

Age Group Results**Fab 5k**

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sallie Ford	Lynchburg	22	191	12	18:27.2	5:57/M
2	Cynthia Spangler	Lexington	32	265	22	19:41.8	6:21/M
3	Katie Fortner		14	264	34	20:30.4	6:37/M

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	David Cheromei	Marion	30	236	1	15:18.6	4:56/M
2	martin Hernandez	Templeton	24	70	2	15:49.6	5:06/M
3	Lance McDaniel		23	233	3	16:07.8	5:12/M

Overall Female Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Shawn Fortner		46	263	71	23:01.3	7:25/M

Overall Male Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Edward Dickenson	Roanoke	47	197	9	17:12.8	5:33/M

Age Group Results

August 21, 2010

Fab 5k**Female 13 & Under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Alyssa Shupe	Forest	13	139	79	23:34.1	7:36/M
2 *	Emma Stowe	Blacksburg	12	150	117	26:38.0	8:35/M
3 *	Natalie Huebschman	Roanoke	11	196	195	32:04.6	10:21/M
4 *	Deborah Flippo	Salem	9	202	213	33:21.6	10:45/M
5	OLIVIA SHREEMAN	Roanoke	8	135	234	37:09.8	11:59/M
6	MADELAINE SHREEMAN	Roanoke	11	137	248	40:13.6	12:58/M

Male 13 & Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Logan Zentz	Middlebrook	12	294	31	20:19.2	6:33/M
2 *	Matthew Stiles		13	279	67	22:48.8	7:21/M
3 *	Cole Turman	Dublin	12	161	91	24:49.7	8:00/M
4 *	Harrison Macher		13	287	98	25:28.9	8:13/M
5	Stuart Whisnant		13	240	109	26:16.0	8:28/M
6	Oliver Meredith	Radford	13	103	122	26:54.1	8:41/M
7	Bryce Holland	Salem	9	74	126	27:12.2	8:46/M
8	Adren Jacobs	Salem	8	78	134	27:48.0	8:58/M
9	Wyatt Meredith	Radford	10	106	141	28:21.0	9:09/M
10	Emry Pietrzyk		12	247	166	29:52.5	9:38/M
11	Wells Carson	Roanoke	10	28	192	31:50.7	10:16/M
12	Charlie Lemon	Roanoke	11	94	198	32:29.6	10:29/M
13	Riley Pietrzyk		9	245	202	32:41.6	10:33/M
14	Brendan Newton	Roanoke	12	113	219	34:24.4	11:06/M
15	Casey Preuss	Roanoke	11	124	220	34:31.7	11:08/M
16	Parker Minnix		9	271	233	37:07.4	11:58/M
17	Taylor Blake	Moneta	12	12	241	38:27.2	12:24/M
18	Seth Crouch	Catawba	10	38	260	44:23.7	14:19/M
19	Alex Puschkar		9	281	263	46:34.1	15:01/M

Female 14 to 17

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Anna Paden Carson	Roanoke	16	26	40	21:01.0	6:47/M
2 *	Alyssa Walker		16	219	49	21:34.8	6:57/M
3 *	Jessica Fortner		17	262	59	22:14.3	7:10/M
4 *	Jordan Kantor		15	258	89	24:46.5	7:59/M
5	Taylor Petty	Salem	14	121	93	24:53.4	8:02/M
6	Holly Chaos	Salem	15	188	130	27:34.9	8:54/M
7	Amanda Staton	Forest	14	147	178	30:52.0	9:57/M
8	Loni Borst	Brookeville	16	19	180	30:55.6	9:58/M
9	Ashmine Minnix	Roanoke	14	272	211	33:16.4	10:44/M

Age Group Results

August 21, 2010

Fab 5k**Female 14 to 17**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
10	Brittany Barnett	Troutville	17	5	261	45:11.6	14:35/M
11	Grace Cleland	Oakton	14	30	266	47:00.0	15:10/M

Male 14 to 17

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Cody Seymour	Bent Mountain	16	269	7	16:51.3	5:26/M
2 *	Nick Leffell		17	255	8	17:07.2	5:31/M
3 *	James Kasper	Salem	16	260	10	17:50.8	5:45/M
4 *	Andrew Smith		17	275	11	18:06.2	5:50/M
5	Daniel Seymour	Roanoke	14	134	13	18:29.8	5:58/M
6	Jared Hidalgo		15	291	14	18:39.7	6:01/M
7	Michael Conley		17	230	16	18:56.2	6:06/M
8	Zach Paget		15	218	18	19:07.4	6:10/M
9	Thomas Johson		17	246	19	19:26.5	6:16/M
10	Daniel Pinard		15	223	20	19:36.3	6:19/M
11	Joe Cotter	Roanoke	17	33	21	19:41.2	6:21/M
12	Joey Caplinger	Roanoke	15	190	24	19:54.8	6:25/M
13	Peter Tainer	Troutville	16	199	27	20:05.6	6:29/M
14	Gabrial Anderson		17	249	29	20:14.7	6:32/M
15	Jacob Long	Roanoke	16	187	30	20:17.2	6:33/M
16	Spencer Lovegrove	Roanoke	17	220	41	21:05.6	6:48/M
17	Josh Gotschal		16	239	43	21:13.3	6:51/M
18	Daniel Swaffar	Roanoke	16	152	50	21:37.3	6:58/M
19	John Wiggins		15	227	51	21:38.5	6:59/M
20	Caleb McGuigan		16	229	55	22:00.5	7:06/M
21	Ford Carson	Roanoke	14	27	57	22:05.0	7:07/M
22	Rick Nielsen		14	295	61	22:36.7	7:17/M
23	Robbie Higgs		16	274	66	22:48.5	7:21/M
24	Nick Via		15	278	73	23:14.5	7:30/M
25	Logan Dalton	Roanoke	17	192	80	23:35.6	7:36/M
26	Ryan Doroshenk	Salem	15	212	95	25:12.4	8:08/M
27	Alex Tainer	Troutville	14	198	119	26:45.6	8:38/M
28	Yale Waller		16	268	121	26:53.5	8:40/M
29	Jesse Seward	Wirtz	16	133	188	31:39.2	10:13/M
30	Hunter McCoy	Roanoke	16	99	259	44:07.1	14:14/M

Age Group Results

August 21, 2010

Fab 5k**Female 18 to 22**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Pearl Meredith	Radford	18	102	82	23:52.9	7:42/M
2 *	Leslie Barksdale	Wexford	18	4	85	23:58.4	7:44/M
3 *	Diana Whitt	Salem	22	204	90	24:49.2	8:00/M
4	Haley Graydon	Bedford	22	63	185	31:22.2	10:07/M
5	Kate Vance		22	250	222	35:26.9	11:26/M

Male 18 to 22

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Josh Norris	Blacksburg	19	114	26	20:03.8	6:28/M
2 *	Jay Bailey		19	257	32	20:19.5	6:33/M
3 *	Michael Payne		18	234	37	20:35.1	6:38/M
4	Austen Meredith	Radford	20	105	72	23:10.6	7:28/M

Female 23 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Nicole Fahrenfeld	Blacksburg	26	194	65	22:45.7	7:20/M
2 *	Amanda Eakins		23	252	111	26:17.3	8:29/M
3 *	Rosemary Patterson	Blacksburg	24	118	128	27:17.3	8:48/M
4	Katie Fanti	Roanoke	23	205	131	27:35.7	8:54/M
5	Jennifer Sahn		27	288	145	28:43.5	9:16/M
6	Marcie Dawson	Rustburg	29	42	147	28:50.8	9:18/M
7	Angel Cockayne		28	221	160	29:40.4	9:34/M
8	Kara Elum		28	283	162	29:41.9	9:35/M
9	Karleigh Huff	Christiansburg	27	75	173	30:23.8	9:48/M
10	Lauren Hartman	Roanoke	23	67	175	30:31.0	9:51/M
11	Shari French	Roanoke	27	54	181	31:08.9	10:03/M
12	Jessica Frie	Thaxton	29	56	189	31:45.3	10:15/M
13	Kate Bollard	Roanoke	28	15	196	32:19.4	10:25/M
14	Laura Floyd		28	282	208	33:00.5	10:39/M
15	Ruth Blanks	Rustburg	24	14	212	33:20.9	10:45/M
16	Samantha Whiteside	Roanoke	25	177	215	33:35.9	10:50/M
17	Jaimie Bolt	Willis	27	16	225	35:37.5	11:29/M
18	Cindy Mann	Salem	29	96	230	36:13.6	11:41/M
19	Kimberly West	Thaxton	29	176	236	37:10.8	11:59/M
20	Jessa Stevens	Roanoke	26	148	244	39:15.7	12:40/M
21	Amanda Keele	Roanoke	25	86	246	39:46.4	12:50/M
22	Meredith McCoy	Roanoke	25	98	258	44:06.7	14:14/M

Age Group Results

August 21, 2010

Fab 5k**Male 23 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Andrew Parkins	Salem	26	117	4	16:44.0	5:24/M
2 *	Carl Blickle		24	244	5	16:49.4	5:25/M
3 *	Brandon Bear	Blacksburg	23	8	6	16:50.4	5:26/M
4	Oliver Josiah		28	267	33	20:19.9	6:33/M
5	Matt Cannoy	Roanoke	28	290	45	21:25.8	6:55/M
6	Erik Versen		27	285	53	21:46.8	7:01/M
7	Bryan Keele	Roanoke	29	87	69	23:00.3	7:25/M
8	Brent Williams		28	217	75	23:17.9	7:31/M
9	Josh Widmer		23	253	76	23:19.4	7:31/M
10	Daniel Fundakowski		27	256	77	23:25.9	7:33/M
11	Todd Creasy	Roanoke	26	206	102	25:46.2	8:19/M
12	Chris Moriarty	Blacksburg	28	215	124	26:57.3	8:42/M
13	Moe Elum		28	284	161	29:41.5	9:35/M
14	Ian Bacon	Christiansburg	24	2	169	30:16.8	9:46/M
15	Stuart Graydon	Bedford	27	62	184	31:21.7	10:07/M
16	Andrew Hartman	Roanoke	25	66	206	32:54.8	10:37/M
17	Ryan Jones		26	297	216	33:36.4	10:50/M
18	Jackson Vaughan	Knoxville	23	163	245	39:16.2	12:40/M
19	Joseph Vance		26	254	251	40:52.6	13:11/M
20	Kevin Jones		23	251	254	42:18.3	13:39/M
21	Robert Kinion	Roanoke	26	89	269	48:48.2	15:45/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Emilee Hall		33	232	54	21:56.9	7:05/M
2 *	Deanne Moosman	Lexington	32	216	88	24:41.5	7:58/M
3 *	LAUREN WALDEN	Roanoke	31	172	99	25:31.2	8:14/M
4	Melissa Underwood	Boones Mill	31	162	104	25:50.7	8:20/M
5	Whitney Graver		30	293	132	27:39.9	8:55/M
6	Kyla Ludwig	Roanoke	33	95	133	27:44.2	8:57/M
7	CRYSTAL CRAVER	Salem	33	34	152	29:18.7	9:27/M
8	Angela Wolfe	Salem	33	181	172	30:22.1	9:48/M
9	Katie Adkins	Roanoke	30	1	179	30:54.9	9:58/M
10	Sherry Colvin	Roanoke	33	32	194	31:59.5	10:19/M
11	Jennifer Jacobson	Salem	30	81	209	33:03.2	10:40/M
12	Alison Creasy	Lynchburg	31	36	224	35:35.8	11:29/M
13	Christina Gardner	Hardy	30	57	239	37:55.0	12:14/M
14	Allison Southall	Covington	34	143	247	39:51.0	12:51/M
15	Selina Hamblin	Dumfries	33	65	264	46:39.0	15:03/M
16	Jennifer Jacobs	Roanoke	33	79	265	46:39.5	15:03/M

Age Group Results

August 21, 2010

Fab 5k**Male 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	William Wall	Roanoke	31	173	35	20:31.9	6:37/M
2 *	Chad Coleman		34	231	52	21:45.2	7:01/M
3 *	Nathan Brown	Roanoke	31	22	113	26:28.5	8:32/M
4	Eddie Mann	Salem	32	97	140	28:18.7	9:08/M
5	Brian Buccola	Goodview	33	25	164	29:44.5	9:35/M
6	Scott Graham	Bedford	30	59	165	29:51.3	9:38/M
7	Jesse Southall	Covington	30	144	177	30:49.9	9:56/M
8	John Ferron	Goodview	32	51	200	32:37.5	10:31/M
9	Neil Gardner	Hardy	30	58	240	37:55.9	12:14/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Kim Kitts	Christiansburg	37	90	92	24:52.8	8:01/M
2 *	Susan Eversole	Salem	37	47	115	26:33.0	8:34/M
3 *	Jennifer Pfister	Roanoke	39	122	120	26:50.9	8:39/M
4	Angie Davidson	Salem	35	41	144	28:38.9	9:14/M
5	Christy Crouch	Catawba	38	37	146	28:45.4	9:16/M
6	Victoria Black	Glasgow	38	9	154	29:21.5	9:28/M
7	Angela Comstock		37	289	155	29:25.4	9:29/M
8	Nicole Bocock		39	298	158	29:33.8	9:32/M
9	Kristen Graham	Bedford	37	60	159	29:40.0	9:34/M
10	Rebecca Grant	Bedford	39	61	174	30:25.0	9:49/M
11	Sharon Blake	Moneta	38	11	187	31:38.7	10:12/M
12	Sarajerome Kominsky	Christiansburg	38	91	205	32:51.7	10:36/M
13	Stephanie Jacobs	Salem	37	77	214	33:28.8	10:48/M
14	Kristen Hays	Critz	38	69	255	42:37.5	13:45/M
15	Karen Wade	Radford	37	168	257	43:51.2	14:09/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Todd Reighley	Blacksburg	38	126	15	18:44.4	6:03/M
2 *	James Decker	Roanoke	35	228	42	21:09.8	6:49/M
3 *	Matthew Huebschman	Roanoke	39	195	60	22:30.1	7:15/M
4	Michael Santoroski	Roanoke	39	131	74	23:16.8	7:30/M
5	ANDY CRAVER	Salem	35	35	87	24:17.4	7:50/M
6	Anthony Guest	Radford	39	64	101	25:37.9	8:16/M
7	Derek Batey		39	292	106	26:02.8	8:24/M
8	Henry Wagner	Rocky Mount	37	170	108	26:13.5	8:27/M
9	John Frasca	Roanoke	36	53	151	29:11.6	9:25/M
10	Steve Pardon	Roanoke	39	208	157	29:33.3	9:32/M

Age Group Results

August 21, 2010

Fab 5k**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
11	Mark Dudley	Roanoke	38	211	167	30:02.6	9:41/M
12	William Crumpacker	Bedford	36	39	183	31:19.7	10:06/M
13	Chris Pietrzyk		35	248	203	32:42.1	10:33/M
14	JOSHUA SHREEMAN	Roanoke	39	138	235	37:10.2	11:59/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Libby Blankenship	Roanoke	44	13	78	23:29.7	7:35/M
2 *	Tracey Minnix	Roanoke	42	270	96	25:17.0	8:09/M
3 *	Julie Roach	Roanoke	41	129	97	25:28.2	8:13/M
4	Shelby Bingham	Roanoke	42	201	107	26:06.4	8:25/M
5	Healthier Miano	Radford	42	108	112	26:18.4	8:29/M
6	Teresa Torrence	Natural Bridge	40	157	136	27:59.8	9:02/M
7	Elizabeth Dickenson		43	235	138	28:02.7	9:03/M
8	Linda Jilk	Blacksburg	43	83	150	29:07.7	9:24/M
9	Angie Petty	Salem	42	120	168	30:13.7	9:45/M
10	Sue Snyder	Salem	43	142	191	31:48.0	10:15/M
11	Laurie Riner		40	277	193	31:56.6	10:18/M
12	Melissa McDaniel	Willis	41	100	204	32:45.7	10:34/M
13	Amy Turman	Dublin	43	159	217	33:56.0	10:57/M
14	Tammy Woods	Troutville	43	183	237	37:55.0	12:14/M
15	MARNIE SHREEMAN	Roanoke	41	136	249	40:23.6	13:02/M
16	Brenda Weeks	Salem	40	174	252	41:54.3	13:31/M
17	Michele Johnson	Salem	40	84	262	45:39.9	14:44/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	David Jacobs	Salem	44	80	25	20:01.2	6:27/M
2 *	Mark Joyce	Bassett	42	243	28	20:14.2	6:32/M
3 *	matthew togo	Roanoke	41	193	36	20:34.4	6:38/M
4	Kevin Painchaud	Bedford	40	116	38	20:46.9	6:42/M
5	Phil Holland	Salem	41	73	46	21:29.4	6:56/M
6	Mark Taylor	Roanoke	44	154	48	21:34.3	6:57/M
7	Roger Bowers		42	280	62	22:37.4	7:18/M
8	Dale Wade	Radford	40	169	64	22:40.2	7:19/M
9	Randy McDaniel	Willis	41	101	81	23:48.6	7:41/M
10	Joe Snyder	Salem	43	141	83	23:55.9	7:43/M
11	Kyle Green		42	266	84	23:56.7	7:43/M
12	Todd Ferguson	Roanoke	44	50	94	24:57.7	8:03/M
13	Robert Sullivan	Troutville	44	151	127	27:14.7	8:47/M

Age Group Results

August 21, 2010

Fab 5k**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
14	Steven Wilhelm	Roanoke	42	178	170	30:18.7	9:46/M
15	William Doroshenk	Salem	44	213	186	31:37.2	10:12/M
16	Jack Hays	Critz	43	68	221	34:42.7	11:12/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Rhonda Williams		45	259	103	25:48.3	8:19/M
2 *	Janice Chatham	Radford	48	203	110	26:16.5	8:28/M
3 *	Mary Jo Boone	Bedford	48	17	153	29:20.0	9:28/M
4	Rita Wilhelm	Roanoke	49	179	171	30:20.0	9:47/M
5	Cindy Orndorff	Clifton Forge	47	115	190	31:46.2	10:15/M
6	Roxane Richardson	Hillsville	46	127	197	32:26.2	10:28/M
7	Alison Conte	Roanoke	49	210	226	35:48.4	11:33/M
8	Pam Moskal	Roanoke	47	209	227	35:56.4	11:35/M
9	Penny Wagner	Rocky Mount	45	171	242	38:45.5	12:30/M
10	Susan Pedigo		49	225	256	43:27.3	14:01/M
11	Chevella Russel	Elliston	45	130	267	47:34.9	15:21/M
12	Zella Pennington	Cloverdale	49	119	270	52:17.1	16:52/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	RJ Scott		46	242	17	19:01.5	6:08/M
2 *	Kyle Wright	Catawba	46	186	63	22:38.1	7:18/M
3 *	Mike Fortner		46	261	70	23:00.8	7:25/M
4	James Williams	Staunton	46	180	86	24:03.7	7:45/M
5	Alan Borst	Brookeville	47	18	123	26:55.4	8:41/M
6	John Turman	Dublin	45	160	135	27:55.3	9:00/M
7	Brain Torrence	Natural Bridge	46	158	137	28:00.4	9:02/M
8	Christoper Bowers	Bedford	45	21	142	28:21.7	9:09/M
9	Kevin Meredith	Radford	49	104	143	28:34.4	9:13/M
10	Ronald Staton	Forest	47	146	149	28:58.3	9:21/M
11	Paul Thompson	Roanoke	47	156	207	32:59.8	10:38/M
12	John Thompson	Bedford	47	155	228	36:08.9	11:39/M
13	Rick Woods	Troutville	49	184	238	37:55.0	12:14/M
14	JEFF STONE	Roanoke	48	149	250	40:24.0	13:02/M

Age Group Results

August 21, 2010

Fab 5k**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Alice Jackson	Bedford	50	214	125	27:09.8	8:45/M
2 *	Sara Lloyd Bryant	Lynchburg	51	24	163	29:42.7	9:35/M
3 *	Sara Cleland	Oakton	50	31	199	32:36.6	10:31/M
4	Drusilla Powell	Chesapeake	50	123	210	33:12.1	10:43/M
5	Randee Beckman	Bedford	54	189	223	35:34.8	11:28/M
6	DeAnna Wertz		51	273	243	38:48.5	12:31/M
7	Debora Weeks	Salem	54	175	253	41:55.1	13:31/M
8	Arlyn Borst	Brookeville	53	20	271	59:14.0	19:06/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Steve Pinard		50	222	56	22:02.2	7:06/M
2 *	Mark Kidd	Roanoke	51	88	68	22:59.9	7:25/M
3 *	Jerry Ballard	Roanoke	51	207	118	26:44.0	8:37/M
4	DAVID BROWN	Lexington	53	23	231	36:40.1	11:50/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Yuriko Renardy		55	286	114	26:30.6	8:33/M
2 *	Jean Vengrin	Christiansburg	56	164	148	28:56.3	9:20/M
3 *	Nancy Blackwell	Lynchburg	58	10	182	31:11.3	10:04/M
4	Susan Hutchison		57	276	218	34:16.9	11:03/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Roger Koehler		56	237	23	19:44.2	6:22/M
2 *	Felix Lopez		57	296	39	20:58.3	6:46/M
3 *	Mark Whisler		59	241	44	21:15.0	6:51/M
4	Michael Morris	Roanoke	56	112	47	21:32.3	6:57/M
5	Marion Childress	Roanoke	57	29	100	25:32.9	8:14/M
6	George Morgan	Blacksburg	57	111	116	26:33.6	8:34/M
7	Warren Smiley	Salem	59	140	129	27:24.0	8:50/M
8	Mike Pedigo		59	226	176	30:40.0	9:54/M
9	David Oalman	Roanoke	56	224	201	32:40.0	10:32/M

Fab 5k

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Sally Evans	Roanoke	66	46	139	28:16.1	9:07/M
2 *	Priscilla Jones	Lynchburg	61	85	156	29:32.8	9:32/M
3 *	Andrea Flora	Roanoke	62	52	229	36:12.2	11:41/M
4	Peggy Heslep	Elliston	63	71	268	48:10.9	15:32/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Bobby Spencer	Daleville	67	145	58	22:05.7	7:07/M
2 *	David Howison	Lexington	68	238	105	25:54.2	8:21/M
3 *	Thomas Miller	Roanoke	65	109	232	36:42.1	11:50/M