

6th Annual IRON 5k Run / Walk
 Amherst County High School
 Amherst, VA April 12, 2016
 55 degrees, sunny, wind W7-9mph

Place	Name	City	St	Ag	Sex	Time	Pace
1	Chad Mooney	Monroe	VA	37	M	19:17	6:14
2	Preston Evans	Madison Heights	VA	59	M	19:23	6:16
3	Stephens Robbie	Spout Spring	VA	39	M	19:46	6:23
4	Drew Ramsey	Amherst	VA	26	M	20:33	6:38
5	Matthew Giles	Madison Heights	VA	30	M	20:48	6:43
6	Valerie Barrett	Danville	VA	16	F	20:52	6:44
7	Jennifer Lully	Lynchburg	VA	38	F	21:13	6:51
8	Darrell Wargo	Lynchburg	VA	47	M	21:23	6:54
9	Mark Spaulding	Lynchburg	VA	37	M	21:58	7:06
10	Don Duffy	Rustburg	VA	46	M	22:02	7:07
11	Kendall Malsam	Fairfax	VA	21	M	22:54	7:24
12	Mac Webb	Lynchburg	VA	11	M	23:16	7:31
13	Chance Barkyoub	Monroe	VA	21	M	23:29	7:35
14	Daniel Hilty	Monroe	VA	14	M	23:45	7:40
15	Turner Neblett	Amherst	VA	12	M	23:47	7:41
16	Zach Anderson	Amherst	VA	20	M	24:10	7:48
17	Mark Thompson	Lynchburg	VA	24	M	24:11	7:49
18	Mary Kathryn Allen	Gladstone	VA	37	F	24:12	7:49
19	Dwayne Marshall	Lynchburg	VA	53	M	24:17	7:50
20	Caroline Branham	Madison Heights	VA	14	F	24:19	7:51
21	Morgan Mason	Lynchburg	VA	23	F	24:30	7:55
22	Betty Burley	Amherst	VA	51	F	24:37	7:57
23	Anthony Morton	Lynchburg	VA	28	M	24:43	7:59
24	Jesse Stem	Lynchburg	VA	46	M	24:55	8:03
25	Brittney Patton	Roanoke	VA	29	F	25:03	8:05
26	Paul Calland	Lynchburg	VA	50	M	25:12	8:08
27	Mandy Cassise	Madison Heights	VA	36	F	25:24	8:12
28	Sara Riely Pettyjoh	Monroe	VA	17	F	25:30	8:14
29	Cargill Matthew	Amherst	VA	14	M	25:30	8:14
30	Matt Ramsey	Amherst	VA	33	M	25:49	8:20
31	Diana Pettyjohn	Monroe	VA	53	F	26:01	8:24
32	Felicia Kilgore	Amherst	VA	25	F	26:15	8:29
33	Andrew Davis	Rustburg	VA	23	M	26:17	8:29
34	Tyler Holder	Madison Heights	VA	29	M	26:28	8:33
35	Charles Webb	Lynchburg	VA	8	M	26:38	8:36
36	Ryan Webb	Lynchburg	VA	37	M	26:39	8:36
37	Joey Kilgore	Amherst	VA	29	M	26:54	8:41
38	Kallena Branham	Madison Heights	VA	11	F	27:12	8:47
39	Kathy Amburgey	Amherst	VA	43	F	27:33	8:54
40	Quinn Hershberger	Lynchburg	VA	47	M	27:37	8:55
41	Doug Moyer	Amherst	VA	59	M	27:53	9:00
42	Glenn Smith	Amherst	VA	64	M	28:00	9:02
43	Kristin Morgan	Lynchburg	VA	27	F	28:12	9:06
44	Joel Morgan	Lynchburg	VA	31	M	28:13	9:07
45	Greg Slominski	Forest	VA	55	M	28:35	9:14
46	Rebekah Anderson	Amherst	VA	14	F	28:59	9:21
47	Casey Anderson	Amherst	VA	20	F	29:01	9:22
48	India Haun	Lynchburg	VA	26	F	29:18	9:28
49	Cody Akershoek	Amherst	VA	13	M	29:30	9:31
50	Blake Edmondson	Lynchburg	VA	32	M	29:38	9:34
51	Guy Madison	Forest	VA	34	M	29:39	9:34

52	Melissa Ogden	Madison Heights	VA 29	F	29:40	9:35
53	Daniel Thompson	Monroe	VA 27	M	30:22	9:48
54	Victoria Lee	Madison Heights	VA 53	F	30:39	9:54
55	Brooke Terry	Bedford	VA 31	F	30:41	9:54
56	Kara James	Lynchburg	VA 23	F	31:02	10:01
57	Taylor Jackson	Madison Heights	VA 11	M	31:28	10:10
58	Victoria Ramsey	Amherst	VA 24	F	31:53	10:18
59	Kent Callaham	Fredericksburg	VA 55	M	32:01	10:20
60	Bailey Sisson	Amherst	VA 14	F	32:14	10:24
61	Jim Zabloski	Amherst	VA 57	M	32:15	10:25
62	Mark Fahringer	Amherst	VA 15	M	32:16	10:25
63	Susan Cargill	Amherst	VA 48	F	32:16	10:25
64	Maria Spaulding	Lynchburg	VA 36	F	32:18	10:26
65	Dellon Cassidy	Madison Heights	VA 11	M	32:30	10:30
66	Katie Driskill	Appomattox	VA 36	F	32:37	10:32
67	Dylan Wood	Amherst	VA 19	M	32:49	10:36
68	Bryson Follett	Madison Heights	VA 13	M	33:03	10:40
69	Jessica Simpson	Bedford	VA 28	F	33:05	10:41
70	Lauren Wheless	Lynchburg	VA 47	F	33:09	10:42
71	Dana Jackson	Madison Heights	VA 37	F	33:55	10:57
72	Trevon Crumpton	Amherst	VA 13	M	34:09	11:01
73	Grace Terry	Bedford	VA 10	F	34:11	11:02
74	Bo Terry	Bedford	VA 38	M	34:11	11:02
75	Abigial Phaup	Amherst	VA 16	F	34:16	11:04
76	Cyanna Cabell	Madison Heights	VA 12	F	34:47	11:14
77	Ben Hurt	Amherst	VA 31	M	35:03	11:19
78	Marcus Thomas	Madison Heights	VA 22	M	35:03	11:19
79	Sofia Johnson	Titusville	FL 19	F	35:10	11:21
80	Kim Forch	Lynchburg	VA 33	F	35:20	11:24
81	Aneesa Parrish	Madison Heights	VA 13	F	35:23	11:25
82	Danielle Wentz	Madison Heights	VA 13	F	35:24	11:26
83	Adriana Goins	Madison Heights	VA 12	F	35:33	11:29
84	Abigail Anderson	Amherst	VA 13	F	35:44	11:32
85	John Neblett	Amherst	VA 47	M	35:45	11:32
86	Anthony Miller	Madison Heights	VA 44	M	35:50	11:34
87	John Simmons	Forest	VA 45	M	35:55	11:36
88	Kristen Phelps	Lynchburg	VA 26	F	36:12	11:41
89	Elizabeth Humphrey	Madison Heights	VA 28	F	36:24	11:45
90	Lauren Balint	Amherst	VA 27	F	36:33	11:48
91	Steve Haring	Amherst	VA 51	M	37:18	12:02
92	Ada Ramsey	Amherst	VA 8	F	37:33	12:07
93	Melissa Ramsey	Amherst	VA 32	F	37:35	12:08
94	Heather Harris	Forest	VA 39	F	37:48	12:12
95	Dan West	Forest	VA 39	M	37:54	12:14
96	Natasha Cross	Hyattsville	MD 22	F	38:16	12:21
97	Toni Overstreet	Madison Heights	VA 32	F	38:53	12:33
98	Lawrence Janow	Amherst	VA 73	M	39:08	12:38
99	Jennifer Brown	Lynchburg	VA 37	F	39:08	12:38
100	Katherine Lawlor	Forest	VA 26	F	39:21	12:42
101	Kristie Leogrande	Goode	VA 29	F	39:30	12:45
102	Jaysie Lecolst	Lynchburg	VA 7	F	39:48	12:51
103	Madi Lecolst	Lynchburg	VA 11	F	39:48	12:51
104	Kayla Lecolst	Lynchburg	VA 33	F	39:48	12:51
105	Tim Lecolst	Lynchburg	VA 34	M	39:48	12:51
106	Kimely Davis	Amherst	VA 48	F	40:00	12:55
107	Nancy Massie	Roseland	VA 58	F	40:01	12:55
108	Sondra Rowe	Evington	VA 46	F	40:21	13:01
109	Stephanie Parrish	Lynchburg	VA 30	F	40:21	13:01
110	Christine Heagy	Forest	VA 30	F	40:43	13:09
111	Madelyn Stevens	Madison Heights	VA 13	F	41:15	13:19

112	Christy Lipscomb	Arrington	VA	41	F	41:31	13:24
113	Leena Queen	Madison Heights	VA	14	F	41:32	13:24
114	Ian James	Lynchburg	VA	28	M	41:33	13:25
115	Holly Zabloski	Rocky Mount	VA	23	F	41:56	13:32
116	Peyton Jackson	Madison Heights	VA	10	M	42:08	13:36
117	Stella Ramsey	Amherst	VA	10	F	42:11	13:37
118	Nathan Neblett	Amherst	VA	11	M	42:14	13:38
119	Jenine Ann Kaznowsk	Amherst	VA	52	F	42:21	13:40
120	Nathan Hill	Lynchburg	VA	25	M	43:11	13:56
121	Kaitlyn Hill	Lynchburg	VA	23	F	43:12	13:57
122	Sandy Neblett	Amherst	VA	41	F	44:23	14:20
123	Travis Ogden	Madison Heights	VA	31	M	45:10	14:35
124	Stephanie Middleton	Madison Heights	VA	38	F	45:14	14:36
125	Indy Jackson	Madison Heights	VA	35	F	45:14	14:36
126	Megan Steeves	Lynchburg	VA	31	F	45:38	14:44
127	Victoria Schjonning	Monroe	VA	20	F	45:56	14:50
128	Carla Campbell	Madison Heights	VA	36	F	45:57	14:50
129	Glenda Hunt	Madison Heights	VA	59	F	46:01	14:51
130	Sharon Chambers	Appomattox	VA	50	F	46:04	14:52
131	Angela Cassidy	Madison Heights	VA	43	F	46:09	14:54
132	Teresa Tatlock	Amherst	VA	53	F	46:11	14:54
133	Rebecca Heishman	Clifford	VA	55	F	46:56	15:09
134	Mitch Heishman	Clifford	VA	55	M	46:57	15:09
135	Mary Moore	Madison Heights	VA	11	F	47:02	15:11
136	Landen Tomlin	Madison Heights	VA	13	F	47:09	15:13
137	Susan Mahlborg	Charlottesville	VA	29	F	47:22	15:17
138	Angela Fish	Madison Heights	VA	31	F	47:38	15:22
139	Cami Owen	Forest	VA	10	F	48:03	15:30
140	Layla Owen	Forest	VA	6	F	48:07	15:32
141	Vicki Owen	Forest	VA	58	F	48:17	15:35
142	Jewels Chambers	Appomattox	VA	50	M	48:19	15:36
143	Liz Walker	Lynchburg	VA	56	F	48:42	15:43
144	Matt Gaventa	Lovingston	VA	36	M	49:09	15:52
145	Virginia Klute	Amherst	VA	74	F	49:10	15:52
146	Grant Massie	Roseland	VA	62	M	49:11	15:52
147	Sandie Campbell	Amherst	VA	42	F	49:38	16:01
148	Teresa Tucker	Amherst	VA	51	F	49:38	16:01
149	Brenden Tucker	Amherst	VA	17	M	49:46	16:04
150	Seth Anderson	Amherst	VA	17	M	49:49	16:05
151	Naomi Giles	Madison Heights	VA	28	F	50:09	16:11
152	Gary Ramsey	Amherst	VA	63	M	50:43	16:22
153	Jamie Deacon	Amherst	VA	39	F	50:47	16:23
154	Jeff Deacon	Amherst	VA	42	M	50:49	16:24
155	Bea Booker	Amherst	VA	52	F	50:53	16:25
156	Sylvester Booker	Amherst	VA	59	M	50:54	16:26
157	Crystal Mays	Madison Heights	VA	34	F	50:55	16:26
158	Kim Goins	Madison Heights	VA	45	F	51:02	16:28
159	Shannon Wentz	Madison Heights	VA	39	F	51:04	16:29
160	Kristen Edmondson	Lynchburg	VA	29	F	51:36	16:39
161	Olivia Madison	Forest	VA	34	F	51:36	16:39
162	Rhonda Campbell	Amherst	VA	47	F	51:43	16:41
163	Elizabeth Keesee	Madison Heights	VA	55	F	51:43	16:41
164	Taylor Cassidy	Madison Heights	VA	39	M	51:50	16:44
165	Dee Crawford	Lynchburg	VA	56	F	52:35	16:58
166	Kim Steuart	Forest	VA	39	F	52:37	16:59
167	Ben Beasley	Madison Heights	VA	18	M	54:03	17:27
168	Jana Anderson	Amherst	VA	20	F	54:03	17:27
169	Linda Zabloski	Amherst	VA	58	F	54:27	17:34
170	Donald Mays	Amherst	VA	71	M	55:01	17:45
171	Nancy Abbitt	Madison Heights	VA	66	F	55:54	18:02

172	Patricia Abbitt	Madison Heights	VA 62 F	55:56	18:03
173	Amanda Ramsey	Amherst	VA 59 F	56:00	18:04
174	Gary Anderson	Amherst	VA 45 M	56:02	18:05
175	Karen Tucker	Madison Heights	VA 58 F	56:09	18:07
176	Gwen Gordon	Amherst	VA 60 F	56:47	18:20
177	Amanda Wright	Amherst	VA 42 F	1:00:36	19:33
178	Denise Anderson	Amherst	VA 43 F	1:00:36	19:33
179	Kathy Mays	Amherst	VA 62 F	1:00:50	19:38

6th Annual IRON 5k Run / Walk
Amherst County High School
Amherst, VA April 10, 2016
55 degrees, sunny

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

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

Place	Name	Ag	City	St	Time	Pace
1	Chad Mooney	37	Monroe	VA	19:17	5:51
2	Preston Evans	59	Madison Heights	VA	19:23	5:53

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

Place	Name	Ag	City	St	Time	Pace
1	Valerie Barrett	16	Danville	VA	20:52	6:20
2	Jennifer Lully	38	Lynchburg	VA	21:13	6:26

***** MALE MASTERS RUN OVERALL AWARDS*****

Place	Name	Ag	City	St	Time	Pace
1	Darrell Wargo	47	Lynchburg	VA	21:23	6:29
2	Don Duffy	46	Rustburg	VA	22:02	6:41

***** FEMALE MASTERS RUN OVERALL AWARDS*****

Place	Name	Ag	City	St	Time	Pace
1	Betty Burley	51	Amherst	VA	24:37	7:28
2	Diana Pettyjohn	53	Monroe	VA	26:01	7:54

MALE AGE GROUP: 1 - 12

1	12 Mac Webb	11	Lynchburg	VA	23:16	7:04
2	15 Turner Neblett	12	Amherst	VA	23:47	7:13
3	35 Charles Webb	8	Lynchburg	VA	26:38	8:05
4	57 Taylor Jackson	11	Madison Heig	VA	31:28	9:33
5	65 Dellon Cassidy	11	Madison Heig	VA	32:30	9:51
6	116 Peyton Jackson	10	Madison Heig	VA	42:08	12:47
7	118 Nathan Neblett	11	Amherst	VA	42:14	12:48

FEMALE AGE GROUP: 1 - 12

1	38 Kallena Branham	11	Madison Heig	VA	27:12	8:15
2	73 Grace Terry	10	Bedford	VA	34:11	10:22
3	76 Cyanna Cabell	12	Madison Heig	VA	34:47	10:33
4	83 Adriana Goins	12	Madison Heig	VA	35:33	10:47

5	92	Ada Ramsey	8	Amherst	VA	37:33	11:23
6	102	Jaysie Lecolst	7	Lynchburg	VA	39:48	12:04
7	103	Madi Lecolst	11	Lynchburg	VA	39:48	12:04
8	117	Stella Ramsey	10	Amherst	VA	42:11	12:47
9	136	Mary Moore	11	Madison Heig	VA	47:02	14:16
10	140	Cami Owen	10	Forest	VA	48:03	14:34
11	141	Layla Owen	6	Forest	VA	48:07	14:35

MALE AGE GROUP: 13 - 19

1	14	Daniel Hilty	14	Monroe	VA	23:45	7:12
2	29	Cargill Matthew	14	Amherst	VA	25:30	7:44
3	49	Cody Akershoek	13	Amherst	VA	29:30	8:57
4	62	Mark Fahringer	15	Amherst	VA	32:16	9:47
5	67	Dylan Wood	19	Amherst	VA	32:49	9:57
6	68	Bryson Follett	13	Madison Heig	VA	33:03	10:01
7	72	Trevon Crumpton	13	Amherst	VA	34:09	10:21
8	150	Brenden Tucker	17	Amherst	VA	49:46	15:05
9	151	Seth Anderson	17	Amherst	VA	49:49	15:06
10	168	Ben Beasley	18	Madison Heig	VA	54:03	16:23

FEMALE AGE GROUP: 13 - 19

1	20	Caroline Branham	14	Madison Heig	VA	24:19	7:23
2	28	Sara Riely Pettyjoh	17	Monroe	VA	25:30	7:44
3	46	Rebekah Anderson	14	Amherst	VA	28:59	8:47
4	60	Bailey Sisson	14	Amherst	VA	32:14	9:47
5	75	Abigial Phaup	16	Amherst	VA	34:16	10:24
6	79	Sofia Johnson	19	Titusville	FL	35:10	10:40
7	81	Aneesa Parrish	13	Madison Heig	VA	35:23	10:44
8	82	Danielle Wentz	13	Madison Heig	VA	35:24	10:44
9	84	Abigail Anderson	13	Amherst	VA	35:44	10:50
10	111	Madelyn Stevens	13	Madison Heig	VA	41:15	12:30
11	113	Leena Queen	14	Madison Heig	VA	41:32	12:36
12	137	Landen Tomlin	13	Madison Heig	VA	47:09	14:18

MALE AGE GROUP: 20 - 29

1	4	Drew Ramsey	26	Amherst	VA	20:33	6:14
2	11	Kendall Malsam	21	Fairfax	VA	22:54	6:57
3	13	Chance Barkyoub	21	Monroe	VA	23:29	7:07
4	16	Zach Anderson	20	Amherst	VA	24:10	7:20
5	17	Mark Thompson	24	Lynchburg	VA	24:11	7:20
6	23	Anthony Morton	28	Lynchburg	VA	24:43	7:30
7	33	Andrew Davis	23	Rustburg	VA	26:17	7:58
8	34	Tyler Holder	29	Madison Heig	VA	26:28	8:02
9	37	Joey Kilgore	29	Amherst	VA	26:54	8:10
10	53	Daniel Thompson	27	Monroe	VA	30:22	9:13
11	78	Marcus Thomas	22	Madison Heig	VA	35:03	10:38
12	114	Ian James	28	Lynchburg	VA	41:33	12:36
13	120	Nathan Hill	25	Lynchburg	VA	43:11	13:06

FEMALE AGE GROUP: 20 - 29

1	21	Morgan Mason	23	Lynchburg	VA	24:30	7:26
2	25	Brittney Patton	29	Roanoke	VA	25:03	7:36
3	32	Felicia Kilgore	25	Amherst	VA	26:15	7:58
4	43	Kristin Morgan	27	Lynchburg	VA	28:12	8:33
5	47	Casey Anderson	20	Amherst	VA	29:01	8:48
6	48	India Haun	26	Lynchburg	VA	29:18	8:53
7	52	Melissa Ogden	29	Madison Heig	VA	29:40	9:00
8	56	Kara James	23	Lynchburg	VA	31:02	9:25
9	58	Victoria Ramsey	24	Amherst	VA	31:53	9:40
10	69	Jessica Simpson	28	Bedford	VA	33:05	10:02

11	88	Kristen Phelps	26	Lynchburg	VA	36:12	10:59
12	89	Elizabeth Humphrey	28	Madison Heig	VA	36:24	11:02
13	90	Lauren Balint	27	Amherst	VA	36:33	11:05
14	96	Natasha Cross	22	Hyattsville	MD	38:16	11:36
15	100	Katherine Lawlor	26	Forest	VA	39:21	11:56
16	101	Kristie Leogrande	29	Goode	VA	39:30	11:59
17	115	Holly Zabloski	23	Rocky Mount	VA	41:56	12:43
18	121	Kaitlyn Hill	23	Lynchburg	VA	43:12	13:06
19	128	Victoria Schjonning	20	Monroe	VA	45:56	13:56
20	138	Susan Mahlburg	29	Charlottesvi	VA	47:22	14:22
21	152	Naomi Giles	28	Madison Heig	VA	50:09	15:12
22	161	Kristen Edmondson	29	Lynchburg	VA	51:36	15:39
23	169	Jana Anderson	20	Amherst	VA	54:03	16:23

MALE AGE GROUP: 30 - 39

1	3	Stephens Robbie	39	Spout Spring	VA	19:46	6:00
2	5	Matthew Giles	30	Madison Heig	VA	20:48	6:19
3	9	Mark Spaulding	37	Lynchburg	VA	21:58	6:40
4	30	Matt Ramsey	33	Amherst	VA	25:49	7:50
5	36	Ryan Webb	37	Lynchburg	VA	26:39	8:05
6	44	Joel Morgan	31	Lynchburg	VA	28:13	8:34
7	50	Blake Edmondson	32	Lynchburg	VA	29:38	8:59
8	51	Guy Madison	34	Forest	VA	29:39	9:00
9	74	Bo Terry	38	Bedford	VA	34:11	10:22
10	77	Ben Hurt	31	Amherst	VA	35:03	10:38
11	95	Dan West	39	Forest	VA	37:54	11:30
12	105	Tim Lecolst	34	Lynchburg	VA	39:48	12:04
13	123	Travis Ogden	31	Madison Heig	VA	45:10	13:42
14	145	Matt Gaventa	36	Lovingston	VA	49:09	14:54
15	165	Taylor Cassidy	39	Madison Heig	VA	51:50	15:43

FEMALE AGE GROUP: 30 - 39

1	18	Mary Kathryn Allen	37	Gladstone	VA	24:12	7:20
2	27	Mandy Cassise	36	Madison Heig	VA	25:24	7:42
3	55	Brooke Terry	31	Bedford	VA	30:41	9:18
4	64	Maria Spaulding	36	Lynchburg	VA	32:18	9:48
5	66	Katie Driskill	36	Appomattox	VA	32:37	9:54
6	71	Dana Jackson	37	Madison Heig	VA	33:55	10:17
7	80	Kim Forch	33	Lynchburg	VA	35:20	10:43
8	93	Melissa Ramsey	32	Amherst	VA	37:35	11:24
9	94	Heather Harris	39	Forest	VA	37:48	11:28
10	97	Toni Overstreet	32	Madison Heig	VA	38:53	11:47
11	99	Jennifer Brown	37	Lynchburg	VA	39:08	11:52
12	104	Kayla Lecolst	33	Lynchburg	VA	39:48	12:04
13	109	Stephanie Parrish	30	Lynchburg	VA	40:21	12:14
14	110	Christine Heagy	30	Forest	VA	40:43	12:21
15	124	Stephanie Middleton	38	Madison Heig	VA	45:14	13:43
16	125	Indy Jackson	35	Madison Heig	VA	45:14	13:43
17	126	Megan Steeves	31	Lynchburg	VA	45:38	13:50
18	129	Carla Campbell	36	Madison Heig	VA	45:57	13:56
19	139	Angela Fish	31	Madison Heig	VA	47:38	14:27
20	154	Jamie Deacon	39	Amherst	VA	50:47	15:24
21	158	Crystal Mays	34	Madison Heig	VA	50:55	15:26
22	160	Shannon Wentz	39	Madison Heig	VA	51:04	15:29
23	162	Olivia Madison	34	Forest	VA	51:36	15:39
24	167	Kim Steuart	39	Forest	VA	52:37	15:57

MALE AGE GROUP: 40 - 49

1	24	Jesse Stem	46	Lynchburg	VA	24:55	7:34
2	40	Quinn Hershberger	47	Lynchburg	VA	27:37	8:23

3	85	John Neblett	47	Amherst	VA	35:45	10:50
4	86	Anthony Miller	44	Madison Heig	VA	35:50	10:52
5	87	John Simmons	45	Forest	VA	35:55	10:54
6	155	Jeff Deacon	42	Amherst	VA	50:49	15:24
7	175	Gary Anderson	45	Amherst	VA	56:02	16:59

FEMALE AGE GROUP: 40 - 49

1	39	Kathy Amburgey	43	Amherst	VA	27:33	8:21
2	63	Susan Cargill	48	Amherst	VA	32:16	9:47
3	70	Lauren Wheless	47	Lynchburg	VA	33:09	10:03
4	106	Kimely Davis	48	Amherst	VA	40:00	12:08
5	108	Sondra Rowe	46	Evington	VA	40:21	12:14
6	112	Christy Lipscomb	41	Arrington	VA	41:31	12:35
7	122	Sandy Neblett	41	Amherst	VA	44:23	13:27
8	132	Angela Cassidy	43	Madison Heig	VA	46:09	14:00
9	148	Sandie Campbell	42	Amherst	VA	49:38	15:03
10	159	Kim Goins	45	Madison Heig	VA	51:02	15:28
11	163	Rhonda Campbell	47	Amherst	VA	51:43	15:41
12	178	Amanda Wright	42	Amherst	VA	1:00:36	18:22
13	179	Denise Anderson	43	Amherst	VA	1:00:36	18:22

MALE AGE GROUP: 50 - 59

1	19	Dwayne Marshall	53	Lynchburg	VA	24:17	7:22
2	26	Paul Calland	50	Lynchburg	VA	25:12	7:39
3	41	Doug Moyer	59	Amherst	VA	27:53	8:27
4	45	Greg Slominski	55	Forest	VA	28:35	8:40
5	59	Kent Callaham	55	Fredericksbu	VA	32:01	9:43
6	61	Jim Zabloski	57	Amherst	VA	32:15	9:47
7	91	Steve Haring	51	Amherst	VA	37:18	11:19
8	135	Mitch Heishman	55	Clifford	VA	46:57	14:14
9	143	Jewels Chambers	50	Appomattox	VA	48:19	14:39
10	157	Sylvester Booker	59	Amherst	VA	50:54	15:26

FEMALE AGE GROUP: 50 - 59

1	54	Victoria Lee	53	Madison Heig	VA	30:39	9:18
2	107	Nancy Massie	58	Roseland	VA	40:01	12:08
3	119	Jenine Ann Kaznowsk	52	Amherst	VA	42:21	12:50
4	130	Glenda Hunt	59	Madison Heig	VA	46:01	13:57
5	131	Sharon Chambers	50	Appomattox	VA	46:04	13:58
6	133	Teresa Tatlock	53	Amherst	VA	46:11	14:00
7	134	Rebecca Heishman	55	Clifford	VA	46:56	14:14
8	142	Vicki Owen	58	Forest	VA	48:17	14:38
9	144	Liz Walker	56	Lynchburg	VA	48:42	14:46
10	149	Teresa Tucker	51	Amherst	VA	49:38	15:03
11	156	Bea Booker	52	Amherst	VA	50:53	15:26
12	164	Elizabeth Keesee	55	Madison Heig	VA	51:43	15:41
13	166	Dee Crawford	56	Lynchburg	VA	52:35	15:57
14	170	Linda Zabloski	58	Amherst	VA	54:27	16:30
15	174	Amanda Ramsey	59	Amherst	VA	56:00	16:59
16	176	Karen Tucker	58	Madison Heig	VA	56:09	17:01

MALE AGE GROUP: 60 - 99

1	42	Glenn Smith	64	Amherst	VA	28:00	8:30
2	98	Lawrence Janow	73	Amherst	VA	39:08	11:52
3	147	Grant Massie	62	Roseland	VA	49:11	14:55
4	153	Gary Ramsey	63	Amherst	VA	50:43	15:23
5	171	Donald Mays	71	Amherst	VA	55:01	16:41

FEMALE AGE GROUP: 60 - 99

1	146	Virginia Klute	74	Amherst	VA	49:10	14:54
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2	172 Nancy Abbitt	66 Madison Heig	VA	55:54	16:57
3	173 Patricia Abbitt	62 Madison Heig	VA	55:56	16:57
4	177 Gwen Gordon	60 Amherst	VA	56:47	17:13
5	180 Kathy Mays	62 Amherst	VA	1:00:50	18:27

IRON 5k Run/Walk
IRON MOM DIVISION

Place	Name	City	St	Ag	Sex	Time	Pace
1	Kristin Morgan	Lynchburg	VA	27	F	28:12	9:06
2	Melissa Ramsey	Amherst	VA	32	F	37:35	12:08
3	Susan Mahlborg	Charlottesville	VA	29	F	47:22	15:17
4	Angela Fish	Madison Heights	VA	31	F	47:38	15:22
5	Vicki Owen	Forest	VA	58	F	48:17	15:35
6	Naomi Giles	Madison Heights	VA	28	F	50:09	16:11
7	Crystal Mays	Madison Heights	VA	34	F	50:55	16:26

6th Annual IRON Youth 1 Mile
Amherst County High School
Amherst, VA April 10, 2016
55 degrees, sunny

Place	Name	City	St	Ag	S	Youth
1	Sully Tibbs	Amherst	VA	11	M	6:48
2	Trey Shrock	Amherst	VA	11	M	7:08
3	Zachary Jackson	Madison Heights	VA	7	M	7:11
4	Caleb Knight	Amherst	VA	10	M	7:29
5	Dalton Wentz	Amherst	VA	10	M	7:31
6	Nick Dawson	Amherst	VA	11	M	7:39
7	John Simmons	Amherst	VA	11	M	7:40
8	Blake Jackson	Madison Heights	VA	9	M	8:10
9	Anthony Harris	Forest	VA	8	M	8:15
10	David Travis	Amherst	VA	11	M	8:19
11	Jon Goins	Amherst	VA	9	M	8:22
12	Nathaniel Tyree	Amherst	VA	11	M	8:38
13	Brandon Burks	Amherst	VA	11	M	8:53
14	Madelyn Steeves	Lynchburg	VA	6	F	9:08
15	Taylor Tyree	Madison Heights	VA	6	F	9:33
16	Jerry Cashwell	Amherst	VA	11	M	9:43
17	Hunter Catlett	Amherst	VA	11	M	9:47
18	Jared Middleton	Madison Heights	VA	9	M	9:53
19	Jameson Mullinax	Madison Heights	VA	7	M	10:19
20	Ben Akershoek	Amherst	VA	5	M	11:23
21	Elise Steeves	Lynchburg	VA	5	F	11:49
22	Avery Mooney	Monroe	VA	5	F	12:24
23	Tessa Akershoek	Amherst	VA	3	F	12:36
24	Adyson Johnson	Goode	VA	2	F	13:22
25	Taylor Overstreet	Madison Heights	VA	3	F	14:07

Results: Riverside Runners, Inc. || info@riversiderunnes.com