

# Wits for Wellness 5k

## Age Group Results

### 5K

Race Date  
September 18, 2021

#### 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>
1	Cate Nettnin	Middletown VA	39	124	1	25:56.4	8:22/M

\*Overall place within gender

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Race Date  
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#### 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>
1	Katrina Jeanne	Capon Bridge WV	5	161	9	32:10.7	10:23/M
2	Jo Cherry	Capon Bridge WV	8	159	24	43:38.0	14:05/M
3	Karlee Wymer	Gore VA	10	171	32	51:47.9	16:43/M
4	Scottlynn Kaster	Middletown VA	8	117	48	1:10:46.1	22:50/M
5	Lincoln Kaster	Middletown VA	6	118	50	1:11:10.4	22:58/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>
1	Lydia Wheaton	Bluemont VA	14	152	3	27:03.8	8:44/M
2	Isabel Reinitz	Strasburg VA	19	139	17	37:42.6	12:10/M
3	Lillian Nelsen	Middletown VA	14	107	35	55:12.1	17:48/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>
1	Allie Bailey	Stephens City VA	26	132	4	27:53.8	9:00/M
2	Rachel Schlosser	Winchester VA	26	191	7	31:44.8	10:14/M
3	Shelly Crowder	Stephens City VA	29	198	11	33:52.4	10:56/M
4	Courtney Thompson	Front Royal VA	25	196	27	44:55.9	14:30/M
5	Kate Hartsook	Berryville VA	29	203	39	56:50.7	18:20/M
6	Shauna Stacks	Winchester VA	21	141	46	1:05:26.5	21:07/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>
1	Carmen Schlosser	Winchester VA	32	189	2	26:07.3	8:26/M
2	Ashley Burns		37	177	10	32:47.8	10:35/M
3	Whitney Miller	Mt. Jackson VA	39	137	18	37:53.3	12:13/M
4	Elizabeth North	Stephens City VA	31	200	20	39:00.8	12:35/M
5	Kristine Konopa	Middletown VA	35	187	30	49:36.8	16:00/M
6	Whitney Nelsen	Middletown VA	32	106	34	55:11.9	17:48/M
7	Erin Wymer	Gore VA	39	170	38	56:49.4	18:20/M
8	Nancy Hill	Timberville VA	32	202	41	58:02.9	18:44/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>
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\*Overall place within gender

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#### 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>
1	Polly Nesselrodt		47	195	6	30:16.2	9:46/M
2	Krista Heres	Winchester VA	45	179	14	35:28.6	11:27/M
3	Jacqueline Ryan	Stephens City VA	42	156	15	36:01.9	11:37/M
4	Amy Maphis	Winchester VA	41	109	21	42:08.2	13:36/M
5	Kasey Overby	Winchester VA	40	199	22	42:46.9	13:48/M
6	Katherine Sartelle	Capon Bridge WV	40	160	23	43:37.9	14:05/M
7	Kendra Layman	Winchester VA	48	182	36	56:48.0	18:19/M
8	Stacie Haaga	Winchester VA	41	181	37	56:48.3	18:19/M
9	Jennifer Wines		48	103	43	1:02:34.0	20:11/M
10	Robbin Stacks	Winchester VA	45	142	45	1:05:26.5	21:07/M
11	Nancy Kaster	Middletown VA	44	116	49	1:10:56.7	22:53/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>
1	Kerry Bailey	Stephens City VA	55	131	5	29:54.3	9:39/M
2	Angela Bee	Haymarket VA	52	193	8	32:04.8	10:21/M
3	Lisa Winter	Strasburg VA	57	128	16	36:13.9	11:41/M
4	Angela Kaylor		50	102	28	48:21.7	15:36/M
5	Cathy Burr	VA	54	148	31	49:36.9	16:00/M
6	Brenda Wiens		58	143	33	52:49.2	17:02/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>
1	Dianne Wright	Winchester VA	66	150	13	35:20.9	11:24/M
2	Suzy Bauer	Winchester VA	64	104	19	38:12.1	12:19/M
3	Colleen Snyder	Linden VA	65	133	25	43:48.2	14:08/M
4	Gail Spangler	Bentonville VA	62	135	26	44:10.1	14:15/M
5	Robin Konopa	Middletown VA	60	185	29	49:36.7	16:00/M
6	Ann Jenkins	Strasburg VA	66	125	40	57:14.3	18:28/M
7	Becky Van Andel	Middletown VA	69	127	42	1:00:01.0	19:22/M
8	Eunice Myers	Stephens City VA	67	165	44	1:03:48.9	20:35/M

#### Female 70 to 89

<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>
1	Kathryn Doyle	Strasburg VA	70	114	12	35:18.4	11:23/M
2	Virginia Castor	Strasburg VA	75	163	47	1:09:35.8	22:27/M

\*Overall place within gender

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#### Male 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>
1	Michael Demato	Front Royal VA	37	174	1	20:52.9	6:44/M

\*Overall place within gender

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Age Group Results

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Race Date  
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## 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>
1	Daed Burns		9	178	7	24:44.3	7:59/M
2	Caleb Wheaton	Bluemont VA	9	153	20	28:45.2	9:17/M
3	Cole Miller		7	138	26	31:19.7	10:06/M
4	Ravneet Singh	Stephenson VA	4	145	32	47:51.9	15:26/M
5	Brock Wymer	Gore VA	7	172	34	51:05.1	16:29/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>
1	Jonathan Wheaton	Bluemont VA	12	154	3	21:41.5	7:00/M
2	Samuel Lung	Purcellville VA	19	190	8	24:50.4	8:01/M
3	Brody Ellis	Bluemont VA	12	112	33	51:04.3	16:28/M
4	Jackson Ellis	Bluemont VA	14	111	35	51:48.3	16:43/M
5	Draven Flora	Front Royal VA	16	164	45	1:09:33.7	22:26/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>
1	Dylan Denter	Winchester VA	25	168	2	20:56.9	6:45/M
2	Curtis Kasinski	Fairfax VA	22	151	6	24:16.2	7:50/M
3	Daniel Lung	Reston VA	27	192	9	24:58.4	8:03/M
4	Eric Nugent	Martinsburg WV	27	157	21	29:33.3	9:32/M
5	Tanner Thompson	Front Royal VA	24	197	30	44:56.8	14:30/M
6	Chris Wiens	VA	26	147	37	52:50.8	17:03/M
7	Noah Cahoon	Middletown VA	22	120	47	1:11:22.0	23:01/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>
1	Joseph Demato	Astoria NY	34	175	4	21:58.3	7:05/M
2	Matt Harris	Linden VA	36	169	5	23:24.8	7:33/M
3	Robert Fitzgerald	Winchester VA	32	136	10	25:27.7	8:13/M
4	Taylor Perry	Winchester VA	31	183	11	26:06.1	8:25/M
5	Andrew Bailey	Stephens City VA	30	129	15	26:51.2	8:40/M
6	Tristen Mimiaga	Timberville VA	32	201	42	58:02.9	18:44/M

\*Overall place within gender

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## Male 40 to 49

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1	Shane Rose	Stephenson VA	43	126	16	26:52.7	8:40/M
2	Matthew Polk	Winchester VA	44	140	19	28:29.3	9:11/M
3	Terry Ellis	Bluemont VA	44	113	36	52:05.2	16:48/M
4	Gary Wymer Jr.	Gore VA	40	173	40	56:49.4	18:20/M
5	Jason Mitchell		48	101	43	1:02:36.8	20:12/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>
1	Clay Perry	Winchester VA	50	184	12	26:06.2	8:25/M
2	Daniel Bailey	Stephens City VA	55	130	22	30:15.8	9:46/M
3	Ralph Crabill	Strasburg VA	53	176	25	30:36.7	9:52/M
4	Ricky Dolly	Strasburg VA	52	122	28	33:06.7	10:41/M
5	Brian Higgins	Beaeton VA	54	180	29	38:26.6	12:24/M
6	Debbi Dolly	Strasburg VA	52	123	41	57:14.1	18:28/M
7	Charles Kaster	Middletown VA	56	115	46	1:11:02.0	22:55/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>
1	Michael Zawadzki	Boyce VA	65	158	13	26:13.1	8:27/M
2	Neal Riemenschneider	Winchester VA	66	155	17	27:47.1	8:58/M
3	Jim Edson	Linden VA	63	105	18	27:48.4	8:58/M
4	Dennis Myers	Stephens City VA	67	166	24	30:30.2	9:50/M
5	Michael Nordberg	Stephens City VA	60	149	27	31:56.0	10:18/M
6	Greg Wiens		60	144	38	52:51.0	17:03/M
7	Curtis Morgan	Middletown VA	60	188	39	54:20.0	17:32/M

## Male 70 to 89

<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>
1	Bill Senseney	Charles Town WV	72	167	14	26:20.0	8:30/M
2	Ed Mayhew	Winchester VA	76	134	23	30:21.4	9:48/M
3	Harry Poling	Winchester VA	75	186	31	46:35.2	15:02/M
4	Kenneth Castor	Strasburg VA	74	162	44	1:09:33.2	22:26/M

\*Overall place within gender