

2023 Fast Before The Feast 5K

Overall Male Runner

Place	Bib #	Name	Time	Type	City
1	288	JOSHUA TAYLOR	00:17:11.67	Runner	Midlothian
2	120	NATE COCHRAN	00:17:44.65	Runner	Newport News
3	672	BENJAMIN PERRY	00:18:06.21	Runner	Newport News
4	707	WILLIAM PRILLAMAN	00:18:16.36	Runner	Newport News
5	623	JIM HIGHSMITH	00:18:17.82	Runner	Newport News
6	289	LUKE TAYLOR	00:19:07.39	Runner	Midlothian
7	382	SOREN HINES	00:19:10.71	Runner	Newport News
8	268	AARON HOPKINS	00:19:43.07	Runner	Newport News
9	934	MARK COCKRELL	00:19:52.41	Runner	
10	656	BOB SINCERBEAUX	00:20:06.22	Runner	Charlottesville

Overall Female Runner

Place	Bib #	Name	Time	Type	City
1	751	MEGAN SCHULZE	00:22:06.20	Runner	Yorktown
2	706	GRACE IGNOZZI	00:22:24.11	Runner	Charlottesville
3	568	EMILY KRIKORIAN	00:23:28.16	Runner	Newport News
4	598	ALY SEARLES	00:23:59.39	Runner	Washington
5	769	SHEILA SCOTTI	00:24:23.57	Runner	
6	90	RACHEL STADLER	00:24:34.33	Runner	Rockville
7	233	SARA PREDDY	00:24:48.50	Runner	Saint Johns
8	437	EVA KLECHA	00:25:05.16	Runner	Raleigh
9	549	ISABEL ATLEE	00:25:11.33	Runner	Yorktown
10	121	KRISTIN COCHRAN	00:25:15.98	Runner	Newport News

Female 0 - 19

Place	Bib #	Name	Time	Type	City
1	570	LILLY KRIKORIAN	00:25:39.50	Runner	Newport News
2	644	LOUISE MORGAN	00:26:59.32	Runner	Lynchburg
3	941	AUBREY HERNANDEZ	00:28:03.22	Runner	
4	963	HOLLY BRUNDAGE	00:29:48.95	Runner	
5	675	CHLOE CONE	00:29:49.10	Runner	Newport News
6	431	SARAH LEBLANC	00:30:25.50	Runner	Suffolk
7	441	EMMA KLECHA	00:30:33.96	Runner	Raleigh
8	39	CATE DORVAL	00:30:35.87	Runner	Chesapeake
9	454	KENZIE ALEX	00:30:42.37	Runner	Haymarket
10	185	ANN CHAPPELL ELLINGTON	00:31:54.40	Runner	Newport News

Male 0 - 19

Place	Bib #	Name	Time	Type	City
1	470	DJ MOORE	00:21:53.34	Runner	Newport News
2	933	AIDEN RHODES	00:22:38.64	Runner	
3	323	JACK GORTON	00:22:51.60	Runner	Newport News
4	232	STEPHEN PREDDY	00:22:54.07	Runner	Saint Johns
5	991	SEAN DAWSON	00:22:55.07	Runner	
6	319	FELIX SUSTA	00:23:28.37	Runner	
7	100	NATHAN SENSENIG	00:24:06.64	Runner	Yorktown
8	99	BENJAMIN SENSENIG	00:24:11.55	Runner	Yorktown
9	440	JACOB KLECHA	00:24:18.26	Runner	Raleigh
10	597	SAGE GRAY	00:24:20.14	Runner	Poquoson

Female 20 - 24

Place	Bib #	Name	Time	Type	City
1	62	MADISON WHITLOCK	00:25:53.79	Runner	Suffolk
2	6	ABBY WACLO	00:27:32.91	Runner	Newport News
3	534	SARAH BAUST	00:32:21.94	Runner	Virginia Beach
4	117	SYDNEY EURE	00:32:22.60	Runner	Clayton
5	270	MEREDITH HUTCHENS	00:33:10.52	Runner	
6	107	ZOE GAUTHIER	00:34:27.22	Runner	
7	426	LINDSEY MANN	00:35:37.26	Runner	Raleigh
8	346	CAROLINE BARRERA	00:36:23.14	Runner	Norfolk
9	119	LAURA MADLER	00:36:27.07	Runner	Newport News
10	425	ROBYN MANN	00:38:48.74	Runner	Raleigh

Male 20 - 24

Place	Bib #	Name	Time	Type	City
1	616	HARRY BAKER	00:20:56.35	Runner	Newport News
2	615	ADAM KIRKWOOD	00:21:30.80	Runner	Newport News
3	219	ROTH COLVIN	00:21:51.97	Runner	Norfolk
4	924	DAVIS PILLOW	00:21:57.00	Runner	
5	620	EDDIE FIOCCA	00:25:30.92	Runner	Yorktown
6	307	ETHAN MOSES	00:26:03.34	Runner	NEWPORT NEWS
7	462	TOMMY RATLEDGE	00:26:58.47	Runner	
8	260	PAUL MALLORY	00:28:10.20	Runner	Hampton
9	124	BLAINE HUTCHENS	00:28:42.88	Runner	Newport News
10	467	PATRICK GILLIAN	00:28:53.27	Runner	Suffolk

Female 25 - 29

Place	Bib #	Name	Time	Type	City
1	206	LAUREN SERRANO	00:26:58.43	Runner	Virginia Beach
2	96	KATIE GALLUZZO	00:27:07.26	Runner	
3	928	JULIE HOWELL	00:27:55.70	Runner	
4	111	LAURA BRANSFORD	00:27:56.06	Runner	
5	328	RACHEL BOCWINSKI	00:28:36.59	Runner	Arlington
6	427	BARRIE CLARK	00:29:12.23	Runner	Raleigh
7	106	ABIGAIL TOPPING	00:29:40.02	Runner	
8	390	RACHEL LEVINE	00:29:51.62	Runner	Yorktown
9	547	GABRIELLE FRIEDMAN	00:30:43.86	Runner	Newport News
10	217	KARA WORLEY	00:30:46.33	Runner	Durham

Male 25 - 29

Place	Bib #	Name	Time	Type	City
1	614	JOSH BAKER	00:20:55.72	Runner	Newport News
2	708	ANTHONY IGNOZZI	00:23:43.05	Runner	Newport News
3	682	CHRISTOPHER SILVA	00:25:09.78	Runner	Alexandria
4	173	CARTER MASON	00:25:21.60	Runner	Newport News
5	391	ADAM LEVINE	00:29:31.06	Runner	Yorktown
6	392	JACK WISNIEWSKI	00:29:49.99	Runner	Yorktown
7	157	SAMUEL RADECKI	00:29:50.75	Runner	Carrollton
8	174	WALKER MASON	00:30:06.97	Runner	Newport News
9	78	REED MINGIONE	00:30:42.28	Runner	Chesapeake
10	216	DUNCAN BOONE	00:30:50.88	Runner	Durham

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Female 30 - 34

Place	Bib #	Name	Time	Type	City
1	261	LINDSEY MONTALVO	00:28:27.57	Runner	Carrollton
2	600	BRITTANY CHEATHAM	00:29:41.04	Runner	Austin
3	353	ELIZABETH HUBBARD	00:31:19.74	Runner	Chicago
4	617	ALEXANDRIA KINDER	00:31:45.35	Runner	State College
5	527	SUZANNE SIEVERS	00:32:02.55	Runner	
6	272	RIHANA SHANI	00:32:21.61	Runner	
7	738	ALEX HATCHER	00:34:00.62	Runner	Chantilly
8	315	GRACE BALL	00:34:04.21	Runner	Newport News
9	330	KRISTEN WOLF	00:34:16.45	Runner	Charlotte
10	972	HANNAH KLEPEISZ	00:34:29.67	Runner	

Male 30 - 34

Place	Bib #	Name	Time	Type	City
1	181	NATHAN POSTMAN	00:23:37.27	Runner	Woodbridge
2	967	TODD SMITH	00:24:04.34	Runner	
3	762	NICK SIEVERS	00:24:24.16	Runner	
4	271	MIKE OBLEIN	00:26:40.65	Runner	Newport News
5	20	AUSTIN LINGENFELTER	00:27:00.08	Runner	Yorktown
6	662	JUBRAN ABDALLAH	00:27:41.86	Runner	Yorktown
7	112	NICK BRANSFORD	00:27:48.76	Runner	
8	433	TRIPP GRESHAM	00:28:55.04	Runner	Newport News
9	710	JAMES HAGLER	00:30:33.90	Runner	Hampton
10	165	ANTHONY DORSEY	00:30:54.69	Runner	Newport News

Female 35 - 39

Place	Bib #	Name	Time	Type	City
1	583	STEFANIE SALINAS	00:25:19.39	Runner	Newport News
2	10	ALYSON HEIDENTHAL	00:25:21.08	Runner	Newport News
3	545	REBECCA DEVINCENT	00:25:35.83	Runner	Mechanicsville
4	721	NATALIE BENNETT	00:27:42.04	Runner	Hampton
5	719	SUSAN DEVARAJ	00:27:56.03	Runner	Pittsburgh
6	732	MARIA GARCIA-GALLONT	00:32:19.37	Runner	
7	715	ANDRIANA HENCH	00:35:55.46	Runner	Afton
8	650	LAURA WAGNER	00:35:57.42	Runner	
9	932	RACHELLE RHODES	00:36:49.53	Runner	
10	456	MEGAN HIBBS	00:37:30.61	Runner	Yorktown

Male 35 - 39

Place	Bib #	Name	Time	Type	City
1	58	NATHAN CHUA	00:21:41.47	Runner	Arlington
2	851	OLEG GOUSHCHA	00:23:20.19	Runner	
3	113	JOSHUA WHITELY	00:25:58.32	Runner	Newport News
4	720	VIVEK DEVARAJ	00:26:48.83	Runner	Pittsburgh
5	714	JAKE FARONE	00:26:52.13	Runner	
6	95	RYAN WERTS	00:27:07.46	Runner	
7	572	CHRIS MALPASS	00:27:57.67	Runner	Yorktown
8	523	JEFF HARRIS	00:28:49.30	Runner	Yorktown
9	576	HELMUTH MONTOYA	00:29:03.08	Runner	Suffolk
10	240	AARON GRILLS	00:29:38.34	Runner	Charlottesville

Female 40 - 44

Place	Bib #	Name	Time	Type	City
1	114	MARY HALL	00:26:37.12	Runner	Gloucester
2	960	TRACI BISHOP	00:26:54.60	Runner	
3	643	LAURA MORGAN	00:27:27.84	Runner	Lynchburg
4	436	KRISTEN KLECHA	00:28:34.93	Runner	Raleigh
5	504	KRISTIE MANNING	00:29:28.02	Runner	Newport News
6	97	REBEKAH SENSENIG	00:29:39.98	Runner	Yorktown
7	148	JESSICA GABOURY	00:31:11.94	Runner	Newport News
8	564	CAROL MINTER	00:33:02.76	Runner	Newport News
9	760	SHERITA BAKER	00:33:41.13	Runner	Hampton
10	518	TASHA ROSE	00:33:50.27	Runner	Newport News

Male 40 - 44

Place	Bib #	Name	Time	Type	City
1	297	DARREN LESLIE	00:20:38.51	Runner	Poquoson
2	287	JAMES TAYLOR	00:20:55.50	Runner	Midlothian
3	320	STEPHEN MACDONALD	00:21:14.05	Runner	Suffolk
4	613	ROBERT LEFKOWICZ	00:22:15.54	Runner	Newport News
5	853	CHRIS LAFLAMME	00:25:05.52	Runner	
6	645	JOHN MORGAN	00:26:59.40	Runner	Lynchburg
7	33	JASON ANDERSON	00:27:04.56	Runner	Hudson
8	717	JAMES ATKINSON	00:27:31.91	Runner	Carrollton
9	455	MATT ALEX	00:27:54.85	Runner	Haymarket
10	262	ADAM MONTALVO	00:28:11.18	Runner	Carrollton

Female 45 - 49

Place	Bib #	Name	Time	Type	City
1	548	VALERIE ATLEE	00:27:56.96	Runner	Yorktown
2	18	CASSIE WILKINSON	00:29:49.47	Runner	Newport News
3	395	MAYA GOKCEN	00:32:42.78	Runner	Yorktown
4	122	MEREDITH HUTCHENS	00:33:35.23	Runner	Newport News
5	624	MEGHAN O'MALLEY	00:33:38.76	Runner	Suffolk
6	918	HOLLY CUNNINGHAM	00:34:20.92	Runner	
7	362	MICHELLE STANISH	00:34:21.39	Runner	Poquoson
8	591	SHARI STILLEY	00:35:13.80	Runner	Newport News
9	398	AIME CLINKENBEARD	00:35:33.45	Runner	Newport News
10	750	JENNIFER CARPENTER-FITZPATRICK	00:35:51.03	Runner	Newport News

Male 45 - 49

Place	Bib #	Name	Time	Type	City
1	761	CHRIS LAWS	00:22:25.37	Runner	
2	961	BILL BRUNDAGE	00:22:47.87	Runner	
3	688	DAVID MCKENZIE	00:24:38.68	Runner	MCLEAN
4	770	TRENTON JAMES	00:24:47.88	Runner	
5	711	MICHAEL RODGERS	00:28:07.44	Runner	Newport News
6	430	CHRISTOPHER LEBLANC	00:29:06.77	Runner	Suffolk
7	498	STEVE TURNER	00:30:21.96	Runner	Hampton
8	40	JASON DORVAL	00:30:35.36	Runner	Chesapeake
9	439	JACK KLECHA	00:30:36.27	Runner	Raleigh
10	567	JOHN KRIKORIAN	00:31:09.55	Runner	Newport News

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Female 50 - 54

Place	Bib #	Name	Time	Type	City
1	562	JULIE DYE	00:27:06.78	Runner	Yorktown
2	619	JEANNE FIOCCA	00:28:29.06	Runner	Yorktown
3	741	CANDACE ALEXANDER	00:30:58.37	Runner	Newport News
4	923	JULIE PILLOW	00:32:08.09	Runner	
5	116	SUSAN EURE	00:32:23.35	Runner	Clayton
6	683	TABITHA LLOYD	00:35:58.56	Runner	Lanexa
7	380	KIM HINES	00:38:25.81	Runner	Newport News
8	654	MARNIE SHARTZER	00:39:05.52	Runner	Yorktown
9	627	LISA KINGSBURY TIFF	00:43:12.09	Runner	zuni
10	322	MARIA RAMIREZ GORTON	00:43:27.63	Runner	Newport News

Male 50 - 54

Place	Bib #	Name	Time	Type	City
1	444	BRYANT RAMIREZ	00:28:58.76	Runner	Newport News
2	752	THADDEUS WILSON	00:30:02.84	Runner	Newport News
3	546	PHIL MILLER	00:30:48.66	Runner	
4	30	MERFAKE SEMRET	00:31:33.90	Runner	YORKTOWN
5	669	MICHAEL GRYGAR	00:32:30.36	Runner	Springfield
6	183	JEFF ELLINGTON	00:34:10.96	Runner	Newport News
7	917	JAMES CUNNINGHAM	00:34:19.66	Runner	
8	653	KOLBI SHARTZER	00:34:31.60	Runner	Yorktown
9	931	CHRISTOPHER REED	00:34:44.95	Runner	
10	318	STEFAN SUSTA	00:36:42.40	Runner	

Female 55 - 59

Place	Bib #	Name	Time	Type	City
1	89	KAREN STADLER	00:28:44.58	Runner	Poquoson
2	52	MARY BROWN	00:29:51.44	Runner	Hampton
3	463	PAULA GILLIAN	00:30:50.12	Runner	Suffolk
4	326	ANNE BARRERA	00:30:53.28	Runner	
5	482	MICHELE HEALD	00:33:04.27	Runner	Newport News
6	267	LYNN HOPKINS	00:33:06.87	Runner	Newport News
7	273	TARA DRESS	00:34:21.96	Runner	Newport News
8	377	TINA BECOUVARAKIS	00:35:33.97	Runner	Hampton
9	460	STEPHANIE DENNARD	00:36:11.97	Runner	Newport News
10	317	HEIDI SUSTA	00:36:42.36	Runner	

Male 55 - 59

Place	Bib #	Name	Time	Type	City
1	231	LEWIS PREDDY	00:23:49.60	Runner	Saint Johns
2	283	GREG SUMMERLIN	00:26:28.20	Runner	
3	76	DANIEL MINGIONE	00:26:49.73	Runner	Chesapeake
4	607	GRANT WATSON	00:27:33.42	Runner	Yorktown
5	995	WILLIAM BERGER	00:28:23.01	Runner	
6	550	QUENTIN KIDD	00:30:10.46	Runner	Newport News
7	735	DARRYL SHAZIER	00:32:49.56	Runner	Newport News
8	554	KEVIN CHAVIS	00:33:31.17	Runner	Chesapeake
9	469	JOE GILLIAN	00:34:28.96	Runner	Suffolk
10	471	TERRY HARRIS	00:37:29.10	Runner	Newport News

Female 60 - 64

Place	Bib #	Name	Time	Type	City
1	393	DEBRA PRICE	00:26:20.93	Runner	Newport News
2	313	BRENDA BARRERA	00:29:07.30	Runner	Williamsburg
3	133	LORI MELLE	00:29:12.14	Runner	Newport news
4	581	ELYSE DEVEREUX	00:29:30.11	Runner	Newport News
5	21	GABRIELE LINGENFELTER	00:30:30.38	Runner	Yorktown
6	138	LUCY MENDEZ	00:32:46.74	Runner	Newport News
7	561	MARY BETH PLUCINSKI	00:33:13.84	Runner	Newport News
8	327	JODY O'HARA	00:39:59.80	Runner	Montpelier
9	722	JUDITH STEWART	00:41:43.07	Runner	Newport News
10	521	BARBARA GILES	00:44:15.78	Runner	Newport News

Male 60 - 64

Place	Bib #	Name	Time	Type	City
1	238	STEVEN GROSS	00:24:36.79	Runner	Newport News
2	332	MICHAEL MYNES	00:27:13.78	Runner	Newport News
3	311	SEAN OATMEYER	00:30:08.13	Runner	Williamsburg
4	19	MICHAEL LINGENFELTER	00:30:32.84	Runner	Poquoson
5	340	ROBERT CASSELS	00:32:07.42	Runner	Chesapeake
6	378	GREG BECOUVARAKIS	00:33:37.00	Runner	Hampton
7	969	SHARAD MAHESHWARI	00:36:20.79	Runner	
8	944	SCOTT VAUGHN	00:37:30.72	Runner	
9	329	GREG BOCWINSKI	00:38:04.14	Runner	Hampton
10	408	DARYL BLOOM	00:38:16.98	Runner	Newport News

Female 65 - 69

Place	Bib #	Name	Time	Type	City
1	681	THEA GANOE	00:34:03.78	Runner	Hampton
2	37	MARYANNE REIDY	00:35:24.68	Runner	Schenectady
3	989	HEIDI ROBLES	00:36:20.11	Runner	
4	314	KATHARINA LEACH	00:37:45.43	Runner	Newport News
5	718	GAIL THOMAS	00:40:12.97	Runner	Ocala
6	410	ANA BOSSMAN	00:43:58.80	Runner	Yorktown
7	343	BRENDA STENTON	00:46:03.81	Runner	Newport News
8	162	CATHI DAVIS	00:49:56.48	Runner	Yorktown
9	179	DIANE POSTMAN	00:52:31.02	Runner	Yorktown
10	48	NANCY GRAHAM	00:54:06.34	Runner	Tijeras

Male 65 - 69

Place	Bib #	Name	Time	Type	City
1	478	PETER MUELLER	00:25:32.82	Runner	Newport News
2	415	AL MONTALVO	00:30:12.97	Runner	Yorktown
3	47	BRADY GRAHAM	00:39:41.79	Runner	Tijeras
4	7	ANTHONY KRAL	00:42:09.72	Runner	Yorktown
5	63	RICHARD LA ROCHE	00:42:38.11	Runner	Hampton
6	212	RONALD HOLCOMB	00:44:03.73	Runner	Newport News
7	637	DAVID BRINKER	00:45:00.26	Runner	Newport News
8	680	PETER NAVIN	00:48:07.46	Runner	Hampton
9	163	JACK DAVIS	00:48:38.09	Runner	Yorktown
10	543	DR. TIMOTHY O'CONNELL	00:51:37.69	Runner	

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Female 70 - PLUS

Place	Bib #	Name	Time	Type	City
1	98	DEBBIE VREELAND	00:37:48.25	Runner	Moneta
2	237	MARY HARMAN	00:39:53.91	Runner	Newport News
3	438	LEE LAINE	00:44:59.34	Runner	Raleigh
4	234	KATE ALEXANDER	00:45:23.76	Runner	Yorktown
5	369	DOTTIE HUMPHREYS	00:46:01.30	Runner	Newport News
6	677	VI FORBES	00:56:29.41	Runner	Baltimore
7	446	MICKEY SIMONDS	01:02:22.65	Runner	Newport News
8	161	JOANNE RADECKI	01:03:50.78	Runner	Carrollton
9	574	PAT CASSELS	01:04:23.46	Runner	
10	555	GLORIA TWITTY	01:05:27.62	Runner	Norfolk

Male 70 - PLUS

Place	Bib #	Name	Time	Type	City
1	763	BILL DANCY	00:26:27.29	Runner	
2	713	ALAN MCCOLLUM	00:27:57.01	Runner	Yorktown
3	397	MARK JONES	00:29:15.02	Runner	Yorktown
4	9	GEORGE JACOBS	00:32:12.80	Runner	Newport News
5	201	CHARLES SCHROEDER	00:33:02.40	Runner	Woodland Park
6	668	KEVIN BURKE	00:33:56.35	Runner	Newport News
7	115	MARK VINYARD	00:37:30.79	Runner	Hampton
8	26	WILLIAM WALDRON	00:39:21.76	Runner	Yorktown
9	344	CHARLES TERRELL	00:45:27.38	Runner	Newport News
10	609	JOHN MUNDAY	00:45:32.75	Runner	Chesapeake