

14th Annual Apple Valley 5k Saturday November 5, 2011

One hundred forty runners and walkers participated Saturday, Nov. 5, in the 14th annual Apple Valley 5K cross country race at Gross' Orchard in Bedford County. Anna Carter, 17, of Lynchburg finished first among the women and 10th overall, covering the 3.1-mile course in 21 minutes, 49 seconds. Hosannah Vickery, 15, of Bedford, was second place in 23.03 followed by her sister, Sarah Vickery, 14, in 23.59.

The men were lead by defending champion Jeff Harrington, 41, of Lynchburg, a five-time winner, who finished with a time of 17 minutes 28 seconds. Harrington was followed by 16-year-old Huddleston resident John Pemberton (18.46), and 35-year-old Greg King of Bedford (19.06).

The Most Improved Runner Award was given to Lynchburg resident Mary McCarthy who finished the course in 34.47, a seven-minute, 22-second improvement over her 2010 time. The following runners placed in the overall and age divisions:

Men's overall: Jeff Harrington, 17.28

Women's overall: Anna Carter, 21.49

Men 12 and under

1. Nico Sorrell, 25.14
2. Dawson Kosmas, 26.49
3. Joseph Pemberton, 27.52

Women 12 and under

1. Laura Smith, 28.11
2. Faerin Dick, 29.24
3. Molly Hellwig, 31.16

Men 13-18

1. John Pemberton, 18.46
2. Caleb Pollard, 19.28
3. Timmy Moyer, 20.28

Women 13-18

1. Hosannah Vickery, 23.03
2. Sarah Vickery, 23.59
3. Celia Lee, 25.08

Men 19-29

1. Earl Graves, 22.47
2. Danny Austin, 26.48

3. Brad Hypes, 27.21

Women 19-29

1. Michelle Messier, 26.51
2. Anne Brown, 27.27
3. Alexis Rukenbrod, 27.30

Men 30-39

1. Greg King, 19.06
2. Christopher Ellis, 20.54
3. Matt Shutt, 27.51

Women 30-39

1. Tara Eskey, 24.11
2. Karen Maydian, 24.34
3. Jessica Morgan, 26.25

Men 40-49

1. Darrell Wargo, 21.08
2. Tim Coleman, 23.57
3. Scott Baker, 25.12

Women 40-49

1. Kitty Tomkinson, 25.18
2. Julie Tisone, 29.25
3. Jean Fisher, 31.22

Men 50-59

1. R.B. Carter, 21.33
2. Henry Schaeffer, 24.54
3. Todd Everett, 25.14

Women 50-59

1. Anne Hansen, 30.05
2. Karen Davidson, 30.21
3. Janet Carper, 31.55

Men 60-69

1. Don Lucy, 23.48
2. Russell Smith, 26.12
3. Robert Pawlas, 30.33

Women 60-69

1. Pat Santoro, 32.17
2. Jane Mehalso, 36.24
3. Chris Howison, 44.27

Men 70 and older

1. David Howison, 28.10
2. Lee Masser, 37.17

Women 70 and older

1. Sandra Boyes, 47.46

A complete list of finishers is as follows:

1. Jeff Harrington, 17.28
2. John Pemberton, 18.46

3. Greg King, 19.06
4. Caleb Pollard, 19.28
5. Timmy Moyer, 20.28
6. Craig Danner, 20.45
7. Christopher Ellis, 20.54
8. Darrell Wargo, 21.08
9. R.B. Carter, 21.33
10. Anna Carter, 21.49
11. Earl Graves, 22.47
12. Lyndon Lewis, 22.54
13. Hosannah Vickery, 23.03
14. Dalton Worsham, 23.34
15. Don Lucy, 23.48
16. Tim Coleman, 23.57
17. Sarah Vickery, 23.59
18. Tara Eskey, 24.11
19. Nathan Robinson, 24.20
20. Nathan Cutler, 24.33
21. Karen Maydian, 24.34
22. Henry Schaeffer, 24.54
23. Celia Lee, 25.08
24. Charles Swift, 25.09
25. Scott Baker, 25.12
26. Nico Sorrell, 25.14
27. Todd Everett, 25.14
28. Kitty Tomkinson, 25.18
29. Tim Shank, 25.24
30. Kelsey Barta, 25.39
31. John Alfieri, 25.43
32. Quinn Hershberger, 25.49
33. Philip Robinson, 26.01
34. Russell Smith, 26.12
35. David Hansen, 26.25
36. Jessica Morgan, 26.25
37. Danny Austin, 26.48
38. Dawson Kosmas, 26.49
39. Michelle Messier, 26.51
40. Paul Hardesty, 27.15
41. Paul Kosmas, 27.17
42. Brad Hypes, 27.21
43. Anne Brown, 27.27
44. Alexis Rukenbrod, 27.30
45. Gray Russell, 27.47
46. Matt Shutt, 27.51
47. Joseph Pemberton, 27.52
48. Lydia Marsh, 27.54

49. Dylan Wright, 27.59
50. David Howison, 28.10
51. Laura Smith, 28.11
52. Caroline Ladson, 28.13
53. Eric Miller, 28.19
54. Jay Sheaffer, 28.24
55. Hannah Vickery, 28.28
56. Melissa Anderson, 28.49
57. Hilary Bowie, 29.03
58. Faerin Dick, 29.24
59. Julie Tisone, 29.25
60. Missy Bradby, 29.31
61. Anne Hansen, 30.05
62. Sharon Deichmann, 30.06
63. Karen Davidson, 30.21
64. Sharon Chambers, 30.31
65. Robert Pawlas, 30.33
66. Josh Schuck, 30.43
67. Stacy Walls, 31.10
68. Molly Hellwig, 31.16
69. Ethan Fisher, 31.21
70. Jean Fisher, 31.22
71. Stella Carson, 31.36
72. Kelly Bell, 31.48
73. Katie Regan, 31.54
74. Janet Carper, 31.55
75. Ann Jensen, 32.09
76. Emily Hellwig, 32.09
77. Tammi Hellwig, 32.12
78. Pat Santoro, 32.17
79. Sierra Witt, 32.19
80. Lisa McDonald, 32.41
81. Barry Witt, 33.08
82. Isabelle Amendola, 33.11
83. Michael Amendola, 33.12
84. Anne Alfieri, 33.29
85. Debbie Vreeland, 33.39
86. Louraine Stegall, 33.42
87. Krista Schuck, 33.44
88. Mark Wilson, 33.46
89. Jessica Tomkinson, 34.02
90. Tim Wheeler, 34.04
91. Jill Hardesty, 34.19
92. Leanne McCraw, 34.27
93. Lydia Wills, 34.28
94. Stacie Swan, 34.29

95. Gene Croce, 34.30
96. Shellie Suffel, 34.36
97. Caleb Pemberton, 34.36
98. Erica Martin, 34.40
99. Mary McCarthy, 34.47
100. Angie Smith, 34.51
101. Susannah Pemberton, 34.51
102. Graham Zollman, 35.14
103. Brenda Ponce, 35.25
104. Hannah Eckard, 35.31
105. Shannon Padgett, 35.52
106. Jenny Austin, 35.55
107. Jane Mehalso, 36.24
108. Drew Miller, 36.59
109. Lisa Cutler, 37.09
110. Lee Masser, 37.17
111. Natalie Robinson, 37.20
112. Sandi Martin, 37.30
113. Lisa Dellinger, 37.35
114. Sam Nissen, 37.41
115. Lora Nissen, 38.03
116. Kelly Eckard, 38.20
117. Amy Friess, 38.22
118. Teresa Justice, 38.56
119. Michelle Roberson, 38.58
120. Sam Fansler, 40.09
121. Andrea Fansler, 40.10
122. Liz Palmer, 40.32
123. Alison Law, 41.07
124. Valerie Sell, 41.12
125. Sue Lunt, 41.15
126. Todd Thomas, 41.16
127. Regina Knave, 41.18
128. Rebekah Pemberton, 44.01
129. Parry Dooley, 44.07
130. Meredith Dooley, 44.11
131. Chris Howison, 44.27
132. Elaine Robertson, 44.57
133. Sue Coleman, 45.22
134. Tara Torrence, 46.00
135. Wayne Owen, 46.41
136. Victoria Bramble, 47.14
137. Nancy Price, 47.15
138. Sandra Boyes, 47.46
139. Loretta Kinzer, 47.54
140. Denise Bernheim, 52.43

