

Event 1 Mixed 7 Mile Run RR

Name	Age Team	Finals	Points
Overall Results Women 7Mile Mile Run			
1 Lutz, Michelle	W24 Durham	46:04.12	
2 Griewisch, Kate	W24 Banner Elk	46:28.33	
3 Mansure, Kathleen	W16 Boone	49:00.12	
Overall Results Men 7Mile Mile Run			
1 Masland, Caleb	M33 Blowing Rock	39:06.25	
2 Critcher, Caleb	M30 deep gap	45:16.05	
3 Braxton, Damon	M35 Boone	47:07.41	
19 & Under Results - Women 7Mile Mile Run			
1 Lospinoso, Kristen	W18 Cary	55:43.23	
2 Kendrick, Emmie	W14 Asheville	1:09:19.19	
20-29 Results - Women 7Mile Mile Run			
1 Dedmon, Molly	W26 Charlotte	53:20.11	
2 Fogarty, Katie	W24 Huntersville	58:12.63	
3 Martin, Shannon	W21 Waxhaw	59:04.40	
4 Henry, Emma	W28 Vilas	1:00:09.72	
5 Short, Kellen	W25 Boone	1:02:44.36	
6 Payne, Lauren	W24 Charlotte	1:05:42.12	
7 Love, Jennifer	W28 Sugar Grove	1:07:18.22	
8 Selle, Erin	W27 Boone	1:07:50.33	
9 Bolick, Brittany	W27 Boone	1:08:57.44	
10 Hall, Leslie	W25 Vilas	1:08:57.96	
11 Presnell, Jessie	W28 Vilas	1:11:32.33	
12 Cooper, Rebecca	W27 Atlanta	1:11:37.44	
13 Dahl, Abbey	W21 Pinehurst	1:13:09.44	
14 Walser, Sumer	W23 Sugar Grove	1:26:47.22	
15 Mixon, Meghan	W28 Zionville	1:26:47.53	
16 Coffey, Katie	W28 Waxhaw	1:50:00.20	
30-39 Results - Women 7Mile Mile Run			
1 Crawley, Jenna	W37 Banner Elk	52:14.02	
2 Booth, Jennifer	W34 Charlotte	57:05.97	
3 Haines, Tracie	W30 Boone	58:36.33	
4 Tracy, Erin	W39 Boone	1:04:00.10	
5 Carlson, Jenny	W35 Charlotte	1:05:35.20	
6 Laing, Lauren	W35 Charlotte	1:05:36.22	
7 Arndt, Laura	W30 Raleigh	1:07:17.44	
8 Welsh, Anna	W39 Boone	1:07:47.54	
9 Heatwole, Emily	W33 Columbia	1:08:59.33	
10 Sehorn, Carolyn	W31 Boone	1:12:06.63	
11 Hamilton, Leigh	W37 Blowing Rock	1:12:31.22	
12 Harshman, Kristina	W31 Sarasota	1:12:39.66	
13 Graves, Rose	W31 Madison	1:13:25.20	
14 Anthony, Rachel	W36 Gastonia	1:13:26.62	
15 Coffey, Sarah	W31 Boone	1:50:01.10	
16 Higgins, Natasha	W31 Tryon	1:50:38.11	
40-49 Results - Women 7Mile Mile Run			
1 dilweg, jamie	W48 Chapel Hill	54:50.02	
2 MacLean, Laura	W45 Willow Springs	57:53.85	
3 Jones, Donna	W45 Boone	58:53.20	
4 Anderson, Karen	W48 Apex	1:05:34.23	
5 Laney, Lisa	W48 Asheville	1:09:23.55	
6 Fairbanks, Olga	W43 Boone	1:10:31.13	
7 Jensen, Dawn	W47 Banner Elk	1:10:37.41	
8 Olson, Tonia	W40 Blowing Rock	1:15:13.33	
9 Capen, Michelle	W49 Boone	1:16:29.92	

10	Petrides, Kim	W41	Mebane	1:30:34.55
50-59 Results - Women 7Mile Mile Run				
1	Johnson, Michelle	W56	Boone	56:56.15
2	Madyda, Cheryl	W55	Newland	59:35.55
3	Venable, Jill	W52	Boone	1:08:27.44
4	Jekubovitch, Nan	W57	Silk Hope	1:15:06.22
5	Hudler, Dale	W54	West Jefferson	1:18:10.41
6	Davis Stuart, Sharon	W59	Cary	1:23:09.33
7	Potter, Sandy	W59	Raliegh	1:25:09.66
8	Coffey, Ruby	W54	Monroe	1:50:38.12
60-69 Results - Women 7Mile Mile Run				
1	White, Carolyn	W65	Monroe	1:24:14.41
2	Marshall, Pamela	W66	Miami	1:38:04.27
19 & Under Results - Men 7Mile Mile Run				
1	Fisher, Ryan	M16	Huntersville	48:41.22
2	Kendrick, Adam	M12	Asheville	57:42.99
3	Cole, Zack	M18	Boone	1:03:39.33
20-29 Results - Men 7Mile Mile Run				
1	Patino, Christopher	M24	Boone	48:35.35
2	Church, Josh	M29	Lansing	54:39.22
30-39 Results - Men 7Mile Mile Run				
1	Bowers, David	M35	Crumpler	53:35.45
2	Booth, Tyler	M39	Charlotte	57:06.23
3	Harshman, Andrew	M32	sarasota	1:12:38.55
40-49 Results - Men 7Mile Mile Run				
1	Crandall, Rob	M48	Boone	53:59.02
2	Hodges, Mark	M48	Vilas	55:10.11
3	Gosky, Ross	M42	Boone	1:00:41.09
4	Sears, Will	M42	Boone	1:01:47.13
5	Suddreth, Andrew	M46	Lenoir	1:06:01.01
6	Van Osdol, Todd	M45	Lenoir	1:07:08.55
7	Shafer, Steven	M45	Winston Salem	1:11:01.22
8	Petrides, Randy	M41	Mebane	1:13:31.55
50-59 Results - Men 7Mile Mile Run				
1	Spell, Stephen	M54	West Jefferson	57:07.48
2	Anagnos, Damon	M51	Boone	57:38.80
3	Venable, Mark	M52	Boone	1:01:29.22
4	Jacobson, Steven	M52	Raleigh	1:03:42.24
5	Everette, Jeff	M51	Greensboro	1:04:26.33
6	Gray, Flint	M52	Boone	1:08:28.53
7	Grenier, Ron	M54	Gastonia	1:10:51.25
8	Dahl, Steve	M57	pinehurst	1:13:10.11
9	Campbell, Thomas	M57	Siler City	1:13:31.44
10	Lutz, Michael	M53	Durham	1:14:02.33
60-69 Results - Men 7Mile Mile Run				
1	Warner, Thomas	M62	Grafton	58:29.25
2	Day, Eddie	M61	East Bend	58:40.10
3	Baughman, Kinney	M60	Vilas	59:15.00
4	McGrath, Greg	M64	Winston Salem	1:04:54.44
5	Benson, Stephen	M66	Todd	1:09:29.66
6	Marshall, John	M67	Miami	1:14:09.92
7	Maybee, Michael	M61	Blowing Rock	1:15:38.83
70+ Results - Men 7Mile Mile Run				
1	Friedman, Lawrence	M77	Boone	1:33:12.10