

# Mill Mountain Mayhem 10k - 4/17/10

## Roanoke City's Mill Mountain Park

### Overall Women

1.	Rolfe, Christine	00:50:24.96
2.	O'Keefe, Carrie	00:51:21.12
3.	Vickery, Hosannah	00:54:01.54
4.	Kosmas, Elizabeth	00:54:04.10
5.	Mitchell, Samantha	00:54:39.48
6.	Puckett, Lori	00:55:30.91
7.	Taylor, Sarah	00:55:55.78
8.	Blankenship, Libby	00:56:23.34
9.	Vickery, Sarah	00:58:46.75
10.	Parkins, Bridget Tainer	00:59:49.94
11.	Griffin, Courtney	01:00:07.91
12.	Ciparis, Serena	01:01:00.75
13.	Adcock, Rebecca	01:01:12.36
14.	Bedford, Christina	01:01:19.18
15.	Owens, Jennifer	01:01:19.51
16.	Tate, Brandy	01:01:56.91
17.	Childers, Kristin	01:02:19.05
18.	Sexton, Dru	01:02:30.58
19.	Eakins, Amanda	01:02:45.55
20.	Mangiameli, Angela	01:02:53.78
21.	Robinson, Alicia	01:03:07.93
22.	Andersen, Milissa	01:03:17.03
23.	Pfister, Jennifer	01:04:38.86
24.	Witcher, Taylor	01:04:49.35
25.	Strand, Grace	01:05:55.15
26.	Bingham, Shelby	01:06:00.49
27.	Larsen, Michelle	01:07:26.63
28.	Torrence, Teresa	01:08:19.18
29.	Nicholson, Trina	01:08:31.80
30.	Colonna, Kristin	01:09:12.07
31.	Meaney, Mary Pat	01:09:15.24
32.	Tangalakis, Kim	01:09:30.61
33.	Burgess, Lindsay	01:09:31.24
34.	Guthrie, Amy	01:09:49.19
35.	Rolfe, Susan	01:09:51.93
36.	Anderson, Beth	01:12:12.68
37.	Evans, Sally	01:13:48.87
38.	Patterson, Rosemary	01:15:04.44
39.	Vengrin, Courtney	01:16:45.84
40.	Vengrin, Jean	01:16:57.67
41.	Decker, Kari	01:17:47.27
42.	Frazer, Janis	01:18:24.16
43.	Linn, Amanda	01:18:33.80
44.	Lewis, Margaret	01:19:00.12
45.	Graham, Kristen	01:19:05.28
46.	Howells, Heather	01:19:41.26
47.	Boone, Mary Jo	01:20:57.73
48.	Mann, Cindy	01:28:46.22
49.	Uzel, Sarah	01:30:29.29
50.	Koressel, Sarah	01:30:31.94

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## Overall Men

1.	Childers, Adam	00:41:45.71
2.	Allen, Sam	00:41:54.39
3.	Middleton, Ryan	00:43:03.20
4.	May, James	00:44:10.31
5.	Turner, Joey	00:44:17.80
6.	Dungan, Jesse	00:44:39.93
7.	Robinson, John	00:44:44.52
8.	Chwalek, Sascha	00:45:05.19
9.	Syre, Thomas	00:46:07.41
10.	Vickery, Bill	00:46:26.06
11.	Mills, Geophery	00:46:29.96
12.	Saunders, Carl	00:46:37.84
13.	Dean, Sam	00:47:35.98
14.	Stick, Greg	00:48:46.40
15.	Glowczynski, Ron	00:49:10.55
16.	McFarland, Nicholas	00:49:12.91
17.	Colby, Matt	00:49:25.14
18.	Togo, Matthew	00:49:28.19
19.	Dobroth, Chris	00:49:38.48
20.	Fisher, Daniel	00:49:43.75
21.	Henion, Tim	00:49:52.37
22.	Bost, James	00:49:53.54
23.	Mcpeek, Patrick	00:50:10.14
24.	Gallacher, Hunter	00:50:16.02
25.	Decker, James	00:50:20.26
26.	Smith, Jeff	00:50:26.65
27.	Taube, Josh	00:50:45.87
28.	Taylor, Walker	00:51:08.59
29.	Adcock, Jonathan	00:51:24.89
30.	Roth, Mike	00:51:34.28
31.	Waldman, Craig	00:51:37.49
32.	Davis, Logan	00:51:52.39
33.	Best, Wesley	00:51:52.66
34.	Parker, Joseph	00:52:00.81
35.	Wild, William	00:52:05.49
36.	Tunnell, Andrew	00:52:14.56
37.	Leccadito, Matthew	00:52:30.30
38.	Brown, Alex	00:52:32.79
39.	Flassing, Jason	00:52:33.93
40.	Cocowitch, Matthew	00:52:39.21
41.	Stevens, Andy	00:53:06.56
42.	Santoroski, Michael	00:53:42.26
43.	Tyson, Eric	00:53:42.71
44.	Settle, Philip	00:53:45.62
45.	Stumpf, Jon	00:54:02.00
46.	Anderson, Mark	00:54:08.41
47.	Carswell, Warren	00:55:01.32
48.	Adkins, Emmitt	00:55:09.57
49.	Falls, Doug	00:55:14.25
50.	Lewis, Keith	00:55:53.32
51.	Hein, Jason	00:55:57.85
52.	DeRenzis, Nick	00:55:58.89
53.	Mullens, Jim	00:56:33.49
54.	Turk, Joseph	00:56:43.16
55.	Settle, Chris	00:57:08.44
56.	Hackett, David	00:57:14.98

57.	Dwyer, James	00:57:33.52
58.	Walker, Codie	00:58:09.71
59.	Fant, Kemper	00:58:17.35
60.	Pierce, Dan	00:58:31.38
61.	Bryan, Acie	00:58:39.58
62.	Bingham, Jason	00:58:56.69
63.	Shank, Tim	00:59:33.59
64.	Meaney, Patrick	00:59:34.92
65.	Adams, Mason	00:59:55.97
66.	Schweitzer, Paul	01:03:22.99
67.	Johnson, Bryant	01:03:33.38
68.	Scutellaro, Michael	01:04:57.28
69.	Morgan, George	01:05:44.58
70.	Sweeney, Ryan	01:06:17.00
71.	Torrence, Brian	01:06:29.21
72.	Eby, Bret	01:06:55.44
73.	Zollman, Graham	01:07:56.73
74.	Mann, Eddie	01:08:09.01
75.	Wright, Toby	01:08:49.93
76.	Duncan, Jason	01:08:58.96
77.	Prentice, Matthew	01:11:04.88
78.	Graham, Scott	01:13:57.56
79.	Reynolds, Richard	01:17:52.48
80.	Burgess, Thomas	01:28:59.75
81.	Gilbarte, Ray	01:42:34.96

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Women's Age Group: 14 & Under

1.	Vickery, Hosannah	00:54:01.54
2.	Vickery, Sarah	00:58:46.75
3.	Andersen, Melissa	01:03:17.03

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Women's Age Group: 15 - 19

1.	Witcher, Taylor	01:04:49.35
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Men's Age Group: 15 - 19

1.	Settle, Chris	00:57:08.44
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Women's Age Group: 20 - 24

1.	Rolfe, Christine	00:50:24.96
2.	Owens, Jennifer	01:01:19.51
3.	Eakins, Amanda	01:02:45.55
4.	Colonna, Kristin	01:09:12.07
5.	Patterson, Rosemary	01:15:04.44
6.	Lewis, Margaret	01:19:00.12
7.	Uzel, Sarah	01:30:29.29

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Men's Age Group: 20 - 24

1.	Middleton, Ryan	00:43:03.20
2.	Syre, Thomas	00:46:07.41
3.	Mills, Geophery	00:46:29.96
4.	McFarland, Nicholas	00:49:12.91
5.	Henion, Tim	00:49:52.37
6.	Bost, James	00:49:53.54
7.	Waldman, Craig	00:51:37.49
8.	Parker, Joseph	00:52:00.81

9.	Wild, William	00:52:05.49
10.	Tunnell, Andrew	00:52:14.56
11.	Leccadito, Matthew	00:52:30.30
12.	Brown, Alex	00:52:32.79
13.	Tyson, Eric	00:53:42.71
14.	Stumpf, Jon	00:54:02.00
15.	Sweeney, Ryan	01:06:17.00
16.	Eby, Bret	01:06:55.44

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Women's Age Group: 25 - 29

1.	Mitchell, Samantha	00:54:39.48
2.	Taylor, Sarah	00:55:55.78
3.	Parkins, Bridget Tainer	00:59:49.94
4.	Griffin, Courtney	01:00:07.91
5.	Adcock, Rebecca	01:01:12.36
6.	Bedford, Christina	01:01:19.18
7.	Tate, Brandy	01:01:56.91
8.	Childers, Kristin	01:02:19.05
9.	Robinson, Alicia	01:03:07.93
10.	Strand, Grace	01:05:55.15
11.	Meaney, Mary pat	01:09:15.24
12.	Tangalakis, Kim	01:09:30.61
13.	Burgess, Lindsay	01:09:31.24
14.	Vengrin, Courtney	01:16:45.84
15.	Linn, Amanda	01:18:33.80
16.	Mann, Cindy	01:28:46.22

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Men's Age Group: 25 - 29

1.	Childers, Adam	00:41:45.71
2.	Dungan, Jesse	00:44:39.93
3.	Dobroth, Chris	00:49:38.48
4.	Gallacher, Hunter	00:50:16.02
5.	Taylor, Walker	00:51:08.59
6.	Adcock, Jonathan	00:51:24.89
7.	Davis, Logan	00:51:52.39
8.	Cocowitch, Matthew	00:52:39.21
9.	Lewis, Keith	00:55:53.32
10.	Walker, Codie	00:58:09.71
11.	Prentice, Matthew	01:11:04.88
12.	Graham, Scott	01:13:57.56

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Women's Age Group: 30 - 34

1.	O'Keefe, Carrie	00:51:21.12
2.	Puckett, Lori	00:55:30.91
3.	Ciparis, Serena	01:01:00.75
4.	Mangiameli, Angela	01:02:53.78
5.	Larsen, Michelle	01:07:26.63
6.	Decker, Kari	01:17:47.27
7.	Howells, Heather	01:19:41.26
8.	Koressel, Sarah	01:30:31.94

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## Men's Age Group: 30 - 34

1.	Allen, Sam	00:41:54.39
2.	Chwalek, Sascha	00:45:05.19
3.	Saunders, Carl	00:46:37.84
4.	Dean, Sam	00:47:35.98
5.	Colby, Matt	00:49:25.14
6.	Fisher, Daniel	00:49:43.75
7.	Decker, James	00:50:20.26
8.	Roth, Mike	00:51:34.28
9.	Adkins, Emmitt	00:55:09.57
10.	Hein, Jason	00:55:57.85
11.	DeRenzis, Nick	00:55:58.89
12.	Mullens, Jim	00:56:33.49
13.	Dwyer, James	00:57:33.52
14.	Pierce, Dan	00:58:31.38
15.	Bryan, Acie	00:58:39.58
16.	Adams, Mason	00:59:55.97
17.	Johnson, Bryant	01:03:33.38
18.	Scutellaro, Michael	01:04:57.28
19.	Mann, Eddie	01:08:09.01
20.	Duncan, Jason	01:08:58.96

## Women's Age Group: 35 - 39

1.	Kosmas, Elizabeth	00:54:04.10
2.	Pfister, Jennifer	01:04:38.86
3.	Torrence, Teresa	01:08:19.18
4.	Frazer, Janis	01:18:24.16
5.	Graham, Kristen	01:19:05.28

## Men's Age Group: 35 - 39

1.	May, James	00:44:10.31
2.	Vickery, Bill	00:46:26.06
3.	Taube, Josh	00:50:45.87
4.	Flassing, Jason	00:52:33.93
5.	Santoroski, Michael	00:53:42.26
6.	Settle, Philip	00:53:45.62
7.	Reynolds, Richard	01:17:52.48

## Women's Age Group: 40 - 44

1.	Blankenship, Libby	00:56:23.34
2.	Bingham, Shelby	01:06:00.49
3.	Anderson, Beth	01:12:12.68

## Men's Age Group: 40 - 44

1.	Turner, Joey	00:44:17.80
2.	Glowczynski, Ron	00:49:10.55
3.	Togo, Matthew	00:49:28.19
4.	Mcpeek Patrick	00:50:10.14
5.	Smith, Jeff	00:50:26.65
6.	Best, Wesley	00:51:52.66
7.	Carswell, Warren	00:55:01.32
8.	Bingham, Jason	00:58:56.69
9.	Wright, Toby	01:08:49.93

Women's Age Group: 45 - 49

1.	Guthrie, Amy	01:09:49.19
2.	Rolfe, Susan	01:09:51.93
3.	Boone, Mary Jo	01:20:57.73

Men's Age Group: 45 - 49

1.	Stevens, Andy	00:53:06.56
2.	Anderson, Mark	00:54:08.41
3.	Falls, Doug	00:55:14.25
4.	Fant, Kemper	00:58:17.35
5.	Shank, Tim	00:59:33.59
6.	Torrence, Brian	01:06:29.21

Men's Age Group: 50 - 54

1.	Robinson, John	00:44:44.52
2.	Stick, Greg	00:48:46.40
3.	Turk, Joseph	00:56:43.16
4.	Hackett, David	00:57:14.98
5.	Schweitzer, Paul	01:03:22.99
6.	Burgess, Thomas	01:28:59.75

Women's Age Group: 55 - 59

1.	Sexton, Dru	01:02:30.58
2.	Nicholson, Trina	01:08:31.80
3.	Vengrin, Jean	01:16:57.67

Men's Age Group: 55 - 59

1.	Meaney, Patrick	00:59:34.92
2.	Morgan, George	01:05:44.58

Women's Age Group: 60 - 69

1.	Evans, Sally	01:13:48.87
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Men's Age Group: 60 - 69

1.	Zollman, Graham	01:07:56.73
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Men's Age Group: 70 & Over

1.	Gilbarte, Ray	01:42:34.96
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