

**9-11 HEROES RUN**  
**ACAC MIDLOTHIAN VA**  
**11-SEP-16**  
**COMMONWEALTH TIMING**



Place	Bib #	First Name	Last Name	Sex	City	Finishing Time	Pace
1	144	Jeffrey	Criswell	Male	Prince George	20:36.180	6:36
2	145	Sam	Baker	Male	Alexandria	20:42.027	6:37
3	203	Dan	Pulskamp	Male	Chesterfield	21:00.467	6:43
4	16	Maria	Grenier	Female	Colonial Heights	21:14.847	6:48
5	42	Jacob	Ruppert	Male	Chesterfield	21:21.027	6:50
6	223	Jim	Carter	Male		21:23.823	6:51
7	26	Ryan	Kell	Male	Glen Allen	21:30.837	6:53
8	221	Debbie	Goodpasture	Female		21:31.587	6:53
9	112	Anna	Newell	Female	Glen Allen	21:33.453	6:54
10	161	Melissa	Owens	Female	Petersburg	21:42.593	6:57

Place	Bib #	First Name	Last Name	Sex	City	Finishing Time	Pace
11	103	Stacy	Ansama	Female	Newport Newa	22:16.693	7:08
12	140	Robert	Ross	Male	Fort Lee	22:27.650	7:11
13	91	Kristen	Gage	Female		22:33.113	7:13
14	128	Ken	Lowe	Male	Moseley	22:34.753	7:13
15	9	Curtis	Sellers	Male	Fort Lee	22:41.057	7:16
16	22	Douglas	Gavin	Male	Henrico	22:52.733	7:19
17	215	Laura	Stevenson	Female		23:04.480	7:23
18	207	Geoffrey	Chege	Male	Henrico	23:11.673	7:25
19	206	Nancy	Chege	Female	Henrico	23:16.520	7:27
20	151	Danielle	Walton	Female	Midlothian	23:34.897	7:32
21	205	Gregory	Betty	Male	Valley Stream	23:37.613	7:33
22	219	George	Owens	Male		23:37.617	7:33
23	172	Gary	Lattimore	Male	Midlothian	23:40.423	7:34
24	154	Nathan	Blyler	Male	Glen Allen	23:45.213	7:36
25	153	Emily	Miano	Female	Glen Allen	23:47.787	7:37
26	200	Jose	Cruz	Male	Beaverton	24:27.203	7:49
27	55	Scott	Carson	Male	North Chesterfield	24:28.200	7:50
28	162	Wilmarie	Germosen	Female	Petersburg	24:38.310	7:53
29	160	Jp	Brunetti	Male	Midlothian	24:44.923	7:55
30	87	Scott	Wayne	Male	Richmond	25:00.787	8:00
31	179	David	Spiller	Male	Midlothian	25:15.940	8:05
32	182	Grayson	Spiller	Male	Midlothian	25:16.343	8:05
33	169	Eric	Putney	Male	Richmond	25:16.737	8:05
34	72	Michael	Nelson	Male	Midlothian	25:19.200	8:06
35	173	Sarka	Rychlikova	Female	Midlothian	25:24.967	8:08
36	114	Corky	Gardner	Male	Richmond	25:46.650	8:15
37	139	David	Pittenger	Male	Fort Lee	25:57.647	8:18
38	71	Sonia	Colaw	Female	Warm Springs	25:59.670	8:19
39	19	Belle	Marinoble	Female	N. Chesterfield	26:02.037	8:20

Place	Bib #	First Name	Last Name	Sex	City	Finishing Time	Pace
40	201	Julie	Sutton	Female	Richmond	26:04.487	8:20
41	202	Trey	Sutton	Male	Richmond	26:04.737	8:20
42	126	Timothy	Mcdonald	Male	Fort Lee	26:09.773	8:22
43	49	Jennifer	Lindamood	Female	Appomattox	26:10.580	8:22
44	125	Sylvia	Mcdonald	Female	Fort Lee	26:10.980	8:22
45	61	Amanda	Viol	Female	Richmond	26:14.037	8:24
46	94	Erin	Walsh	Female	Midlothian	26:16.097	8:24
47	38	Georgiana	Sohm	Female	Hopkins	26:16.827	8:24
48	147	Gilberto	Perez	Male	Clarksburg	26:24.310	8:27
49	5	Renee	Straughn	Female	Chester	26:26.727	8:28
50	8	Tiffany	Sellers	Female	Fort Lee	26:28.167	8:28
51	28	Traci	Irby	Female	Chester	26:38.240	8:31
52	127	Nick	Versaw	Male	Richmond	26:40.370	8:32
53	186	Katie	Marshall	Female	Midlothian	26:40.967	8:32
54	199	Lily	Barriero	Female	Midlothian	26:40.967	8:32
55	113	David	Newell	Male	Alexandria	27:17.127	8:44
56	141	Susan	Larsen	Female	Midlothian	27:17.727	8:44
57	211	Jim	Hall	Male		27:20.487	8:45
58	105	Brittany	Wasser	Female	Midlothian	27:21.073	8:45
59	106	Jeremy	Wasser	Male	Midlothian	27:21.473	8:45
60	92	Michael	Anderson	Male	Williamsburg	27:30.757	8:48
61	204	Eugene	Ackley	Male	Boalsburg	27:39.223	8:51
62	84	Randy	Terry	Male	Richmond	27:41.973	8:52
63	124	Michael	Schwarzkopf	Male	Chesterfield	27:44.267	8:52
64	83	Samira	Hurley	Female	Midlothian	27:59.073	8:57
65	164	Harry	Mayor-Mora	Male	Midlothian	28:04.567	8:59
66	165	Enrique	Mayor-Mora	Male	Midlothian	28:05.193	8:59
67	99	Beth	Hensley	Female	Midlothian	28:07.460	9:00
68	82	Kevin	O'connor	Male	Midlothian	28:15.297	9:02

Place	Bib #	First Name	Last Name	Sex	City	Finishing Time	Pace
69	208	Moses	Chege	Male	Henrico	28:15.873	9:02
70	171	Jennifer	Lattimore	Female	Midlothian	28:18.297	9:03
71	4	Lauren	Scott	Female	Poquoson	28:19.297	9:04
72	37	Heidi	Speece	Female	Yorktown	28:19.483	9:04
73	120	Samantha	Ruppert	Female	Moseley	28:30.427	9:07
74	2	Brandon	Olsen	Male	Richmond	28:31.033	9:08
75	143	Amy	Jones	Female	Henrico	28:42.340	9:11
76	177	Dawn	Eberhard	Female	Richmond	28:43.887	9:11
77	163	Harry	Mayor-Mora	Male	Midlothian	28:44.297	9:12
78	166	Dede	Mayor-Mora	Female	Midlothian	28:47.310	9:13
79	109	Joanna	Rice	Female	Sutherland	28:48.327	9:13
80	218	Amy	Butler	Female		29:13.487	9:21
81	209	Baraka	Chege	Male	Henrico	29:15.103	9:22
82	13	Jim	Marr	Male	Chesterfield	29:17.717	9:22
83	86	Laura	Peterson	Female	Midlothian	29:23.757	9:24
84	85	Stephen	Harrell	Male	Midlothian	29:24.157	9:24
85	68	Rob	Cassada	Male	Richmond	29:25.697	9:25
86	181	Henry	Spiller	Male	Midlothian	29:30.030	9:26
87	180	Suzanne	Spiller	Female	Midlothian	29:35.423	9:28
88	36	Alex	Anliker	Male	Glen Allen	29:40.107	9:30
89	226	Kelli	Anderson	Female		30:04.863	9:37
90	110	Jasmine	Caldwell	Female	Richmond	30:19.807	9:42
91	183	Edward	Walsh	Male	Midlothian	30:21.683	9:43
92	220	Blake	Hogan	Male		30:23.993	9:43
93	225	Scott	Grenier	Male		30:26.830	9:44
94	149	Brendan	Conway	Male	Richmond	30:27.477	9:45
95	227	Dan	Trevino	Male		30:33.127	9:47
96	48	Antavia	Grimsley	Female	Woodbridge	30:46.810	9:51
97	137	Missy	Kwasniewsk	Female	Richmond	30:50.450	9:52

Place	Bib #	First Name	Last Name	Sex	City	Finishing Time	Pace
98	136	Michael	Kwasniewsk	Male	Richmond	30:50.673	9:52
99	77	Maria	Stalzer	Female	Charlottesville	30:53.633	9:53
100	212	Miranda	Toussaint	Female		30:59.037	9:55
101	43	Kent	Wykoff	Male	Midlothian	31:01.837	9:56
102	40	Diana	Holsinger	Female	Richmond	31:04.947	9:56
103	41	Jean	Schumacher	Female	Ashland	31:05.343	9:57
104	73	Erin	Flaherty	Female	Richmond	31:14.567	10:00
105	54	Christopher	Caruso	Male	Midlothian	31:37.130	10:07
106	130	Elizabeth	Watson	Female	Midlothian	31:38.143	10:07
107	187	Tony	Ayers	Male	Chesterfield	31:57.420	10:13
108	15	Darwin	Richardson	Male	Glen Allen	32:07.793	10:17
109	176	Jeff	Luke	Male	Richmond	32:12.800	10:18
110	7	Deborah	Caruso	Female	Midlothian	32:22.673	10:21
111	58	Xe	Lindeback	Female	Richmond	32:27.093	10:23
112	224	Angie	Young	Female		32:47.840	10:29
113	39	Andrew	Mcdaniel	Male	Midlothian	32:57.593	10:33
114	210	Jack	Hensley	Male	Midlothian	33:12.977	10:37
115	170	Kendi	Garcia	Female	Chesterfield	33:33.117	10:44
116	50	Kristen	Litchfield	Female	Richmond	33:46.627	10:48
117	51	Brian	Reiner	Male	Chesterfield	34:20.180	10:59
118	52	Kelly	Reiner	Female	Chesterfield	34:20.180	10:59
119	213	Shanta	Noel	Female		34:31.117	11:03
120	213	Shanta	Noel	Female		34:31.117	11:03
121	90	Debra	Gage	Female	Williamsburg	34:40.597	11:06
122	214	Richard	Hunt	Male		35:02.077	11:13
123	67	Danielle	Nugent	Female	Chester	35:02.500	11:13
124	69	Lauren	Gray	Female	Chester	35:02.500	11:13
125	222	Jack	Goodpasture	Male		35:20.650	11:18
126	3	Amy	Olsen	Female	Richmond	35:26.187	11:20

Place	Bib #	First Name	Last Name	Sex	City	Finishing Time	Pace
127	88	Carolyn	Tinsley	Female	Midlothian	35:27.033	11:21
128	31	Elaine	Rondina	Female	Chesterfield	35:27.443	11:21
129	1	Jessica	Engel	Female	Midlothian	35:27.843	11:21
130	118	Aaron	Mansfield	Male	Midlothian	35:32.260	11:22
131	23	Leslie	Greene	Female	Richmond	35:43.010	11:26
132	35	Eric	Anliker	Male	Glen Allen	35:43.213	11:26
133	158	Alicia	Dietz	Female	Richmond	35:43.430	11:26
134	33	Mike	Anliker	Male	Glen Allen	35:43.837	11:26
135	11	David	Shiner	Male	Richmond	35:47.217	11:27
136	6	Anna	Smith	Female	Henrico	35:53.167	11:29
137	178	Stephanie	Morrell	Female	Sandston	35:53.967	11:29
138	115	Percy	Mansfield	Male	Midlothian	36:03.467	11:32
139	119	Claire	Mansfield	Female	Midlothian	36:03.467	11:32
140	12	Stacie	Shaw	Female	Richmond	36:32.677	11:41
141	76	Frank	Stalzer	Male	Charlottesville	37:10.793	11:54
142	93	Jacqueline	Meyer	Female	N Chesterfld	37:13.840	11:55
143	63	Geoffrey	Viol	Male	Richmond	37:50.283	12:06
144	96	Amy	Pomeroy	Female	Midlothian	37:56.857	12:08
145	175	Joshua	Narvaez	Male	Fredericksburg	38:48.857	12:25
146	20	Josiah	Marinoble	Male	N. Chesterfield	38:54.603	12:27
147	18	Jessica	Marinoble	Female	N Chesterfield	38:55.207	12:27
148	117	Kelly	Mansfield	Female	Midlothian	38:55.207	12:27
149	116	Sarah	Mansfield	Female	Midlothian	38:55.607	12:27
150	95	Susan	Hughes	Female	Midlothian	39:34.463	12:40
151	174	April	Narvaez	Female	Fredericksburg	39:53.367	12:46
152	100	Reese	Hensley	Female	Midlothian	39:54.580	12:46
153	217	Scott	Day	Male		39:54.987	12:46
154	98	Tim	Groat	Male	Richmond	40:04.187	12:49
155	64	Prescott	Prince	Male	North Chesterfield	40:26.343	12:56

Place	Bib #	First Name	Last Name	Sex	City	Finishing Time	Pace
156	104	John	Pomeroy	Male	Midlothian	40:41.850	13:01
157	27	Kimberly	Kell	Female	Glen Allen	40:47.083	13:03
158	101	Heather	George	Female	Midlothian	40:57.123	13:06
159	102	Eddie	Huasas	Male	Midlothian	40:57.123	13:06
160	80	Jill	Yates	Female	North Prince George	41:41.420	13:20
161	133	Frances	Smith	Female	Colonial Heights	41:42.023	13:21
162	138	Laurie	Barnes	Female	Midlothian	42:24.997	13:34
163	59	Julee	Martinez	Female	Glen Allen	42:57.747	13:45
164	60	Jessica	Miglionico	Female	Glen Allen	42:58.373	13:45
165	75	Ryan	Hoggan	Male	North Chesterfield	44:09.533	14:08
166	74	Christine	Hoggan	Female	North Chesterfield	44:10.110	14:08
167	131	Selena	Rice	Female	Sutherland	44:24.500	14:12
168	132	Zayra Gisel	Figuerroa	Female	Dinwiddie	44:25.120	14:13
169	56	Halleigh	Carson	Female	North Chesterfield	45:36.510	14:36
170	57	Mary	Carson	Female	North Chesterfield	45:36.710	14:36
171	97	Danita	Edwards	Female	Woodbridge	45:53.073	14:41
172	65	Tommy	Taylor	Male	Midlothian	46:24.630	14:51
173	197	Laura	Palmer	Female	Midlothian	54:49.173	17:32
174	191	Laurie	Shadders	Female	Midlothian	54:50.760	17:33
175	228	Unknown	Unknown	Male		54:51.070	17:33
176	14	Nichele	Marr	Female	Chesterfield	55:40.820	17:49
177	185	Lisa	Randolph	Female	Midlothian	55:58.467	17:55
178	184	Jacob	Socola	Male	Midlothian	56:00.467	17:55
179	190	Steven	Tadros	Male	Midlothian	56:02.757	17:56
180	193	Catherine	Smith	Female	Midlothian	56:21.337	18:02
181	188	Nicole	Depumpo	Female	Moseley	1:00:08.337	19:15
182	194	Nancy	Shetterly	Female	Midlothian	1:00:11.143	19:16
183	195	Brian	Shetterly	Male	Midlothian	1:00:11.403	19:16
184	189	Lyndsey	Trott	Female	Henrico	1:00:16.550	19:17