## SWVRRC 2014 Race Results

| Date | Race | Runner | Time | Placement |
| :---: | :---: | :---: | :---: | :---: |
| 12-14 | Santa Hustle Half Maraton (TN) | Anne Sergent Ronnie Shuck | $\begin{aligned} & \text { 2:29:53 } \\ & \text { 1:52:50 } \end{aligned}$ | 1st - Male 65-69 |
| 12-14 | Santa Hustle 5K (TN) | Corran Sergent <br> Gary Sergent <br> Katie Sergent <br> Keterra Sergent | $\begin{aligned} & 49: 45 \\ & 33: 52 \\ & 49: 22 \\ & 49: 22 \end{aligned}$ |  |
| 12-13 | Jingle Bell 5K (Alderson WV) | Kenny Bostic <br> Crisandra Honaker <br> Danny Keatley <br> Terri Scott <br> Randy Tephabock | $\begin{aligned} & 21: 20 \\ & 35: 52 \\ & \text { NA } \\ & 29: 14 \\ & 25: 29 \end{aligned}$ | Overall Winner <br> 4th - Female 50-59; top costume <br> 2nd Overall Winner <br> 1st - Female 50-59 <br> 1st - Male 50-59; 5th overall; top costume |
| 12-13 | Rosy Cheeks 5K (Mt Airy, NC) | Kristy French Anita Wagner | $\begin{aligned} & 23: 27 \\ & 27: 15 \end{aligned}$ | 1st - Female 30-39 <br> 1st - Female 50-59 |
| 12-06 | Toy's for Joy 5K Run | Eddie Adams <br> Anita Wagner | $\begin{aligned} & 21: 52 \\ & 28: 56 \end{aligned}$ | 3rd overall; 1st Male 40-49 3rd Female Overall |
| 12-06 | Ugly Christmas Sweater 5K <br> No Awards Given | Bruce Blankenship Missy Burleson Randy Lester Desi McClung Terri Scott Ronnie Shuck | NA 24:30 22:58 30:59 28:41 24:01 | 2nd female overall <br> 5th overall; 3rd male overall |
| 11-28 | 38th Annual YMCA <br> Thanksgiving <br> Day 5 Mile Run/Walk | Bruce Blankenship Crisandra Honaker Randy Lester Todd Matson Desi McClung Sean O'Sullivan Ronnie Shuck Randy Tephabock | $\begin{aligned} & 47: 20 \\ & 56: 49 \\ & 38: 14.9 \\ & 33: 27.6 \\ & 52: 36.3 \\ & 39: 29 \\ & 41: 01 \\ & 42: 57 \end{aligned}$ | 3rd - Male 69+ <br> 2nd - Female 50-59 <br> 2nd - Male 50-59 <br> 1st - Male 50-59 <br> 9th - Male 50-59 <br> 2nd - Male 35-39 <br> 1s - Male 60+; 26/102 <br> 4th - Male 50-59 |
| 11-23 | Star City Half | Katie Roberts Anita Wagner Mark Wagner | $\begin{aligned} & 2: 36 \\ & \text { 2:05 } \\ & \text { 2:05 } \end{aligned}$ | 3rd - Female 55-59 |
| 11-15 | Canary in the Cave 25K | Ronnie Shuck | 3:43:55.8 | 8th Male 50-99 |


| 11-15 | Anthem Richmond Half Marathon | Tom Kaylor | 1:32:52 |  |
| :---: | :---: | :---: | :---: | :---: |
| 11-15 | Thunder Road Marathon (NC) | Danny Keatley | 4:22:16 | 504/960; 1/7 Male 65-69 |
| 11-09 | Outer Banks Marathon (NC) | Bruce Blankenship | 4:54:39 | 773/1148 |
| 11-09 | Speedway in Lights 5K | Anne Sergent Gary Sergent | $\begin{aligned} & 34: 21 \\ & 34: 29 \end{aligned}$ |  |
| 11-09 | Mayberry Half Marathon | Anita Wagner | 2:14:53 | 3rd - Female 50-54 |
| 11-08 | Princeton Park Recreation Department 5K | Eddie Adams <br> Randy Lester <br> Desi McClung | $\begin{aligned} & 20: 47 \\ & 22: 00 \\ & 28: 21 \end{aligned}$ | 1st - Overall Winner <br> 2nd Overall <br> 1st - Male 55-59 |
| 11-08 | Rock $n$ Roll Savannah Marathon | Mike Jones <br> Rachel Jones <br> Nick Whited | $\begin{aligned} & \text { 3:12:59 } \\ & \text { 4:00:33 } \\ & \text { 2:53:45 } \end{aligned}$ | $50 / 2780$ <br> 14th overall; 2nd Male 35-39 |
| 11-03 | Marshall Marathon | Danny Keatley Paul Pennington Ronnie Shuck | $\begin{aligned} & 4: 12: 24 \\ & 3: 41: 56 \\ & 4: 19: 52 \end{aligned}$ | $\begin{aligned} & \text { 3rd - Male 65-69 } \\ & \text { 99/455 } \\ & \text { 4th - Male 65-69 } \end{aligned}$ |
| 11-02 | NYC Marathon | Lee Scruggs | 4:44 | 31,390/502,564 |
| 11-01 | Halloween Hustle | Anne Sergent | 33:45 | 3rd - Female 35-39 |
| 10-25 | Pumpkin Run 5K | Eddie Adams | 21:39 | 1st Male Overall |
|  |  | Jennifer Alvarez | 35:40 | 1st - Female 40-44 |
|  |  | Martin Breckeller | 40:46 | 1st - Male 70+ |
|  |  | Missy Burleson | 31:36 | 1st - Female 35-39 |
|  |  | Hank Burnley | 27:40 | 3rd - Male 60-64 |
|  |  | Robert Cole | 43:03 | 2nd - Male 70+ |
|  |  | Gage Damewood | 22:19 | 2nd Overall Male |
|  |  | Tom Gordon | 30:09 |  |
|  |  | Byron Guy | 26:07 | 1st - Male 60-64 |
|  |  | Crisandra Honaker | 32:34 | 1st - Female 55-59 |
|  |  | Melissa Lusk | 35:55 |  |
|  |  | Desi McClung | 29:48 | 2nd - Male 55-59 |
|  |  | Mark Morgan | 28:38 | 2nd - Male 50-54 |
|  |  | Erin O'Sullivan | 21:04 | Overall Winner |
|  |  | Ireland O'Sullivan | 21:35 | 2nd Overall (PR) |
|  |  | Katie Roberts | 31:43 | 2nd - Female 35-39 |
|  |  | Randy Tephabock | 24:55 | 1st - Male 55-59 |
|  |  | Jeannie Weitzel | 35:41 | 3rd - Female 45-49 |


|  | Pumpkin Run 10K | Donna Akers | $68: 35$ | 50:19 |
| :--- | :--- | :--- | :--- | :--- | 1st - Female 65-69


| 10-12 | Lumberjack 5K | Terri Scott | 26:57 |  |
| :---: | :---: | :---: | :---: | :---: |
| 10-12 | Hokie Half | Jason Artrip | 2:23:12 |  |
|  |  | Lynsey Artrip | 2:34:08 |  |
|  |  | Hank Burnley | 2:08:28 |  |
|  |  | Michael Canterbury | 1:38:45 |  |
|  |  | Kathy Kirk | 2:41:19 |  |
|  |  | Randy Lester | 1:55:35 |  |
|  |  | Wyatt Lilly | 1:41:09 |  |
|  |  | Sean O'Sullivan | 1:58:12 |  |
|  |  | Vonda Wilson | 1:49:34 |  |
| 10-11 | Diva 5K | Eddie Adams | 21:02 | 2nd Place Overall |
|  |  | Gavin Adams | 52:01 | 2nd - Male 14 and under |
|  |  | Missy Burleson | 24:02 | 1st Female Overall (PR) |
|  |  | Nancy Hodges | 36:39 | 1st - Female 60-69 |
|  |  | Danny Keatley | 22:07 | 1st - Male 60-69 |
|  |  | Randy Lester | 25:20 | 1st - Male 50-59 |
|  |  | Desi McClung | 29:45 |  |
|  |  | Nick Whited | 18:39 | Overall Winner |
| 10-5 | Johnstown Marathon (PA) | Danny Keatley | 4:40:22 | 38/54; 1/2 Male 65+ |
| 10-4 | Freedom Marathon (WV) | Danny Keatley | 4:46:03 | 279/483; 10/36 Male 60-69 |
| 10-4 | Run for Heroes 5K | Randy Lester | 25:40 | Overall Winner |
| 10-4 | Beckley Half Marthon | Donna Akers | 2:33:65 |  |
|  |  | Missy Burleson | 1:54:24 | 2nd - Female 35-39 |
|  |  | Ronnie Shuck | 1:53:10 | 2nd - Male 65-69 |
|  |  | Nick Whited | 1:18:52 | Overall Winner |
| 9-27 | Emma's Touch 5K | Terri Scott | 27:10 |  |
| 9-27 | Jason Elswick Scholarship Challenge 5K |  |  |  |
|  |  | Missy Burleson | 24:47.20 | 2nd Female Overall (PR) |
|  |  | Hank Burnley | 25:30.03 | 1st - Male 60-64 |
|  |  | Crisandra Honaker | 31:27.69 | 2nd - Female 55-59 |
|  |  | Tom Kaylor | 21:10.57 | 3 rd Overall |
|  |  | Randy Lester | 23:48.24 | 2nd - Male 55-59 |
|  |  | Desi McClung | 30:24.17 |  |
|  |  | Duane Peck | 29:27 | 2nd - Male 40-44 |
|  |  | Randy Tephabock | 23:26.31 | 1st - Male 55-59 |
|  |  | Anita Wagner | 27:49.70 |  |
|  |  | Mark Wagner | 21:38.92 |  |
|  |  | Nick Whited | 18:29.30 | Overall Winner |


| 9-24 | GAP Rail Trail Marathon (MD) | Danny Keatley | 4:49:00 | 9/11 |
| :---: | :---: | :---: | :---: | :---: |
| 9-23 | Barnum Rail Trail Marathon (WV) | Danny Keatley | 5:21:18 | 9/10 |
| 9-14 | Navy Air Force Half Marathon | Lee Scruggs | 1:55:54 |  |
| 9-13 | CAMC Run for Hope | Terri Scott | 28:20 |  |
| 9-7 | Via Marathon (PA) | Anita Wagner Mark Wagner | $\begin{aligned} & 5: 33 \\ & 3: 32 \end{aligned}$ |  |
| 9-06 | OAR Trail Marathon (VA) | Danny Keatley | 6:55:52 | 1st Male 65+; 23/39 |
| 9-6 | Hampton Bays Days 8K | Crisandra Honaker Randy Tephabock | $\begin{aligned} & 54: 58 \\ & 41: 39 \end{aligned}$ | 4th Female 55-59; 347/914 4th Male 55-59; 60/914 |
| 9-6 | Eastman 10K | Nick Whited | 38:48 | 10th overall; 1st Male 35-39 |
|  | Eastman 3K | Nick Whited | 10:12 | 2nd Overall |
| 8-30 | Charleston Distance Run 5K | Tom Davis | 31:53 |  |
|  | Charleston Distance Run 15 Miler | Aaron Paynter Ivan Paynter Caitlin Wills Revonda Wills | $\begin{aligned} & 1: 57: 54.8 \\ & 1: 44: 16.1 \\ & 2: 58: 31.1 \\ & 3: 21: 19.9 \end{aligned}$ | 2nd - Male 19 and under; 48th overall <br> 1st - Male 40-44; 11th overall |
| 8-24 | ACE New River Trail Half | Missy Burleson | 2:45 |  |
| 8-16 | Cross Country Fab 5K | Danny Keatley Jordan Weitzel | $\begin{aligned} & 22: 28 \\ & 16: 33 \end{aligned}$ | 1st - Male 65-69; 73/302 <br> 1st - Male 18-22; 4/302 |
| 8-9 | Giles County 5K | Donna Akers <br> Eddie Adams <br> Bruce Blankenship <br> Missy Burleson <br> Hank Burnley <br> Tom Davis <br> Kristy French <br> Crisandra Honaker <br> Sally Howard <br> Tom Kaylor | $\begin{aligned} & 30: 15 \\ & 21: 12 \\ & 26: 10 \\ & 25: 05 \\ & 25: 30 \\ & 31: 18 \\ & 22: 04 \\ & 31: 06 \\ & 24: 08 \\ & 20: 37 \end{aligned}$ | 1st - Female 65+ <br> 2nd - Male 35-39 <br> 2nd - Male 60-64 <br> 1st - Female 35-39 <br> 1st - Male 60-64 <br> 2nd - Male 65+ <br> 1st - Female 30-34 <br> 1st - Female 55-59 <br> Overall Female Master (PR) <br> 1st - Male 55-59 |


|  |  | Danny Keatley |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Randy Lester | 25:55 | 2nd - Male 55-59 |
|  |  | Desi McClung | 28:59 | 3rd - Male 55-59 |
|  |  | Erin O'Sullivan | 21:50 | Overall Female Winner |
|  |  | Ireland O'Sullivan | 23:57 | 2nd - Female 19 and under |
|  |  | Sean O'Sullivan | 23:58 |  |
|  |  | Aaron Paynter | 19:06 |  |
|  |  | Bryce Paynter | 19:05 | 3 rd - Male 19 and under |
|  |  | Ivan Paynter | 18:01 | Overall Master Winner |
|  |  | Paul Pennington | 20:41 | 2nd - Male 40-44 |
|  |  | Randy Tephabock | 31:12 |  |
|  |  | Nick Whited | 17:01 | Overall Winner |
| 8-2 | Cherry River 10K | Danny Keatley | 51:60 | 2/4 - Male 60+; 6/13 |
| 8-2 | Bluefield Run for Education | Mike Adkins | 28:46 |  |
|  | 5K | Tom Kaylor | 21:28 | 1st - Male 55-59 |
|  |  | Desi McClung | 29:36 |  |
| 8-1 | Draper Mile | Nick Whited | 4:35:72 | 15th Overall; 1st Male 35-39 |
| 7-26 | Landsford Canal 50K (SC) | Danny Keatley | $\begin{aligned} & \text { 6:05:04; } \\ & 5 / 14 \end{aligned}$ |  |
| 7-26 | Hinton Water Festival 5k | Missy Burleson | 26:49 | 3rd Overall Female; 1st - Female 35-39 |
|  |  | Erin O'Sullivan | 25:14 | 2nd Overall Female |
|  |  | Randy Tephabock | 25:13 | 1st - Male 50-59 |
| 7-19 | Athens Mile | Erin O'Sullivan | 6:27 | 3rd Overall Female |
|  |  | Ireland O'Sullivan | 6:34 | 1st - Female 14 and under |
|  |  | Paul Pennington |  | 1st - Male 40-49 |
| 7-18 | Carilion Big Dog 5K | Kristy French | 23:08 | First Female |
|  |  | Hank Burnley | 25:58 | 1st - Male 60-64; 7th Overall |
| 7-18 | USATF Masters Outdoor Championship (Track 10K) | Nick Whited | 36:39 | 3rd - Male 35-39 |
| 7-12 | Grandfather Mt Marathon (NC) | Danny Keatley | 4:24:20 | 135/291; 4/24 60+ |
| 7-12 | Crazy 8s | Kristy French | 38:22 |  |
|  |  | Anita Wagner | 49:22 |  |
|  |  | Katie Wagner | 48:59 |  |
|  |  | Vonda Wilson | 40:40 |  |


| 7-12 | Bear Hole 5K | Crisandra Honaker Erin O'Sullivan Ireland O'Sullivan Sean O'Sullivan Randy Tephabock | $\begin{aligned} & 30: 44 \\ & 22: 19 \\ & 23: 21 \\ & 21: 28 \\ & 23: 35 \end{aligned}$ | 1st - Female 50-59; 17th Overall Female Overall Winner 2nd Overall Female Overall Winner 1st - Male 50-59; 7th Overall |
| :---: | :---: | :---: | :---: | :---: |
|  | Bear Hole 10K | Missy Burleson Randy Lester Terri Scott | $\begin{aligned} & 53: 32 \\ & 50: 16 \\ & 61: 30 \end{aligned}$ | 1st Female; 6th overall 1st Male 50-59 |
|  | Bear Hole Fun Run | Conor O'Sullivan Michael O'Sullivan | $\begin{aligned} & 8: 18 \\ & 7: 39 \end{aligned}$ | 2nd Place Overall Winner |
| 7-12 | John Henry Days 4 Mile | Mike Adkins | 36:28 |  |
| 7-5 | YoungLife Heritage Classic 5K | Mike Adkins Hank Burnley Kristy French Tom Kaylor Desi McClung | $\begin{aligned} & 28: 47 \\ & 26: 47 \\ & 23: 19 \\ & 21: 46 \end{aligned}$ | 1st - Male 40-44; 9th Overall <br> 1st - Male 60+; 7th overall <br> 2nd Overall Female; 3rd overall race <br> 1st Overall Male <br> 2nd - Male 55-59 |
|  | YoungLife Heritage Classic 10K | Donna Akers Bruce Blankenship Tom Gordon Danny Keatley Randy Lester Vonda Wilson | $\begin{aligned} & 1: 04: 57 \\ & 54: 54 \\ & 1: 00: 30 \\ & 51: 51 \\ & 1: 03: 52 \\ & 49: 25 \end{aligned}$ | 1st - Female 60+ <br> 2nd - Male 60+ <br> 3rd - Male 60+ <br> 1st - Male 60+ <br> 2nd - Male 55-59 <br> 1st Overall Female |
| 7-4 | Big Butt 50K (SC) | Danny Keatley | 6:08:47 | Overall Winner |
| 7-4 | In God We Trust 10K | Kristy French Randy Lester Anita Wagner | $\begin{aligned} & 49: 48 \\ & 1: 04 \\ & 59: 47 \end{aligned}$ | 1st Overall Female <br> 2nd - Male 55-59 <br> 3rd Overall Female |
|  | In God We Trust 5K | Gary Akers Desi McClung Katie Wagner | $\begin{aligned} & 30: 05 \\ & 29: 39 \\ & 25: 41 \end{aligned}$ | 2nd - Male 55-59 <br> 3rd Overall Female |
| 7-4 | Freedom 5K | Nick Whited | 17:35 | 2nd place overall |
| 6-30 | Birdies for FCA 5K at the Greenbrier | Kenny Bostic <br> Crisandra Honaker <br> Danny Keatley | $\begin{aligned} & 19: 36 \\ & 31: 17 \\ & 22: 27 \end{aligned}$ | $\begin{aligned} & \text { 2nd - Male 40-49; 7/82 } \\ & \text { 59/82 } \\ & \text { 2nd - Male 50+; 16/82 } \end{aligned}$ |
| 6-28 | Biggest Loser Half Marathon (Charleston WV) | Lee Scruggs | 2:07:54 | 32/247 |


| 6-28 | Chautauqua 5K | Donna Akers | 30:48 |
| :--- | :--- | :--- | :--- | 1st - Female 65+


|  |  | Erin O'Sullivan Ireland O'Sullivan Katie Wagner | $\begin{aligned} & 23: 11 \\ & 25: 29 \\ & 27: 43 \end{aligned}$ | 1st - Female 14 and under; 2nd Female Overall 3rd - Female 20-24 |
| :---: | :---: | :---: | :---: | :---: |
| 6-14 | Hatfield McCoy Marathon | Danny Keatley Ronnie Shuck | $\begin{aligned} & \text { 4:07:57 } \\ & \text { 4:23:45 } \end{aligned}$ | 4th Male 65-69; 73/513 <br> 2nd Male 60-64; 118/513 |
|  | Hafield McCoy Half Marathon (Blackberry Mountain) | Hank Burnley Tom Gordon | $\begin{aligned} & \text { 2:06:17 } \\ & \text { 2:24:59 } \end{aligned}$ | 2nd Male 60-64; 39/186; PR 4th Male 60-64; 73/513 |
| 6-1 | Run for the Drfeam Half Marathon | Cristandra Honaker Randy Tephabock | $\begin{aligned} & \text { 2:44:59 } \\ & 2: 44: 59 \end{aligned}$ | $\begin{aligned} & \text { PR } \\ & \text { PR } \end{aligned}$ |
| 6-1 | Indoor Sanity Marathon (NC) | Danny Keatley | 4:35:22 | 14/30 85 laps |
| 5-31 | Schools Out for the Summer 5K | Byron Guy <br> Danny Keatley Jason Weitzel | $\begin{aligned} & 25: 00 \\ & 24: 16 \\ & 17: 59 \end{aligned}$ | 1st - Male 60-69 <br> 3rd Overall Male <br> Overall Winner |
| 5-31 | Run Walk for the Ages 5K GLenwood | Randy Lester | 24:38 | 1st - Male 50-59 |
| 5-31 | Hospice 5K | Terri Scott | 28:41 |  |
| 5-25 | Bob Potts Marathon (PA) | Danny Keatley | 3:50:31 | 4/8 Male 65-69; 146/433 |
| 5-24 | CASA 5K | Crisandra Honaker Randy Tephabock | $\begin{aligned} & 32: 48 \\ & 32: 48 \end{aligned}$ | 3rd - Senior (40 and over) |
| 5-24 | Beaver 8K | Donna Akers <br> Gary Akers <br> Bruce Blankenship <br> Missy Burleson <br> Hank Burnley <br> Kristy French <br> Paul Hodges (walker) <br> Tom Kaylor <br> Randy Lester <br> Bryce Paynter <br> Ivan Paynter <br> Paul Pennington <br> Robert Pettry <br> John Tyson <br> Nick Whited | $\begin{aligned} & 50: 08 \\ & 48: 48 \\ & 42: 11 \\ & 41: 42 \\ & 40: 56 \\ & 35: 39 \\ & 38: 34 \\ & 33: 55 \\ & 38: 00 \\ & 30: 21 \\ & 30: 22 \\ & 34: 42 \\ & 39: 27 \\ & 44: 09 \\ & 28: 02 \end{aligned}$ | 2nd Female Overall <br> 1st - Male 60-65 <br> Overall Female Winner <br> 1st - Male 50-59 <br> 2nd Overall <br> 3rd Overall <br> Overall Winner |


| 5-22 | Princeton Run for Life 5K | Eddie Adams | 23:06 | 1st - Male 35-39 |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Gary Akers | 31:55 | 1st - Male 45-49 |
|  |  | Jennifer Alvarez | 36:06 | 2nd - Female 40-44 |
|  |  | Xander Alvarez | 48:47 |  |
|  |  | Missy Burleson | 26:58 | 1st - Female 35-39 |
|  |  | Crisandra Honaker | 33:26 | 1st - Female 55-59 |
|  |  | Danny Keatley | 24:42 | 1st - Male 65+ |
|  |  | Randy Lester | 23:19 | 1st - Male 55-59 |
|  |  | Desi McClung | 32:40 | 3rd - Male 55-59 |
|  |  | Erin O'Sullivan | 24:37 | Overall Female |
|  |  | Ireland O'Sullivan | 25:10 | 2nd Overall Female |
|  |  | Michael O'Sullivan | 29:44 | 2nd - Male 14 and under |
|  |  | Sean O'Sullivan | 29:44 | 1st - Male 35-39 |
|  |  | Bryce Paynter | 18:37 | Overall Winner |
|  |  | Ivan Paynter | 18:38 | 2nd Overall |
|  |  | Jeannie Weitzel | 36:58 | 3rd - Female 40-44 |
| 5-17 | Running the Vines 10K \& 5K | Donna Akers | 1:02:34 | 2nd - Female 60-69 |
|  |  | Sarah Newberry | 1:04:53 |  |
| 5-17 | Run for their Lives 5K | Kristy French | 21:31 | Overall Female Winner (PR) |
|  |  | Anita Wagner | 27:36 | 3rd Overall Female |
|  |  | Katie Wagner | 20:25 | 2nd Overall Female |
|  |  | Mark Wagner | 27:12 | 2nd Overall Male |
| 5-9 | Friday Night Lights 5K | Randy Lester | 23:33 |  |
|  |  | Paul Pennington | 20:59 | 1st Male Overall |
| 5-6 | Roth 5K | Cassidy Adams | 34:39 | 2nd - Female 15-19 |
|  |  | Eddie Adams | 22:24 | 2nd - Male 35-39 |
|  |  | Mike Adkins | 32:01 | 3rd - Male 40-44 |
|  |  | Bruce Blankenship | 28:37 | 2nd - Male 60-69; 2nd CU Alumni, Male |
|  |  | Hank Burnley | 27:18 | 1st - Male 60-69 |
|  |  | Nancy Hodges | 38:17 | 1st - Femlae 60+; 2nd CU Alumni, Female |
|  |  | Randy Lester | 28:19 | 3rd - Male 50-59 |
|  |  | Desi McClung | 31:28 |  |
|  |  | Erin O'Sullivan | 23:26 | 1st - Female 14 and under |
|  |  | Ireland O'Sullivan | 24:47 | 3 rd - Female 14 and under |
|  |  | Sean O'Sullivan | 22:45 | 3rd - Male 35-39; 1st CU Alumni, Male |
|  |  | Bryce Paynter | 19:11 | 1st - Male 15-19 |
|  |  | Jessica Pennington | 39:15 | 2nd - Female 30-39 |
|  |  | Paul Pennington | 22:07 | 1st - Male 40-44 |
|  |  | Nick Whited | 18:37 | 2nd Overall; 1st Male 35-39 |
|  |  | Revonda Wills | 34:23 | 1st - Female 30-39 |
|  | David Roth 5K Walk | Paul Hodges |  | 1st Male, 3rd CU Faculty, Male \& 3rd Alumni, Male |
| 5-5 | New River Marathon (NC) | Danny Keatley | 4:31:38 | 2/7 Male 60-69; 69/145 |


| 5-4 | Inaugural Rainelle 5K (2.6 miles) | Crisandra Honaker Randy Tephabock | $\begin{aligned} & 27: 17 \\ & 20: 13 \end{aligned}$ | 1st Female Overall 6th Overall |
| :---: | :---: | :---: | :---: | :---: |
| 5-3 | Apple Blossom 10K | Crisandra Honaker Randy Tephabock | $\begin{aligned} & \text { 1:06:51 } \\ & \text { 50:50 } \end{aligned}$ | (PR) 19/29 Female 55-59; 113/1471 <br> (PR) 10/33 Male 55-59; 335/1471 |
| 5-3 | Dannely 10K Trail Race (Galax VA) | Mike Jones | 41:30 | 5th Overall; 2nd Age Group |
| 5-3 | New River Marathon (NC) | Danny Keatley | 4:31:38 | 2/7 Male 60-69; 69/145 |
| 5-3 | New River Trail | Anita Wagner |  | 3rd - Female 50-59 |
| 5-3 | Sam White Memorial 5K *walker | Eddie Adams <br> Hank Burnley <br> Missy Burleson <br> Michael Canterbury <br> Kristy French <br> Tom Kaylor <br> Randy Lester <br> Desi McClung <br> Sara Newberry <br> Paul Pennington <br> Robert Pettrey <br> Nick Whited <br> Mark Wills* <br> Revonda Wills | $\begin{aligned} & 21: 29 \\ & 25: 26 \\ & 25: 20 \\ & 19: 10 \\ & 22: 00 \\ & 20: 47 \\ & 23: 26 \\ & 30: 24 \\ & 30: 37 \\ & 20: 37 \\ & 21: 11 \\ & 17: 34 \\ & 52: 40 \\ & 30: 18 \end{aligned}$ | 4th Overall; 2nd - Male 30-39 <br> 2nd - Female 30-39; 1st 30-39 <br> 1st - Male 50-99 <br> 4th - Male 50-99 <br> 8th Overall; 1st - Male 40-49 <br> 2nd - Male 30-39 <br> 2nd Overall Winner; 1st - Male 30-39 |
| 4-27 | Earth Day 10K | Randy Lester Terri Scott | $\begin{aligned} & 50: 23 \\ & 59: 30 \end{aligned}$ | 1st - Male 55-59 |
| 4-27 | Earth Day 5K | Missy Burleson Ronnie Shuck | $\begin{aligned} & 25: 46 \\ & 25: 05 \end{aligned}$ | 3rd Overall Female <br> 2nd - Male 60-64 |
| 4-27 | Bluefield Young Life 5K | Jason Artrip Lynsey Artrip Kristy French | $\begin{aligned} & 30: 31 \\ & 34: 36 \\ & 23: 30 \end{aligned}$ | 1st Overall Female |
| 4-26 | Angels Among Us 2014 | Tom Gordon | 28:40 |  |
| 4-26 | Pocahontas 5 Miler | Bruce Blankenship Tom Kaylor | NA 36:16 | Overall Winner |
| 4-26 | Blue Ridge Marathon (America's Toughest Road Marathon with an elevation change of 7430 feet) | Donna Akers <br> Danny Keatley | $\begin{aligned} & \text { 6:25:23 } \\ & \text { 6:09:27 } \end{aligned}$ | $\begin{aligned} & 436 / 482 \\ & 422 / 482 \end{aligned}$ |


| 4-26 | Blue Ridge Star Half Marathon | Anita Wagner | 2:40:41 |  |
| :---: | :---: | :---: | :---: | :---: |
| 4-26 | Blue Ridge 10K | Mark Wagner Nick Whited | $\begin{aligned} & 50: 54 \\ & 38: 31 \end{aligned}$ | 1st - Male 50-54 Overall Winner |
| 4-26 | Spiller Spirit 5K | Mike Jones | 19:32 | Overall Winner |
| 4-26 | Glenwood 4H Camp 5K | Desi McClung | 32:24 | 2nd Overall |
| 4-19 | Kentucky Derby Half Marathon | Lee Scruggs | 1:56 |  |
| 4-19 | Gristmill Grinder Half Marathon | Missy Burleson Ronnie Shuck | $\begin{aligned} & 2: 44 \\ & 2: 14 \end{aligned}$ | 2nd - Male 60-69 |
| 4-19 | 4th Annual Jerolee White 5K | Eddie Adams <br> Mike Adkins <br> Hank Burnley <br> Tom Gordon <br> Byron Guy <br> Crisandra Honaker <br> Tom Kaylor <br> Danny Keatley <br> Randy Lester <br> Desi McClung <br> Erin O'Sullivan <br> Ireland O'Sullivan <br> Sean O'Sullivan <br> Aaron Paynter <br> Ivan Paynter <br> Paul Pennington <br> Randy Tephabock | $\begin{aligned} & 22: 48 \\ & 31: 05 \\ & 26: 04 \\ & 29: 06 \\ & 24: 48 \\ & 32: 24 \\ & 20: 55 \\ & 23: 40 \\ & 24: 06 \\ & 30: 57 \\ & 22: 34 \\ & 24: 03 \\ & 23: 01 \\ & 19: 47 \\ & 18: 53 \\ & 21: 24 \\ & 24: 23 \end{aligned}$ | ```2nd - Male 35-39 4th - Male 40-44 2nd - Male 60-64 3rd - Male 60-64 1st - Male 60-64 1st - Female 55-59 1st - Male 55-59 1st - Male 65-69 2nd - Male 55-59 4th - Male 55-59 3rd Overall Female 4th Overall Female; 1st - Female 14 and under 3rd - Male 35-39 3rd - Overall Male 2nd Overall Male 2nd - Male 40-44 3rd - Male 55-59``` |
| 4-13 | Athens Marathon (OH) | Danny Keatley | 4:17:12 | 1st - Male 65-69; 80/171 |
| 4-13 | Raleigh Rock n Roll Half | Rachel Erb-Jones | 1:53:18 |  |
| 4-12 | Bristol Half Marathon | Kristy French Sara Newberry | $\begin{aligned} & \text { 2:42:34 } \\ & \text { 2:42:34 } \end{aligned}$ |  |
| 4-12 | Chocolate Chase 10K | Martin Brekeller <br> Missy Burleson <br> Crisandra Honaker <br> Danny Keatley <br> Randy Lester | $\begin{aligned} & 1: 25: 54 \\ & 52: 53 \\ & 107: 40 \\ & 49: 53 \\ & 50: 45 \end{aligned}$ | 1st - Male 75-98 <br> 3rd - Female 35-39 <br> 3rd - Female 55-59; 130/180 <br> 1st - Male 65-69; 39/165 <br> 1st - Male 55-59; 42/180 |


|  |  | Aaron Paynter | 40:49 |
| :--- | :--- | :--- | :--- | 2nd - Male 15-19; 10th Overall


| 3-29 | Charlottesville Ten Miler | Hannah Kaylor | 1:22:33 |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Megan Kaylor | 1:27:23 |  |
|  |  | Tom Kaylor | 1:12:30 |  |
| 3-29 | Race for Scholarship WCC | Tom Davis | 30:51 | 1st - Male 65-69 |
|  |  | Johnathon French | 29:34 | 1st - 14 and under |
|  |  | Kristy French | 22:32 | 1st Female Overall |
|  |  | Byron Guy | 25:58 | 1st - Male 60-64 |
|  |  | Anita Wagner | 28:56 | 2nd - Female 50-54 |
|  |  | Mark Wagner | 23:27 | 2nd - Male 50-54 |
| 3-25 | Ellerbe Marathon (NC) | Danny Keatley | 5:39:07 | 68/78; 3/4 Male 65-69 |
| 3-22 | Haulin' in the Holler 5K | Erin O'Sullivan | 27:46 | 1st Female Overall |
|  |  | Ireland O'Sullivan | 28:55 | 3rd Female Overall |
|  | Haulin' in the Holler 25K | Sean O'Sullivan | 2:42:49 |  |
| 3-22 | Martinsville Half Marathon | Nick Whited | 1:20:04 | 2nd Overall |
| 3-22 | Appalachian School of Law | Tom Kaylor | 20:27 | 3rd Overall |
| 3-22 | Creeper 10 Miler | Ronnie Shuck | 1:20 | 3rd - Male 60+ |
| 3-22 | Help Vets Run 5K | Cassidy Adams | 37:04 |  |
|  |  | Eddie Adams | 24:57 | 3rd - Male 30-39; 7th Overall |
|  |  | Mike Adkins | 31:52 | 2nd - Male 40-49 |
|  |  | Michael Canterbury | 20:34 | Overall Winner |
|  |  | Nancy Hodges | 37:42 |  |
|  |  | Crisandra Honaker | 32:51 | 2nd - Female 50-59; 18th Overall |
|  |  | Sally Howard | 28:11 | 2nd Overall Female Winner |
|  |  | Desi McClung | 31:02 22:47 |  |
|  |  | Paul Pennington | 30:47 | 1st - Male 40-49; 5th Overall |
|  |  | Terri Scott | 34:48 |  |
|  |  | Jeanie Weitzel | 32:58 |  |
|  |  | Dena Wiley | 32:11 |  |
|  |  | Revonda Wills |  |  |
|  | Walk | Paul Hodges | 43:09 | Overall Winner |
| 3-16 | Virginia Beach Half Marathon | Anita Wagner | 2:29 |  |
|  |  | Katie Wagner | 1:58 |  |
| 3-15 | Instant Classic Trail Marathon (VA) | Danny Keatley | 4:44:45 | 2nd -Male 60-69; 45/94 |


| 3-15 | Yuengling Shamrock Marathon | Missy Burleson | 4:38:48 |  |
| :---: | :---: | :---: | :---: | :---: |
| 3-15 | Celtic Knot 5K | Crisandra Honaker | 34:04 | 2nd - Female 50-59 |
| 3-15 | 4th Annual Running Wild for | Eddie Adams | 23:25 | 3rd - Male 35-39 |
|  | WV Children 5K Run/Walk | Mike Adkins | 29:19 |  |
|  |  | Xander Alvarez | 36:09 | 3rd - Male 14 and under |
|  |  | Hank Burnley | 26:39 | 2nd - Male 60-64 |
|  |  | Vaughn Campbell | 18:43 | 2nd - Male 15-19 |
|  |  | Johnathon French | 29:45 | 1st - Male 14 and under |
|  |  | Kristy French | 21:21 | Overall Female Winner |
|  |  | Tom Gordon | 27:08 | 3rd - Male 60-64 |
|  |  | Tim Gray | 25:05 | 1st - Male 45-49 |
|  |  | Byron Guy | 23:30 | 1st - Male 60-64 |
|  |  | Nancy Hodges | 36:23 | 1st - Female 65-69 |
|  |  | Sally Howard | 26:30 | 1st - Female 50-54 |
|  |  | Tom Kaylor | 20:04 | 1st - Male 55-59 |
|  |  | Desi McClung | 28:15 | 2nd - Male 55-59 |
|  |  | Dylan McInturff | 28:11 |  |
|  |  | Sarah Newberry | 31:06 |  |
|  |  | Paul Pennington | 20:13 | 1st - Male 40-49 |
|  |  | Erin O'Sullivan | 22:04 | 2nd Overalll Female |
|  |  | Ireland O'Sullivan | 22:33 | 3rd Overall Female |
|  |  | Sean O'Sullivan | 21:26 | 2nd - Male 35-39 |
|  |  | Victoria Santiago- | 26:31 | 1st - Female 40-45 |
|  |  | McInturff | 28:41 |  |
|  |  | Terri Scott | 28:55 |  |
|  |  | Jeannie Weitzel | 36:10 | 2nd - Male 50-54 |
|  |  | Conley White | 31:35 |  |
|  |  | Dena Wiley |  |  |
|  |  | Conor O'Sullivan | 3:44 |  |
|  | WV Children Fun Run | Michael O'Sullivan | 3:24 | 2nd Place |
|  | 4th Annual Running Wild for WV Children Walkers | Paul Hodges | 40:38 |  |
| 3-14 | Shamrock 4 Miler | Crisandra Honaker | 42:50 | 5/11 Female 55-59; 178/348 female; 384/600 overall |
|  |  | Kristy French | 29:27 | 5/67 Female 30-34; 8/348 females; 42/600 overall |
|  |  | Sarah Newberry | 42:56 |  |
|  |  | Randy Tephabock | 32:42 | 6/15 Male 55-59; 87/252 male; 106/600 overall |
|  |  | Anita Wagner | 40:02 |  |
| 3-9 |  |  | 2:30:54 | 3rd - Female 60-64 |
|  | Marathon | Paul Pennington | 1:39:19 |  |
|  |  | Lee Scruggs | 2:06:14 |  |


| 3-8 | Kings Mt Marathon (NC) | Danny Keatley | 4:27:07 | 2/4 Male 65-69; 24/49 |
| :---: | :---: | :---: | :---: | :---: |
| 3-8 | Charlotte Twilight 5K | Crisandra Hoanker Randy Tephabock | $\begin{aligned} & \text { 31:29 } \\ & \text { 23:59 } \end{aligned}$ | 6/22 Female 55-59 <br> 1st - Male 55-59; 67/738 |
| 3-8 | Macey Whittaker SIDS | Cassidy Adams | 35:48 |  |
|  | Awareness 5K Run/Walk | Eddie Adams | 26:16 |  |
|  |  | Mike Adkins | 32:19 | 1st - Male 40-44 |
|  |  | Michael Canterbury | 20:41 | 1st - Male 30-34 |
|  |  | Byron Guy | 25:17 | 1st - Male 60-69 |
|  |  | Steven Hunt | 31:14 |  |
|  |  | Tom Kaylor | 21:25 | 1st - Male 50-59 |
|  |  | Randy Lester | 23:36 | 2nd - Male 50-59 |
|  |  | Desi McClung | 30:36 | 3rd - Male 50-59 |
|  |  | Robert Pettrey | 22:04 | 2nd - Male 35-39 |
|  |  | Jeannie Weitzel | 32:33 | 3rd - Female 40-49 |
|  |  | Nick Whited | 18:02 | Overall Winner |
|  |  | Mark Wills | 58:22 |  |
|  |  | Revonda Wills | 30:30 | 3rd - Female 30-29 |
| 3-2 | Blacksburg Classic 10 Mile | Donna Akers | 1:53:23 | 27th Blacksburg 10 Mile Run |
|  |  | Bradley Church | 1:27:19 |  |
|  |  | Rachel Erb-Jones | 1:24:25 | 3rd - Female 30-34; PR |
|  |  | Tom Gordon | 1:42:23 |  |
|  |  | Tom Kaylor | 75:38 | 2nd - Male 55-59 |
|  |  | Randy Lester | 1:25:45 | 3rd - Male 55-59 |
|  |  | Sarah Newberry | 1:53:31 |  |
|  |  | Robert Pettry | 1:19:51 |  |
|  |  | Aaron Paynter | 1:13:59.78 |  |
|  |  | Ivan Paynter | 1:06:40.63 |  |
|  |  | Anita Wagner | 1:46 |  |
|  |  | Mark Wagner | 1:19:08 | 3rd - Male 40-44 |
|  |  | Doc Weiss | NA | 1st - Male 65-69 |
|  | Blacksburg 5K | Tom Davis | 29:15 | 2nd - Male 65-69 |
|  |  | Mike Jones | 20:08:4 | 8th Overall; 1st Male 30-34; PR |
|  |  | Desi McClung | 30:09 | 3rd - Male 55-59 |
|  |  | Bryce Paynter | 19:22:88 |  |
| 2-23 | Fun Run at Concord | Vaughn Campbell | 20:53 | 1st |
|  |  | Ireland O'Sullivan | 24:49 | 2nd |
|  |  | Sean O'Sullivan | 24:54 | 3rd |
|  |  | Paul Pennington | 24:58 | 4th |
|  |  | Randy Lester | 25:02 | 5th |
|  |  | Marshall Campbell | 26:39 | 6th |
|  |  | Sally Howard | 29:18 | 7th |
|  |  | Tom Davis | 29:42 | 8th |
|  |  | Jeannie Weitzel | 30:10 | 9th |
|  |  | Desi McClung | 31:44 | 10th |


|  |  | Dena Wiley Nancy Hodges Paul Hodges | $\begin{aligned} & 33: 18 \\ & 39: 21 \end{aligned}$ | $\begin{aligned} & \text { 11th } \\ & \text { 12th } \\ & \text { walked most of the course } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: |
| 2-23 | Last Chance for Boston Marathon (OH) | Danny Keatley | 4:49:42 | 56/69 |
| 2-22 | I"Dog"Arod 5K Run/Walk | Johnathan French Kristy French Nick Whited | $\begin{aligned} & 31: 23 \\ & 22: 39 \\ & 17: 59 \end{aligned}$ | 2nd - Male 14 and under <br> 1st Overall Female <br> Overall Winner |
| 2-15 | Myrtle Beach Half Marathon | Gary Akers Hank Burnley Bradley Church Tom Gordon Tim Gray Erin O'Sullivan Sean O'Sullivan | $\begin{aligned} & 2: 13: 52 \\ & 2: 19: 13 \\ & 1: 59: 14 \\ & 2: 19: 17 \\ & 2: 04: 51 \\ & 1: 58: 41 \\ & 1: 58: 41 \end{aligned}$ | 5th - Female 14 and under; 245/1624 females 479;1271 males |
| 2-14 | Myrtle Beach 5K | Ireland O'Sullivan | 23:38 | 2nd - Female 14 and under; 14/418 females; PR |
| 2-8 | St. Luke Lutheran Church Sweetheart 5K | Missy Burleson Crisandra Honaker Desi McClung Erin O'Sullivan Ireland O'Sullivan Sean O'Sullivan Ronnie Shuck Dena Wiley | $\begin{aligned} & 35: 00 \\ & 34: 56 \\ & 25: 06 \\ & \text { NA } \\ & 24: 47 \\ & 27: 24 \end{aligned}$ | 1st - Female 35-39; Third Female Overall <br> 1st - Female 55-59 <br> 1st - Male 55-59 <br> 1st Overall Female; 6th Overall <br> 2nd Overall Female; 9th Overall <br> 2nd - Male 30-34; 5th overall <br> 1st - Male 60-64; 10th Overall |
|  | St. Luke Lutheran Church Sweetheart Fun Run | Michael O'Sullivan Conor O'Sullivan |  | 1st Place <br> 2nd Place |
| 1-18 | Sandman Half Extreme Marathon | Kristy French Mike Jones Anita Wagner | $\begin{aligned} & 1: 53 \\ & 1: 40: 34 \\ & \text { NA } \end{aligned}$ | 2nd Female; 1st Female 30-34 <br> 5th overall; 2nd Male 30-39 |
| 1-12 | 2014 Goofy Race \& Half Challenge | Paul Pennington | $\begin{aligned} & \text { 2:01:16 } \\ & \text { 4:12:05 } \end{aligned}$ | Half Marathon Marathon |
| 1-4 | Frozen Toe 10K | Erin O'Sullivan Sean O'Sullivan | $\begin{aligned} & 54: 59 \\ & 54: 59 \end{aligned}$ | 1st - Female 14 and under; 13th overall female |
| 1-4 | Frosty 50K (NC) | Danny Keatley | 6:10:33 | 126/142 |

