

Virginia Commonwealth Games 5k*
 Presented By: Liberty University
 Lynchburg, VA July 16, 2016 8:00am
 Weather: 75 degrees, partly sunny, 92% humidity
 *Actual Course = 3.04 miles

Place	Name	No.	Age	S	City	St	Gun	Chip	Pace
1	Jeff Harrington	505	46	M	Lynchburg	VA	17:11	17:10	5:39
2	Pedro Carela	469	27	M	Forest	VA	17:30	17:30	5:46
3	Sherrick Davis	511	22	M	Lynchburg	VA	18:07	18:07	5:58
4	Edward Lane	450	30	M	Lynchburg	VA	18:08	18:08	5:58
5	Alyssa Shupe	513	19	F	Forest	VA	18:27	18:27	6:05
6	Brad Stone	512	43	M	Lynchburg	VA	18:39	18:39	6:08
7	Marshall Roberts	560	46	M	Lynchburg	VA	18:48	18:46	6:11
8	Johnathan Krone	565	15	M	Forest	VA	18:47	18:47	6:11
9	Ben Wells	567	33	M	Lynchburg	VA	18:56	18:49	6:12
10	Mitchell Dieudonne	555	24	M	Lynchburg	VA	19:13	19:06	6:17
11	Preston Evans	556	60	M	Madison Heights	VA	19:24	19:22	6:23
12	Robbie Stephens	558	39	M	Spout Spring	VA	19:48	19:46	6:30
13	Kevin Shroyer	478	55	M	Forest	VA	19:49	19:46	6:31
14	Jennifer Lully	449	38	F	Lynchburg	VA	19:53	19:51	6:32
15	Barry Epperson	530	48	M	Rustburg	VA	19:55	19:54	6:33
16	Dave Treen	528	58	M	Cherry Hill	NJ	20:09	20:09	6:38
17	Darrell Wargo	442	48	M	Lynchburg	VA	20:12	20:12	6:39
18	Jeremy Peterson	487	24	M	Lynchburg	VA	20:37	20:29	6:45
19	Mark Joyce	557	48	M	Bassett	VA	20:34	20:32	6:46
20	Don Duffy, Jr	488	47	M	Rustburg	VA	20:51	20:48	6:51
21	Roger Koehler	553	61	M	Lexington	VA	20:52	20:52	6:52
22	Holly Knight	447	29	F	Forest	VA	21:03	21:01	6:55
23	Lamar Mosley	573	18	M	Vinton	VA	21:34	21:34	7:06
24	Matthew Lohmeyer	481	37	M	Lynchburg	VA	21:44	21:37	7:07
25	Erik Petzing	497	53	M	Lynchburg	VA	21:46	21:43	7:09
26	Carrie Beaumont	495	39	F	Lynchburg	VA	21:47	21:45	7:10
27	David Cooper	452	40	M	Rustburg	VA	21:47	21:45	7:10
28	Benjamin Carlin	550	12	M	Forest	VA	21:51	21:51	7:12
29	Kevin Hackworth	455	43	M	Forest	VA	21:57	21:52	7:12
30	Baylee Snead	559	20	F	South Boston	VA	22:01	21:53	7:12
31	Ron Rogers	544	64	M	Riner	VA	22:07	22:02	7:15
32	Leah Hurt	548	19	F	Lynchburg	VA	22:10	22:06	7:17
33	Michael Nicholas	569	42	M	Bedford	VA	22:15	22:11	7:18
34	Tony Smith	448	59	M	Lynchburg	VA	22:25	22:16	7:20
35	Felix Lopez	537	63	M	Lynchburg	VA	22:20	22:17	7:20
36	Bruce Wallace	534	53	M	Rustburg	VA	22:29	22:23	7:22
37	Randy Winks	551	53	M	Forest	VA	22:49	22:35	7:26
38	Paul Calland	510	50	M	Lynchburg	VA	22:39	22:36	7:26
39	Robin Steckley	509	58	F	Forest	VA	22:38	22:36	7:27
40	Carley Marcouillier	473	24	F	Lynchburg	VA	22:51	22:49	7:31
41	Wesley Kinney	458	10	M	Forest	VA	22:50	22:50	7:31
42	Ruth Beveridge	479	36	F	Lynchburg	VA	23:05	22:55	7:33
43	Walter Allen	439	67	M	Lynchburg	VA	23:03	22:57	7:33
44	Tabatha Banton	493	31	F	Madison Heights	VA	23:12	23:10	7:37
45	Steve Horeczko	516	45	M	Lynchburg	VA	23:20	23:11	7:38
46	Brian Banton	492	33	M	Madison Heights	VA	23:27	23:17	7:40
47	Connie Kinney	459	44	F	Forest	VA	23:33	23:29	7:44
48	Jesse Stem	536	47	M	Lynchburg	VA	23:41	23:37	7:46
49	Malcolm Miller	494	50	M	Lynchburg	VA	23:50	23:41	7:48

50	Lee Beaumont	496	47	M	Lynchburg	VA	23:48	23:44	7:49
51	Sara Lloyd Bryant	526	57	F	Lynchburg	VA	23:58	23:47	7:50
52	Josh Yeoman	524	34	M	Lynchburg	VA	23:58	23:50	7:51
53	Linzie Johnson	484	48	M	Lynchburg	VA	24:00	23:54	7:52
54	Dale Treadway	538	43	F	Madison Heights	VA	24:03	23:58	7:53
55	Skip Galt	570	57	M	Rustburg	VA	24:11	24:02	7:55
56	Tom Markham	518	40	M	Lynchburg	VA	24:08	24:02	7:55
57	Lorrie Brunet	482	51	F	Lynchburg	VA	24:08	24:03	7:55
58	Susan Anderson	483	60	F	Forest	VA	24:21	24:16	7:59
59	Kendrick Ring	468	10	M	Forest	VA	24:18	24:18	8:00
60	Karen Wells	566	32	F	Lynchburg	VA	24:29	24:22	8:01
61	Alicia Roberts	561	37	F	Lynchburg	VA	24:41	24:35	8:06
62	Ruth Blanks	472	30	F	Lynchburg	VA	24:43	24:37	8:06
63	Mike Keane	514	35	M	Concord	VA	24:43	24:38	8:07
64	Jimmy Cardinale	475	59	M	Forest	VA	25:04	24:49	8:10
65	M Craig Dixon	525	40	M	Spout Spring	VA	25:10	24:54	8:12
66	Sarah Morris	454	27	F	Lynchburg	VA	25:08	25:03	8:15
67	Larry Creasy	564	66	M	Lynchburg	VA	25:09	25:03	8:15
68	Amanda Velez	489	25	F	Lynchburg	VA	25:09	25:05	8:15
69	Daniel Crawley	508	35	M	Evington	VA	25:29	25:19	8:20
70	Greg Slominski	571	55	M	Forest	VA	25:30	25:25	8:22
71	Allie Fridley	531	29	F	Lynchburg	VA	25:39	25:33	8:25
72	Christina Ruiz	446	25	F	Lynchburgy	VA	25:46	25:41	8:27
73	Craig M Miller	441	63	M	Spout Spring	VA	25:48	25:41	8:27
74	Melita Ring	467	37	F	Forest	VA	25:57	25:47	8:29
75	Emily Knowles	464	29	F	Forest	VA	25:59	25:50	8:30
76	Billy Scruggs	562	62	M	Hurt	VA	26:15	26:06	8:35
77	Brittany Crawley	507	31	F	Evington	VA	26:19	26:09	8:36
78	Keith Coalson	499	59	M	Lynchburg	VA	26:21	26:10	8:37
79	Blake Perez	546	10	M	Salem	VA	26:15	26:13	8:38
80	Debi Robison	554	61	F	Troutville	VA	26:23	26:15	8:38
81	Leah Jones	529	23	F	Lynchburg	VA	26:23	26:17	8:39
82	Rhonda Sprouse	440	39	F	Madison Heights	VA	26:35	26:26	8:42
83	Lesley McPhatter	540	52	F	Madison Heights	VA	26:45	26:31	8:44
84	Laura Kicklighter	519	42	F	Lynchburg	VA	26:53	26:41	8:47
85	Kristen Tipton	457	31	F	Lynchburg	VA	27:08	26:49	8:50
86	Tray Grant	456	39	F	Lynchburg	VA	27:08	26:49	8:50
87	Don Doebler	465	55	M	Lynchburg	VA	27:05	27:01	8:53
88	Angela Moroz	539	18	F	Lynchburg	VA	27:12	27:08	8:56
89	Kyle Short	520	54	M	Forest	VA	27:32	27:19	9:00
90	Calli Anderson	477	29	F	Forest	VA	27:33	27:21	9:00
91	Carol Carr	543	59	F	Brookneal	VA	27:49	27:41	9:07
92	Amanda Bowling	515	33	F	Lynchburg	VA	27:50	27:42	9:07
93	Morgan Kane	490	26	F	Lynchburg	VA	27:56	27:49	9:09
94	Stefanie Williams	451	36	F	Lynchburg	VA	28:14	28:00	9:13
95	Malia King	470	45	F	Lynchburg	VA	28:15	28:03	9:14
96	Lynn McFaden	476	65	F	Evington	VA	28:17	28:06	9:15
97	Marlene Gray	491	52	F	Lynchburg	VA	28:28	28:18	9:19
98	Jennifer Styrsky	523	44	F	Lynchburg	VA	28:39	28:27	9:22
99	Gary Gallant	466	57	M	Evington	VA	29:08	28:54	9:31
100	Scott Goodman	443	52	M	Goode	VA	29:22	29:08	9:35
101	Keith Swartz	568	66	M	Phoenix	AZ	29:22	29:09	9:36
102	Kesler Coalson	500	22	F	Lynchburg	VA	29:27	29:15	9:38
103	Nelfa McReynolds	541	50	F	Forest	VA	29:31	29:17	9:38
104	Susan Coalson	498	50	F	Lynchburg	VA	29:40	29:28	9:42
105	Debbie Martin	444	64	F	Lynchburg	VA	29:42	29:31	9:43
106	Donna Nixon	460	63	F	Lynchburg	VA	29:47	29:36	9:44
107	Nicholas Pavlovic	552	27	M	Lynchburg	VA	30:00	29:45	9:48
108	Tammy Brown	474	47	F	Forest	VA	30:07	29:58	9:52
109	Kim Mason	547	46	F	Huddleston	VA	30:31	30:11	9:56

110	Kristen Lancaster	533	25	F	Lynchburg	VA	30:22	30:17	9:58
111	Deborah Allen	438	66	F	Lynchburg	VA	30:44	30:34	10:04
112	Theron McLeod	563	39	F	Lynchburg	VA	31:27	31:12	10:16
113	Roxanne Slaughter	506	56	F	Amherst	VA	31:39	31:23	10:20
114	Jonathan Flannagan	549	16	M	Roanoke	VA	32:23	32:04	10:33
115	Marissa McReynolds	542	13	F	Forest	VA	32:58	32:51	10:49
116	Lauren Wheless	532	48	F	Lynchburg	VA	33:44	33:36	11:04
117	Sandy Short	522	53	F	Forest	VA	34:01	33:48	11:08
118	Frederick Hill	527	60	M	Forest	VA	34:36	34:21	11:18
119	Drew Taylor	572	29	M	Lynchburg	VA	36:28	36:13	11:55
120	Bonnie Ramsey	521	30	F	Lynchburg	VA	36:30	36:17	11:56
121	John Kurisky	502	77	M	Forest	VA	38:16	37:58	12:30
122	Sam Jacobs	504	43	M	Lynchburg	VA	34:26	39:37	13:02
123	Sondra Rowe	445	46	F	Evington	VA	40:07	39:51	13:07
124	Renea Cooper	453	40	F	Rustburg	VA	40:36	40:19	13:16
125	Gail Copelan	486	66	F	Lynchburg	VA	41:00	40:46	13:25
126	Angela Markham	517	47	F	Lynchburg	VA	41:40	41:25	13:38
127	Clark Brown	545	66	M	Goodview	VA	41:36	41:28	13:39
128	Peggy Harper	501	55	F	Lynchburg	VA	45:01	44:43	14:43
129	Penny Wallace	535	51	F	Rustburg	VA	46:23	46:05	15:10
130	Constance Owuor	471	29	F	Lynchburg	VA	46:57	46:37	15:20

ASSISTED PARTICIPANT

Place	Name	No.	Age	S	City	St	Gun	Chip	Pace
1	Nate Jacobs	503	9	M	Lynchburg	VA	34:27	39:39	13:03

Virginia Commonwealth Games 5k
 Presented By: Liberty University
 Lynchburg, VA July 16, 2016 8:00am

***** AWARDS LIST *****

***** MALE 5K RUN OVERALL AWARDS*****

Place	Name	Age	City	St	Gun	Chip	Pace
1	Jeff Harrington	46	Lynchburg	VA	17:11	17:10	5:39
2	Pedro Carela	27	Forest	VA	17:30	17:30	5:46
3	Sherrick Davis	22	Lynchburg	VA	18:07	18:07	5:58

***** FEMALE 5K RUN OVERALL AWARDS*****

Place	Name	Age	City	St	Gun	Chip	Pace
1	Alyssa Shupe	19	Forest	VA	18:27	18:27	6:05
2	Jennifer Lully	38	Lynchburg	VA	19:53	19:51	6:32
3	Holly Knight	29	Forest	VA	21:03	21:01	6:55

***** MALE MASTERS RUN OVERALL AWARDS*****

Place	Name	Age	City	St	Gun	Chip	Pace
1	Brad Stone	43	Lynchburg	VA	18:39	18:39	6:08

***** FEMALE MASTERS RUN OVERALL AWARDS*****

Place	Name	Age	City	St	Gun	Chip	Pace
1	Robin Steckley	58	Forest	VA	22:38	22:36	7:27

MALE AGE GROUP: 1 - 12

1	28 Benjamin Carlin	12	Forest	VA	21:51	21:51	
2	41 Wesley Kinney	10	Forest	VA	22:50	22:50	
3	59 Kendrick Ring	10	Forest	VA	24:18	24:18	
4	79 Blake Perez	10	Salem	VA	26:15	26:13	

FEMALE AGE GROUP: 1 - 12
NO FINISHERS

MALE AGE GROUP: 13 - 17

1	8 Johnathan Krone	15	Forest	VA	18:47	18:47	
2	114 Jonathan Flannagan	16	Roanoke	VA	32:23	32:04	

FEMALE AGE GROUP: 13 - 17

1	115 Marissa McReynolds	13	Forest	VA	32:58	32:51	
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MALE AGE GROUP: 18 - 24

1	10 Mitchell Dieudonne	24	Lynchburg	VA	19:13	19:06	
2	18 Jeremy Peterson	24	Lynchburg	VA	20:37	20:29	
3	23 Lamar Mosley	18	Vinton	VA	21:34	21:34	

FEMALE AGE GROUP: 18 - 24

1	30 Baylee Snead	20	South Boston	VA	22:01	21:53	
2	32 Leah Hurt	19	Lynchburg	VA	22:10	22:06	
3	40 Carley Marcouillier	24	Lynchburg	VA	22:51	22:49	
4	81 Leah Jones	23	Lynchburg	VA	26:23	26:17	
5	88 Angela Moroz	18	Lynchburg	VA	27:12	27:08	
6	102 Kesler Coalson	22	Lynchburg	VA	29:27	29:15	

MALE AGE GROUP: 25 - 29

1	107 Nicholas Pavlovic	27	Lynchburg	VA	30:00	29:45	
2	119 Drew Taylor	29	Lynchburg	VA	36:28	36:13	

FEMALE AGE GROUP: 25 - 29

1	66 Sarah Morris	27	Lynchburg	VA	25:08	25:03	
2	68 Amanda Velez	25	Lynchburg	VA	25:09	25:05	
3	71 Allie Fridley	29	Lynchburg	VA	25:39	25:33	
4	72 Christina Ruiz	25	Lynchburg	VA	25:46	25:41	
5	75 Emily Knowles	29	Forest	VA	25:59	25:50	
6	90 Calli Anderson	29	Forest	VA	27:33	27:21	
7	93 Morgan Kane	26	Lynchburg	VA	27:56	27:49	
8	110 Kristen Lancaster	25	Lynchburg	VA	30:22	30:17	
9	131 Constance Owuor	29	Lynchburg	VA	46:57	46:37	

MALE AGE GROUP: 30 - 34

1	4 Edward Lane	30	Lynchburg	VA	18:08	18:08	
2	9 Ben Wells	33	Lynchburg	VA	18:56	18:49	
3	46 Brian Banton	33	Madison Heig	VA	23:27	23:17	
4	52 Josh Yeoman	34	Lynchburg	VA	23:58	23:50	

FEMALE AGE GROUP: 30 - 34

1	44 Tabatha Banton	31	Madison Heig	VA	23:12	23:10	
2	60 Karen Wells	32	Lynchburg	VA	24:29	24:22	
3	62 Ruth Blanks	30	Lynchburg	VA	24:43	24:37	

4	77	Brittany Crawley	31	Evington	VA	26:19	26:09
5	85	Kristen Tipton	31	Lynchburg	VA	27:08	26:49
6	92	Amanda Bowling	33	Lynchburg	VA	27:50	27:42
7	120	Bonnie Ramsey	30	Lynchburg	VA	36:30	36:17

MALE AGE GROUP: 35 - 39

1	12	Robbie Stephens	39	Spout Spring	VA	19:48	19:46
2	24	Matthew Lohmeyer	37	Lynchburg	VA	21:44	21:37
3	63	Mike Keane	35	Concord	VA	24:43	24:38
4	69	Daniel Crawley	35	Evington	VA	25:29	25:19

FEMALE AGE GROUP: 35 - 39

1	26	Carrie Beaumont	39	Lynchburg	VA	21:47	21:45
2	42	Ruth Beveridge	36	Lynchburg	VA	23:05	22:55
3	61	Alicia Roberts	37	Lynchburg	VA	24:41	24:35
4	74	Melita Ring	37	Forest	VA	25:57	25:47
5	82	Rhonda Sprouse	39	Madison Heig	VA	26:35	26:26
6	86	Tray Grant	39	Lynchburg	VA	27:08	26:49
7	94	Stefanie Williams	36	Lynchburg	VA	28:14	28:00
8	112	Theron McLeod	39	Lynchburg	VA	31:27	31:12

MALE AGE GROUP: 40 - 44

1	27	David Cooper	40	Rustburg	VA	21:47	21:45
2	29	Kevin Hackworth	43	Forest	VA	21:57	21:52
3	33	Michael Nicholas	42	Bedford	VA	22:15	22:11
4	56	Tom Markham	40	Lynchburg	VA	24:08	24:02
5	65	M Craig Dixon	40	Spout Spring	VA	25:10	24:54
6	122	Sam Jacobs	43	Lynchburg	VA	34:26	39:37

FEMALE AGE GROUP: 40 - 44

1	47	Connie Kinney	44	Forest	VA	23:33	23:29
2	54	Dale Treadway	43	Madison Heig	VA	24:03	23:58
3	84	Laura Kicklighter	42	Lynchburg	VA	26:53	26:41
4	98	Jennifer Styrsky	44	Lynchburg	VA	28:39	28:27
5	125	Renea Cooper	40	Rustburg	VA	40:36	40:19

MALE AGE GROUP: 45 - 49

1	7	Marshall Roberts	46	Lynchburg	VA	18:48	18:46
2	15	Barry Epperson	48	Rustburg	VA	19:55	19:54
3	17	Darrell Wargo	48	Lynchburg	VA	20:12	20:12
4	19	Mark Joyce	48	Bassett	VA	20:34	20:32
5	20	Don Duffy, Jr	47	Rustburg	VA	20:51	20:48
6	45	Steve Horeczko	45	Lynchburg	VA	23:20	23:11
7	48	Jesse Stem	47	Lynchburg	VA	23:41	23:37
8	50	Lee Beaumont	47	Lynchburg	VA	23:48	23:44
9	53	Linzie Johnson	48	Lynchburg	VA	24:00	23:54

FEMALE AGE GROUP: 45 - 49

1	95	Malia King	45	Lynchburg	VA	28:15	28:03
2	108	Tammy Brown	47	Forest	VA	30:07	29:58
3	109	Kim Mason	46	Huddleston	VA	30:31	30:11
4	116	Lauren Wheless	48	Lynchburg	VA	33:44	33:36
5	124	Sondra Rowe	46	Evington	VA	40:07	39:51
6	127	Angela Markham	47	Lynchburg	VA	41:40	41:25

MALE AGE GROUP: 50 - 54

1	25	Erik Petzing	53	Lynchburg	VA	21:46	21:43
2	36	Bruce Wallace	53	Rustburg	VA	22:29	22:23
3	37	Randy Winks	53	Forest	VA	22:49	22:35
4	38	Paul Calland	50	Lynchburg	VA	22:39	22:36

5	49	Malcolm Miller	50	Lynchburg	VA	23:50	23:41
6	89	Kyle Short	54	Forest	VA	27:32	27:19
7	100	Scott Goodman	52	Goode	VA	29:22	29:08

FEMALE AGE GROUP: 50 - 54

1	57	Lorrie Brunet	51	Lynchburg	VA	24:08	24:03
2	83	Lesley McPhatter	52	Madison Heig	VA	26:45	26:31
3	97	Marlene Gray	52	Lynchburg	VA	28:28	28:18
4	103	Nelfa McReynolds	50	Forest	VA	29:31	29:17
5	104	Susan Coalson	50	Lynchburg	VA	29:40	29:28
6	117	Sandy Short	53	Forest	VA	34:01	33:48
7	130	Penny Wallace	51	Rustburg	VA	46:23	46:05

MALE AGE GROUP: 55 - 59

1	13	Kevin Shroyer	55	Forest	VA	19:49	19:46
2	16	Dave Treen	58	Cherry Hill	NJ	20:09	20:09
3	34	Tony Smith	59	Lynchburg	VA	22:25	22:16
4	55	Skip Galt	57	Rustburg	VA	24:11	24:02
5	64	Jimmy Cardinale	59	Forest	VA	25:04	24:49
6	70	Greg Slominski	55	Forest	VA	25:30	25:25
7	78	Keith Coalson	59	Lynchburg	VA	26:21	26:10
8	87	Don Doebler	55	Lynchburg	VA	27:05	27:01
9	99	Gary Gallant	57	Evington	VA	29:08	28:54

FEMALE AGE GROUP: 55 - 59

1	51	Sara Lloyd Bryant	57	Lynchburg	VA	23:58	23:47
2	91	Carol Carr	59	Brookneal	VA	27:49	27:41
3	113	Roxanne Slaughter	56	Amherst	VA	31:39	31:23
4	129	Peggy Harper	55	Lynchburg	VA	45:01	44:43

MALE AGE GROUP: 60 - 64

1	11	Preston Evans	60	Madison Heig	VA	19:24	19:22
2	21	Roger Koehler	61	Lexington	VA	20:52	20:52
3	31	Ron Rogers	64	Riner	VA	22:07	22:02
4	35	Felix Lopez	63	Lynchburg	VA	22:20	22:17
5	73	Craig M Miller	63	Spout Spring	VA	25:48	25:41
6	76	Billy Scruggs	62	Hurt	VA	26:15	26:06
7	118	Frederick Hill	60	Forest	VA	34:36	34:21

FEMALE AGE GROUP: 60 - 64

1	58	Susan Anderson	60	Forest	VA	24:21	24:16
2	80	Debi Robison	61	Troutville	VA	26:23	26:15
3	105	Debbie Martin	64	Lynchburg	VA	29:42	29:31
4	106	Donna Nixon	63	Lynchburg	VA	29:47	29:36

MALE AGE GROUP: 65 - 69

1	43	Walter Allen	67	Lynchburg	VA	23:03	22:57
2	67	Larry Creasy	66	Lynchburg	VA	25:09	25:03
3	101	Keith Swartz	66	Phoenix	AZ	29:22	29:09
4	128	Clark Brown	66	Goodview	VA	41:36	41:28

FEMALE AGE GROUP: 65 - 69

1	96	Lynn McFaden	65	Evington	VA	28:17	28:06
2	111	Deborah Allen	66	Lynchburg	VA	30:44	30:34
3	126	Gail Copelan	66	Lynchburg	VA	41:00	40:46

MALE AGE GROUP: 70 - 74

NO FINISHERS

FEMALE AGE GROUP: 70 - 74
NO FINISHERS

MALE AGE GROUP: 75 - 99
1 121 John Kurisky 77 Forest VA 38:16 37:58

FEMALE AGE GROUP: 75 - 99
NO FINISHERS

Event Management & Timing: Riverside Runners, Inc. || info@riversiderunners.com