

SWVRRC 2011 Race Results

Date	Race	Runner	Time	Placement
12-11	Santa Hustle Smokies 5K	Doug Dillon	39:55:20	
	Santa Hustle Smokies Half Marathon	Karen Dillon Ronnie Shuck	2:01:18 1:50:02	2nd - Male 60-64
12-10	Jingle Bell Run/Walk (Roanoke VA)	Tom Davis	28:55	355/2215
12-4	Three Bridges Marathon (VA)	Danny Keatley	4:17:45	36/43
12-3	Mistletoe Half Marathon (Winston Salem NC)	Russell Lamastus	2:02:18	
11-26	Derby 50K (NC)	Danny Keatley	5:53:32	45/78
11-24	Gobbler Gallop 5K Run/Walk (Marion VA)	Hannah Kaylor Megan Kaylor Tom Kaylor	25:05 25:50 20:35	
11-24	35th Annual Thanksgiving Day 5 Mile Run (Beckley WV)	Jennifer Alvarez Bruce Blankenship Randy Lester Desi McClung Lee Scruggs Ronnie Shuck Jeannie Weitzel	44:16 41:01 38:21 45:11 35:40 37:44 48:34	2nd - Male 55-59 1st - Male 50-54 1st - Male 60-64
11-24	Drumstick Dash 5K	Tom Davis	26:14	801/3675
11-19	Turkey Trot 5K	Donna Calvert Michael Canterbury Helen Chaffins David Helmandollar Julie Jackson Randy Lester Desi McClung Paul Pennington	43:13 19:28 31:38 32:19 36:28 24:18 21:58 27:48 50:02 58:29	2nd - Female 50-54 Overall Winner 1st - Female 45-49 2nd - Male 45-49 3rd - Female 20-24 1st - Male 55-59 1st - Male 50-54 1st - Male 40-44 3rd - Male 55-59

Mark Wills
Darlene Winger

11-19	NC Marathon	Nick White	3:04:42	1st - Male 30-34 10/257
11-18	Dollywood's Light the Way 5K	Ronnie Shuck	24:47	2nd - Male 60-64
11-12	Grand Prix 15 *Not qualified for Grand Prix awards (runner had to participate in all 3 races)	Jennifer Alvarez Bruce Blankenship Michael Canterbury Mike Collins Doc Craddock Tom Gordon Randy Lester* Adem Ozyavas* Paul Pennington Beverly Quick Lee Scruggs Ronnie Shuck Darlene Winger	92:22 84:17 73:19 69:58 80:35 96:54 87:00 103:26 75:38 96:49 77:59 78:52 162:34	1st - Female Overall 1st - Male 55-59 2nd - Male Overall 1st - Male Overall 1st - Male 65-69 3rd - Male 60-64 3rd - Male Overall 2nd - Female Overall 1st - Male 50-54 1st - Male 60-64 3rd - Female Overall
11-12	SunTrust Richmond Half	Hannah Kaylor Tom Kaylor	1:53:21 1:31:46	5/6236 Men 50-54
	SunTrust Richmond Marathon	Danny Keatley	3:53:40	12/65 Male 60-64 1071/3787
11-7	NY Marathon	Lee Scruggs	4:16:10	
11-7	Marshall Half Marathon	Mike Collins Tom Gordon Anita Wagner Jeannie Weitzel	1:33:02 2:19:33 2:10:49 2:16:02	1st - Male 35-39 Oldest Armed Forces Runner
	Marshall Marathon	Jennifer Alvarez Michael Canterbury Danny Keatley Mark Wagner Paul Pennington	4:41:17 4:09:02 3:53:30 3:26:34 3:45:15	PR

10-29	Haunted Half	Helen Chaffins David Helmandollar	2:33 2:33	
10-29	Pumpkin Run 5K	Hank Burnley Robert Cole Desi McClung Jimmy Miller Melanie Dowdy Steven Dowdy	30:52 38:42 27:25 31:04 38:07 25:49	1st - Male 55-59 2nd - Costume (Santa) 1st - 70+ 1st - Male 50-54 1st - Male 65-69 2nd - Female 30-34 1st - Male 30-34
	Pumpkin Run 10K	Jennifer Alvarez Bruce Blankenship Michael Canterbury Mike Collins Doc Craddock Karen Dillon Tom Gordon Paul Pennington Beverly Quick Lee Scruggs Ronnie Shuck Anita Wagner Mark Wagner Darlene Winger	58:29 57:26 42:48 44:43 49:53 57:37 1:04:08 47:13 1:03:47 48:09 49:26 57:57 46:05 1:30:42	1st - Female 35-39 1st - Male 55-59 Overall Winner 1st - Male 35-39 1st - Male 65-69 3rd - Overall Female 3rd - Male 60-64 1st - Male 40-44 1st - Female 55-59 1st - Male 50-54 1st - Male 60-64 1st - Female 50-54 1st - Male 45-49 3rd - Female 50-54 3rd - Costume (Devil)
	Pumpkin Run Walk	Revonda Adams Mark Wills		4th - Male 5th - Female
	Pumpkin Run Fun Run	Xander Alvarez	4:37	2nd
10-23	Myrtle Beach Mini Marathon	Hank Burnley Cathy Smith	2:16:48 2:43:54	
10-22	ACE New River Gorge-ous Trail Run & Walk	Ronnie Shuck	2:14:56	1st - Male 60-99
10-22	Greenway Memory 10 Miler	Donna Akers	1:36:53	1st - Female 60-64
10-22	AJ Paine October Up Over Half Marathon	Jennifer Alvarez Bruce Blankenship	2:22:48 2:21:05	5/17 4/17
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		Jeannie Weitzel	2:49:16	12/17
		Nick Whited	1:32:28	2/17
10-22	Railroad Days 5K	Randy Lester	24:40	1st - Male 55-60
		Desi McClung	27:04	1st - Male 50-54
10-16	Columbus Marathon	Danny Keatley	3:52:05	10/86 Male 60-64 1464/4741
10-12	Grand Prix 5K	Jennifer Alvarez	27:14	
		Bruce Blankenship	26:08	
		Martin Brekeller	33:17	
		Michael Canterbury	19:22	
		Mike Collins	21:17	
		Doc Craddock	25:16	
		David Gates	28:46	
		Tom Gordon	28:44	
		Randy Lester	24:30	
		Desi McClung	27:03	
		Adem Ozyavas	30:23	
		Paul Pennington	21:59	
		Beverly Quick	28:22	
		Lee Scruggs	22:30	
		Ronnie Shuck	23:45	
		Liliya Yakimova	32:55	
		Darlene Winger	45:21	
10-12	Galax Autumn 5K	Tom Kaylor	20:20	3rd - Master
10-9	Lumberjack 5K	Karen Dillon	26:01	1st - Female 45-49
		Margi Holtz	NA	
		Danny Keatley	22:38	1st - Male 60-64; 13/39
		Desi McClung	NA	
		Vonda Wilson	22:37	2nd - Female Overall; 12/39
10-9	Towpath Marathon-Cuyahoga Valley National Park	Russell Lamastus	4:48:31	
10-8	New River 50K	Mike Collins	4:59:18	
		Paul Pennington	4:59:18	
		Nick Whited	3:46:37	3rd - Overall

10-2	Johnstown Marathon (PA)	Danny Keatley	4:29:59	2nd - Male 60-64; 50/68
10-1	Freedom Marathon (WV)	Danny Keatley	4:40:58	
10-1	Beckley Half Marathon	Donna Akers	2:10:06	1st - Female 60-64
		Joshua Barton	1:35:51	1st - Male 25-29
		Bruce Blankenship	1:56:40	1st - Male 55-59
		Michael Canterbury	1:30:11	1st - Male 30-34; 7th
		Doc Craddock	1:52:40	Overall
		Ron Shuck	1:46	1st - Male 65-69
		Doc Weiss	1:36:47	1st - Male 60-64
	Beckley 5K	Martin Brekeller	32:25	2nd - Male 70+
		Karen Dillon	27:50	2nd - Female 45-49
		Desi McClung	27:43	2nd - Male 50-54
		Jimmy Miller	30:15	1st - Male 65-69
9-26	Brian Delp 5K	Revonda Adams	31:50	3rd - Female 35-39
		Jennifer Alvarez	28:04	1st - Female 35-39
		Tanner Alvarez	22:10	1st - Male 14 and under
		Bruce Blankenship	24:47	2nd - Male 55-59
		Hank Burnley	29:35	
		Christine Cardinal	37:57	1st - Female 55-59
		Helen Chaffins	33:15	1st - Female 45-49
		Tom Davis	27:41	3rd - Male 60-64
		Melanie Dowdy	38:14	2nd - Female 30-34
		Stephen Dowdy	26:10	1st - Male 30-34
		Carol Fitzwater	37:57	1st - Female 50-54
		Larry Fitzwater	23:38	1st - Male 55-59
		David Gates	27:33	3rd - Male 50-54
		Tom Gordon	27:14	
		Tom Kaylor	20:37	1st - Male 50-54
		Danny Keatley	23:20	1st - Male 60-64
		Randy Lester	25:28	3rd - Male 55-59
		Desi McClung	27:28	2nd - Male 50-54
		Jimmy Miller	29:59	1st - Male 65-69
		Paul Pennington	20:59	1st - Male 40-44
		Ronnie Shuck	23:35	2nd - Male 60-64
		Nick Whited	17:42	2nd - Overall
	Walker	Mark Wills		

9-25	Pittsburgh Great Race	Tom Davis	26:00	563/4083
9-24	Akron Marathon	Danny Keatley	3:47:45	5/26 60-64; 345/1390
9-24	Emma's Touch (Princeton's Autumnfest)	Cassidy Adams	31:25	1st - Female 14 & under
		Damien Adams	28:13	1st - Male 15-19
		Revonda Adams	32:39	1st - Female 35-39
	Results from Bluefield Daily Telegraph	Jason Artrip	26:39	
		Lynsey Artrip	32:09	3rd - Female 25-29
		Bruce Blankenship	24:55	3rd - Male 55-59
		Hank Burnley	29:15	
		Michael Canterbury	20:06	1st - Male Overall
		Mike Collins	20:49	2nd - Male Overall
		Mary Beth Conley	25:41	3rd - Female Overall
		Helen Chaffins	33:10	1st - Female 45-49
		Doc Craddock	23:27	1st - Male 60-69
		Melanie Dowdy	38:56	
		Stephen Dowdy	25:40	
		Larry Fitzwater	24:19	1st - Male 55-59
		Tom Kaylor	21:01	3rd - Male Overall
		Randy Lester	24:27	2nd - Male 55-59
		Desi McClung	27:43	2nd - Male 50-54
		Jimmy Miller	NA	
		Paul Pennington	21:26	1st - Male 40-44
		Beverly Quick	28:00	1st - Female 55-59
		Ronnie Shuck	23:57	2nd - Male 60-69
		Cathy Smith	36:11	2nd - Female 55-59
9-17	Air Force Marathon	Danny Keatley	3:57:42	7/75 60-64; 613/2517
9-17	16th Annual Marine 5K Mud Run	Jennifer Alvarez		Team Placement
		Trish Gallagher		1st - Women's Open Division
		Tara Hazelwood		
		Tabatha Robins		
		Vonda Wilson		
9-17	Capital City Challenge	Ronnie Shuck	2:28:42	2nd - Male 60-99
9-10	Spud Run (Summersville)	Ronnie Shuck	22:57	1st - Male 60+
9-10	Odyssey Trail Running Rampage (Marathon)	Danny Keatley	6:22:36	27/47
		Nick Whited	3:58:53	1st - Overall

9-3	Charleston Distance Run 5K	Martin Brekker Robert Cole Tom Davis Tom Kaylor Tony Paynter Mark Wills	34:04.42 38:11.94 27:03.50 20:21.71 27:37.00 49:08.78	1st - Male Masters 40+
	<u>Complete Results</u>			
	Charleston Distance Run 15 Miler	Revonda Adams Bruce Blankenship Doc Craddock Danny Keatley Lee Scruggs Ronnie Shuck Doc Weiss Nick Whited Caitlin Wills Jonathan Wills	3:51:46 2:23:34 1:59:25 2:13:23 2:21:41 2:12:41 1:59:25 1:42:53 3:01:33 2:26:51	2nd - Male 65-69 2nd - Male 60-64 3rd - Male 30-34
	<u>Complete Results</u>			
8-28	Timmy's Challenge Marathon	Danny Keatley	3:55:32	1/14 - 60+ 11/78 overall
8-27	Big Blaze 5K	Helen Chaffins Tom Davis Randy Lester Desi McClung Tabatha Robins Anita Wagner Doc Weiss Vonda Wilson	34:34 29:08 25:50 28:43 28:33 32:27 22:19 24:56	1st - Male 50-59 1st - Male 60+ 2nd - Overall Female
8-20	Parkersburg Half Marathon	Bruce Blankenship Danny Keatley	1:59:19 1:43:09	361/911 2/32 - Male 60-64; 154/911
8-13	Narrows 5K Run	Donna Akers Gary Akers Jennifer Alvarez Joshua Barton Martin Brekeller Hank Burnley Michael Canterbury Christine Cardinal Michael Collins	28:17 29:11 25:54 19:00 32:06 27:57 18:53 35:42 19:34	1st - Female 60-64 3rd - Male 40-44 2nd - Female 35-39 1st - Male 25-29 3rd - Male 65+ 2nd - Male 30-34 3rd - Female 55-59 1st - Male 35-39
	*Walker 5K			

		Doc Craddock	23:08	1st - Male 65+
		Tom Davis	26:40	
		Steven Dowdy	25:36	
		Carol Fitzwater	41:34	2nd - Female 50-54
		Larry Fitzwater	23:11	2nd - Male 55-59
		Tom Gordon	26:36	
		Nancy Hodges	34:58	3rd - Female 60-64
		Paul Hodges*	43:43	1st - Male
		Tom Kaylor	20:18	Walker/Overall
		Megan Kaylor	28:05	1st - Male 50-54
		Randy Lester	24:16	1st - Female 20-24
		Desi McClung	26:03	3rd - Male 55-59
		Jimmy Miller	28:50	
		Paul Pennington	21:01	2nd - Male 65+
		Angela Proffitt	38:53	2nd - Male 40-44
		Beverly Quick	26:37	
		Lee Scruggs	21:15	2nd - Female 55-59
		Ronald Shuck	22:58	2nd - Male 50-54
		Cathy Smith	33:29	2nd - Male 60-64
		Doc Weiss	19:53	2nd - Female 55-59
		Dianne Weiss	31:48	1st - Male 60-64
		Jeannie Wetzell	28:01	2nd - Female 60-64
		Vonda Wilson	22:18	2nd - Female 40-44
				1st - Female Overall
				Female Masters
8-13	Lemonade Days 5K	Danny Keatley	22:08	1st - Male 60-64 2/18
8-13	Charlie Williamson Memorial 5K	Kelli Mann	27:15	
8-6	Cherry River Festival 5K	Kelli Mann	28:02	
	Cherry River Festival 10K	Danny Keatley	46:01	1st - Male 50+ 5/23
8-6	The Pigeon Forge Midnight 8K	Ronnie Shuck	38:16	1st - Male 60-64; 102/486
8-5	30th Annual Draper Mile	Ronnie Shuck	6:13	1st - Male 60-64; 115/229
		Nick Whited	4:36	2nd - Male 30-34; 14/229

7-30	5K Fun Day Run	Jason Artrip	26:58	
		Lynsey Artrip	34:21	
		Joe Bisaha	23:35	5th Place Overall
		Michael Canterbury	20:15	1st Place Overall
		Marshall Campbell	23:38	
		Sally Campbell	28:15	
		Vaugh Campbell	20:52	3rd Place Overall
		Carol Fitzwater	45:31	
		Larry Fitzwater	25:17	
		David Gates	28:30	
		Danny Keatley	23:53	
		Kelli Mann	30:01	
		Desi McClung	30:31	
7-30	Fire on the Track 5000m	Nick Whited	17:51.0	7th Place Overall
7-23	Mountain Lakes 5K "That Dam Race"	Ronnie Shuck	26:00.9	1st - Male 60+
7-23	Green Dog 5K	Jason Artrip	26:27	2nd - Male 30-34
		Lynsey Artrip	32:03	
		Gary Akers	30:49	
		Hank Burnley	30:46	
		Mike Collins	20:57	1st - Male 35-39
		Helen Chaffins	32:27	2nd - Female 45-49
		David Gates	27:45	3rd - Male 50-54
		Tom Gordon	28:16	
		Kendra Johnson	37:04	1st - Female 30-34
		Tom Kaylor	21:15	1st - Male 50-54
		Larry Fitzwater	24:04	3rd - Male 55-59
		Jimmy Miller	30:19	1st - Male 65+
		Desi McClung	27:46	
		Paul Pennington	21:47	1st - Male 40-44
		Angela Proffitt	39:58	2nd - Female 30-34
Tabatha Robins	27:26	2nd - Female 20-24		
Vonda Wilson	22:54	1st - Female 40-44		
7-16	Bear Hole 5K	Gary Akers	28:07	1st - Male 40-44
		Martin Brekeller	30:17	1st - Male 70+
		Tom Davis	25:42	1st - Male 60-64
		Carol Fitzwater	44:15	1st - Female 50-54
		Kellii Mann	25:29	2nd Overall Female
		Desi McClung	25:54	3rd - Male 50-54
		Jimmy Miller	27:39	1st - Male 65-69

	Bear Hole 10K	Jennifer Alvarez	56:23	3rd Overall Female
		Bruce Blankenship	50:12	1st - Male 55-59
		Mike Collins	42:53	1st - Male 35-39
		Doc Craddock	48:56	1st - Male 65-69
		Larry Fitzwater	50:37	2nd - Male 55-59
		Tony Paynter	1:02:04	
		Lee Scruggs	46:48	2nd - Male 50-54
		Jeannie Weitzel	1:02:08	2nd - Female 40-44
		Nick Whited	38:23	2nd - Overall Male
7-16	Crazy 8s	Donna Akers	48:08.9	3rd - Female 60-64
		Chrstine Cardinal	61:27.7	
		Helen Chaffins	53:24.5	
		Tom Gordon	45:36.7	
		Tabatha Robins	44:39.5	
		Ronnie Shuck	37:57.1	3rd - Male 60-64
		Vonda Wilson	37:58.1	
7-16	Beat the Heat 5K	Joshua Barton	19:20	
7-16	Landsford Canal 50K	Danny Keatley	5:17:32	16/48
7-9	Grandfather Mt Marathon	Danny Keatley	4:15:34	2/29 60+ 138/360
7-9	John Henry 4 Miles	Joshua Barton	25:13	1st - Male 20-29
		Mike Collins	25:26	1st - Male 30-39
		Desi McClung	34:04	
		Ronnie Shuck	29:41	2nd - Male 60+
		Nick Whited	22:52	Overall Winner
7-2	Young Life Heritage Classic 5K	Gary Akers	31:12	2nd - Male 40-44
		Jason Artrip	26:03	2nd - Male 30-34
		Lynsey Artrip	34:32	3rd - Female 20-24
		Hank Burnley	31:23	
		Randy Conley	35:02	2nd - Male 45-49
		Tom Davis	27:57	2nd - Male 60+
		Kendra Johnson	38:43	1st - Female 30-34
		Tom Kaylor	21:30	1st - Male 50-54
		Desi McClung	27:42	2nd - Male 50-54
		Tabatha Robins	29:06	2nd - Female 20-24
		Nick Whited	18:15	Overall Winner

	Young Life Heritage Classic 10K	Donna Akers Bruce Blankenship Michael Collins Mary Beth Conley Doc Craddock Danny Keatley Randy Lester Paul Pennington Lee Scruggs Vonda Wilson	1:00 50:34 41:57 53:40 49:02 46:34 51:24 45:26 47:30 47:14	1st - Female 60+ 1st - Male 55-59 2nd Overall 1st - Female 45-49 2nd - Male 60+ 1st - Male 60+ 2nd - Male 55-59 1st - Male 40-44 2nd - Male 50-54 Female Overall Winner
7-2	YMCA Freedom 5K	Ronnie Shuck	21:27	1st - Master; 5th overall
6-25	Chautauqua 5K	Donna Akers Bruce Blankenship Hank Burnley Ashley Chaffins Helen Chaffins Tom Davis Hannah Kaylor Megan Kaylor Tom Kaylor Desi McClung Jimmy Miller Anita Wagner Mark Wagner Rhonda Williams Vonda Wilson	28:23 23:56 29:25 40:55 30:48 26:26 26:50 26:57 20:32 26:14 28:34 28:06 20:54 25:25 22:58	1st - Female 60-64 1st - Male 50-54 2nd - Male 65+ 1st - Female 50-54 2nd - Male 45-49 1st - Female 45-49 1st - Female Overall
6-25	WV 5K Championship	Nick Whited	17:19	1st - Male 30-35; 24/680
6-18	Downton Sundown 5K	Helen Chaffins Ashley Chaffins	29:00 34:52	
6-11	Hatfield-McCoy Marathon	Danny Keatley	4:08:58	1st - Male 60-64
6-11	The Varmint 5K	Gary Akers Anthony Bisaha Deborah Bisaha Hank Burnley Ashley Chaffins Helen Chaffins Randy Conley	33:01.0 41:26.0 41:17.0 30:15.8 39:32.6 32:40.2 33:24.5	 3rd - Male 55-59 3rd - Female 20-24 2nd - Female 45-49 3rd - Male 45-49

David Gates	32:38.2	
Margaret Holz	30:52.2	2nd - Female 55-59
Tom Kaylor	21:25.4	1st - Male 50-54
Desi McClung	28:22.6	2nd - Male 50-54
Tony Paynter	31:11.2	
Beverly Quick	28:14.8	1st - Female 55-59
Tabatha Robins	41:34.7	
Darlene Winger	45:27.8	3rd - Female 50-54

The Varmint Half Marathon

Jennifer Alvarez	2:10:07.8	
Joshua Barton	1:32:30.9	2nd - Male 25-29
Joseph Bisaha	2:00:34.5	3rd - Male 14 & under
Bruce Blankenship	1:55:59.0	3rd - Male 55-59
Michael Canterbury	1:33:25.7	1st - Male 30-34
Mike Collins	1:34:31.1	2nd - Male 35-39
Mary Beth Conley	2:07:49.0	
Doc Craddock	1:52:13.1	1st - Male 65+
Tom Gordon	2:10:31.1	
Russell Lamastus	2:25:30.2	
Todd Matson	1:35:46.3	Male Grandmaster
Paul Pennington	1:48:38.0	
Ronnie Shuck	1:51:36.0	2nd - Male 60-64
Jason Weitzel	1:35:52.1	1st - Male 14 & under
Jeannie Weitzel	2:44:51.4	
Vonda Wilson	1:57:00.3	2nd - Female 40-44

6-4	Sunburst Marathon	Doc Craddock	4:02:45	157/400
6-4	Ridgerunner Marathon	Danny Keatley	4:11:27	2nd - Male 60+; 15/45
6-4	Girls on the Run 5K	Tanner Alvarez	21:14	1st - Male 14 & under
		Hank Burnley	32:46	2nd - Male 55-59
		Sally Campbell	27:07	1st - Female 45-49
		Mary Beth Conley	26:06	2nd - Female 40-44
		Randy Conley	32:32	
		Nancy Hodges	37:19	1st - Female 60-64
		Tom Kaylor	21:18	1st - Male 50-54
		Randy Lester	25:00	1st - Male 55-59
		Desi McClung	27:08	2nd - Male 50-54
		Jimmy Miller	29:36	1st - Male 65-69
		Vonda Wilson	22:33	1st - Female 40-44
	Girls on the Run Walk	Paul Hodges	44:58	1st - Male

6-4	Lewis McManus 5K	Bruce Blankenshp	24:35	2nd - Male 55-59
		Martin Breckeller	32:47	1st - Male 65+
		Tom Davis	26:30	2nd - Male 60-64
		Karen Dillon	28:32	1st - Female 45-49
		Billy Fox	21:14	1st - Male 40-44
		Ronnie Shuck	22:40	1st - Male 60-64
6-1	National Running Day	George	15	A total of 118.4 miles were logged by our club members. If you ran on June 1st and your name is omitted, please email your mileage to kgordon@citlink.net .
		Brown	12	
		Rhonda	10	
		Williams	10	
		Donna Akers	7	
		Nick Whited	6.2	
		Joshua Barton	6.1	
		Tom Gordon	6	
		Mary Beth	6	
		Conley	5.5	
		Mike Collins	5	
		Amy Lowe	4	
		Erik Stephan	4	
		Lee Scruggs	3.5	
		Revonda	3.4	
		Adams	3	
		Dennis	3	
		Lindsay	3	
		Martin	3	
		Brekeller	2.7	
Tom Kaylor				
Al				
MacNaughton				
Ian				
MacNaughton				
Russell				
Lamastus				
Chad Meador				
Gary Akers				
5-28	Run to Remember	Ronnie Shuck	22:17	1st - Male 60-64
5-28	Appalachian Power Festival in the Park 5K	Tom Davis	27:34	3rd - Male 60-64
	Appalachian Power Festival in the Park 10K	Donna Akers	57:28	1st - Female 60-64
		Danny Keatley	44:24	3rd - male 60-64
		Rhonda Williams	52:53	2nd - Female 45-49

5-21	3rd Annual Alleghany Highlands Triathlon	Ronnie Shuck	1:03:23	1st - Male Masters
5-21	Running the Vines 10K	Helen Chaffins Karen Dillon Tom Gordon	1:08:35 58:57 56:38	3rd - Female 45-49 3rd - Male 55-59
5-21	Bluestone River Wild 5K Run	Donna Akers Jennifer Alvarez Tanner Alvarez Jacob Austin Joshua Barton Bruce Blankenship Mary Beth Conley Tom Davis Carol Fitzwater Larry Fitzwater Desi McClung Jeanne Weitzel Vonda Wilson	29:28 27:45 24:29 29:15 19:56 25:38 26:33 27:55 44:48 24:33 27:26 32:24 22:56	1st - Female 60-64 1st - Female 35-39 2nd - Male 14 and under 5th - Male 14 and under Overall Winner 2nd - Male 55-59 2nd - Female age age 1st - Male 60-64 1st - Female 50-54 1st - Male 55-59 1st - Male 50-54 3rd - Female 30-34 1st - Overall Female
	Bluestone River Wild 5K Walk	Lenora Hagerman	48:11	1st - Female Age group
5-15	Bob Potts Marathon (York PA)	Danny Keatley	3:46:49	1st - Male 60-64
5-7	Grundy Kiwanis Trupont Bank 5K	Karen Dillon	27:20	1st - Female 45-49
5-7	Susan Komen Race for the Cure 5K (Charleston WV)	Cassidy Adams Revonda Adams Bruce Blankenship Randy Conley Tom Davis Paul Pennington Mark Wills	34:11 33:26 24:55 33:04 27:07 21:08 55:25	5th - Male 60-64 4th - Male 40-44
5-7	Jerolee White 5K Run	Jennifer Alvarez Dwayne Belcher Doc Craddock Carol Fitzwater Larry Fitzwater David Gates	25:44 21:20 24:33 42:13 24:13 26:46	1st - Female 35-39 1st - Male 50-54 1st - Male 65-69 3rd - Female 50-54 1st - Male 55-59 3rd - Male 50-54

		Tom Gordon	26:41	2nd - Male 55-59
		Tom Kaylor	20:52	3rd - Overall male
		Desi McClung	26:14	2nd - Male 50-54
		Al MacNaughton	25:57	3rd - Male 45-49
		Jimmy Miller	28:09	2nd - Male 65-69
		Adem Ozwavas	27:59	1st - Male 35-39
		Keisha Riley	36:28	2nd - Femlae 30-34
		Ronnie Shuck	23:18	1st - Male 60-64
		Jeannie Weitzel	30:17	2nd - Female 30-34
		Sam White	22:43	1st in Male 30-34
		Vonda Wilson	22:03	1st - Female overall
	Jerolee White 5K Walk	Kelli White		1st - Female
5-7	TWAM (NC)	Joshua Barton	19:00	2nd - Male 25-29
5-7	New River Marathon (Brownwood NC)	Danny Keatley	4:08:30	3rd - Male 60-69
5-3	David S. Roth 5K	Cassidy Adams	30:32	
		Revonda Adams	30:36	
		Tanner Alvarez	24:52	
		Jennifer Alvarez	26:43	2nd - Female 30-39
		Joshua Barton	19:57	1st - Male 25-29
		Joseph Bisaha	20:35	3rd - Male 14 and under
		Michael Canterbury	19:39	2nd - Male 30-34
		Christine Cardinal	37:03	1st - Female 50-59
		Helen Chaffins	33:42	3rd - Female 40-49
		Mike Collins	20:29	1st - Male 35-39
				1st - Male CU Alumni
		Doc Craddock	23:43	2nd - Male 60-69
		Karen Dillon	29:31	2nd - Female 40-49
		Tom Gordon	27:13	
		Nancy Hodges	38:08	1st - Female 60+
				1st - Female CU Alumni
		Tom Kaylor	21:35	1st - Male 50-59
		Danny Keatley	23:44	3rd - Male 60-69
		Desi McClung	27:14	
		Jimmy Miller	28:56	
		Paul Pennington	21:16	1st - Male 40-44
		Lee Scruggs	23:04	2nd - Male 50-59
		Ronnie Shuck	23:11	1st - Male 60-69
		Nick Whited	17:58	1st - Male 30-34
		Vonda Wilson	22:29	1st - Female 40-49

5-1	North-South Marathon (Gettysburg PA)	Danny Keatley	3:43:33	1st - Male 60-64
4-30	Louisville Half Marathon	Lee Scruggs	1:38	480/11394
	KY Derby Festival Mini Marathon (walk)	Lenora Hagerman	3:41:46	
4-29	Great Greenbrier River Triathlon	Ronnie Shuck	1:40:20	6th - Masters
4-29	Pocahontas Indian Run (5 Miles)	Revonda Adams	56:27	2nd - Female 35-39
		Jennifer Alvarez	44:43	1st - Female 35-39
		Hank Burnley	51:18	3rd - Male 55-59
		Christina Cardinal	1:00:46	3rd - Female 55-59
		Mike Collins	33:36	1st - Male 35-39
		Doc Craddock	41:06	1st - Male 65 & over
		Tom Davis	46:46	1st - Male 60-64
		Todd Donovan	35:17	1st - Male 25-29
		Larry Fitzwater	41:00	1st - Male 55-59
		Tom Gordon	45:55	2nd - Male 55-59
		Tom Kaylor	35:18	2nd - Male 50-54
		Russell Lamastus	44:04	3rd - Male 50-54
		Amy Lowe	38:20	1st Overall Female
		Desi McClung	45:09	
		Jimmy Miller	47:47	2nd - Male 65 & over
		Paul Pennington	36:32	1st - Male 40-44
		Beverly Quick	45:12	1st - Female 55-59
		Erik Stephan	34:57	1st - Male 50-54
		Vonda Wilson	38:50	1st - Female 40-44
		Nick Whited	29:48	Overall Winner - New Course Record Previous Record 30:32
	Papoose Run	Kerry Collins		2nd - Male 4-7
		Annabelle Collins		2nd - Female 4-7
4-16	Race Fest Half Marathon	Michael Canterbury	1:38:33	70/1385
4-16	Gristmill Grinder Half Marathon Trail Run	Ronnie Shuck	2:12:26	4th - Male 60-69

4-16	Blue Ridge Marathon	Danny Keatley Nick Whited	4:15:12 3:11	2nd - Male 60-64 1st - Male 30-34; 5th overall
4-10	Eagle Run 5K	Jennifer Alvarez Desi McClung Kelli Mann Tony Paynter Ronnie Shuck	27:50 28:52 29:35 25:00	1st - Female 25-40 2nd - Male 40 and over
4-9	Chocolate Chase 10K	Revonda Adams Cassidy Adams Donna Akers Jennifer Alvarez Bruce Blankenship Martin Brekeller Michael Canterbury Christine Cardinal Michael Collins Karen Dillon Tom Gordon Hannah Kaylor Tom Kaylor Randy Lester Ronnie Shuck Vonda Wilson	1:02:05 1:14:15 58:39 54:07 48:55 1:21:49 40:33 1:16:11 41:31 1:00:01 55:17 52:59 45:02 51:18 47:31 48:07	1st - Male 30-34; 6th overall
4-9	Charlottesville Marathon	Danny Keatley	3:46:34	1st - Male 60-69
4-9	Spring Thaw 5K	Tom Davis	27:50	
4-3	Cherry Blossom 10 Mile	Donna Akers Lee Scruggs	1;36:05 1:15:19	8,479/15,968 1,518/15,968
4-3	Talladega 21000 Half Marathon	Lenora Hagerman	3:46:08	
4-3	Athens Marathon (OH)	Danny Keatley	3:45:23	1st - Male 60-64
4-2	Wolf Creek Indian Village & Museum 5K	Dwayne Belcher Tom Davis Tom Gordon Tom Kaylor	23:11 30:34 29:45 23:08	3rd - Adult 3rd - Senior 2nd - Adult

		Desi McClung	29:01	
		Jimmy Miller	32:05	
		Ronnie Shuck	25:14	2nd - Senior
4-2	Cooper River Bridge 10K	Revonda Adams	1:08:56	8,418/20,520 (female place)
		Jennifer Alvarez	55:11:00	1,815/20,520 (female place)
		Vonda Wilson	51:14:00	776/20,520 (female place)
3-29	Fun Run at Pipestem State Park	Joe Bisaha	21:54	1st Place
		Ronnie Shuck	23:41	
		Doc Craddock	26:41	
		Jennifer Alvarez	27:03	
		Chad Meador	28:07	
		Tony Painter	28:26	
		Desi McClung	28:47	
		Tom Davis	28:55	
		Jimmy Miller	29:19	
		Tom Gordon	29:54	
		Megan Meador	31:12	
		Kim Jordon	31:13	
3-26	Charlottesville Ten Mile	Ronald Shuck	1:19:24	
		Tom Kaylor	1:12:25	
3-26	Virginia Creeper Marathon	Danny Keatley	3:42:39	2nd - Male 60-69
3-26	Appalachian Law School 5K	Helen Chaffins	NA	
		Vonda Wilson	22:12	1st Female & PR
3-26	Martinsville Half Marathon	Josh Barton	1:34:09	
		Mike Collins	1:34:38	2nd - Male 35-39 & PR
		Paul Pennington	1:40:55	
		Tabatha Robins	2:08:12	
		Nick Whited	1:20:36	1st - Male 30-34; 5th overall
3-19	Montvale 10 Mile Trail Run	Donna Akers	2:03:11	2nd - Female 60-69
		Rhonda Williams	1:51:15	2nd - Female 45-49

3-12	Ellerbe Springs Marathon (NC)	Danny Keatley	3:52:11	1st - Male 60-64
3-5	Explore Your Limits 5K Trail Race	Christine Cardinal	40:27	3rd - Female 55-59
	Explore Your Limits 10K Trail Race	Donna Akers Whona Williams	1:11:42 1:04:38	2nd - Female 60-69 3rd - Female 45-49
2-27	Blacksburg Classic 5K	Cassidy Adams Christine Cardinal Helen Chaffins Tom Davis Desi McClung Darlene Winger	33:55 35:44 32:03 28:24 27:31 43:44	3rd - Female 55-59 3rd - Female 40-44 1st - Male 60-64 1st - Male 50-54 2nd - Female 50-54
	Blacksburg Classic 10 Miler	Revonda Adams Donna Akers Jennifer Alvarez Tom Gordon Tony Paynter Lee Scruggs Ron Shuck Rhonda Williams Vonda Wilson	1:58:01 1:43:07 1:36:44 1:37:04 1:45:23 1:19:58 1:24:03 1:32:35 1:21:29	1st - Female 60-64 2nd - Male 50-54 1st - Male 60-64 3rd - Female 45-49 Women's Master
2-27	Dublin OH	Danny Keatley	3:50:59	
2-19	Myrtle Beach 5K	Helen Chaffins Vonda Wilson	31:16 23:17	3rd - Female 40-44
	Half Marathon	Gary Akers Hank Burnley Steven Dowdy Cathy Smith	2:12:08 2:29:02 2:01:14 2:35:41	
	Marathon	Jennifer Alvarez Joshua Barton Mike Collins Tom Gordon Paul Pennington	4:41:43 3:25:49 3:52:30 5:00:41 4:18:31	*1st Marathon *10th Marathon; 5 in 1-year

2-19	Pilot Mt	Danny Keatley	5:22:19
2-13	2nd Winter Series Fun Run	Micheal Canterbury	22:47
		DeWayne	23:45
		Belcher Joshua Barton	24:00
		Ronnie Shuck Bruce	24:03
		Blankenship	26:33
		Doc	26:45
		Craddock Jennifer	27:08
		Alvarez	27:45
		Tom Gordon	27:54
		Desi McClung Beverly	28:18
		Quick	28:41
		Tom Davis	29:31
		Tony Paynter	31:54
		Jimmy Miller	32:55
		Helen Chaffins	43:35
		Darlene Winger	
2-13	Rock n Roll Mardi Gras Half Marathon	Lenora Hagerman	3:36
1-30	1st Winter Series Fun Run	Ronnie Shuck	23:49
		Vonda Wilson	24:34
		Doc Craddock	26:35
		Tanner Alvarez	26:48
		Jason Weitzel	26:50
		Adem Ozyavas	27:01
		Desi McClung	27:06
		Tom Davis	28:50
		Jennifer Alvarez	29:49
		Jimmy Miller	30:40
		Jeannie Weitzel	31:32
		Tony Paynter	31:42
		David Gates	31:47
1-15	Sandman Extreme Half Marathon	Jennifer Alvarez	2:21:37
		Tom Gordon	2:31:50
		Nick Whited	1:28:26
1-9	Run to Read 1/2 Marathon	Lee Scruggs	1:53
1-8	Frosty 50K	Danny Keatley	5:37:11

1-8

Disney World Marathon

Revonda Adams

5:30:02

*1st Marathon