

Cowans Ford

Valentine's 5k (Individual and Couples Divisions, and Fun Run)
Cowan's Ford Country Club
Saturday, February 17, 2018

Finish	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp
1	2062	Anthony	Famiglietti	38	15	32	M	30-39
2		Unregistered	Runner		17	30		
3		Unregistered	Runner		17	30		
4	2180	Will	Sheftall	32	18	0	M	Couples Team
5	2121	Patrick	Rice	15	18	47	M	Couples Team
6	2193	Noah	Lessor	15	18	56	M	15-19
7	2060	Josh	Baker	37	19	26	M	30-39
8	2059	Lee	Greene	36	20	1	M	30-39
9	2064	Dwight	Winters	41	20	4	M	40-49
10	2052	Miller	Towson	16	20	23	M	15-19
11	2061	Lorin	McAllister	38	21	23	M	30-39
12	2198	Olivia	Humphrey	16	21	48	F	15-19
13	2118	Ryan	Wilt	36	22	25	M	Couples Team
14	2025	Melissa	Orr	39	22	35	F	30-39
15	2050	Austin	Greene	15	22	38	M	15-19
16	2002	Delanie	Mellon	12	22	44	F	11-14
17	2122	Caity	Born	17	23	4	F	Couples Team
18	2005	Macy	Parks	12	23	7	F	11-14
19	2008	Hannah	Casey	13	23	23	F	11-14
20	2191	Chris	Casey	37	23	28	M	30-39
21	2190	Noah	Casey	8	23	30	M	10 & Under
22	2051	Drew	Kleiner	15	23	50	M	15-19
23	2072	Brenneman	Thompson	59	23	54	M	50-59
24	2071	Bruce	Adams	58	24	26	M	50-59
25	2076	Jim	Christol	70	24	28	M	70-79
26	2189	Alex	Moreno	28	24	29	M	20-29
27	2065	Bernie	Micalizzi	43	24	43	M	40-49
28	2053	Aaron	Daum	17	24	49	M	15-19
29	2033	Jennifer	Williams	43	25	11	F	40-49
30	2181	Allison	Sheftall	44	25	17	F	Couples Team
31	2026	Wendy	McSwain	39	25	28	F	30-39
32	2011	Haley	Bruce	14	25	46	F	11-14
33	2195	Allie	Farar	14	25	47	F	11-14
34	2028	Lisa	Taylor	40	25	57	F	40-49
35	2101	Kenneth	Hastings	36	26	6	M	Couples Team
36	2036	Vanessa	Schlegel	48	26	8	F	40-49
37	2023	Shanti	Clancy	38	26	18	F	30-39
38	2182	Nicolas	Harrison	15	26	23	M	15-19
39	2037	Deirdre	Nachamie	48	26	26	F	40-49
40	2188	Matt	Kiser	42	26	29	M	40-49
41	2057	Kyle	Farmer	32	26	31	M	30-39
42	2056	Blake	Renegar	32	26	38	M	30-39
43	2015	Megan	Klosterman	31	26	48	F	30-39
44	2194	Sydney	Kiser	15	26	51	F	15-19
45	2074	Robert	Money	65	26	54	M	60-69
46	2017	Lindsay	Parker	33	26	56	F	30-39

Cowans Ford

47	2089	Andrew	Kleiner	47	26	59	M	Couples Team
48	2041	Janeen	Anderson	53	27	7	F	50-59
49	2083	Karl	Dearnley	62	27	25	M	Couples Team
50	2069	Lamar	Schlegel	57	27	31	M	50-59
51	2091	Hilary	Patterson	29	27	38	F	Couples Team
52	2063	Chris	Hemrick	39	27	51	M	30-39
53	2117	Jule	Wilt	35	28	2	F	Couples Team
54	2186	Sophia	Schwab	13	28	56	F	11-14
55	2003	Lauren	Robinson	12	28	56	F	11-14
56	2183	Alyssa	Johns	13	28	57	F	11-14
57	2004	Maggie	McCrostie	12	28	57	F	11-14
58	2034	Donna	Robinson	44	29	12	F	40-49
59	2058	Joseph	Hart	35	29	16	M	30-39
60	2045	Nancy	Anderson	58	29	17	F	50-59
61	2092	Kami	Hubbard	13	29	22	F	Couples Team
62	2196	Emilee	Phuntek	14	29	43	F	11-14
63	2088	Lyle	Lashmit	32	29	44	M	Couples Team
64	2187	Jill	Schwab	49	29	54	F	40-49
65	2070	Jeff	Linson	58	29	59	M	50-59
66	2021	Tania	Cruse	37	30	5	F	30-39
67	2197	Haylee	Phuntek	16	30	9	F	15-19
68	2087	Kari	Lashmit	32	30	10	F	Couples Team
69	2049	Blake	Rowe	10	30	49	M	10 & Under
70	2019	Bonnie	Bradley	35	30	51	F	30-39
71	2200	Lance	Reid	47	30	57	M	40-49
72	2082	Greigh	Lucas	36	31	23	F	Couples Team
73	2081	Christopher	Phillips	36	31	31	M	Couples Team
74	2073	Glen	Lucas	62	31	32	M	60-69
75	2102	Claudia	Hastings	35	32	3	F	Couples Team
76	2022	Holly	Andler	37	32	6	F	30-39
77	2010	Sydney	Allen	13	32	32	F	11-14
78	2100	Tina	Daniel	50	32	33	F	Couples Team
79	2185	Trent	Wilson	80	32	46	M	80 & Up
80	2079	Jim	Giles	80	33	0	M	80 & Up
81	2013	Virginia	Baxter	25	33	18	F	20-29
82	2111	Aundrea	Beck	40	33	27	F	Couples Team
83	2112	Kevin	Sherrill	46	33	28	M	Couples Team
84	2097	Ann	Przygocki	66	33	29	F	Couples Team
85	2098	Walt	Przygocki	70	33	29	M	Couples Team
86	2012	Makaela	Riggon	15	33	45	F	15-19
87	2016	Erin	LeGrand	33	34	9	F	30-39
88	2048	Cathy	Bianchi	61	34	13	F	60-69
89	2106	Patrick	Quinlan	41	34	40	M	Couples Team
90	2068	Tommy	Bush	56	34	42	M	50-59
91	2099	Mike	Daniel	62	35	10	M	Couples Team
92	2077	Garrison	Kenney	74	35	46	M	70-79
93	2090	Meredith	Kleiner	47	36	0	F	Couples Team
94	2105	Jessica	Quinlan	44	36	23	F	Couples Team
95	2046	Laura	Capranica	60	36	51	F	60-69
96	2115	Stephanie	Jefferson	40	38	12	F	Couples Team
97	2116	Misty	Lang	39	38	13	F	Couples Team
98	2084	Regan	Averett	8	38	21	F	Couples Team
99	2078	David	Nachamie	76	38	31	M	70-79
100	2093	Matthew	Gambill	37	39	7	M	Couples Team

Cowans Ford

101	2184	James	Lang	58	41	47	M	50-59
102	2039	Mary	Frank	50	42	16	F	50-59
103	2120	Kayla	Stewart	27	42	42	F	Couples Team
104	2119	Joe	MacGregor	28	42	43	M	Couples Team
105	2047	Colleen	Parker	61	43	1	F	60-69
106	2038	Sharon	MacKinnon	50	44	21	F	50-59
107	2104	Kierstin	Kamanns	17	44	34	F	Couples Team
108	2103	Jonathan	Kamanns	43	44	35	M	Couples Team
109	2124	Demetrio	Hernandez	24	44	55	M	Couples Team
110	2123	Tifani	Cupp	24	44	55	F	Couples Team
111	2029	Dawn	Davis	41	45	34	F	40-49
112	2031	Christie	Binford	42	45	35	F	40-49
113	2086	Grayson	Averett	11	47	44	M	Couples Team
114	2085	Teresa	Dearnley	60	47	44	F	Couples Team
115	2043	Pam	Payne	56	48	13	F	50-59
116	2208	Byron	Logan	91	51	55	M	80 & Up
117		Unknown	Card not turned in		51	58		
118	2044	Doreen	Lengemann	58	52	16	F	50-59
119	2042	Dawn	Yost	54	52	17	F	50-59
120	2035	Deby	Thornburg	45	52	18	F	40-49
121	2040	Pam	Harris	51	52	23	F	50-59
122	2014	Kendra	Twitchell	28	52	24	F	20-29
123		Unknown	Card not turned in		52	25		
124		Unknown	Card not turned in		53	39		
125		Unknown	Card not turned in		53	40		

Male Over All

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2062	Anthony	Famiglietti	38	15	32	M	30-39	1

Female Over All

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2198	Olivia	Humphrey	16	21	48	F	15-19	12

Female 11-14

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2002	Delanie	Mellon	12	22	44	F	11-14	16
2	2005	Macy	Parks	12	23	7	F	11-14	18
3	2008	Hannah	Casey	13	23	23	F	11-14	19
4	2011	Haley	Bruce	14	25	46	F	11-14	32
5	2195	Allie	Farar	14	25	47	F	11-14	33
6	2186	Sophia	Schwab	13	28	56	F	11-14	54
7	2003	Lauren	Robinson	12	28	56	F	11-14	55
8	2183	Alyssa	Johns	13	28	57	F	11-14	56
9	2004	Maggie	McCrostie	12	28	57	F	11-14	57
10	2196	Emilee	Phuntek	14	29	43	F	11-14	62
11	2010	Sydney	Allen	13	32	32	F	11-14	77

Female 15-19

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2194	Sydney	Kiser	15	26	51	F	15-19	12
2	2197	Haylee	Phuntek	16	30	9	F	15-19	44
3	2012	Makaela	Riggon	15	33	45	F	15-19	67

Cowans Ford

Female 20-29

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2013	Virginia	Baxter	25	33	18	F	20-29	81
2	2014	Kendra	Twitchell	28	52	24	F	20-29	122

Female 30-39

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2025	Melissa	Orr	39	22	35	F	30-39	14
2	2026	Wendy	McSwain	39	25	28	F	30-39	31
3	2023	Shanti	Clancy	38	26	18	F	30-39	37
4	2015	Megan	Klosterman	31	26	48	F	30-39	43
5	2017	Lindsay	Parker	33	26	56	F	30-39	46
6	2021	Tania	Cruse	37	30	5	F	30-39	66
7	2019	Bonnie	Bradley	35	30	51	F	30-39	70
8	2022	Holly	Andler	37	32	6	F	30-39	76
9	2016	Erin	LeGrand	33	34	9	F	30-39	87

Female 40-49

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
2	2033	Jennifer	Williams	43	25	11	F	40-49	29
3	2028	Lisa	Taylor	40	25	57	F	40-49	34
4	2036	Vanessa	Schlegel	48	26	8	F	40-49	36
1	2037	Deirdre	Nachamie	48	26	26	F	40-49	39
5	2034	Donna	Robinson	44	29	12	F	40-49	58
6	2187	Jill	Schwab	49	29	54	F	40-49	64
7	2029	Dawn	Davis	41	45	34	F	40-49	111
8	2031	Christie	Binford	42	45	35	F	40-49	112
9	2035	Deby	Thornburg	45	52	18	F	40-49	120

Female 50-59

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2041	Janeen	Anderson	53	27	7	F	50-59	48
2	2045	Nancy	Anderson	58	29	17	F	50-59	60
3	2039	Mary	Frank	50	42	16	F	50-59	102
4	2038	Sharon	Mackinnon	50	44	21	F	50-59	106
5	2043	Pam	Payne	56	48	13	F	50-59	115
6	2044	Doreen	Lengemann	58	52	16	F	50-59	118
7	2042	Dawn	Yost	54	52	17	F	50-59	119
8	2040	Pam	Harris	51	52	23	F	50-59	121

Female 60-69

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2048	Cathy	Bianchi	61	34	13	F	60-69	88
2	2046	Laura	Capranica	60	36	51	F	60-69	95
3	2047	Colleen	Parker	61	43	1	F	60-69	105

Male 10 & Under

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2190	Noah	Casey	8	23	30	M	10 & Under	21
2	2049	Blake	Rowe	10	30	49	M	10 & Under	69

Cowans Ford

Male 15-19

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2193	Noah	Lessor	15	18	56	M	15-19	6
2	2052	Miller	Towson	16	20	23	M	15-19	10
3	2050	Austin	Greene	15	22	38	M	15-19	15
4	2051	Drew	Kleiner	15	23	50	M	15-19	22
5	2053	Aaron	Daum	17	24	49	M	15-19	28
6	2182	Nicolas	Harrison	15	26	23	M	15-19	38

Male 20-29

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2189	Alex	Moreno	28	24	29	M	20-29	26

Male 30-39

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2060	Josh	Baker	37	19	26	M	30-39	7
2	2059	Lee	Greene	36	20	1	M	30-39	8
3	2061	Lorin	McAllister	38	21	23	M	30-39	11
4	2191	Chris	Casey	37	23	28	M	30-39	20
5	2057	Kyle	Farmer	32	26	31	M	30-39	41
6	2056	Blake	Renegar	32	26	38	M	30-39	42
7	2063	Chris	Hemrick	39	27	51	M	30-39	52
8	2058	Joseph	Hart	35	29	16	M	30-39	59

Male 40-49

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2064	Dwight	Winters	41	20	4	M	40-49	9
2	2065	Bernie	Micalizzi	43	24	43	M	40-49	27
3	2188	Matt	Kiser	42	26	29	M	40-49	40
4	2200	Lance	Reid	47	30	57	M	40-49	71

Male 50-59

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2072	Brenneman	Thompson	59	23	54	M	50-59	23
2	2071	Bruce	Adams	58	24	26	M	50-59	24
3	2069	Lamar	Schlegel	57	27	31	M	50-59	50
4	2070	Jeff	Linson	58	29	59	M	50-59	65
5	2068	Tommy	Bush	56	34	42	M	50-59	90
6	2184	James	Lang	58	41	47	M	50-59	101

Male 60-69

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2074	Robert	Money	65	26	54	M	60-69	45
2	2073	Glen	Lucas	62	31	32	M	60-69	74

Male 70-79

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2076	Jim	Christol	70	24	28	M	70-79	25
2	2077	Garrison	Kenney	74	35	46	M	70-79	92
3	2078	David	Nachamie	76	38	31	M	70-79	99

Cowans Ford

Male 80 and up

Place	Bib	First Name	Last Name	Age	Min	Sec	Gender	AgeGrp	Finish
1	2185	Trent	Wilson	80	32	46	M	80 and up	79
2	2079	Jim	Giles	80	33	0	M	80 and up	80
3	2208	Byron	Logan	91	51	55	M	80 and up	116

Couples Division

Place	Bib	First Name	Last Name	Age	Ind. Min	Ind. Sec	Gender	Ind. Finish	Combo Min	Combo Sec
1	2121	Patrick	Rice	15	18	47	M	5	41	51
1	2122	Caity	Born	17	23	4	F	17	41	51
2	2180	Will	Sheftall	32	18	0	M	4	43	17
2	2181	Allison	Sheftall	44	25	17	F	30	43	17
3	2117	Jule	Wilt	35	28	2	F	53	50	27
3	2118	Ryan	Wilt	36	22	25	M	13	50	27
4	2091	Hilary	Patterson	29	27	38	F	51	57	0
4	2092	Kami	Hubbard	13	29	22	F	61	57	0
5	2101	Kenneth	Hastings	36	26	6	M	35	58	9
5	2102	Claudia	Hastings	35	32	3	F	75	58	9
6	2087	Kari	Lashmit	32	30	10	F	68	59	54
6	2088	Lyle	Lashmit	32	29	44	M	63	59	54
7	2081	Christopher	Phillips	36	31	31	M	73	62	55
7	2082	Greigh	Lucas	36	31	23	F	72	62	55
8	2089	Andrew	Kleiner	47	26	59	M	47	62	59
8	2090	Meredith	Kleiner	47	36	0	F	93	62	59
9	2083	Karl	Dearnley	62	27	25	M	49	65	4
9	2084	Regan	Averett	8	38	21	F	98	65	4
10	2111	Aundrea	Beck	40	33	27	F	82	66	55
10	2112	Kevin	Sherrill	46	33	28	M	83	66	55
11	2097	Ann	Przygocki	66	33	29	F	84	66	58
11	2098	Walt	Przygocki	70	33	29	M	85	66	58
12	2099	Mike	Daniel	62	35	10	M	91	67	43
12	2100	Tina	Daniel	50	32	33	F	78	67	43
13	2105	Jessica	Quinlan	44	36	23	F	94	71	3
13	2106	Patrick	Quinlan	41	34	40	M	89	71	3
14	2115	Stephanie	Jefferson	40	38	12	F	96	76	25
14	2116	Misty	Lang	39	38	13	F	97	76	25
15	2119	Joe	MacGregor	28	42	43	M	104	85	25
15	2120	Kayla	Stewart	27	42	42	F	103	85	25
16	2103	Jonathan	Kamanns	43	44	35	M	108	89	9
16	2104	Kierstin	Kamanns	17	44	34	F	107	89	9
17	2123	Tifani	Cupp	24	44	55	F	110	89	10
17	2124	Demetrio	Hernandez	24	44	55	M	109	89	10
18	2085	Teresa	Dearnley	60	47	44	F	114	95	28
18	2086	Grayson	Averett	11	47	44	M	113	95	28
19	2093	Matthew	Gambill	37	39	7	M	100		