

**Autumn Toast 5K - 9/28/2012****Barren Ridge Vineyards****Fishersville, VA****Rankings****Event 1 Mixed 5000 Meter Run**

Name	Age Team	Finals
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11 & Under Results - Women 5000 Run		
1 Nargi, Aurora	W6 Unattached	33:27.00
2 Graff, Kelsey	W9 Unattached	37:56.00
12-15 Results - Women 5000 Run		
1 Arneson, Anna	W12 Unattached	28:37.00
16-20 Results - Women 5000 Run		
1 Folsom, Kayla	W19 Unattached	33:49.00
2 Shupe, Logan	W19 Unattached	33:52.00
21-29 Results - Women 5000 Run		
1 Kelley, Kerry	W21 Unattached	20:41.00
2 Lott, Renee	W25 Unattached	25:51.00
3 Shepherd, Hannah	W24 Unattached	26:21.00
4 Angler, Malorie	W25 Unattached	26:53.00
5 Evans, Laura	W25 Unattached	26:58.00
6 Contelmo, Tonia	W23 Unattached	26:59.00
7 Parezo, Amanda	W26 Unattached	27:40.00
8 Murphy, Alyson	W25 Unattached	27:41.00
9 Grimsley, Andrea	W22 Unattached	27:57.00
10 Lyons, Tracy	W28 Unattached	28:12.00
11 Pletcher, Katie	W22 Unattached	28:37.00
12 Pletcher, Jessi	W25 Unattached	28:38.00
13 Fletcher, Lea	W25 Unattached	29:26.00
14 Meeker, Kaitlin	W21 Unattached	29:34.00
15 Goode, Julie	W29 Unattached	29:49.00
16 DeGraff, Jennifer	W28 Unattached	29:55.00
17 Osheim, Christina	W29 Unattached	30:32.00
18 Holsinger, Caroline	W27 Unattached	32:24.00
19 Edmonds, Mary	W26 Unattached	32:24.00
20 Palmer, Natalie	W28 Unattached	32:37.00
21 Ruit, Rachel	W29 Unattached	33:00.00
22 Cady, Taylor	W28 Unattached	38:19.00
23 McInteer, Kelly	W27 Unattached	39:46.00
30-39 Results - Women 5000 Run		
1 Callahan, Emily	W32 Unattached	23:47.00
2 Murphy, Shelley	W36 Unattached	26:01.00
3 Tomlinson, Michelle	W30 Unattached	26:53.00
4 Frazier, Katie	W30 Unattached	27:00.00
5 Miller, Gail	W33 Unattached	27:57.00
6 Braddick, Kara	W31 Unattached	27:58.00
7 Lee, Jueun	W35 Unattached	28:32.00
8 Taress, Heather	W31 Unattached	29:03.00
9 Jacques, Alecia	W30 Unattached	29:50.00
10 Holm, Karen	W39 Unattached	30:18.00
11 Goff, Erikka	W31 Unattached	30:47.00
12 Tucker, Jillian	W31 Unattached	30:48.00
13 Baker, Laura	W34 Unattached	30:54.00
14 Schulz, Sarah	W38 Unattached	31:37.00
15 Gowe, Ramona	W37 Unattached	31:46.00
16 Zipf, Amanda	W32 Unattached	32:05.00
17 Jeffries, Virginia	W33 Unattached	32:24.00
18 Fairless, Lena	W37 Unattached	32:39.00
19 Labate, Candice	W30 Unattached	34:52.00

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20 DeGraff, Holly	W32	Unattached	35:08.00
21 Allen, Cindy	W38	Unattached	35:31.00
22 Leavitt, Anna	W37	Unattached	36:00.00
23 Badinelli, Carmen	W30	Unattached	37:39.00
24 Orrock, Natalie	W32	Unattached	39:13.00
25 Cofer, Whitney	W34	Unattached	39:46.00
26 Hirw, Linda	W35	Unattached	39:52.00
27 Clinton, Erica	W36	Unattached	51:23.00
40-49 Results - Women 5000 Run			
1 Stoops, Tamara	W42	Unattached	22:38.00
2 Kopia, Stephanie	W47	Unattached	23:21.00
3 Thelk, Amy	W42	Unattached	29:01.00
4 McLaughlin, Sandra	W43	Unattached	29:56.00
5 Stevens, Suzy	W44	Unattached	29:56.00
6 Merritt, Lesley	W45	Unattached	30:41.00
7 Hebron, Virginia	W40	Unattached	31:46.00
8 Morgan, Melissa Anderson	W46	Unattached	31:57.00
9 Nargi, Rosalinde	W40	Unattached	33:33.00
10 Parks, Cindy	W40	Unattached	34:49.00
11 Matherly, Shirley	W45	Unattached	36:36.00
12 Albert, Mary	W47	Unattached	40:03.00
13 Cogar, Melanie	W43	Unattached	41:25.00
14 Graff, Holly	W45	Unattached	51:23.00
50-59 Results - Women 5000 Run			
1 Morrisett, Linda	W51	Unattached	26:55.00
2 Krzastek, Susan	W56	Unattached	27:11.00
3 Kyger, Maggie	W56	Unattached	30:29.00
4 Pensyl, Jill	W52	Unattached	32:38.00
5 Craig, Patty	W59	Unattached	34:21.00
6 Jeutter, Barger	W54	Unattached	43:18.00
7 Wright, Sue	W53	Unattached	45:03.00
60+ Results - Women 5000 Run			
1 Fleming, Evelyn	W62	Unattached	34:44.00
16-20 Results - Men 5000 Run			
1 Walsh, Darcy	M18	Unattached	25:08.00
21-29 Results - Men 5000 Run			
1 Krzastek, Ryan	M27	Unattached	22:58.00
2 Short, Patrick	M24	Unattached	23:19.00
3 Gregory, Tim	M22	Unattached	23:50.00
4 Black, Kevin	M29	Unattached	27:00.00
5 Braddick, Tim	M28	Unattached	28:09.00
30-39 Results - Men 5000 Run			
1 Gundling, Ryan	M32	Unattached	19:51.00
2 Lovell, Joshua	M30	Unattached	24:06.00
3 Lyons, Jesse	M33	Unattached	28:12.00
4 Edwards, Dennis	M37	Unattached	29:38.00
5 Smith, Tim	M32	Unattached	29:49.00
6 Baker, Tim	M33	Unattached	30:22.00
7 Zipf, Robert	M33	Unattached	32:08.00
8 Verlouw, Martijn	M31	Unattached	33:00.00
40-49 Results - Men 5000 Run			
1 Comer, Mark	M45	Unattached	27:57.00
2 Anrnesoon, Brian	M45	Unattached	29:26.00
3 Matherly, John	M43	Unattached	32:49.00

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4	Alabanza, Ron	M40	Unattached	36:19.00
5	Albert, John	M46	Unattached	40:04.00
50-59 Results - Men 5000 Run				
1	McAllister, Dwight	M59	Unattached	25:09.00
2	Trimble, Doug	M53	Unattached	35:48.00
60+ Results - Men 5000 Run				
1	Crumley, Steve	M60	Unattached	27:51.00
2	Smith, Doug	M67	Unattached	28:53.00
3	Kieffer, Tom	M67	Unattached	28:55.00
4	Wilkinson, Tom	M61	Unattached	31:40.00
5	Karr, Kenneth	M71	Unattached	36:24.00
6	Robertson, Scott	M63	Unattached	43:20.00