

The Cub - 5/28/2016**Valle Crusis, N.C.****Rankings****Event 1 Mixed 7 Mile Run RR**

Name	Age Team	Finals	Points
Overall Results Women 7Mile Mile Run			
1 Garvick, Sarah	W31 Boone	51:30.92	
2 Howard, Jessica	W26 Newland	53:42.38	
3 Beard, Lisa	W42 Wilkesboro	54:40.04	
Overall Results Men 7Mile Mile Run			
1 Cook, Tanner	M21 Bristol, TN	39:47.57	
2 Critcher, Caleb	M32 deep gap	43:17.44	
3 Williams, John	M46 Banner Elk	46:45.50	
19 & Under Results - Women 7Mile Mile Run			
1 Cooper, Paige	W17 Taylorsville	57:31.04	
20-29 Results - Women 7Mile Mile Run			
1 Plocica, Samantha	W24 jacksonville	1:11:59.14	
2 Presnell, Jessie	W29 Boone, NC	1:14:45.85	
3 Coughenour, Dylan	W27 Pittsburgh, PA	1:15:32.14	
4 Gardo, Ashley	W29 Morgantown, WV	1:15:32.45	
5 Warren, Lyndsay	W26 Banner elk	1:17:38.77	
6 Elsea, Emma	W22 Raleigh	1:21:01.28	
7 Thompson, Kristin	W29 Vilas	1:23:52.23	
8 Petty, Sarah	W20 Reidsville	1:37:29.28	
30-39 Results - Women 7Mile Mile Run			
1 Henry, Emma	W30 Vilas	56:06.94	
2 Cooper Winstead, Marissa	W38 Taylorsville	56:46.51	
3 Moretz, Becky	W37 Boone	59:03.97	
4 Eggers, Lori	W37 Fleetwood	59:40.77	
5 Hutelmyer, Emily	W31 Boone, NC	1:02:07.87	
6 Brinegar, Brandi	W38 Boone, NC	1:02:46.79	
7 Vilord, Kathleen Lee	W34 Pittsburgh, PA	1:06:12.48	
8 Mercer, Elizabeth Lisa	W35 Jacksonville	1:10:08.47	
9 Sink, Donna	W33 Burnsville	1:10:14.87	
10 Lyons, Heather	W31 Elk Park	1:10:58.71	
11 Adams, Caitlin	W32 Boone, NC	1:19:15.51	
12 Floyd, Jennifer	W30 Ferguson, NC	1:21:00.22	
13 Buchanan, Lyndsey	W32 Wake Forest	1:21:49.33	
14 Scott, Julie	W37 Boone	1:29:55.56	
15 Proffit, Tabitha	W39 Wilkesboro	1:47:13.15	
40-49 Results - Women 7Mile Mile Run			
1 Holland, Kim	W42 North Wilkesboro	58:28.61	
2 Markland, Ella	W45 Elk Park	58:29.92	
3 Chevront, April	W40 Newland	59:54.79	
4 Eller, Natalie	W40 North Wilkesboro	1:02:21.14	
5 Knapp, Eve	W46 Greensboro, NC	1:02:54.23	
6 Klein, Holly	W40 Boone	1:05:48.79	
7 Maiden, Sabena	W45 Banner Elk, NC	1:07:21.93	
8 Swanson, Laura	W40 Boone, NC	1:07:56.17	
9 Lovin, Denise	W49 Boone	1:10:30.81	
10 Jensen, Dawn	W49 Banner Elk	1:12:50.97	
11 Sikes, Kristin	W41 Hillsborough	1:15:51.79	
12 Trivett-Clark, Eva	W45 Newland	1:16:46.16	
13 Willmott, Sandra	W46 Lewisville	1:21:42.34	
14 Smith, Jennifer	W42 Raleigh	1:29:45.93	
50-59 Results - Women 7Mile Mile Run			
1 Hamilton, Angela	W56 Hickory, NC	57:43.23	
2 Harris, Kathy	W56 Blowing Rock	1:03:54.11	

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3	Anderson, Karen	W50 Apex	1:03:55.68
4	Bailey, Tamera	W54 Boone, NC	1:04:13.67
5	Vanderford, Donna	W52 Elon	1:08:51.02
6	Melang, Kelly	W50 Winston Salem	1:10:55.99
7	Buchanan, Linda	W57 Dallas	1:17:19.81
8	Fletcher, Heather	W50 Myrtle Beach	1:19:24.63
60-69 Results - Women 7Mile Mile Run			
1	Marshall, Pamela	W68 Palmetto Bay, FL	1:17:34.80
2	Schuster, Betty	W68 Matthews	1:39:29.93
19 & Under Results - Men 7Mile Mile Run			
1	Beard, Nicholas	M15 Wilkesboro	59:16.56
2	Triplett, Adam	M14 Lewisville	1:06:07.68
20-29 Results - Men 7Mile Mile Run			
1	Zimmerman, Tyler	M22 Durham, NC	47:36.49
2	Paprocki, Daniel	M27 Cary, NC	50:47.91
3	Zimmerman, Michael	M25 Durham, NC	52:00.01
4	Lawson, Trey	M22 Boone	54:05.14
5	Kinder, Andrew	M29 North Wilkesboro	55:04.01
6	Shelden, Josiah	M25 Banner Elk	1:06:21.33
7	Humphery, Cameron	M27 Kingsland, GA	1:21:18.56
8	Boles, Tanner	M20 Reidsville, NC	1:37:29.69
9	Thompson, Jordan	M20 Vilas, NC	1:50:30.60
30-39 Results - Men 7Mile Mile Run			
1	Jones, Timothy	M31 Boone	48:05.84
2	Bowers, David	M37 Crumpler	54:22.83
3	Mash, Scott	M35 Fleetwood	57:59.60
4	Harless, Daniel	M32 West Jefferson	58:47.08
5	Griffin, Genie	M31 Boone, NC	1:02:43.83
6	Morwitz, Joel	M35 Boone	1:03:15.55
7	Humphery, Stephen	M32 Kingsland, GA	1:08:19.59
40-49 Results - Men 7Mile Mile Run			
1	Hendricks, Lewis	M43 Boone, NC	50:30.36
2	Rupp, Matt	M42 Boone	52:40.42
3	Coffey, Ivan	M43 boone	52:51.89
4	Maness, Anthony	M44 Robbins	56:25.66
5	Nystrom, Mark	M47 Boone	57:27.36
6	Gosky, Ross	M44 Boone	58:36.99
7	Sears, Will	M43 Boone, NC	1:00:16.47
8	Thompson, Ken	M41 Vilas	1:02:11.13
9	Van Osdol, Todd	M47 Lenior, NC	1:03:11.10
10	Jensen, Scott	M49 Banner Elk	1:04:00.24
11	Sikes, Tommy	M45 Hillsborough	1:05:26.00
12	Maiden, Emory	M42 Banner Elk, NC	1:08:07.50
13	Vanderford, Johnny	M48 Whitsett	1:08:52.32
14	Shafer, Steven	M47 Winston Salem	1:10:39.55
15	Bradbury, Mark	M42 Boone	1:11:27.04
16	Stanley, Paul	M47 Clarksville, TN	1:12:30.15
50-59 Results - Men 7Mile Mile Run			
1	Ryder, Steve	M57 Wilkesboro	48:40.56
2	Crandall, Rob	M50 Boone, NC	52:53.28
3	Spell, Stephen	M56 West Jefferson	55:14.67
4	Starnes, George	M56 Columbia, SC	1:01:16.86
5	Jacobson, Steven	M54 Raleigh	1:02:06.39
6	Triplett, Dana	M50 Lewisville	1:02:56.03
7	Mcneill, Dan	M59 Unattached	1:05:18.30

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8	Winstead, Marshall	M55	Taylorsville	1:06:35.03
9	Zimmerman, Mike	M56	Durham, NC	1:08:53.07
10	Humphery, Terry	M57	Kingsland, GA	1:17:46.63
11	Elsea, Robert	M59	Raleigh	1:56:50.00
60-69 Results - Men 7Mile Mile Run				
1	Flanigan, Robert	M63	Boone	1:00:31.63
2	Baughman, Kinney	M63	Vilas	1:03:25.07
3	McGrath, Greg	M66	Winston-Salem	1:07:59.09
4	Benson, Stephen	M68	Todd	1:09:09.78
5	Webb, Mike	M62	Snow Camp	1:12:00.46
6	Marshall, John	M69	Miami, FL	1:19:23.19
70+ Results - Men 7Mile Mile Run				
1	Grubbs, Howard	M70	Blowing Rock	1:11:28.20