

Deep Hollow Trail 5K
Lynchburg, VA October 11, 2008 8:30am

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

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

Place Name	Ag City	St Time	Pace
1 Sabrina Shamakian	20 Lynchburg	VA 31:34	10:10
2 Courtney Chappell	19 Seffner	FL 31:50	10:15
3 Cindi Bowen	47 Amherst	VA 32:08	10:21

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

Place Name	Ag City	St Time	Pace
1 jacob arthur	18 Lynchburg	VA 20:20	6:33
2 Sam Dange	20 Lynchburg	VA 25:59	8:22
3 Joshua Welfare	14 Monroe	VA 26:15	8:27

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

Place Name	Ag City	St Time	Pace
1 Lloyd Bryant	50 Lynchburg	VA 40:36	13:05

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

Place Name	Ag City	St Time	Pace
1 Dave Civis	51 Forest	VA 27:12	8:46

MALE AGE GROUP: 1 - 19

1	5 Blane Maddox	12 Forest	VA 31:03
---	----------------	-----------	----------

FEMALE AGE GROUP: 1 - 19

1	19 Lucy Wooldridge	11 Evington	VA 36:06
---	--------------------	-------------	----------

MALE AGE GROUP: 20 - 29

1	6 Joel Gibson	24 Lynchburg	VA 31:17
2	7 ashley witherington	21 Lynchburg	VA 31:27

FEMALE AGE GROUP: 20 - 29

- 1 12 Tabitha Abbott 29 Lynchburg VA 32:17
- 2 14 Johanna Zipper 20 Elberton GA 32:28
- 3 15 Anne Parsons 21 Lynchburg VA 32:52
- 4 16 Laura Gibson 22 Lynchburg VA 33:53
- 5 17 Jessica Milbourne 21 Lynchburg VA 35:46
- 6 20 Erin Shelton 26 Lynchburg VA 40:21
- 7 21 Aubrey Coy 24 Lynchburg VA 40:22
- 8 23 Courtney Collins 23 Lynchburg VA 41:45

MALE AGE GROUP: 30 - 39

- 1 13 David Beazley 33 Monroe VA 32:18

FEMALE AGE GROUP: 30 - 39

- 1 18 Erin Elwell 32 Lynchburg VA 35:46
- 2 25 Amy Hart 37 Silver Spring MD 44:22

MALE AGE GROUP: 40 - 49

- 1 8 Andy Maddox 41 Forest VA 31:29

FEMALE AGE GROUP: 40 - 49

- 1 24 Hannah Shelton 47 Amherst VA 44:22

□

MALE AGE GROUP: 50 - 59

NO Entries

FEMALE AGE GROUP: 50 - 59

- 1 26 Rowana Okun 53 Bedford VA 44:29
- 2 27 Nancy Blackwell 56 Lynchburg VA 48:50

MALE AGE GROUP: 60 - 99

No Entries

Deep Hollow Trail 5K

Lynchburg, VA October 11, 2008 8:30am

OVERALL RESULTS

Place	Name	Ag	S	City	St	Time	Pace
1	jacob arthur	18	M	Lynchburg	VA	20:20	6:34
2	Sam Dange	20	M	Lynchburg	VA	25:59	8:23
3	Joshua Welfare	14	M	Monroe	VA	26:15	8:29
4	Dave Civis	51	M	Forest	VA	27:12	8:47
5	Blane Maddox	12	M	Forest	VA	31:03	10:01
6	Joel Gibson	24	M	Lynchburg	VA	31:17	10:06
7	ashley witherington	21	M	Lynchburg	VA	31:27	10:09

8	Andy Maddox	41	M	Forest	VA	31:29	10:10
9	Sabrina Shamakian	20	F	Lynchburg	VA	31:34	10:11
10	Courtney Chappell	19	F	Seffner	FL	31:50	10:17
11	Cindi Bowen	47	F	Amherst	VA	32:08	10:22
12	Tabitha Abbott	29	F	Lynchburg	VA	32:17	10:25
13	David Beazley	33	M	Monroe	VA	32:18	10:26
14	Johanna Zipper	20	F	Elberton	GA	32:28	10:29
15	Anne Parsons	21	F	Lynchburg	VA	32:52	10:37
16	Laura Gibson	22	F	Lynchburg	VA	33:53	10:56
17	Jessica Milbourne	21	F	Lynchburg	VA	35:46	11:33
18	Erin Elwell	32	F	Lynchburg	VA	35:46	11:33
19	Lucy Wooldridge	11	F	Evington	VA	36:06	11:39
20	Erin Shelton	26	F	Lynchburg	VA	40:21	13:01
21	Aubrey Coy	24	F	Lynchburg	VA	40:22	13:02
22	Lloyd Bryant	50	F	Lynchburg	VA	40:36	13:06
23	Courtney Collins	23	F	Lynchburg	VA	41:45	13:29
24	Hannah Shelton	47	F	Amherst	VA	44:22	14:19
25	Amy Hart	37	F	Silver Spring	MD	44:22	14:19
26	Rowana Okun	53	F	Bedford	VA	44:29	14:21
27	Nancy Blackwell	56	F	Lynchburg	VA	48:50	15:46

FEMALE AGE GROUP: 60 - 99

No Entries