

2009 Race Results

Results for only SWVRRRC members are posted here.

Congratulations to ALL runners!

Date	Race	Club Member	Time	Additional Information
12-31-09	Gator Bowl Vystar 5K	Lee Scruggs	20:18	
12-12-09	Thunder Road marathon (Charlotte NC)	Danny Keatley	4:15	
11-26-09	5 Mile Run (Beckley, WV)	Todd Donovan	31:06	2nd Place Overall
11-26-09	Drumstick Dash (Roanoke, VA)	Tom Davis	27:27	825 of 2,240
11-14-09	SunTrust Richmond Marathon	Danny Keatley	4:03:35	
11-01-09	Marshall Marathon Results	Paul Pennington	3:33	
		Randy Jewell	3:50	
		Danny Keatley	3:56	
		Lee Scruggs	4:04	
		Donna Akers	4:34	
		David Lawson	4:37	
		Christine Cardinal	4:57	
11-01-0	Marshall Half Marathon Results	Mike Collins	1:55:17	
10-31-09	Pumpkin Run 5K	Erik Stephan	21:33	1st Overall Race
		Vonda Wilson	23:58	1st Overall Female
		Hank Burnley	28:28	2nd Place, Male 55-59
				1st Place, Costume
		Martin Brekeller	29:23	1st Place, Male 70+
		Drema Wall	29:33	1st Place, Female 50-54
		Karen Dillon	29:45	2nd Place, Female 40-44
		Helen Chaffins	33:49	
		Phillip Ball	33:51	2nd Place, Male 45-49
		Colleen Nunnery	36:07	3rd Place, Female 50-54

		Doug Dillon	39:28	3rd Place, Male 40-44
		Darlene Winger	40:54	
		Eddie Boyd	41:59	
10-31-09	Pumpkin Run 10K	Todd Donovan	40:17	2nd Overall - Male
		Todd Matson	42:47	1st Place, Male 50-54
		Doc Craddock	49:53	1st Place, Male 60-64
		Bruce Blankenship	52:47	2nd Place, Male 55-59
		Jennifer Alvarez	54:54	2nd Place, Costume
		Tom Gordon	56:05	2nd Place, Overall Female
		Jimmy Miller	56:21	3rd Place, Male 55-59
		Sally Campbell	57:28	1st Place, Male 65-69
				3rd Place, Overall Female
10-18-09	Columbus Marathon	Danny Keatley	4:16:41	
		Russell Lamastus	4:18:41	
10-11-09	Steamtown Marathon (Scranton PA)	Lee Scruggs	3:50	
10-4-09	Johnstown PA Marathon	Danny Keatley	4:19:19	
10-3-09	Beckley 1/2 Marathon	Todd Donovan	1:25:00	4th overall
		Marc Lewis	1:27:08	7th overall
		Todd Matson	1:33:32	First Place - Male 20-24
		Doc Weiss	1:34:26	
		Paul Pennington	1:38:50	
		Billy Fox	1:40:28	
		Bruce Blankenship	1:45:30	
		Rhonda Williams	1:58:48	
		Jennifer Alvarez	2:00:55	
		Donna Akers	2:03:05	
		Christine Cardinal	2:14:38	
	Beckley 5K	Vonda Wilson	25:22	
		Karen Dillon	29:43	
10-3-09	Freedom Run Marathon (Shepardstown WV)	Danny Keatley	4:37:13	

9-29-09	Brian Delp 5K	Paul Pennington	20:19	First Place - Male 35-39 1st Place - BSC Alumni
		Lee Scruggs	20:44	1st Place - Male 50-54
		Bruce Blankenship	22:50	1st Place - Male 55-59
		Doc Craddock	23:24	1st Place - Male 60-64
		David Lawson	24:19	3rd Place - Male 35-39
		John Cardwell	24:34	2nd Place - Male 50-54
		Jimmy Miller	24:40	1st Place - Male 65 and over
		Tom Gordon	25:16	3rd Place - Male 55-59 2nd Place - BSC Alumni
		Jennifer Alvarez	25:28	1st Place - Female 35-39
		Tom Davis	28:32	2nd Place - Male 60-64
		Martin Brekeller	28:46	2nd Place - Male 65 and over
		Christine Cardinal	29:14	1st Place - Female 55-59
		Hank Burnley	30:52	4th Place - Male 55-59
		Helen Chaffins	30:54	1st Place - Female 40-44
		Colleen Nunnery	35:46	2nd Place - Female 50-54
		Eddie Boyd	38:29	3rd Place - Male 65 and over
9-27-09	Pittsburgh Great Race 5K	Tom Davis	27:17	791 out of 3,344
9-26-09	Princeton Autumn Fest 5K	Vonda Wilson	23:33	1st Place - Female Overall
		Jennifer Alvares	26:00	34d Place - Female
		Jimmy Miller	26:06	1st Place - Male 69-69
		Drema Wall	28:34	1st Place - Female 45-49
		Hank Burnley	29:53	3rd Place - Male 55-49
		Helen Chaffins	33:36	2nd Place - Female 40-44
		Eddie Boyd	42:20	1st Place - Male 70 and over
9-20-09	ING Philadelphia Distance Run	Lenora Hagerman	3:15	PR
9-19-09	Odyssey Trail Marathon (Milboro VA)	Danny Keatley	6:13:13	
9-12-09	Chuck Smith Memorial 10K	Billy Fox	41:20	
		Lee Scruggs	42:05	

	Chuck Smith Memorial 5K	Martin Brekeller	25:30	
9-05-09	Charleston Distance Run 15 Miler	Marc Lewis	1:45:41	
		Paul Pennington	1:56:27	
		Lee Scruggs	1:59:15	
		Doc Craddock	2:00:36	
		Bruce Blankenship	2:14:40	
		Rhonda Williams	2:20:06	
		Tom Gordon	2:25:45	
		Jennifer Alvarez	2:25:58	
		Donna Akers	2:29:04	2nd Place - Female 60-64
		Christine Cardinal	2:40:03	
	Charleston 5K	Tom Davis	27:00	
		Hank Burnley	28:16	
		Martin Brekeler	28:56	1st Place - Male 70 & Up
		Robert Cole	36:20	
9-05-09	Jason Elswick Scholarship Challenge 5K Run/Walk	Todd Donovan	17:42	2nd Overall - Male
		Mark Wagner	19:30	1st Place - Male 45-49
		Erik Stephan	19:30	3rd Place Overall - Male
		Vonda Wilson	22:13	2nd Overall - Female
		Jimmy Miller	24:41	1st Place - Male 60-64
		Katie Wagner	25:54	3rd Overall - Female
		Anita Wagner	25:56	
		Randy Conley	29:21	3rd Place - Male 45-49
		Helen Chaffins	30:45	1st Place - Female 40-44
		Colleen Nunnery	32:38	1st Place - Female 50-54
		Eddie Boyd	39:59	2nd Place - Male 60-64
8-22-09	Parkersburg Half Marathon	Todd Matson	1:38	
		Danny Keatley	1:42	
		Lee Scruggs	1:49	

		Bruce Blankenship	1:53	
		Rhonda Williams	1:57	
		Donna Akers	2:12	
		Christine Cardinal	2:26	
8-15-09	Narrows Community Fair	Todd Donovan	19:35	1st Place - Male 23-29
	5K Results	Marc Lewis	20:20	3rd Place - Male 23-29
		Doc Weiss	20:31	1st Place - Male 60 and over
	5K Awards List	Paul Pennington	21:08	1st Place - Male 35-39
		Erik Stephan	21:09	1st Place - Male 50-54
		Todd Matson	21:30	
		Lee Scruggs	21:47	2nd Place - Male 50-54
		Vaughn Campbell	23:34	
		Vonda Wilson	24:36	1st Place - Women 35-39
		Tabatha Robins	25:20	2nd Place - Women 18-22
		Rhonda Williams	25:42	Masters
		Sally Campbell	26:07	1st Place - Women 45-49
		Tom Gordon	26:13	3rd Place - Men 55-59
		Jimmy Miller	27:01	3rd Place - Men 60 and over
		Gary Akers	27:20	3rd Place - Men 40-44
		Bill Jewell	27:32	
		Donna Akers	28:05	1st Place - Women 60 and over
		Margaret Holtz	29:09	1st Place - Women 50-54
		Tom Davis	29:33	
		Hank Burnley	30:17	
		Karen Dillon	30:42	1st Place - Women 40-44
		Christine Cardinal	31:03	1st Place - Women 55-59
		Russell Lamastus	31:25	
		Randy Conley	31:33	
		Helen Chaffins	34:21	2nd Place - Women 40-44
		Colleen Nunnery	35:22	2nd Place - Women 50-54
		Nancy Hodges	36:23	3rd Place - Women 60 and over
		Paul Hodges	38:40	
		Darlene Winger	40:37	3rd Place - Women 50-54
8-08-09	H.B. Thomas 5K Run	Gene Anderson Martin	23:03	
		Brekeller	34:23	

8-02-09	Rock 'n Roll Chicago Half Marathon	Lenora Hagerman	3:19:28	New PR time for half marathon.
7-25-09	Green Dog 5K	Paul Pennington	20:14	
		Erik Stephan	20:57	
		Vonda Wilson	23:51	New PR for 5K
		Jennifer Alvarez	24:52	
		Tom Gordon	25:44	
		Jimmy Miller	25:48	
		Gary Akers	26:12	
		Christine Cardinal	32:14	
		Helen Chaffins	33:22	
		Colleen Nunnery	35:28	
7-18-09	Bear Hole 10K	Paul Pennington	42:38	2nd Place Overall
		Billy Fox	43:09	3rd Place Overall
		Lee Scruggs	44:17	1st Place Male 50-54
		Shawn Quillen	45:50	1st Place Male 40-44
		Bruce Blankenship	45:59	1st Place Male 55-59
		Doc Craddock	47:21	1st Place Male 60-64
		Vaugh Campbell	50:17	1st Place Male 14 & Younger
		David Lawson	51:46	1st Place Male 35-39
		Rhonda Williamson	51:59	3rd Place Female Overall
		Russell Lamastus	52:08	3rd Place Male 50-54
		Gary Akers	52:21	2nd Place Male 40-44
		Tom Gordon	52:47	3rd Place Male 55-59
		Sally Campbell	53:03	1st Place Female 45-49
		Jennifer Alvarez	53:22	1st Place Female 35-39
		Jimmy Miller	53:28	1st Place Male 65-69
		Donna Akers	53:40	1st Place Female 60-64
		Drema Wall	57:31	1st Place Female 50-54
		Christine Cardinal	1:02:17	1st Place Female 55-59
		Martin Brekeller	1:03:06	1st Place Male 70 & Older
		Hank Burnley	1:05:44	
		Cathy Smith	1:09:02	2nd Place Female 55-59
7-18-09	Landsford Canal 50K (Charleston SC)	Danny Keatley	5:14:58	

7-11-09	Crazy 8's Kingsport, TN	Rhonda Williams	44:12	
		Donna Akers	44:33	
		Christine Cardinal	51:16	
7-11-09	Grandfather Mt Marathon	Danny Keatley	4:03:04	
7-11-09	John Henry Days 4 Miler, Talcott WV	Gene Anderson	27:10	
		Lee Scruggs	27:34	
		Doc Craddock	29:22	
		Bruce Blankenship	29:39	
		Jennifer Alvarez	33:52	
		Gary Akers	33:38	
		Jimmy Miller	34:14	
		Drema Wall	36:11	
		Tammy Clark	41:05	
		Helen Chaffin	43:47	
		Colleen Nunnery	44:24	
		Tom Pencarinha	47:24	
		Mary Pencarinha	55:58	
Darlene Winger	56:44			
7-4-09	Shawsville 5K	Glen Altizer	18:56	
		Doc Weiss	19:20	
7-04-09	Heritage Classic (Tazewell)			
		5K Results		
		Vonda Wilson	25:05	
		Gary Akers	27:04	
		Jimmy Miller	27:27	
		Drema Wall	27:48	
		Hank Burnley	28:58	
		Randy Conley	32:52	
		Tabatha Robins	54:13	1st place Overall Female
		10K Results		
		Paul Pennington	46:31	
		Doc Craddock	50:03	
		Rhonda Williams	54:32	

		Tom Gordon	54:46
		Donna Akers	56:54
6-27-09	Chautauga 5K	Rhonda Williams	24:08
		Vonda Wilson	25:11
		Jennifer Alvarez	25:27
		Donna Akers	26:58
		Hank Burnley	28:50
		Jimmy Miller	27:02
		Helen Chaffins	33:33
		Darlene Winger	37:46
6-27-09	Rock & Roll 1/2 Marathon	Lenora Hagerman	3:32:53
6-13-09	The Varmint 5K	Vonda Wilson	24:08
		Ian McNaughton	28:24
		Al McNaughton	28:25
		Katie Wagner	32:47
		Mark Wagner	32:48
		Helen Chaffins	34:17
		Colleen Nunnery	35:52
	1/2 Marathon	Doc Weiss	1:37:08
		Todd Matson	1:37:27
		Paul Pennington	1:38:47
		Doc Craddock	1:46:40
		Shawn Quillen	1:51:27
		Rhonda Wilson	1:59:55
		Tom Gordon	2:05:39
		David Lawson	2:05:56
		Russell Lamastus	2:10:54
		Donna Akers	2:15:15
		Hank Burnley	2:28:38
			2:47:30
6-13-09	Hatfield-McCoy Marathon	Danny Keatley	4:10:03

6-13-09	Ronceverte River Festival 5 Miler	Gene Anderson	35:45	
		Billy Fox	35:49	
		Lee Scruggs	36:23	
		Mark Persinger	37:01	
		Mike Collins	38:46	
		Christine Cardinal	50:49	
6-06-09	Deckers Creek 1/2 Marathon	Mike Collins	1:49:38	
6-06-09	Lewis McManus 5K Run	Todd Matson	19:27	
		Billy Fox	20:46	
		Lee Scruggs	20:48	
		Gene Anderson	20:56	
		Bruce Blankenship	22:01	
		David Lawson	23:35	
		Al McNaughton	23:43	
		Jennifer Alvarez	25:31	
		Helen Chaffins	33:05	
		Colleen Nunnery	34:30	
Darlene Winger	37:51			
6-06-09	Ridgerunner Marathon	Danny Keatley	4:14:14	
5-31-09	Bob Potts Trail Marathon	Danny keatley	4:01:53	
5-23-09	Ogden Newspaper 20K	Shawn Quillen	1:43:26	
		Lee Scruggs	1:47:05	
5-23-09	Wade Center 5K Results	Todd Donovan	19:17	1st Place Male 20-29
		Paul Pennington	20:02	3rd Place Male 30-39
		Dewayne Belcher	20:32	1st Place Male 40-49
		Vaughn Campbell	21:57	1st Place Male 14 & Under
		Bruce Blankenship	22:10	3rd Place Male 50-59
		Michael Collins	22:59	4th Place Male 30-39 (PR)
		David Lawson	23:44	5th Place Male 30-39
		Al MacNaughton	24:29	2nd Place Male 40-49
		Tabatha Robins	24:33	1st Place Female 20-29
		Tom Gordon	25:33	8th Place Male 50-59 (PR)
		Jennifer Alvarez	25:41	2nd Place Female 30-39 (PR)

Sally Campbell	25:12	1st Place Female 40-49
Jimmy Miller	26:28	1st Place Male 60-69
Gary Akers	26:29	3rd Place Male 40-49
Drema Wall	26:49	1st Place Female 50-59
Hank Burnley	27:43	10th Place Male 50-59
Helen Chaffins	34:23	3rd Place Female 40-49
Colleen Nunnery	35:10	2nd Place Female 50-59
Darlene Winger	41:01	3rd Place Female 50-59

5-23-09 Appalachian Power Festival 10K

Doc Weiss	41:43
Rhonda Williams	53:29
Russell Lamastus	54:51

5-16-09 Bluestone 5K

		Finish Place
Todd Donovan	21:03	2
Paul Pennington	21:24	3
Mark Persinger	22:16	4
Lee Scruggs	22:19	5
Gene Anderson	22:36	7
Shawn Quillen	23:10	8
Bruce Blankenship	23:28	9
Vonda Wilson	24:32	11
David Lawson	26:06	3rd Male 35-39
Sally Campbell	26:49	14
Jennifer Alvarez	27:04	15
Steven Dowdy	27:14	16
Donna Akers	28:36	21
Christine Cardinal	31:38	26
Lisa McKenzie	32:27	28

		Roger Persinger	35:20	31
		Helen Chaffins	35:29	32
		Colleen Nunnery	36:29	35
5-09-09	Grundy 5K	Vonda Wilson	24:45	1st Place age group
5-05-09	David S Roth Memorial 5K	Paul Pennington	20:56	1st Male 35-39
		Todd Matson	20:35	1st Male 45-49
		Bill Fox	21:27	1st Male 40-44
		Lee Scruggs	21:40	2nd Male 50-59
		Mark Persinger	22:04	2nd Male 35-39
		Gene Anderson	22:16	2nd Male 45-49
		Shawn Quillen	22:37	2nd Male 40-44
		Doc Craddock	22:39	1st Male 60-69
		Danny Keatley	22:40	2nd Male 60-69
		Bruce Blankenship	23:07	
		Mike Collins	24:06	3rd Male 35-39
		Jimmy Miller	26:30	
		Sally Campbell	26:30	1st Female 40-49
		Jennifer Alvarez	26:39	1st Female 30-39
		Helen Chaffins	33:31	
		Randy Conley	35:02	
		Roger Persinger	35:15	
		Colleen Nunnery	37:46	1st Female 50-59
		Sandra Curry	38:04	

5-03-09	Frederick (MD) Marathon	Danny Keatley	4:02:33	2nd Place Men's 60-64
5-02-09	Flying Pig Marathon Cincinnati (OH)	Mark Wagner	3:29:33	
5-02-09		Flying Pig Half Marathon Katie Wagner 2:12	Anita Wagner	2:12
5-02-09	Susan G. Komen Race for the Cure 5K	Bruce Blankenship Tom Davis	21:41 26:38	1st Place Male 55-59 3rd Place Male 60-64
5-02-09	New River Trail 10K	Russell Lamastus	57:03	
4-26-09	Hokie Hope 5K	Tom Davis	28:50	48 / 176 -- 1st Place - 60+ male
4-25-09	Pocahontas Indian Run	Hank Burnley Doc Craddock Todd Donovan Tom Gordon David Lawson Steve Lester Jimmy Miller Tabatha Robins Vonda Wilson	43:26 34:11	3rd place - Male 55-59 Russell Lamastus 1st place - Male 50-54 1st place - Male 35-39 1st place in age division 2nd place - Female 20-24 1st place Overall Female
4-25-09	Kentucky Derby Marathon,	Lee Scruggs	4:12	
4-25-09	Country Music 1/2 Marathon	Lenora Hagerman	3:35:53	
4-25-09	Country Music Marathon, Nashville, Tennessee	Paul Pennington	4:54	
4-18-09	Charlottesville Marathon	Danny Keatley	4:18:35	3rd Place Men's 60-69
4-18-09	Hospice Care 10K Chocolate Chase	Paul Pennington Bruce Blankenship Mike Collins Tom Gordon	43:11 46:18 50:17 53:35	4th place overall 1 ST – Men 50+ 2 nd - Male 35-39

		Russell Lamastus	53:36	
		Christine Cardinal	1:01:44	
		Robert Cole	1:17:48	3rd place Women's 50 and up
4-11-09	8K Race for Life	Mike Collins	39:29	
4-05-09	Cooper Ridge Bridge 10K Results	Randy Jewell	42:02	
4-05-09	Athens (OH) Marathon	Danny Keatley	4:02:15	3rd Place Male 60-64
4-05-09	Athens (OH) Half-Marathon	Bruce Blankenship	1:45:14	
4-05-09	Cherry Blossom 10 Mile Results	Lee Scruggs	75:48	
		Shawn Quillen	86:14	
4-04-09	Bob Duncan Memorial 5K Cross Country Run	Tom Davis		1st Place - 60 and over
3-29-09	Pipestem Fun Run	Mike Young	23:39	
		Vonda Wilson	26:05	
		Russ Lamastus	26:43	
		Jennifer Alvarez	26:50	
		Tom Davis	27:52	
		Jimmy Miller	30:21	
		Helen Chaffins	35:11	
		Sandra Curry	36:55	
3-28-09	Ellerbe Springs Marathon	Danny Keatley	4:08:13	2nd Place Male 60-64
3-28-09	Ukrop's Monument Avenue 10K Results	Tom Gordon	53:49	Age Group: 119 / 622 Overall Place: 5038 / 26,242
3-28-09	Terrapin 50K Results	Mark Persinger	7:22:05	
3-22-09	Shamrock Marathon Results	Donna Akers	4:33:10	Division Place: 9 / 21 Overall Place: 1616 / 2555

				Gender Place: 516 / 982
		Christine Cardinal	5:09:41	Division Place: 2148 / 2583 Overall Place: 2148 / 2583 Gender Place: 760 / 991
3-21-09	National Half Marathon	Mike Collins	1:56 (net time)	2:01 (gun time)
3-21-09	3rd High Rocks Celtic Knot 5K	Mark Persinger	22:29	1st in age group
		Roger Persinger	35:36	1st in age group
		Sandy Curry	36:36	
3-08-09	Lower Potomac River Marathon Results	Danny Keatley	4:08:20	
3-07-09	Explore Your Limits 5K	Al MacNaughton	26:29	Age Group 45-49: 1st Place Overall 27 / 82
2-22-09	Aneuser Busch 1/2 Marathon	Lee Scruggs	1:48	
2-21-09	Blacksburg Classic 10 Mile Complete Results	Todd Matson	69:59	
		Randy Jewell	73:21	
		Mark Wagner	74:45	
		Paul Pennington	76:10	
		Kelly Jewell	78:23	
		Bruce Blankenship	80:22	
		Rhonda Williams	91:05	
		Donna Akers	96:22	
		Jennifer Alvarez	96:33	
2-21-09	Blacksburg Classic 5K	Al MacNaughton	24:21	
		David Dick	25:00	
		Tom Davis	27:15	
		Christine Cardinal	30:25	
		Colleen Nunnery	35:09	
		Darlene Winger	39:44	
		Vonda Wilson	DNP	
2-14-09	Holiday Lake 50K	Mark Persinger	6:28	

2-14-09	Myrtle Beach Marathon	Randy Jewell 3:57	Complete Results	Charity McDaniel	4:25
2-14-09	Myrtle Beach Half Marathon	Tom Gordon			2:02:35
		Bill Jewell			2:05:45
		Hank Burnley			2:18:33
		1. Doc Craddock			25:11 25:22
		2. Vonda Wilson			27:20
		3. Tom Gordon			27:57
		4. Tom Davis			28:05
		5. Jennifer Alvarez			36:55
		6. Helen Chaffins			36:58
		7. Colleen Nunnery			5:38
1-11-09	Disney Marathon	Christine Cardinal			
1-10-09	Frosty Fifty 50K Results	Danny Keatley			5:07
					57 / 120