

5K Run

Division	First Name	Last Name	City	Age	Time
Overall Female					
1	Blair	Disque	Roanoke	34	20:28.0
2	Cassie	Pickens	Eagle Rock	20	20:51.3
3	Kerri	Dalton	Boones Mill	18	20:53.7
Overall Male					
1	Patrick	Woodford	Roanoke	20	16:42.7
2	Andrew	Smith	Roanoke	20	16:56.5
3	John	Wiggins	Roanoke	18	17:53.2
Female 10-13					
1	Audrey	Lemon	Roanoke	12	27:48.3
2	Lora	Callahan	Evington	12	30:08.5
Male 10 - 13					
1	Peter	Smith		13	18:47.8
2	Jack	Rice	Roanoke	13	21:56.3
3	Craig	Thornton	Hardy	12	24:02.9
4	Tanner	Smith	Harrisonburg	10	33:47.1
Female 14-17					
1	Chelsey	Fix	Lynchburg	16	23:06.4
2	Judith	May	Mcgaheysville	16	25:05.8
3	Alyson	Meador	Roanoke	15	25:40.8
Male 14-17					
1	Colby	Hudson	Rustburg	15	19:38.7
2	Patrick	Regal	Roanoke	15	21:24.0
Female 18-22					
1	April	Pickens	Eagle Rock	22	22:52.7
2	Audra	VanDerwerker	Bedford	18	23:10.3
Male 18-22					
1	Joe	Cotter	Roanoke	19	18:21.7
Female 23-29					
1	Natasha	Marshall	Roanoke	28	39:17.8
Male 23-29					
1	Curtis	Shupe	Meadowview	27	27:49.0
Female 30-34					

1	Ashley	Rakes	Salem	30	27:46.2
2	Bethany	Garber	Rocky Mount	30	34:20.6
3	Kimberly	Bandy	Fincastle	32	34:20.9
Male 30-34					
1	Charles	Howard	Roanoke	33	23:26.9
Female 35-39					
1	Deanne	Moosman	Rockbridge Baths	35	24:43.2
2	Erin	Hunter	Roanoke	35	26:54.0
3	Betty	Noell	Cloverdale	39	27:34.2
4	Mary Beth	Alford	Roanoke	37	37:30.8
Male 35-39					
1	Matthew	Wright	Roanoke	35	18:57.5
2	Paul	Moosman	Rockbridge Baths	36	21:26.4
Female 40-44					
1	Sandra	Pratt	Vinton	43	34:36.3
Male 40-44					
1	Ed	Shepherd	Salem	41	18:24.3
2	Kevin	Harlow	Roanoke	41	21:28.3
3	Brian	Smith	Harrisonburg	40	22:31.2
Female 45-49					
1	Liz	Futrell	Roanoke	47	23:23.2
2	Sharon	Woolridge	Roanoke	49	28:04.1
3	Matilda	Loftin	Roanoke	45	33:09.2
Male 45-49					
1	Colin	Munsey	Pearisburg	47	18:39.9
2	Paul	Rice	Roanoke	46	23:42.4
3	Christopher	Bowers	Bedford	48	26:48.7
4	Scott	Craig	Narrows	47	28:45.6
Female 50-54					
1	Lisa	Nielsen	Roanok	50	23:11.8
2	Elizabeth	Brand	Tryon	52	33:16.7
Male 50-54					
1	Brian	Walters	Buchanan	54	22:34.2
2	Mike	Beamer	Salem	53	22:59.2
3	Ron	Bell	Roanoke	52	24:29.0
4	Barry	Thornton	Hardy	54	28:17.3
5	Steven	Proudfoot	Middletown	50	29:14.4

Female 55-59

1	Vicki	Riggins	Boones Mill	59	30:28.8
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Male 55-59

1	Danny	Woodford	Roanoke	57	23:53.7
2	Steven	Sowers	Roanoke	56	24:18.5
3	Gene	Marrano	Roanoke	56	25:38.2
4	Frederick	Hill	Forest	57	32:37.3
5	Reid	Ammen	Roanoke	59	33:55.9

Male 60-64

1	Jack	Gill	Pulaski	64	21:38.2
2	Ron	Rogers	Riner	61	22:19.3
3	Don	Reynolds	Roanoke	62	23:03.8
4	Marion	Childress	Roanoke	60	26:52.3
5	Michael	Pedigo	Dublin	62	27:47.4
6	Larry	Riggins	Boones Mill	60	35:39.9

Male 70 and Over

1	Bobby	Spencer	Daleville	70	23:33.7
2	James	Gray	New Castle	72	37:31.5