

# Fast Before the Feast 5K

## Overall Male Runner

Place	Bib #	Name	Time	Type	City
1	1350	WILLIAM LAINE	00:18:31.95	Runner	Kennesaw
2	135	ALEX BELISLE	00:18:34.60	Runner	Newport News
3	741	JIM HIGHSMITH	00:18:46.59	Runner	Newport News
4	1522	JORDAN PRICE	00:19:12.78	Runner	Newport News
5	1356	CHRIS LAWS	00:19:31.13	Runner	Yorktown
6	1708	PEYTON WORTHINGTON	00:19:35.54	Runner	Oakland
7	1710	THOMAS WORTHINGTON	00:19:49.80	Runner	Oakland
8	1200	JACK GORTON	00:20:05.73	Runner	Newport News
9	1379	STEPHEN MACDONALD	00:20:27.99	Runner	Suffolk
10	1484	MATTHAEUS OTT	00:20:45.96	Runner	Myrtle Beach

## Overall Female Runner

Place	Bib #	Name	Time	Type	City
1	1602	MARIA SPADY	00:19:21.95	Runner	Yorktown
2	1524	GRACE PRILLAMAN	00:21:04.04	Runner	Newport News
3	1285	MICHELLE HUMPHREY	00:21:48.16	Runner	Newport News
4	1316	ABBEY KENNEDY	00:22:00.69	Runner	Holly Springs
5	1323	RILEY KENNEDY	00:23:15.65	Runner	Yorktown
6	1653	LAURA TRUMBORE	00:23:24.02	Runner	Newport News
7	1685	TANIA WHITE	00:23:56.52	Runner	Henrico
8	1573	KAREN SANZO	00:23:59.25	Runner	Hampton
9	286	ANDREA GOLDSMITH	00:24:40.69	Runner	Newport News
10	1629	ALISON TEM	00:25:09.35	Runner	Norfolk

## Female 0 - 19

Place	Bib #	Name	Time	Type	City
1	728	BENTLEY ZABICKI1	00:25:59.14	Runner	
2	1698	ADDISON WINSLOW	00:26:42.56	Runner	Chesapeake
3	1031	ISABEL ATLEE	00:27:34.68	Runner	Yorktown

## Male 0 - 19

Place	Bib #	Name	Time	Type	City
1	1105	ETHAN CLINKENBEARD	00:21:47.96	Runner	Newport News
2	1087	ABRAHAM CALVERT	00:22:10.17	Runner	Waynesburg
3	1270	SOREN HINES	00:22:21.03	Runner	Newport News

## Female 20 - 29

Place	Bib #	Name	Time	Type	City
1	1068	GRACE BOWEN	00:25:52.86	Runner	Richmond
2	1019	ANNE MORGAN ALLIGOOD	00:26:21.11	Runner	Newport News
3	1201	MAYA GORTON	00:26:21.48	Runner	Newport News

## Male 20 - 29

Place	Bib #	Name	Time	Type	City
1	1546	RYAN RICHARDSON	00:21:42.08	Runner	Richmond
2	1510	DAVIS PILLOW	00:21:50.86	Runner	Carrollton
3	1462	KYLE NAZAREK	00:22:17.03	Runner	Anchorage

## Female 30 - 39

Place	Bib #	Name	Time	Type
1	1126	ANN-GERMAINE DANZ	00:25:17.40	Runner
2	1501	BRITTNEY PELFREY	00:25:31.40	Runner
3	1471	BETSY NICHOLS	00:25:51.00	Runner

## Male 30 - 39

Place	Bib #	Name	Time	Type
1	1365	ROBERT LEFKOWICZ	00:21:20.12	Runner
2	1412	DARREN LESLIE	00:21:24.50	Runner
3	1070	PATRICK BOWLDS	00:21:46.37	Runner

## Female 40 - 49

Place	Bib #	Name	Time	Type
1	1273	MICHELLE HOOPER	00:25:47.74	Runner
2	1232	MARY HALL	00:26:51.01	Runner
3	1468	ANNA NEWMAN	00:27:15.55	Runner

## Male 40 - 49

Place	Bib #	Name	Time	Type
1	1647	JASON TODD	00:21:03.48	Runner
2	389	CHRIS LAFLAMME	00:22:22.06	Runner
3	1568	JOSEPH RYSAVY	00:23:55.82	Runner

## Female 50 - 59

Place	Bib #	Name	Time	Type
1	1521	DEBRA PRICE	00:28:04.07	Runner
2	1250	JANINE HARVEY	00:28:32.77	Runner
3	1374	GABRIELE LINGENFELTER	00:28:40.81	Runner

## Male 50 - 59

Place	Bib #	Name	Time	Type
1	1427	DANIEL MINGIONE	00:24:40.97	Runner
2	1483	ERIK OTT	00:26:06.31	Runner
3	1349	STEVEN LAINE	00:26:10.57	Runner

## Female 60 - 69

Place	Bib #	Name	Time	Type
1	1372	SUSAN LINDEMANN	00:27:31.52	Runner
2	1188	THEA GANOE	00:31:43.66	Runner
3	1668	CHERYL WALDRON	00:33:17.69	Runner

## Male 60 - 69

Place	Bib #	Name	Time	Type
1	1056	KAMEL BEN- OTHMANE	00:26:01.64	Runner
2	1219	STEVEN GROSS	00:26:03.25	Runner
3	1308	MARK JONES	00:27:30.45	Runner

## Female 70 - 99

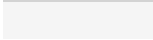
Place	Bib #	Name	Time	Type
1	1001	JANE ABBOTT	00:35:20.97	Runner
2	1640	BARBARA THOMAS	00:50:23.13	Runner
3	1619	MARY STOWE	00:53:02.39	Runner



# Fast Before the Feast 5K

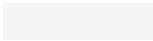
## Male 70 - 99

Place	Bib #	Name	Time	Type	City
1	1709	RON WORTHINGTON	00:30:58.69	Runner	Bena
2	1413	ANDREW MEDVEC	00:34:34.80	Runner	Kill Devil Hills
3	1014	JOHN ADAMS	00:36:45.50	Runner	Newport News



**City**

Newport News  
Midlothian  
Alexandria



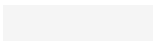
**City**

Newport News  
  
poquoson  
Anchorage



**City**

Hampton  
Gloucester  
Hampton



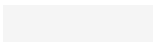
**City**

Newport News  
Yorktown  
Chesapeake



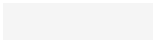
**City**

Newport News  
Newport News  
Yorktown



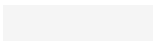
**City**

Chesapeake  
Myrtle Beach  
Kennesaw



**City**

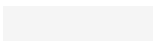
Yorktown  
Hampton  
Yorktown



**City**

Yorktown

Newport News  
Yorktown



**City**

Hampton  
Smithfield  
Smithfield



