

EVENT TIMING/RESULTS: Riverside Runners, Inc. info@riversiderunner.com

5th Annual IRON 5k Run / Walk
Amherst County High School
Amherst, VA April 12, 2015
74 degrees, sunny, wind 7mph

| Place | Name | City | St | Ag | Sex | Time | Pace |
|-------|----------------------|-----------------|----|----|-----|-------|------|
| 1 | Drew Ramsey | Amherst | VA | 25 | M | 19:39 | 6:21 |
| 2 | Darrell Wargo | Lynchburg | VA | 46 | M | 19:52 | 6:25 |
| 3 | Chad Mooney | Monroe | VA | 36 | M | 20:23 | 6:35 |
| 4 | Matthew Giles | Madison Heights | VA | 29 | M | 20:48 | 6:43 |
| 5 | Robbie Stephens | Appomattox | VA | 38 | M | 21:46 | 7:02 |
| 6 | Josh Hall | Forest | VA | 34 | M | 22:09 | 7:09 |
| 7 | Joseph Lee Gilbar | Amherst | VA | 15 | M | 22:26 | 7:15 |
| 8 | Lee Beaumont | Lynchburg | VA | 46 | M | 22:39 | 7:19 |
| 9 | Hunter Meyer | Amherst | VA | 14 | M | 22:55 | 7:24 |
| 10 | Joey Marrs | Madison Heights | VA | 30 | M | 23:25 | 7:34 |
| 11 | Felix Lopez | Lynchburg | VA | 62 | M | 23:56 | 7:44 |
| 12 | Nicholas Massie | Amherst | VA | 13 | M | 24:12 | 7:49 |
| 13 | Dwayne Marshall | Lynchburg | VA | 52 | M | 24:23 | 7:52 |
| 14 | Carson Gilbar | Amherst | VA | 11 | M | 24:36 | 7:57 |
| 15 | Zach Anderson | Amherst | VA | 19 | M | 24:37 | 7:57 |
| 16 | Jeffrey Campbell | Amherst | VA | 32 | M | 24:44 | 7:59 |
| 17 | Brent Ausink | Forest | VA | 25 | M | 24:48 | 8:00 |
| 18 | Jay Barnes | Sweet Briar | VA | 50 | M | 24:51 | 8:01 |
| 19 | Sara Lu Christian | Madison Heights | VA | 60 | F | 24:54 | 8:02 |
| 20 | Tyler Holder | Madison Heights | VA | 28 | M | 25:03 | 8:05 |
| 21 | Mandy Cassise | Madison Heights | VA | 35 | F | 25:20 | 8:11 |
| 22 | Diana Pettyjohn | Monroe | VA | 52 | F | 25:52 | 8:21 |
| 23 | Jennifer Taylor | Madison Heights | VA | 33 | F | 25:53 | 8:21 |
| 24 | Lance Carter | Madison Heights | VA | 45 | M | 26:10 | 8:27 |
| 25 | Meredith Fulcher | Gladstone | VA | 22 | F | 26:28 | 8:33 |
| 26 | Guy Madison | Lynchburg | VA | 34 | M | 26:52 | 8:40 |
| 27 | Kendrick Ring | Forest | VA | 9 | M | 27:06 | 8:45 |
| 28 | Melita Ring | Forest | VA | 36 | F | 27:37 | 8:55 |
| 29 | Tabitha Combes | Lynchburg | VA | 35 | F | 27:39 | 8:56 |
| 30 | Garrett Lynch | Amherst | VA | 14 | M | 27:46 | 8:58 |
| 31 | Caleb Taylor | Madison Heights | VA | 9 | M | 28:01 | 9:03 |
| 32 | Sara Riely Pettyjohn | Monroe | VA | 16 | F | 28:25 | 9:10 |
| 33 | Jason Meador | Amherst | VA | 32 | M | 28:46 | 9:17 |
| 34 | James Hobson | Lynchburg | VA | 25 | M | 28:46 | 9:17 |
| 35 | Ricky Overstreet | Madison Heights | VA | 37 | M | 29:00 | 9:22 |
| 36 | Tracy Casto | Forest | VA | 41 | F | 29:07 | 9:24 |
| 37 | Sherri Wingfield | Madison Heights | VA | 54 | F | 29:45 | 9:36 |
| 38 | Matthew Cargill | Amherst | VA | 13 | M | 29:50 | 9:38 |
| 39 | Jacob Davis | Amherst | VA | 14 | M | 29:51 | 9:38 |
| 40 | Daniel Thompson | Monroe | VA | 26 | M | 29:51 | 9:38 |
| 41 | Meghan Fowikes | Evington | VA | 17 | F | 29:52 | 9:39 |
| 42 | Rebekah Pekar | Monroe | VA | 32 | F | 30:12 | 9:45 |
| 43 | Jay Brown | Amherst | VA | 44 | M | 30:13 | 9:45 |

| | | | | | |
|----|---------------------|-----------------|---------|-------|-------|
| 44 | Donnie Norman | Forest | VA 53 M | 30:14 | 9:46 |
| 45 | Donna Nixon | Lynchburg | VA 62 F | 30:17 | 9:47 |
| 46 | Dana Norman | Forest | VA 49 F | 30:28 | 9:50 |
| 47 | Taylor Jackson | Madison Heights | VA 10 M | 30:42 | 9:55 |
| 48 | Karen Albon | Lynchburg | VA 37 F | 30:48 | 9:57 |
| 49 | Victoria Ramsey | Amherst | VA 23 F | 30:56 | 9:59 |
| 50 | Amelia Wilson | Amherst | VA 11 F | 31:09 | 10:03 |
| 51 | Addie Brown | Amherst | VA 12 F | 31:10 | 10:04 |
| 52 | Nicole Tomlin | Amherst | VA 12 F | 31:10 | 10:04 |
| 53 | Bob Foster | Lynchburg | VA 69 M | 31:22 | 10:08 |
| 54 | Ashley Bryant | Madison Heights | VA 31 F | 31:40 | 10:13 |
| 55 | Heidi McCraw | Madison Heights | VA 43 F | 32:06 | 10:22 |
| 56 | Zachary Campbell | Madison Heights | VA 18 M | 32:07 | 10:22 |
| 57 | Betty Burley | Amherst | VA 50 F | 32:08 | 10:22 |
| 58 | Alannah Wilson | Amherst | VA 14 F | 32:13 | 10:24 |
| 59 | Isabella Wilson | Amherst | VA 14 F | 32:13 | 10:24 |
| 60 | Chase Massie | Amherst | VA 10 M | 32:31 | 10:30 |
| 61 | Wayne Massie | Amherst | VA 42 M | 32:31 | 10:30 |
| 62 | Juli Petchul | Amherst | VA 22 F | 32:41 | 10:33 |
| 63 | Susan Cargill | Amherst | VA 47 F | 32:42 | 10:33 |
| 64 | Kayleigh Lilly | Monroe | VA 12 F | 32:54 | 10:37 |
| 65 | Beth Henson | Madison Heights | VA 53 F | 33:08 | 10:42 |
| 66 | Tony Henson | Madison Heights | VA 58 M | 33:08 | 10:42 |
| 67 | Betsy Brown | Amherst | VA 42 F | 33:12 | 10:43 |
| 68 | Jeremy Hansen | Amherst | VA 31 M | 33:45 | 10:54 |
| 69 | Mandy Hansen | Amherst | VA 27 F | 33:46 | 10:54 |
| 70 | Leah Seilhan | Lynchburg | VA 13 F | 34:07 | 11:01 |
| 71 | Bailey Casto | Forest | VA 14 F | 34:14 | 11:03 |
| 72 | Holly Reynolds | Amherst | VA 39 F | 34:20 | 11:05 |
| 73 | Amanda Tomlin | Amherst | VA 21 F | 34:37 | 11:10 |
| 74 | Makaya Tomlin | Amherst | VA 7 F | 34:55 | 11:16 |
| 75 | Charlotte Gilbar | Amherst | VA 39 F | 35:33 | 11:29 |
| 76 | Michael Powell | Madison Heights | VA 29 M | 35:37 | 11:30 |
| 77 | Todd Ramsey | Lynchburg | VA 29 M | 35:44 | 11:32 |
| 78 | Becky Ogram | Lynchburg | VA 25 F | 36:03 | 11:38 |
| 79 | Victoria Schjonning | Monroe | VA 19 F | 36:08 | 11:40 |
| 80 | Sarah Gooss | Lynchburg | VA 25 F | 36:11 | 11:41 |
| 81 | Dana Jackson | Madison Heights | VA 36 F | 36:20 | 11:44 |
| 82 | Elizabeth Humphrey | Madison Heights | VA 27 F | 36:35 | 11:49 |
| 83 | Victoria Lee | Madison Heights | VA 52 F | 36:36 | 11:49 |
| 84 | Casey Tomlin | Amherst | VA 19 F | 36:45 | 11:52 |
| 85 | Gabe Howard | Madison Heights | VA 13 M | 36:53 | 11:54 |
| 86 | Bonnie Ramsey | Lynchburg | VA 29 F | 37:06 | 11:59 |
| 87 | Rebekah Anderson | Amherst | VA 13 F | 37:08 | 11:59 |
| 88 | Bethany Anderson | Amherst | VA 22 F | 37:09 | 12:00 |
| 89 | Christy Mays | Madison Heights | VA 38 F | 37:14 | 12:01 |
| 90 | Theron McCleod | Lynchburg | VA 38 F | 37:37 | 12:09 |
| 91 | Matthew Lohmeyer | Lynchburg | VA 36 M | 37:38 | 12:09 |
| 92 | Ada Ramsey | Amherst | VA 7 F | 37:41 | 12:10 |
| 93 | Matthew Ramsey | Amherst | VA 32 M | 37:41 | 12:10 |
| 94 | Stephanie Parrish | Lynchburg | VA 29 F | 37:45 | 12:11 |
| 95 | Sarah Hobson | Lynchburg | VA 25 F | 37:46 | 12:11 |
| 96 | Gary Anderson | Amherst | VA 44 M | 37:54 | 12:14 |
| 97 | Steve Haring | Amherst | VA 50 M | 37:55 | 12:14 |

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|-----|---------------------|-----------------|---------|-------|-------|
| 98 | Ben Hurt | Amherst | VA 30 M | 39:14 | 12:40 |
| 99 | Krystle Otey | Richmond | VA 26 F | 39:29 | 12:45 |
| 100 | Hope Stevens | Waynesboro | VA 29 F | 39:39 | 12:48 |
| 101 | Jessica Little | Staunton | VA 25 F | 39:40 | 12:48 |
| 102 | Adria Meador | Amherst | VA 28 F | 39:40 | 12:48 |
| 103 | Lynn Tolley | Lynchburg | VA 51 F | 39:44 | 12:50 |
| 104 | Brianna Martin | Amherst | VA 15 F | 39:54 | 12:53 |
| 105 | Laurie Terry | Amherst | VA 40 F | 39:55 | 12:53 |
| 106 | Rodger Terry | Amherst | VA 68 M | 40:37 | 13:07 |
| 107 | Denise Anderson | Amherst | VA 42 F | 41:00 | 13:14 |
| 108 | Blair Payne | Amherst | VA 31 F | 41:24 | 13:22 |
| 109 | Olivia Madison | Lynchburg | VA 33 F | 41:56 | 13:32 |
| 110 | Jodi Monopoli | Madison Heights | VA 34 F | 43:10 | 13:56 |
| 111 | Joyce Hoffmann | Amherst | VA 65 F | 43:13 | 13:57 |
| 112 | Jenine Kaznowski | Amherst | VA 51 F | 43:17 | 13:58 |
| 113 | Noel Robinson | Amherst | VA 51 M | 43:40 | 14:06 |
| 114 | Mark Robinson | Amherst | VA 11 M | 43:41 | 14:06 |
| 115 | Melissa Lilly | Monroe | VA 32 F | 43:52 | 14:10 |
| 116 | Eliza Redway | Lynchburg | VA 21 F | 44:26 | 14:20 |
| 117 | McKenzie Swanson | North Garden | VA 21 F | 44:26 | 14:20 |
| 118 | Joanna Steere | Amherst | VA 40 F | 45:22 | 14:39 |
| 119 | Nancy Massie | Lowesville | VA 57 F | 45:23 | 14:39 |
| 120 | Kate Staton | Lynchburg | VA 12 F | 45:40 | 14:44 |
| 121 | Gary Ramsey | Amherst | VA 62 M | 46:18 | 14:57 |
| 122 | Emily Staton | Lynchburg | VA 10 F | 46:23 | 14:58 |
| 123 | Angela Fish | Madison Heights | VA 30 F | 47:54 | 15:28 |
| 124 | Susan Crabtree | Lynchburg | VA 55 F | 48:12 | 15:33 |
| 125 | Jenna Tomlin | Lynchburg | VA 26 F | 48:12 | 15:33 |
| 126 | Angela Sundaramurth | Amherst | VA 39 F | 49:09 | 15:52 |
| 127 | Sterling Peters | Madison Heights | VA 60 F | 49:09 | 15:52 |
| 128 | Divekai Brown | Amherst | VA 57 F | 49:48 | 16:04 |
| 129 | Grant Massie | Lowesville | VA 61 M | 49:48 | 16:04 |
| 130 | Judy Mayberry | Amherst | VA 69 F | 50:00 | 16:08 |
| 131 | Darlene Terry | Amherst | VA 66 F | 50:01 | 16:09 |
| 132 | Abigail Anderson | Amherst | VA 11 F | 50:36 | 16:20 |
| 133 | Elizabeth Hurt | Amherst | VA 23 F | 50:38 | 16:20 |
| 134 | Deborah McCranie | Amherst | VA 61 F | 50:40 | 16:21 |
| 135 | Dawn Bryant | Madison Heights | VA 38 F | 50:52 | 16:25 |
| 136 | Marnie Lynch | Amherst | VA 39 F | 51:27 | 16:36 |
| 137 | Debra Lynch | Amherst | VA 59 F | 51:28 | 16:37 |
| 138 | Leslie Dehart | Amherst | VA 57 F | 51:28 | 16:37 |
| 139 | Karen Tucker | Madison Heights | VA 57 F | 51:52 | 16:44 |
| 140 | Jennifer Peters | Monroe | VA 33 F | 52:33 | 16:58 |
| 141 | Amanda Ramsey | Amherst | VA 58 F | 52:34 | 16:58 |
| 142 | Marjorie Steadman | Amherst | VA 66 F | 52:36 | 16:59 |
| 143 | Sydney Tweedy | Amherst | VA 16 F | 52:36 | 16:59 |
| 144 | Jorgee Johnson | Amelia | VA 33 F | 53:33 | 17:17 |
| 145 | Michelle Tweedy | Amherst | VA 41 F | 54:09 | 17:29 |
| 146 | Miranda Tweedy | Amherst | VA 17 F | 54:09 | 17:29 |
| 147 | Cori Strickler | Bridgewater | VA 31 F | 55:07 | 17:47 |
| 148 | Bryan Strickler | Bridgewater | VA 31 M | 55:10 | 17:48 |
| 149 | Jeff Deacon | Amherst | VA 41 M | 55:32 | 17:55 |
| 150 | Jamie Deacon | Amherst | VA 38 F | 55:34 | 17:56 |
| 151 | Seth Anderson | Amherst | VA 16 M | 55:42 | 17:59 |

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|-----|------------------|-----------------|---------|---------|-------|
| 152 | Carrie Wirges | Forest | VA 36 F | 56:25 | 18:12 |
| 153 | Lorie Jamerson | Madison Heights | VA 40 F | 56:25 | 18:12 |
| 154 | Laura Tomlin | Amherst | VA 47 F | 59:22 | 19:10 |
| 155 | Katelyn Tomlin | Amherst | VA 20 F | 59:23 | 19:10 |
| 156 | Tori Marrs | Madison Heights | VA 25 F | 59:25 | 19:10 |
| 157 | Amanda Oakes | Madison Heights | VA 29 F | 59:26 | 19:11 |
| 158 | Bethany Mullinax | Madison Heights | VA 30 F | 1:00:36 | 19:33 |
| 159 | Heather Powell | Madison Heights | VA 28 F | 1:00:38 | 19:34 |
| 160 | Julius Jennings | Amherst | VA 60 M | 1:01:13 | 19:45 |

5th Annual IRON 5k Run / Walk
Amherst County High School
Amherst, VA April 12, 2015

***** AWARDS LIST *****

***** MALE 5K RUN OVERALL AWARDS*****

| Place | Name | Ag | City | St | Time | Pace |
|-------|---------------|----|-----------|----|-------|-------|
| ==== | ===== | == | ===== | == | ===== | ===== |
| 1 | Drew Ramsey | 25 | Amherst | VA | 19:39 | 5:58 |
| 2 | Darrell Wargo | 46 | Lynchburg | VA | 19:52 | 6:02 |

***** FEMALE 5K RUN OVERALL AWARDS*****

| Place | Name | Ag | City | St | Time | Pace |
|-------|-------------------|----|-----------------|----|-------|-------|
| ==== | ===== | == | ===== | == | ===== | ===== |
| 1 | Sara Lu Christian | 60 | Madison Heights | VA | 24:54 | 7:33 |
| 2 | Mandy Cassise | 35 | Madison Heights | VA | 25:20 | 7:41 |

MALE AGE GROUP: 1 - 12

| | | | | | | | |
|---|-----|----------------|----|--------------|----|-------|-------|
| 1 | 14 | Carson Gilbar | 11 | Amherst | VA | 24:36 | 7:28 |
| 2 | 27 | Kendrick Ring | 9 | Forest | VA | 27:06 | 8:13 |
| 3 | 31 | Caleb Taylor | 9 | Madison Heig | VA | 28:01 | 8:30 |
| 4 | 47 | Taylor Jackson | 10 | Madison Heig | VA | 30:42 | 9:19 |
| 5 | 60 | Chase Massie | 10 | Amherst | VA | 32:31 | 9:52 |
| 6 | 114 | Mark Robinson | 11 | Amherst | VA | 43:41 | 13:15 |

FEMALE AGE GROUP: 1 - 12

| | | | | | | | |
|---|-----|------------------|----|-----------|----|-------|-------|
| 1 | 50 | Amelia Wilson | 11 | Amherst | VA | 31:09 | 9:27 |
| 2 | 51 | Addie Brown | 12 | Amherst | VA | 31:10 | 9:27 |
| 3 | 52 | Nicole Tomlin | 12 | Amherst | VA | 31:10 | 9:27 |
| 4 | 64 | Kayleigh Lilly | 12 | Monroe | VA | 32:54 | 9:59 |
| 5 | 74 | Makaya Tomlin | 7 | Amherst | VA | 34:55 | 10:35 |
| 6 | 92 | Ada Ramsey | 7 | Amherst | VA | 37:41 | 11:26 |
| 7 | 120 | Kate Staton | 12 | Lynchburg | VA | 45:40 | 13:51 |
| 8 | 122 | Emily Staton | 10 | Lynchburg | VA | 46:23 | 14:04 |
| 9 | 132 | Abigail Anderson | 11 | Amherst | VA | 50:36 | 15:20 |

MALE AGE GROUP: 13 - 19

| | | | | | | | |
|---|---|-------------------|----|---------|----|-------|------|
| 1 | 7 | Joseph Lee Gilbar | 15 | Amherst | VA | 22:26 | 6:48 |
| 2 | 9 | Hunter Meyer | 14 | Amherst | VA | 22:55 | 6:57 |

| | | | | | | | |
|----|-----|------------------|----|--------------|----|-------|-------|
| 3 | 12 | Nicholas Massie | 13 | Amherst | VA | 24:12 | 7:20 |
| 4 | 15 | Zach Anderson | 19 | Amherst | VA | 24:37 | 7:28 |
| 5 | 30 | Garrett Lynch | 14 | Amherst | VA | 27:46 | 8:25 |
| 6 | 38 | Matthew Cargill | 13 | Amherst | VA | 29:50 | 9:03 |
| 7 | 39 | Jacob Davis | 14 | Amherst | VA | 29:51 | 9:03 |
| 8 | 56 | Zachary Campbell | 18 | Madison Heig | VA | 32:07 | 9:44 |
| 9 | 85 | Gabe Howard | 13 | Madison Heig | VA | 36:53 | 11:11 |
| 10 | 151 | Seth Anderson | 16 | Amherst | VA | 55:42 | 16:53 |

FEMALE AGE GROUP: 13 - 19

| | | | | | | | |
|----|-----|---------------------|----|-----------|----|-------|-------|
| 1 | 32 | Sara Riely Pettyjoh | 16 | Monroe | VA | 28:25 | 8:37 |
| 2 | 41 | Meghan Fowikes | 17 | Evington | VA | 29:52 | 9:04 |
| 3 | 58 | Alannah Wilson | 14 | Amherst | VA | 32:13 | 9:46 |
| 4 | 59 | Isabella Wilson | 14 | Amherst | VA | 32:13 | 9:46 |
| 5 | 70 | Leah Seilhan | 13 | Lynchburg | VA | 34:07 | 10:21 |
| 6 | 71 | Bailey Casto | 14 | Forest | VA | 34:14 | 10:23 |
| 7 | 79 | Victoria Schjonning | 19 | Monroe | VA | 36:08 | 10:57 |
| 8 | 84 | Casey Tomlin | 19 | Amherst | VA | 36:45 | 11:09 |
| 9 | 87 | Rebekah Anderson | 13 | Amherst | VA | 37:08 | 11:16 |
| 10 | 104 | Brianna Martin | 15 | Amherst | VA | 39:54 | 12:06 |
| 11 | 143 | Sydney Tweedy | 16 | Amherst | VA | 52:36 | 15:57 |
| 12 | 146 | Miranda Tweedy | 17 | Amherst | VA | 54:09 | 16:25 |

MALE AGE GROUP: 20 - 29

| | | | | | | | |
|---|----|-----------------|----|--------------|----|-------|-------|
| 1 | 4 | Matthew Giles | 29 | Madison Heig | VA | 20:48 | 6:19 |
| 2 | 17 | Brent Ausink | 25 | Forest | VA | 24:48 | 7:31 |
| 3 | 20 | Tyler Holder | 28 | Madison Heig | VA | 25:03 | 7:36 |
| 4 | 34 | James Hobson | 25 | Lynchburg | VA | 28:46 | 8:44 |
| 5 | 40 | Daniel Thompson | 26 | Monroe | VA | 29:51 | 9:03 |
| 6 | 76 | Michael Powell | 29 | Madison Heig | VA | 35:37 | 10:48 |
| 7 | 77 | Todd Ramsey | 29 | Lynchburg | VA | 35:44 | 10:50 |

FEMALE AGE GROUP: 20 - 29

| | | | | | | | |
|----|-----|--------------------|----|--------------|----|-------|-------|
| 1 | 25 | Meredith Fulcher | 22 | Gladstone | VA | 26:28 | 8:02 |
| 2 | 49 | Victoria Ramsey | 23 | Amherst | VA | 30:56 | 9:23 |
| 3 | 62 | Juli Petchul | 22 | Amherst | VA | 32:41 | 9:55 |
| 4 | 69 | Mandy Hansen | 27 | Amherst | VA | 33:46 | 10:14 |
| 5 | 73 | Amanda Tomlin | 21 | Amherst | VA | 34:37 | 10:30 |
| 6 | 78 | Becky Ogram | 25 | Lynchburg | VA | 36:03 | 10:56 |
| 7 | 80 | Sarah Gooss | 25 | Lynchburg | VA | 36:11 | 10:58 |
| 8 | 82 | Elizabeth Humphrey | 27 | Madison Heig | VA | 36:35 | 11:06 |
| 9 | 86 | Bonnie Ramsey | 29 | Lynchburg | VA | 37:06 | 11:15 |
| 10 | 88 | Bethany Anderson | 22 | Amherst | VA | 37:09 | 11:16 |
| 11 | 94 | Stephanie Parrish | 29 | Lynchburg | VA | 37:45 | 11:27 |
| 12 | 95 | Sarah Hobson | 25 | Lynchburg | VA | 37:46 | 11:27 |
| 13 | 99 | Krystle Otey | 26 | Richmond | VA | 39:29 | 11:58 |
| 14 | 100 | Hope Stevens | 29 | Waynesboro | VA | 39:39 | 12:01 |
| 15 | 101 | Jessica Little | 25 | Staunton | VA | 39:40 | 12:02 |
| 16 | 102 | Adria Meador | 28 | Amherst | VA | 39:40 | 12:02 |
| 17 | 116 | Eliza Redway | 21 | Lynchburg | VA | 44:26 | 13:28 |
| 18 | 117 | McKenzie Swanson | 21 | North Garden | VA | 44:26 | 13:28 |
| 19 | 125 | Jenna Tomlin | 26 | Lynchburg | VA | 48:12 | 14:37 |
| 20 | 133 | Elizabeth Hurt | 23 | Amherst | VA | 50:38 | 15:21 |
| 21 | 155 | Katelyn Tomlin | 20 | Amherst | VA | 59:23 | 18:00 |

| | | | | | | |
|----|-----|----------------|----|-----------------|---------|-------|
| 22 | 156 | Tori Marrs | 25 | Madison Heig VA | 59:25 | 18:01 |
| 23 | 157 | Amanda Oakes | 29 | Madison Heig VA | 59:26 | 18:01 |
| 24 | 159 | Heather Powell | 28 | Madison Heig VA | 1:00:38 | 18:23 |

MALE AGE GROUP: 30 - 39

| | | | | | | |
|----|-----|------------------|----|-----------------|-------|-------|
| 1 | 3 | Chad Mooney | 36 | Monroe VA | 20:23 | 6:11 |
| 2 | 5 | Robbie Stephens | 38 | Appomattox VA | 21:46 | 6:36 |
| 3 | 6 | Josh Hall | 34 | Forest VA | 22:09 | 6:43 |
| 4 | 10 | Joey Marrs | 30 | Madison Heig VA | 23:25 | 7:06 |
| 5 | 16 | Jeffrey Campbell | 32 | Amherst VA | 24:44 | 7:30 |
| 6 | 26 | Guy Madison | 34 | Lynchburg VA | 26:52 | 8:09 |
| 7 | 33 | Jason Meador | 32 | Amherst VA | 28:46 | 8:44 |
| 8 | 35 | Ricky Overstreet | 37 | Madison Heig VA | 29:00 | 8:48 |
| 9 | 68 | Jeremy Hansen | 31 | Amherst VA | 33:45 | 10:14 |
| 10 | 91 | Matthew Lohmeyer | 36 | Lynchburg VA | 37:38 | 11:25 |
| 11 | 93 | Matthew Ramsey | 32 | Amherst VA | 37:41 | 11:26 |
| 12 | 98 | Ben Hurt | 30 | Amherst VA | 39:14 | 11:54 |
| 13 | 148 | Bryan Strickler | 31 | Bridgewater VA | 55:10 | 16:44 |

FEMALE AGE GROUP: 30 - 39

| | | | | | | |
|----|-----|---------------------|----|-----------------|---------|-------|
| 1 | 23 | Jennifer Taylor | 33 | Madison Heig VA | 25:53 | 7:51 |
| 2 | 28 | Melita Ring | 36 | Forest VA | 27:37 | 8:23 |
| 3 | 29 | Tabitha Combes | 35 | Lynchburg VA | 27:39 | 8:23 |
| 4 | 42 | Rebekah Pekar | 32 | Monroe VA | 30:12 | 9:10 |
| 5 | 48 | Karen Albon | 37 | Lynchburg VA | 30:48 | 9:20 |
| 6 | 54 | Ashley Bryant | 31 | Madison Heig VA | 31:40 | 9:36 |
| 7 | 72 | Holly Reynolds | 39 | Amherst VA | 34:20 | 10:25 |
| 8 | 75 | Charlotte Gilbar | 39 | Amherst VA | 35:33 | 10:47 |
| 9 | 81 | Dana Jackson | 36 | Madison Heig VA | 36:20 | 11:01 |
| 10 | 89 | Christy Mays | 38 | Madison Heig VA | 37:14 | 11:17 |
| 11 | 90 | Theron McCleod | 38 | Lynchburg VA | 37:37 | 11:24 |
| 12 | 108 | Blair Payne | 31 | Amherst VA | 41:24 | 12:33 |
| 13 | 109 | Olivia Madison | 33 | Lynchburg VA | 41:56 | 12:43 |
| 14 | 110 | Jodi Monopoli | 34 | Madison Heig VA | 43:10 | 13:05 |
| 15 | 115 | Melissa Lilly | 32 | Monroe VA | 43:52 | 13:18 |
| 16 | 123 | Angela Fish | 30 | Madison Heig VA | 47:54 | 14:31 |
| 17 | 126 | Angela Sundaramurth | 39 | Amherst VA | 49:09 | 14:54 |
| 18 | 135 | Dawn Bryant | 38 | Madison Heig VA | 50:52 | 15:25 |
| 19 | 136 | Marnie Lynch | 39 | Amherst VA | 51:27 | 15:36 |
| 20 | 140 | Jennifer Peters | 33 | Monroe VA | 52:33 | 15:56 |
| 21 | 144 | Jorgee Johnson | 33 | Amelia VA | 53:33 | 16:14 |
| 22 | 147 | Cori Strickler | 31 | Bridgewater VA | 55:07 | 16:43 |
| 23 | 150 | Jamie Deacon | 38 | Amherst VA | 55:34 | 16:51 |
| 24 | 152 | Carrie Wirges | 36 | Forest VA | 56:25 | 17:06 |
| 25 | 158 | Bethany Mullinax | 30 | Madison Heig VA | 1:00:36 | 18:22 |

MALE AGE GROUP: 40 - 49

| | | | | | | |
|---|-----|---------------|----|-----------------|-------|-------|
| 1 | 8 | Lee Beaumont | 46 | Lynchburg VA | 22:39 | 6:52 |
| 2 | 24 | Lance Carter | 45 | Madison Heig VA | 26:10 | 7:56 |
| 3 | 43 | Jay Brown | 44 | Amherst VA | 30:13 | 9:10 |
| 4 | 61 | Wayne Massie | 42 | Amherst VA | 32:31 | 9:52 |
| 5 | 96 | Gary Anderson | 44 | Amherst VA | 37:54 | 11:30 |
| 6 | 149 | Jeff Deacon | 41 | Amherst VA | 55:32 | 16:50 |

FEMALE AGE GROUP: 40 - 49

| | | | | | | | |
|----|-----|-----------------|----|--------------|----|-------|-------|
| 1 | 36 | Tracy Casto | 41 | Forest | VA | 29:07 | 8:50 |
| 2 | 46 | Dana Norman | 49 | Forest | VA | 30:28 | 9:14 |
| 3 | 55 | Heidi McCraw | 43 | Madison Heig | VA | 32:06 | 9:44 |
| 4 | 63 | Susan Cargill | 47 | Amherst | VA | 32:42 | 9:55 |
| 5 | 67 | Betsy Brown | 42 | Amherst | VA | 33:12 | 10:04 |
| 6 | 105 | Laurie Terry | 40 | Amherst | VA | 39:55 | 12:06 |
| 7 | 107 | Denise Anderson | 42 | Amherst | VA | 41:00 | 12:26 |
| 8 | 118 | Joanna Steere | 40 | Amherst | VA | 45:22 | 13:45 |
| 9 | 145 | Michelle Tweedy | 41 | Amherst | VA | 54:09 | 16:25 |
| 10 | 153 | Lorie Jamerson | 40 | Madison Heig | VA | 56:25 | 17:06 |
| 11 | 154 | Laura Tomlin | 47 | Amherst | VA | 59:22 | 18:00 |

MALE AGE GROUP: 50 - 59

| | | | | | | | |
|---|-----|-----------------|----|--------------|----|-------|-------|
| 1 | 13 | Dwayne Marshall | 52 | Lynchburg | VA | 24:23 | 7:24 |
| 2 | 18 | Jay Barnes | 50 | Sweet Briar | VA | 24:51 | 7:32 |
| 3 | 44 | Donnie Norman | 53 | Forest | VA | 30:14 | 9:10 |
| 4 | 66 | Tony Henson | 58 | Madison Heig | VA | 33:08 | 10:03 |
| 5 | 97 | Steve Haring | 50 | Amherst | VA | 37:55 | 11:30 |
| 6 | 113 | Noel Robinson | 51 | Amherst | VA | 43:40 | 13:14 |

FEMALE AGE GROUP: 50 - 59

| | | | | | | | |
|----|-----|------------------|----|--------------|----|-------|-------|
| 1 | 22 | Diana Pettyjohn | 52 | Monroe | VA | 25:52 | 7:51 |
| 2 | 37 | Sherri Wingfield | 54 | Madison Heig | VA | 29:45 | 9:01 |
| 3 | 57 | Betty Burley | 50 | Amherst | VA | 32:08 | 9:45 |
| 4 | 65 | Beth Henson | 53 | Madison Heig | VA | 33:08 | 10:03 |
| 5 | 83 | Victoria Lee | 52 | Madison Heig | VA | 36:36 | 11:06 |
| 6 | 103 | Lynn Tolley | 51 | Lynchburg | VA | 39:44 | 12:03 |
| 7 | 112 | Jenine Kaznowski | 51 | Amherst | VA | 43:17 | 13:07 |
| 8 | 119 | Nancy Massie | 57 | Lowesville | VA | 45:23 | 13:46 |
| 9 | 124 | Susan Crabtree | 55 | Lynchburg | VA | 48:12 | 14:37 |
| 10 | 128 | Divekai Brown | 57 | Amherst | VA | 49:48 | 15:06 |
| 11 | 137 | Debra Lynch | 59 | Amherst | VA | 51:28 | 15:36 |
| 12 | 138 | Leslie Dehart | 57 | Amherst | VA | 51:28 | 15:36 |
| 13 | 139 | Karen Tucker | 57 | Madison Heig | VA | 51:52 | 15:44 |
| 14 | 141 | Amanda Ramsey | 58 | Amherst | VA | 52:34 | 15:56 |

MALE AGE GROUP: 60 - 99

| | | | | | | | |
|---|-----|-----------------|----|------------|----|---------|-------|
| 1 | 11 | Felix Lopez | 62 | Lynchburg | VA | 23:56 | 7:16 |
| 2 | 53 | Bob Foster | 69 | Lynchburg | VA | 31:22 | 9:31 |
| 3 | 106 | Rodger Terry | 68 | Amherst | VA | 40:37 | 12:19 |
| 4 | 121 | Gary Ramsey | 62 | Amherst | VA | 46:18 | 14:02 |
| 5 | 129 | Grant Massie | 61 | Lowesville | VA | 49:48 | 15:06 |
| 6 | 160 | Julius Jennings | 60 | Amherst | VA | 1:01:13 | 18:34 |

FEMALE AGE GROUP: 60 - 99

| | | | | | | | |
|---|-----|-------------------|----|--------------|----|-------|-------|
| 1 | 45 | Donna Nixon | 62 | Lynchburg | VA | 30:17 | 9:11 |
| 2 | 111 | Joyce Hoffmann | 65 | Amherst | VA | 43:13 | 13:06 |
| 3 | 127 | Sterling Peters | 60 | Madison Heig | VA | 49:09 | 14:54 |
| 4 | 130 | Judy Mayberry | 69 | Amherst | VA | 50:00 | 15:10 |
| 5 | 131 | Darlene Terry | 66 | Amherst | VA | 50:01 | 15:10 |
| 6 | 134 | Deborah McCranie | 61 | Amherst | VA | 50:40 | 15:22 |
| 7 | 142 | Marjorie Steadman | 66 | Amherst | VA | 52:36 | 15:57 |

5th Annual IRON 5k Run / Walk
 Amherst County High School
 Amherst, VA April 12, 2015

IRON MOM DIVISION

| Place | Name | City | St | Ag | Sex | Time | Pace |
|-------|------------------|-----------------|----|----|-----|---------|-------|
| 1 | Rebekah Pekar | Monroe | VA | 32 | F | 30:12 | 9:45 |
| 2 | Karen Albon | Lynchburg | VA | 37 | F | 30:48 | 9:57 |
| 3 | Mandy Hansen | Amherst | VA | 27 | F | 33:46 | 10:54 |
| 4 | Amanda Tomlin | Amherst | VA | 21 | F | 34:37 | 11:10 |
| 5 | Bonnie Ramsey | Lynchburg | VA | 29 | F | 37:06 | 11:59 |
| 6 | Jenna Tomlin | Lynchburg | VA | 26 | F | 48:12 | 15:33 |
| 7 | Elizabeth Hurt | Amherst | VA | 23 | F | 50:38 | 16:20 |
| 8 | Katelyn Tomlin | Amherst | VA | 20 | F | 59:23 | 19:10 |
| 9 | Tori Marrs | Madison Heights | VA | 25 | F | 59:25 | 19:10 |
| 10 | Bethany Mullinax | Madison Heights | VA | 30 | F | 1:00:36 | 19:33 |
| 11 | Heather Powell | Madison Heights | VA | 28 | F | 1:00:38 | 19:34 |

5th Annual IRON YOUTH MILE
 Amherst County High School
 Amherst, VA April 12, 2015

| Place | Name | City | St | Ag | S | Youth |
|-------|------------------|-----------------|----|----|---|-------|
| 1 | Zachary Jackson | Madison Heights | VA | 6 | M | 7:46 |
| 2 | Lillie Ring | Forest | VA | 6 | F | 9:02 |
| 3 | Jameson Mullinax | Madison Heights | VA | 6 | M | 10:17 |
| 4 | Bree Taylor | Madison Heights | VA | 5 | F | 10:45 |
| 5 | Gavin Cassise | Madison Heights | VA | 6 | M | 11:57 |

EVENT TIMING/RESULTS: Riverside Runners, Inc. info@riversiderunner.com