From: Jeremy Woods
To: newspost@franklinnews-post.com; striders@starcitystriders.com;
Subject: Carter Bank & Trust 5k Results
Date: Tuesday, April 15, 2008 11:23:47 AM

Carter Bank & Trust 5k - 4/13/2008

Boones Mill, VA
1st Overall Female Wood, Kaleigh 17 Hardy, VA 20:05.00
2nd Overall Female Sayers, Shelli 29 Salem, VA 20:34.00
3rd Overall Female Knott, Lynae 36 Wirtz, VA 24:10.00

1st Overall Male Sayers, Andy 30 Salem, VA 16:32.00
2nd Overall Male Parkins, Andrew 23 Lexington, VA 16:39.00
3rd Overall Male Kingery, Caleb 17 Vinton, VA 17:07.00

Results

1st Place Male Master Division (over 40)
Page, H.T. 47 Wirtz, VA 18:02.00

1st Place Female Master Division (over 40)
Palmer, Julie 43 Blacksburg, VA 25:18.00

Results - Women 13 & Under

1 Cowher, Lauren 11 Roanoke, VA 37:40.00

2 Knick, Rachel 11 Rocky Mount, VA 37:44.00

Results - Men 13 & Under

1 Hodges, Shane 13 Boones Mill, VA 22:52.00

2 Garrett, Lance 9 Vinton, VA 27:56.10

3 Cowher, Cole 10 Roanoke, VA 30:53.00

Results - Men 18-22

1 Water, Aaron 18 Unattached 17:45.00

2 Duncan, Corey 18 Boones Mill, VA 21:38.00

Results - Women 23-29

1 Woods, Paige 26 Roanoke, VA 52:36.00

Event 1 Men 23-29 5000 Meter Run

Name Age Team Finals Points

Results - Men 23-29

1 Kegal, Ryan 26 Roanoke, VA 19:55.00

2 Hollaway, Eric 26 Hardy, VA 23:28.00

Results - Women 30-34

1 McDaniel, Lindsey 30 Boones Mill, VA 52:36.10

Results - Men 30-34

1 Corcoran, Brian 30 Roanoke, VA 22:27.00

Results - Women 35-39

1 Dillion, Karen 36 Wirtz, VA 26:07.00

2 Arrington, Gail 37 Rocky Mount, VA 29:03

Results - Men 35-39

1 Garrett, Kenny 39 Vinton, VA 27:56.00

Results - Women 40-44

1 Decker, Sophia 43 Nathalie, VA 26:04.00

2 Guthrie, Amy 43 Penhook, VA 27:44.00

Results - Men 40-44

1 Decker, Vince 44 Nathalie, VA 20:24.00

2 Garmen, Tim 43 Boones Mill, VA 22:18.00

3 Falls, Doug 43 Roanoke, VA 22:21.00

4 Miller, Paul 42 Roanoke, VA 22:44.00

5 Vines, Randy 42 Boones Mill, VA 23:31.00

6 Eberhardt, Daniel 41 Roanoke, VA 25:08.00

7 Krackow, Michael 42 Roanoke, VA 25:47.00

8 Price, Steve 43 Boones Mill, VA 30:31.00

Results - Women 45-49

1 Billard, Louise 48 Dublin, VA 30:08.00

Results - Men 45-49

1 Surratt, Steve 49 Unattached 19:37.00

2 Arrington, Spanky 46 Rocky Mount, VA 21:59.00

3 Bowman, Bill 47 Rocky Mount, VA 23:15.00

4 Schuyler, Pete 47 Roanoke, VA 24:16.00

5 Miller, Eric 45 Martinsville, VA 25:14.00

6 Sowder, Alan 46 Roanoke, VA 28:11.00

7 Kingery, Tom 49 Roanoke, VA 29:35.00

8 Riddle, Tillman 47 Glade Hill, VA 30:35.00

Results - Men 50-54

1 Evans, Steve 53 Clifton Forge, VA 25:05.00

2 McCauley, Ken 50 Salem, VA 30:17.00

Results - Men 55-59

1 Rogers, Ron 56 Riner, VA 21:43.00

2 Childress, Marion 55 Roanoke, VA 23:58.00

3 Pierce, Larry 57 Roanoke, VA 24:23.00

4 Lewis, Steven 56 Rocky Mount, VA 25:58.00

5 Laprade, Daniel 59 Rocky Mount, VA 29:11.00

Results - Men 60-64

1 Stephenson, Dave 64 Moneta, VA 27:12.00

2 Gray, William 62 Lynchburg, VA 31:12.00

Results - Women 65-69

1 Hicks, Janice 65 Bristol, TN 27:31.00

Results - Men 65-69

1 Ingram, Harold 65 Unattached 21:55.00

2 Gray, James 67 Roanoke, VA 28:06.00

Results - Men 70+

1 Jeter, D.T. 73 Unattached 27:43.00

2 Masser, Lee 72 Edgewater, MD 29:45.00

Jeremy Woods
Franklin County High School
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Rocky Mount, VA 24151
Head Cross Country Coach
Assistant Track and Field Coach

540-483-1050

Curso, Ergo Sum
I Run, therefore I am

No virus found in this incoming message.
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Version: 7.5.519 / Virus Database: 269.23.0/1379 - Release Date: 4/15/2008
6:10 PM