

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	JOSHUA TAYLOR	MIDLOTHIAN, VA	M: 1	RUNNER	288	00:17:11.68	05:32	10.8mph	Overall Male Runner: 1
2	NATE COCHRAN	NEWPORT NEWS, VA	M: 2	RUNNER	120	00:17:44.66	05:42	10.5mph	Overall Male Runner: 2
3	BENJAMIN PERRY	NEWPORT NEWS, VA	M: 3	RUNNER	672	00:18:06.22	05:49	10.3mph	Overall Male Runner: 3
4	WILLIAM PRILLAMAN	NEWPORT NEWS, VA	M: 4	RUNNER	707	00:18:16.37	05:52	10.2mph	Overall Male Runner: 4
5	JIM HIGHSMITH	NEWPORT NEWS, VA	M: 5	RUNNER	623	00:18:17.83	05:53	10.2mph	Overall Male Runner: 5
6	LUKE TAYLOR	MIDLOTHIAN, VA	M: 6	RUNNER	289	00:19:07.40	06:09	9.7mph	Overall Male Runner: 6
7	SOREN HINES	NEWPORT NEWS, VA	M: 7	RUNNER	382	00:19:10.72	06:10	9.7mph	Overall Male Runner: 7
8	AARON HOPKINS	NEWPORT NEWS, VA	M: 8	RUNNER	268	00:19:43.08	06:20	9.5mph	Overall Male Runner: 8
9	MARK COCKRELL		M: 9	RUNNER	934	00:19:52.42	06:23	9.4mph	Overall Male Runner: 9
10	BOB SINCERBEAUX	CHARLOTTESVILLE, VA	M: 10	RUNNER	656	00:20:06.23	06:28	9.3mph	Overall Male Runner: 10
11	DARREN LESLIE	POQUOSON, VA	M: 11	RUNNER	297	00:20:38.52	06:38	9.0mph	Male 40 - 44: 1
12	JAMES TAYLOR	MIDLOTHIAN, VA	M: 12	RUNNER	287	00:20:55.51	06:44	8.9mph	Male 40 - 44: 2
13	JOSH BAKER	NEWPORT NEWS, VA	M: 13	RUNNER	614	00:20:55.73	06:44	8.9mph	Male 25 - 29: 1
14	HARRY BAKER	NEWPORT NEWS, VA	M: 14	RUNNER	616	00:20:56.36	06:44	8.9mph	Male 20 - 24: 1
15	STEPHEN MACDONALD	SUFFOLK, VA	M: 15	RUNNER	320	00:21:14.06	06:50	8.8mph	Male 40 - 44: 3
16	ADAM KIRKWOOD	NEWPORT NEWS, VA	M: 16	RUNNER	615	00:21:30.81	06:55	8.7mph	Male 20 - 24: 2
17	NATHAN CHUA	ARLINGTON, VA	M: 17	RUNNER	58	00:21:41.48	06:58	8.6mph	Male 35 - 39: 1
18	ROTH COLVIN	NORFOLK, VA	M: 18	RUNNER	219	00:21:51.98	07:02	8.5mph	Male 20 - 24: 3
19	DJ MOORE	NEWPORT NEWS, VA	M: 19	RUNNER	470	00:21:53.35	07:02	8.5mph	Male 0 - 19: 1
20	DAVIS PILLOW		M: 20	RUNNER	924	00:21:57.01	07:03	8.5mph	Male 20 - 24: 4
21	MEGAN SCHULZE	YORKTOWN, VA	F: 1	RUNNER	751	00:22:06.21	07:06	8.4mph	Overall Female Runner: 1
22	ROBERT LEFKOWICZ	NEWPORT NEWS, VA	M: 21	RUNNER	613	00:22:15.55	07:09	8.4mph	Male 40 - 44: 4
23	GRACE IGNOZZI	CHARLOTTESVILLE, VA	F: 2	RUNNER	706	00:22:24.12	07:12	8.3mph	Overall Female Runner: 2
24	CHRIS LAWS		M: 22	RUNNER	761	00:22:25.38	07:13	8.3mph	Male 45 - 49: 1
25	AIDEN RHODES		M: 23	RUNNER	933	00:22:38.65	07:17	8.2mph	Male 0 - 19: 2
26	BILL BRUNDAGE		M: 24	RUNNER	961	00:22:47.88	07:20	8.2mph	Male 45 - 49: 2
27	JACK GORTON	NEWPORT NEWS, VA	M: 25	RUNNER	323	00:22:51.61	07:21	8.2mph	Male 0 - 19: 3
28	STEPHEN PREDDY	SAINT JOHNS, FL	M: 26	RUNNER	232	00:22:54.08	07:22	8.1mph	Male 0 - 19: 4
29	SEAN DAWSON		M: 27	RUNNER	991	00:22:55.08	07:22	8.1mph	Male 0 - 19: 5
30	OLEG GOUSHCHA		M: 28	RUNNER	851	00:23:20.20	07:30	8.0mph	Male 35 - 39: 2
31	EMILY KRIKORIAN	NEWPORT NEWS, VA	F: 3	RUNNER	568	00:23:28.17	07:33	7.9mph	Overall Female Runner: 3
32	FELIX SUSTA		M: 29	RUNNER	319	00:23:28.38	07:33	7.9mph	Male 0 - 19: 6
33	NATHAN POSTMAN	WOODBIDGE, VA	M: 30	RUNNER	181	00:23:37.28	07:36	7.9mph	Male 30 - 34: 1
34	ANTHONY IGNOZZI	NEWPORT NEWS, VA	M: 31	RUNNER	708	00:23:43.06	07:38	7.9mph	Male 25 - 29: 2
35	LEWIS PREDDY	SAINT JOHNS, FL	M: 32	RUNNER	231	00:23:49.61	07:40	7.8mph	Male 55 - 59: 1
36	ALY SEARLES	WASHINGTON, VA	F: 4	RUNNER	598	00:23:59.40	07:43	7.8mph	Overall Female Runner: 4
37	TODD SMITH		M: 33	RUNNER	967	00:24:04.35	07:44	7.7mph	Male 30 - 34: 2
38	NATHAN SENSENIG	YORKTOWN, VA	M: 34	RUNNER	100	00:24:06.65	07:45	7.7mph	Male 0 - 19: 7
39	BENJAMIN SENSENIG	YORKTOWN, VA	M: 35	RUNNER	99	00:24:11.56	07:47	7.7mph	Male 0 - 19: 8
40	JACOB KLECHA	RALEIGH, NC	M: 36	RUNNER	440	00:24:18.27	07:49	7.7mph	Male 0 - 19: 9
41	SAGE GRAY	POQUOSON, VA	M: 37	RUNNER	597	00:24:20.15	07:49	7.7mph	Male 0 - 19: 10
42	SHEILA SCOTTI		F: 5	RUNNER	769	00:24:23.58	07:51	7.6mph	Overall Female Runner: 5
43	NICK SIEVERS		M: 38	RUNNER	762	00:24:24.17	07:51	7.6mph	Male 30 - 34: 3
44	RACHEL STADLER	ROCKVILLE, MD	F: 6	RUNNER	90	00:24:34.34	07:54	7.6mph	Overall Female Runner: 6
45	STEVEN GROSS	NEWPORT NEWS, VA	M: 39	RUNNER	238	00:24:36.80	07:55	7.6mph	Male 60 - 64: 1
46	RYAN MCKENZIE	MCLEAN, VA	M: 40	RUNNER	691	00:24:37.66	07:55	7.6mph	Male 0 - 19: 11
47	DAVID MCKENZIE	MCLEAN, VA	M: 41	RUNNER	688	00:24:38.69	07:55	7.6mph	Male 45 - 49: 3
48	ADONIAH MERFAKE	YORKTOWN, VA	M: 42	RUNNER	32	00:24:40.06	07:56	7.6mph	Male 0 - 19: 12

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
49	TRENTON JAMES		M: 43	RUNNER	770	00:24:47.89	07:58	7.5mph	Male 45 - 49: 4
50	SARA PREDDY	SAINT JOHNS, FL	F: 7	RUNNER	233	00:24:48.51	07:59	7.5mph	Overall Female Runner: 7
51	EVA KLECHA	RALEIGH, NC	F: 8	RUNNER	437	00:25:05.17	08:04	7.4mph	Overall Female Runner: 8
52	CHRIS LAFLAMME		M: 44	RUNNER	853	00:25:05.53	08:04	7.4mph	Male 40 - 44: 5
53	CHRISTOPHER SILVA	ALEXANDRIA, VA	M: 45	RUNNER	682	00:25:09.79	08:05	7.4mph	Male 25 - 29: 3
54	ISABEL ATLEE	YORKTOWN, VA	F: 9	RUNNER	549	00:25:11.34	08:06	7.4mph	Overall Female Runner: 9
55	KRISTIN COCHRAN	NEWPORT NEWS, VA	F: 10	RUNNER	121	00:25:15.99	08:07	7.4mph	Overall Female Runner: 10
56	STEFANIE SALINAS	NEWPORT NEWS, VA	F: 11	RUNNER	583	00:25:19.40	08:09	7.4mph	Female 35 - 39: 1
57	ALYSON HEIDENTHAL	NEWPORT NEWS, VA	F: 12	RUNNER	10	00:25:21.09	08:09	7.4mph	Female 35 - 39: 2
58	CARTER MASON	NEWPORT NEWS, VA	M: 46	RUNNER	173	00:25:21.61	08:09	7.4mph	Male 25 - 29: 4
59	CALEB PAYNE	PORTSMOUTH, VA	M: 47	RUNNER	514	00:25:29.26	08:12	7.3mph	Male 0 - 19: 13
60	EDDIE FIOCCA	YORKTOWN, VA	M: 48	RUNNER	620	00:25:30.93	08:12	7.3mph	Male 20 - 24: 5
61	MICHAEL SIBLEY JR	NEWPORT NEWS, VA	M: 49	RUNNER	135	00:25:31.35	08:12	7.3mph	Male 0 - 19: 14
62	PETER MUELLER	NEWPORT NEWS, VA	M: 50	RUNNER	478	00:25:32.83	08:13	7.3mph	Male 65 - 69: 1
63	REBECCA DEVINCENT	MECHANICSVILLE, VA	F: 13	RUNNER	545	00:25:35.84	08:14	7.3mph	Female 35 - 39: 3
64	LILLY KRIKORIAN	NEWPORT NEWS, VA	F: 14	RUNNER	570	00:25:39.51	08:15	7.3mph	Female 0 - 19: 1
65	MADISON WHITLOCK	SUFFOLK, VA	F: 15	RUNNER	62	00:25:53.80	08:20	7.2mph	Female 20 - 24: 1
66	JOSHUA WHITELY	NEWPORT NEWS, VA	M: 51	RUNNER	113	00:25:58.33	08:21	7.2mph	Male 35 - 39: 3
67	ETHAN MOSES	NEWPORT NEWS, VA	M: 52	RUNNER	307	00:26:03.35	08:23	7.2mph	Male 20 - 24: 6
68	ANDREW FIOCCA	YORKTOWN, VA	M: 53	RUNNER	622	00:26:10.43	08:25	7.1mph	Male 0 - 19: 15
69	LUCAS MARKLEY	POQUOSON, VA	M: 54	RUNNER	137	00:26:13.19	08:26	7.1mph	Male 0 - 19: 16
70	DEBRA PRICE	NEWPORT NEWS, VA	F: 16	RUNNER	393	00:26:20.94	08:28	7.1mph	Female 60 - 64: 1
71	BILL DANCY		M: 55	RUNNER	763	00:26:27.30	08:30	7.0mph	Male 70 - PLUS: 1
72	GREG SUMMERLIN		M: 56	RUNNER	283	00:26:28.21	08:31	7.0mph	Male 55 - 59: 2
73	MARY HALL	GLOUCESTER, VA	F: 17	RUNNER	114	00:26:37.13	08:34	7.0mph	Female 40 - 44: 1
74	MIKE OBLEIN	NEWPORT NEWS, VA	M: 57	RUNNER	271	00:26:40.66	08:35	7.0mph	Male 30 - 34: 4
75	HENRY HUTCHENS	NEWPORT NEWS, VA	M: 58	RUNNER	125	00:26:44.05	08:36	7.0mph	Male 0 - 19: 17
76	VIVEK DEVARAJ	PITTSBURGH, PA	M: 59	RUNNER	720	00:26:48.84	08:37	7.0mph	Male 35 - 39: 4
77	DANIEL MINGIONE	CHESAPEAKE, VA	M: 60	RUNNER	76	00:26:49.74	08:38	6.9mph	Male 55 - 59: 3
78	JAKE FARONE		M: 61	RUNNER	714	00:26:52.14	08:38	6.9mph	Male 35 - 39: 5
79	TRACI BISHOP		F: 18	RUNNER	960	00:26:54.61	08:39	6.9mph	Female 40 - 44: 2
80	LAUREN SERRANO	VIRGINIA BEACH, VA	F: 19	RUNNER	206	00:26:58.44	08:40	6.9mph	Female 25 - 29: 1
81	TOMMY RATLEDGE		M: 62	RUNNER	462	00:26:58.48	08:40	6.9mph	Male 20 - 24: 7
82	LOUISE MORGAN	LYNCHBURG, VA	F: 20	RUNNER	644	00:26:59.33	08:41	6.9mph	Female 0 - 19: 2
83	JOHN MORGAN	LYNCHBURG, VA	M: 63	RUNNER	645	00:26:59.41	08:41	6.9mph	Male 40 - 44: 6
84	AUSTIN LINGENFELTER	YORKTOWN, VA	M: 64	RUNNER	20	00:27:00.09	08:41	6.9mph	Male 30 - 34: 5
85	JASON ANDERSON	HUDSON, FL	M: 65	RUNNER	33	00:27:04.57	08:42	6.9mph	Male 40 - 44: 7
86	JULIE DYE	YORKTOWN, VA	F: 21	RUNNER	562	00:27:06.79	08:43	6.9mph	Female 50 - 54: 1
87	KATIE GALLUZZO		F: 22	RUNNER	96	00:27:07.27	08:43	6.9mph	Female 25 - 29: 2
88	RYAN WERTS		M: 66	RUNNER	95	00:27:07.47	08:43	6.9mph	Male 35 - 39: 6
89	CONNOR MCKENZIE	MCLEAN, VA	M: 67	RUNNER	690	00:27:08.02	08:44	6.9mph	Male 0 - 19: 18
90	MICHAEL MYNES	NEWPORT NEWS, VA	M: 68	RUNNER	332	00:27:13.79	08:45	6.8mph	Male 60 - 64: 2
91	LAURA MORGAN	LYNCHBURG, VA	F: 23	RUNNER	643	00:27:27.85	08:50	6.8mph	Female 40 - 44: 3
92	MASON HAGERTY	SEAFORD, VA	M: 69	RUNNER	56	00:27:29.28	08:50	6.8mph	Male 0 - 19: 19
93	JAMES ATKINSON	CARROLLTON, VA	M: 70	RUNNER	717	00:27:31.92	08:51	6.8mph	Male 40 - 44: 8
94	ABBY WACLO	NEWPORT NEWS, VA	F: 24	RUNNER	6	00:27:32.92	08:52	6.8mph	Female 20 - 24: 2
95	GRANT WATSON	YORKTOWN, VA	M: 71	RUNNER	607	00:27:33.43	08:52	6.8mph	Male 55 - 59: 4
96	JUBRAN ABDALLAH	YORKTOWN, VA	M: 72	RUNNER	662	00:27:41.87	08:54	6.7mph	Male 30 - 34: 6
97	NATALIE BENNETT	HAMPTON, VA	F: 25	RUNNER	721	00:27:42.05	08:54	6.7mph	Female 35 - 39: 4

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
98	NICK BRANSFORD		M: 73	RUNNER	112	00:27:48.77	08:57	6.7mph	Male 30 - 34: 7
99	MATT ALEX	HAYMARKET, VA	M: 74	RUNNER	455	00:27:54.86	08:59	6.7mph	Male 40 - 44: 9
100	JULIE HOWELL		F: 26	RUNNER	928	00:27:55.71	08:59	6.7mph	Female 25 - 29: 3
101	SUSAN DEVARAJ	PITTSBURGH, PA	F: 27	RUNNER	719	00:27:56.04	08:59	6.7mph	Female 35 - 39: 5
102	LAURA BRANSFORD		F: 28	RUNNER	111	00:27:56.07	08:59	6.7mph	Female 25 - 29: 4
103	VALERIE ATLEE	YORKTOWN, VA	F: 29	RUNNER	548	00:27:56.97	08:59	6.7mph	Female 45 - 49: 1
104	ALAN MCCOLLUM	YORKTOWN, VA	M: 75	RUNNER	713	00:27:57.02	08:59	6.7mph	Male 70 - PLUS: 2
105	CHRIS MALPASS	YORKTOWN, VA	M: 76	RUNNER	572	00:27:57.68	08:59	6.7mph	Male 35 - 39: 7
106	AUBREY HERNANDEZ		F: 30	RUNNER	941	00:28:03.23	09:01	6.6mph	Female 0 - 19: 3
107	MICHAEL RODGERS	NEWPORT NEWS, VA	M: 77	RUNNER	711	00:28:07.45	09:03	6.6mph	Male 45 - 49: 5
108	PAUL MALLORY	HAMPTON, VA	M: 78	RUNNER	260	00:28:10.21	09:04	6.6mph	Male 20 - 24: 8
109	ADAM MONTALVO	CARROLLTON, VA	M: 79	RUNNER	262	00:28:11.19	09:04	6.6mph	Male 40 - 44: 10
110	HAGEN HINES	NEWPORT NEWS, VA	M: 80	RUNNER	381	00:28:14.10	09:05	6.6mph	Male 0 - 19: 20
111	WILLIAM BERGER		M: 81	RUNNER	995	00:28:23.02	09:08	6.6mph	Male 55 - 59: 5
112	LINDSEY MONTALVO	CARROLLTON, VA	F: 31	RUNNER	261	00:28:27.58	09:09	6.6mph	Female 30 - 34: 1
113	JEANNE FIOCCA	YORKTOWN, VA	F: 32	RUNNER	619	00:28:29.06	09:10	6.5mph	Female 50 - 54: 2
114	KRISTEN KLECHA	RALEIGH, NC	F: 33	RUNNER	436	00:28:34.94	09:11	6.5mph	Female 40 - 44: 4
115	RACHEL BOCWINSKI	ARLINGTON, VA	F: 34	RUNNER	328	00:28:36.60	09:12	6.5mph	Female 25 - 29: 5
116	JOSH MARKLEY	POQUOSON, VA	M: 82	RUNNER	136	00:28:36.92	09:12	6.5mph	Male 0 - 19: 21
117	BLAINE HUTCHENS	NEWPORT NEWS, VA	M: 83	RUNNER	124	00:28:42.89	09:14	6.5mph	Male 20 - 24: 9
118	KAREN STADLER	POQUOSON, VA	F: 35	RUNNER	89	00:28:44.59	09:15	6.5mph	Female 55 - 59: 1
119	JEFF HARRIS	YORKTOWN, VA	M: 84	RUNNER	523	00:28:49.31	09:16	6.5mph	Male 35 - 39: 8
120	PATRICK GILLIAN	SUFFOLK, VA	M: 85	RUNNER	467	00:28:53.28	09:17	6.5mph	Male 20 - 24: 10
121	TRIPP GRESHAM	NEWPORT NEWS, VA	M: 86	RUNNER	433	00:28:55.05	09:18	6.4mph	Male 30 - 34: 8
122	BRYANT RAMIREZ	NEWPORT NEWS, VA	M: 87	RUNNER	444	00:28:58.77	09:19	6.4mph	Male 50 - 54: 1
123	HELMUTH MONTOYA	SUFFOLK, VA	M: 88	RUNNER	576	00:29:03.09	09:21	6.4mph	Male 35 - 39: 9
124	CHRISTOPHER LEBLANC	SUFFOLK, VA	M: 89	RUNNER	430	00:29:06.78	09:22	6.4mph	Male 45 - 49: 6
125	BRENDA BARRERA	WILLIAMSBURG, VA	F: 36	RUNNER	313	00:29:07.31	09:22	6.4mph	Female 60 - 64: 2
126	LORI MELLE	NEWPORT NEWS, VA	F: 37	RUNNER	133	00:29:12.15	09:23	6.4mph	Female 60 - 64: 3
127	BARRIE CLARK	RALEIGH, NC	F: 38	RUNNER	427	00:29:12.24	09:23	6.4mph	Female 25 - 29: 6
128	STEVEN LONCAR	HAMPTON, VA	M: 90	RUNNER	59	00:29:12.49	09:24	6.4mph	Male 20 - 24: 11
129	PATRICK MINTER	NEWPORT NEWS, VA	M: 91	RUNNER	565	00:29:14.54	09:24	6.4mph	Male 40 - 44: 11
130	MARK JONES	YORKTOWN, VA	M: 92	RUNNER	397	00:29:15.03	09:24	6.4mph	Male 70 - PLUS: 3
131	KRISTIE MANNING	NEWPORT NEWS, VA	F: 39	RUNNER	504	00:29:28.03	09:29	6.3mph	Female 40 - 44: 5
132	ELYSE DEVEREUX	NEWPORT NEWS, VA	F: 40	RUNNER	581	00:29:30.12	09:29	6.3mph	Female 60 - 64: 4
133	ADAM LEVINE	YORKTOWN, VA	M: 93	RUNNER	391	00:29:31.07	09:30	6.3mph	Male 25 - 29: 5
134	AARON GRILLS	CHARLOTTESVILLE, VA	M: 94	RUNNER	240	00:29:38.35	09:32	6.3mph	Male 35 - 39: 10
135	REBEKAH SENSENIG	YORKTOWN, VA	F: 41	RUNNER	97	00:29:39.99	09:32	6.3mph	Female 40 - 44: 6
136	ABIGAIL TOPPING		F: 42	RUNNER	106	00:29:40.03	09:32	6.3mph	Female 25 - 29: 7
137	BRITTANY CHEATHAM	AUSTIN, TX	F: 43	RUNNER	600	00:29:41.05	09:33	6.3mph	Female 30 - 34: 2
138	HOLLY BRUNDAGE		F: 44	RUNNER	963	00:29:48.96	09:35	6.3mph	Female 0 - 19: 4
139	CHLOE CONE	NEWPORT NEWS, VA	F: 45	RUNNER	675	00:29:49.11	09:35	6.3mph	Female 0 - 19: 5
140	CASSIE WILKINSON	NEWPORT NEWS, VA	F: 46	RUNNER	18	00:29:49.48	09:35	6.3mph	Female 45 - 49: 2
141	JACK WISNIEWSKI	YORKTOWN, VA	M: 95	RUNNER	392	00:29:50.00	09:36	6.2mph	Male 25 - 29: 6
142	SAMUEL RADECKI	CARROLLTON, VA	M: 96	RUNNER	157	00:29:50.76	09:36	6.2mph	Male 25 - 29: 7
143	MARY BROWN	HAMPTON, VA	F: 47	RUNNER	52	00:29:51.45	09:36	6.2mph	Female 55 - 59: 2
144	RACHEL LEVINE	YORKTOWN, VA	F: 48	RUNNER	390	00:29:51.63	09:36	6.2mph	Female 25 - 29: 8
145	GEORGE LESEUR	HAMPTON, VA	M: 97	RUNNER	667	00:29:52.88	09:37	6.2mph	Male 35 - 39: 11
146	SAM CARMINE		M: 98	RUNNER	855	00:29:53.67	09:37	6.2mph	Male 20 - 24: 12
147	ADAM CALDWELL	NEWPORT NEWS, VA	M: 99	RUNNER	375	00:29:53.73	09:37	6.2mph	Male 20 - 24: 13

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148	ERIC CALDWELL	NEWPORT NEWS, VA	M: 100	RUNNER	376	00:29:55.53	09:37	6.2mph	Male 20 - 24: 14
149	HUNTER BRUNDAGE		M: 101	RUNNER	962	00:29:55.66	09:37	6.2mph	Male 0 - 19: 22
150	THADDEUS WILSON	NEWPORT NEWS, VA	M: 102	RUNNER	752	00:30:02.85	09:40	6.2mph	Male 50 - 54: 2
151	DAVID ELLINGTON	NEWPORT NEWS, VA	M: 103	RUNNER	186	00:30:02.89	09:40	6.2mph	Male 0 - 19: 23
152	WALKER MASON	NEWPORT NEWS, VA	M: 104	RUNNER	174	00:30:06.98	09:41	6.2mph	Male 25 - 29: 8
153	SEAN OATMEYER	WILLIAMSBURG, VA	M: 105	RUNNER	311	00:30:08.14	09:41	6.2mph	Male 60 - 64: 3
154	QUENTIN KIDD	NEWPORT NEWS, VA	M: 106	RUNNER	550	00:30:10.47	09:42	6.2mph	Male 55 - 59: 6
155	AL MONTALVO	YORKTOWN, VA	M: 107	RUNNER	415	00:30:12.98	09:43	6.2mph	Male 65 - 69: 2
156	STEVE TURNER	HAMPTON, VA	M: 108	RUNNER	498	00:30:21.97	09:46	6.1mph	Male 45 - 49: 7
157	SARAH LEBLANC	SUFFOLK, VA	F: 49	RUNNER	431	00:30:25.51	09:47	6.1mph	Female 0 - 19: 6
158	TYLER GABOURY	NEWPORT NEWS, VA	M: 109	RUNNER	149	00:30:27.61	09:48	6.1mph	Male 0 - 19: 24
159	GABRIELE LINGENFELTER	YORKTOWN, VA	F: 50	RUNNER	21	00:30:30.39	09:49	6.1mph	Female 60 - 64: 5
160	MICHAEL LINGENFELTER	POQUOSON, VA	M: 110	RUNNER	19	00:30:32.85	09:49	6.1mph	Male 60 - 64: 4
161	JAMES HAGLER	HAMPTON, VA	M: 111	RUNNER	710	00:30:33.91	09:50	6.1mph	Male 30 - 34: 9
162	EMMA KLECHA	RALEIGH, NC	F: 51	RUNNER	441	00:30:33.97	09:50	6.1mph	Female 0 - 19: 7
163	JASON DORVAL	CHESAPEAKE, VA	M: 112	RUNNER	40	00:30:35.37	09:50	6.1mph	Male 45 - 49: 8
164	CATE DORVAL	CHESAPEAKE, VA	F: 52	RUNNER	39	00:30:35.88	09:50	6.1mph	Female 0 - 19: 8
165	JACK KLECHA	RALEIGH, NC	M: 113	RUNNER	439	00:30:36.28	09:51	6.1mph	Male 45 - 49: 9
166	ZACHARY GREEN	FOREST, VA	M: 114	RUNNER	220	00:30:39.53	09:52	6.1mph	Male 20 - 24: 15
167	REED MINGIONE	CHESAPEAKE, VA	M: 115	RUNNER	78	00:30:42.29	09:52	6.1mph	Male 25 - 29: 9
168	KENZIE ALEX	HAYMARKET, VA	F: 53	RUNNER	454	00:30:42.38	09:53	6.1mph	Female 0 - 19: 9
169	GABRIELLE FRIEDMAN	NEWPORT NEWS, VA	F: 54	RUNNER	547	00:30:43.87	09:53	6.1mph	Female 25 - 29: 9
170	KARA WORLEY	DURHAM, NC	F: 55	RUNNER	217	00:30:46.34	09:54	6.1mph	Female 25 - 29: 10
171	TIM SWEARINGEN		M: 116	RUNNER	712	00:30:46.43	09:54	6.1mph	Male 40 - 44: 12
172	RYAN HAGERTY	SEAFORD, VA	M: 117	RUNNER	53	00:30:47.75	09:54	6.1mph	Male 40 - 44: 13
173	PHIL MILLER		M: 118	RUNNER	546	00:30:48.67	09:55	6.1mph	Male 50 - 54: 3
174	PAULA GILLIAN	SUFFOLK, VA	F: 56	RUNNER	463	00:30:50.13	09:55	6.0mph	Female 55 - 59: 3
175	DUNCAN BOONE	DURHAM, NC	M: 119	RUNNER	216	00:30:50.89	09:55	6.0mph	Male 25 - 29: 10
176	ANNE BARRERA		F: 57	RUNNER	326	00:30:53.29	09:56	6.0mph	Female 55 - 59: 4
177	DONALD READ III	CHESAPEAKE, VA	M: 120	RUNNER	223	00:30:54.60	09:56	6.0mph	Male 25 - 29: 11
178	ANTHONY DORSEY	NEWPORT NEWS, VA	M: 121	RUNNER	165	00:30:54.70	09:56	6.0mph	Male 30 - 34: 10
179	CANDACE ALEXANDER	NEWPORT NEWS, VA	F: 58	RUNNER	741	00:30:58.38	09:58	6.0mph	Female 50 - 54: 3
180	HARLEY PAGE	NEWPORT NEWS, VA	M: 122	RUNNER	557	00:31:04.51	10:00	6.0mph	Male 25 - 29: 12
181	KAT PAGE	NEWPORT NEWS, VA	F: 59	RUNNER	558	00:31:06.28	10:00	6.0mph	Female 25 - 29: 11
182	JACK KRIKORIAN	NEWPORT NEWS, VA	M: 123	RUNNER	569	00:31:06.66	10:00	6.0mph	Male 0 - 19: 25
183	JOHN KRIKORIAN	NEWPORT NEWS, VA	M: 124	RUNNER	567	00:31:09.56	10:01	6.0mph	Male 45 - 49: 10
184	JESSICA GABOURY	NEWPORT NEWS, VA	F: 60	RUNNER	148	00:31:11.95	10:02	6.0mph	Female 40 - 44: 7
185	LOGAN WEBER	CHANTILLY, VA	M: 125	RUNNER	740	00:31:18.32	10:04	6.0mph	Male 0 - 19: 26
186	ELIZABETH HUBBARD	CHICAGO, IL	F: 61	RUNNER	353	00:31:19.75	10:05	6.0mph	Female 30 - 34: 3
187	MADISON YOUNG	POQUOSON, VA	F: 62	RUNNER	204	00:31:29.67	10:08	5.9mph	Female 25 - 29: 12
188	MERFAKE SMRET	YORKTOWN, VA	M: 126	RUNNER	30	00:31:33.91	10:09	5.9mph	Male 50 - 54: 4
189	MILES KLEMENCIC	HAMPTON, VA	M: 127	RUNNER	94	00:31:34.41	10:09	5.9mph	Male 0 - 19: 27
190	ALEXANDRIA KINDER	STATE COLLEGE, PA	F: 63	RUNNER	617	00:31:45.36	10:13	5.9mph	Female 30 - 34: 4
191	KEVIN HUTCHENS	NEWPORT NEWS, VA	M: 128	RUNNER	123	00:31:47.17	10:13	5.9mph	Male 45 - 49: 11
192	ANDREW DARLING	STATE COLLEGE, PA	M: 129	RUNNER	618	00:31:47.17	10:13	5.9mph	Male 30 - 34: 11
193	ANN CHAPPELL ELLINGTON	NEWPORT NEWS, VA	F: 64	RUNNER	185	00:31:54.41	10:16	5.8mph	Female 0 - 19: 10
194	SUZANNE SIEVERS		F: 65	RUNNER	527	00:32:02.56	10:18	5.8mph	Female 30 - 34: 5
195	JOSEPH SIEVERS		M: 130	RUNNER	528	00:32:03.17	10:19	5.8mph	Male 30 - 34: 12

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
196	ROBERT CASSELS	CHESAPEAKE, VA	M: 131	RUNNER	340	00:32:07.43	10:20	5.8mph	Male 60 - 64: 5
197	JULIE PILLOW		F: 66	RUNNER	923	00:32:08.10	10:20	5.8mph	Female 50 - 54: 4
198	GEORGE JACOBS	NEWPORT NEWS, VA	M: 132	RUNNER	9	00:32:12.81	10:22	5.8mph	Male 70 - PLUS: 4
199	ADAM BROWN	CHESAPEAKE, VA	M: 133	RUNNER	339	00:32:14.58	10:22	5.8mph	Male 35 - 39: 12
200	DISRAELI BROOKS		M: 134	RUNNER	994	00:32:18.67	10:23	5.8mph	Male 20 - 24: 16
201	MARIA GARCIA-GALLONT		F: 67	RUNNER	732	00:32:19.38	10:24	5.8mph	Female 35 - 39: 6
202	RIHANA SHANI		F: 68	RUNNER	272	00:32:21.62	10:24	5.8mph	Female 30 - 34: 6
203	SARAH BAUST	VIRGINIA BEACH, VA	F: 69	RUNNER	534	00:32:21.95	10:25	5.8mph	Female 20 - 24: 3
204	LANE SLATE	YORKTOWN, VA	M: 135	RUNNER	533	00:32:21.95	10:25	5.8mph	Male 20 - 24: 17
205	SYDNEY EURE	CLAYTON, NC	F: 70	RUNNER	117	00:32:22.61	10:25	5.8mph	Female 20 - 24: 4
206	SUSAN EURE	CLAYTON, NC	F: 71	RUNNER	116	00:32:23.36	10:25	5.8mph	Female 50 - 54: 5
207	KAMERON ANDERSON	HUDSON, FL	F: 72	RUNNER	35	00:32:23.85	10:25	5.8mph	Female 0 - 19: 11
208	ELEANOR GRAHAM	NEWPORT NEWS, VA	F: 73	RUNNER	50	00:32:26.53	10:26	5.7mph	Female 0 - 19: 12
209	MICHAEL GRYGAR	SPRINGFIELD, VA	M: 136	RUNNER	669	00:32:30.37	10:27	5.7mph	Male 50 - 54: 5
210	MAYA GOKCEN	YORKTOWN, VA	F: 74	RUNNER	395	00:32:42.79	10:31	5.7mph	Female 45 - 49: 3
211	LUCY MENDEZ	NEWPORT NEWS, VA	F: 75	RUNNER	138	00:32:46.75	10:33	5.7mph	Female 60 - 64: 6
212	CHRIS WARD	AUSTIN, TX	M: 137	RUNNER	601	00:32:49.52	10:33	5.7mph	Male 30 - 34: 13
213	DARRYL SHAZIER	NEWPORT NEWS, VA	M: 138	RUNNER	735	00:32:49.57	10:33	5.7mph	Male 55 - 59: 7
214	CHARLES SCHROEDER	WOODLAND PARK, CO	M: 139	RUNNER	201	00:33:02.41	10:38	5.6mph	Male 70 - PLUS: 5
215	CAROL MINTER	NEWPORT NEWS, VA	F: 76	RUNNER	564	00:33:02.77	10:38	5.6mph	Female 40 - 44: 8
216	MICHELE HEALD	NEWPORT NEWS, VA	F: 77	RUNNER	482	00:33:04.28	10:38	5.6mph	Female 55 - 59: 5
217	CANDACE TAYLOR	MIDLOTHIAN, VA	F: 78	RUNNER	647	00:33:05.48	10:39	5.6mph	Female 0 - 19: 13
218	LYNN HOPKINS	NEWPORT NEWS, VA	F: 79	RUNNER	267	00:33:06.88	10:39	5.6mph	Female 55 - 59: 6
219	MEREDITH HUTCHENS		F: 80	RUNNER	270	00:33:10.53	10:40	5.6mph	Female 20 - 24: 5
220	MARY BETH PLUCINSKI	NEWPORT NEWS, VA	F: 81	RUNNER	561	00:33:13.85	10:41	5.6mph	Female 60 - 64: 7
221	SAM COCKRELL		M: 140	RUNNER	936	00:33:25.42	10:45	5.6mph	Male 0 - 19: 28
222	ABIGAIL HINNANT		F: 82	RUNNER	599	00:33:26.60	10:45	5.6mph	Female 0 - 19: 14
223	KEVIN CHAVIS	CHESAPEAKE, VA	M: 141	RUNNER	554	00:33:31.18	10:47	5.6mph	Male 55 - 59: 8
224	LESLIE COATES		F: 83	RUNNER	771	00:33:32.77	10:47	5.6mph	Female 25 - 29: 13
225	CALEB RADECKI	CARROLLTON, VA	M: 142	RUNNER	156	00:33:35.15	10:48	5.6mph	Male 25 - 29: 13
226	MEREDITH HUTCHENS	NEWPORT NEWS, VA	F: 84	RUNNER	122	00:33:35.24	10:48	5.6mph	Female 45 - 49: 4
227	GREG BECOUVARAKIS	HAMPTON, VA	M: 143	RUNNER	378	00:33:37.01	10:49	5.5mph	Male 60 - 64: 6
228	MEGHAN O'MALLEY	SUFFOLK, VA	F: 85	RUNNER	624	00:33:38.77	10:49	5.5mph	Female 45 - 49: 5
229	ANDREW INGELL	YORKTOWN, VA	M: 144	RUNNER	300	00:33:38.92	10:49	5.5mph	Male 30 - 34: 14
230	SHERITA BAKER	HAMPTON, VA	F: 86	RUNNER	760	00:33:41.14	10:50	5.5mph	Female 40 - 44: 9
231	MADELEINE BARRERA	NORFOLK, VA	F: 87	RUNNER	321	00:33:42.82	10:51	5.5mph	Female 25 - 29: 14
232	ERIC KARLIN	YORKTOWN, VA	M: 145	RUNNER	388	00:33:45.70	10:52	5.5mph	Male 40 - 44: 14
233	MARK DEER		M: 146	RUNNER	968	00:33:46.12	10:52	5.5mph	Male 35 - 39: 13
234	NATHAN SALINAS	NEWPORT NEWS, VA	M: 147	RUNNER	582	00:33:46.96	10:52	5.5mph	Male 35 - 39: 14
235	TASHA ROSE	NEWPORT NEWS, VA	F: 88	RUNNER	518	00:33:50.28	10:53	5.5mph	Female 40 - 44: 10
236	KEVIN BURKE	NEWPORT NEWS, VA	M: 148	RUNNER	668	00:33:56.36	10:55	5.5mph	Male 70 - PLUS: 6
237	COLTON BAKER	NEWPORT NEWS, VA	M: 149	RUNNER	316	00:33:59.24	10:56	5.5mph	Male 30 - 34: 15
238	ALEX HATCHER	CHANTILLY, VA	F: 89	RUNNER	738	00:34:00.63	10:56	5.5mph	Female 30 - 34: 7
239	PIPER SNOW	NORFOLK, VA	F: 90	RUNNER	402	00:34:02.59	10:57	5.5mph	Female 0 - 19: 15
240	EVIE ANDERSON	CARROLLTON, VA	F: 91	RUNNER	143	00:34:03.62	10:57	5.5mph	Female 0 - 19: 16
241	THEA GANOE	HAMPTON, VA	F: 92	RUNNER	681	00:34:03.79	10:57	5.5mph	Female 65 - 69: 1
242	GRACE BALL	NEWPORT NEWS, VA	F: 93	RUNNER	315	00:34:04.22	10:57	5.5mph	Female 30 - 34: 8
243	RYAN SNOW	NORFOLK, VA	M: 150	RUNNER	400	00:34:04.34	10:58	5.5mph	Male 45 - 49: 12
244	LENA DOGGETT	CARROLLTON, VA	F: 94	RUNNER	146	00:34:04.88	10:58	5.5mph	Female 0 - 19: 17

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
245	ROXANNE ARCHER		F: 95	RUNNER	249	00:34:05.86	10:58	5.5mph	Female 25 - 29: 15
246	EVAN STORCH	CHANTILLY, VA	M: 151	RUNNER	666	00:34:08.56	10:59	5.5mph	Male 0 - 19: 29
247	KATIE RATLEDGE		F: 96	RUNNER	461	00:34:09.81	10:59	5.5mph	Female 25 - 29: 16
248	JEFF ELLINGTON	NEWPORT NEWS, VA	M: 152	RUNNER	183	00:34:10.97	11:00	5.5mph	Male 50 - 54: 6
249	KRISTEN WOLF	CHARLOTTE, NC	F: 97	RUNNER	330	00:34:16.46	11:01	5.4mph	Female 30 - 34: 9
250	AIDEN BLANCHARD	NEWPORT NEWS, VA	M: 153	RUNNER	724	00:34:18.72	11:02	5.4mph	Male 0 - 19: 30
251	JAMES CUNNINGHAM		M: 154	RUNNER	917	00:34:19.67	11:02	5.4mph	Male 50 - 54: 7
252	HOLLY CUNNINGHAM		F: 98	RUNNER	918	00:34:20.93	11:03	5.4mph	Female 45 - 49: 6
253	MICHELLE STANISH	POQUOSON, VA	F: 99	RUNNER	362	00:34:21.40	11:03	5.4mph	Female 45 - 49: 7
254	TARA DRESS	NEWPORT NEWS, VA	F: 100	RUNNER	273	00:34:21.97	11:03	5.4mph	Female 55 - 59: 7
255	EMILY BONERTZ	MERRITT ISLAND, FL	F: 101	RUNNER	475	00:34:25.21	11:04	5.4mph	Female 25 - 29: 17
256	ZOE GAUTHIER		F: 102	RUNNER	107	00:34:27.23	11:05	5.4mph	Female 20 - 24: 6
257	JOE GILLIAN	SUFFOLK, VA	M: 155	RUNNER	469	00:34:28.97	11:05	5.4mph	Male 55 - 59: 9
258	HANNAH KLEPEISZ		F: 103	RUNNER	972	00:34:29.68	11:06	5.4mph	Female 30 - 34: 10
259	MAGEN LEFKOWICZ	NEWPORT NEWS, VA	F: 104	RUNNER	610	00:34:30.74	11:06	5.4mph	Female 40 - 44: 11
260	KOLBI SHARTZER	YORKTOWN, VA	M: 156	RUNNER	653	00:34:31.61	11:06	5.4mph	Male 50 - 54: 8
261	DAVID KLEPEISZ		M: 157	RUNNER	971	00:34:34.52	11:07	5.4mph	Male 30 - 34: 16
262	LIZ HAGLER	HAMPTON, VA	F: 105	RUNNER	709	00:34:40.14	11:09	5.4mph	Female 30 - 34: 11
263	CHRISTOPHER REED		M: 158	RUNNER	931	00:34:44.96	11:11	5.4mph	Male 50 - 54: 9
264	CHELSEA PITTMAN THRASH	HAMPTON, VA	F: 106	RUNNER	733	00:34:50.54	11:12	5.4mph	Female 30 - 34: 12
265	ANDEE SEAL	SUFFOLK, VA	F: 107	RUNNER	291	00:34:50.94	11:13	5.3mph	Female 0 - 19: 18
266	BRYAN PAYNE	WASHINGTON, DC	M: 159	RUNNER	507	00:34:54.32	11:14	5.3mph	Male 35 - 39: 15
267	JOSEPH SEAL	SUFFOLK, VA	M: 160	RUNNER	293	00:34:54.48	11:14	5.3mph	Male 35 - 39: 16
268	JOCELYN ALEX	HAYMARKET, VA	F: 108	RUNNER	453	00:34:59.06	11:15	5.3mph	Female 40 - 44: 12
269	JIMMY FIOCCA	YORKTOWN, VA	M: 161	RUNNER	621	00:35:01.63	11:16	5.3mph	Male 20 - 24: 18
270	SETH BARNES-SMITH	WASHINGTON, DC	M: 162	RUNNER	296	00:35:03.72	11:17	5.3mph	Male 30 - 34: 17
271	DANIELLE BARNES-SMITH	WASHINGTON, DC	F: 109	RUNNER	295	00:35:05.63	11:17	5.3mph	Female 30 - 34: 13
272	CAROLINE STILLEY	NEWPORT NEWS, VA	F: 110	RUNNER	592	00:35:10.91	11:19	5.3mph	Female 0 - 19: 19
273	SHARI STILLEY	NEWPORT NEWS, VA	F: 111	RUNNER	591	00:35:13.81	11:20	5.3mph	Female 45 - 49: 8
274	LINDSAY LLOYD	LANEXA, VA	F: 112	RUNNER	684	00:35:21.61	11:22	5.3mph	Female 25 - 29: 18
275	MICHAELA DORVAL	CHESAPEAKE, VA	F: 113	RUNNER	41	00:35:24.38	11:23	5.3mph	Female 0 - 19: 20
276	MARYANNE REIDY	SCHENECTADY, NY	F: 114	RUNNER	37	00:35:24.69	11:23	5.3mph	Female 65 - 69: 2
277	AIME CLINKENBEARD	NEWPORT NEWS, VA	F: 115	RUNNER	398	00:35:33.46	11:26	5.2mph	Female 45 - 49: 9
278	TINA BECOUVARAKIS	HAMPTON, VA	F: 116	RUNNER	377	00:35:33.98	11:26	5.2mph	Female 55 - 59: 8
279	LINDSEY MANN	RALEIGH, NC	F: 117	RUNNER	426	00:35:37.27	11:27	5.2mph	Female 20 - 24: 7
280	SHAUN RICHARDSON	NORFOLK, VA	M: 163	RUNNER	87	00:35:42.75	11:29	5.2mph	Male 45 - 49: 13
281	JENNIFER CARPENTER-FITZPATRICK	NEWPORT NEWS, VA	F: 118	RUNNER	750	00:35:51.04	11:32	5.2mph	Female 45 - 49: 10
282	JANELL GREGORY	LUGOFF, SC	F: 119	RUNNER	406	00:35:53.39	11:33	5.2mph	Female 40 - 44: 13
283	MICHAEL GREGORY	LUGOFF, SC	M: 164	RUNNER	405	00:35:54.44	11:33	5.2mph	Male 45 - 49: 14
284	ANDRIANA HENCH	AFTON, VA	F: 120	RUNNER	715	00:35:55.47	11:33	5.2mph	Female 35 - 39: 7
285	LAURA WAGNER		F: 121	RUNNER	650	00:35:57.43	11:34	5.2mph	Female 35 - 39: 8
286	RYAN GERICKE		M: 165	RUNNER	651	00:35:57.74	11:34	5.2mph	Male 35 - 39: 17
287	TABITHA LLOYD	LANEXA, VA	F: 122	RUNNER	683	00:35:58.57	11:34	5.2mph	Female 50 - 54: 6
288	MASON SVENCER	SUFFOLK, VA	M: 166	RUNNER	210	00:35:58.79	11:34	5.2mph	Male 0 - 19: 31
289	GREG SVENCER	SUFFOLK, VA	M: 167	RUNNER	207	00:36:00.63	11:35	5.2mph	Male 35 - 39: 18
290	LISA LEBLANC		F: 123	RUNNER	634	00:36:03.83	11:36	5.2mph	Female 45 - 49: 11
291	CONNIE VATSA	HAMPTON, VA	F: 124	RUNNER	215	00:36:08.29	11:37	5.2mph	Female 45 - 49: 12
292	STEPHANIE DENNARD	NEWPORT NEWS, VA	F: 125	RUNNER	460	00:36:11.98	11:39	5.1mph	Female 55 - 59: 9
293	AKITO LESLIE	POQUOSON, VA	M: 168	RUNNER	749	00:36:14.32	11:39	5.1mph	Male 0 - 19: 32
294	ERNIE ANDERSON	CARROLLTON, VA	M: 169	RUNNER	141	00:36:14.69	11:39	5.1mph	Male 40 - 44: 15
295	CHARLOTTE ANDERSON	CARROLLTON, VA	F: 126	RUNNER	145	00:36:14.72	11:39	5.1mph	Female 0 - 19: 21
296	MARCUS DAWSON		M: 170	RUNNER	990	00:36:16.02	11:40	5.1mph	Male 45 - 49: 15
297	RYDER CREAL	NEWPORT NEWS, VA	M: 171	RUNNER	632	00:36:18.68	11:41	5.1mph	Male 0 - 19: 33

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
298	HEIDI ROBLES		F: 127	RUNNER	989	00:36:20.12	11:41	5.1mph	Female 65 - 69: 3
299	SHARAD MAHESHWARI		M: 172	RUNNER	969	00:36:20.80	11:41	5.1mph	Male 60 - 64: 7
300	GEORGE TILLERSON IV	NEWPORT NEWS, VA	M: 173	RUNNER	486	00:36:21.12	11:42	5.1mph	Male 30 - 34: 18
301	CAROLINE BARRERA	NORFOLK, VA	F: 128	RUNNER	346	00:36:23.15	11:42	5.1mph	Female 20 - 24: 8
302	LAURA MADLER	NEWPORT NEWS, VA	F: 129	RUNNER	119	00:36:27.08	11:43	5.1mph	Female 20 - 24: 9
303	BROCK WOLF	CHARLOTTE, NC	M: 174	RUNNER	331	00:36:27.38	11:44	5.1mph	Male 25 - 29: 14
304	NICK BEARDALL	MERRITT ISLAND, FL	M: 175	RUNNER	474	00:36:32.68	11:45	5.1mph	Male 25 - 29: 15
305	RICHARD SILCOX		M: 176	RUNNER	925	00:36:38.15	11:47	5.1mph	Male 45 - 49: 16
306	TIMOTHY HOYT		M: 177	RUNNER	679	00:36:39.30	11:47	5.1mph	Male 30 - 34: 19
307	BRAYLEE BARNETT	SUFFOLK, VA	F: 130	RUNNER	208	00:36:41.96	11:48	5.1mph	Female 0 - 19: 22
308	HEIDI SUSTA		F: 131	RUNNER	317	00:36:42.37	11:48	5.1mph	Female 55 - 59: 10
309	STEFAN SUSTA		M: 178	RUNNER	318	00:36:42.41	11:48	5.1mph	Male 50 - 54: 10
310	RACHEL CHEATHAM		F: 132	RUNNER	503	00:36:44.02	11:49	5.1mph	Female 25 - 29: 19
311	JACKSON HARRIS	YORKTOWN, VA	M: 179	RUNNER	524	00:36:46.74	11:50	5.1mph	Male 0 - 19: 34
312	RACHELLE RHODES		F: 133	RUNNER	932	00:36:49.54	11:51	5.1mph	Female 35 - 39: 9
313	PHILIP STORCH	CHANTILLY, VA	M: 180	RUNNER	665	00:36:55.25	11:53	5.0mph	Male 40 - 44: 16
314	HANNAH CAGLE	HAMPTON, VA	F: 134	RUNNER	74	00:36:57.87	11:53	5.0mph	Female 25 - 29: 20
315	JOCELYN GALLAGHER		F: 135	RUNNER	964	00:37:20.42	12:01	5.0mph	Female 55 - 59: 11
316	AVERY ROYER		F: 136	RUNNER	176	00:37:21.33	12:01	5.0mph	Female 25 - 29: 21
317	STUART WYGANT		M: 181	RUNNER	175	00:37:26.50	12:03	5.0mph	Male 25 - 29: 16
318	TERRY HARRIS	NEWPORT NEWS, VA	M: 182	RUNNER	471	00:37:29.11	12:03	5.0mph	Male 55 - 59: 10
319	MEGAN HIBBS	YORKTOWN, VA	F: 137	RUNNER	456	00:37:30.62	12:04	5.0mph	Female 35 - 39: 10
320	SCOTT VAUGHN		M: 183	RUNNER	944	00:37:30.73	12:04	5.0mph	Male 60 - 64: 8
321	MARK VINYARD	HAMPTON, VA	M: 184	RUNNER	115	00:37:30.80	12:04	5.0mph	Male 70 - PLUS: 7
322	DENNIS OBIS II		M: 185	RUNNER	755	00:37:33.74	12:05	5.0mph	Male 25 - 29: 17
323	TAYLOR PATE		F: 138	RUNNER	678	00:37:41.27	12:07	4.9mph	Female 30 - 34: 14
324	DENNY HAN	SUFFOLK, VA	M: 186	RUNNER	757	00:37:45.25	12:09	4.9mph	Male 35 - 39: 19
325	KATHARINA LEACH	NEWPORT NEWS, VA	F: 139	RUNNER	314	00:37:45.44	12:09	4.9mph	Female 65 - 69: 4
326	KADEN HAN	SUFFOLK, VA	M: 187	RUNNER	758	00:37:45.55	12:09	4.9mph	Male 0 - 19: 35
327	DEBBIE VREELAND	MONETA, VA	F: 140	RUNNER	98	00:37:48.26	12:10	4.9mph	Female 70 - PLUS: 1
328	CHARLOTTE ROCHE	CARROLLTON, VA	F: 141	RUNNER	170	00:37:49.82	12:10	4.9mph	Female 30 - 34: 15
329	MARCO ROCHE	CARROLLTON, VA	M: 188	RUNNER	171	00:37:50.48	12:10	4.9mph	Male 35 - 39: 20
330	SETH YOUNG	POQUOSON, VA	M: 189	RUNNER	225	00:37:50.87	12:10	4.9mph	Male 20 - 24: 19
331	CURREN BLANCHARD	NEWPORT NEWS, VA	M: 190	RUNNER	725	00:37:52.92	12:11	4.9mph	Male 0 - 19: 36
332	ARIEL WALTON	NEWPORT NEWS, VA	F: 142	RUNNER	348	00:37:55.14	12:12	4.9mph	Female 30 - 34: 16
333	LANIE BLANCHARD	NEWPORT NEWS, VA	F: 143	RUNNER	723	00:37:57.17	12:12	4.9mph	Female 30 - 34: 17
334	MARY BAKER		F: 144	RUNNER	908	00:38:02.16	12:14	4.9mph	Female 30 - 34: 18
335	RIO HENDERSON	YORKTOWN, VA	M: 191	RUNNER	128	00:38:02.89	12:14	4.9mph	Male 0 - 19: 37
336	GREG BOCWINSKI	HAMPTON, VA	M: 192	RUNNER	329	00:38:04.15	12:15	4.9mph	Male 60 - 64: 9
337	DENNIS OBIS I		M: 193	RUNNER	756	00:38:06.49	12:15	4.9mph	Male 50 - 54: 11
338	ALANA DURHAM		F: 145	RUNNER	767	00:38:10.32	12:17	4.9mph	Female 35 - 39: 11
339	AARON BONERTZ	MERRITT ISLAND, FL	M: 194	RUNNER	476	00:38:10.98	12:17	4.9mph	Male 25 - 29: 18
340	DEREK BLOOM	NEWPORT NEWS, VA	M: 195	RUNNER	409	00:38:14.41	12:18	4.9mph	Male 25 - 29: 19
341	JULIE YOUNG	POQUOSON, VA	F: 146	RUNNER	203	00:38:15.98	12:19	4.9mph	Female 55 - 59: 12
342	DARYL BLOOM	NEWPORT NEWS, VA	M: 196	RUNNER	408	00:38:16.99	12:19	4.9mph	Male 60 - 64: 10
343	JESSICA MINGIONE	CHESAPEAKE, VA	F: 147	RUNNER	79	00:38:19.86	12:20	4.9mph	Female 25 - 29: 22
344	MORGAN ANDERSON	CARROLLTON, VA	F: 148	RUNNER	140	00:38:19.94	12:20	4.9mph	Female 35 - 39: 12
345	KIM HINES	NEWPORT NEWS, VA	F: 149	RUNNER	380	00:38:25.82	12:22	4.9mph	Female 50 - 54: 7
346	MATTHEW BLANCHARD	NEWPORT NEWS, VA	M: 197	RUNNER	726	00:38:27.74	12:22	4.8mph	Male 35 - 39: 21
347	VAN BLANCHARD	NEWPORT NEWS, VA	M: 198	RUNNER	727	00:38:27.80	12:22	4.8mph	Male 0 - 19: 38
348	ROBERTA WOLLER	HAMPTON, VA	F: 150	RUNNER	8	00:38:28.11	12:22	4.8mph	Female 40 - 44: 14
349	REAGAN SUMMERLIN		F: 151	RUNNER	193	00:38:30.62	12:23	4.8mph	Female 0 - 19: 23

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
350	MADDIE ANDERSON	CARROLLTON, VA	F: 152	RUNNER	144	00:38:34.25	12:24	4.8mph	Female 0 - 19: 24
351	JOYCE HORRELL	YORKTOWN, VA	F: 153	RUNNER	396	00:38:35.00	12:25	4.8mph	Female 45 - 49: 13
352	LEUL MULUGETA	YORKTOWN, VA	M: 199	RUNNER	529	00:38:35.08	12:25	4.8mph	Male 50 - 54: 12
353	MORGAN TROMBLEE	CARROLLTON, VA	F: 154	RUNNER	158	00:38:39.18	12:26	4.8mph	Female 30 - 34: 19
354	CHRISTOPHER WALTON	HAMPTON, VA	M: 200	RUNNER	347	00:38:43.18	12:27	4.8mph	Male 25 - 29: 20
355	ROBYN MANN	RALEIGH, NC	F: 155	RUNNER	425	00:38:48.75	12:29	4.8mph	Female 20 - 24: 10
356	MOLLY BROWN	POQUOSON, VA	F: 156	RUNNER	596	00:38:50.61	12:30	4.8mph	Female 30 - 34: 20
357	CAITLIN ORSBORNE	POQUOSON, VA	F: 157	RUNNER	404	00:38:57.07	12:32	4.8mph	Female 40 - 44: 15
358	ELEANOR STERN		F: 158	RUNNER	861	00:38:58.19	12:32	4.8mph	Female 0 - 19: 25
359	CARRIE ROGERS	EAST LONGMEADOW, MA	F: 159	RUNNER	195	00:38:58.26	12:32	4.8mph	Female 45 - 49: 14
360	PETER STERN		M: 201	RUNNER	903	00:38:58.30	12:32	4.8mph	Male 35 - 39: 22
361	HANNAH DYE	YORKTOWN, VA	F: 160	RUNNER	563	00:39:04.87	12:34	4.8mph	Female 20 - 24: 11
362	MARNIE SHARTZER	YORKTOWN, VA	F: 161	RUNNER	654	00:39:05.53	12:34	4.8mph	Female 50 - 54: 8
363	JOSEPH COOGAN	CENTREVILLE, VA	M: 202	RUNNER	263	00:39:06.17	12:35	4.8mph	Male 30 - 34: 20
364	STEFANY GUIDO	CENTREVILLE, VA	F: 162	RUNNER	264	00:39:06.77	12:35	4.8mph	Female 30 - 34: 21
365	JENNIFER COCKRELL		F: 163	RUNNER	935	00:39:20.19	12:39	4.7mph	Female 45 - 49: 15
366	WILLIAM WALDRON	YORKTOWN, VA	M: 203	RUNNER	26	00:39:21.77	12:40	4.7mph	Male 70 - PLUS: 8
367	PARRISH CANDUSO	NEWPORT NEWS, VA	M: 204	RUNNER	586	00:39:24.69	12:41	4.7mph	Male 25 - 29: 21
368	HANNAH ELLIOTT	NEWPORT NEWS, VA	F: 164	RUNNER	587	00:39:26.27	12:41	4.7mph	Female 20 - 24: 12
369	MATT BOERNER	NEWPORT NEWS, VA	M: 205	RUNNER	639	00:39:35.48	12:44	4.7mph	Male 40 - 44: 17
370	KATHRYN BOERNER	NEWPORT NEWS, VA	F: 165	RUNNER	641	00:39:35.80	12:44	4.7mph	Female 0 - 19: 26
371	BRADY GRAHAM	TIJERAS, NM	M: 206	RUNNER	47	00:39:41.80	12:46	4.7mph	Male 65 - 69: 3
372	MARY HARMAN	NEWPORT NEWS, VA	F: 166	RUNNER	237	00:39:53.92	12:50	4.7mph	Female 70 - PLUS: 2
373	JODY O'HARA	MONTPELIER, VA	F: 167	RUNNER	327	00:39:59.81	12:52	4.7mph	Female 60 - 64: 8
374	JESSICA WOLKOWICH	SUFFOLK, VA	F: 168	RUNNER	499	00:40:01.94	12:53	4.7mph	Female 40 - 44: 16
375	KIMBERLY COLANDER	NEWPORT NEWS, VA	F: 169	RUNNER	167	00:40:09.46	12:55	4.6mph	Female 35 - 39: 13
376	HEATHER CAUGHORN	ABERDEEN, MD	F: 170	RUNNER	736	00:40:09.57	12:55	4.6mph	Female 35 - 39: 14
377	JENNIFER WATSON	HAMPTON, VA	F: 171	RUNNER	743	00:40:09.80	12:55	4.6mph	Female 35 - 39: 15
378	MADELYN HARRIS	YORKTOWN, VA	F: 172	RUNNER	525	00:40:10.58	12:55	4.6mph	Female 0 - 19: 27
379	LAURIE HARRIS	YORKTOWN, VA	F: 173	RUNNER	522	00:40:10.62	12:55	4.6mph	Female 40 - 44: 17
380	BENJAMIN HARRIS	YORKTOWN, VA	M: 207	RUNNER	526	00:40:12.45	12:56	4.6mph	Male 0 - 19: 39
381	GAIL THOMAS	OCALA, FL	F: 174	RUNNER	718	00:40:12.98	12:56	4.6mph	Female 65 - 69: 5
382	DONALD READ	CHESAPEAKE, VA	M: 208	RUNNER	218	00:40:14.81	12:57	4.6mph	Male 50 - 54: 13
383	TITUS WOLKOWICH	SUFFOLK, VA	M: 209	RUNNER	501	00:40:15.96	12:57	4.6mph	Male 0 - 19: 40
384	KELLY MCKENZIE	MCLEAN, VA	F: 175	RUNNER	689	00:40:30.44	13:02	4.6mph	Female 45 - 49: 16
385	HOLDEN WINSLOW	CHESAPEAKE, VA	M: 210	RUNNER	419	00:40:39.33	13:05	4.6mph	Male 0 - 19: 41
386	LAURA SCOTT	POQUOSON, VA	F: 176	RUNNER	2	00:40:43.63	13:06	4.6mph	Female 55 - 59: 13
387	MIKE HANSBROUGH	NEWPORT NEWS, VA	M: 211	RUNNER	729	00:40:48.12	13:07	4.6mph	Male 50 - 54: 14
388	KOLTON HANSBROUGH- KRAMER	WILLIAMSBURG, VA	M: 212	RUNNER	730	00:40:48.29	13:08	4.6mph	Male 0 - 19: 42
389	STEVEN TANKARD		M: 213	RUNNER	981	00:41:00.28	13:11	4.5mph	Male 45 - 49: 17
390	ZAIN JAFRI	PORTLAND, OR	M: 214	RUNNER	247	00:41:04.33	13:13	4.5mph	Male 0 - 19: 43
391	ISAIAH ROBERTSON		M: 215	RUNNER	856	00:41:08.04	13:14	4.5mph	Male 20 - 24: 20
392	BRADLEY TOUCHET	NEWPORT NEWS, VA	M: 216	RUNNER	608	00:41:10.07	13:15	4.5mph	Male 55 - 59: 11
393	ARMAAN JAFRI	PORTLAND, OR	M: 217	RUNNER	244	00:41:17.31	13:17	4.5mph	Male 0 - 19: 44
394	JULIE JAFRI	PORTLAND, OR	F: 177	RUNNER	243	00:41:18.21	13:17	4.5mph	Female 40 - 44: 18
395	ALVIN PAYNE	PORTSMOUTH, VA	M: 218	RUNNER	513	00:41:24.70	13:19	4.5mph	Male 50 - 54: 15
396	JOHN STONE		M: 219	RUNNER	937	00:41:30.53	13:21	4.5mph	Male 35 - 39: 23
397	MUBEEN JAFRI	PORTLAND, OR	M: 220	RUNNER	245	00:41:32.14	13:22	4.5mph	Male 45 - 49: 18
398	JUDITH STEWART	NEWPORT NEWS, VA	F: 178	RUNNER	722	00:41:43.08	13:25	4.5mph	Female 60 - 64: 9
399	ERIN HANCOCK	TAMPA, FL	F: 179	RUNNER	228	00:41:43.44	13:25	4.5mph	Female 40 - 44: 19
400	MARY LEBLANC		F: 180	RUNNER	635	00:41:45.78	13:26	4.5mph	Female 0 - 19: 28
401	ETHAN BROWN	CHESAPEAKE, VA	M: 221	RUNNER	342	00:41:45.87	13:26	4.5mph	Male 0 - 19: 45
402	JOSH STADLER	POQUOSON, VA	M: 222	RUNNER	91	00:41:54.78	13:29	4.4mph	Male 30 - 34: 21



# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
403	SOPHIE RADECKI	CARROLLTON, VA	F: 181	RUNNER	155	00:41:58.00	13:30	4.4mph	Female 30 - 34: 22
404	BENJAMIN SHARP	YORKTOWN, VA	M: 223	RUNNER	361	00:42:00.90	13:31	4.4mph	Male 0 - 19: 46
405	ANTHONY KRAL	YORKTOWN, VA	M: 224	RUNNER	7	00:42:09.73	13:34	4.4mph	Male 65 - 69: 4
406	JAKE LA ROCHE	HAMPTON, VA	M: 225	RUNNER	67	00:42:10.71	13:34	4.4mph	Male 0 - 19: 47
407	KELLEN LA ROCHE	HAMPTON, VA	M: 226	RUNNER	66	00:42:11.04	13:34	4.4mph	Male 0 - 19: 48
408	SARAH SNOW	NORFOLK, VA	F: 182	RUNNER	399	00:42:11.21	13:34	4.4mph	Female 40 - 44: 20
409	ZOEY SNOW	NORFOLK, VA	F: 183	RUNNER	401	00:42:12.29	13:35	4.4mph	Female 0 - 19: 29
410	PAIGE LA ROCHE	HAMPTON, VA	F: 184	RUNNER	68	00:42:15.05	13:35	4.4mph	Female 0 - 19: 30
411	ISABEL LEUL	YORKTOWN, VA	F: 185	RUNNER	532	00:42:27.58	13:39	4.4mph	Female 0 - 19: 31
412	DANIEL MASON	NEWPORT NEWS, VA	M: 227	RUNNER	172	00:42:36.72	13:42	4.4mph	Male 60 - 64: 11
413	RICHARD LA ROCHE	HAMPTON, VA	M: 228	RUNNER	63	00:42:38.12	13:43	4.4mph	Male 65 - 69: 5
414	CARLY SHARP	YORKTOWN, VA	F: 186	RUNNER	360	00:42:42.84	13:44	4.4mph	Female 0 - 19: 32
415	WESTON STILLEY	NEWPORT NEWS, VA	M: 229	RUNNER	593	00:42:46.97	13:46	4.4mph	Male 0 - 19: 49
416	RACHEL BROWN	CHESAPEAKE, VA	F: 187	RUNNER	338	00:42:46.98	13:46	4.4mph	Female 40 - 44: 21
417	RANDY KRAFTCHICK	HAMPTON, VA	M: 230	RUNNER	194	00:42:47.62	13:46	4.4mph	Male 50 - 54: 16
418	ABIGAIL LEUL	YORKTOWN, VA	F: 188	RUNNER	531	00:42:59.93	13:50	4.3mph	Female 0 - 19: 33
419	CHARLES GRESHAM	NEWPORT NEWS, VA	M: 231	RUNNER	432	00:43:05.40	13:52	4.3mph	Male 60 - 64: 12
420	MAYA GORTON		F: 189	RUNNER	773	00:43:07.86	13:52	4.3mph	Female 20 - 24: 13
421	SERGIO TIMENEZ		M: 232	RUNNER	774	00:43:11.58	13:54	4.3mph	Male 25 - 29: 22
422	LISA KINGSBURY TIFF	ZUNI, VA	F: 190	RUNNER	627	00:43:12.10	13:54	4.3mph	Female 50 - 54: 9
423	STEVEN INNIS	SUFFOLK, VA	M: 233	RUNNER	488	00:43:16.23	13:55	4.3mph	Male 40 - 44: 18
424	RYLAN INNIS	SUFFOLK, VA	F: 191	RUNNER	492	00:43:17.08	13:55	4.3mph	Female 0 - 19: 34
425	SAMANTHA GRAHAM	SUFFOLK, VA	F: 192	RUNNER	75	00:43:19.60	13:56	4.3mph	Female 30 - 34: 23
426	CURTIS BROWN	HAMPTON, VA	M: 234	RUNNER	742	00:43:20.45	13:57	4.3mph	Male 40 - 44: 19
427	WILL GORTON	NEWPORT NEWS, VA	M: 235	RUNNER	324	00:43:22.39	13:57	4.3mph	Male 0 - 19: 50
428	BRIAN GASKINS	NEWPORT NEWS, VA	M: 236	RUNNER	448	00:43:26.82	13:59	4.3mph	Male 40 - 44: 20
429	MILES GASKINS	NEWPORT NEWS, VA	M: 237	RUNNER	449	00:43:27.13	13:59	4.3mph	Male 0 - 19: 51
430	MARIA RAMIREZ GORTON	NEWPORT NEWS, VA	F: 193	RUNNER	322	00:43:27.64	13:59	4.3mph	Female 50 - 54: 10
431	TIFFANY URBAN	NEWPORT NEWS, VA	F: 194	RUNNER	447	00:43:27.71	13:59	4.3mph	Female 40 - 44: 22
432	MOLLY MULHEARN	PORTSMOUTH, VA	F: 195	RUNNER	274	00:43:31.15	14:00	4.3mph	Female 30 - 34: 24
433	JACQUELYN GREEN	FOREST, VA	F: 196	RUNNER	221	00:43:33.89	14:01	4.3mph	Female 20 - 24: 14
434	WILL SWANN	SUFFOLK, VA	M: 238	RUNNER	493	00:43:34.56	14:01	4.3mph	Male 20 - 24: 21
435	YURI INNIS	SUFFOLK, VA	F: 197	RUNNER	489	00:43:36.03	14:02	4.3mph	Female 40 - 44: 23
436	LARISSA MARIE AMBROSE	HAMPTON, VA	F: 198	RUNNER	301	00:43:36.45	14:02	4.3mph	Female 40 - 44: 24
437	MEAGAN DOGGETT	CARROLLTON, VA	F: 199	RUNNER	142	00:43:39.09	14:03	4.3mph	Female 40 - 44: 25
438	ELIZABETH LEE	NEWPORT NEWS, VA	F: 200	RUNNER	200	00:43:43.04	14:04	4.3mph	Female 30 - 34: 25
439	JULIE SWANN	SUFFOLK, VA	F: 201	RUNNER	490	00:43:49.15	14:06	4.3mph	Female 50 - 54: 11
440	MICHAEL GABOURY	NEWPORT NEWS, VA	M: 239	RUNNER	150	00:43:49.48	14:06	4.3mph	Male 60 - 64: 13
441	CHRISTOPHER GABOURY	NEWPORT NEWS, VA	M: 240	RUNNER	151	00:43:49.65	14:06	4.3mph	Male 40 - 44: 21
442	JASON GRAHAM	NEWPORT NEWS, VA	M: 241	RUNNER	51	00:43:50.68	14:06	4.3mph	Male 45 - 49: 19
443	ANA BOSSMAN	YORKTOWN, VA	F: 202	RUNNER	410	00:43:58.81	14:09	4.2mph	Female 65 - 69: 6
444	RONALD HOLCOMB	NEWPORT NEWS, VA	M: 242	RUNNER	212	00:44:03.74	14:10	4.2mph	Male 65 - 69: 6
445	DIANE HOPE	NEWPORT NEWS, VA	F: 203	RUNNER	196	00:44:12.66	14:13	4.2mph	Female 55 - 59: 14
446	MARLYN ANDINO	NEWPORT NEWS, VA	F: 204	RUNNER	45	00:44:15.61	14:14	4.2mph	Female 40 - 44: 26
447	BARBARA GILES	NEWPORT NEWS, VA	F: 205	RUNNER	521	00:44:15.79	14:14	4.2mph	Female 60 - 64: 10
448	SARAH GIRARD		F: 206	RUNNER	187	00:44:20.87	14:16	4.2mph	Female 20 - 24: 15
449	KYLIE RICHARDSON	CARROLLTON, VA	F: 207	RUNNER	159	00:44:23.42	14:17	4.2mph	Female 25 - 29: 23
450	CHRISTIAN READ	CHESAPEAKE, VA	M: 243	RUNNER	222	00:44:25.99	14:18	4.2mph	Male 20 - 24: 22

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
451	OLIVERA DARDEN	HAMPTON, VA	F: 208	RUNNER	235	00:44:27.38	14:18	4.2mph	Female 20 - 24: 16
452	CATHERINE JONES		F: 209	RUNNER	236	00:44:27.46	14:18	4.2mph	Female 20 - 24: 17
453	RACHEL GILLETTE	YORKTOWN, VA	F: 210	RUNNER	130	00:44:31.33	14:19	4.2mph	Female 20 - 24: 18
454	MARTIN QUIGLEY	YORKTOWN, VA	M: 244	RUNNER	44	00:44:44.59	14:24	4.2mph	Male 60 - 64: 14
455	SHAWNA GROVER		F: 211	RUNNER	602	00:44:46.58	14:24	4.2mph	Female 45 - 49: 17
456	MARIA QUIGLEY	YORKTOWN, VA	F: 212	RUNNER	43	00:44:59.23	14:28	4.1mph	Female 60 - 64: 11
457	LEE LAINE	RALEIGH, NC	F: 213	RUNNER	438	00:44:59.35	14:28	4.1mph	Female 70 - PLUS: 3
458	DAVID BRINKER	NEWPORT NEWS, VA	M: 245	RUNNER	637	00:45:00.27	14:29	4.1mph	Male 65 - 69: 7
459	SERENA PLAZA	NEWPORT NEWS, VA	F: 214	RUNNER	139	00:45:01.27	14:29	4.1mph	Female 25 - 29: 24
460	DANIELA CURRAN	FAIRFAX, VA	F: 215	RUNNER	511	00:45:01.47	14:29	4.1mph	Female 20 - 24: 19
461	PAMELA BOERNER	NEWPORT NEWS, VA	F: 216	RUNNER	638	00:45:04.76	14:30	4.1mph	Female 40 - 44: 27
462	NELIA PEREZ		F: 217	RUNNER	494	00:45:08.35	14:31	4.1mph	Female 25 - 29: 25
463	LAURA LAINE	NEWPORT NEWS, VA	F: 218	RUNNER	442	00:45:10.87	14:32	4.1mph	Female 40 - 44: 28
464	RON WEBER II	CHANTILLY, VA	M: 246	RUNNER	737	00:45:20.56	14:35	4.1mph	Male 45 - 49: 20
465	SAGE HENDERSON	YORKTOWN, VA	F: 219	RUNNER	129	00:45:20.68	14:35	4.1mph	Female 0 - 19: 35
466	KARA WEBER	CHANTILLY, VA	F: 220	RUNNER	739	00:45:21.61	14:35	4.1mph	Female 0 - 19: 36
467	KATE ALEXANDER	YORKTOWN, VA	F: 221	RUNNER	234	00:45:23.77	14:36	4.1mph	Female 70 - PLUS: 4
468	ERIKA COX	NEWPORT NEWS, VA	F: 222	RUNNER	152	00:45:24.40	14:36	4.1mph	Female 50 - 54: 12
469	MEGAN ALEXANDER	YORKTOWN, VA	F: 223	RUNNER	127	00:45:24.84	14:37	4.1mph	Female 45 - 49: 18
470	GRACE HEBERT	POQUOSON, VA	F: 224	RUNNER	429	00:45:25.85	14:37	4.1mph	Female 0 - 19: 37
471	JESSICA TEMPLETON	NEWPORT NEWS, VA	F: 225	RUNNER	147	00:45:26.00	14:37	4.1mph	Female 35 - 39: 16
472	CHARLES TERRELL	NEWPORT NEWS, VA	M: 247	RUNNER	344	00:45:27.39	14:37	4.1mph	Male 70 - PLUS: 9
473	TRACY HANSBROUGH	NEWPORT NEWS, VA	F: 226	RUNNER	731	00:45:28.72	14:38	4.1mph	Female 45 - 49: 19
474	MEGAN HEBERT	POQUOSON, VA	F: 227	RUNNER	428	00:45:30.11	14:38	4.1mph	Female 30 - 34: 26
475	AMBER CLARK	SEAFORD, VA	F: 228	RUNNER	416	00:45:30.89	14:38	4.1mph	Female 25 - 29: 26
476	PAUL HARRINGTON	NEWPORT NEWS, VA	M: 248	RUNNER	278	00:45:31.22	14:39	4.1mph	Male 25 - 29: 23
477	JOHN MUNDAY	CHESAPEAKE, VA	M: 249	RUNNER	609	00:45:32.76	14:39	4.1mph	Male 70 - PLUS: 10
478	JOANNA GRICE	NEWPORT NEWS, VA	F: 229	RUNNER	280	00:45:33.45	14:39	4.1mph	Female 0 - 19: 38
479	ALYSSA HANSBROUGH	WILLIAMSBURG, VA	F: 230	RUNNER	728	00:45:33.58	14:39	4.1mph	Female 25 - 29: 27
480	ELLANORA WOLKOWICH	SUFFOLK, VA	F: 231	RUNNER	502	00:45:34.59	14:40	4.1mph	Female 0 - 19: 39
481	DOUG WOLKOWICH	SUFFOLK, VA	M: 250	RUNNER	500	00:45:37.12	14:40	4.1mph	Male 50 - 54: 17
482	BECCA DORVAL	CHESAPEAKE, VA	F: 232	RUNNER	38	00:45:41.55	14:42	4.1mph	Female 45 - 49: 20
483	KYLEIGH TANKARD		F: 233	RUNNER	982	00:45:45.89	14:43	4.1mph	Female 0 - 19: 40
484	PAM TANKARD		F: 234	RUNNER	983	00:45:49.10	14:44	4.1mph	Female 45 - 49: 21
485	RACHAEL MINGIONE	CHESAPEAKE, VA	F: 235	RUNNER	77	00:45:49.42	14:44	4.1mph	Female 20 - 24: 20
486	ELYSE ROOS	HAMPTON, VA	F: 236	RUNNER	367	00:45:51.93	14:45	4.1mph	Female 45 - 49: 22
487	JESSICA KLEMENCIC	HAMPTON, VA	F: 237	RUNNER	92	00:45:55.64	14:46	4.1mph	Female 45 - 49: 23
488	JEFFREY KLEMENCIC	HAMPTON, VA	M: 251	RUNNER	93	00:45:57.38	14:47	4.1mph	Male 45 - 49: 21
489	DOTTIE HUMPHREYS	NEWPORT NEWS, VA	F: 238	RUNNER	369	00:46:01.31	14:48	4.1mph	Female 70 - PLUS: 5
490	BRENDA STENTON	NEWPORT NEWS, VA	F: 239	RUNNER	343	00:46:03.82	14:49	4.0mph	Female 65 - 69: 7
491	PAYTON NELSON	SUFFOLK, VA	F: 240	RUNNER	356	00:46:05.13	14:50	4.0mph	Female 0 - 19: 41
492	JUSTIN NELSON	SUFFOLK, VA	M: 252	RUNNER	357	00:46:06.34	14:50	4.0mph	Male 40 - 44: 22
493	MADDOX NELSON	SUFFOLK, VA	F: 241	RUNNER	358	00:46:07.42	14:50	4.0mph	Female 0 - 19: 42
494	KRYSTAL RICKS	NEWPORT NEWS, VA	F: 242	RUNNER	566	00:46:09.49	14:51	4.0mph	Female 20 - 24: 21
495	POONAM MAHESHWARI		F: 243	RUNNER	970	00:46:10.11	14:51	4.0mph	Female 60 - 64: 12
496	VICTORIA CALDWELL	NEWPORT NEWS, VA	F: 244	RUNNER	374	00:46:17.86	14:54	4.0mph	Female 20 - 24: 22
497	MYCOLE MCNAIR		F: 245	RUNNER	579	00:46:30.72	14:58	4.0mph	Female 20 - 24: 23
498	ESTELLE HATCH	NEWPORT NEWS, VA	F: 246	RUNNER	459	00:46:31.52	14:58	4.0mph	Female 0 - 19: 43

# 2023 Fast Before The Feast 5K

Place Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
499 JASON HATCH	NEWPORT NEWS, VA	M: 253	RUNNER	457	00:46:32.96	14:58	4.0mph	Male 40 - 44: 23
500 EMMA HATCH	NEWPORT NEWS, VA	F: 247	RUNNER	458	00:46:33.96	14:59	4.0mph	Female 35 - 39: 17
501 ETHAN HEUSTERBERG		M: 254	RUNNER	927	00:46:43.79	15:02	4.0mph	Male 20 - 24: 23
502 STEVE HUBBARD	NEWPORT NEWS, VA	M: 255	RUNNER	354	00:46:45.88	15:03	4.0mph	Male 60 - 64: 15
503 KATHY HUBBARD	NEWPORT NEWS, VA	F: 248	RUNNER	352	00:46:47.48	15:03	4.0mph	Female 60 - 64: 13
504 MORGAN ROANE	HAMPTON, VA	M: 256	RUNNER	242	00:46:55.19	15:06	4.0mph	Male 70 - PLUS: 11
505 JENNIFER RAGI	NEWPORT NEWS, VA	F: 249	RUNNER	674	00:46:59.20	15:07	4.0mph	Female 50 - 54: 13
506 SCOTT CONE	NEWPORT NEWS, VA	M: 257	RUNNER	673	00:47:01.49	15:08	4.0mph	Male 55 - 59: 12
507 RAVEN GARY	NEWPORT NEWS, VA	F: 250	RUNNER	451	00:47:03.75	15:08	4.0mph	Female 30 - 34: 27
508 NELSON KELLEY		M: 258	RUNNER	954	00:47:07.26	15:10	4.0mph	Male 60 - 64: 16
509 AUBREY ROANE	SUFFOLK, VA	F: 251	RUNNER	241	00:47:07.61	15:10	4.0mph	Female 45 - 49: 24
510 WESLEY DAWKINS	YORKTOWN, VA	M: 259	RUNNER	104	00:47:09.22	15:10	4.0mph	Male 0 - 19: 52
511 STEPHANIE ROANE	CHARLOTTESVILLE, VA	F: 252	RUNNER	239	00:47:09.77	15:10	4.0mph	Female 35 - 39: 18
512 ALAN DAWKINS	YORKTOWN, VA	M: 260	RUNNER	102	00:47:10.86	15:11	4.0mph	Male 45 - 49: 22
513 AMANDA KELLEY		F: 253	RUNNER	956	00:47:12.44	15:11	3.9mph	Female 25 - 29: 28
514 CHRISTINE DAWKINS	YORKTOWN, VA	F: 254	RUNNER	101	00:47:14.48	15:12	3.9mph	Female 35 - 39: 19
515 MORGAN DAWKINS	YORKTOWN, VA	F: 255	RUNNER	103	00:47:17.05	15:13	3.9mph	Female 0 - 19: 44
516 BONNIE ABDALLAH	YORKTOWN, VA	F: 256	RUNNER	657	00:47:25.46	15:15	3.9mph	Female 60 - 64: 14
517 MARIAH BRODERICK	NORFOLK, VA	F: 257	RUNNER	746	00:47:30.27	15:17	3.9mph	Female 20 - 24: 24
518 JENNIFER ROBINSON-CURRY	WILLIAMSBURG, VA	F: 258	RUNNER	22	00:47:31.35	15:17	3.9mph	Female 55 - 59: 15
519 ELIZABETH BRODERICK	YORKTOWN, VA	F: 259	RUNNER	744	00:47:34.00	15:18	3.9mph	Female 55 - 59: 16
520 MARGARET DILLMAN	NASHVILLE, TN	F: 260	RUNNER	748	00:47:40.76	15:20	3.9mph	Female 20 - 24: 25
521 KYLIE LESLIE	POQUOSON, VA	F: 261	RUNNER	298	00:47:45.40	15:22	3.9mph	Female 0 - 19: 45
522 MADISON SILCOX		F: 262	RUNNER	926	00:47:48.14	15:23	3.9mph	Female 0 - 19: 46
523 CASSANDRA HARRINGTON	NEWPORT NEWS, VA	F: 263	RUNNER	277	00:47:49.29	15:23	3.9mph	Female 20 - 24: 26
524 PJ ROBERTSON		M: 261	RUNNER	857	00:47:50.04	15:23	3.9mph	Male 50 - 54: 18
525 JORDAN GRICE	NEWPORT NEWS, VA	F: 264	RUNNER	279	00:47:50.94	15:24	3.9mph	Female 25 - 29: 29
526 KATRICE ROBERTSON		F: 265	RUNNER	992	00:47:54.79	15:25	3.9mph	Female 50 - 54: 14
527 HANA RETTA	YORKTOWN, VA	F: 266	RUNNER	29	00:48:04.02	15:28	3.9mph	Female 40 - 44: 29
528 MELISSA MEACHAM		F: 267	RUNNER	942	00:48:06.26	15:28	3.9mph	Female 45 - 49: 25
529 PETER NAVIN	HAMPTON, VA	M: 262	RUNNER	680	00:48:07.46	15:29	3.9mph	Male 65 - 69: 8
530 COLIN WINSLOW	CHESAPEAKE, VA	M: 263	RUNNER	420	00:48:10.35	15:30	3.9mph	Male 0 - 19: 53
531 ADDISON WINSLOW	CHESAPEAKE, VA	F: 268	RUNNER	418	00:48:10.61	15:30	3.9mph	Female 0 - 19: 47
532 MICHELLE HERNANDEZ		F: 269	RUNNER	940	00:48:10.65	15:30	3.9mph	Female 40 - 44: 30
533 ROSS WHITLOCK	HAMPTON, VA	M: 264	RUNNER	60	00:48:15.59	15:31	3.9mph	Male 60 - 64: 17
534 BETHEL MERFAKE	YORKTOWN, VA	F: 270	RUNNER	28	00:48:26.37	15:35	3.8mph	Female 0 - 19: 48
535 LIANA MERFAKE	YORKTOWN, VA	F: 271	RUNNER	31	00:48:27.18	15:35	3.8mph	Female 0 - 19: 49
536 ZACHARY ABDALLAH	YORKTOWN, VA	M: 265	RUNNER	660	00:48:29.74	15:36	3.8mph	Male 25 - 29: 24
537 JACK DAVIS	YORKTOWN, VA	M: 266	RUNNER	163	00:48:38.10	15:39	3.8mph	Male 65 - 69: 9
538 JAKE THRASH	HAMPTON, VA	M: 267	RUNNER	734	00:48:41.01	15:40	3.8mph	Male 30 - 34: 22
539 BRITTANY BROWN		F: 272	RUNNER	976	00:48:44.30	15:41	3.8mph	Female 30 - 34: 28
540 BARBARA CASEY	HAMPTON, VA	F: 273	RUNNER	754	00:48:50.21	15:43	3.8mph	Female 20 - 24: 27
541 JULIE LARCH	NEWPORT NEWS, VA	F: 274	RUNNER	325	00:49:07.12	15:48	3.8mph	Female 50 - 54: 15
542 MICHAEL GONTESKY	HAMPTON, VA	M: 268	RUNNER	27	00:49:13.69	15:50	3.8mph	Male 70 - PLUS: 12
543 ANGELA SUMMERLIN		F: 275	RUNNER	284	00:49:15.69	15:51	3.8mph	Female 50 - 54: 16
544 ALICE FITZPATRICK	CHESAPEAKE, VA	F: 276	RUNNER	70	00:49:16.65	15:51	3.8mph	Female 60 - 64: 15
545 EARL NABRITT	NEWPORT NEWS, VA	M: 269	RUNNER	250	00:49:21.05	15:53	3.8mph	Male 55 - 59: 13
546 LORI PALAGYI	SUFFOLK, VA	F: 277	RUNNER	205	00:49:25.48	15:54	3.8mph	Female 55 - 59: 17
547 NANI NABRITT	NEWPORT NEWS, VA	F: 278	RUNNER	251	00:49:29.09	15:55	3.8mph	Female 50 - 54: 17
548 LABELLE SIMONS		F: 279	RUNNER	997	00:49:41.90	15:59	3.8mph	Female 40 - 44: 31

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
549	DAYANARA PEREZ		F: 280	RUNNER	977	00:49:42.39	15:59	3.8mph	Female 45 - 49: 26
550	BEN CALDWELL	NEWPORT NEWS, VA	M: 270	RUNNER	372	00:49:42.71	16:00	3.7mph	Male 50 - 54: 19
551	CATHI DAVIS	YORKTOWN, VA	F: 281	RUNNER	162	00:49:56.49	16:04	3.7mph	Female 65 - 69: 8
552	RAVEN BAILEY	NEWPORT NEWS, VA	F: 282	RUNNER	202	00:49:59.36	16:05	3.7mph	Female 45 - 49: 27
553	SCARLET FOSTER	HAMPTON, VA	F: 283	RUNNER	536	00:50:03.15	16:06	3.7mph	Female 0 - 19: 50
554	JOSEPH BEARDALL	MERRITT ISLAND, FL	M: 271	RUNNER	472	00:50:04.13	16:06	3.7mph	Male 60 - 64: 18
555	JOSEPH BARBARE		M: 272	RUNNER	495	00:50:08.47	16:08	3.7mph	Male 45 - 49: 23
556	JOY ELLIOTT	NEWPORT NEWS, VA	F: 284	RUNNER	588	00:50:11.15	16:09	3.7mph	Female 45 - 49: 28
557	TARYN SPENCE	NEWPORT NEWS, VA	F: 285	RUNNER	589	00:50:12.84	16:09	3.7mph	Female 45 - 49: 29
558	CASEY LA ROCHE	HAMPTON, VA	F: 286	RUNNER	65	00:50:14.29	16:10	3.7mph	Female 40 - 44: 32
559	LINDSEY LA ROCHE	HAMPTON, VA	F: 287	RUNNER	64	00:50:14.51	16:10	3.7mph	Female 40 - 44: 33
560	HEATHER BARBARE		F: 288	RUNNER	496	00:50:15.30	16:10	3.7mph	Female 45 - 49: 30
561	LILLY CURRY	HAMPTON, VA	F: 289	RUNNER	537	00:50:17.31	16:11	3.7mph	Female 0 - 19: 51
562	JOLEEN SEARLES	POQUOSON, VA	F: 290	RUNNER	595	00:50:32.98	16:16	3.7mph	Female 45 - 49: 31
563	NICOLE FIEST		F: 291	RUNNER	939	00:50:37.74	16:17	3.7mph	Female 25 - 29: 30
564	KENYETTA EDWARDS		F: 292	RUNNER	948	00:50:39.65	16:18	3.7mph	Female 50 - 54: 18
565	HANNAH ROBINSON		F: 293	RUNNER	854	00:50:41.87	16:19	3.7mph	Female 20 - 24: 28
566	SHERRY BEIMLER	HAMPTON, VA	F: 294	RUNNER	584	00:50:41.93	16:19	3.7mph	Female 45 - 49: 32
567	MARK MADLER	NEWPORT NEWS, VA	M: 273	RUNNER	118	00:50:43.51	16:19	3.7mph	Male 55 - 59: 14
568	MEGHAN SPISAK	NEWPORT NEWS, VA	F: 295	RUNNER	213	00:50:43.97	16:19	3.7mph	Female 25 - 29: 31
569	PATRICK SPISAK	NEWPORT NEWS, VA	M: 274	RUNNER	214	00:50:51.02	16:22	3.7mph	Male 30 - 34: 23
570	REGINA BAKER	HAMPTON, VA	F: 296	RUNNER	759	00:51:01.60	16:25	3.7mph	Female 50 - 54: 19
571	BRITTNEY THOMPSON		F: 297	RUNNER	190	00:51:02.29	16:25	3.7mph	Female 30 - 34: 29
572	JIMMY HEALD	NEWPORT NEWS, VA	M: 275	RUNNER	483	00:51:15.09	16:29	3.6mph	Male 55 - 59: 15
573	NICOLE HEALD	NEWPORT NEWS, VA	F: 298	RUNNER	484	00:51:15.77	16:29	3.6mph	Female 25 - 29: 32
574	BETH MANN	NEWPORT NEWS, VA	F: 299	RUNNER	424	00:51:18.89	16:30	3.6mph	Female 35 - 39: 20
575	AMANDA NEWMAN	HAMPTON, VA	F: 300	RUNNER	535	00:51:33.45	16:35	3.6mph	Female 40 - 44: 34
576	ANDREW O'CONNELL		M: 276	RUNNER	542	00:51:34.72	16:36	3.6mph	Male 35 - 39: 24
577	CATHERINE KELLEY		F: 301	RUNNER	953	00:51:37.54	16:37	3.6mph	Female 60 - 64: 16
578	DR. TIMOTHY O'CONNELL		M: 277	RUNNER	543	00:51:37.70	16:37	3.6mph	Male 65 - 69: 10
579	ALLISON KELLEY		F: 302	RUNNER	955	00:51:40.18	16:37	3.6mph	Female 25 - 29: 33
580	HEATHER HERRING		F: 303	RUNNER	109	00:51:41.16	16:38	3.6mph	Female 50 - 54: 20
581	CRYSTAL LANE-TILLERSON	NEWPORT NEWS, VA	F: 304	RUNNER	485	00:51:44.45	16:39	3.6mph	Female 60 - 64: 17
582	NANA ANSAH		F: 305	RUNNER	947	00:51:44.86	16:39	3.6mph	Female 25 - 29: 34
583	BRENDYN PAYNE	WASHINGTON, DC	M: 278	RUNNER	508	00:51:49.50	16:40	3.6mph	Male 0 - 19: 54
584	CAYLYN GREEN		F: 306	RUNNER	946	00:51:58.09	16:43	3.6mph	Female 25 - 29: 35
585	KIM FLINT	NEWPORT NEWS, VA	F: 307	RUNNER	766	00:52:12.56	16:48	3.6mph	Female 55 - 59: 18
586	KELLY SIBLEY	NEWPORT NEWS, VA	F: 308	RUNNER	134	00:52:12.66	16:48	3.6mph	Female 50 - 54: 21
587	CHADNEY THOMPSON		F: 309	RUNNER	191	00:52:15.32	16:49	3.6mph	Female 35 - 39: 21
588	ANGELA THOMPSON		F: 310	RUNNER	189	00:52:17.72	16:49	3.6mph	Female 55 - 59: 19
589	KELLY MOSES	NEWPORT NEWS, VA	F: 311	RUNNER	302	00:52:25.95	16:52	3.6mph	Female 55 - 59: 20
590	ADA MOSES	NEWPORT NEWS, VA	F: 312	RUNNER	303	00:52:27.52	16:53	3.6mph	Female 20 - 24: 29
591	DIANE POSTMAN	YORKTOWN, VA	F: 313	RUNNER	179	00:52:31.03	16:54	3.5mph	Female 65 - 69: 9
592	STEPHANIE CREAL	NEWPORT NEWS, VA	F: 314	RUNNER	630	00:52:33.90	16:55	3.5mph	Female 35 - 39: 22
593	KELSEY LUND	WOODBIDGE, VA	F: 315	RUNNER	182	00:52:40.27	16:57	3.5mph	Female 30 - 34: 30
594	ERIC POSTMAN	YORKTOWN, VA	M: 279	RUNNER	180	00:52:42.47	16:57	3.5mph	Male 65 - 69: 11
595	CHRISTY WALKER	DURHAM, NC	F: 316	RUNNER	479	00:52:49.85	17:00	3.5mph	Female 45 - 49: 33
596	YOLANDA JEFFERSON		F: 317	RUNNER	987	00:52:50.89	17:00	3.5mph	Female 50 - 54: 22

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
597	ALLISON MORGAN	POQUOSON, VA	F: 318	RUNNER	275	00:52:54.57	17:01	3.5mph	Female 35 - 39: 23
598	ANDRE GARY	NEWPORT NEWS, VA	M: 280	RUNNER	452	00:52:55.53	17:02	3.5mph	Male 30 - 34: 24
599	JILLIAN VENTI	NEWPORT NEWS, VA	F: 319	RUNNER	487	00:53:00.80	17:03	3.5mph	Female 60 - 64: 18
600	SHANICA GARY	NEWPORT NEWS, VA	F: 320	RUNNER	450	00:53:05.33	17:05	3.5mph	Female 40 - 44: 35
601	COLE THRASH		M: 281	RUNNER	753	00:53:11.50	17:07	3.5mph	Male 25 - 29: 25
602	LAWSON SEAL	SUFFOLK, VA	M: 282	RUNNER	292	00:53:30.34	17:13	3.5mph	Male 0 - 19: 55
603	SUTTON WINSLOW	CHESAPEAKE, VA	M: 283	RUNNER	422	00:53:38.11	17:15	3.5mph	Male 0 - 19: 56
604	KELLI SEAL	SUFFOLK, VA	F: 321	RUNNER	290	00:53:39.84	17:16	3.5mph	Female 35 - 39: 24
605	GREG LENNERS	WESLEY CHAPEL, FL	M: 284	RUNNER	364	00:53:43.90	17:17	3.5mph	Male 55 - 59: 16
606	ASHLEY WINSLOW	CHESAPEAKE, VA	F: 322	RUNNER	417	00:53:45.75	17:18	3.5mph	Female 35 - 39: 25
607	MIRANDA WOLFE	NEWPORT NEWS, VA	F: 323	RUNNER	516	00:53:48.17	17:19	3.5mph	Female 30 - 34: 31
608	JUSTIN WOLFE	NEWPORT NEWS, VA	M: 285	RUNNER	517	00:53:49.88	17:19	3.5mph	Male 30 - 34: 25
609	KYLEE HAGERTY	SEAFORD, VA	F: 324	RUNNER	55	00:53:54.86	17:21	3.5mph	Female 0 - 19: 52
610	LINDSAY HAGERTY	SEAFORD, VA	F: 325	RUNNER	54	00:53:58.05	17:22	3.5mph	Female 40 - 44: 36
611	KAITLYN SABATINO	CHESAPEAKE, VA	F: 326	RUNNER	411	00:53:59.36	17:22	3.5mph	Female 30 - 34: 32
612	MARGO LAMARSH	YORKTOWN, VA	F: 327	RUNNER	16	00:54:05.68	17:24	3.4mph	Female 60 - 64: 19
613	NANCY GRAHAM	TIJERAS, NM	F: 328	RUNNER	48	00:54:06.35	17:24	3.4mph	Female 65 - 69: 10
614	BILL LAMARSH	YORKTOWN, VA	M: 286	RUNNER	17	00:54:07.57	17:25	3.4mph	Male 60 - 64: 19
615	ERIN KIRKPATRICK	FORT EUSTIS, VA	F: 329	RUNNER	510	00:54:11.77	17:26	3.4mph	Female 40 - 44: 37
616	BRIAN KIRKPATRICK	FORT EUSTIS, VA	M: 287	RUNNER	509	00:54:12.05	17:26	3.4mph	Male 35 - 39: 25
617	JENNIFER MILLER		F: 330	RUNNER	477	00:54:14.10	17:27	3.4mph	Female 50 - 54: 23
618	MICHELLE WYATT		F: 331	RUNNER	912	00:54:19.49	17:29	3.4mph	Female 55 - 59: 21
619	BONNIE BROOKS		F: 332	RUNNER	993	00:54:24.42	17:30	3.4mph	Female 60 - 64: 20
620	VICTORIA WYATT		F: 333	RUNNER	914	00:54:24.96	17:30	3.4mph	Female 25 - 29: 36
621	STACIE LENNERS	WESLEY CHAPEL, FL	F: 334	RUNNER	363	00:54:26.20	17:31	3.4mph	Female 55 - 59: 22
622	ASHLEY HEIN		F: 335	RUNNER	938	00:54:36.03	17:34	3.4mph	Female 40 - 44: 38
623	AMANDA SHARP	YORKTOWN, VA	F: 336	RUNNER	359	00:54:36.05	17:34	3.4mph	Female 40 - 44: 39
624	MIKE COWLES	SUFFOLK, VA	M: 288	RUNNER	626	00:54:38.11	17:35	3.4mph	Male 65 - 69: 12
625	MARY BEARDALL	MERRITT ISLAND, FL	F: 337	RUNNER	473	00:54:38.48	17:35	3.4mph	Female 60 - 64: 21
626	DARLENE COWLES	SUFFOLK, VA	F: 338	RUNNER	625	00:54:41.87	17:36	3.4mph	Female 65 - 69: 11
627	DEBBIE CLAPP	CARROLLTON, VA	F: 339	RUNNER	585	00:54:45.51	17:37	3.4mph	Female 45 - 49: 34
628	EMMA SMITH	SUFFOLK, VA	F: 340	RUNNER	24	00:54:50.59	17:39	3.4mph	Female 20 - 24: 30
629	ALICIA FARONE	NEWPORT NEWS, VA	F: 341	RUNNER	633	00:54:59.09	17:41	3.4mph	Female 35 - 39: 26
630	ELIZABETH JONES	MILLERSVILLE, MD	F: 342	RUNNER	646	00:55:10.19	17:45	3.4mph	Female 40 - 44: 40
631	JENNIFER MOSBY	NEWPORT NEWS, VA	F: 343	RUNNER	642	00:55:10.44	17:45	3.4mph	Female 35 - 39: 27
632	JACOB HOPE	NEWPORT NEWS, VA	M: 289	RUNNER	199	00:55:11.30	17:45	3.4mph	Male 25 - 29: 26
633	CAMDEN SVENCER	SUFFOLK, VA	M: 290	RUNNER	209	00:55:11.38	17:45	3.4mph	Male 0 - 19: 57
634	FREDDY KOHEL	YORKTOWN, VA	M: 291	RUNNER	745	00:55:16.25	17:47	3.4mph	Male 55 - 59: 17
635	KATHERINE DILLMAN	PITTSBURGH, PA	F: 344	RUNNER	747	00:55:16.26	17:47	3.4mph	Female 25 - 29: 37
636	ALDEN HOPE	NEWPORT NEWS, VA	M: 292	RUNNER	198	00:55:16.46	17:47	3.4mph	Male 30 - 34: 26
637	NICOLLE SVENCER	SUFFOLK, VA	F: 345	RUNNER	211	00:55:22.39	17:49	3.4mph	Female 30 - 34: 33
638	RICKEY DUNBAR	SUFFOLK, VA	M: 293	RUNNER	578	00:55:27.64	17:51	3.4mph	Male 65 - 69: 13
639	LILI DUNBAR	SUFFOLK, VA	F: 346	RUNNER	577	00:55:28.22	17:51	3.4mph	Female 55 - 59: 23
640	PHILLIPA BURGOS		F: 347	RUNNER	949	00:55:30.06	17:51	3.4mph	Female 50 - 54: 24
641	ON SUSAN ROBINSON		F: 348	RUNNER	999	00:55:30.49	17:51	3.4mph	Female 60 - 64: 22
642	BECKY RIEBELING	NEWPORT NEWS, VA	F: 349	RUNNER	46	00:55:35.53	17:53	3.4mph	Female 55 - 59: 24
643	CYNTHIA BRINKER	NEWPORT NEWS, VA	F: 350	RUNNER	636	00:55:43.05	17:56	3.3mph	Female 65 - 69: 12
644	IZELL THORNTON		M: 294	RUNNER	965	00:55:45.58	17:56	3.3mph	Male 50 - 54: 20
645	EVELYN BOERNER	NEWPORT NEWS, VA	F: 351	RUNNER	640	00:55:47.60	17:57	3.3mph	Female 0 - 19: 53

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
646	CARSON MCDEW	NEWPORT NEWS, VA	M: 295	RUNNER	168	00:55:48.91	17:57	3.3mph	Male 0 - 19: 58
647	LINDA KELLER		F: 352	RUNNER	312	00:55:52.92	17:59	3.3mph	Female 50 - 54: 25
648	HUDSON MCDEW	NEWPORT NEWS, VA	M: 296	RUNNER	169	00:55:53.04	17:59	3.3mph	Male 0 - 19: 59
649	ASHLEIGH BUJACICH		F: 353	RUNNER	764	00:55:54.81	17:59	3.3mph	Female 30 - 34: 34
650	ALANTHA GATSON		F: 354	RUNNER	957	00:56:14.72	18:06	3.3mph	Female 50 - 54: 26
651	CHELSEA DORSEY	NEWPORT NEWS, VA	F: 355	RUNNER	164	00:56:15.52	18:06	3.3mph	Female 30 - 34: 35
652	ESTHER BENOIT		F: 356	RUNNER	82	00:56:22.28	18:08	3.3mph	Female 40 - 44: 41
653	JANE BENOIT		F: 357	RUNNER	85	00:56:22.41	18:08	3.3mph	Female 65 - 69: 13
654	XENIA DELEON	SUFFOLK, VA	F: 358	RUNNER	73	00:56:23.24	18:08	3.3mph	Female 55 - 59: 25
655	ZACHARY FITZPATRICK	CHESAPEAKE, VA	M: 297	RUNNER	72	00:56:26.33	18:09	3.3mph	Male 30 - 34: 27
656	JAZELLE ANDERSON	HUDSON, FL	F: 359	RUNNER	34	00:56:29.39	18:10	3.3mph	Female 0 - 19: 54
657	VI FORBES	BALTIMORE, MD	F: 360	RUNNER	677	00:56:29.42	18:10	3.3mph	Female 70 - PLUS: 6
658	PETER BENOIT		M: 298	RUNNER	86	00:56:30.38	18:11	3.3mph	Male 65 - 69: 14
659	JOHN BENOIT		M: 299	RUNNER	84	00:56:33.78	18:12	3.3mph	Male 0 - 19: 60
660	JESSE MALLORY	HAMPTON, VA	M: 300	RUNNER	257	00:56:57.98	18:20	3.3mph	Male 25 - 29: 27
661	HANNAH MALLORY	HAMPTON, VA	F: 361	RUNNER	256	00:56:58.31	18:20	3.3mph	Female 25 - 29: 38
662	PAUL CREAL	NEWPORT NEWS, VA	M: 301	RUNNER	631	00:56:59.24	18:20	3.3mph	Male 45 - 49: 24
663	EMAURI THORNTON		F: 362	RUNNER	966	00:57:03.67	18:21	3.3mph	Female 0 - 19: 55
664	BAILEE KEATON	NEWPORT NEWS, VA	F: 363	RUNNER	13	00:57:04.56	18:22	3.3mph	Female 30 - 34: 36
665	JERED BENOIT		M: 302	RUNNER	81	00:57:09.44	18:23	3.3mph	Male 40 - 44: 24
666	KARI ANDERSON	HUDSON, FL	F: 364	RUNNER	36	00:57:11.91	18:24	3.3mph	Female 45 - 49: 35
667	PEGGY TAYLOR	HAMPTON, VA	F: 365	RUNNER	11	00:57:19.65	18:27	3.3mph	Female 65 - 69: 14
668	PAUL MALLORY	HAMPTON, VA	M: 303	RUNNER	255	00:57:30.32	18:30	3.2mph	Male 20 - 24: 24
669	KAREN FORDE	WILLIAMSBURG, VA	F: 366	RUNNER	1	00:57:32.79	18:31	3.2mph	Female 50 - 54: 27
670	TRICIA SMITH	SUFFOLK, VA	F: 367	RUNNER	23	00:57:33.78	18:31	3.2mph	Female 50 - 54: 28
671	JOAN B. TOWNSEND	CHESAPEAKE, VA	F: 368	RUNNER	652	00:57:34.04	18:31	3.2mph	Female 55 - 59: 26
672	CHRISTINE HERDMAN	CHESAPEAKE, VA	F: 369	RUNNER	12	00:57:39.27	18:33	3.2mph	Female 45 - 49: 36
673	LOREN COLANDER	NEWPORT NEWS, VA	F: 370	RUNNER	166	00:57:46.72	18:35	3.2mph	Female 55 - 59: 27
674	GEORGE ANDERSON		M: 304	RUNNER	768	00:58:57.82	18:58	3.2mph	Male 70 - PLUS: 13
675	AUDREY ROSENTHAL	YORKTOWN, VA	F: 371	RUNNER	389	00:59:05.66	19:01	3.2mph	Female 55 - 59: 28
676	MARIEL FOCSENEANU	YORKTOWN, VA	F: 372	RUNNER	387	00:59:06.26	19:01	3.2mph	Female 40 - 44: 42
677	BRIAN HUTCHENS JR		M: 305	RUNNER	269	00:59:12.42	19:03	3.1mph	Male 50 - 54: 21
678	AMY HUTCHENS	CHARLESTON, SC	F: 373	RUNNER	80	00:59:13.11	19:03	3.1mph	Female 45 - 49: 37
679	DENNIS POLLMEIER		M: 306	RUNNER	906	00:59:26.31	19:07	3.1mph	Male 40 - 44: 25
680	PAIGE POLLMEIER		F: 374	RUNNER	907	00:59:28.99	19:08	3.1mph	Female 0 - 19: 56
681	LOUIS DAVIS	HAMPTON, VA	M: 307	RUNNER	253	00:59:34.78	19:10	3.1mph	Male 70 - PLUS: 14
682	MERLENE MALLORY	HAMPTON, VA	F: 375	RUNNER	252	00:59:35.13	19:10	3.1mph	Female 60 - 64: 23
683	ELIZABETH CLARK	RALEIGH, NC	F: 376	RUNNER	423	00:59:44.76	19:13	3.1mph	Female 55 - 59: 29
684	OLIVIA CALDWELL	NEWPORT NEWS, VA	F: 377	RUNNER	373	00:59:50.28	19:15	3.1mph	Female 20 - 24: 31
685	LESLIE CALDWELL	NEWPORT NEWS, VA	F: 378	RUNNER	371	00:59:54.11	19:16	3.1mph	Female 50 - 54: 29
686	MELISSA THIES	NEWPORT NEWS, VA	F: 379	RUNNER	394	01:00:03.91	19:19	3.1mph	Female 35 - 39: 28
687	DANA DARLING	STATE COLLEGE, PA	F: 380	RUNNER	629	01:00:11.45	19:22	3.1mph	Female 25 - 29: 39
688	EUGENE THIES	HAMPTON, VA	M: 308	RUNNER	414	01:00:12.75	19:22	3.1mph	Male 65 - 69: 15
689	MASON DARLING	STATE COLLEGE, PA	M: 309	RUNNER	628	01:00:16.27	19:23	3.1mph	Male 25 - 29: 28
690	KENDRA FIORAVANTI	STATE COLLEGE, PA	F: 381	RUNNER	686	01:00:19.02	19:24	3.1mph	Female 65 - 69: 15
691	HARVEY COLLIER	YORKTOWN, VA	M: 310	RUNNER	541	01:00:20.37	19:25	3.1mph	Male 45 - 49: 25
692	AMANDA COLLIER	YORKTOWN, VA	F: 382	RUNNER	540	01:00:21.73	19:25	3.1mph	Female 40 - 44: 43
693	CAMPBELL LEMMINK		F: 383	RUNNER	922	01:00:51.95	19:35	3.1mph	Female 0 - 19: 57
694	SABRINA WILLIAMS		F: 384	RUNNER	945	01:00:57.70	19:37	3.1mph	Female 45 - 49: 38
695	BRANTLEE LEMMINK		F: 385	RUNNER	921	01:00:58.86	19:37	3.1mph	Female 50 - 54: 30
696	KEN WACLO	NEWPORT NEWS, VA	M: 311	RUNNER	5	01:01:10.22	19:41	3.0mph	Male 55 - 59: 18
697	JAMEY STUART	CHESAPEAKE, VA	M: 312	RUNNER	334	01:01:14.11	19:42	3.0mph	Male 55 - 59: 19
698	DEREK STUART	PORTSMOUTH, VA	M: 313	RUNNER	336	01:01:14.11	19:42	3.0mph	Male 30 - 34: 28
699	SARAH STUART	NORFOLK, VA	F: 386	RUNNER	333	01:01:14.77	19:42	3.0mph	Female 25 - 29: 40

# 2023 Fast Before The Feast 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
700	DINAH MALLORY	HAMPTON, VA	F: 387	RUNNER	254	01:01:14.77	19:42	3.0mph	Female 20 - 24: 32
701	COREY KEATON	NEWPORT NEWS, VA	M: 314	RUNNER	14	01:01:15.29	19:42	3.0mph	Male 30 - 34: 29
702	BONITA STUART	CHESAPEAKE, VA	F: 388	RUNNER	335	01:01:30.30	19:47	3.0mph	Female 55 - 59: 30
703	KHALIFA ABDALLAH	YORKTOWN, VA	M: 315	RUNNER	663	01:01:34.54	19:49	3.0mph	Male 35 - 39: 26
704	RACHEL SILVA		F: 389	RUNNER	859	01:01:55.01	19:55	3.0mph	Female 25 - 29: 41
705	CAREY BARBER		M: 316	RUNNER	858	01:01:59.78	19:57	3.0mph	Male 40 - 44: 26
706	CAREY BARBER		M: 317	RUNNER	860	01:02:00.08	19:57	3.0mph	Male 0 - 19: 61
707	MICKEY SIMONDS	NEWPORT NEWS, VA	F: 390	RUNNER	446	01:02:22.66	20:04	3.0mph	Female 70 - PLUS: 7
708	DAWN RAMIREZ	NEWPORT NEWS, VA	F: 391	RUNNER	443	01:02:33.87	20:08	3.0mph	Female 50 - 54: 31
709	SOPHIA RAMIREZ	NEWPORT NEWS, VA	F: 392	RUNNER	445	01:02:37.34	20:09	3.0mph	Female 20 - 24: 33
710	TIMOTHY BRADEN	NEWPORT NEWS, VA	M: 318	RUNNER	227	01:02:44.19	20:11	3.0mph	Male 30 - 34: 30
711	BERNADETTE BRADEN	HAMPTON, VA	F: 393	RUNNER	226	01:02:45.61	20:12	3.0mph	Female 60 - 64: 24
712	ELEANOR NORTHOVER	HAMPTON, VA	F: 394	RUNNER	192	01:02:45.73	20:12	3.0mph	Female 60 - 64: 25
713	JACQUELINE CHAVIS	CHESAPEAKE, VA	F: 395	RUNNER	552	01:02:56.71	20:15	3.0mph	Female 55 - 59: 31
714	DREW HOPE	NEWPORT NEWS, VA	M: 319	RUNNER	197	01:02:58.98	20:16	3.0mph	Male 60 - 64: 20
715	MEGAN TESCH	NEWPORT NEWS, VA	F: 396	RUNNER	286	01:02:59.21	20:16	3.0mph	Female 30 - 34: 37
716	MALAICA KARRIEM	WASHINGTON, DC	F: 397	RUNNER	553	01:03:01.24	20:17	3.0mph	Female 25 - 29: 42
717	ANDREA POLLMEIER		F: 398	RUNNER	905	01:03:14.39	20:21	2.9mph	Female 45 - 49: 39
718	JOANNE RADECKI	CARROLLTON, VA	F: 399	RUNNER	161	01:03:50.79	20:33	2.9mph	Female 70 - PLUS: 8
719	KEN RADECKI	CARROLLTON, VA	M: 320	RUNNER	154	01:03:52.87	20:33	2.9mph	Male 55 - 59: 20
720	JOSEPH CLUVERIUS		M: 321	RUNNER	930	01:03:53.84	20:33	2.9mph	Male 60 - 64: 21
721	MARCI RADECKI	CARROLLTON, VA	F: 400	RUNNER	160	01:03:56.84	20:34	2.9mph	Female 55 - 59: 32
722	KRISTI CLUVERIUS		F: 401	RUNNER	929	01:03:59.47	20:35	2.9mph	Female 60 - 64: 26
723	PAT CASSELS		F: 402	RUNNER	574	01:04:23.47	20:43	2.9mph	Female 70 - PLUS: 9
724	LISA HARRIS		F: 403	RUNNER	573	01:04:33.58	20:46	2.9mph	Female 65 - 69: 16
725	ADEL ABDALLAH	YORKTOWN, VA	M: 322	RUNNER	659	01:04:40.34	20:48	2.9mph	Male 65 - 69: 16
726	ALLISON ABDALLAH	YORKTOWN, VA	F: 404	RUNNER	661	01:04:40.66	20:49	2.9mph	Female 25 - 29: 43
727	WILLIAM WILSON	NEWPORT NEWS, VA	M: 323	RUNNER	282	01:05:13.57	20:59	2.9mph	Male 30 - 34: 31
728	RAVEN WILSON	NEWPORT NEWS, VA	F: 405	RUNNER	281	01:05:14.64	20:59	2.9mph	Female 30 - 34: 38
729	KRYSTAL KERNS		F: 406	RUNNER	603	01:05:18.50	21:01	2.9mph	Female 30 - 34: 39
730	RAFAEL HERNANDEZ		M: 324	RUNNER	606	01:05:19.54	21:01	2.9mph	Male 30 - 34: 32
731	KARLI GROVER		F: 407	RUNNER	605	01:05:20.48	21:01	2.9mph	Female 0 - 19: 58
732	MARGARET PAYNE	PORTSMOUTH, VA	F: 408	RUNNER	512	01:05:25.66	21:03	2.8mph	Female 40 - 44: 44
733	GLORIA TWITTY	NORFOLK, VA	F: 409	RUNNER	555	01:05:27.63	21:04	2.8mph	Female 70 - PLUS: 10
734	JANE CASSELS	CHESAPEAKE, VA	F: 410	RUNNER	341	01:05:45.92	21:10	2.8mph	Female 55 - 59: 33
735	YASMIN ABDALLAH	YORKTOWN, VA	F: 411	RUNNER	664	01:05:54.32	21:12	2.8mph	Female 30 - 34: 40
736	KELSEY HAHN		F: 412	RUNNER	901	01:06:14.59	21:19	2.8mph	Female 30 - 34: 41
737	STEPHEN HAHN		M: 325	RUNNER	902	01:06:19.99	21:21	2.8mph	Male 35 - 39: 27
738	ELLIE DUNN	NEWPORT NEWS, VA	F: 413	RUNNER	385	01:07:04.03	21:35	2.8mph	Female 0 - 19: 59
739	JENNIFER MARONEY	NEWPORT NEWS, VA	F: 414	RUNNER	386	01:07:06.30	21:35	2.8mph	Female 50 - 54: 32
740	AMANDA WATKINS	NEWPORT NEWS, VA	F: 415	RUNNER	384	01:07:12.79	21:38	2.8mph	Female 40 - 44: 45
741	KATHERINE BARRERA	NORFOLK, VA	F: 416	RUNNER	368	01:08:16.77	21:58	2.7mph	Female 25 - 29: 44
742	GLORIA AYALA	VIRGINIA BEACH, VA	F: 417	RUNNER	580	01:10:16.21	22:37	2.7mph	Female 60 - 64: 27
743	RICHARD AYALA	VIRGINIA BEACH, VA	M: 326	RUNNER	366	01:10:29.19	22:41	2.6mph	Male 65 - 69: 17
744	MARIAH AYALA	SUFFOLK, VA	F: 418	RUNNER	349	01:10:36.47	22:43	2.6mph	Female 45 - 49: 40
745	ROBIN NELSON	SUFFOLK, VA	F: 419	RUNNER	355	01:10:46.84	22:46	2.6mph	Female 40 - 44: 46
746	KRISTA GRYGAR	SPRINGFIELD, VA	F: 420	RUNNER	671	01:15:08.94	24:11	2.5mph	Female 0 - 19: 60
747	ALMA GRYGAR	SPRINGFIELD, VA	F: 421	RUNNER	670	01:15:11.62	24:12	2.5mph	Female 45 - 49: 41
748	MARY GRAHAM	NEWPORT NEWS, VA	F: 422	RUNNER	49	01:15:29.22	24:17	2.5mph	Female 40 - 44: 47
749	BROOKS DARLING	STATE COLLEGE, PA	M: 327	RUNNER	685	01:15:40.30	24:21	2.5mph	Male 70 - PLUS: 15
DNS	JULIA GILLIAN	SUFFOLK, VA	F: 423	RUNNER	464	00:07:18.64	02:21	25.5mph	:

# 2023 Fast Before The Feast 5K

<b>Place Name</b>	<b>Hometown</b>	<b>Gender</b>	<b>Type</b>	<b>Bib #</b>	<b>Time</b>	<b>Pace</b>	<b>Speed</b>	<b>Division Rank</b>
DNS NATHAN GILLIAN	SUFFOLK, VA	M: 328	RUNNER	466	00:07:18.72	02:21	25.5mph	:
DNS ERICA GILLIAN	SUFFOLK, VA	F: 424	RUNNER	465	00:07:21.25	02:22	25.3mph	: