

2019 RVA Cares 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	EMILY BERGER	HENRICO, VA	RUNNER	272	00:21:14.69	06:50	8.8mph	F	11	
2	KRISTIN JACOBS	HENRICO, VA	RUNNER	141	00:21:45.30	07:00	8.6mph	F	42	
3	BETHANY EIGEL	HENRICO, VA	RUNNER	229	00:21:53.19	07:02	8.5mph	F	42	
4	SETH CARROLL	RICHMOND, VA	RUNNER	286	00:22:52.48	07:21	8.1mph	M	37	
5	WILL HOFACKER	HENRICO, VA	RUNNER	248	00:23:24.54	07:32	8.0mph	M	62	
6	BILL ROBBINS	HENRICO, VA	RUNNER	241	00:23:46.15	07:39	7.8mph	M	48	
7	KAYLA BOUGHTON	RICHMOND, VA	RUNNER	269	00:23:54.41	07:41	7.8mph	F	13	
8	JT BLAU	RICHMOND, VA	RUNNER	119	00:23:54.73	07:41	7.8mph	M	32	
9	JOHN COMSTOCK	HENRICO, VA	RUNNER	120	00:23:56.09	07:42	7.8mph	M	38	
10	DAMIEN JOSEFIK	HENRICO, VA	RUNNER	218	00:24:45.52	07:58	7.5mph	M	47	
11	CHRISTIAN LUTEN	GLEN ALLEN, VA	RUNNER	290	00:25:05.72	08:04	7.4mph	M	38	
12	RODNEY ADAMS	HENRICO, VA	RUNNER	282	00:25:21.30	08:09	7.4mph	M	60	
13	KELSEY BOUGHTON	RICHMOND, VA	RUNNER	270	00:25:36.44	08:14	7.3mph	F	11	
14	MARTY COPELAND		RUNNER	321	00:25:53.90	08:20	7.2mph	M	42	
15	JACK BECKER	HENRICO, VA	RUNNER	117	00:25:59.54	08:21	7.2mph	M	11	
16	HAYDEN BYNUM	HENRICO, VA	RUNNER	275	00:26:04.38	08:23	7.1mph	M	12	
17	DEREK LONDEREE	HENRICO, VA	RUNNER	262	00:26:18.97	08:28	7.1mph	M	10	
18	WILL ROBBINS	HENRICO, VA	RUNNER	243	00:26:32.30	08:32	7.0mph	M	15	
19	PENN STEPHENSON	#2", Ric	RUNNER	145	00:26:38.80	08:34	7.0mph	M	31	
20	SAMANTHA STERN	SANDY HOOK, VA	RUNNER	111	00:26:55.12	08:39	6.9mph	F	14	
21	KARA BOUGHTON	RICHMOND, VA	RUNNER	271	00:26:59.24	08:41	6.9mph	F	9	
22	KELLY BARNEY	APARTMENT 5", Ric	RUNNER	144	00:27:20.87	08:48	6.8mph	F	24	
23	KENDALL ADKIN	RICHMOND, VA	RUNNER	143	00:27:21.88	08:48	6.8mph	F	27	
24	DOUG BOUGHTON	RICHMOND, VA	RUNNER	268	00:28:28.58	09:09	6.5mph	M	42	
25	LANE JACOBS	HENRICO, VA	RUNNER	196	00:28:37.51	09:12	6.5mph	F	7	
26	MINDY FRONCEK	GLEN ALLEN, VA	RUNNER	279	00:28:37.88	09:12	6.5mph	F	41	
27	BEN TILLAR	HENRICO, VA	RUNNER	136	00:28:48.95	09:16	6.5mph	M	10	
28	DREW JACOBS	HENRICO, VA	RUNNER	197	00:28:55.30	09:18	6.4mph	M	43	
29	MICHELE MOORE	MECHANICSVILLE, VA	RUNNER	288	00:28:58.95	09:19	6.4mph	F	46	
30	KENNETH STERN	SANDY HOOK, VA	RUNNER	110	00:29:04.61	09:21	6.4mph	M	47	
31	DAVID LEAF	HENRICO, VA	RUNNER	159	00:29:10.01	09:23	6.4mph	M	60	
32	ZONA EIGEL	HENRICO, VA	RUNNER	228	00:29:10.92	09:23	6.4mph	F	11	
33	ALEXANDER BROADDUS	MECHANICSVILLE, VA	RUNNER	297	00:29:17.80	09:25	6.4mph	M	12	
34	KRISTY BROADDUS	MECHANICSVILLE, VA	RUNNER	296	00:29:20.89	09:26	6.4mph	F	43	
35	JANET SMITH	GLEN ALLEN, VA	RUNNER	211	00:29:41.69	09:33	6.3mph	F	32	
36	KARIM MASRI	GLEN ALLEN, VA	RUNNER	210	00:29:42.44	09:33	6.3mph	M	36	
37	NICHOLAS PHEIL	HENRICO, VA	RUNNER	44	00:30:04.37	09:40	6.2mph	M	33	
38	TRICIA MANGAS	CHANTILLY, VA	RUNNER	146	00:30:09.36	09:42	6.2mph	F	24	
39	ERICA KOHAN	HENRICO, VA	RUNNER	157	00:30:15.44	09:44	6.2mph	F	39	
40	ALLISON GREGORY	HENRICO, VA	RUNNER	38	00:30:38.91	09:51	6.1mph	F	50	
41	MICHELLE ISRAEL	HENRICO, VA	RUNNER	230	00:30:39.57	09:52	6.1mph	F	41	
42	GLENN WIEDERMAN	HENRICO, VA	RUNNER	36	00:30:51.97	09:56	6.0mph	M	38	
43	JESSICA DODSON	HENRICO, VA	RUNNER	247	00:31:17.20	10:04	6.0mph	F	38	
44	MAUREEN HARRIS	HENRICO, VA	RUNNER	48	00:31:25.54	10:06	5.9mph	F	57	
45	KIMBERLY SARTE	HENRICO, VA	RUNNER	35	00:31:27.93	10:07	5.9mph	F	48	
46	RYAN CHRISTIAN	GLEN ALLEN, VA	RUNNER	281	00:31:35.85	10:10	5.9mph	M	31	
47	QUINN GOMOLA-MULLIN		RUNNER	328	00:31:50.62	10:14	5.9mph	M	26	
48	TAYLOR MARCINKO	GLEN ALLEN, VA	RUNNER	289	00:31:51.57	10:15	5.9mph	F	28	
49	JOSHUA ZEBLEY		RUNNER	315	00:32:25.62	10:26	5.7mph	M	13	
50	JEFFREY REYNOLDS		RUNNER	314	00:32:28.32	10:27	5.7mph	M	41	
51	HEATHER COMSTOCK	BALTIMORE, MD	RUNNER	49	00:33:29.04	10:46	5.6mph	F	47	
52	SARAH SNELL	HENRICO, VA	RUNNER	294	00:33:57.66	10:55	5.5mph	F	38	
53	KENON THOMAS	RICHMOND, VA	RUNNER	62	00:33:59.79	10:56	5.5mph	M	31	
54	TYLER HENRY	HENRICO, VA	RUNNER	284	00:34:07.17	10:58	5.5mph	M	40	
55	ESMARIE HENRY	HENRICO, VA	RUNNER	283	00:34:10.54	11:00	5.5mph	F	9	
56	TEGAN MURPHY	HENRICO, VA	RUNNER	7	00:34:13.34	11:00	5.4mph	F	10	
57	TYLER WIEDERMAN	HENRICO, VA	RUNNER	37	00:34:19.47	11:02	5.4mph	M	10	
58	ADDISON TILLAR	HENRICO, VA	RUNNER	134	00:34:44.69	11:10	5.4mph	M	39	
59	CANAAN SNELL	HENRICO, VA	RUNNER	295	00:34:46.58	11:11	5.4mph	F	8	
60	JESSICA WEISS	APT 236", Ric	RUNNER	168	00:35:15.06	11:20	5.3mph	F	32	
61	ROGER KORT	HENRICO, VA	RUNNER	124	00:35:31.01	11:25	5.2mph	M	8	

2019 RVA Cares 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
62	LANDON BECKER	HENRICO, VA	RUNNER	118	00:35:31.82	11:26	5.2mph	M	8	
63	MICHAEL KORT	HENRICO, VA	RUNNER	123	00:35:32.34	11:26	5.2mph	M	48	
64	JONATHAN THORNE	MECHANICSVILLE, VA	RUNNER	189	00:35:38.63	11:28	5.2mph	M	21	
65	PAUL BECKER	HENRICO, VA	RUNNER	116	00:35:46.80	11:30	5.2mph	M	51	
66	PRESTON MURPHY	HENRICO, VA	RUNNER	102	00:36:01.71	11:35	5.2mph	M	7	
67	PETER MURPHY	HENRICO, VA	RUNNER	103	00:36:04.53	11:36	5.2mph	M	44	
68	SANDRA SOWDER	HENRICO, VA	RUNNER	142	00:36:39.68	11:48	5.1mph	F	39	
69	HECTOR ALDANA	HENRICO, VA	RUNNER	46	00:37:03.71	11:55	5.0mph	M	50	
70	JABARRIE ZEBLEY		RUNNER	316	00:37:12.19	11:58	5.0mph	M	8	
71	MAGGIE JOSEFIK	HENRICO, VA	RUNNER	219	00:37:12.89	11:58	5.0mph	F	11	
72	PERRIN STOKES	HENRICO, VA	RUNNER	285	00:37:21.60	12:01	5.0mph	M	10	
73	HADEN MCGEHEE	HENRICO, VA	RUNNER	24	00:38:04.06	12:15	4.9mph	F	8	
74	JILL MCGEHEE	HENRICO, VA	RUNNER	47	00:38:06.08	12:15	4.9mph	F	38	
75	JACOB LEWIS	HENRICO, VA	RUNNER	193	00:38:25.75	12:22	4.9mph	M	6	
76	ELIZABETH LEWIS	HENRICO, VA	RUNNER	191	00:38:26.50	12:22	4.8mph	F	36	
77	PAM KEMPF	HENRICO, VA	RUNNER	236	00:38:30.37	12:23	4.8mph	F	40	
78	NATHAN KEMPF	HENRICO, VA	RUNNER	237	00:38:35.06	12:25	4.8mph	M	7	
79	CAROLINE TANNER	RICHMOND, VA	RUNNER	2	00:38:36.15	12:25	4.8mph	F	7	
80	KATHY BOUGHTON	RICHMOND, VA	RUNNER	267	00:38:48.83	12:29	4.8mph	F	41	
81	SUZANNE MELILLO		RUNNER	323	00:38:59.58	12:33	4.8mph	F	52	
82	JESSIE PURTELL	GLEN ALLEN, VA	RUNNER	291	00:39:04.81	12:34	4.8mph	F	33	
83	KINDA KODER	RICHMOND, VA	RUNNER	155	00:39:21.40	12:40	4.7mph	F	48	
84	SCARLET TUCKER	HENRICO, VA	RUNNER	3	00:39:31.94	12:43	4.7mph	F	7	
85	NATHAN IZOD	GLEN ALLEN, VA	RUNNER	277	00:39:32.94	12:43	4.7mph	M	46	
86	BRODY IZOD	GLEN ALLEN, VA	RUNNER	276	00:39:33.37	12:43	4.7mph	M	10	
87	HELEN TANNER	HENRICO, VA	RUNNER	77	00:39:45.54	12:47	4.7mph	F	39	
88	JEFFREY HENNESSY		RUNNER	318	00:39:55.51	12:51	4.7mph	M	39	
89	BRYANT HENNESSY		RUNNER	317	00:39:55.93	12:51	4.7mph	M	8	
90	KANDIS DODSON	FREDERICKSBURG, VA	RUNNER	130	00:40:16.18	12:57	4.6mph	F	33	
91	JOSIAH DODSON	FREDERICKSBURG, VA	RUNNER	133	00:40:20.02	12:58	4.6mph	M	8	
92	CECELIA JOSEFIK	HENRICO, VA	RUNNER	217	00:40:42.98	13:06	4.6mph	F	8	
93	FRANK FOWLKES	HENRICO, VA	RUNNER	60	00:40:46.83	13:07	4.6mph	M	47	
94	CHRISTIAN FOWLKES	HENRICO, VA	RUNNER	61	00:40:47.39	13:07	4.6mph	M	10	
95	LILLIAN SCHMIDT	HENRICO, VA	RUNNER	151	00:40:47.63	13:07	4.6mph	F	11	
96	KATHRYN JOSEFIK	HENRICO, VA	RUNNER	216	00:40:55.63	13:10	4.6mph	F	43	
97	MEGAN SHEFFIELD	MECHANICSVILLE, VA	RUNNER	258	00:40:59.46	13:11	4.5mph	F	29	
98	EVAN KAHL	HENRICO, VA	RUNNER	70	00:41:05.80	13:13	4.5mph	F	6	
99	JEREMY KAHL	HENRICO, VA	RUNNER	68	00:41:10.72	13:15	4.5mph	M	39	
100	KELLY FAIR	RICHMOND, VA	RUNNER	293	00:41:46.29	13:26	4.5mph	F	50	
101	MICHAEL SMITH	HENRICO, VA	RUNNER	162	00:41:47.74	13:27	4.5mph	M	46	
102	PAGE KRAL	HENRICO, VA	RUNNER	94	00:42:43.87	13:45	4.4mph	F	44	
103	KATE KRAL	HENRICO, VA	RUNNER	95	00:42:44.21	13:45	4.4mph	F	8	
104	MATT LEWIS	HENRICO, VA	RUNNER	192	00:42:47.96	13:46	4.4mph	M	37	
105	SYLVIA GRAWE	MIDLOTHIAN, VA	RUNNER	301	00:43:12.03	13:54	4.3mph	F	15	
106	FRANK BECKER	RICHMOND, VA	RUNNER	223	00:43:37.29	14:02	4.3mph	M	58	
107	HEATHER PICKRAL	GLEN ALLEN, VA	RUNNER	5	00:43:38.88	14:02	4.3mph	F	9	
108	WENDI BLACK	ADDRESS 2 (OPTIONAL), Hen	RUNNER	298	00:43:52.62	14:07	4.2mph	F	50	
109	ANNIE MALAMPHY	ADDRESS 2 (OPTIONAL), Hen	RUNNER	299	00:43:53.92	14:07	4.2mph	F	14	
110	JEFF DWYER	HENRICO, VA	RUNNER	207	00:43:53.95	14:07	4.2mph	M	51	
111	JULIETTE DWYER	HENRICO, VA	RUNNER	209	00:43:54.02	14:07	4.2mph	F	8	
112	ALYAH BOWLER	GLEN ALLEN, VA	RUNNER	80	00:43:57.01	14:08	4.2mph	F	43	
113	SARAH DWYER	HENRICO, VA	RUNNER	208	00:44:06.31	14:11	4.2mph	F	38	
114	BERKLEIGH LIGHT	CHESTERFIELD, VA	RUNNER	199	00:44:17.00	14:15	4.2mph	F	10	
115	KURT LIGHT	CHESTERFIELD, VA	RUNNER	198	00:44:21.67	14:16	4.2mph	M	40	
116	KINLEY CHRISTOPHER	HENRICO, VA	RUNNER	76	00:44:21.90	14:16	4.2mph	F	8	
117	TIFFANY CHRISTOPHER	HENRICO, VA	RUNNER	75	00:44:33.15	14:20	4.2mph	F	36	
118	LANE TILLAR	HENRICO, VA	RUNNER	137	00:44:34.17	14:20	4.2mph	F	7	
119	SANJU BASU	GLEN ALLEN, VA	RUNNER	188	00:44:45.55	14:24	4.2mph	F	41	
120	NORA FRANCIS	HENRICO, VA	RUNNER	240	00:44:45.67	14:24	4.2mph	F	7	
121	SPENCER FRANCIS	HENRICO, VA	RUNNER	238	00:44:46.38	14:24	4.2mph	M	38	

2019 RVA Cares 5K

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
122 DREW DOUGLAS	HENRICO, VA	RUNNER	304	00:45:22.11	14:36	4.1mph	M	8	
123 LYNDSYMAE DODSON	FREDERICKSBURG, VA	RUNNER	132	00:45:44.82	14:43	4.1mph	F	11	
124 SHANNON BARBER	HENRICO, VA	RUNNER	266	00:46:07.88	14:50	4.0mph	F	40	
125 KRISTY BUDNY	HENRICO, VA	RUNNER	264	00:46:08.46	14:51	4.0mph	F	36	
126 JENNIFER ALBIS	HENRICO, VA	RUNNER	15	00:47:03.45	15:08	4.0mph	F	10	
127 MARK HOSBROUGH	HENRICO, VA	RUNNER	180	00:47:04.15	15:09	4.0mph	M	52	
128 EMERSON BALDWIN	RICHMOND, VA	RUNNER	18	00:47:12.20	15:11	3.9mph	F	10	
129 VIRGINIA CLARKE	HENRICO, VA	RUNNER	13	00:47:12.51	15:11	3.9mph	F	9	
130 KIM BALDWIN	RICHMOND, VA	RUNNER	245	00:47:12.61	15:11	3.9mph	F	39	
131 JENNIFER ALBIS 1		RUNNER	322	00:47:14.68	15:12	3.9mph	F	37	
132 ABIGAIL BALDWIN	RICHMOND, VA	RUNNER	19	00:47:16.74	15:13	3.9mph	F	8	
133 LILLIAN BALDWIN	RICHMOND, VA	RUNNER	246	00:47:19.91	15:14	3.9mph	F	5	
134 MADDIE BYNUM	HENRICO, VA	RUNNER	274	00:48:09.48	15:30	3.9mph	F	8	
135 MICHELLE BYNUM	HENRICO, VA	RUNNER	273	00:48:12.16	15:30	3.9mph	F	38	
136 LAUREN COMSTOCK	HENRICO, VA	RUNNER	234	00:48:19.43	15:33	3.9mph	F	36	
137 ROBERT FELTS	HENRICO, VA	RUNNER	214	00:48:36.23	15:38	3.8mph	M	28	
138 ROYCE FELTS	RICHMOND, VA	RUNNER	215	00:48:39.77	15:39	3.8mph	M	5	
139 ELLIE BECKER	HENRICO, VA	RUNNER	8	00:48:40.26	15:39	3.8mph	F	11	
140 CARSON KAHL	HENRICO, VA	RUNNER	69	00:48:52.02	15:43	3.8mph	F	9	
141 ANNALISA NERO	HENRICO, VA	RUNNER	16	00:48:59.30	15:46	3.8mph	F	10	
142 JONATHAN YOUSIK	RICHMOND, VA	RUNNER	89	00:49:08.78	15:49	3.8mph	M	13	
143 ALLISON KAHL	HENRICO, VA	RUNNER	67	00:49:29.11	15:55	3.8mph	F	40	
144 HANNAH COMSTOCK	HENRICO, VA	RUNNER	9	00:50:15.37	16:10	3.7mph	F	9	
145 RYAN MAWYER	HENRICO, VA	RUNNER	41	00:50:48.00	16:21	3.7mph	M	6	
146 ANDREW BURNETT	HENRICO, VA	RUNNER	52	00:50:59.44	16:24	3.7mph	M	47	
147 BRITTNEY SHEPHERD	MECHANICSVILLE, VA	RUNNER	169	00:51:00.51	16:25	3.7mph	F	33	
148 EMMA YOUSIK	RICHMOND, VA	RUNNER	4	00:51:04.46	16:26	3.6mph	F	9	
149 LILY KENNEDY	RICHMOND, VA	RUNNER	17	00:51:08.14	16:27	3.6mph	F	10	
150 KIRSTYN ADLER	HENRICO, VA	RUNNER	20	00:51:09.91	16:28	3.6mph	F	10	
151 KELLY LASTRAPES	MIDLOTHIAN, VA	RUNNER	250	00:51:17.88	16:30	3.6mph	F	36	
152 DARCI SCHMIDT	HENRICO, VA	RUNNER	152	00:51:32.84	16:35	3.6mph	F	8	
153 HEATHER SCHMIDT	HENRICO, VA	RUNNER	148	00:51:36.77	16:36	3.6mph	F	40	
154 BENJAMIN SCHMIDT	HENRICO, VA	RUNNER	149	00:51:45.43	16:39	3.6mph	M	40	
155 LAURA LAY	HENRICO, VA	RUNNER	65	00:51:50.40	16:41	3.6mph	F	45	
156 KELLEY YOUSIK	HENRICO, VA	RUNNER	88	00:51:52.74	16:41	3.6mph	F	41	
157 SASHA LAY	HENRICO, VA	RUNNER	1	00:51:53.70	16:42	3.6mph	F	10	
158 AVA SCHMIDT	HENRICO, VA	RUNNER	150	00:52:05.87	16:46	3.6mph	F	13	
159 SUSAN KANE		RUNNER	326	00:52:22.10	16:51	3.6mph	F	49	
160 CATHERINE KANE		RUNNER	327	00:52:25.59	16:52	3.6mph	F	12	
161 SHERRY LONG	HENRICO, VA	RUNNER	233	00:53:18.30	17:09	3.5mph	F	46	
162 KENDALL LONG	HENRICO, VA	RUNNER	232	00:53:19.43	17:09	3.5mph	M	48	
163 ANDREW LONG	HENRICO, VA	RUNNER	231	00:53:21.12	17:10	3.5mph	M	6	
164 DAVE COCHRAN	HENRICO, VA	RUNNER	185	00:54:04.46	17:24	3.4mph	M	47	
165 KRISSY WATSON	MANAKIN SABOT, VA	RUNNER	71	00:54:04.86	17:24	3.4mph	F	38	
166 SAM DISALVO	HENRICO, VA	RUNNER	226	00:54:06.50	17:24	3.4mph	M	10	
167 HAYDEN BARBER	HENRICO, VA	RUNNER	265	00:54:08.49	17:25	3.4mph	M	10	
168 KATHARINE WATSON	MANAKIN SABOT, VA	RUNNER	72	00:54:09.12	17:25	3.4mph	F	5	
169 GRAHAM COCHRAN	HENRICO, VA	RUNNER	187	00:54:17.25	17:28	3.4mph	M	7	
170 KIM COCHRAN	HENRICO, VA	RUNNER	184	00:54:19.47	17:29	3.4mph	F	44	
171 BRADEN SMITH	HENRICO, VA	RUNNER	163	00:54:48.62	17:38	3.4mph	M	10	
172 KAYLA VARNER	CHESTERFIELD, VA	RUNNER	213	00:55:18.70	17:48	3.4mph	F	11	
173 ALAINA VARNER	CHESTERFIELD, VA	RUNNER	212	00:55:23.78	17:49	3.4mph	F	37	
174 KATHERINE BECKER	RICHMOND, VA	RUNNER	224	00:55:51.27	17:58	3.3mph	F	15	
175 ELIZABETH BECKER	HENRICO, VA	RUNNER	222	00:55:52.31	17:59	3.3mph	F	47	
176 WALLY BECKER	RICHMOND, VA	RUNNER	225	00:55:54.28	17:59	3.3mph	M	10	
177 ELLEN HOSBROUGH	HENRICO, VA	RUNNER	179	00:55:57.73	18:00	3.3mph	F	52	
178 JANE MAWYER	HENRICO, VA	RUNNER	40	00:56:54.20	18:18	3.3mph	F	9	
179 LAURA MAWYER	HENRICO, VA	RUNNER	39	00:56:55.20	18:19	3.3mph	F	39	
180 BETH ROBBINS	HENRICO, VA	RUNNER	244	00:57:12.87	18:24	3.3mph	F	48	
181 TRAVIS GIBBS	HENRICO, VA	RUNNER	206	00:57:17.28	18:26	3.3mph	M	43	
182 VIRGINIA GIBBS	HENRICO, VA	RUNNER	205	00:57:27.04	18:29	3.2mph	F	6	
183 REBECCA GIBBS	HENRICO, VA	RUNNER	204	00:57:39.52	18:33	3.2mph	F	45	

2019 RVA Cares 5K

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
184 WADE COCHRAN	HENRICO, VA	RUNNER	186	00:57:47.66	18:36	3.2mph	M	7	
185 NAN CLARKE	HENRICO, VA	RUNNER	178	00:57:51.43	18:37	3.2mph	F	68	
186 RUBY CLARKE	HENRICO, VA	RUNNER	14	00:57:55.01	18:38	3.2mph	F	8	
187 NATE CLARKE	HENRICO, VA	RUNNER	176	00:57:56.51	18:38	3.2mph	M	44	
188 BEATRICE CLARKE	HENRICO, VA	RUNNER	177	00:57:59.39	18:39	3.2mph	F	5	
189 KATHERINE JARVIS	CHESTER, VA	RUNNER	26	00:58:23.39	18:47	3.2mph	F	7	
190 KRISTIN JARVIS	CHESTER, VA	RUNNER	25	00:58:30.47	18:49	3.2mph	F	37	
191 JOHN JONES	AYLETT, VA	RUNNER	127	00:59:23.56	19:06	3.1mph	M	54	
192 ASHLEY BONAPARTE	MECHANICSVILLE, VA	RUNNER	138	00:59:31.10	19:09	3.1mph	F	36	
193 MEREDITH FINCKE	HENRICO, VA	RUNNER	23	01:00:14.58	19:23	3.1mph	F	14	
194 CHRIS MCALLISTER	MIDLOTHIAN, VA	RUNNER	174	01:00:16.75	19:24	3.1mph	F	38	
195 ADDISON FINCKE	HENRICO, VA	RUNNER	21	01:00:18.53	19:24	3.1mph	F	14	
196 PAUL FINCKE	HENRICO, VA	RUNNER	261	01:00:28.78	19:27	3.1mph	M	51	
197 JT VAN HORN	HENRICO, VA	RUNNER	92	01:00:39.53	19:31	3.1mph	M	11	
198 CARLA POLLARD	CHESTERFIELD, VA	RUNNER	172	01:00:50.51	19:34	3.1mph	F	26	
199 LYNN RICHE		RUNNER	313	01:00:51.14	19:35	3.1mph	F	65	
200 MICHELLE RICHE	HENRICO, VA	RUNNER	220	01:00:51.33	19:35	3.1mph	F	42	
201 SABRINA MAYO	MECHANICSVILLE, VA	RUNNER	173	01:00:53.04	19:35	3.1mph	F	31	
202 ROBERT EDWARDS	HENRICO, VA	RUNNER	221	01:00:55.69	19:36	3.1mph	M	48	
203 JENNIFER VAN HORN	HENRICO, VA	RUNNER	90	01:00:56.14	19:36	3.1mph	F	45	
204 BENJAMIN BURNETT	HENRICO, VA	RUNNER	54	01:00:57.79	19:37	3.1mph	M	8	
205 ANNELIES VAN HORN	HENRICO, VA	RUNNER	93	01:00:58.05	19:37	3.1mph	F	9	
206 JIM VAN HORN	HENRICO, VA	RUNNER	91	01:01:00.16	19:38	3.1mph	M	46	
207 BRIDGET BROWN	HENRICO, VA	RUNNER	154	01:01:10.84	19:41	3.0mph	F	47	
208 ALLIE JONES	AYLETT, VA	RUNNER	129	01:01:14.48	19:42	3.0mph	F	9	
209 APRIL TILLAR	HENRICO, VA	RUNNER	135	01:01:15.98	19:43	3.0mph	F	39	
210 AJ ROBERTSON	RICHMOND, VA	RUNNER	190	01:01:17.71	19:43	3.0mph	M	28	
211 BRYAN DAVIS		RUNNER	325	01:01:18.26	19:43	3.0mph	M	28	
212 SARAH BURNETT	HENRICO, VA	RUNNER	53	01:01:20.75	19:44	3.0mph	F	14	
213 KASHARA LAMAR		RUNNER	324	01:01:23.56	19:45	3.0mph	F	23	
214 AMANDA JONES	AYLETT, VA	RUNNER	126	01:01:25.38	19:46	3.0mph	F	36	
215 MADELEINE KERNS	GLEN ALLEN, VA	RUNNER	147	01:01:33.21	19:48	3.0mph	F	19	
216 PARKER JONES	AYLETT, VA	RUNNER	128	01:01:33.49	19:48	3.0mph	M	13	
217 ELAINE KASTELBERG	HANOVER, VA	RUNNER	97	01:01:44.96	19:52	3.0mph	F	60	
218 TODD BASHAM	NORTH CHESTERFIELD, VA	RUNNER	42	01:01:50.63	19:54	3.0mph	M	56	
219 KELLY LASTRAPES	MIDLOTHIAN, VA	RUNNER	122	01:01:57.45	19:56	3.0mph	F	36	
220 JOE YARBROUGH	UNION HALL, VA	RUNNER	98	01:01:58.88	19:56	3.0mph	M	67	
221 JASON CHIAPPETTA	HENRICO, VA	RUNNER	201	01:02:09.96	20:00	3.0mph	M	49	
222 JINETTE CHIAPPETTA	HENRICO, VA	RUNNER	200	01:02:10.21	20:00	3.0mph	F	50	
223 KIRSTEN DARDEN	HENRICO, VA	RUNNER	254	01:02:12.27	20:01	3.0mph	F	29	
224 CHARLON WADE	HENRICO, VA	RUNNER	302	01:02:12.63	20:01	3.0mph	F	52	
225 KOURYN FIESEL	HENRICO, VA	RUNNER	202	01:02:14.79	20:02	3.0mph	F	28	
226 KAREN KENNEDY	HENRICO, VA	RUNNER	235	01:02:23.40	20:04	3.0mph	F	47	
227 ELIZABETH BURNETT	HENRICO, VA	RUNNER	51	01:02:25.89	20:05	3.0mph	F	44	
228 AMY NERO	HENRICO, VA	RUNNER	227	01:02:27.85	20:06	3.0mph	F	45	
229 DAVID HASSMER	SANDSTON, VA	RUNNER	105	01:03:09.37	20:19	3.0mph	M	37	
230 SUSAN HASSMER	SANDSTON, VA	RUNNER	292	01:03:23.14	20:24	2.9mph	F	69	
231 BEN KASTELBERG	HANOVER, VA	RUNNER	96	01:03:42.69	20:30	2.9mph	M	36	
232 JENNIE KASTELBERG	HANOVER, VA	RUNNER	86	01:03:44.35	20:30	2.9mph	F	36	
233 ABBY SEAY	MECHANICSVILLE, VA	RUNNER	170	01:03:45.37	20:31	2.9mph	F	35	
234 KIMBERLY HASSMER	SANDSTON, VA	RUNNER	104	01:03:46.53	20:31	2.9mph	F	37	
235 RACHEL HALL	GOOCHLAND, VA	RUNNER	87	01:03:47.24	20:31	2.9mph	F	34	
236 RACHEL BASHAM	RICHMOND, VA	RUNNER	309	01:04:34.50	20:47	2.9mph	F	25	
237 SPIRIKA RENO	HENRICO, VA	RUNNER	287	01:05:03.80	20:56	2.9mph	F	12	
238 WAKAKO RENO	HENRICO, VA	RUNNER	259	01:05:05.57	20:57	2.9mph	F	41	
239 MIKE STEVENS		RUNNER	320	01:05:10.99	20:58	2.9mph	M	42	
240 LIKA RENO	HENRICO, VA	RUNNER	260	01:05:11.35	20:58	2.9mph	F	10	
241 EMMA STEVENS		RUNNER	319	01:05:11.40	20:58	2.9mph	F	5	
242 ANDREA BASHAM	NORTH CHESTERFIELD, VA	RUNNER	43	01:05:33.44	21:06	2.8mph	F	57	
243 MARION KRAMER	HENRICO, VA	RUNNER	306	01:05:42.01	21:08	2.8mph	F	58	
244 BEN TANNER	RICHMOND, VA	RUNNER	78	01:08:06.40	21:55	2.7mph	M	39	
245 JAMES SHEA	RICHMOND, VA	RUNNER	161	01:08:19.54	21:59	2.7mph	M	48	

2019 RVA Cares 5K

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
246	JOHN LIGON	MIDLOTHIAN, VA	RUNNER	166	01:08:29.31	22:02	2.7mph	M	55	
247	NOAH BONAPARTE		RUNNER	311	01:08:32.81	22:03	2.7mph	M	11	
248	KELLY LIGON	MIDLOTHIAN, VA	RUNNER	165	01:08:36.56	22:04	2.7mph	F	54	
249	HOLLY BONAPARTE		RUNNER	310	01:08:42.96	22:07	2.7mph	F	8	
250	JAN SHEA	RICHMOND, VA	RUNNER	160	01:08:43.06	22:07	2.7mph	F	34	
251	ALIZA WEISS	RICHMOND, VA	RUNNER	167	01:08:43.78	22:07	2.7mph	F	26	
252	RACHEL UPSHAW	MECHANICSVILLE, VA	RUNNER	139	01:09:01.01	22:12	2.7mph	F	34	
253	KEYARA FLEECE	HENRICO, VA	RUNNER	280	01:16:28.32	24:36	2.4mph	F	29	
254	MARGARET DEFFENBAUGHAYLETT, VA		RUNNER	45	01:16:34.01	24:38	2.4mph	F	29	