

2022 Fast Before The Feast

Male 1 - 19

Place	Bib #	Name	Time	Type	City
1	1810	PARKER PARAGAS	00:17:31.06	Runner	
2	1052	NATE COCHRAN	00:18:12.00	Runner	Newport News
3	1627	JAMES ROBERTS	00:18:19.92	Runner	Yorktown
4	1597	SOREN HINES	00:20:19.28	Runner	Newport News
5	1070	JACK GORTON	00:21:17.04	Runner	Newport News
6	1744	KYLE PETERS	00:21:22.16	Runner	White River Junction
7	1526	DJ MOORE	00:21:56.26	Runner	Newport News
8	1596	HAGEN HINES	00:22:43.26	Runner	Newport News
9	1248	LUCAS MARKLEY	00:23:10.19	Runner	PoquosonPoquoson
10	1077	NATHAN SENSENIG	00:23:25.99	Runner	Yorktown
11	1964	AIDEN RHODES	00:23:51.12	Runner	
12	1249	JOSH MARKLEY	00:24:11.04	Runner	Poquoson
13	1257	COLIN WINSLOW	00:24:27.99	Runner	Chesapeake
14	1476	CONNOR MCKENZIE	00:25:19.93	Runner	MCLEAN
15	1451	BARRETT MCFALL	00:25:30.22	Runner	Newport News
16	1293	BENJAMIN LEACH	00:25:36.94	Runner	Newport News
17	1993	AUSTIN ZIEGLER	00:26:00.56	Runner	
18	1377	JACOB RODRIGUEZ	00:26:10.17	Runner	Newport News
19	1184	BLAINE HUTCHENS	00:26:49.80	Runner	Newport News
20	1011	MASON HAGERTY	00:27:00.49	Runner	Seaford
21	1474	RYAN MCKENZIE	00:27:36.42	Runner	MCLEAN
22	1119	KELLEN LA ROCHE	00:27:42.40	Runner	Hampton
23	1118	JAKE LA ROCHE	00:27:48.21	Runner	Hampton
24	1427	ADONIAH MERFAKE	00:28:02.08	Runner	YORKTOWN
25	1910	SAM COCKRELL	00:29:08.10	Runner	
26	1235	BENJAMIN SENSENIG	00:29:15.50	Runner	Yorktown
27	1754	PARKS SMITH	00:29:50.77	Runner	Newport News
28	1116	BRADY LA ROCHE	00:31:06.86	Runner	Hampton
29	1613	KAIDEN WILSON	00:31:14.84	Runner	Midlothian
30	1795	DAVID LANG	00:31:31.26	Runner	Hampton
31	1103	MICHAEL SIBLEY JR	00:32:20.16	Runner	Newport News
32	1072	WILL GORTON	00:33:02.43	Runner	Newport News
33	1630	DANIEL ROBERTS	00:33:45.03	Runner	Yorktown
34	1181	DECLAN WHITE	00:34:22.48	Runner	Henrico
35	1326	DAVID ELLINGTON	00:34:53.46	Runner	Newport News
36	1656	TYLER GABOURY	00:35:05.35	Runner	Newport News
37	1529	JASON MOORE	00:35:05.82	Runner	Newport News
38	1346	TOMMY LANIER	00:36:03.30	Runner	Newport News
39	1470	EVAN STORCH	00:36:23.77	Runner	Chantilly
40	1081	ARTHUR LHERITIER	00:36:39.09	Runner	Henrico
41	1634	JACKSON HARRIS	00:37:43.04	Runner	Yorktown
42	1489	JAMES SPARKS	00:37:59.27	Runner	Newport News
43	1204	WESTON STILLEY	00:38:40.86	Runner	Newport News
44	1841	ROMELLO OBIEN-ORTIZ	00:38:47.72	Runner	North Bergen
45	1382	CAMDEN SVENCER	00:39:04.46	Runner	Suffolk
46	1371	ERIC MATTHEW IACOBUCCI	00:40:13.34	Runner	Newport News
47	1668	AIDEN BLANCHARD	00:41:21.10	Runner	Newport News
48	1669	VAN BLANCHARD	00:41:46.31	Runner	Newport News
49	1295	ARMAAN JAFRI	00:42:04.92	Runner	Portland
50	1758	ANTWAN PANNELL	00:43:34.02	Runner	Hampton
51	1258	HOLDEN WINSLOW	00:45:13.56	Runner	Chesapeake
52	1670	CURREN BLANCHARD	00:45:41.94	Runner	Newport News
53	1253	LAWSON SEAL	00:45:47.78	Runner	Suffolk
54	1259	SUTTON WINSLOW	00:45:52.33	Runner	Chesapeake
55	1004	ALEX GOODMAN	00:46:02.21	Runner	Sellersburg
56	1441	CONRAD BRINKER	00:46:20.25	Runner	Newport News

Male 1 - 19

Place	Bib #	Name	Time	Type	City
57	1678	CALEB BRIGGS	00:46:47.34	Runner	Gloucester
58	1677	JOSEPH BRIGGS	00:46:48.77	Runner	Gloucester
59	1495	KEAWE O'DONOVAN	00:48:22.14	Runner	Newport News
60	1315	BRYCE LAWS	00:49:54.78	Runner	Yorktown
61	1548	BRENDYN PAYNE	00:52:43.43	Runner	Washington
62	1557	CARSON MCDEW	00:53:44.75	Runner	Charlotte
63	1558	HUDSON MCDEW	00:55:38.00	Runner	Charlotte
64	1954	TREVOR BURGOS	00:56:57.41	Runner	
65	1985	CAREY BARBER	00:57:06.13	Runner	
66	1273	JOHN BENOIT	00:57:40.23	Runner	Newport News
67	1296	ZAIN JAFRI	00:58:38.49	Runner	Portland
68	1299	ZUBAIR JAFRI	00:58:40.00	Runner	Portland
69	1741	GODSEON HAKIM	00:59:53.31	Runner	Charlotte
70	1341	GILLIAN HUNT	01:01:33.15	Runner	Alexandria
71	1383	MASON SVENCER	01:02:02.54	Runner	Suffolk

Female 1 - 19

Place	Bib #	Name	Time	Type	City
1	1590	LAUREN KITAY	00:21:38.64	Runner	Newport News
2	1255	ADDISON WINSLOW	00:24:35.62	Runner	Suffolk
3	1309	JULIANA RHEE	00:24:55.38	Runner	Williamsburg
4	1802	EVA KLECHA	00:26:53.37	Runner	Raleigh
5	1786	NOELLE SPENCER	00:27:31.04	Runner	Newport News
6	1778	ABIGAIL LENCZEWSKI	00:28:01.99	Runner	
7	1763	SADIE EDWARDS	00:28:37.90	Runner	Langhorne
8	1281	ANN CHAPPELL ELLINGTON	00:28:41.25	Runner	Newport News
9	1139	CHLOE CONE	00:28:45.24	Runner	Newport News
10	1689	SARAH LEBLANC	00:28:50.33	Runner	
11	1813	ANNA MENDEZ	00:29:37.28	Runner	Edgewater
12	1539	GABRIELLA PAGAN	00:30:22.88	Runner	Suffolk
13	1252	ANDEE SEAL	00:31:05.17	Runner	Chesapeake
14	1122	KAITLYN OLSON	00:31:11.47	Runner	Hampton
15	1233	CAMPBELL ANDERSON	00:31:20.59	Runner	Williamsburg
16	1532	ATIANA WILLIAMS	00:32:03.69	Runner	Newport News
17	1517	ELEANOR GRAHAM	00:32:12.74	Runner	Newport News
18	1769	LILY DITMAN	00:32:40.91	Runner	
19	1197	CATE DORVAL	00:33:07.12	Runner	Chesapeake
20	1738	FARIHAH HAKIM	00:33:20.92	Runner	Charlotte
21	1305	PIPER SNOW	00:33:22.39	Runner	NORFOLK
22	1306	ZOEY SNOW	00:35:16.96	Runner	NORFOLK
23	1551	CAROLINE PALMORE	00:35:54.51	Runner	Hampton
24	1196	MICHAELA DORVAL	00:36:01.73	Runner	Chesapeake
25	1442	BEA BRINKER	00:36:18.01	Runner	Newport News
26	1121	PAIGE LA ROCHE	00:36:34.62	Runner	Hampton
27	1231	PARKER ANDERSON	00:36:50.04	Runner	Williamsburg
28	1490	DELIA SPARKS	00:37:55.76	Runner	Newport News
29	1796	RACHEL LANG	00:38:14.71	Runner	HAMPTON
30	1232	FINLEY ANDERSON	00:39:00.17	Runner	Williamsburg
31	1082	PALOMA LHERITIER	00:39:35.48	Runner	Henrico
32	1176	SAMANTHA PETERSON	00:40:05.42	Runner	Newport News
33	1374	RICKI LEE PETROFF	00:40:30.13	Runner	Newport News
34	1328	GRACE HEBERT	00:41:08.35	Runner	Poquoson
35	1234	SAWYER ANDERSON	00:41:17.91	Runner	Williamsburg
36	1340	BRADLEY HUNT	00:41:44.77	Runner	Alexandria
37	1688	MARY LEBLANC	00:42:14.66	Runner	
38	1212	CAROLINE STILLEY	00:42:43.97	Runner	Newport News

2022 Fast Before The Feast

Female 1 - 19

Place	Bib #	Name	Time	Type	City
39	1541	JADE PAGAN	00:43:04.46	Runner	Suffol
40	1403	KAMERON ANDERSON	00:43:24.31	Runner	Hudson
41	1739	NYELAH HAKIM	00:45:15.59	Runner	Charlotte
42	1378	ABRIANNA RODRIGUEZ	00:46:11.97	Runner	Newport News
43	1426	BETHEL MERFAKE	00:46:15.82	Runner	YORKTOWN
44	1428	LIANA MERFAKE	00:46:16.49	Runner	yorktown
45	1172	HARPER ROSE	00:47:15.54	Runner	Newport News
46	1402	JAZELLE ANDERSON	00:48:18.68	Runner	Hudson
47	1316	OLIVIA LAWS	00:48:57.17	Runner	Yorktown
48	1148	ELLIE HENRY	00:49:19.85	Runner	Norfolk
49	1779	BRIANNA LENCZEWSKI	00:49:20.00	Runner	
50	1828	ABIGALE MYNES	00:50:26.85	Runner	Newport News
51	1527	LISHA MOORE	00:50:45.86	Runner	Newport News
52	1569	ELIZABETH MOORE	00:50:47.64	Runner	Durham
53	1180	BAILEY WHITE	00:51:57.76	Runner	Henrico
54	1010	KYLEE HAGERTY	00:52:25.98	Runner	Seaford
55	1298	SALINA JAFRI	00:52:35.79	Runner	Portland
56	1757	ANGELA PANNELL	00:54:04.20	Runner	Hampton
57	1352	ZOE GAUTHIER	00:54:45.73	Runner	Poquoson
58	1815	DINAH MALLORY	00:55:04.60	Runner	Hampton
59	1215	ADA MOSES	00:56:32.69	Runner	NEWPORT NEWS
60	1272	HAZEL BENOIT	00:56:37.29	Runner	Newport News
61	1297	MAYA JAFRI	01:02:54.80	Runner	Portland
62	1740	YAHORA HAKIM	01:05:11.15	Runner	Charlotte
63	1520	KRISTA GRYGAR	01:11:49.11	Runner	Springfield

Male 20 - 24

Place	Bib #	Name	Time	Type	City
1	1278	WILLIAM PRILLAMAN	00:19:03.17	Runner	Newport News
2	1912	DAVIS PILLOW	00:20:18.74	Runner	
3	1483	ROSS WHITLOCK JR	00:24:10.16	Runner	Hampton
4	1311	JIMMY FIOCCA	00:24:11.64	Runner	Yorktown
5	1313	EDDIE FIOCCA	00:25:46.79	Runner	Yorktown
6	1217	ETHAN MOSES	00:25:49.16	Runner	NEWPORT NEWS
7	1480	STEVEN LONCAR	00:26:09.26	Runner	Hampton
8	1449	BAKER MCFALL	00:26:16.72	Runner	Newport News
9	1513	JOHN LINEHAN	00:28:47.14	Runner	Yorktown
10	1771	TRACE YOUNG	00:29:46.09	Runner	Newport News
11	1450	PORTER MCFALL	00:30:48.16	Runner	Newport News
12	1752	CHRISTOPHER DAIER	00:36:42.29	Runner	Newport News
13	1981	DEVIN STONE	00:40:53.05	Runner	
14	1743	MIKE MORRIS	00:44:22.72	Runner	Charlotte
15	1645	ZACHARY ABDALLAH	00:45:36.89	Runner	Yorktown
16	1816	PAUL MALLORY	00:54:59.83	Runner	Hampton
17	1952	JAKOB BURGOS	00:56:52.50	Runner	

Female 20 - 24

Place	Bib #	Name	Time	Type	City
1	1978	LINDSAY KOVALCIK	00:23:56.64	Runner	
2	1603	MICHAELA LARSEN	00:24:36.79	Runner	Stony Brook
3	1659	KELSEY POWELL	00:24:42.90	Runner	Hoschton
4	1482	MADISON PARKER	00:24:46.65	Runner	Suffolk
5	1074	ABBY WACLO	00:25:35.68	Runner	Newport News
6	1071	MAYA GORTON	00:27:25.88	Runner	Newport News
7	1772	SARAH BENOTHMANE	00:28:49.56	Runner	Yorktown
8	1510	ANNA LINEHAN	00:28:50.13	Runner	Yorktown
9	1163	MEREDITH HUTCHENS	00:29:31.98	Runner	Newport News
10	1653	MADISON YOUNG	00:29:58.52	Runner	Poquoson
11	1721	DYMON HUMPHREY	00:30:40.05	Runner	Smithfield
12	1028	KATIE FREMAUX	00:33:10.62	Runner	Newport News
13	1385	CAROLINE BARRERA	00:35:05.82	Runner	Norfolk
14	1098	MADELEINE BARRERA	00:35:08.36	Runner	Norfolk
15	1957	ABIGAIL ADCOX	00:35:10.26	Runner	
16	1753	MADISON SMITH	00:37:28.54	Runner	Newport News
17	1085	LAURA MADLER	00:38:40.05	Runner	Newport News
18	1742	NAJAH HAKIM	00:45:19.04	Runner	Charlotte
19	1324	EMMELINE BATCHA	00:51:07.69	Runner	Newport News
20	1016	EMMA SMITH	00:51:42.46	Runner	Suffolk
21	1929	VICTORIA WYATT	00:53:11.60	Runner	
22	1045	RACHEL LEVINE	00:53:26.60	Runner	Yorktown

Male 25 - 29

Place	Bib #	Name	Time	Type	City
1	1693	EDWARD RIDOUT	00:23:47.88	Runner	Hampton
2	1784	DARRIN HAYDEN	00:24:56.84	Runner	Newport News
3	1839	DENNIS OBIS	00:25:36.26	Runner	
4	1175	TYLER PETERSON-ROSE	00:25:40.19	Runner	Newport News
5	1362	CARTER MASON	00:26:40.15	Runner	Newport News
6	1246	AUSTIN LINGENFELTER	00:27:39.48	Runner	Yorktown
7	1044	ADAM LEVINE	00:28:56.04	Runner	Yorktown
8	1363	WALKER MASON	00:29:53.66	Runner	Newport News
9	1035	JACOB HOPE	00:30:30.22	Runner	Newport News
10	1192	HARLEY PAGE	00:30:56.00	Runner	Newport News
11	1279	ANTHONY IGNOZZI	00:31:26.62	Runner	Newport News
12	1154	NICHOLAS BEARDALL	00:32:28.41	Runner	Norfolk
13	1579	DOMINIQUE HULBERT	00:33:04.88	Runner	Norfolk
14	1061	REED MINGIONE	00:33:14.07	Runner	Chesapeake
15	1735	JAYLEN ARCHER	00:34:45.87	Runner	
16	1846	BROCK WOLF	00:36:20.87	Runner	Charlotte
17	1793	CHRISTIAN BRYANT	00:36:46.87	Runner	Hampton
18	1604	NOAH FOTIS	00:37:18.26	Runner	Stony Brook
19	1635	TIMOTHY HOYT	00:40:08.65	Runner	Yorktown
20	1189	MATT PLUCINSKI	00:41:06.71	Runner	Newport News
21	1990	KYLE PAZ	00:45:47.13	Runner	
22	1146	MATTHEW PALAGYI	00:55:28.17	Runner	Suffolk

2022 Fast Before The Feast

Female 25 - 29

Place	Bib #	Name	Time	Type	City
1	1277	GRACE PRILLAMAN	00:20:35.07	Runner	Newport News
2	1388	JESSICA STYERS	00:20:58.30	Runner	Howard
3	1714	RACHEL STADLER	00:24:17.43	Runner	Rockville
4	1773	GRACE BOWEN	00:26:25.06	Runner	Hampton
5	1587	NICOLE HEALD	00:27:05.70	Runner	Newport News
6	1405	ROWAN MEADOR	00:27:06.99	Runner	West Chester
7	1672	LESLIE COATES	00:27:21.01	Runner	Newport News
8	1191	KAT PAGE	00:30:58.28	Runner	Newport News
9	1334	GRACE BARNHILL	00:31:34.75	Runner	Alexandria
10	1321	LINDSAY LLOYD	00:31:56.25	Runner	Lanexa
11	1734	ROXANNE ARCHER	00:32:51.56	Runner	
12	1833	EDIE BETHKE	00:33:27.65	Runner	Henrico
13	1037	MARIANNE HOPE	00:33:40.29	Runner	Newport News
14	1664	DANIELLE BARNES-SMITH	00:34:02.01	Runner	Washington
15	1017	COLEY SMITH	00:35:19.89	Runner	Reston
16	1155	EMILY BEARDALL	00:36:35.25	Runner	Norfolk
17	1982	SARA GEREHART	00:38:41.80	Runner	
18	1636	JORDAN BREWSTER	00:40:04.05	Runner	Yorktown
19	1370	KAIYA IACOBUCCI	00:40:18.69	Runner	Newport News
20	1144	HOLLIE BURRELL	00:40:42.16	Runner	Newport News
21	1190	CASSIDY CROWDER	00:41:08.79	Runner	Newport News
22	1817	LORENA BRENNAN CASTRO	00:41:43.28	Runner	Richmond
23	1764	SAMANTHA GRAHAM	00:44:24.29	Runner	Suffolk
24	1707	EMILY MANNEN	00:44:27.30	Runner	
25	1732	GRACE BONNEWELL	00:44:43.40	Runner	Norfolk
26	1680	HANNAH GUARDIA	00:45:40.41	Runner	Yorktown
27	1644	ALLISON ABDALLAH	00:45:43.44	Runner	Yorktown
28	1905	SARAH STUART	00:45:43.93	Runner	
29	1350	ABBY TOPPING	00:46:40.35	Runner	Poquoson
30	1750	SYDNEY SMITH	00:48:21.77	Runner	Newport News
31	1484	HANNAH KEEFE	00:48:28.42	Runner	Richmond
32	1776	ALEXANDRA LENCZEWSKI	00:49:41.78	Runner	Middle Village
33	1353	LAURA BRANSFORD	00:51:06.64	Runner	Hampton
34	1578	CRYSTAL ARRINGTON	00:51:45.04	Runner	Norfolk
35	1174	LIZ PETERSON-ROSE	00:51:53.75	Runner	Newport News
36	1559	MALAIKA KARRIEM	00:52:09.41	Runner	Waxhaw
37	1991	JETTE WADE	00:53:38.66	Runner	
38	1535	LIZETTE GONZALEZ	00:54:01.54	Runner	Chesapeake
39	1322	MEGAN LLOYD	00:54:49.59	Runner	Lanexa
40	1096	BAILEE KEATON	00:55:48.20	Runner	Newport News
41	1984	RACHEL SILVA	00:57:13.14	Runner	
42	1060	JESSICA FITZPATRICK	01:00:15.38	Runner	Chesapeake

Male 30 - 34

Place	Bib #	Name	Time	Type	City
1	1417	BRIAN CLAPP	00:16:47.37	Runner	Smithfield
2	1727	ROBERT SINCERBEAUX	00:20:37.17	Runner	Brooklyn
3	1360	KITT MOGER	00:21:52.16	Runner	Suffolk
4	1626	DAVID BONNEWELL	00:23:51.74	Runner	Washington
5	1692	RAY CUEVAS	00:25:00.48	Runner	Yorktown
6	1123	PRATEEK REDDY	00:26:06.05	Runner	New York
7	1301	MIKE OBLEIN	00:26:35.75	Runner	Newport News
8	1087	TRIPP GRESHAM	00:27:07.69	Runner	Newport News
9	1533	LEO BAILEY II	00:27:25.09	Runner	Newport News
10	1387	ROBERT MCGHEE	00:27:34.63	Runner	Howard
11	1646	JUBRAN ABDALLAH	00:27:42.83	Runner	Yorktown
12	1491	BEN MURRAY	00:27:50.67	Runner	Hampton
13	1818	BRIAN BRENNAN CASTRO	00:28:10.19	Runner	Richmond
14	1774	HENRY MARTIN	00:28:46.12	Runner	Hampton
15	1209	JEFFREY REYNOLDS	00:30:28.36	Runner	Hamburg
16	1373	RICHARD PETROFF	00:30:48.09	Runner	Newport News
17	1667	MATTHEW BLANCHARD	00:32:45.49	Runner	Newport News
18	1940	CODY SHIPLEY	00:33:02.00	Runner	
19	1528	GEORGE TILLERSON IV	00:33:18.32	Runner	Newport News
20	1783	ALEXANDER STEFAN-CHERRY	00:33:52.25	Runner	Newport News
21	1509	JUSTIN WOLFE	00:34:01.22	Runner	Newport News
22	1665	SETH BARNES-SMITH	00:34:01.99	Runner	Washington
23	1018	TOMMY LAWRENCE	00:35:17.38	Runner	Reston
24	1913	JOHN STONE	00:40:29.72	Runner	
25	1663	ANDREW INGELL	00:41:17.28	Runner	Yorktown
26	1713	JOSH STADLER	00:41:45.72	Runner	Poquoson
27	1838	GARY OCHS	00:41:57.79	Runner	Newport News
28	1575	JAKE THRASH	00:43:30.73	Runner	Hampton
29	1751	KEVIN TOUHILL	00:48:14.49	Runner	Newport News
30	1276	ISMAEL DEBARROS	00:49:17.92	Runner	Norfolk
31	1729	ANDREW DELEON	00:49:37.96	Runner	
32	1777	ADAM CHERRY	00:49:43.68	Runner	Baltimore
33	1726	KARLOS HERRERA	00:50:10.40	Runner	Newport News
34	1329	KIP NAZDA	00:54:30.28	Runner	Newport News
35	1036	ALDEN HOPE	00:54:45.56	Runner	Newport News
36	1318	BLAKE FLETCHER	00:55:45.73	Runner	Norfolk
37	1097	COREY KEATON	00:55:54.57	Runner	Newport News
38	1216	BLAKE SAGE	00:56:30.93	Runner	Newport News
39	1478	CHRISTOPHER VOGT	00:56:32.99	Runner	Arlington
40	1039	BRIAN MILLER	00:57:32.69	Runner	Suffolk
41	1761	HUNTER SNOW	00:59:01.04	Runner	
42	1058	ZACHARY FITZPATRICK	01:00:26.77	Runner	chesapeake

2022 Fast Before The Feast

Female 30 - 34

Place	Bib #	Name	Time	Type	City
1	1435	AMY NICHOLS	00:19:57.29	Runner	Mc Lean
2	1492	SARAH MICHAELS	00:25:04.90	Runner	Arlington
3	1671	CASEY PIERCE	00:25:07.72	Runner	Newport News
4	1781	ALLISON CHURCH	00:26:02.14	Runner	Millersville
5	1572	LINDSEY ACCARDI	00:27:06.75	Runner	Carrollton
6	1386	MINDY CRAIG	00:27:12.35	Runner	Hampton
7	1673	ASHLEY COLLEY	00:27:21.35	Runner	Yorktown
8	1845	KRISTEN WOLF	00:28:47.30	Runner	Charlotte
9	1210	JENNIFER REYNOLDS	00:30:29.32	Runner	Hamburg
10	1412	HEATHER CRYER	00:30:33.63	Runner	Richmond
11	1717	MALLORY TURNAGE	00:30:48.82	Runner	Hampton
12	1715	LINDSEY NELSON	00:31:50.84	Runner	
13	1666	LANIE BLANCHARD	00:32:39.71	Runner	Newport News
14	1166	GRACE BALL	00:33:23.13	Runner	Newport News
15	1914	MARY BAKER	00:33:25.13	Runner	
16	1782	ASHLEY STEFAN-CHERRY	00:33:49.85	Runner	Newport News
17	1508	MIRANDA WOLFE	00:33:58.21	Runner	Newport News
18	1411	KAREN CRYER	00:34:51.25	Runner	Yorktown
19	1410	BECKY CONNOR	00:34:53.81	Runner	Lynchburg
20	1302	DANIELLE WAGNER	00:35:06.38	Runner	Newport News
21	1640	ERYNN HATCH	00:35:32.28	Runner	Durham
22	1600	HEATHER HILLER	00:35:36.86	Runner	Silver Spring
23	1501	LOUISA HUGHES	00:35:38.41	Runner	Woodford
24	1200	TANUJA POTDAR	00:35:40.26	Runner	New York
25	1088	SARAH HOLKO	00:36:13.91	Runner	Newport News
26	1462	SAMANTHA SMITH	00:39:19.12	Runner	Newport News
27	1463	ASHLEE WINTER	00:39:20.83	Runner	Newport News
28	1150	JASMINE PETTAWAY	00:39:59.60	Runner	Hampton
29	1710	AMARA ANCARROW	00:40:58.88	Runner	Seaford
30	1662	CHRISTY INGELL	00:41:04.68	Runner	Yorktown
31	1327	MEGAN HEBERT	00:41:09.55	Runner	Poquoson
32	1837	JESSICA OCHS	00:41:57.09	Runner	Newport News
33	1372	ALEXANDRA PETROFF	00:42:33.45	Runner	Newport News
34	1359	HEATHER WINEMAN	00:45:38.40	Runner	Suffolk
35	1250	KELLI SEAL	00:46:05.16	Runner	Suffolk
36	1522	RAVEN WILSON	00:47:40.29	Runner	Newport News
37	1398	ANNIE WILHITE	00:48:43.82	Runner	Hampton
38	1711	SARA BAKER	00:49:05.21	Runner	Simpsonville
39	1730	MARSHA DELEON	00:49:39.57	Runner	
40	1725	BETHLY CARMELOTES	00:50:12.76	Runner	Newport News
41	1937	EMALEE SARRETT	00:51:18.91	Runner	
42	1556	KIMBERLY COLANDER	00:51:38.31	Runner	Charlotte
43	1141	STEPHANIE CREAL	00:52:37.43	Runner	Newport News
44	1615	HEBING ZHOU	00:53:07.89	Runner	Gaithersburg
45	1317	HAYLEY FLETCHER	00:55:55.47	Runner	Norfolk
46	1477	SARAH VOGT	00:56:15.82	Runner	Arlington
47	1218	KATE SAGE	00:56:21.98	Runner	Newport News
48	1969	BRITTANY BROWN	00:56:30.66	Runner	
49	1157	KATHERINE BEARDALL	00:57:38.60	Runner	Norfolk
50	1038	KILEY MILLER	00:58:13.95	Runner	Suffolk
51	1381	NICOLLE SVENCER	01:02:11.82	Runner	Suffolk
52	1674	CARMEN GUARDIA	01:02:29.91	Runner	Richmond
53	1760	CHRISTIANA SNOW	01:02:33.59	Runner	

Male 35 - 39

Place	Bib #	Name	Time	Type	City
1	1706	ANDREW CAMERON	00:17:45.89	Runner	Newport News
2	1843	JIM HIGHSMITH	00:18:27.28	Runner	Newport News
3	1026	STEPHEN MACDONALD	00:20:04.86	Runner	Suffolk
4	1369	CHRISTOPHER IACOBUCCI	00:21:45.76	Runner	Newport News
5	1814	RICH WIGHTMAN	00:21:47.25	Runner	Yorktown
6	1338	LARRY CLEMENTE	00:22:19.64	Runner	Harpwell
7	1199	EVAN DANZ	00:23:14.13	Runner	Newport News
8	1042	ERIC KARLIN	00:24:36.09	Runner	Yorktown
9	1537	ANDREW RYAN	00:25:52.50	Runner	Richmond
10	1992	NOAH ZIEGLER	00:26:04.65	Runner	
11	1768	FRANK FEELEY	00:26:04.93	Runner	Hampton
12	1357	AARON GRILLS	00:28:01.50	Runner	Charlottesville
13	1633	JEFF HARRIS	00:28:10.22	Runner	Yorktown
14	1132	DANIEL WENNER	00:28:40.19	Runner	Gloucester
15	1494	JASON FINKEL	00:29:13.74	Runner	Newport News
16	1207	ADAM PHILLIPS	00:30:30.68	Runner	Windsor
17	1251	JOSEPH SEAL	00:31:09.29	Runner	Suffolk
18	1547	BRYAN PAYNE	00:33:29.61	Runner	Washington
19	1466	NATHAN SALINAS	00:33:49.08	Runner	Newport News
20	1901	PETER STERN	00:34:03.84	Runner	
21	1021	JAMES THAYER	00:34:06.25	Runner	Hampton
22	1935	JEFF MOORE	00:34:34.08	Runner	
23	1599	CHRISTOPHER HILLER	00:35:37.22	Runner	Silver Spring
24	1380	GREG SVENCER	00:39:08.94	Runner	Suffolk
25	1057	JUSTIN FITZPATRICK	00:46:18.36	Runner	Chesapeake
26	1128	THOMAS ADAMS	00:51:27.64	Runner	Newport News
27	1614	PATRICK MONTALVO	00:55:08.76	Runner	Gaithersburg
28	1554	DEAN BRAZIER JR	00:55:54.15	Runner	Waxhaw
29	1568	DESMOND MOORE	00:56:58.67	Runner	Durham
30	1263	JASON HATCH	01:02:08.53	Runner	Newport News
31	1648	KHALIFA ABDALLAH	01:07:21.54	Runner	Yorktown

2022 Fast Before The Feast

Female 35 - 39

Place	Bib #	Name	Time	Type	City
1	1829	SABRINA LITTLE	00:19:14.74	Runner	Morehead
2	1012	ALYSON HEIDENTHAL	00:25:02.08	Runner	Newport News
3	1690	REBECCA DEVINCENT	00:25:08.82	Runner	Mechanicsville
4	1124	LEAH CHILDRESS	00:26:06.04	Runner	Poquoson
5	1609	JENNIFER PARKER	00:26:11.86	Runner	Hampton
6	1047	SERENA MILLER	00:26:12.92	Runner	Blacksburg
7	1946	ANDREA GOLDSMITH	00:26:13.85	Runner	
8	1605	TERESA COOPER	00:26:23.02	Runner	Hampton
9	1292	JENNA LEACH	00:27:57.01	Runner	Newport News
10	1265	KRISTIN MAZZOCCA	00:28:25.89	Runner	Newport News
11	1719	NATTARRIA KENDALL	00:29:30.53	Runner	
12	1109	CHRISTINE DAWKINS	00:29:48.56	Runner	Yorktown
13	1208	JACQUELINE PHILLIPS	00:30:31.20	Runner	Windsor
14	1409	SUZANNE EPPERLEY	00:30:34.82	Runner	Yorktown
15	1632	LAURIE HARRIS	00:31:12.25	Runner	Yorktown
16	1225	MORGAN ANDERSON	00:32:07.70	Runner	Carrollton
17	1433	JILLIAN SIMMS	00:32:14.54	Runner	Newport News
18	1902	KATIE STERN	00:32:22.62	Runner	
19	1404	MELISSA THIES	00:33:15.31	Runner	Newport News
20	1976	STEPHANIE ZIEGLER	00:33:24.98	Runner	
21	1606	MARA LUCAS	00:33:32.32	Runner	Newport News
22	1467	STEFANIE SALINAS	00:33:52.71	Runner	Newport News
23	1963	RACHELLE RHODES	00:34:10.11	Runner	
24	1531	SUSANNA BAILEY	00:35:07.53	Runner	Newport News
25	1655	JESSICA GABOURY	00:35:08.55	Runner	Newport News
26	1514	SARAH HUGHES	00:35:23.85	Runner	Harrisonburg
27	1594	SARA MOORE	00:35:44.48	Runner	Apex
28	1657	TOMEKA HICKS	00:36:41.38	Runner	Hampton
29	1658	TRENISE MOORE	00:36:42.33	Runner	Aldie
30	1702	JESSICA TEMPLETON	00:37:29.64	Runner	Newport News
31	1136	ANGELA CROWDER	00:37:50.21	Runner	Newport News
32	1683	ELIZABETH JONES	00:38:25.97	Runner	Millersville
33	1348	TABITHA ROYCE-GOLAN	00:40:02.63	Runner	Williamsburg
34	1355	STEPHANIE ROANE	00:40:38.36	Runner	Charlottesville
35	1709	MARICA DECKER	00:40:55.12	Runner	Yorktown
36	1336	CHRISTINE CLEMENTE	00:42:38.65	Runner	Harperswell
37	1540	MELISSA ABREU TOYENS	00:43:21.53	Runner	Suffolk
38	1675	MELYSSA BRIGGS	00:43:42.32	Runner	Gloucester
39	1254	ASHLEY WINSLOW	00:46:04.81	Runner	Chesapeake
40	1696	ALICIA FARONE	00:47:51.52	Runner	Newport News
41	1695	JENNIFER MOSBY	00:47:58.63	Runner	Newport News
42	1493	ASHLEY FINKEL	00:48:27.51	Runner	Newport News
43	1679	JAMIE SHOEMAKER	00:49:39.60	Runner	Louisville
44	1147	LAUREN HENRY	00:51:31.52	Runner	Norfolk
45	1553	ADINA BRAZIER	00:52:01.14	Runner	Waxhaw
46	1213	ALLISON MORGAN	00:52:05.98	Runner	Poquoson
47	1261	JESSICA MORGAN	00:52:10.34	Runner	Hampton
48	1570	KRISTEN MOORE	00:57:16.61	Runner	Durham
49	1285	JEANNETTE KING	00:59:19.29	Runner	Suffolk
50	1958	AMY GOLDSMITH	01:01:59.85	Runner	
51	1704	LAUREN OAKS	01:02:02.67	Runner	
52	1264	EMMA HATCH	01:02:04.34	Runner	Newport News
53	1267	ALICIA HUNTER	01:04:10.91	Runner	Fredericksburg
54	1788	MARIE WILLIAMS	01:05:52.93	Runner	San Antonio

Male 40 - 44

Place	Bib #	Name	Time	Type	City
1	1625	MATTHEW TILLEY	00:18:57.90	Runner	Newport News
2	1460	MICHAEL RODGERS	00:21:08.35	Runner	Newport News
3	1408	DARREN LESLIE	00:21:11.23	Runner	Poquoson
4	1384	ADAM HENRY	00:22:23.83	Runner	Newport News
5	1942	CHRIS LAFLAMME	00:23:09.30	Runner	
6	1488	SCOTT SPARKS	00:25:36.49	Runner	Newport News
7	1030	JONATHAN GARNER	00:25:47.66	Runner	Newport News
8	1571	ADAM MONTALVO	00:27:11.20	Runner	Carrollton
9	1916	DENNIS POLLMEIER	00:27:18.31	Runner	
10	1440	MATT BOERNER	00:27:20.88	Runner	Newport News
11	1400	JASON ANDERSON	00:28:34.18	Runner	Hudson
12	1227	ERNIE ANDERSON	00:29:02.82	Runner	Carrollton
13	1009	RYAN HAGERTY	00:29:19.82	Runner	Seaford
14	1583	BRIAN ROWLAND	00:29:49.88	Runner	Hampton
15	1538	JAVIER PAGAN PAGAN	00:30:28.50	Runner	Suffol
16	1611	TRAVIS WILSON	00:31:26.72	Runner	Midlothian
17	1836	PAUL BERNARD	00:33:22.32	Runner	Chesapeake
18	1607	TOM LUCAS	00:33:34.03	Runner	Newport News
19	1179	AUSTIN WHITE	00:34:25.37	Runner	Henrico
20	1135	SHAUN RICHARDSON	00:35:25.67	Runner	Norfolk
21	1469	PHILIP STORCH	00:36:21.16	Runner	Chantilly
22	1516	JASON GRAHAM	00:39:06.34	Runner	Newport News
23	1980	KEVIN BELL	00:40:50.01	Runner	
24	1337	SEAMUS HUNT	00:41:49.67	Runner	Alexandria
25	1300	MUBEEN JAFRI	00:42:11.93	Runner	Portland
26	1206	BRYAN STILLEY	00:42:52.08	Runner	Newport News
27	1651	GRADY MCKINLEY	00:43:38.54	Runner	Asheville
28	1256	PHILLIP WINSLOW	00:45:47.52	Runner	Chesapeake
29	1271	JERED BENOIT	00:57:49.12	Runner	Newport News
30	1286	RANDALL RADER	00:59:23.03	Runner	Suffolk
31	1959	LUIS ERROA-GARCIA	01:01:57.81	Runner	
32	1787	ANDREW BALL	01:05:56.43	Runner	San Antonio

Female 40 - 44

Place	Bib #	Name	Time	Type	City
1	1260	MEGAN SCHULZE	00:20:35.80	Runner	Newport News
2	1368	CORTNEY BOYCE	00:22:14.05	Runner	Denver
3	1178	TANIA WHITE	00:24:02.31	Runner	Henrico
4	1915	ANDREA POLLMEIER	00:25:12.70	Runner	
5	1051	MARY HALL	00:25:31.58	Runner	Gloucester
6	1331	KIRSTEN BOONE	00:26:31.72	Runner	Poquoson
7	1842	JENNIFER DUNLAP	00:26:36.53	Runner	Yorktown
8	1479	KRISTIE MANNING	00:27:26.02	Runner	Newport News
9	1767	MICHELLE HOOPER	00:27:28.55	Runner	Hampton
10	1020	REBECCA THAYER	00:28:26.33	Runner	Hampton
11	1661	AMANDA COLLIER	00:28:44.42	Runner	Yorktown
12	1733	ANNA NEWMAN	00:29:34.78	Runner	Hampton
13	1076	REBEKAH SENSENIG	00:29:55.28	Runner	Yorktown
14	1065	MAYA GOKCEN	00:30:10.12	Runner	Yorktown
15	1171	TASHA ROSE	00:30:13.50	Runner	Newport News
16	230	MARISA SUMMERS	00:31:43.73	Runner	
17	1434	JANINE SIMMS COL	00:32:13.44	Runner	Windsor
18	1801	KRISTEN KLECHA	00:32:25.71	Runner	Raleigh
19	1205	SHARI STILLEY	00:33:00.93	Runner	Newport News
20	1835	CRYSTAL ROBERTS	00:33:01.15	Runner	Chesapeake
21	1834	KATHLEEN WHANGER	00:33:25.02	Runner	Chapel Hill
22	1347	MEGHAN O'MALLEY	00:33:37.22	Runner	Suffolk

2022 Fast Before The Feast

Female 40 - 44

Place	Bib #	Name	Time	Type	City
23	1335	JEANNETTE BARNHILL	00:34:01.11	Runner	Alexandria
24	1290	JANELL GREGORY	00:34:43.55	Runner	Lugoff
25	1925	MICHELLE HERNANDEZ	00:34:44.58	Runner	
26	1117	CASEY LA ROCHE	00:35:23.70	Runner	Hampton
27	1422	SOL BENAVIDES	00:35:28.93	Runner	Norfolk
28	1160	LARISSA MARIE AMBROSE	00:35:31.10	Runner	Hampton
29	1304	SARAH SNOW	00:35:44.96	Runner	Norfolk
30	1358	AUBREY ROANE	00:35:59.98	Runner	Suffolk
31	1343	MARISSA LANIER	00:36:02.57	Runner	Newport News
32	1573	SARAH MARCHESE	00:36:46.26	Runner	Newport News
33	1584	BETHANY PALMA	00:37:17.20	Runner	Hampton
34	1068	JOYCE HORRELL	00:37:35.80	Runner	Yorktown
35	1439	PAMELA BRINKER	00:39:33.64	Runner	Newport News
36	1268	ATASHA PANNELL	00:39:34.34	Runner	Hampton
37	1169	TRISHA FANNIN	00:40:46.36	Runner	Virginia Beach
38	1699	AMANDA TILLEY	00:41:01.99	Runner	
39	1230	JEN ANDERSON	00:41:23.54	Runner	Williamsburg
40	1949	MELISSA MEACHAM	00:41:56.90	Runner	
41	1107	MARLYN ANDINO	00:44:40.69	Runner	Newport News
42	1684	AMY LEWIS	00:44:54.85	Runner	Newport News
43	1003	MELISSA SCAPARO	00:46:07.48	Runner	Monroe
44	1424	HANA RETTA	00:46:38.11	Runner	YORKTOWN
45	1824	TIFFANY PARKES-MOSCOVA	00:47:47.05	Runner	Burke
46	1401	KARI ANDERSON	00:48:39.91	Runner	Hudson
47	1827	TARYN SPENCE	00:50:29.71	Runner	Newport News
48	1621	JOLEEN SEARLES	00:51:59.78	Runner	Poquoson
49	1120	LINDSEY LA ROCHE	00:52:30.15	Runner	Hampton
50	1623	AIMEE MOORE	00:52:31.32	Runner	Yorktown
51	1008	LINDSAY HAGERTY	00:52:31.91	Runner	Seaford
52	1840	SHANNON BECK	00:52:36.80	Runner	North Bergen
53	1536	SABRINA JONES	00:52:40.06	Runner	Hampton
54	1812	JESSICA MENDEZ	00:54:10.95	Runner	Edgewater
55	1722	MARGARET PAYNE	00:55:40.16	Runner	Portsmouth
56	1270	ESTHER BENOIT	00:57:46.60	Runner	Newport News
57	1129	LAUREN ADAMS	00:58:22.86	Runner	Newport News
58	1104	JULIA STEWART	01:00:17.82	Runner	Newport News
59	1294	JULIE JAFRI	01:02:57.38	Runner	Portland
60	1515	MARY GRAHAM	01:12:04.29	Runner	Newport News

Male 45 - 49

Place	Bib #	Name	Time	Type	City
1	1079	ROMAIN LHERITIER	00:19:47.63	Runner	Henrico
2	1314	CHRIS LAWS	00:20:12.92	Runner	Yorktown
3	1628	MARK ROBERTS	00:20:30.47	Runner	Yorktown
4	1819	ERNEST PARKER	00:24:12.89	Runner	
5	1289	MICHAEL GREGORY	00:24:19.22	Runner	Lugoff
6	1110	ALAN DAWKINS	00:24:39.68	Runner	Yorktown
7	1185	KEVIN HUTCHENS	00:28:09.79	Runner	Newport News
8	1687	CHRISTOPHER LEBLANC	00:29:07.56	Runner	
9	1698	JON HARDY	00:29:32.27	Runner	Poquoson
10	901	YOGESH KULKARNI	00:32:10.21	Runner	
11	1518	MICHAEL GRYGAR	00:32:24.63	Runner	Springfield
12	1195	JASON DORVAL	00:33:08.29	Runner	Chesapeake
13	1307	RYAN SNOW	00:35:16.70	Runner	Norfolk
14	1421	MICHAEL FERRARA	00:35:32.47	Runner	Norfolk
15	1438	STEVE BRINKER	00:36:13.06	Runner	Newport News
16	1934	BRIAN COVERT	00:36:18.22	Runner	
17	1971	STEVEN TANKARD	00:37:12.50	Runner	
18	1473	DAVID MCKENZIE	00:42:30.78	Runner	MCLEAN
19	1844	JAMEY FARRINGTON	00:43:06.03	Runner	
20	1093	JEFFREY KLEMENCIC	00:47:20.89	Runner	Hampton
21	1142	PAUL CREAL	00:52:36.50	Runner	Newport News

2022 Fast Before The Feast

Female 45 - 49

Place	Bib #	Name	Time	Type	City
1	1629	KATY ROBERTS	00:23:33.43	Runner	Yorktown
2	1053	KRISTIN COCHRAN	00:25:33.83	Runner	Newport News
3	1223	AMANDA HALL	00:29:05.25	Runner	Newport News
4	1924	HOLLY CUNNINGHAM	00:29:59.01	Runner	
5	1029	ANDREA GARNER	00:30:13.97	Runner	Newport News
6	1686	LISA LEBLANC	00:31:07.97	Runner	
7	1161	AMY HUTCHENS	00:31:24.19	Runner	Washington
8	1186	MEREDITH HUTCHENS	00:31:52.39	Runner	Newport News
9	1973	PAM TANKARD	00:32:34.92	Runner	
10	1755	STEPHANIE YOUNG	00:32:49.32	Runner	Newport News
11	1909	JENNIFER COCKRELL	00:33:47.49	Runner	
12	1780	KHRYSTEL KING	00:35:53.25	Runner	Newport News
13	1794	LORI LANG	00:38:13.98	Runner	Hampton
14	1789	BETH GOLLER	00:38:39.53	Runner	Gloucester
15	1549	ELIZABETH PALMORE	00:39:22.77	Runner	Hampton
16	1194	BECCA DORVAL	00:40:11.46	Runner	Chesapeake
17	1770	CASSIE WILKINSON	00:40:33.70	Runner	Newport News
18	1131	ELISABETH KELLY	00:42:37.46	Runner	Yorktown
19	1979	SIMONE BELL	00:43:48.62	Runner	
20	1067	KAREN SANZO	00:45:18.96	Runner	Hampton
21	1303	CHRISTY WALKER	00:45:54.34	Runner	Durham
22	1351	HEATHER GAUTHIER	00:46:58.25	Runner	Poquoson
23	1092	JESSICA KLEMENCIC	00:47:15.44	Runner	Hampton
24	1222	ELYSE ROOS	00:47:17.01	Runner	Hampton
25	1247	MONICA MARKLEY	00:48:21.05	Runner	PoquosonPoquoson
26	1728	ANNMARIE LOFFREDO	00:50:15.82	Runner	Chesapeake
27	1826	JOY ELLIOTT	00:50:29.37	Runner	Newport News
28	1323	JENNIFER BATCHA	00:50:33.87	Runner	Newport News
29	1610	FARRAH WILSON	00:53:09.54	Runner	Midlothian
30	1997	GRETA VANDERVENNET	00:53:20.65	Runner	
31	1080	AMANDA LHERITIER	00:54:05.04	Runner	Henrico
32	1014	CHRISTINE HERDMAN	00:54:29.28	Runner	Chesapeake
33	1737	VONDA HAKIM	01:09:35.17	Runner	Charlotte
34	1519	ALMA GRYGAR	01:12:10.55	Runner	Springfield

Female 50 - 54

Place	Bib #	Name	Time	Type	City
1	1823	GWEN PARKER	00:26:28.94	Runner	Poquoson
2	1310	JEANNE FIOCCA	00:27:55.98	Runner	Yorktown
3	1448	FORD MCFALL	00:29:30.91	Runner	Newport News
4	1054	MELANIE WHITE	00:30:52.72	Runner	Newport News
5	1391	STEPHANIE DENNARD	00:32:50.05	Runner	Newport News
6	1284	TARA DRESS	00:33:34.55	Runner	Newport News
7	1977	JOSEPHINE KOVALCIK	00:34:10.67	Runner	
8	1138	JENNIFER RAGI	00:34:11.83	Runner	Newport News
9	1091	CHRISTINA FERRIS	00:34:34.63	Runner	Hampton
10	1432	LAURA KETTERMAN	00:34:39.08	Runner	HamptonHampton
11	1550	MARIE HASSON	00:35:51.52	Runner	Hampton
12	1903	DENISE VAUGHN	00:35:55.16	Runner	
13	1785	HILARY SPENCER	00:36:44.33	Runner	Newport News
14	1595	KIM HINES	00:37:34.96	Runner	Newport News
15	1282	KATIE ELLINGTON	00:38:32.65	Runner	Newport News
16	1005	KAREN FORDE	00:38:46.47	Runner	Williamsburg
17	1069	MARIA RAMIREZ GORTON	00:41:25.82	Runner	Newport News
18	1133	KAREN DOWNER	00:42:32.72	Runner	Fpo
19	1094	NANI NABRITT	00:44:24.87	Runner	Newport News
20	1111	RENEE STANFIELD	00:45:11.40	Runner	MUNFORD
21	1759	LISA KINGSBURY	00:46:35.16	Runner	Zuni
22	1399	JULIE LARCH	00:46:44.30	Runner	Newport News
23	1511	WENDY LINEHAN	00:50:26.82	Runner	Yorktown
24	1415	BECKY RIEBELING	00:51:14.75	Runner	Newport News
25	1936	ANGELA FORBES	00:51:33.91	Runner	
26	1928	MICHELLE WYATT	00:53:05.83	Runner	
27	1015	TRICIA SMITH	00:54:30.59	Runner	Suffolk
28	1320	TABITHA LLOYD	00:54:50.41	Runner	Lanexa
29	1102	KELLY SIBLEY	01:00:17.15	Runner	Newport News
30	1974	DARLENE DELK	01:04:48.43	Runner	
31	1950	PHILLIPA BURGOS	01:05:17.49	Runner	

Male 50 - 54

Place	Bib #	Name	Time	Type	City
1	1413	AARON CANDELLA	00:21:53.11	Runner	Yorktown
2	1447	BILL MCFALL	00:27:29.31	Runner	Newport News
3	1923	JAMES CUNNINGHAM	00:29:57.02	Runner	
4	1177	STEVE THORNE	00:31:14.04	Runner	Yorktown
5	1416	THOMAS SULLIVAN	00:32:18.29	Runner	Newport News
6	1280	JEFF ELLINGTON	00:33:07.35	Runner	Newport News
7	1821	THADDEUS WILSON	00:33:10.82	Runner	Newport News
8	1224	DAVE WHITE	00:33:13.41	Runner	Newport News
9	1170	BRIAN FANNIN	00:36:52.07	Runner	Virginia Beach
10	1425	MERFAKE SEMRET	00:39:22.23	Runner	Yorktown
11	1723	ALVIN PAYNE	00:55:55.42	Runner	Portsmouth
12	1975	STEVEN GLENN	01:06:02.12	Runner	
13	1736	RASHID HAKIM	01:09:49.36	Runner	Charlotte

2022 Fast Before The Feast

Male 55 - 59

Place	Bib #	Name	Time	Type	City
1	1288	MIC WESTMORELAND	00:19:24.75	Runner	Leesburg
2	1229	BRETT BAKER	00:22:08.04	Runner	Greenwood
3	1089	DANIEL MINGIONE	00:23:10.51	Runner	Chesapeake
4	1308	BRIAN RHEE	00:24:55.07	Runner	Williamsburg
5	1504	GRANT WATSON	00:26:15.46	Runner	Yorktown
6	1762	JOHN EDWARDS	00:26:22.06	Runner	Langhorne
7	1151	IRA HAYNIE	00:26:34.04	Runner	Newport News
8	1681	CHRIS NIDA	00:27:36.76	Runner	Hampton
9	1084	MARK MADLER	00:28:50.14	Runner	Newport News
10	1530	TERRY HARRIS	00:29:28.12	Runner	Newport News
11	1099	JACK TAYLOR	00:29:30.78	Runner	Newport News
12	1747	QUENTIN KIDD	00:29:50.19	Runner	Newport News
13	1586	JIMMY HEALD	00:30:24.23	Runner	Newport News
14	1137	SCOTT CONE	00:31:33.24	Runner	Newport News
15	1825	MICHAEL MYNES	00:32:22.23	Runner	Newport News
16	1660	JEFF POWELL	00:36:51.32	Runner	Hoschton
17	1055	ANTHONY WHITE	00:39:19.52	Runner	Newport News
18	1367	ERIC IACOBUCCI	00:40:16.29	Runner	Denver
19	1187	ED PLUCINSKI	00:41:09.85	Runner	Newport News
20	1423	JAY SCRIBNER	00:45:16.70	Runner	Hampton
21	1453	BILL LAMARSH	00:48:30.63	Runner	Yorktown
22	1173	SAM ROSE	00:52:15.44	Runner	Newport News
23	1996	KEITH VANDERVENNET	00:53:22.78	Runner	
24	1955	STEVE ADCOX	00:54:47.65	Runner	
25	1420	MICHAEL SCHOLL	00:56:31.19	Runner	Memphis
26	1073	KEN WACLO	00:57:40.87	Runner	Newport News

Female 55 - 59

Place	Bib #	Name	Time	Type	City
1	1452	MARGO LAMARSH	00:28:39.31	Runner	Yorktown
2	1712	KAREN STADLER	00:28:42.38	Runner	Poquoson
3	1576	DENEEN VENTERS	00:29:33.68	Runner	Newport News
4	1245	GABRIELE LINGENFELTER	00:30:21.50	Runner	Yorktown
5	1585	MICHELE HEALD	00:31:06.87	Runner	Newport News
6	1608	KIM HARRIS	00:33:19.75	Runner	Newport News
7	1652	JULIE YOUNG	00:35:17.13	Runner	Poquoson
8	1552	REBECCA FELIX	00:39:20.52	Runner	Hampton
9	1214	KELLY MOSES	00:40:00.59	Runner	Newport News
10	1461	JENNIFER ROBINSON-CURRY	00:43:52.93	Runner	Williamsburg
11	1287	DEBBIE MEIGHAN	00:43:58.41	Runner	Leesburg
12	1023	LAURA SCOTT	00:44:22.18	Runner	Poquoson
13	1059	XENIA DELEON	00:44:25.29	Runner	Suffolk
14	1701	BRENDA NICKEL	00:45:04.91	Runner	Newport News
15	1907	BONITA STUART	00:45:41.31	Runner	
16	1394	DANA MACKKEY	00:46:05.95	Runner	Hampton
17	1395	TRACY LESAGE	00:46:12.26	Runner	Hampton
18	1756	DARLENE FLAHERTY	00:46:38.98	Runner	Newport News
19	1965	KAREN FIEST	00:49:23.60	Runner	
20	1046	AUDREY ROSENTHAL	00:52:54.13	Runner	Yorktown
21	1396	PAULA BUNN	00:53:03.50	Runner	Newport News
22	1676	KIMBERLY HOLLAND	00:53:46.26	Runner	Poquoson
23	1033	DIANE HOPE	00:54:44.85	Runner	Newport News
24	1956	ANN ADCOX	00:54:45.69	Runner	
25	1792	ELIZABETH BRYANT	00:54:50.87	Runner	Newport News
26	1349	DENISE TOPPING	00:54:54.48	Runner	Poquoson
27	1145	LORI PALAGYI	00:55:10.33	Runner	Suffolk
28	1419	JOELLE SCHOLL	00:56:18.95	Runner	Memphis
29	1555	LOREN COLANDER	00:58:28.32	Runner	Hampton
30	1534	NELLY CUEVA - STERNA	01:01:44.57	Runner	Newport News
31	1748	HOLLY BAUTTS KIDD	01:02:56.90	Runner	Newport News

2022 Fast Before The Feast

Male 60 - 64

Place	Bib #	Name	Time	Type	City
1	1407	KAMEL BEN-OTHTHANE	00:23:34.58	Runner	Yorktown
2	1325	RICHARD SHOEMAKER	00:23:38.04	Runner	Newport News
3	1283	STEVEN GROSS	00:25:18.87	Runner	Newport News
4	1593	PAUL HARRIS	00:25:43.68	Runner	Yorktown
5	1075	SEAN OATMEYER	00:26:08.75	Runner	Williamsburg
6	1577	ALBERT AMOS	00:29:05.18	Runner	Norfolk
7	1244	MICHAEL LINGENFELTER	00:32:09.33	Runner	Poquoson
8	1390	COURTNEY GENSLER	00:33:03.37	Runner	Yorktown
9	1694	EDWARD RIDOUT	00:33:39.49	Runner	Hampton
10	1481	ROSS WHITLOCK	00:33:56.22	Runner	Hampton
11	1361	DANIEL MASON	00:41:25.06	Runner	Newport News
12	1487	MARTIN QUIGLEY	00:44:18.68	Runner	Yorktown
13	1086	CHARLES GRESHAM	00:45:06.86	Runner	Newport News
14	1507	STEVE HUBBARD	00:45:10.72	Runner	Newport News
15	1134	KEVIN DOWNER	00:46:02.43	Runner	Fpo
16	1938	MARK SARRETT	00:51:12.03	Runner	
17	1791	JOHN BRYANT	00:54:43.86	Runner	Newport News
18	1034	DREW HOPE	00:55:00.53	Runner	Newport News
19	1156	JOSEPH BEARDALL	00:57:11.57	Runner	Norfolk
20	1040	BRIAN MILLER	00:57:26.21	Runner	Suffolk
21	1932	JOSEPH CLUVERIUS	00:57:37.40	Runner	

Female 60 - 64

Place	Bib #	Name	Time	Type	City
1	1106	LORI MELLE	00:27:19.67	Runner	Newport news
2	1333	DIANA L MCGOWAN	00:27:34.57	Runner	Hampton
3	1062	BRENDA BARRERA	00:28:49.93	Runner	Williamsburg
4	1291	KATHARINA LEACH	00:33:40.85	Runner	Newport News
5	1130	JODY O'HARA	00:35:04.97	Runner	Montpelier
6	1987	POONAM MAHESHWARI	00:35:26.69	Runner	
7	1641	KARI JOHNSON	00:36:36.36	Runner	Raleigh
8	1639	DEBBIE HATCH	00:37:16.18	Runner	Newport News
9	1820	KELLY BRENNAN	00:38:02.67	Runner	
10	1790	SUELLEN HOOPER	00:38:32.42	Runner	Gloucester
11	1642	BONNIE ABDALLAH	00:38:43.72	Runner	Yorktown
12	1188	MARY BETH PLUCINSKI	00:40:57.87	Runner	Newport News
13	1468	CHRISTINA RAMIREZ SMITH	00:40:58.39	Runner	Newport News
14	1203	DEBORAH CROWDER	00:41:14.26	Runner	Newport News
15	1708	SUSAN SORLIE	00:43:46.81	Runner	Fort Monroe
16	1486	MARIA QUIGLEY	00:44:22.37	Runner	Yorktown
17	1056	ALICE FITZPATRICK	00:44:33.18	Runner	Chesapeake
18	1505	KATHY HUBBARD	00:45:13.48	Runner	Newport News
19	1027	TERESA FREMAUX	00:45:19.41	Runner	Newport News
20	1389	DEEDIE WEAVER	00:45:47.94	Runner	Poquoson
21	1525	CRYSTAL LANE-TILLERSON	00:47:06.78	Runner	Newport News
22	1682	NANCY COATES	00:49:38.71	Runner	Newport News
23	1716	ANA BOSSMAN	00:50:57.80	Runner	Yorktown
24	1691	MARTHA CUEVAS	00:51:00.89	Runner	Yorktown
25	1149	JONI LA ROCHE	00:52:34.36	Runner	Hampton
26	1202	PEGGY TAYLOR	00:52:43.52	Runner	Hampton
27	1397	JUDITH STEWART	00:52:54.18	Runner	Newport News
28	1545	NADINE ROREM	00:53:15.86	Runner	Wheaton
29	1775	NAJOUA BEN-OTHTHANE	00:54:31.68	Runner	Yorktown
30	1581	MERLENE MALLORY	00:54:52.01	Runner	Hampton
31	1319	RENEE FLETCHER	00:55:49.48	Runner	Norfolk
32	1418	BELINDA SCHOLL	00:56:27.41	Runner	Newport News
33	1158	MARY BEARDALL	00:57:30.16	Runner	Norfolk
34	1931	KRISTI CLUVERIUS	00:57:34.57	Runner	
35	1041	SUE MILLER	00:58:18.63	Runner	Suffolk
36	1243	BERNADETTE BRADEN	01:04:44.55	Runner	Hampton

2022 Fast Before The Feast

Male 65 - 69

Place	Bib #	Name	Time	Type	City
1	1749	RON SMITH	00:26:14.12	Runner	Newport News
2	1601	AL MONTALVO	00:29:24.87	Runner	Yorktown
3	1013	GEORGE JACOBS	00:29:30.45	Runner	Newport News
4	1685	GARY BONNEWELL	00:31:44.25	Runner	Norfolk
5	1083	ANTHONY KRAL	00:37:18.64	Runner	Yorktown
6	1376	JOHN GALLO	00:44:02.21	Runner	Newport News
7	1436	DAVID BRINKER	00:44:50.11	Runner	Newport News
8	1090	RONALD HOLCOMB	00:45:26.72	Runner	Newport News
9	1115	RICHARD LA ROCHE	00:50:30.00	Runner	Hampton
10	1379	EUGENE THIES	00:52:27.17	Runner	Hampton
11	1544	DOUG ROREM	00:53:44.27	Runner	Wheaton
12	1275	PETER BENOIT	00:56:34.69	Runner	Newport News
13	1799	RICARDO GUARDIA	01:02:12.71	Runner	Yorktown
14	1431	KIM ANGLIN	01:04:38.31	Runner	Durham
15	1643	ADEL ABDALLAH	01:07:24.87	Runner	Yorktown

Female 65 - 69

Place	Bib #	Name	Time	Type	City
1	1718	PATTI BROWN	00:28:33.04	Runner	newport news
2	1078	DEBBIE VREELAND	00:35:59.21	Runner	Moneta
3	1193	MARYANNE REIDY	00:36:01.50	Runner	Schenectady
4	1031	CHERYL WALDRON	00:36:04.94	Runner	Yorktown
5	1375	KATHY GALLO	00:46:19.01	Runner	Newport News
6	1002	CHRIS CONLEY	00:48:26.22	Runner	Hayes
7	1602	GAIL JORDAN	00:51:01.59	Runner	Newport News
8	1437	CYNTHIA BRINKER	00:57:22.70	Runner	Newport News
9	1274	JANE BENOIT	00:57:42.15	Runner	Newport News

Male 70 - 99

Place	Bib #	Name	Time	Type	City
1	1066	MARK JONES	00:27:07.26	Runner	Yorktown
2	1546	KEVIN BURKE	00:31:27.33	Runner	Newport News
3	1797	MICHAEL POFF	00:33:38.43	Runner	Ellwood City
4	1262	MARK VINYARD	00:34:38.85	Runner	Hampton
5	1032	WILLIAM WALDRON	00:36:07.29	Runner	Yorktown
6	1356	MORGAN ROANE	00:40:32.66	Runner	Hampton
7	1649	CHARLES TERRELL	00:42:07.25	Runner	Newport News
8	1095	MICHAEL GONTESKY	00:46:33.44	Runner	Hampton
9	1582	LOUIS DAVIS	00:54:56.79	Runner	Hampton
10	1624	DAVID SMITH	00:56:40.87	Runner	Newport News
11	1638	ROBERT BALL	01:07:15.35	Runner	Yorktown

Female 70 - 99

Place	Bib #	Name	Time	Type	City
1	1746	JANE ABBOTT	00:34:46.08	Runner	Hampton
2	1266	MARY HARMAN	00:37:31.83	Runner	Newport News
3	1803	LEE LAINE	00:41:37.05	Runner	Raleigh
4	1228	ELLEN AYERS	00:43:13.72	Runner	Carrollton
5	1354	BONNIE HERRING	00:53:55.73	Runner	Zuni
6	1631	ANNE SLOOP	01:05:06.08	Runner	Yorktown
7	1637	BARBARA BALL	01:07:27.40	Runner	Yorktown