

## Celtic Knot 5K/10K

Proceeds will benefit High Rocks Programs

Results by The Appalachian Timing Group - APTiming.com

March 12, 2016 - 10:00 AM Lewisburg, WV

Weather: 61 Degrees and Cloudy - Wind SE @ 3 MPH

## =====5K Run Overall Results =====

| Place | Name               | Age   | S | City         | St | Time    | Pace  |
|-------|--------------------|-------|---|--------------|----|---------|-------|
| ===== | =====              | ===== | = | =====        | == | =====   | ===== |
| 1     | Justice Bowyer     | 18    | M | Ronceverte   | WV | 20:40.1 | 6:40  |
| 2     | Erin O'Sullivan    | 12    | F | Athens       | WV | 21:26.8 | 6:55  |
| 3     | Glenn Pottmeyer    | 25    | M | Lewisburg    | WV | 21:40.8 | 6:59  |
| 4     | Alex Lim           | 17    | M | Lewisburg    | WV | 22:55.7 | 7:23  |
| 5     | Nicholas Thompson  | 53    | M | Sophia       | WV | 22:59.7 | 7:25  |
| 6     | Treland O'Sullivan | 12    | F | Athens       | WV | 23:05.2 | 7:26  |
| 7     | Randy Tephabock    | 60    | M | Rainelle     | WV | 24:33.0 | 7:55  |
| 8     | Dakota Beverage    | 19    | M | Marlinton    | WV | 24:34.0 | 7:55  |
| 9     | Allen Hawver       | 37    | M | Ronceverte   | WV | 24:34.0 | 7:55  |
| 10    | David Moore        | 49    | M | Talcott      | WV | 24:54.0 | 8:01  |
| 11    | Scott Warren       | 25    | M | Covington    | VA | 25:11.0 | 8:07  |
| 12    | Brandon Carr       | 15    | M | Lewisburg    | WV | 25:12.0 | 8:07  |
| 13    | Sean Brain         | 48    | M | Lewisburg    | WV | 25:12.0 | 8:07  |
| 14    | Jeff Beverage      | 47    | M | Marlinton    | WV | 25:46.0 | 8:18  |
| 15    | Jeffery Cobb       | 51    | M | Frankford    | WV | 25:59.0 | 8:22  |
| 16    | Bonnie Diora       | 23    | F | Lewisburg    | WV | 26:18.5 | 8:29  |
| 17    | Anders Marfinsson  | 30    | M | Lewisburg    | WV | 26:18.5 | 8:29  |
| 18    | Kain Bowyer        | 12    | M | Ronceverte   | WV | 26:43.6 | 8:37  |
| 19    | Judson Settle      | 26    | M | Lewisburg    | WV | 26:51.2 | 8:39  |
| 20    | Monique Oye        | 23    | F | Lewisburg    | WV | 27:19.6 | 8:48  |
| 21    | Ron Furrow         | 39    | M | Shady Spring | WV | 27:20.0 | 8:48  |
| 22    | Andrew Workman     | 33    | M | Hillsboro    | WV | 27:27.0 | 8:51  |
| 23    | Fiona Berry        | 13    | F | Lewisburg    | WV | 27:50.4 | 8:58  |
| 24    | Duane Peck         | 43    | M | Peterstown   | WV | 28:28.0 | 9:10  |
| 25    | Tori Parks         | 12    | F | Lewisburg    | WV | 28:39.3 | 9:14  |
| 26    | Jodi Styles        | 37    | F | Lewisburg    | WV | 28:43.5 | 9:15  |
| 27    | Kim Morgan         | 31    | F | Lewisburg    | WV | 28:52.1 | 9:18  |
| 28    | MacKinzie Smith    | 19    | F | Renick       | WV | 29:14.5 | 9:25  |
| 29    | Jj Maddox          | 17    | M | Gap Mills    | WV | 29:16.0 | 9:26  |
| 30    | Ava Jasperse       | 14    | F | Ronceverte   | WV | 29:16.6 | 9:26  |
| 31    | Rachel Brame       | 26    | F | Lewisburg    | WV | 29:17.7 | 9:26  |
| 32    | Erica White        | 25    | F | Lewisburg    | WV | 29:20.4 | 9:27  |
| 33    | Amelia Monti       | 13    | F | Lewisburg    | WV | 29:23.5 | 9:28  |
| 34    | John Lynch         | 35    | M | Lewisburg    | WV | 29:26.9 | 9:29  |
| 35    | Amanda Lynch       | 34    | F | Lewisburg    | WV | 29:27.4 | 9:29  |
| 36    | Lisa Burke         | 40    | F | Maxwelton    | WV | 29:27.8 | 9:29  |
| 37    | Jamie Gardinier    | 34    | F | Union        | WV | 29:28.6 | 9:30  |
| 38    | Tom Gardinier      | 36    | M | Union        | WV | 29:29.2 | 9:30  |
| 39    | Emma Elsenbeiss    | 14    | F | Renick       | WV | 29:50.4 | 9:37  |
| 40    | Jahman Ramanathan  | 25    | F | Lewisburg    | WV | 30:22.9 | 9:47  |
| 41    | Sarah Hann         | 26    | F | Lewisburg    | WV | 30:26.3 | 9:48  |
| 42    | Angie Moore        | 46    | F | Lewisburg    | WV | 30:33.5 | 9:51  |
| 43    | Christi Boothe     | 46    | F | Ronceverte   | WV | 30:44.9 | 9:54  |
| 44    | Shea Hatcher       | 36    | F | Lewisburg    | WV | 30:47.7 | 9:55  |
| 45    | Kathleen Derouen   | 35    | F | Alderson     | WV | 30:47.9 | 9:55  |
| 46    | Jandy Hanna        | 38    | F | Lewisburg    | WV | 30:48.3 | 9:55  |
| 47    | Stacy King         | 31    | F |              |    | 30:55.4 | 9:58  |
| 48    | Cate Poage         | 28    | F | Lewisburg    | WV | 31:04.5 | 10:01 |
| 49    | Catherine Wade     | 18    | F | Williamsburg | WV | 31:26.9 | 10:08 |
| 50    | Kelsey Coburn      | 19    | F | Sinks Grove  | WV | 31:39.2 | 10:12 |

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|-------|---------------------|-------|---|--------------------|----|-----------|-------|
| ===== | =====               | ===== | = | =====              | == | =====     | ===== |
| 51    | Ethan Levendorf     | 25    | M | Weirton            | WV | 32:01.0   | 10:19 |
| 52    | Courtney Brancazio  | 24    | F | Weirton            | WV | 32:01.5   | 10:19 |
| 53    | Elrod Collins       | 58    | M | Lewisburg          | WV | 32:04.4   | 10:20 |
| 54    | John Ratliff        | 46    | M | Lewisburg          | WV | 32:15.1   | 10:23 |
| 55    | Crisandra Tephabock | 60    | F | Rainelle           | WV | 32:15.3   | 10:23 |
| 56    | Sarah Elkins        | 38    | F | White Sulphur Spri | WV | 32:32.8   | 10:29 |
| 57    | Terry Casey         | 56    | M | Lewisburg          | WV | 34:57.1   | 11:15 |
| 58    | Isela Casey         | 44    | F | Lewisburg          | WV | 34:57.5   | 11:16 |
| 59    | Tamar Wallace       | 34    | F | New Cumberland     | PA | 35:06.6   | 11:19 |
| 60    | Alexis Barr         | 19    | F | Athens             | WV | 35:29.8   | 11:26 |
| 61    | Joseph Arbogast     | 35    | M | Valley Head        | WV | 35:42.0   | 11:30 |
| 62    | Brenda Watson       | 55    | F | Daniels            | WV | 35:52.5   | 11:33 |
| 63    | Brittany Bradley    | 28    | F | Ronceverte         | WV | 36:41.6   | 11:49 |
| 64    | Alicia Daniel       | 42    | F | Beckley            | WV | 36:47.6   | 11:51 |
| 65    | Maria Schleiff      | 28    | F | Lewisburg          | WV | 36:54.3   | 11:53 |
| 66    | Shyanne Friebel     | 12    | F | Oak Hill           | WV | 37:05.9   | 11:57 |
| 67    | Ryan Friebel        | 44    | M | Oak Hill           | WV | 37:09.1   | 11:58 |
| 68    | Tyrie Martinsson    | 46    | F | Lewisburg          | WV | 37:21.9   | 12:02 |
| 69    | Megan Hofmann       | 13    | F | Lewisburg          | WV | 37:25.2   | 12:03 |
| 70    | Sandi Hofmann       | 52    | F | Lewisburg          | WV | 37:37.6   | 12:07 |
| 71    | Mudita Pakl         | 25    | F | Lewisburg          | WV | 37:59.8   | 12:14 |
| 72    | Tim Holbrook        | 68    | M | Lewisburg          | WV | 38:57.9   | 12:33 |
| 73    | Lynn Poage          | 54    | F | Asbury             | WV | 39:20.4   | 12:40 |
| 74    | Andrea Lewis        | 34    | F | Frankford          | WV | 39:26.5   | 12:42 |
| 75    | Heidi Griffith      | 43    | F | Lewisburg          | WV | 42:22.3   | 13:39 |
| 76    | Jessica Workman     | 31    | F | Hillsboro          | WV | 42:26.0   | 13:40 |
| 77    | Charlie Friedman    | 76    | M | Ronceverte         | WV | 43:12.1   | 13:55 |
| 78    | John Distefano      | 66    | M | Hinton             | WV | 44:51.1   | 14:27 |
| 79    | Patricia Distefano  | 60    | F | Hinton             | WV | 44:52.4   | 14:27 |
| 80    | Nicole Hall         | 15    | F |                    |    | 48:45.6   | 15:42 |
| 81    | Hannah Addington    | 14    | F | Nettie             | WV | 48:48.5   | 15:43 |
| 82    | Jahna Wright        | 15    | F | Craigsville        | WV | 51:52.1   | 16:42 |
| 83    | Abraham Falls       | 9     | M | Lewisburg          | WV | 51:54.3   | 16:43 |
| 84    | Abe/josh Falls      | 9     | M | Lewisburg          | WV | 52:07.4   | 16:47 |
| 85    | Steven Carter       | 40    | M | Alderson           | WV | 52:11.3   | 16:48 |
| 86    | Michael Falls       | 45    | M | Lewisburg          | WV | 52:34.1   | 16:56 |
| 87    | Kasey Carter        | 37    | F | Alderson           | WV | 52:35.5   | 16:56 |
| 88    | Heather Falls       | 40    | F | Lewisburg          | WV | 52:36.3   | 16:56 |
| 89    | Cindy Bowe          | 45    | F | Lewisburg          | WV | 53:07.0   | 17:06 |
| 90    | Mark Bowe           | 46    | M | Lewisburg          | WV | 53:07.0   | 17:06 |
| 91    | Sarah Umbger        |       | F | Lewisburg          | WV | 55:57.2   | 18:01 |
| 92    | Diana Browning      | 61    | F | Lewisburg          | WV | 55:57.6   | 18:01 |
| 93    | Christina Shaw      | 61    | F | Lewisburg          | WV | 55:58.0   | 18:01 |
| 94    | Joe Stearns         | 50    | M | Hillsboro          | WV | 56:35.5   | 18:13 |
| 95    | Angela Hoffman      | 46    | F | Marlinton          | WV | 56:56.0   | 18:20 |
| 96    | Tracy Samples       | 46    | F | Marlinton          | WV | 56:58.7   | 18:21 |
| 97    | Sam McClung         | 33    | M | Lewisburg          | WV | 58:47.0   | 18:56 |
| 98    | Pixote McClung      | 33    | F | Lewisburg          | WV | 58:48.2   | 18:56 |
| 99    | Lorie Anderson      | 47    | F | Hillsboro          | WV | 58:49.4   | 18:56 |
| 100   | Zach Simons         | 15    | M | Ronceverte         | WV | 1:05:56.0 | 21:14 |

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| ===== | =====              | ===== | ===== | =====      | ===== | =====     | ===== |
| 101   | Sarah Carkin       | 59    | F     | Ronceverte | WV    | 1:05:56.2 | 21:14 |
| 102   | Chastity Rodriguez | 42    | F     | Lewisburg  | WV    | 1:14:24.7 | 23:58 |