

# SWVRRC 2010 Race Results

Date	Race	Runner	Time	Placement
12-11	<b>Roanoke Jingle Bells Run for Arthritis 5K</b>	Tom Davis	27:21	247/1010
12-11	<b>Charlotte's Thunder Road Marathon</b>	Paul Pennington	3:53:36	411/1290
	<b>Charlotte's Thunder Road Half Marathon</b>	Mike Collins	1:39:32	236/3227
12-04	<b>Mistletoe Half Marathon (Winston-Salem, NC)</b>	Russell Lamastus	2:04:55	
11-25	<b>Beckley YMCA Thanksgiving 5-Mile Run</b>	Michael Collins	33:35	2nd - Male 35-39
		Kelli Mann	43:13	3rd - Female 30-34
11-25	<b>Drumstick Dash</b>	Tom Davis	25:59	722/3404
		Tom Gordon	28:33	1379/3404
		Rhonda Williams	27:19	1148/3404
11-25	<b>34th Annual Thanksgiving Day Run</b>	Lenora Hagerman	1:16	Walker
11-21	<b>Women's Half Marathon</b>	Lenora Hagerman	3:37	Walker
11-12	<b>SunTrust Half</b>	Tom Kaylor	1:33:08	
	<b>SunTrust Marathon</b>	Tom Gordon	5:20:51	
11-06	<b>Marshall Marathon</b>	Michael Collins	4:00:49	234/517
		Paul Pennington	3:42:39	143/517
	<b>Marshall Half Marthon</b>	Russell Lamastus	1:59:13	237/659
11-06	<b>Running Wild for WV Children</b>	Tanner Alvarez	24:04	3rd - Male 14 & under
		Jennifer Alvarez	27:12	1st - Female 35-39

Xander Alvarez		2nd - Fun Fun (boys)
Bruce Blankenship	24:13	1st - Male 55-59
Marshall Campbell	22:39	1st - Male 45-49
Vaugh Campbell	21:02	3rd - Overall Male
Helen Chaffins	31:20	34d - Female 40-44
Tom Davis	27:15	2nd - Male 60-64
Nancy Hodges	49:39	2nd - Walker (female)
Paul Hodges	49:40	2nd - Walker (male)
Randy Lester	24:22	2nd - Male 55-59
Kelli Mann	26:29	3rd - Female 30-34
Desi McClung	26:54	1st - Male 50-54
Beverly Quick	26:51	1st - Female 55-59

10-30	<b>Pumpkin 5K Run</b>	Cassidy Adams	32:41	1st - Female 14 & under
		Donna Akers	28:08	1st - Female 60-64
		Gary Akers	27:51	1st - Male 40-44
		Tanner Alvarez	23:38	2nd - Male 14 & under
		Gene Anderson	21:29	1st - Male 50-54
		Debra Bisaha	40:32	3rd - Female 45-49
		Joseph Bisaha	20:57	2nd - Overall Male
		Hank Burnley	31:43	2nd - Male 55-59
		Christine Cardinal	32:45	2nd - Female 55-59
		Helen Chaffins	31:54	2nd - Female 40-44
		Robert Cole	37:28	1st - Male 70+
		Randy Conley	37:22	3rd - Male 45-49
		David Dick	27:45	2nd - Male 45-49
		Karen Dillon	29:01	2nd - Female 45-49
		Steven Dowdy	26:00	2nd - Male 30-34
		David Gates	26:22	3rd - Male 50-54
		Tom Gordon	28:16	1st - Male 55-59
		Amy Lowe	21:24	1st - Overall Female
		Al MacNaughton	25:22	1st - Male 45-49
		Ian MacNaughton	22:29	1st - Male 14 and Under
		Desi McClung	26:16	2nd - Male 50-54
		Kelli Mann	26:35	2nd - Female 30-34
		Paul Pennington	21:20	3rd - Overall Male
		Beverly Quick	27:34	1st - Female 55-59
		Kevin Shrader	20:39	1st - Overall
		Anita Wagner	28:32	1st - Female 50-54
		Vonda Wilson	25:04	3rd - Overall Female
		Darlene Winger	42:05	2nd - Female 50-54

	<b>Pumpkin Run 10K</b>	Revonda Adams	63:41	1st - Female 35-39
		Jennifer Alvarez	55:54	2nd - Overall Female
		Bruce Blankenship	51:12	1st - Male 55-59
		Mike Collins	44:47	1st - Male 35-39
		Mary Beth Conley	56:11	3rd - Overall Female

		Doc Craddock	50:47	1st - Male 60-64
		Stephen Davis	79:00	
		Randy Lester	52:23	2nd - Male 55-59
		Todd Matson	42:22	1st - Male 50-54
		Jimmy Miller	60:03	1st - Male 65-69
		Lee Scruggs	50:19	2nd - Male 50-54
		Mark Wagner	46:44	1st - Male 45-49
10-24	<b>Myrtle Beach Mini Marathon</b>	Lenora Hagerman	3:29	Walker
10-23	<b>Brian Delp 5K</b>	Jennifer Alvarez	26:15	2nd - Female 35-39
		Tanner Alvarez	23:38	2nd - Male 14 & under
		Bruce Blankenship	24:00	1st - Male 55-59
		Helen Chaffins	31:47	1st - Female 40-44
		Michael Collins	20:37	1st - Male 35-39
		Doc Craddock	23:27	1st - Male 60-64
		Karen Dillon	28:10	2nd - Female 45-49
		Desi McClung	26:23	3rd - Male 50-54
		Jimmy Miller	27:25	1st - Male 65-69
		Paul Pennington	20:53	1st - Male 40-44
		Vonda Wilson	23:56	1st - Female 35-39
10-17	<b>VT Homecoming 5K</b>	Joseph Bisaha	21:15	2nd - Male 14 and under
10-17	<b>Columbus OH Marathon</b>	Danny Keatley	4:04:14	Marked the 200th marathon for his running career.
10-10	<b>Brush Mountain Breakdown Trail Run (8 miles)</b>	Cassidy Adams	2:19:33	1st - Female 14 and under
		Revonda Adams	2:17:33	
10-10	<b>Lumberjack Festival</b>	Karen Dillon	28:08	1st - Female 45-49
		Kelli Mann	27:16	1st - Female 30-34
10-3	<b>Johnstown PA Marathon</b>	Danny Keatley	4:16:09	
10-2	<b>Shepherdstown WV Marathon</b>	Danny Keatley	4:33:45	
10-2	<b>Beckley 5K</b>	Cassidy Adams	32:20	2nd- Male 10-14
		Revonda Adams	29:54	
		Joseph Bisaha	21:14	1st - Male 14 and under

		Karen Dillon	20:23	1st -Female 45-49
		Kelli Mann	26:50	
9-26	<b>Pittsburgh Great Race 5K</b>	Tom Davis	25:30	619/4085
9-25	<b>Akron OH Marathon</b>	Danny Keatley	4:14:21	
9-25	<b>Princeton AutumFest 5K</b>	Cassidy Adams	31:41.24	1st - Female 14 and under
		Damien Adams	34:00.06	2nd - Male 15-19
		Revonda Adams	30:49.71	1st - Female 35-39
		Gary Akers	28:02.06	2nd - Male 40-44
		Bruce Blankenship	24:02.24	1st - Male 55-59
		Hank Burnley	32:24.06	4th - Male 55-59
		Helen Chaffins	34:46.02	2nd - Female 40-44
		Doc Craddock	24:16.86	1st - Male 60-69
		Karen Dillon	28:45.53	1st - Female 45-49
		Tom Kaylor	21:23.92	3rd - Male Overall
		Kelli Mann	27:47	1st - Female 30-34
		Desi McClung	27:52.56	1st - Male 50-54
		Jimmy Miller	28:51.01	2nd - Male 60-69
		Brubaker Wills	40:22.89	2nd - Male 20-24
		Mark Wills	40:23.15	2nd - Male 50-54
9-19	<b>Maui Half Marathon (Maui, Hawaii)</b>	Lenora Hagerman	3:22:07	
9-18	<b>Maui Taco 5K (Kaanapali, Maui)</b>	Lenora Hagerman	44:45	
9-18	<b>Air Force Marathon</b>	Paul Pennington	3:44	324/2416
9-18	<b>Millboro VA Marathon</b>	Danny Keatley	5:58:50	
9-18	<b>Jason Elswick 5K Run</b>	Helen Chaffins	33:30.12	
		Mike Collins	20:39.25	
		Tom Davis	26:46.52	
		Tom Kaylor	20:33.58	
		Desi McClung	26:38.28	
		Jimmy Miller	27:48.59	
		Keisha Riley	32:47.15	2nd - Female 30-34

		Mark Wills	48:48.55	
		Vonda Wilson	22:37.69	1st - Female Overall
9-05	<b>Virginia Beach Half Marathon Walk</b>	Lenora Hagerman	3:31:41	
9-5	<b>Pineville Labor Day Festival 5k</b>	Jennifer Alvarez		
		Karen Dillon	27:50	1st - Female 45-49
		Tony Paynter	26:26	1st - Male 40-44
9-4	<b>Charleston Distance Run 15 Miler</b>	Revonda Adams	3:01:28.16	
		Jennifer Alvarez	2:25:47.13	
		Donna Akers	2:31:53.48	3rd - Female 60-64
		Bruce Blankenship	2:07:18.68	
		Mike Collins	2:01:32.17	
		Doc Craddock	2:05:55.59	
		Danny Keatley	1:58:49.48	
		Todd Matson	1:56:29.02	
		Paul Pennington	1:56:56.64	
		Lee Scruggs	2:07:18.46	
		Jonathan Wills	2:34:26.29	
9-4	<b>Charleston Distance Run 5K</b>	Cassidy Adams	29:48.23	
		Damien Adams	33:07.98	
		Tom Davis	26:30.81	1st - Male 50-54
		Helen Chaffins	32:43.97	
		Thomas Kaylor	20:23.74	
		Tony Paynter	26:20.76	
		Caitlin Wills	31:55.64	
		Mark Wills	38:22.27	
8-28	<b>Big Blaze 5K</b>	Revonda Adams	29:39	
		Gary Akers	28:09	
		Helen Chaffins	36:05	
		Tom Davis	26:40	1st - Male 60+
		Karen Dillon	28:15	2nd - Female 45-49
		Tom Gordon	27:42	
		Desi McClung	26:40	3rd - Male 50-54
		Tony Paynter	27:57	
		Mark Wills	41:20	
		Vonda Wilson	24:01	1st - Female 35-40
8-21	<b>4th Annual Giles County 5K</b>	Gary Akers	27:26	2nd - Male 40-44
		Donna Akers	27:29	1st - Female 60+

	<b>Run/2 Mile Walk</b>	Jennifer Alvarez	25:52	
		Debra Bisaha	43:44	
		Anthony Bisaha	31:38	
		Joseph Bisaha	21:32	2nd - 13 and under
		Vaughn Campbell	19:30	
		Sally Campbell	25:13	1st - Female 45-49
		Christine Cardinal	30:59	1st - Female 55-59
		Helen Chaffins	34:47	2nd - Female 40-44
		Michael Collins	20:30	
		Tom Davis	36:08	
		Karen Dillon	28:01	3rd - Female 45-49
		Tom Gordon	27:31	
		Tom Kaylor	20:41	2nd - Male 50-54
		Desi McClung	26:30	
		Jimmy Miller	27:02	
		Tony Paynter	26:37	
		Paul Pennington	20:23	2nd - Male 35-39
		Vonda Wilson	22:49	1st - Female 36-40; 2nd - Overall Female
8-21	<b>Parkersburg Half Marathon Walk</b>	Lenora Hagerman	3:32	
8-14	<b>Chief Logan 5K</b>	Tony Paynter	27:55	3rd - Male 35-40
8-1	<b>Chicago Half Marathon Walk</b>	Lenora Hagerman	3:35	
7-31	<b>H B Thomas Scholarship 5K Run</b>	Gene Anderson	19:31	1st - Male 46-50
		Bruce Blankenship	23:27	2nd - Male 56-60
		Martin Brekeller	31:46	1st - Male 71+
		Robert Craft	42:21	1st - Male 61-65
		Tom Kaylor	20:56	1st - Male 51-55
		Tony Paynter	27:19	3rd - Male 35-40
		Vonda Wilson	22:19	1st - Female 36-40

7-24	<b>Green Dog 5K</b>	Gary Akers	30:06	
		Jennifer Alvarez	26:37	
		A Bisaha	39:24	
		A Bisaha	39:23	
		Joe Bisaha	23:19	
		Hank Burnley	31:01	
		Helen Chaffins	40:41	
		Michael Collins	22:17	
		Tom Davis	27:46	
		David Gates	26:48	
		Tom Kaylor	21:18	
		Desi McClung	28:46	
		Jimmy Miller	29:27	
		Tony Paynter	30:37	
		Paul Pennington	21:33	
Tabitha Robins	27:24			
Vonda Wilson	23:38			
	<b>Green Dog 5K Walk</b>	Lenora Hagerman	NA	Fourth place
7-10	<b>Boone NC Marathon</b>	Danny Keatley	4:04:09	
7-10	<b>John Henry Days 4 Miler</b>	Michael Collins	27:36	1st - Male 34-39
7-03	<b>Young Life Heritage Classic 10K</b>	Donna Akers	56:38	1st - Female 60+
		Bruce Blankenship	48:19	1st - Male 55-59
		Christine Cardinal	1:06:01	1st - Female 55-59
		Michael Collins	45:37	2nd - Male 35-39
		Mary Beth Conley	56:59	1st - Female 40-44
		Randy Conley	1:07:08	3rd - Male 45-49
		Doc Craddock	52:13	2nd - Male 60+
		Danny Keatley	46:08	1st - Male 60+
		David Lawson	55:55	
		Jimmy Miller	1:00:26	34d - Male 60+
		Paul Pennington	43:17	1st - Male 35-39; third overall
	<b>Young Life Heritage Classic 5K</b>	Joe Bisaha	23:01	1st - Male 14 and under
		Hank Burnley	30:28	
		Tom Davis	27:18	2nd - Male 60+
		Karen Dillon	29:39	1st - Female 45-49
		Tom Kaylor	21:23	2nd - Male 50-54
		Desi McClung	27:45	3rd - Male 50-54
		Cathy Smith	34:51	2nd - Female 55-59

		Erik Stephan	21:12	1st - Male 50-54
		Mark Vestich	25:09	2nd - Male 55-59
		Mark Wagner	22:13	1st - Male 45-49
		Vonda Wilson	24:04	1st - Female 35-39
6-26	<b>Chautauqua Festival 5K</b>	Donna Akers	27:35	1st - Female 60-64
		Gary Akers	29:12	
		Bruce Blankenship	23:01	3rd - Male 55-59
		Hank Burnley	30:22	
		Christine Cardinal	31:29	1st - Female 55-59
		Crystal Collins	30:38	
		Michael Collins	21:26	
		Tom Davis	26:34	2nd - Male 60-64
		Karen Dillon	29:01	2nd - Female 45-49
		Desi McClung	26:42	3rd - Male 50-54
		Jimmy Miller	28:14	2nd - Male 65-69
		Keisa Riley	30:18	3rd - Female 30-35
		Tabatha Robins	25:19	1st - Female 20-24
		Mark Vestich	23:39	
		Anita Wagner	25:23	1st - Female 50-54
		Mark Wagner	21:07	2nd - Male 45-49
		Nick Whited	19:52	2nd - Male 30-34
		Rhonda Williams	25:18	1st - Female 40-44
		Vonda Wilson	23:12	2nd - Overall Female
6-12	<b>Varmint Half Marathon</b>	Donna Akers	2:27:31	3rd - Female 60-64
		Gary Akers	2:25:13	
		Jennifer Alvarez	2:10:14	
		Bruce Blankenship	1:51:13	2nd - Male 55-59
		Christine Cardinal	2:46:26	
		Michael Collins	1:50:29	
		Doc Craddock	1:59:10	
		Todd Donovan	1:42:35	1st - Male 25-29
		Tom Gordon	2:04:59	
		Russell Lamastus	2:40:40	
		Todd Matson	1:45:17	2nd - Male 50-54
		Paul Pennington	1:44:25	2nd - Male 35-39
		Shawn Quillen	2:04:38	
		Lee Scruggs	1:54:35	
		Erik Stephan	1:48:44	
		Doc Weiss	1:40:49	2nd - Male 60-64
		Rhonda Williams	2:06:33	



	<b>Varmint 5K</b>	Martin Brekeller	40:31	2nd - Male 65-69
		Crystal Collins	31:36	
		Karen Dillon	30:08	
		David Gates	26:00	2nd - Male 50-54
		Tom Kaylor	21:34	1st - Male 50-54
		Desi McClung	30:25	
		Vonda Wilson	24:31	1st - Female 35-39
	<b>Varmint Walkers</b>	Lenora Hagerman	3:20	
		Brenda Lamastus	4:22	
6-12	<b>Hatfield McCoy Marathon</b>	David Lawson	5:08:32	
6-05	<b>Cairo WV Marathon</b>	Danny Keatley	4:16:24	
6-05	<b>Lewis McManus 5K</b>	Gene Anderson	19:39	
		Martin Berkeller	30:56	
		Bruce Blankenship	24:12	
		Ron Cantley	21:38	
		Robert Craft	41:15	
		Tom Davis	27:12	
		Billy Fox	21:12	
		Lee Scruggs	21:49	
6-05	<b>Race for Open Space 3K</b>	Karen Gordon	29:09	
		Tom Gordon	17:18	3rd - Male 50-59
5-29	<b>Wade Center 5K</b>	Gary Akers	27:21	2nd - Male 40-44
		Jennifer Alvarez	26:10	1st - Female 35-39
		Dwayne Belcher	23:14	1st - Male 55-59
		Bruce Blankenship	23:39	2nd - Male 55-59
		Martin Brekeller	31:03	1st - Male 70+
		Sally Campbell	26:01	1st - Female 45-49
		Vaugh Campbell	20:25	1st - Male 14 & under
		Christine Cardinal	32:42	1st - Female 55-59
		Crystal Collins	32:02	
		Mike Collins	20:57	2nd - Male 35-39
		Tom Davis	27:41	1st - Male 60-64
		David Gates	24:59	3rd - Male 50-54
		Tom Kaylor	20:53	2nd - Male 50-54
		Steve Lester	21:49	1st - Male 40-44
		Desi McClung	30:09	
		Jimmy Miller	29:06	1st - Male 65-69
		Paul Pennington	20:32	1st - Male 35-39
		Tabatha Robins	26:16	2nd - Female 20-24

		Erik Stephan	20:36	1st - Male 50-54
		Anita Wagner	25:38	1st - Femlae 50-54
		Mark Wagner	21:34	1st - Male 45-49
		Nick Whited	21:00	2nd - Male 30-34
		Vonda Wilson	23:18	3rd Overall Female
	<b>Wade Center 5K Walk</b>	Lenora Hagerman	NA	1st - Walker
5-16	<b>York PA Marathon</b>	Danny Keatley	3:58:28	
5-15	<b>Trail Days Half Marathon</b>	Tom Gordon	2:07	
5-15	<b>Bluestone River Wild 5K</b>	Donna Akers	28:52	1st - Female 60-65
		Jennifer Alvarez	27:19	2nd - Female 35-39
		Gene Anderson	20:32	1st - Male 45-49
		Bruce Blankenship	25:07	1st - Male 55-59
		Martin Brekeller	31:49	1st - Male 70+
		Christine Cardinal	33:28	1st - Female 55-59
		Crystal Collins	34:45	1st - Female 30-35
		Michael Collins	21:41	2nd - Male 35-39
		Tom Davis	28:14	1st - Male 60-65
		Stephen Davis	35:38	4th - Male 50-55
		Doug Dillon	37:20	3rd - Male 40-45
		Karen Dillon	29:27	2nd - Female 40-45
		Steven Dowdy	25:58	3rd - Male 30-35
		David Gates	27:19	2nd - Male 50-55
		Dennis Lindsay	38:03	3rd Male 55-59
		Desi McClung	28:07	3rd - Male 50-55
		Paul Pennington	21:02	1st - Male 35-39
		Mark Persinger	22:02	3rd - Male 35-39
		Mark Vestich	25:39	2nd - Male 55-59
		Rhonda Williams	27:29	1st - Female 40-45
		Vonda Wilson	23:31	1st - Female 35-39
	<b>Walk</b>	Lenora Hagerman	44:50	4th Overall Walker
5-08	<b>Gallop 4 the Greenways 5K</b>	Tom Gordon	26:01	
		Rhonda Williams	26:37	
5-08	<b>Poca River 15K</b>	Bruce Blankenship	1:13	

5-08	<b>Grundy Kiwanis 5K</b>	Mike Collins Karen Dillon Vonda Wilson	21:19 28:37 23:20	1st - Male 34-39 1st - Female 40-44 1st - Female 35-39
5-02	<b>Frederick MD Marathon</b>	Danny Keatley	4:04:34	
5-02	<b>Flying Pig 1/2 Marathon</b> (Cincinnati OH)	Anita Wagner Katie Wagner	2:11 2:11	
	<b>Walk</b>	Lenora Hagerman	3:36:28	
	<b>Flying Pig Marathon</b>	Mark Wagner	3:56	
5-01	<b>Cheat Fest 5K</b>	Steven Dowdy	24:55	
5-01	<b>Susan Komen Race for the Cure 5K</b> (Charleston WV)	Bruce Blankenship Tom Davis	22:58 27:30	3rd - Male 55-59 (94/640) 293/640
5-01	<b>New River Trail/Dr. Ed Dannely 10K</b>	Russell Lamastus	57:47	
4-27	<b>20th Annual David S. Roth Memorial 5K</b>	Gary Akers Jennifer Alvarez Kate Alvarez Jackson Ball Phillip Ball Bruce Blankenship Martin Breckweller Helen Chaffins Michael Collins  Doc Craddock Karen Dillon Steven Dowdy David Gates Tom Gordon Danny Keatley  Desi McClung Jimmy Miller Colleen Nunnery Paul Pennington	26:56 27:07 29:29 33:29 34:24 24:17 29:58 32:08 21:48  25:12 29:18 25:48 27:22 25:34 23:15  28:52 27:32 39:32 20:59	     3rd - Female 30-39 3rd - Female 15-19  3rd - Male 50-59 1st - Male 70 & over  2nd - Male 35-39 and 1st - Male CU Alumni 2nd - Male 60-69 1st - Female 40-49 1st - Male 30-34  1st - Male 60-69 and 3rd - Male CU Alumni  3rd - Male 60-69 2nd - Female 50-59 1st - Male 30-39

		Erik Stephan	20:55	1st - Male 50-59
		Vonda Wilson	22:56	1st - Female 30-39
	<b>20th Annual David S. Roth Memorial 5K Walk</b>	Lenora Hagerman	43:20	2nd - Female
4-25	<b>Big Sur Marathon</b> (Monterey, CA)	Donna Akers	5:09	
		Christine Cardinal	5:54	
		Lee Scruggs	4:14	
		Rhonda Williams	4:54	
4-24	<b>Roanoke VA Marathon</b>	Danny Keatley	4:18:06	
4-24	<b>Pocahontas Indian Run 5 Miler</b>	Gary Akers	46:32	2nd - Male 40-44
		Jennifer Alvarez	47:33	1st - Female 35-39
		Helen Chaffins	54:41	2nd - Female 40-44
		Michael Collins	36:36	1st - Male 35-39
		Doc Craddock	42:59	1st - Male 60-64
		Karen Dillon	49:00	1st - Female 40-44
		Tom Gordon	43:16	2nd - Male 55-59
		Russell Lamastus	43:37	1st - Male 50-54
		Jimmy Miller	49:17	1st - Male 65+
		Drema Wall	47:53	1st - Female 55-59
		Vonda Wilson	39:42	1st - Female Overall
	<b>Pocahontas Indian 3-Mile Walkers</b>	Brenda Lamastus	53:21	1st - Female 55-59
	<b>Pocahontas Papoose Run (age 4-7)</b>	Zander Alvarez		2nd - Boys
		Annabel Collins		3rd - Girls
		Cary Collins		1st - Boys
4-19	<b>Boston Marathon</b>	Bruce Blankenship	3:47:53	
4-18	<b>Flying Pirate Half Marathon Walk</b> (Outer Banks, NC)	Lenora Hagerman	3:16:53	
4-17	<b>Charlottesville VA Marathon</b>	Danny Keatley	4:05:04	
4-17	<b>Gristmill Grinder Half Marathon</b>	David Lawson	2:25:41	
4-11	<b>Cherry Blossom 10 Miler</b>	Lee Scruggs	75:13	

4-11	<b>Athens OH Marathon</b>	Danny Keatley	4:11:19	
4-10	<b>Charlotte Racefest 10K</b>	Hank Burnley Cathy Smith	1:06 1:10	
4-10	<b>Outrunning Hunger 5K Walk</b> (Huntington, WV)	Lenora Hagerman	45:16	3rd - Female 40-49
4-10	<b>Chocolate Chase</b> (Lewisburg, WV)	Bruce Blankenship Martin Brekeller Helen Chaffins Michael Collins Karen Dillon Steven Dowdy Danny Keatley Russell Lamastus David Lawson Paul Pennington Darlene Winger	47:16 1:05:22 1:06:56 46:34 59:40 57:09 54:53 52:00 50:21 43:24 1:26:28	3rd - Male 35-39 1st - Female 40-44  2nd - Male 50-55; 33/65 MOA
4-03	<b>Spring Thaw 5K</b> (Charleston, WV)	Tom Davis	28:53	2nd Age Group -15 of 34
4-03	<b>PRC Race for Hospice</b> (Radford, VA)	Michael Collins	36:09	2nd - Male 35-39
3-28	<b>Pipestem 5K Fun Run</b>	Joe Bisaha Doc Craddock Tom Davis	25:33 26:58 30:450	11 years-old
3-27	<b>Ukrop's 10K</b> (Richmond, VA)	Tom Gordon Erik Stephan	51:59 44:11	97/748 - Male 55-59 38/1012 - Male 50-55
3-27	<b>Adam Johnson Memorial 3 Mile Walk</b>	Lenora Hagerman	45:13	
3-27	<b>Appalachian Law</b> (Grundy, VA)	Vonda Wilson	23:49	3rd overall women 1st - Female 35-39

3-20	<b>Sun Trust National Marathon</b> (Washington DC)	Mike Collins Lee Scruggs	4:21:05 3:53:23	1430/2325 814/2325
3-20	<b>NC Half Marathon</b> (High Point, NC)	Russell Lamastus	2:01:26	
	<b>NC Marathon</b>	Paul Pennington	3:52:16:29	10th - Male 35-39; 67/302
	<b>Walk</b>	Lenora Hagerman	3:26	
3-13	<b>Ellerbe NC Mathaon</b>	Danny Keatley	4:21:23	
3-07	<b>Disney Princess Half Marathon Walk</b>	Lenora Hagerman	3:28	
3-06	<b>Blacksburg Classic (10 Mile)</b>	Donna Akers Christine Cardinal Todd Donovan	1:37:20 1:58:21 1:06:25	Grand Masters-50 & over 1st - Female 55-59
	<u><a href="#">Blacksburg Classic Photos by Frank Locascio</a></u>	Tom Gordon Todd Matson Paul Pennington Lee Scruggs Mark Wagner Doc Weiss Rhonda Williams	1:29:43 1:09:10 1:13:55 1:15:57 1:13:01 1:12:31 1:32:24	2nd - Male 35-39 2nd - Male 45-49 1st - Male 60-64 3rd - Female 40-44
3-06	<b>Blacksburg Classic (5K)</b>	Helen Chaffins Steven Dowdy	32:55 27:13	
	<u><a href="#">Blacksburg Classic Photos by Frank Locascio</a></u>	Anita Wagner Vonda Wilson Darlene Winger	26:36 24:07 49:43	1st - Female 50-54 1st - Female 35-39
2-28	<b>Dublin OH Marathon</b>	Danny Keathley	4:22:15	
2-21	<b>A1A 1/2 Marathon Walk</b> (Ft Lauderdale, FL)	Lenora Hagerman	3:38	
2-13	<b>Strawberry Plains Half Marathon</b> (TN)	Rhonda Williams	2:04	
1-16	<b>Run to Read 1/2 Marathon</b> (Fairmont WV)	Donna Akers	2:13:30	1st - Female 60 and over

1-10

**Disney Marathon**

Christine Cardinal

5:42:20

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