

Finishers by Category - Heat 1

Rundate: 02/08/2009 12:35:38 2009 Sweethearts 4 Mile

02/08/2009

| Plc | Cat | Place | Name | City | ST | Time | Time min/mile | Ag | Grand Prix |
|--------------------|-----|-------|-----------------------|----------------|----|----------|------------------|----|---------------|
| Women's Overall | | | | | | | | | |
| 14 | | 1/1 | Julia Smith | Tappahannock | VA | 00:24:56 | 6:14 | 40 | 1000 |
| Women's 19 & under | | | | | | | | | |
| 48 | | 1/12 | Jacqueline Graham | Spotsylvania | VA | 00:28:35 | 7:09 | 15 | 990 |
| 147 | | 2/12 | Margaret Beckwith | Fredericksburg | VA | 00:35:42 | 8:56 | 19 | 906 |
| 150 | | 3/12 | nichole Clyde | Fredericksburg | VA | 00:35:46 | 8:57 | 18 | 902 |
| 173 | | 4/12 | Danielle Ross | Fredericksburg | VA | 00:36:55 | 9:14 | 12 | 876 |
| 237 | | 5/12 | Samantha Kurth | Fredericksburg | VA | 00:41:47 | 10:27 | 13 | 812 |
| 238 | | 6/12 | Jessica Lee | Fredericksburg | VA | 00:41:47 | 10:27 | 13 | 810 |
| 240 | | 7/12 | Hailey Phelps | Fredericksburg | VA | 00:42:02 | 10:31 | 10 | 806 |
| 256 | | 8/12 | Catelyn Harding | Spotsylvania | VA | 00:42:59 | 10:45 | 18 | 780 |
| 261 | | 9/12 | Kelly Tanner | Sterling | VA | 00:43:45 | 10:56 | 19 | 770 |
| 279 | | 10/12 | Katelyn Bergeron | Fredericksburg | VA | 00:45:56 | 11:29 | 11 | 750 |
| 288 | | 11/12 | Erin Rysanek | Stafford | VA | 00:47:15 | 11:49 | 12 | 738 |
| 294 | | 12/12 | Marisa Notarnicola | Fredericksburg | VA | 00:48:00 | 12:00 | 19 | 732 |
| Women's 20-24 | | | | | | | | | |
| 77 | | 1/8 | Jennifer Thull | Fredericksburg | VA | 00:30:29 | 7:37 | 20 | 970 |
| 144 | | 2/8 | Michelle Quiroga | King George | VA | 00:35:37 | 8:54 | 20 | 910 |
| 145 | | 3/8 | Bree Lynch | Fredericksburg | VA | 00:35:38 | 8:55 | 21 | 908 |
| 162 | | 4/8 | Katie Sowell | Stafford | VA | 00:36:16 | 9:04 | 23 | 888 |
| 178 | | 5/8 | Tiffany Tigh | Lilburn | GA | 00:37:25 | 9:21 | 23 | 874 |
| 201 | | 6/8 | Kassey Elliott | Fredericksburg | VA | 00:39:17 | 9:49 | 22 | 848 |
| 255 | | 7/8 | Mary Barrera | San Diego | CA | 00:42:56 | 10:44 | 24 | 782 |
| 269 | | 8/8 | Candace Roach Ostlund | Locust Grove | VA | 00:45:18 | 11:20 | 23 | 762 |
| Women's 25-29 | | | | | | | | | |
| 73 | | 1/14 | Catesby Payne | Fredericksburg | VA | 00:30:10 | 7:33 | 29 | 974 |
| 115 | | 2/14 | Angela Hall | Fredericksburg | VA | 00:33:36 | 8:24 | 29 | 948 |
| 120 | | 3/14 | Alissa McCone | Fredericksburg | VA | 00:33:53 | 8:28 | 29 | 944 |
| 136 | | 4/14 | mindy lee | baltimore | md | 00:35:18 | 8:50 | 29 | 924 |
| 141 | | 5/14 | Holly Bisbee | Fredericksburg | VA | 00:35:33 | 8:53 | 29 | 916 |
| 184 | | 6/14 | Natalie Dymond | Alexandria | VA | 00:37:58 | 9:30 | 25 | 868 |
| 191 | | 7/14 | Rocha | Richmond | VA | 00:38:23 | 9:36 | 28 | 862 |
| 210 | | 8/14 | Elizabeth Johns | Centreville | VA | 00:40:18 | 10:05 | 25 | 840 |
| 211 | | 9/14 | Elizabeth Strickland | Arlington | VA | 00:40:18 | 10:05 | 27 | 838 |
| 230 | | 10/14 | Jaci Pfeiffer | Fredericksburg | VA | 00:41:30 | 10:23 | 25 | 822 |
| 232 | | 11/14 | Jillian Good | Fredericksburg | VA | 00:41:36 | 10:24 | 25 | 818 |
| 257 | | 12/14 | Annamarie Bollino | Fredericksburg | VA | 00:43:11 | 10:48 | 27 | 778 |
| 259 | | 13/14 | Steph Smith | Fredericksburg | VA | 00:43:34 | 10:54 | 27 | 774 |
| 311 | | 14/14 | Erin Johnson | Harrisonburg | VA | 00:53:33 | 13:23 | 25 | 712 |
| Women's 30-34 | | | | | | | | | |
| 46 | | 1/19 | Erin Young | Fredericksburg | VA | 00:28:19 | 7:05 | 32 | 992 |
| 66 | | 2/19 | Jennifer Rose | King George | VA | 00:29:56 | 7:29 | 31 | 980 |
| 71 | | 3/19 | Erin Reid | Fredericksburg | VA | 00:30:07 | 7:32 | 31 | 978 |
| 86 | | 4/19 | Kate Shelton | Fredericksburg | VA | 00:31:06 | 7:47 | 34 | 966 |
| 99 | | 5/19 | Tara Peters | Port Royal | VA | 00:32:09 | 8:02 | 34 | 958 |
| 122 | | 6/19 | Stephanie Hayden | Fredericksburg | VA | 00:33:53 | 8:28 | 33 | 942 |
| 139 | | 7/19 | Keli McCan | Fredericksburg | VA | 00:35:27 | 8:52 | 33 | 920 |
| 158 | | 8/19 | Sarah Linder | King George | VA | 00:36:06 | 9:02 | 30 | 894 |
| 171 | | 9/19 | Mel Furlo | Fredericksburg | VA | 00:36:51 | 9:13 | 32 | 878 |
| 207 | | 10/19 | Jenna Dashiell | Fredericksburg | VA | 00:39:46 | 9:57 | 33 | 842 |
| 221 | | 11/19 | S Bove | Fredericksburg | VA | 00:40:46 | 10:12 | 30 | 832 |
| 254 | | 12/19 | Holly Clark | Fredericksburg | VA | 00:42:51 | 10:43 | 30 | 784 |
| 268 | | 13/19 | Amie Bowman | Dumfries | VA | 00:45:10 | 11:18 | 31 | 764 |

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|---------------|-------|---------------------|----------------|----|----------|-------|----|-----|
| 270 | 14/19 | Amy Lynne Guido | Ruther Glen | VA | 00:45:30 | 11:23 | 31 | 760 |
| 285 | 15/19 | Julie Appleton | Fredericksburg | VA | 00:46:48 | 11:42 | 31 | 742 |
| 289 | 16/19 | Amy Adome | Fredericksburg | VA | 00:47:24 | 11:51 | 34 | 736 |
| 300 | 17/19 | Shannon Wilson | Fredericksburg | VA | 00:49:31 | 12:23 | 33 | 728 |
| 303 | 18/19 | K McDonald | Manassas | VA | 00:49:43 | 12:26 | 30 | 724 |
| 306 | 19/19 | Stephanie Martin | Stafford | VA | 00:50:22 | 12:36 | 31 | 720 |
| Women's 35-39 | | | | | | | | |
| 98 | 1/22 | Etta Agan Bradecamp | Warrenton | VA | 00:32:06 | 8:02 | 35 | 960 |
| 126 | 2/22 | Cory Rigual | Fredericksburg | VA | 00:34:05 | 8:31 | 38 | 934 |
| 127 | 3/22 | Caren Lee Walker | Fredericksburg | VA | 00:34:14 | 8:34 | 36 | 932 |
| 132 | 4/22 | Rhonda Marquis | Fredericksburg | VA | 00:34:57 | 8:44 | 37 | 928 |
| 154 | 5/22 | Trish Wakeham | Fairfax | VA | 00:35:49 | 8:57 | 39 | 898 |
| 156 | 6/22 | Lara Stubenhofer | Stafford | VA | 00:35:55 | 8:59 | 39 | 896 |
| 164 | 7/22 | Bonnie Brown | Fairfax | VA | 00:36:21 | 9:05 | 37 | 886 |
| 166 | 8/22 | Carmela Woodfin | Spotsylvania | VA | 00:36:26 | 9:07 | 35 | 882 |
| 188 | 9/22 | Rachael Shiels | Stafford | VA | 00:38:14 | 9:34 | 38 | 864 |
| 192 | 10/22 | Ginni Sperry | Spotsylvania | VA | 00:38:24 | 9:36 | 36 | 860 |
| 218 | 11/22 | Aimee Murphy | King George | VA | 00:40:43 | 10:11 | 37 | 834 |
| 222 | 12/22 | Lynn Pardee | King George | VA | 00:40:49 | 10:12 | 38 | 830 |
| 223 | 13/22 | Melody Newton | Spotsylvania | VA | 00:40:52 | 10:13 | 38 | 828 |
| 229 | 14/22 | Tammie Paulino | Spotsylvania | VA | 00:41:29 | 10:22 | 37 | 824 |
| 234 | 15/22 | Mary Wheatley | Fredericksburg | VA | 00:41:39 | 10:25 | 37 | 816 |
| 241 | 16/22 | Tiffany Phelps | Fredericksburg | VA | 00:42:02 | 10:31 | 36 | 804 |
| 245 | 17/22 | Kara Taylor | Ruther Glen | VA | 00:42:19 | 10:35 | 36 | 798 |
| 247 | 18/22 | Lanalee Buziak | Fredericksburg | VA | 00:42:27 | 10:37 | 37 | 794 |
| 275 | 19/22 | Pam Agramont | Fredericksburg | VA | 00:45:44 | 11:26 | 38 | 756 |
| 277 | 20/22 | Sonya Perkett | Stafford | VA | 00:45:48 | 11:27 | 36 | 754 |
| 313 | 21/22 | Nancy Fleming | McLean | Va | 00:54:33 | 13:38 | 36 | 710 |
| 316 | 22/22 | Paula Hamrick | Manassas | VA | 01:00:55 | 15:14 | 37 | 708 |
| Women's 40-44 | | | | | | | | |
| 40 | 1/24 | Karen Killeen | Richmond | VA | 00:27:58 | 7:00 | 40 | 994 |
| 52 | 2/24 | Carol Krill | Stafford | VA | 00:28:53 | 7:13 | 44 | 988 |
| 54 | 3/24 | Michelle Dolby | Fredericksburg | VA | 00:29:02 | 7:16 | 41 | 986 |
| 63 | 4/24 | Debra Durocher | Fredericksburg | VA | 00:29:45 | 7:26 | 40 | 984 |
| 64 | 5/24 | Melissa Unrath | Stafford | VA | 00:29:46 | 7:27 | 40 | 982 |
| 83 | 6/24 | Carol Northrup | Alexandria | VA | 00:30:59 | 7:45 | 42 | 968 |
| 91 | 7/24 | Heidi Greene | Springfield | VA | 00:31:41 | 7:55 | 41 | 964 |
| 94 | 8/24 | Helena Bozarth | Fredericksburg | VA | 00:31:46 | 7:57 | 42 | 962 |
| 110 | 9/24 | Donya Arias | Fredericksburg | VA | 00:33:04 | 8:16 | 40 | 952 |
| 117 | 10/24 | Wendy Taylor | Fredericksburg | VA | 00:33:40 | 8:25 | 42 | 946 |
| 124 | 11/24 | Aideen Brannan | Stafford | VA | 00:34:00 | 8:30 | 42 | 938 |
| 135 | 12/24 | Dawn Verardo | Culpeper | VA | 00:35:13 | 8:48 | 42 | 926 |
| 165 | 13/24 | Lisa Fredeen | Fredericksburg | VA | 00:36:21 | 9:05 | 42 | 884 |
| 180 | 14/24 | Patty Kramer | Stafford | VA | 00:37:29 | 9:22 | 41 | 872 |
| 186 | 15/24 | alisa parker | Spotsylvania | VA | 00:38:01 | 9:30 | 40 | 866 |
| 203 | 16/24 | Jami Mckenna | Fredericksburg | VA | 00:39:37 | 9:54 | 42 | 846 |
| 231 | 17/24 | Debbie Carneal | Fredericksburg | VA | 00:41:32 | 10:23 | 41 | 820 |
| 239 | 18/24 | Sharon Firewicz | Fredericksburg | VA | 00:41:57 | 10:29 | 44 | 808 |
| 246 | 19/24 | Ann Miller | Spotsylvania | VA | 00:42:26 | 10:37 | 43 | 796 |
| 258 | 20/24 | Lisa Ouellet | Fredericksburg | VA | 00:43:27 | 10:52 | 40 | 776 |
| 272 | 21/24 | Robin Ross | Fredericksburg | VA | 00:45:33 | 11:23 | 42 | 758 |
| 278 | 22/24 | Julie Mersiowsky | Fredericksburg | VA | 00:45:55 | 11:29 | 44 | 752 |
| 295 | 23/24 | Kate Edmonds | Fredericksburg | VA | 00:48:06 | 12:02 | 42 | 730 |
| 302 | 24/24 | Beth Merriman | Fredericksburg | VA | 00:49:40 | 12:25 | 43 | 726 |
| Women's 45-49 | | | | | | | | |
| 30 | 1/23 | Ruth Olson | Fredericksburg | VA | 00:27:10 | 6:48 | 46 | 998 |
| 72 | 2/23 | Elizabeth Quinn | Stafford | VA | 00:30:08 | 7:32 | 47 | 976 |
| 75 | 3/23 | Ellen Jones | Fredericksburg | VA | 00:30:18 | 7:35 | 46 | 972 |
| 103 | 4/23 | Lynne Clemo | Fredericksburg | VA | 00:32:25 | 8:06 | 49 | 956 |
| 112 | 5/23 | Wynn Elly | Stafford | VA | 00:33:20 | 8:20 | 45 | 950 |

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| 125 | 6/23 | Lynne Millholland | Spotsylvania | VA | 00:34:04 | 8:31 | 48 | 936 |
| 131 | 7/23 | Kayla Mariner | Cobb Island | MD | 00:34:42 | 8:41 | 48 | 930 |
| 140 | 8/23 | Gina Ober | Fredericksburg | VA | 00:35:30 | 8:53 | 49 | 918 |
| 143 | 9/23 | Barbara Thomas | Somerset | VA | 00:35:36 | 8:54 | 45 | 912 |
| 151 | 10/23 | Kathy Wisniewski | Fredericksburg | VA | 00:35:47 | 8:57 | 46 | 900 |
| 183 | 11/23 | Debby Girvan | Fredericksburg | VA | 00:37:55 | 9:29 | 45 | 870 |
| 194 | 12/23 | Becky Blanton | Bowling Green | VA | 00:38:31 | 9:38 | 48 | 856 |
| 204 | 13/23 | Marylee Brown | Woodbridge | VA | 00:39:39 | 9:55 | 49 | 844 |
| 236 | 14/23 | Rita Truelove | Fredericksburg | VA | 00:41:47 | 10:27 | 48 | 814 |
| 243 | 15/23 | Ginna Estes | Fredericksburg | VA | 00:42:08 | 10:32 | 47 | 802 |
| 244 | 16/23 | Cecelia Kirkman | Stafford | VA | 00:42:13 | 10:33 | 48 | 800 |
| 248 | 17/23 | Wendy Darr | King George | VA | 00:42:27 | 10:37 | 48 | 792 |
| 252 | 18/23 | Janet Butkus | Fredericksburg | VA | 00:42:47 | 10:42 | 46 | 788 |
| 253 | 19/23 | Dianne Holmes | Fredericksburg | VA | 00:42:49 | 10:42 | 45 | 786 |
| 262 | 20/23 | Pat Wheelbarger | Fredericksburg | VA | 00:43:55 | 10:59 | 45 | 768 |
| 283 | 21/23 | Patricia Funderburke | Fredericksburg | VA | 00:46:16 | 11:34 | 48 | 746 |
| 287 | 22/23 | Donna Tanner | Sterling | VA | 00:47:01 | 11:45 | 46 | 740 |
| 308 | 23/23 | t bates | Dumfries | Va | 00:51:08 | 12:47 | 46 | 716 |
| Women's 50-54 | | | | | | | | |
| 37 | 1/11 | Debi Bernardes | King George | VA | 00:27:55 | 6:59 | 50 | 996 |
| 123 | 2/11 | Leslie Rigby Kash | Round Hill | VA | 00:33:56 | 8:29 | 52 | 940 |
| 142 | 3/11 | Nancy Ball | Fredericksburg | VA | 00:35:35 | 8:54 | 52 | 914 |
| 160 | 4/11 | Debbie Pereira | Fredericksburg | VA | 00:36:12 | 9:03 | 51 | 892 |
| 161 | 5/11 | Nancy Cooper | Colonial Beach | VA | 00:36:15 | 9:04 | 50 | 890 |
| 167 | 6/11 | Vivian Roski | Woodbridge | VA | 00:36:30 | 9:08 | 54 | 880 |
| 193 | 7/11 | Jenny Grimsley | Springfield | VA | 00:38:27 | 9:37 | 52 | 858 |
| 195 | 8/11 | Beth Venable | King George | VA | 00:38:43 | 9:41 | 51 | 854 |
| 198 | 9/11 | Catherine Lee | Culpeper | VA | 00:39:06 | 9:47 | 53 | 852 |
| 260 | 10/11 | Cheryl Beebe | Sterling | VA | 00:43:36 | 10:54 | 52 | 772 |
| 281 | 11/11 | Patty Roberts | Fredericksburg | VA | 00:46:08 | 11:32 | 50 | 748 |
| Women's 55-59 | | | | | | | | |
| 138 | 1/6 | Boltin' Buffy Ostlund | Locust Grove | VA | 00:35:25 | 8:51 | 55 | 922 |
| 214 | 2/6 | Jannette Martin | Fredericksburg | VA | 00:40:24 | 10:06 | 58 | 836 |
| 227 | 3/6 | Anne Riordan | Fredericksburg | VA | 00:41:16 | 10:19 | 57 | 826 |
| 304 | 4/6 | Pat Lee | Fredericksburg | VA | 00:49:44 | 12:26 | 57 | 722 |
| 307 | 5/6 | Donna Mohling | Fredericksburg | VA | 00:51:02 | 12:46 | 56 | 718 |
| 309 | 6/6 | Nancy Murray | Fredericksburg | VA | 00:51:24 | 12:51 | 59 | 714 |
| Women's 60-69 | | | | | | | | |
| 107 | 1/6 | Callie Edmundson | Woodbridge | VA | 00:32:50 | 8:13 | 60 | 954 |
| 149 | 2/6 | Colleen Himelright | Fredericksburg | VA | 00:35:45 | 8:56 | 61 | 904 |
| 200 | 3/6 | Brenda Purcell | Louisa | VA | 00:39:13 | 9:48 | 60 | 850 |
| 250 | 4/6 | Alice Hough | King George | VA | 00:42:38 | 10:40 | 60 | 790 |
| 263 | 5/6 | Nancy Morrisette | Stafford | VA | 00:44:02 | 11:01 | 61 | 766 |
| 293 | 6/6 | Marcia Hall | King George | VA | 00:47:57 | 11:59 | 65 | 734 |
| Women's 70+ | | | | | | | | |
| 284 | 1/1 | Arlowene Garland | Warsaw | VA | 00:46:37 | 11:39 | 70 | 744 |
| Men's Overall | | | | | | | | |
| 1 | 1/1 | Rob Santoro | Springfield | VA | 00:21:13 | 5:18 | 25 | 1000 |
| Men's 19 & under | | | | | | | | |
| 5 | 1/15 | Evan Parry | Fredericksburg | VA | 00:23:37 | 5:54 | 18 | 992 |
| 20 | 2/15 | Narthan Benner | Fredericksburg | VA | 00:25:37 | 6:24 | 18 | 964 |
| 23 | 3/15 | Alexander Hinton | Fredericksburg | VA | 00:26:39 | 6:40 | 17 | 958 |
| 29 | 4/15 | Jon Van Deusen | Spotsylvania | VA | 00:27:10 | 6:48 | 15 | 946 |
| 38 | 5/15 | Shaun Harbison | Fredericksburg | VA | 00:27:56 | 6:59 | 17 | 932 |
| 43 | 6/15 | David Pennesi | Fredericksburg | VA | 00:28:12 | 7:03 | 15 | 924 |
| 67 | 7/15 | Luke Cassidy | Fredericksburg | VA | 00:30:01 | 7:30 | 15 | 890 |
| 137 | 8/15 | Kyle Newton | Partlow | VA | 00:35:24 | 8:51 | 13 | 806 |
| 175 | 9/15 | Ben Kramer | Stafford | VA | 00:37:08 | 9:17 | 12 | 778 |
| 179 | 10/15 | Luke Durocher | Fredericksburg | VA | 00:37:26 | 9:22 | 8 | 772 |

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| 208 | 11/15 | Trey Graham | Ninde | VA | 00:40:03 | 10:01 | 14 | 746 |
| 242 | 12/15 | Daniel Waid | Fredericksburg | VA | 00:42:04 | 10:31 | 18 | 716 |
| 291 | 13/15 | Nick Kramer | Stafford | VA | 00:47:40 | 11:55 | 16 | 686 |
| 298 | 14/15 | Thomas Durocher | Fredericksburg | VA | 00:49:17 | 12:19 | 10 | 678 |
| 299 | 15/15 | William Rysanek | Stafford | VA | 00:49:29 | 12:22 | 10 | 676 |
| Men's 20-24 | | | | | | | | |
| 2 | 1/6 | Rich Saunders | RICHMOND | VA | 00:21:54 | 5:29 | 20 | 998 |
| 113 | 2/6 | Isaac El Gato Ostlund | Locust Grove | VA | 00:33:26 | 8:22 | 24 | 828 |
| 182 | 3/6 | Chad Merica | Shenandoah | VA | 00:37:48 | 9:27 | 23 | 768 |
| 209 | 4/6 | Matthew Armentrout | Fredericksburg | VA | 00:40:07 | 10:02 | 22 | 744 |
| 212 | 5/6 | James Strickland | Goldvein | VA | 00:40:19 | 10:05 | 23 | 742 |
| 310 | 6/6 | Charles Fairchild | Harrisonburg | VA | 00:53:33 | 13:23 | 23 | 670 |
| Men's 25-29 | | | | | | | | |
| 4 | 1/13 | Bert Jacoby | Fredericksburg | VA | 00:22:36 | 5:39 | 26 | 994 |
| 12 | 2/13 | Patrick Early | Fredericksburg | VA | 00:24:47 | 6:12 | 29 | 978 |
| 18 | 3/13 | Justin C Neibauer | Fredericksburg | VA | 00:25:11 | 6:18 | 28 | 968 |
| 21 | 4/13 | Nick Dunford | Fredericksburg | VA | 00:26:05 | 6:31 | 26 | 962 |
| 41 | 5/13 | Richard Friesner | Fredericksburg | VA | 00:28:05 | 7:01 | 27 | 928 |
| 42 | 6/13 | James Boazzo | Pittsburgh | PA | 00:28:07 | 7:02 | 27 | 926 |
| 58 | 7/13 | Kevin Bouffard | Fredericksburg | VA | 00:29:34 | 7:24 | 28 | 902 |
| 74 | 8/13 | Charlie Sayers | Fredericksburg | VA | 00:30:17 | 7:34 | 29 | 882 |
| 78 | 9/13 | Paul Oldt | Spotsylvania | VA | 00:30:32 | 7:38 | 29 | 878 |
| 81 | 10/13 | Dan Hresko | Fredericksburg | VA | 00:30:50 | 7:43 | 29 | 872 |
| 133 | 11/13 | Boris Barrera | San Diego | CA | 00:35:10 | 8:48 | 25 | 810 |
| 163 | 12/13 | Ryan Goodin | Stafford | VA | 00:36:16 | 9:04 | 26 | 790 |
| 233 | 13/13 | Christopher Robinson | Fredericksburg | VA | 00:41:36 | 10:24 | 26 | 720 |
| Men's 30-34 | | | | | | | | |
| 3 | 1/16 | Andy Sayers | Rocky Mount | VA | 00:22:22 | 5:36 | 31 | 996 |
| 7 | 2/16 | Bob MacDonald | Fredericksburg | VA | 00:24:13 | 6:03 | 34 | 988 |
| 11 | 3/16 | Jason Hernandez | Stafford | VA | 00:24:44 | 6:11 | 31 | 980 |
| 16 | 4/16 | Jeff Modliszewski | Fredericksburg | VA | 00:25:02 | 6:16 | 33 | 972 |
| 26 | 5/16 | Patrick Gay | Spotsylvania | VA | 00:26:57 | 6:44 | 33 | 952 |
| 51 | 6/16 | Sky M Peters | Port Royal | VA | 00:28:49 | 7:12 | 34 | 912 |
| 55 | 7/16 | Christopher Hecker | Juneau | AK | 00:29:04 | 7:16 | 34 | 908 |
| 96 | 8/16 | Todd A. Williams | Fredericksburg | VA | 00:31:49 | 7:57 | 30 | 850 |
| 118 | 9/16 | Travis Dashiell | Fredericksburg | VA | 00:33:51 | 8:28 | 31 | 822 |
| 130 | 10/16 | Shane Reid | Fredericksburg | VA | 00:34:35 | 8:39 | 31 | 812 |
| 174 | 11/16 | Mark Keenan | Fredericksburg | VA | 00:37:01 | 9:15 | 30 | 780 |
| 190 | 12/16 | Jerry Barbato | Richmond | VA | 00:38:22 | 9:36 | 33 | 760 |
| 219 | 13/16 | Dan Murphy | King George | VA | 00:40:43 | 10:11 | 34 | 732 |
| 271 | 14/16 | Matthew Thomas Guido | Ruther Glen | VA | 00:45:31 | 11:23 | 32 | 702 |
| 274 | 15/16 | Conrad Agramont | Fredericksburg | VA | 00:45:44 | 11:26 | 33 | 698 |
| 296 | 16/16 | Neil Richard | King George | VA | 00:48:24 | 12:06 | 32 | 682 |
| Men's 35-39 | | | | | | | | |
| 9 | 1/17 | Jack Lovett | Newport News | VA | 00:24:33 | 6:08 | 38 | 984 |
| 19 | 2/17 | Dan Putka | Fredericksburg | VA | 00:25:20 | 6:20 | 35 | 966 |
| 25 | 3/17 | Bob Blunkosky | Fredericksburg | VA | 00:26:51 | 6:43 | 35 | 954 |
| 27 | 4/17 | Nate Howes | Port Royal | VA | 00:27:06 | 6:47 | 35 | 950 |
| 32 | 5/17 | Andy Gotchel | King George | VA | 00:27:18 | 6:50 | 36 | 942 |
| 33 | 6/17 | Chris Young | Fredericksburg | VA | 00:27:26 | 6:52 | 39 | 940 |
| 45 | 7/17 | Jon Levi | Fredericksburg | VA | 00:28:18 | 7:05 | 39 | 920 |
| 49 | 8/17 | John Gomez | Brega | CA | 00:28:42 | 7:11 | 35 | 916 |
| 90 | 9/17 | Paul Tennant | Fredericksburg | VA | 00:31:26 | 7:52 | 39 | 858 |
| 104 | 10/17 | Michael Wenzler | Fredericksburg | VA | 00:32:39 | 8:10 | 37 | 840 |
| 108 | 11/17 | Shane Grossenbacher | King George | VA | 00:32:55 | 8:14 | 37 | 834 |
| 111 | 12/17 | Nick Marshall | Spotsylvania | VA | 00:33:15 | 8:19 | 37 | 830 |
| 148 | 13/17 | Chris Tanglin | Manassas | VA | 00:35:43 | 8:56 | 37 | 802 |
| 169 | 14/17 | Scott Linder | King George | VA | 00:36:41 | 9:10 | 36 | 786 |
| 216 | 15/17 | Jeff Barlett | Fredericksburg | VA | 00:40:37 | 10:09 | 39 | 736 |
| 235 | 16/17 | Tom Kurth | Fredericksburg | VA | 00:41:40 | 10:25 | 36 | 718 |

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|-------------|-------|------------------------|----------------|----|----------|-------|----|-----|
| 276 | 17/17 | Timothy Perkett | Stafford | VA | 00:45:48 | 11:27 | 38 | 696 |
| Men's 40-44 | | | | | | | | |
| 6 | 1/34 | Sean Killeen | Richmond | VA | 00:23:58 | 6:00 | 43 | 990 |
| 10 | 2/34 | Dennis Dwight Billings | Woodbridge | VA | 00:24:36 | 6:09 | 40 | 982 |
| 17 | 3/34 | Jeff Van Horn | Fredericksburg | VA | 00:25:08 | 6:17 | 44 | 970 |
| 44 | 4/34 | Mark Reeves | Fredericksburg | VA | 00:28:14 | 7:04 | 41 | 922 |
| 47 | 5/34 | Robin Dreeke | Fredericksburg | VA | 00:28:31 | 7:08 | 40 | 918 |
| 50 | 6/34 | Rex Edwards | Spotsylvania | VA | 00:28:46 | 7:12 | 44 | 914 |
| 61 | 7/34 | James B LaFratta | Fredericksburg | VA | 00:29:39 | 7:25 | 42 | 896 |
| 62 | 8/34 | Ric Rigual | Fredericksburg | VA | 00:29:44 | 7:26 | 41 | 894 |
| 69 | 9/34 | Dan Peterson | Fredericksburg | VA | 00:30:01 | 7:30 | 44 | 886 |
| 76 | 10/34 | Len Parker | Spotsylvania | VA | 00:30:24 | 7:36 | 42 | 880 |
| 79 | 11/34 | Chris Purvis | Fredericksburg | VA | 00:30:33 | 7:38 | 44 | 876 |
| 84 | 12/34 | Parker Northrup | Alexandria | VA | 00:30:59 | 7:45 | 43 | 868 |
| 92 | 13/34 | Abraham Paulose | | | 00:31:41 | 7:55 | 42 | 856 |
| 95 | 14/34 | Brian Kiser | King George | VA | 00:31:48 | 7:57 | 40 | 852 |
| 102 | 15/34 | Steve Fredeen | Fredericksburg | VA | 00:32:21 | 8:05 | 42 | 842 |
| 105 | 16/34 | Mark Bowman | Dumfries | VA | 00:32:40 | 8:10 | 40 | 838 |
| 116 | 17/34 | Vincent Butaitis | Fredericksburg | VA | 00:33:38 | 8:25 | 40 | 824 |
| 119 | 18/34 | David Lynch | Spotsylvania | VA | 00:33:52 | 8:28 | 44 | 820 |
| 121 | 19/34 | Ken Stubenhofer | Stafford | VA | 00:33:53 | 8:28 | 41 | 818 |
| 134 | 20/34 | Timothy Daniels | Stafford | VA | 00:35:12 | 8:48 | 40 | 808 |
| 153 | 21/34 | Rick McMurray | Fairfax | VA | 00:35:49 | 8:57 | 40 | 798 |
| 172 | 22/34 | Steven Showalter | Fredericksburg | VA | 00:36:55 | 9:14 | 41 | 782 |
| 177 | 23/34 | Michael Brown | Fairfax | VA | 00:37:21 | 9:20 | 40 | 774 |
| 185 | 24/34 | John Edmonds | Fredericksburg | VA | 00:37:59 | 9:30 | 42 | 766 |
| 189 | 25/34 | Mike Shiels | Stafford | VA | 00:38:14 | 9:34 | 41 | 762 |
| 196 | 26/34 | Darius Wilson | Fredericksburg | VA | 00:38:52 | 9:43 | 43 | 758 |
| 202 | 27/34 | John Gay | King George | VA | 00:39:30 | 9:53 | 44 | 752 |
| 205 | 28/34 | Jay Gordon | Fredericksburg | VA | 00:39:46 | 9:57 | 41 | 750 |
| 206 | 29/34 | Wayne Sanford | Stafford | VA | 00:39:46 | 9:57 | 44 | 748 |
| 251 | 30/34 | Michael Busansky | Stafford | VA | 00:42:41 | 10:40 | 44 | 712 |
| 290 | 31/34 | T Sweat | Manassas | VA | 00:47:31 | 11:53 | 40 | 688 |
| 292 | 32/34 | Jody kramer | Stafford | VA | 00:47:41 | 11:55 | 40 | 684 |
| 301 | 33/34 | Bill Rysanek | Stafford | VA | 00:49:32 | 12:23 | 41 | 674 |
| 312 | 34/34 | Mike Fleming | McLean | Va | 00:54:33 | 13:38 | 41 | 668 |
| Men's 45-49 | | | | | | | | |
| 8 | 1/25 | Jack Morrison | Fredericksburg | VA | 00:24:24 | 6:06 | 49 | 986 |
| 13 | 2/25 | Duane Williamson | Warrenton | VA | 00:24:49 | 6:12 | 45 | 976 |
| 28 | 3/25 | Dennis Funderburke | Fredericksburg | VA | 00:27:07 | 6:47 | 48 | 948 |
| 34 | 4/25 | Jimmy Price | Stafford | VA | 00:27:27 | 6:52 | 49 | 938 |
| 35 | 5/25 | Brad Cranick | Fredericksburg | VA | 00:27:39 | 6:55 | 46 | 936 |
| 36 | 6/25 | David Croteau | Stafford | VA | 00:27:49 | 6:57 | 46 | 934 |
| 53 | 7/25 | Hap Connors | Fredericksburg | VA | 00:28:57 | 7:14 | 49 | 910 |
| 59 | 8/25 | Henry Clemo | Fredericksburg | VA | 00:29:38 | 7:25 | 49 | 900 |
| 80 | 9/25 | Kyle Jones | Fredericksburg | VA | 00:30:40 | 7:40 | 48 | 874 |
| 82 | 10/25 | John Lysher | Fredericksburg | VA | 00:30:54 | 7:44 | 47 | 870 |
| 97 | 11/25 | Jack Hyland | Fredericksburg | VA | 00:32:00 | 8:00 | 45 | 848 |
| 101 | 12/25 | John T. Quinn | Stafford | VA | 00:32:15 | 8:04 | 48 | 844 |
| 152 | 13/25 | Don Wisniewski | Fredericksburg | VA | 00:35:47 | 8:57 | 47 | 800 |
| 159 | 14/25 | Patrick Spalding | Locust Grove | VA | 00:36:07 | 9:02 | 48 | 792 |
| 168 | 15/25 | Marc Harbison | Fredericksburg | VA | 00:36:39 | 9:10 | 48 | 788 |
| 170 | 16/25 | Robert Beckwith | Fredericksburg | VA | 00:36:42 | 9:11 | 47 | 784 |
| 176 | 17/25 | Donnie Bullock | Fredericksburg | VA | 00:37:14 | 9:19 | 47 | 776 |
| 181 | 18/25 | Jeff Riffie | Spotsylvania | VA | 00:37:44 | 9:26 | 47 | 770 |
| 187 | 19/25 | Clif Presenger | | | 00:38:11 | 9:33 | 45 | 764 |
| 197 | 20/25 | Joe Pereira | Fredericksburg | VA | 00:38:52 | 9:43 | 46 | 756 |
| 217 | 21/25 | Robert Graham Jr. | Ninde | VA | 00:40:39 | 10:10 | 46 | 734 |
| 225 | 22/25 | Bill Hinton | Fredericksburg | VA | 00:41:12 | 10:18 | 45 | 726 |
| 264 | 23/25 | Dale Bain | Fredericksburg | VA | 00:44:08 | 11:02 | 46 | 710 |

| | | | | | | | | |
|-------------------|-------|---------------------|----------------|----|----------|-------|----|-----|
| 265 | 24/25 | Ben Fulton | Fredericksburg | VA | 00:44:22 | 11:06 | 49 | 708 |
| 314 | 25/25 | Tyrell Williams | Woodbridge | VA | 00:56:09 | 14:02 | 47 | 666 |
| Men's 50-54 | | | | | | | | |
| 15 | 1/21 | Gary Grimsley | Springfield | VA | 00:25:00 | 6:15 | 54 | 974 |
| 22 | 2/21 | Mike Cannon | Springfield | VA | 00:26:22 | 6:36 | 50 | 960 |
| 24 | 3/21 | David Lovegrove | Fredericksburg | VA | 00:26:46 | 6:42 | 52 | 956 |
| 31 | 4/21 | David Smith | Tappahannock | VA | 00:27:16 | 6:49 | 51 | 944 |
| 39 | 5/21 | Mike Brooks | Fredericksburg | VA | 00:27:57 | 6:59 | 52 | 930 |
| 56 | 6/21 | Paul Weber | Fredericksburg | VA | 00:29:22 | 7:21 | 53 | 906 |
| 57 | 7/21 | Ralph Arquette | Fredericksburg | VA | 00:29:26 | 7:22 | 53 | 904 |
| 60 | 8/21 | Randy Lasater | Fredericksburg | VA | 00:29:39 | 7:25 | 52 | 898 |
| 70 | 9/21 | William Hamilton | Fredericksburg | VA | 00:30:02 | 7:31 | 50 | 884 |
| 85 | 10/21 | Bob Brannon | King George | VA | 00:31:01 | 7:45 | 50 | 866 |
| 88 | 11/21 | Larry Anderson | Springfield | VA | 00:31:14 | 7:49 | 53 | 862 |
| 93 | 12/21 | Mike Rogers | King George | VA | 00:31:43 | 7:56 | 51 | 854 |
| 100 | 13/21 | Glenn P. Messier | Warrenton | VA | 00:32:13 | 8:03 | 50 | 846 |
| 109 | 14/21 | James Thull | Fredericksburg | VA | 00:32:56 | 8:14 | 51 | 832 |
| 114 | 15/21 | Garret Faulds | King George | VA | 00:33:34 | 8:24 | 53 | 826 |
| 129 | 16/21 | Mike Greene | Springfield | VA | 00:34:23 | 8:36 | 50 | 814 |
| 157 | 17/21 | John Gassert | Fredericksburg | VA | 00:36:01 | 9:00 | 52 | 794 |
| 220 | 18/21 | Alan Godfrey | Fredericksburg | VA | 00:40:44 | 10:11 | 50 | 730 |
| 267 | 19/21 | Donald R Holmes | Fredericksburg | VA | 00:44:48 | 11:12 | 53 | 704 |
| 282 | 20/21 | Bill Roberts | Fredericksburg | VA | 00:46:08 | 11:32 | 52 | 692 |
| 315 | 21/21 | Erick Hagstrom | Stafford | VA | 00:59:27 | 14:52 | 50 | 664 |
| Men's 55-59 | | | | | | | | |
| 65 | 1/12 | jim riordan | Fredericksburg | VA | 00:29:47 | 7:27 | 55 | 892 |
| 68 | 2/12 | Fast Freddy Ostlund | Locust Grove | VA | 00:30:01 | 7:30 | 56 | 888 |
| 87 | 3/12 | Steven Schaeffer | Mt Airy | MD | 00:31:07 | 7:47 | 59 | 864 |
| 89 | 4/12 | Frank Roski | Woodbridge | VA | 00:31:21 | 7:50 | 57 | 860 |
| 128 | 5/12 | John Henderson | Fredericksburg | VA | 00:34:15 | 8:34 | 55 | 816 |
| 146 | 6/12 | David Thomen | Stafford | VA | 00:35:41 | 8:55 | 59 | 804 |
| 155 | 7/12 | Barry Fitz-James | Stafford | VA | 00:35:50 | 8:58 | 57 | 796 |
| 226 | 8/12 | Michael Lewis | Fredericksburg | VA | 00:41:12 | 10:18 | 55 | 724 |
| 249 | 9/12 | Russ Glerum | Fredericksburg | VA | 00:42:27 | 10:37 | 59 | 714 |
| 266 | 10/12 | Chris Neibauer | Fredericksburg | VA | 00:44:28 | 11:07 | 58 | 706 |
| 273 | 11/12 | Barry Ross | Fredericksburg | VA | 00:45:34 | 11:24 | 55 | 700 |
| 297 | 12/12 | Bob Brammer | Fredericksburg | VA | 00:49:09 | 12:17 | 56 | 680 |
| Men's 60-69 | | | | | | | | |
| 106 | 1/6 | Ronald Edington | Fredericksburg | VA | 00:32:45 | 8:11 | 61 | 836 |
| 213 | 2/6 | Durrell Boyd | King George | VA | 00:40:21 | 10:05 | 64 | 740 |
| 215 | 3/6 | William Murray | Fredericksburg | VA | 00:40:31 | 10:08 | 62 | 738 |
| 228 | 4/6 | Charles C Hall | King George | VA | 00:41:27 | 10:22 | 68 | 722 |
| 280 | 5/6 | F Bruce Thomas | Fredericksburg | VA | 00:46:02 | 11:31 | 63 | 694 |
| 286 | 6/6 | Bob Morrissette | Stafford | VA | 00:46:53 | 11:43 | 65 | 690 |
| Men's 70 and over | | | | | | | | |
| 199 | 1/3 | Tom Kenney | Glen Echo | MD | 00:39:10 | 9:48 | 75 | 754 |
| 224 | 2/3 | Robert Gurtler | The Plains | Va | 00:40:55 | 10:14 | 73 | 728 |
| 305 | 3/3 | Ferris Portner Jr | King George | VA | 00:49:52 | 12:28 | 80 | 672 |

Couples Report

Rundate: 02/08/2009 12:40:52 2009 Sweethearts 4 Mile

02/08/2009

| Place | | | Finish Time | Adjust Time | Average Time |
|---------------------------------------|-----------------------|------|-------------|-------------|--------------|
| ----- - -Winners by Category - Heat 1 | | | | | |
| 1 | Julia Smith | F 40 | 24:56 | 21:10 | 21:56 |
| | David Smith | M 51 | 27:16 | 22:41 | |
| 2 | Sean Killeen | M 43 | 23:58 | 21:32 | 22:44 |
| | Karen Killeen | F 40 | 27:58 | 23:55 | |
| 3 | Gary Grimsley | M 54 | 25:00 | 19:36 | 25:02 |
| | Jenny Grimsley | F 52 | 38:27 | 30:28 | |
| 4 | Boltin' Buffy Ostlund | F 55 | 35:25 | 27:00 | 25:33 |
| | Fast Freddy Ostlund | M 56 | 30:01 | 24:05 | |
| 5 | Ellen Jones | F 46 | 30:18 | 24:34 | 25:44 |
| | Kyle Jones | M 48 | 30:40 | 26:53 | |
| 6 | Elizabeth Quinn | F 47 | 30:08 | 24:09 | 26:19 |
| | John T. Quinn | M 48 | 32:15 | 28:28 | |
| 7 | Frank Roski | M 57 | 31:21 | 25:08 | 26:41 |
| | Vivian Roski | F 54 | 36:30 | 28:13 | |
| 8 | Carol Northrup | F 42 | 30:59 | 26:09 | 27:21 |
| | Parker Northrup | M 43 | 30:59 | 28:33 | |
| 9 | Anne Riordan | F 57 | 41:16 | 31:48 | 27:58 |
| | jim riordan | M 55 | 29:47 | 24:07 | |
| 10 | Heidi Greene | F 41 | 31:41 | 27:03 | 28:34 |
| | Mike Greene | M 50 | 34:23 | 30:04 | |
| 11 | Cory Rigual | F 38 | 34:05 | 29:57 | 28:54 |
| | Ric Rigual | M 41 | 29:44 | 27:51 | |
| 12 | Tara Peters | F 34 | 32:09 | 29:10 | 29:00 |
| | Sky M Peters | M 34 | 28:49 | 28:49 | |
| 13 | Todd A. Williams | M 30 | 31:49 | 31:49 | 29:36 |
| | Catesby Payne | F 29 | 30:10 | 27:22 | |
| 14 | David Croteau | M 46 | 27:49 | 24:35 | 29:44 |
| | Cecelia Kirkman | F 48 | 42:13 | 34:53 | |
| 15 | Dennis Funderburke | M 48 | 27:07 | 23:20 | 30:57 |
| | Patricia Funderburke | F 48 | 46:16 | 38:33 | |
| 16 | Shane Reid | M 31 | 34:35 | 34:35 | 30:58 |
| | Erin Reid | F 31 | 30:07 | 27:20 | |
| 17 | Ken Stubenhofer | M 41 | 33:53 | 32:00 | 31:41 |
| | Lara Stubenhofer | F 39 | 35:55 | 31:22 | |
| 18 | Nick Marshall | M 37 | 33:15 | 32:26 | 32:38 |
| | Carmela Woodfin | F 35 | 36:26 | 32:49 | |
| 19 | Trish Wakeham | F 39 | 35:49 | 31:17 | 32:45 |
| | Rick McMurray | M 40 | 35:49 | 34:12 | |
| 20 | Michael Brown | M 40 | 37:21 | 35:44 | 34:00 |
| | Bonnie Brown | F 37 | 36:21 | 32:15 | |
| 21 | Marcia Hall | F 65 | 47:57 | 35:55 | 34:06 |
| | Charles C Hall | M 68 | 41:27 | 32:16 | |
| 22 | Sarah Linder | F 30 | 36:06 | 32:46 | 34:28 |
| | Scott Linder | M 36 | 36:41 | 36:09 | |
| 23 | Katie Sowell | F 23 | 36:16 | 32:55 | 34:36 |
| | Ryan Goodin | M 26 | 36:16 | 36:16 | |
| 24 | Jenna Dashiell | F 33 | 39:46 | 36:05 | 34:58 |
| | Travis Dashiell | M 31 | 33:51 | 33:51 | |
| 25 | Mike Shiels | M 41 | 38:14 | 36:21 | 35:02 |
| | Rachael Shiels | F 38 | 38:14 | 33:43 | |
| 26 | Chad Merica | M 23 | 37:48 | 37:48 | 35:04 |
| | Michelle Quiroga | F 20 | 35:37 | 32:19 | |
| 27 | Mark Bowman | M 40 | 32:40 | 31:03 | 36:01 |

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|----|-----------------------|---|----|-------|-------|-------|
| | Amie Bowman | F | 31 | 45:10 | 40:59 | |
| 28 | William Murray | M | 62 | 40:31 | 32:57 | 36:44 |
| | Nancy Murray | F | 59 | 51:24 | 40:31 | |
| 29 | Boris Barrera | M | 25 | 35:10 | 35:10 | 37:04 |
| | Mary Barrera | F | 24 | 42:56 | 38:58 | |
| 30 | Candace Roach Ostlund | F | 23 | 45:18 | 41:06 | 37:16 |
| | Isaac El Gato Ostlund | M | 24 | 33:26 | 33:26 | |
| 31 | Dianne Holmes | F | 45 | 42:49 | 36:10 | 37:55 |
| | Donald R Holmes | M | 53 | 44:48 | 39:40 | |
| 32 | Aimee Murphy | F | 37 | 40:43 | 36:12 | 38:28 |
| | Dan Murphy | M | 34 | 40:43 | 40:43 | |
| 33 | John Edmonds | M | 42 | 37:59 | 35:49 | 38:45 |
| | Kate Edmonds | F | 42 | 48:06 | 41:41 | |
| 34 | Matthew Armentrout | M | 22 | 40:07 | 40:07 | 38:54 |
| | Jaci Pfeiffer | F | 25 | 41:30 | 37:40 | |
| 35 | Jody kramer | M | 40 | 47:41 | 46:04 | 39:11 |
| | Patty Kramer | F | 41 | 37:29 | 32:18 | |
| 36 | Bill Roberts | M | 52 | 46:08 | 41:16 | 39:37 |
| | Patty Roberts | F | 50 | 46:08 | 37:57 | |
| 37 | Sonya Perkett | F | 36 | 45:48 | 41:05 | 42:54 |
| | Timothy Perkett | M | 38 | 45:48 | 44:43 | |
| 38 | Pam Agramont | F | 38 | 45:44 | 40:31 | 43:08 |
| | Conrad Agramont | M | 33 | 45:44 | 45:44 | |
| 39 | Amy Lynne Guido | F | 31 | 45:30 | 41:17 | 43:24 |
| | Matthew Thomas Guido | M | 32 | 45:31 | 45:31 | |
| 40 | Erin Johnson | F | 25 | 53:33 | 48:36 | 51:05 |
| | Charles Fairchild | M | 23 | 53:33 | 53:33 | |