

Lighten-Up Lynchburg 5k Run/Walk
 Peaks View Park
 Lynchburg, VA May 16, 2015

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

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

Place	Name	Ag	City	St	Time	Pace
1	Takoda Gallagher	17	Lynchburg	VA	17:34	5:40
2	Robbie Stephens	38	Spout Spring	VA	19:20	6:15
3	Darrell Wargo	46	Lynchburg	VA	19:38	6:20

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

Place	Name	Ag	City	St	Time	Pace
1	Libby Davidson	15	Lynchburg	VA	17:31	5:40
2	Sarah Davidson	50	Lynchburg	VA	20:31	6:38
3	Katie Diminick	43	Lynchburg	VA	21:50	7:03

MALE AGE GROUP: 1 - 12

1	48	Ryan Gallagher	12	Lynchburg	VA	29:17	8:53
2	50	Matthew Wray	12	Lynchburg	VA	30:05	9:07
3	81	Nathaniel Jacobs	8	Lynchburg	VA	36:17	11:00
4	102	Lake McKinney	6	Lynchburg	VA	46:53	14:13

FEMALE AGE GROUP: 1 - 12

1	75	May Mayhorne	11	Lynchburg	VA	34:32	10:28
---	----	--------------	----	-----------	----	-------	-------

MALE AGE GROUP: 13 - 18

1	22	Bradly Robertson	15	Forest	VA	25:16	7:40
2	26	Austin Crawford	15	Lynchburg	VA	25:43	7:48
3	36	Malik Andrews-Harve	18	Lynchburg	VA	27:23	8:18
4	37	Dudley Raine	18	Lynchburg	VA	27:23	8:18
5	54	Xin Zhuang	17	Lynchburg	VA	31:17	9:29
6	55	Alex Fan	17	Appomattox	VA	31:23	9:31
7	94	Oliver Li	15	Lynchburg	VA	40:28	12:16
8	108	Nathan Truitte	15	Lynchburg	VA	49:36	15:02

FEMALE AGE GROUP: 13 - 18

1	12	Jette Davidson	13	Lynchburg	VA	22:26	6:48
2	18	Anna Moon	15	Lynchburg	VA	24:22	7:24
3	20	Mary Key	16	Lynchburg	VA	24:56	7:34
4	21	Sydney Morris	15	Lynchburg	VA	25:00	7:35
5	27	McKenna Pettyjohn	15	Lynchburg	VA	25:54	7:51
6	29	Annie Gianakos	17	Lynchburg	VA	26:22	8:00
7	30	Alison Fox	15	Lynchburg	VA	26:26	8:01
8	32	Allison Johnston	17	Lynchburg	VA	27:06	8:13
9	33	Jesse Kleiner	17	Lynchburg	VA	27:07	8:14
10	34	Katherine Johnston	17	Lynchburg	VA	27:07	8:14
11	44	Katie Hartmann	18	Lynchburg	VA	28:48	8:44
12	49	Lillian Peake	18	Lynchburg	VA	29:54	9:04
13	52	Lauren Peake	15	Lynchburg	VA	30:53	9:22
14	63	Natalie Jones	16	Lynchburg	VA	33:23	10:07
15	64	Megan Brinkley	16	Lynchburg	VA	33:23	10:07
16	65	Mary Katherine Guth	16	Lynchburg	VA	33:28	10:09
17	66	Bethany Mays	17	Lynchburg	VA	33:29	10:09
18	67	Jane Davis	18	Lynchburg	VA	33:30	10:10
19	74	Sam Singy	18	Lynchburg	VA	34:32	10:28
20	84	Reilly Krason	14	Lynchburg	VA	36:44	11:08
21	85	MacKenzie Krason	17	Lynchburg	VA	36:46	11:09
22	86	Erin Malkiewicz	14	Lynchburg	VA	37:30	11:22
23	101	Mikayla Marraccini	18	Lynchburg	VA	46:53	14:13
24	103	Jessie Richards	17	Lynchburg	VA	46:53	14:13
25	104	Katelyn Elbrecht	17	Lynchburg	VA	46:53	14:13
26	113	Alex Singy	18	Lynchburg	VA	53:33	16:14
27	115	Makayla Thompson	15	Lynchburg	VA	53:33	16:14
28	116	MaKayla Andrews-Har	16	Lynchburg	VA	53:33	16:14
29	124	Annmarie Taheny	17	Lynchburg	VA	56:42	17:11

MALE AGE GROUP: 19 - 29

1	13	Aaron O'Donnell	20	Lexington	SC	22:32	6:50
2	16	Billy Roach	29	Lynchburg	VA	24:01	7:17
3	42	Anthony Morton	27	Lynchburg	VA	28:09	8:32
4	47	Lucas Sandidge	26	Lynchburg	VA	29:17	8:53
5	69	Keenan Jordan	20	Harrisonburg	VA	34:06	10:20
6	91	Chad Metzger	29	Moneta	VA	38:03	11:32
7	107	Jeffrey Truitte	20	Lynchburg	VA	49:36	15:02
8	109	Matthew Truitte	19	Lynchburg	VA	49:37	15:03

FEMALE AGE GROUP: 19 - 29

1	19	Emma Mortemousque	21	Lynchburg	VA	24:52	7:33
2	25	Christina Ruiz	24	Lynchburg	VA	25:35	7:46
3	40	Lauren Magner	21	Altavista	VA	28:04	8:31
4	53	Renee Bryant	25	Appomattox	VA	31:03	9:25
5	58	Holly OHara	21	Lynchburg	VA	31:36	9:35
6	59	Kim Jefferson	25	Lynchburg	VA	32:08	9:45
7	61	Amy ODonnell	21	Lexington	SC	32:24	9:50
8	72	Rachelle Guertin	23	Lynchburg	VA	34:23	10:26
9	78	Karen Yates	26	Lynchburg	VA	35:09	10:40
10	97	Constance Owuor	28	Lynchburg	VA	44:20	13:27
11	100	Meghan Belton	24	Danville	VA	45:03	13:40
12	114	Alison Zimmerman	20	Lynchburg	VA	53:33	16:14
13	119	Jimysha Brown	21	Lynchburg	VA	55:58	16:58
14	128	Becky Bienkowski	29	Lynchburg	VA	56:53	17:15

MALE AGE GROUP: 30 - 39

1	7	Katie Bowman	31	Lynchburg	VA	21:30	6:31
2	57	Anthony Krysiwicz	30	Madison heights	VA	31:26	9:32

FEMALE AGE GROUP: 30 - 39

1	23	Ruthanne Reeves	32	Madison Heights	VA	25:23	7:42
2	24	ELIZABETH ROSSER	35	Rustburg	VA	25:28	7:44
3	31	Jenny Reeves	37	Madison Heights	VA	27:04	8:13
4	38	Kelly Padilla	32	Virginia Beach	VA	27:26	8:19
5	45	Kristen Tipton	30	Lynchburg	VA	28:51	8:45
6	46	Tray Grant	38	Lynchburg	VA	28:51	8:45
7	68	Nickie Floyd	35	Spout Spring	VA	33:46	10:14
8	70	Fatima Jordan	30	Harrisonburg	VA	34:06	10:20
9	73	Amanda Myers-Ramire	32	Lynchburg	VA	34:32	10:28
10	79	Amy Bates	37	Concord	VA	35:40	10:49
11	80	Leigh Ann Hines	34	Madison Heights	VA	35:49	10:52
12	88	Weenda Robertson	39	Lynchburg	VA	37:37	11:24
13	90	Lisa Cash	38	Forest	VA	37:49	11:28
14	112	Karin Robertson	34	Gladstone	VA	51:52	15:44

MALE AGE GROUP: 40 - 49

1	5	Marshall Roberts	45	Lynchburg	VA	19:51	6:01
2	9	Rick Foster	43	Forest	VA	21:52	6:38
3	10	Jim Gallagher	48	Lynchburg	VA	21:57	6:40
4	35	Rolly Padilla	45	Virginia Beach	VA	27:13	8:15

FEMALE AGE GROUP: 40 - 49

1	17	Erika Wray	42	Lynchburg	VA	24:20	7:23
2	51	Ginna Hartsell	43	Lynchburg	VA	30:07	9:08
3	56	Julie Manning	43	Lynchburg	VA	31:24	9:31
4	60	Candy Spencer	44	Lynchburg	VA	32:17	9:47
5	76	Brooke Pettyjohn	44	Lynchburg	VA	34:50	10:34
6	87	Jackie Moon	41	Lynchburg	VA	37:36	11:24
7	92	Lynne Goodwin	42	Lynchburg	VA	38:12	11:35
8	93	Tashama Terrell	41	Lynchburg	VA	40:18	12:13
9	99	Phyllis Johnson	48	Lynchburg	VA	44:56	13:37
10	123	Jeanell Smith	47	Lynchburg	VA	56:42	17:11
11	125	Karen Taheny	43	Lynchburg	VA	56:45	17:12
12	126	Carole Friend	45	Lynchburg	VA	56:45	17:12
13	130	Jennifer Worley	41	Lynch Station	VA	56:53	17:15
14	131	Sherrie Miller	41	Madison Heights	VA	1:02:26	18:56

MALE AGE GROUP: 50 - 59

1	14	Gene Marrano	57	Roanoke	VA	23:50	7:14
2	15	John Gretzinger	50	Lynchburg	VA	23:56	7:16
3	28	Brian ODonnell	51	Lexington	SC	26:00	7:53
4	39	Dion Brzycki	56	Lynchburg	VA	27:38	8:23
5	77	Alexander Winstead	51	lynchburg	VA	34:51	10:34
6	105	David Truitte	57	Lynchburg	VA	49:36	15:02

FEMALE AGE GROUP: 50 - 59

1	41	Susan Crabtree	55	Lynchburg	VA	28:07	8:32
2	62	Carol ODonnell	56	Lexington	SC	33:00	10:00
3	83	Ana Malkiewicz	51	Lynchburg	VA	36:38	11:07
4	89	Pat Rony	51	Forest	VA	37:45	11:27
5	95	Angelia Pippin	51	Huddleston	VA	40:42	12:20
6	98	Peggy Harper	54	Lynchburg	VA	44:25	13:28
7	106	Karin Truitte	54	Lynchburg	VA	49:36	15:02
8	117	Sharon Brown	57	Lynchburg	VA	55:48	16:55
9	120	Angela Bryant	50	Forest	VA	55:59	16:58

10	121 Taryn Thomas	58 Lynchburg	VA	55:59	16:58
11	122 Jane Ruehle	53 Lynchburg	VA	55:59	16:58
12	127 Pam Orr	57 Lynchburg	VA	56:45	17:12
13	129 Donna Hartmann	52 Lynchburg	VA	56:53	17:15

MALE AGE GROUP: 60 - 99

1	11 Felix Lopez	62 Lynchburg	VA	22:20	6:47
2	43 Danny Moore	62 Lynchburg	VA	28:18	8:35
3	71 Ben Schowe	67 Forest	VA	34:09	10:21
4	96 John Guenthner	61 Lynchburg	VA	40:43	12:21
5	110 Aaron Ruehle	61 Lynchburg	VA	50:18	15:15
6	118 Jimmy Brown	63 Lynchburg	VA	55:58	16:58

FEMALE AGE GROUP: 60 - 99

1	82 Margaret Guenthner	64 Lynchburg	VA	36:20	11:01
2	111 Sally Shaffer	61 Appomattox	VA	51:51	15:43

Lighten-Up Lynchburg 5k Run/Walk
Peaks View Park
Lynchburg, VA May 16, 2015

Place	Name	City	St	Ag	Sex	Time	Pace
1	Libby Davidson	Lynchburg	VA	15	F	17:31	5:40
2	Takoda Gallagher	Lynchburg	VA	17	M	17:34	5:40
3	Robbie Stephens	Spout Spring	VA	38	M	19:20	6:15
4	Darrell Wargo	Lynchburg	VA	46	M	19:38	6:20
5	Marshall Roberts	Lynchburg	VA	45	M	19:51	6:25
6	Sarah Davidson	Lynchburg	VA	50	F	20:31	6:38
7	Katie Bowman	Lynchburg	VA	31	M	21:30	6:57
8	Katie Diminick	Lynchburg	VA	43	F	21:50	7:03
9	Rick Foster	Forest	VA	43	M	21:52	7:04
10	Jim Gallagher	Lynchburg	VA	48	M	21:57	7:05
11	Felix Lopez	Lynchburg	VA	62	M	22:20	7:13
12	Jette Davidson	Lynchburg	VA	13	F	22:26	7:15
13	Aaron O'Donnell	Lexington	SC	20	M	22:32	7:17
14	Gene Marrano	Roanoke	VA	57	M	23:50	7:42
15	John Gretzinger	Lynchburg	VA	50	M	23:56	7:44
16	Billy Roach	Lynchburg	VA	29	M	24:01	7:45
17	Erika Wray	Lynchburg	VA	42	F	24:20	7:51
18	Anna Moon	Lynchburg	VA	15	F	24:22	7:52
19	Emma Mortemousque	Lynchburg	VA	21	F	24:52	8:02
20	Mary Key	Lynchburg	VA	16	F	24:56	8:03
21	Sydney Morris	Lynchburg	VA	15	F	25:00	8:04
22	Bradly Robertson	Forest	VA	15	M	25:16	8:10
23	Ruthanne Reeves	Madison Heights	VA	32	F	25:23	8:12
24	ELIZABETH ROSSER	Rustburg	VA	35	F	25:28	8:13
25	Christina Ruiz	Lynchburg	VA	24	F	25:35	8:16
26	Austin Crawford	Lynchburg	VA	15	M	25:43	8:18
27	McKenna Pettyjohn	Lynchburg	VA	15	F	25:54	8:22
28	Brian O'Donnell	Lexington	SC	51	M	26:00	8:24
29	Annie Gianakos	Lynchburg	VA	17	F	26:22	8:31
30	Alison Fox	Lynchburg	VA	15	F	26:26	8:32
31	Jenny Reeves	Madison Heights	VA	37	F	27:04	8:44
32	Allison Johnston	Lynchburg	VA	17	F	27:06	8:45
33	Jesse Kleiner	Lynchburg	VA	17	F	27:07	8:45
34	Katherine Johnston	Lynchburg	VA	17	F	27:07	8:45
35	Rolly Padilla	Virginia Beach	VA	45	M	27:13	8:47
36	Malik Andrews-Harve	Lynchburg	VA	18	M	27:23	8:50
37	Dudley Raine	Lynchburg	VA	18	M	27:23	8:50

38	Kelly Padilla	Virginia Beach	VA	32	F	27:26	8:51
39	Dion Brzycki	Lynchburg	VA	56	M	27:38	8:55
40	Lauren Magner	Altavista	VA	21	F	28:04	9:04
41	Susan Crabtree	Lynchburg	VA	55	F	28:07	9:05
42	Anthony Morton	Lynchburg	VA	27	M	28:09	9:05
43	Danny Moore	Lynchburg	VA	62	M	28:18	9:08
44	Katie Hartmann	Lynchburg	VA	18	F	28:48	9:18
45	Kristen Tipton	Lynchburg	VA	30	F	28:51	9:19
46	Tray Grant	Lynchburg	VA	38	F	28:51	9:19
47	Lucas Sandidge	Lynchburg	VA	26	M	29:17	9:27
48	Ryan Gallagher	Lynchburg	VA	12	M	29:17	9:27
49	Lillian Peake	Lynchburg	VA	18	F	29:54	9:39
50	Matthew Wray	Lynchburg	VA	12	M	30:05	9:43
51	Ginna Hartsell	Lynchburg	VA	43	F	30:07	9:43
52	Lauren Peake	Lynchburg	VA	15	F	30:53	9:58
53	Renee Bryant	Appomattox	VA	25	F	31:03	10:01
54	Xin Zhuang	Lynchburg	VA	17	M	31:17	10:06
55	Alex Fan	Appomattox	VA	17	M	31:23	10:08
56	Julie Manning	Lynchburg	VA	43	F	31:24	10:08
57	Anthony Krysiewicz	Madison heights	VA	30	M	31:26	10:09
58	Holly OHara	Lynchburg	VA	21	F	31:36	10:12
59	Kim Jefferson	Lynchburg	VA	25	F	32:08	10:22
60	Candy Spencer	Lynchburg	VA	44	F	32:17	10:25
61	Amy ODonnell	Lexington	SC	21	F	32:24	10:28
62	Carol ODonnell	Lexington	SC	56	F	33:00	10:39
63	Natalie Jones	Lynchburg	VA	16	F	33:23	10:47
64	Megan Brinkley	Lynchburg	VA	16	F	33:23	10:47
65	Mary Katherine Guth	Lynchburg	VA	16	F	33:28	10:48
66	Bethany Mays	Lynchburg	VA	17	F	33:29	10:49
67	Jane Davis	Lynchburg	VA	18	F	33:30	10:49
68	Nickie Floyd	Spout Spring	VA	35	F	33:46	10:54
69	Keenan Jordan	Harrisonburg	VA	20	M	34:06	11:00
70	Fatima Jordan	Harrisonburg	VA	30	F	34:06	11:00
71	Ben Schowe	Forest	VA	67	M	34:09	11:01
72	Rachelle Guertin	Lynchburg	VA	23	F	34:23	11:06
73	Amanda Myers-Ramire	Lynchburg	VA	32	F	34:32	11:09
74	Sam Singy	Lynchburg	VA	18	F	34:32	11:09
75	May Mayhorne	Lynchburg	VA	11	F	34:32	11:09
76	Brooke Pettyjohn	Lynchburg	VA	44	F	34:50	11:15
77	Alexander Winstead	lynchburg	VA	51	M	34:51	11:15
78	Karen Yates	Lynchburg	VA	26	F	35:09	11:21
79	Amy Bates	Concord	VA	37	F	35:40	11:31
80	Leigh Ann Hines	Madison Heights	VA	34	F	35:49	11:34
81	Nathaniel Jacobs	Lynchburg	VA	8	M	36:17	11:43
82	Margaret Guenthner	Lynchburg	VA	64	F	36:20	11:44
83	Ana Malkiewicz	Lynchburg	VA	51	F	36:38	11:50
84	Reilly Krason	Lynchburg	VA	14	F	36:44	11:51
85	MacKenzie Krason	Lynchburg	VA	17	F	36:46	11:52
86	Erin Malkiewicz	Lynchburg	VA	14	F	37:30	12:06
87	Jackie Moon	Lynchburg	VA	41	F	37:36	12:08
88	Weenda Robertson	Lynchburg	VA	39	F	37:37	12:09
89	Pat Rony	Forest	VA	51	F	37:45	12:11
90	Lisa Cash	Forest	VA	38	F	37:49	12:12
91	Chad Metzger	Moneta	VA	29	M	38:03	12:17
92	Lynne Goodwin	Lynchburg	VA	42	F	38:12	12:20
93	Tashama Terrell	Lynchburg	VA	41	F	40:18	13:00
94	Oliver Li	Lynchburg	VA	15	M	40:28	13:04
95	Angelia Pippin	Huddleston	VA	51	F	40:42	13:08
96	John Guenthner	Lynchburg	VA	61	M	40:43	13:09
97	Constance Owuor	Lynchburg	VA	28	F	44:20	14:19

98	Peggy Harper	Lynchburg	VA 54 F	44:25	14:20
99	Phyllis Johnson	Lynchburg	VA 48 F	44:56	14:30
100	Meghan Belton	Danville	VA 24 F	45:03	14:32
101	Mikayla Marraccini	Lynchburg	VA 18 F	46:53	15:08
102	Lake McKinney	Lynchburg	VA 6 M	46:53	15:08
103	Jessie Richards	Lynchburg	VA 17 F	46:53	15:08
104	Katelyn Elbrecht	Lynchburg	VA 17 F	46:53	15:08
105	David Truitte	Lynchburg	VA 57 M	49:36	16:00
106	Karin Truitte	Lynchburg	VA 54 F	49:36	16:00
107	Jeffrey Truitte	Lynchburg	VA 20 M	49:36	16:00
108	Nathan Truitte	Lynchburg	VA 15 M	49:36	16:00
109	Matthew Truitte	Lynchburg	VA 19 M	49:37	16:01
110	Aaron Ruehle	Lynchburg	VA 61 M	50:18	16:14
111	Sally Shaffer	Appomattox	VA 61 F	51:51	16:44
112	Karin Robertson	Gladstone	VA 34 F	51:52	16:44
113	Alex Singy	Lynchburg	VA 18 F	53:33	17:17
114	Alison Zimmerman	Lynchburg	VA 20 F	53:33	17:17
115	Makayla Thompson	Lynchburg	VA 15 F	53:33	17:17
116	MaKayla Andrews-Har	Lynchburg	VA 16 F	53:33	17:17
117	Sharon Brown	Lynchburg	VA 57 F	55:48	18:00
118	Jimmy Brown	Lynchburg	VA 63 M	55:58	18:04
119	Jimmysha Brown	Lynchburg	VA 21 F	55:58	18:04
120	Angela Bryant	Forest	VA 50 F	55:59	18:04
121	Taryn Thomas	Lynchburg	VA 58 F	55:59	18:04
122	Jane Ruehle	Lynchburg	VA 53 F	55:59	18:04
123	Jeanell Smith	Lynchburg	VA 47 F	56:42	18:18
124	Annmarie Taheny	Lynchburg	VA 17 F	56:42	18:18
125	Karen Taheny	Lynchburg	VA 43 F	56:45	18:19
126	Carole Friend	Lynchburg	VA 45 F	56:45	18:19
127	Pam Orr	Lynchburg	VA 57 F	56:45	18:19
128	Becky Bienkowski	Lynchburg	VA 29 F	56:53	18:21
129	Donna Hartmann	Lynchburg	VA 52 F	56:53	18:21
130	Jennifer Worley	Lynch Station	VA 41 F	56:53	18:21
131	Sherrie Miller	Madison Heights	VA 41 F	1:02:26	20:09