold	34 Mechanicsville, VA	176	8:40	26:55.00
5. Sheri Coombs	31 Richmond, VA	266	11:36	35:59.91
6. KellyBerry	32 Richmond, VA	204	13:36	42:12.62
7. Jenny Manning	31 Chester, VA	172	14:13	44:05.00
8. Sarah Mitchell	33 Bethesda, MD	179	19:19	59:56.00

Female 35 to 39

1. KarenMcClintick	38 Midlothian, VA	262	7:02	21:50.00
2. Laura Henum	39 Glen Allen, VA	173	7:36	23:35.00
3. Melissa Browder	35 Petersburg, VA	218	7:47	24:10.00
4. Kim Lehman	36 Boston, MA	129	8:30	26:23.00
5. Wendy Chambers	36 Ladson, SC	260	8:36	26:41.00
6. Laurie Sprecher	35 Chesterfield, VA	259	9:31	29:32.00
7. KellyHedley	37 Richmond, VA	257	9:42	30:07.00
8. Jennifer Harris	35 Richmond, VA	133	9:58	30:55.00
9. Monica Ledwith	39 Mechanicsville, VA	185	10:14	31:46.00
10. Danielle Peters	39 Richmond, VA	313	10:17	31:55.77
11. Jolie Harrison	35 Gloucester, VA	335	10:47	33:27.00
12. TracySkalak	36 Chester, VA	279	10:48	33:29.00
13. Diane Messenger	39 Richmond, VA	125	10:58	34:00.00
14. Kelley Hogan	38 Alexandria, VA	337	11:39	36:09.00
15. Kim Pate	37 Richmond, VA	121	13:40	42:25.00
16. SuzanneKovalsky	37 Herndon, VA	163	14:27	44:50.00
17. Christy Foster	35 Richmond, VA	269	15:16	47:20.00
18. Michele Ebright	39 Petersburg, VA	373	17:00	52:42.00
19. ShellyNagy	35 Newport News, VA	142	17:49	55:14.00
20. Tina Carrington	37 Mattaponi, VA	141	17:49	55:15.00
21. Karen Snead	36 Richmond, VA	351	17:58	55:44.45
22. Beth Locklear	38 Richmond, VA	265	18:07	56:12.00
23. Sharon Steen	39 Richmond, VA	330	19:09	59:24.00

Female 40 to 44

1. Brenda Harris	44 Colonial Heights, VA	307	7:34	23:30.00
2. Ronda Ford	44 Williamsburg, VA	321	7:38	23:40.00
3. Valerie Custer	44 Waterford, VA	278	7:40	23:47.99
4. Amanda Surgner	40 Richmond, VA	117	7:40	23:48.00
5. Annie Williams	42 Richmond, VA	213	7:40	23:49.00
6. Lorraine Moore	41 Richmond, VA	283	7:42	23:54.00
7. JayneMartin	44 Mechanicsville, VA	181	8:43	27:04.00
8. Kim Naorse	41 Richmond, VA	312	10:18	31:56.12
9. Charlene Carroll	40 Richmond, VA	365	10:18	31:57.00
10. Megan Rollins	43 Richmond, VA	341	10:38	32:59.00
11. Jennifer George	40 Richmond, VA	267	11:06	34:26.00
12. Debbie Holmes	43 Mechanicsville, VA	229	11:17	35:01.00
13. Jill Aveson	40 Richmond, VA	263	11:36	35:59.27
14. Donna Talla	40 Springfield, VA	228	14:20	44:26.00
15. Barbara Osbourne	43 Richmond, VA	282	14:31	45:01.00
16. Kim Hunter	40 Richmond, VA	102	14:31	45:02.00
17. Janet Gay	41 Richmond, VA	134	14:53	46:10.00
18. Erin Reid	44 Dayton, MD	286	15:46	48:55.55
19. NancyArcher	42 Lake Ridge, VA	103	15:46	48:55.93
20. Brooke Naylor	42 Suffolk, VA	119	15:50	49:08.00
21. Debra Kersey	40 Glen Allen, VA	124	16:52	52:19.00
22. Joni Collins	44 Petersburg, VA	372	17:00	52:43.28
23. Jacqui Lytle	42 Laurel, MD	114	17:47	55:09.00
24. Chris Rich	43 Richmond, VA	319	18:13	56:29.34

Female 45 to 49

1. Jean Woolridge	45	New Kent, VA	317	8:13	25:30.00
2. Karen Perkins	45	Richmond, VA	333	8:37	26:45.00
3. Krista Norrington	45	Glen Allen, VA	128	9:10	28:28.00
4. Debbie Lowry	48	Richmond, VA	322	9:38	29:52.00
5. Lynn Wilson	45	Sandston, VA	207	10:17	31:55.38
6. Theresa Harvey	47	Mechanicsville, VA	198	11:13	34:48.00
7. Virginia Miller	48	Norfolk, VA	131	11:48	36:35.00
8. Mickie Loftis	46	Richmond, VA	130	13:14	41:04.00
9. Debbie Cobb	47	Norfolk, VA	315	14:26	44:46.01
10. Gina Fowler	46	Richmond, VA	168	14:26	44:46.36
11. Amy Garza	45	Laurel, MD	109	15:05	46:48.00
12. Deborah Stewart	46	Glen Allen, VA	171	16:52	52:18.00
13. Rebecca Hypes	46	Chester, VA	113	18:42	57:59.02

Female 50 to 54

1. Annette Sirica	53	Glen Allen, VA	309	10:01	31:06.00
2. Carol Davis	54	Virginia Beach, VA	191	13:57	43:17.00
3. Doris Wollett	53	Sandston, VA	342	14:34	45:10.00
4. Susan Chesson	51	Richmond, VA	334	14:56	46:20.00
5. Roxanne Corrado	52	Herndon, VA	164	16:31	51:15.00
6. Linda Eikmeier	54	Richmond, VA	376	17:34	54:29.14
7. Josie Rosson	51	Manakin Sabot, VA	268	17:58	55:44.79
8. Kristy Yount	52	Richmond, VA	320	18:13	56:29.75
9. Rebecca Jackson	53	Midlothian, VA	247	18:23	57:02.00

Female 55 to 59

1. Christina Dodson	58	Richmond, VA	144	9:21	29:00.79
2. Valerie Naquin	55	Richmond, VA	287	10:59	34:04.00
3. Patricia Winterhalter	57	Arlington, VA	170	17:17	53:36.34
4. Marie Canoles	58	Petersburg, VA	174	18:42	57:59.95

Female 60 & Over

1. Ann Grow	66	Oilville, VA	132	16:22	50:45.00
2. Olga Luedtke	66	Arlington, VA	123	17:34	54:29.58
3. Joyce Richardson	60	Richmond, VA	248	17:36	54:34.53
4. Phyllis Entin	64	Richmond, VA	368	17:36	54:35.00
5. Ginny Fant	77	Springfield, VA	258	18:27	57:14.00
6. Jean Martin	74	Mechanicsville, VA	193	18:37	57:43.00
7. Grace Jones	60	Petersburg, VA	175	18:42	57:59.34
8. Joyce Hypes	66	Chester, VA	112	18:42	57:59.63
9. Anne Marino	65	Richmond, VA	329	19:11	59:29.00

Male 14 & Under

1. John Monaghan	14	Mechanicsville, VA	272	6:47	21:04.00
2. Aaron Maguire	9	Midlothian, VA	293	7:10	22:15.00
3. Adam Lerner	14	Glen Allen, VA	202	7:23	22:54.00
4. Drew Carson	14	Richmond, VA	105	7:41	23:51.00
5. Ryan Peterson	10	Richmond, VA	353	8:50	27:24.00
6. Tristin Heath	13	Mechanicsville, VA	360	9:37	29:51.00
7. James Watling	11	Glen Allen, VA	254	11:22	35:15.00
8. Davey Holmes	10	Mechanicsville, VA	230	12:49	39:45.00
9. Andy Williams	12	Richmond, VA	214	16:24	50:53.00

Male 15 to 19

1. Alexander O'Toole	16	Richmond, VA	237	6:21	19:43.00
2. Joey Neville	17	Midlothian, VA	242	6:29	20:06.00
3. Geoffrey Peterson	15	Richmond, VA	352	6:51	21:17.00
4. Joe Purello	17	Richmond, VA	244	7:18	22:39.00
5. Matthew Busch	17	Glen Allen, VA	243	8:09	25:18.00
6. Alex Craven	15	Midlothian, VA	239	8:19	25:47.00
7. Ryan Martin	17	Mechanicsville, VA	182	8:49	27:20.00
8. Matthew Skalak	15	Chester, VA	280	10:25	32:19.00
9. Jon McCue	15	Glen Allen, VA	370	18:34	57:35.00

Male 20 to 24

1. Brandon Noel	22	Ettrick, VA	349	7:15	22:30.00
2. Ethan Liu	22	Richmond, VA	327	7:18	22:38.00
3. Adam Branscomb	22	Richmond, VA	277	8:32	26:29.00
4. Albert Hollins	24	Mechanicsville, VA	216	8:51	27:29.00
5. Keith Harvey	23	Richmond, VA	227	9:32	29:34.00
6. Jamaal Howard	21	Richmond, VA	219	11:14	34:50.00

Male 25 to 29

1. Jeff Greenstein	29	Richmond, VA	152	6:22	19:45.00
2. Brian Lange	27	Midlothian, VA	148	6:42	20:49.00
3. Anthony Ambrogi	28	Glen Allen, VA	298	7:01	21:46.00
4. Christopher Harris	25	Richmond, VA	270	7:38	23:42.00
5. Stephen Carter	25	Richmond, VA	159	7:57	24:41.00
6. Andrew Ploszay	26	Richmond, VA	225	8:16	25:40.00
7. Colin McCaffrey	27	Chesterfield, VA	135	8:47	27:16.00
8. Michael Kahl	26	Arlington, VA	249	9:09	28:23.00
9. Tristan Pelligrino	26	Alexandria, VA	231	9:16	28:46.00
10. Phillip Trella	29	Staunton, VA	122	9:34	29:41.00
11. Jim Honig	25	Richmond, VA	356	10:09	31:28.00
12. Darian Cochran	26	Arlington, VA	367	10:19	31:59.00

Male 30 to 34

1. Craig Amos	30	Richmond, VA	308	6:16	19:28.00
2. Tim Van Meter	33	Richmond, VA	323	6:29	20:08.00
3. Buck Robinson	34	Richmond, VA	151	6:34	20:24.00
4. Myron Kemp	32	Mechanicsville, VA	261	7:17	22:37.00
5. Gary Lewis	30	Richmond, VA	371	7:45	24:03.00
6. Karl Smith	31	Mechanicsville, VA	222	8:05	25:06.00
7. Sam Giacco	33	Richmond, VA	343	9:05	28:10.00
8. Peter Gauvin	34	Midlothian, VA	292	9:32	29:35.00
9. Jody Messenger	34	Richmond, VA	126	10:54	33:49.00
10. William Berry	33	Richmond, VA	205	13:36	42:12.93
11. Kieran Scanlon	31	Richmond, VA	150	18:45	58:10.00

Male 35 to 39

1. Shannon Darr	35	Glen Allen, VA	165	6:26	19:59.00
2. Roger Kasel	38	Richmond, VA	374	7:50	24:20.00
3. Don Davis	36	Mechanicsville, VA	223	9:17	28:48.00
4. James Lowe	35	Richmond, VA	217	9:21	29:00.30
5. Pat McAleer	39	Richmond, VA	375	9:43	30:09.00
6. Rob George	36	Richmond, VA	289	9:58	30:56.00
7. James Franks	35	Alexandria, VA	336	10:18	31:56.76
8. Michael Lytle	35	Pasadena, MD	358	10:26	32:21.00
9. Bret Stauffer	39	Richmond, VA	303	11:15	34:53.00
10. Rodney Lambert	35	Richmond, VA	281	11:36	36:00.00
11. Michael Raymond	38	Arlington, VA	137	11:39	36:07.00
12. Brandt Surgner	39	Richmond, VA	118	15:20	47:34.00
13. Otis Snead	39	Richmond, VA	350	17:20	53:45.00
14. David Batitto	36	Bethesda, MD	180	19:17	59:49.00

Male 40 to 44

1. Joseph Boyle	43	Glen Allen, VA	296	6:39	20:39.00
2. Peter Watling	42	Glen Allen, VA	255	6:49	21:08.00
3. Troy Hedblom	42	Colonial Heights, VA	297	6:52	21:20.00
4. Christian Ebner	41	Chester, VA	212	6:56	21:32.00
5. Kevin Williams	43	Palmyra, VA	291	7:14	22:27.00
6. Tom Fagan	44	Midlothian, VA	345	7:53	24:27.00
7. James Ledwith	41	Mechanicsville, VA	186	8:07	25:10.00
8. James Ludwig	44	Maidens, VA	101	8:21	25:56.00
9. Joseph Weber	40	Montpelier, VA	264	8:27	26:13.00
10. Robert Arnold	43	Mechanicsville, VA	177	10:29	32:30.00
11. Fred Walker	44	Glen Allen, VA	156	11:08	34:31.00
12. Lee Cohen	42	Hampden-Sydney, VA	178	12:08	37:39.00
13. Jeff McCue	40	Glen Allen, VA	369	14:06	43:43.00
14. Kyle Martin	44	Mechanicsville, VA	183	16:23	50:49.00

Male 45 to 49

1. Dennis Poole	49	Quinton, VA	338	6:25	19:56.00
2. Bob Ericson	46	Richmond, VA	187	6:43	20:51.00
3. Steven Lerner	48	Glen Allen, VA	203	6:52	21:19.00
4. Irvine Wilson	47	Sandston, VA	208	7:30	23:18.00
5. Matthew Custer	46	Waterford, VA	326	7:54	24:31.00
6. Crawford Carson	47	Richmond, VA	106	8:24	26:03.00
7. Randy Zeltmann	48	Virginia Beach, VA	160	8:40	26:53.00
8. Arthur Aylward	49	Midlothian, VA	339	9:23	29:06.00
9. John Grier	45	Richmond, VA	324	10:24	32:16.00
10. Thomas Naylor	45	Suffolk, VA	120	14:28	44:51.00

Male 50 to 54

1. Peter Pace	50	Richmond, VA	355	7:04	21:55.00
2. Don Garber	52	Richmond, VA	348	7:16	22:33.00
3. Wayne Dodson	54	Richmond, VA	145	8:35	26:39.00
4. Carl Erickson	54	Midlothian, VA	314	8:46	27:13.00
5. Robert Naquin	52	Richmond, VA	288	9:13	28:37.00
6. Larry Isler	53	Lake Ridge, VA	210	9:19	28:53.00
7. Dan Steen	52	Richmond, VA	328	14:36	45:16.00
8. Dennis Williams	54	Richmond, VA	215	16:25	50:54.00

Male 55 to 59

1. Tim Heath	56	Mechanicsville, VA	361	6:38	20:34.00
2. Peter Opper	58	Richmond, VA	311	8:03	24:58.00
3. William Chadim	57	Midlothian, VA	340	8:12	25:27.00
4. Tim Rhea	59	Richmond, VA	155	8:42	27:00.00
5. Michael Bem	59	Sandston, VA	310	8:53	27:34.00
6. Preston Lytle	59	Laurel, MD	116	17:47	55:10.38

Male 60 & Over

1. Ben Dyer	61	Petersburg, VA	299	6:30	20:09.00
2. Dan Foldenauer	63	Richmond, VA	364	8:03	25:00.00
3. Tom Bednarz	60	Richmond, VA	201	8:33	26:31.00
4. Bob Peaker	60	Virginia Beach, VA	192	13:58	43:18.00
5. Allen Miller	64	Arlington, VA	169	17:17	53:36.66
6. Robert Martin	77	Mechanicsville, VA	194	18:43	58:04.0