

Race Date
September 17, 2022

Wits for Wellness 5k
Age Group Results

5K

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Shannah Irish	Winchester VA	40	56	1	25:14.1	8:08/M	

*Overall place within gender

Wits for Wellness 5k

Age Group Results

5K

Female 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Katrina Jeanne	Capon Bridge WV	6	68	10	30:34.0	9:52/M	
2	Winter Funkhouser	Winchester VA	10	42	32	41:51.3	13:30/M	

Female 11 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Meyly Vicente	Winchester VA	15	78	4	27:34.0	8:54/M	
2	Olivia Maphis	Winchester VA	11	90	14	31:09.8	10:03/M	
3	Leah Snapp	Winchester VA	18	18	15	31:12.0	10:04/M	
4	Kameron Strosnider	Winchester VA	18	97	19	32:32.1	10:30/M	
5	Rebekah Shaner	Front Royal VA	18	67	20	33:12.5	10:43/M	
6	Lexi Abitz	Stephenson VA	11	37	21	33:13.7	10:43/M	
7	Lillian Nelsen	Middletown VA	15	75	38	50:08.6	16:11/M	
8	Ashley Junker	Strasburg VA	16	50	46	58:14.7	18:47/M	

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Allie Bailey	Stephens City VA	27	84	3	26:45.7	8:38/M	
2	Kerstenn Rodgers	Winchester VA	27	33	33	41:57.3	13:32/M	

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Holly Kolasa	Warrenton VA	39	98	12	31:06.3	10:02/M	
2	Sylvia Flanagan	Front Royal VA	37	96	17	31:52.7	10:17/M	
3	Shelly Crowder	Stephens City VA	30	25	22	33:48.7	10:54/M	
4	Lauren Fleming	Winchester VA	32	32	23	34:30.1	11:08/M	
5	Whitney Nelsen	Middletown VA	33	74	41	53:03.9	17:07/M	
6	Kerry Kilpatrick	Front Royal VA	35	55	44	55:54.1	18:02/M	

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Emily Martin	Catlett VA	44	6	2	25:28.7	8:13/M	
2	Stacey Ellis	Bluemont VA	43	8	5	27:51.4	8:59/M	
3	Suzanna Barb	Winchester VA	43	44	6	28:12.5	9:06/M	
4	Marianna Cardozo	Basye VA	40	94	7	29:58.4	9:40/M	

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Female 40 to 49

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5	Katherine Sartelle	Capon Bridge WV	41	66	9	30:33.9	9:52/M	
6	Tara Koff	Manassas VA	40	7	11	30:37.9	9:53/M	
7	Krista Heres	Winchester VA	46	46	25	36:41.6	11:50/M	
8	Jillian Marie Grieshaber	Martinsburg WV	43	16	26	38:20.3	12:22/M	
9	Heidi Michael	Bunker Hill WV	49	38	27	38:30.8	12:25/M	
10	Rachel Tran	Gainesville VA	48	72	28	38:32.3	12:26/M	
11	Toni Cel Funkhouser	Winchester VA	42	40	31	41:50.3	13:30/M	
12	Whitney Miller	Mount Jackson VA	40	91	35	42:27.2 *	13:42/M	-1:00
13	Amy Maphis	Winchester VA	42	92	36	42:51.7	13:50/M	
14	Amy Abitz	Stephenson VA	46	36	45	57:23.5	18:31/M	
15	Amy Flora	Front Royal VA	48	53	49	1:00:57.1	19:40/M	

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Kerry Bailey	Stephens City VA	56	83	16	31:43.4	10:14/M	
2	Angela Bee	Haymarket VA	53	71	18	32:03.9	10:21/M	
3	Roseann Marrero	Haymarket VA	56	26	34	41:58.1	13:32/M	
4	Brenda Wiens	Middletown VA	59	69	39	51:04.8	16:29/M	
5	Tisha Hicks	Middletown VA	51	70	40	51:04.8	16:29/M	
6	Tracy Clontz	Stephens City VA	54	86	42	55:38.1	17:57/M	
7	Caroline Garrison	Union Bridge MD	54	12	48	1:00:47.6	19:37/M	

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Katrina Trago	Capon Bridge WV	61	65	13	31:08.3	10:03/M	
2	Carol Fleming	Ringgold GA	60	4	24	35:04.5	11:19/M	
3	Janie Shirley	Bunker Hill WV	60	24	29	38:46.5	12:31/M	
4	Suzy Bauer	Winchester VA	65	2	30	39:52.9	12:52/M	
5	Debra Shows	Hedgesville WV	61	14	37	45:51.8	14:48/M	
6	Doris Boyer	Hagerstown MD	68	51	43	55:38.2	17:57/M	
7	Anne Davis	Union Bridge MD	60	11	47	1:00:45.3	19:36/M	
8	Sharon Gochenour	Woodstock VA	61	20	51	1:13:03.4	23:34/M	

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Ginny Hughes	Warrenton VA	71	30	8	30:16.6	9:46/M	

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Female 70 and Over

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2	Virginia Castor	Strasburg VA	76	48	50	1:00:58.4	19:40/M	

*Overall place within gender

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Male Top Finishers Winners

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1	Brody Ellis	Bluemont VA	13	9	1	20:29.0	6:36/M	

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5K

Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Cole Miller	Mount Jackson VA	8	93	7	27:50.3	8:59/M	
2	Caleb Lutman	Toms Brook VA	9	80	9	29:29.2	9:31/M	
3	Lewis Hogan	Middletown VA	8	87	23	38:00.9	12:16/M	
4	Preston Briar	Winchester VA	8	22	26	39:14.1	12:39/M	

Male 11 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Christian Manglo	Winchester VA	18	43	21	36:22.9	11:44/M	
2	Dylan Funkhouser	Winchester VA	13	41	22	36:25.2	11:45/M	
3	Draven Flora	Lake Frederick VA	17	49	33	58:14.5	18:47/M	

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Jay Gomez	Winchester VA	25	5	8	29:26.9	9:30/M	
2	Kyler Rodgers	Winchester VA	27	34	18	33:19.6	10:45/M	

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Zachary Painter	Stephens City VA	34	23	2	24:07.0	7:47/M	
2	Andrew Bailey	Stephens City VA	31	82	4	25:19.5	8:10/M	
3	Robert Lutman	Toms Brook VA	39	81	10	29:35.4	9:33/M	
4	Santos Vicente	Winchester VA	39	79	12	30:45.5	9:55/M	
5	Cody Fouts	Basye VA	35	95	14	31:10.2	10:03/M	
6	Mike Cockrell	Toms Brook VA	30	77	15	31:26.3	10:08/M	
7	David Nall	Front Royal VA	31	54	35	1:00:59.3	19:40/M	

Male 40 to 49

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1	Terry Ellis	Bluemont VA	45	10	3	24:58.7	8:03/M	
2	David Troxell	Berryville VA	42	17	6	27:48.2	8:58/M	
3	Jason Abitz	Stephenson VA	40	35	17	33:13.6	10:43/M	
4	Bryan Maphis	Winchester VA	46	89	19	33:35.7	10:50/M	
5	Bayani Smith	Manassas VA	47	76	20	36:04.3	11:38/M	
6	Nicholas Hogan	Middletown VA	48	88	24	38:03.2	12:17/M	

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7	Jerry Barb	Winchester VA	48	45	25	38:20.3	12:22/M	
8	Alvin Figer	Winchester VA	43	21	27	39:23.1	12:42/M	
9	Jack Funkhouser	Winchester VA	44	39	28	41:51.0	13:30/M	

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Dan Bailey	Stephens City VA	56	85	11	29:46.7	9:36/M	
2	Tommy Marrero	Haymarket VA	58	27	30	45:44.1	14:45/M	

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Penalty</u>
1	Jim Edson	Linden VA	64	3	5	27:08.3	8:45/M	
2	Steve Wines	Marshall VA	60	31	16	31:53.9	10:17/M	
3	Cyril Petras	Stephens City VA	68	19	32	55:54.6	18:02/M	

Male 70 and Over

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1	Ed Mayhew	Winchester VA	77	28	13	30:52.6	9:58/M	
2	Ryck Lydecker	Stephens City VA	77	13	29	42:39.4	13:46/M	
3	Foss Smith	Front Royal VA	76	29	31	47:53.4	15:27/M	
4	Kenneth Castor	Front Royal VA	75	47	34	58:47.7	18:58/M	
5	Dennis Shows	Hedgesville WV	77	15	36	1:01:11.1	19:44/M	

*Overall place within gender