

**Teddy Bear 5K**  
**Falls Church, VA**  
**September 25, 2016**

\*\*\*\*\* 5K RUNNERS OVERALL WINNERS \*\*\*\*\*

\*\*\*\*\* **Under 19 FEMALE OVERALL 5K RESULTS (Gun Time)** \*\*\*\*\*

| Place | Bib | Name         | S | Age | Finish | Pace  |
|-------|-----|--------------|---|-----|--------|-------|
| 1     | 307 | Ginny Brough | F | 16  | 26:24  | 8:30  |
| 2     | 355 | Chiara Mizzo | F | 7   | 33:48  | 10:53 |
| 3     | 358 | Kaida Mizzo  | F | 7   | 33:48  | 10:53 |

\*\*\*\*\* **Under 19 MALE OVERALL 5K RESULTS (Gun Time)** \*\*\*\*\*

| Place | Bib | Name          | S | Age | Finish | Pace  |
|-------|-----|---------------|---|-----|--------|-------|
| 1     | 344 | Matt Knook    | M | 11  | 31:40  | 10:12 |
| 2     | 372 | Alan Pineda   | M | 10  | 34:01  | 10:57 |
| 3     | 414 | Salar Nasimov | M | 8   | 34:12  | 11:01 |

\*\*\*\*\* **Over 19 FEMALE OVERALL 5K RESULTS (Gun Time)** \*\*\*\*\*

| Place | Bib | Name              | S | Age | Finish | Pace | (Restated 10/11/16) |
|-------|-----|-------------------|---|-----|--------|------|---------------------|
| 1     | 417 | Unknown           | F | 40  | 20:39  | 6:39 |                     |
| 2     | 443 | Margel Snead      | F | 34  | 23:30  |      |                     |
| 3     | 552 | Marylwe Mayhugh   | F | 60  | 23:39  | 7:37 |                     |
| 4     | 406 | Kristen Verderame | F | 48  | 24:48  | 7:59 |                     |

\*\*\*\*\* **Over 19 MALE OVERALL 5K RESULTS (Gun Time)** \*\*\*\*\*

| Place | Bib | Name              | S | Age | Finish | Pace |
|-------|-----|-------------------|---|-----|--------|------|
| 1     | 420 | Christopher Booth | M | 44  | 21:12  | 6:50 |
| 2     | 377 | Jeremy Prior      | M | 31  | 21:38  | 6:58 |
| 3     | 366 | John Osborne      | M | 34  | 23:12  | 7:28 |

\*\*\*\*\* **5K AGE GROUP RUN RESULTS** \*\*\*\*\*

\*\*\*\*\* **FEMALE AGE GROUP: 6 - 8 (Chip Time)** \*\*\*\*\*

| Place | Bib | Name             | S | Age | Finish | Pace  |
|-------|-----|------------------|---|-----|--------|-------|
| 1     | 355 | Chiara Mizzo     | F | 7   | 33:48  | 10:53 |
| 2     | 358 | Kaida Mizzo      | F | 7   | 33:46  | 10:53 |
| 3     | 380 | Jahnavi Radcliff | F | 6   | 45:22  | 14:36 |

\*\*\*\*\* **MALE AGE GROUP: 6 - 8 (Chip Time)** \*\*\*\*\*

| Place | Bib | Name          | S | Age | Finish | Pace  |
|-------|-----|---------------|---|-----|--------|-------|
| 1     | 414 | Salar Nasimov | M | 8   | 34:01  | 10:57 |
| 2     | 401 | Corey Sutton  | M | 7   | 54:00  | 17:23 |

\*\*\*\*\* **FEMALE AGE GROUP: 9 - 10 (Chip Time)** \*\*\*\*\*

| Place | Bib | Name      | S | Age | Finish | Pace  |
|-------|-----|-----------|---|-----|--------|-------|
| 1     | 340 | Ava Jones | F | 10  | 37:23  | 12:02 |

\*\*\*\*\* **MALE AGE GROUP: 9 - 10 (Chip Time)** \*\*\*\*\*

| Place | Bib | Name            | S | Age | Finish | Pace  |
|-------|-----|-----------------|---|-----|--------|-------|
| 1     | 372 | Alan Pineda     | M | 10  | 33:50  | 10:54 |
| 2     | 326 | Sam Dresser     | M | 9   | 38:28  | 12:23 |
| 3     | 393 | Yaroslav Ryzhuk | M | 9   | 40:37  | 13:05 |

\*\*\*\*\* **FEMALE AGE GROUP: 11 - 12** (Chip Time) \*\*\*\*\*

| Place | Bib | Name | S | Age | Finish | Pace |
|-------|-----|------|---|-----|--------|------|
|-------|-----|------|---|-----|--------|------|

|   |     |             |   |    |       |       |
|---|-----|-------------|---|----|-------|-------|
| 1 | 370 | Zoe Perkins | F | 11 | 35:36 | 11:28 |
|---|-----|-------------|---|----|-------|-------|

|   |     |               |   |    |       |       |
|---|-----|---------------|---|----|-------|-------|
| 2 | 325 | Delia Dresser | F | 12 | 38:09 | 12:17 |
|---|-----|---------------|---|----|-------|-------|

|   |     |               |   |    |       |       |
|---|-----|---------------|---|----|-------|-------|
| 3 | 322 | Claire Conley | F | 12 | 38:11 | 12:18 |
|---|-----|---------------|---|----|-------|-------|

\*\*\*\*\* **MALE AGE GROUP: 11 - 12** (Chip Time) \*\*\*\*\*

| Place | Bib | Name | S | Age | Finish | Pace |
|-------|-----|------|---|-----|--------|------|
|-------|-----|------|---|-----|--------|------|

|   |     |            |   |    |       |       |
|---|-----|------------|---|----|-------|-------|
| 1 | 344 | Matt Knook | M | 11 | 31:36 | 10:11 |
|---|-----|------------|---|----|-------|-------|

\*\*\*\*\* **FEMALE 5K RUN AGE GROUP: 13 - 14** (Chip Time) \*\*\*\*\*

No Entries

\*\*\*\*\* **MALE 5K RUN AGE GROUP: 13 - 14** (Chip Time) \*\*\*\*\*

No Entries

\*\*\*\*\* **FEMALE AGE GROUP: 15 - 16** (Chip Time) \*\*\*\*\*

| Place | Bib | Name | S | Age | Finish | Pace |
|-------|-----|------|---|-----|--------|------|
|-------|-----|------|---|-----|--------|------|

|   |     |              |   |    |       |      |
|---|-----|--------------|---|----|-------|------|
| 1 | 307 | Ginny Brough | F | 16 | 26:16 | 8:28 |
|---|-----|--------------|---|----|-------|------|

\*\*\*\*\* **MALE 5K RUN AGE GROUP: 15 - 16** (Chip Time) \*\*\*\*\*

No Entries

\*\*\*\*\* **FEMALE 5K RUN AGE GROUP: 17 - 18** (Chip Time) \*\*\*\*\*

No Entries

\*\*\*\*\* **MALE 5K RUN AGE GROUP: 17 - 18** (Chip Time) \*\*\*\*\*

No Entries

\*\*\*\*\* **FEMALE AGE GROUP: 19 - 29** (Chip Time) \*\*\*\*\*

| Place | Bib | Name | S | Age | Finish | Pace |
|-------|-----|------|---|-----|--------|------|
|-------|-----|------|---|-----|--------|------|

|   |     |               |   |    |       |      |
|---|-----|---------------|---|----|-------|------|
| 1 | 302 | Karen Armandi | F | 29 | 29:14 | 9:25 |
|---|-----|---------------|---|----|-------|------|

|   |     |               |   |    |       |       |
|---|-----|---------------|---|----|-------|-------|
| 2 | 364 | Rachel Murphy | F | 27 | 32:44 | 10:32 |
|---|-----|---------------|---|----|-------|-------|

|   |     |             |   |    |       |       |
|---|-----|-------------|---|----|-------|-------|
| 3 | 410 | Sylvia Yang | F | 27 | 33:56 | 10:56 |
|---|-----|-------------|---|----|-------|-------|

\*\*\*\*\* **MALE RUN AGE GROUP: 19 - 29** (Chip Time) \*\*\*\*\*

| Place | Bib | Name | S | Age | Finish | Pace |
|-------|-----|------|---|-----|--------|------|
|-------|-----|------|---|-----|--------|------|

|   |     |            |   |    |       |       |
|---|-----|------------|---|----|-------|-------|
| 1 | 409 | Jason Yang | M | 28 | 37:12 | 11:59 |
|---|-----|------------|---|----|-------|-------|

|   |     |               |   |    |       |       |
|---|-----|---------------|---|----|-------|-------|
| 2 | 339 | Matthew House | M | 29 | 45:15 | 14:34 |
|---|-----|---------------|---|----|-------|-------|

|   |     |              |   |    |       |       |
|---|-----|--------------|---|----|-------|-------|
| 3 | 317 | Yomar Claros | M | 25 | 46:36 | 15:00 |
|---|-----|--------------|---|----|-------|-------|

\*\*\*\*\* **FEMALE 5K RUN AGE GROUP: 30 - 39** (Chip Time) \*\*\*\*\*

| Place | Bib | Name | S | Age | Finish | Pace | (Restated 10-11-16) |
|-------|-----|------|---|-----|--------|------|---------------------|
|-------|-----|------|---|-----|--------|------|---------------------|

|   |     |              |   |    |       |  |  |
|---|-----|--------------|---|----|-------|--|--|
| 1 | 443 | Margel Snead | F | 34 | 23:30 |  |  |
|---|-----|--------------|---|----|-------|--|--|

|   |     |            |   |    |       |      |  |
|---|-----|------------|---|----|-------|------|--|
| 2 | 383 | Julie Rice | F | 33 | 26:49 | 8:38 |  |
|---|-----|------------|---|----|-------|------|--|

|   |     |              |   |    |       |      |  |
|---|-----|--------------|---|----|-------|------|--|
| 3 | 419 | Kolby Dehart | F | 30 | 28:33 | 9:12 |  |
|---|-----|--------------|---|----|-------|------|--|

|   |     |             |   |    |       |       |  |
|---|-----|-------------|---|----|-------|-------|--|
| 4 | 413 | Maryam Iman | F | 32 | 34:34 | 11:08 |  |
|---|-----|-------------|---|----|-------|-------|--|

\*\*\*\*\* **MALE 5K RUN AGE GROUP: 30 - 39** (Chip Time) \*\*\*\*\*

| Place | Bib | Name | S | Age | Finish | Pace |
|-------|-----|------|---|-----|--------|------|
|-------|-----|------|---|-----|--------|------|

|   |     |              |   |    |       |      |
|---|-----|--------------|---|----|-------|------|
| 1 | 377 | Jeremy Prior | M | 31 | 21:37 | 6:58 |
|---|-----|--------------|---|----|-------|------|

|   |     |              |   |    |       |      |
|---|-----|--------------|---|----|-------|------|
| 2 | 366 | John Osborne | M | 34 | 23:11 | 7:28 |
|---|-----|--------------|---|----|-------|------|

|   |     |           |   |    |       |      |
|---|-----|-----------|---|----|-------|------|
| 3 | 345 | Alex Kwon | M | 35 | 24:26 | 7:52 |
|---|-----|-----------|---|----|-------|------|

\*\*\*\*\* FEMALE AGE GROUP: 40 - 49 (Chip Time) \*\*\*\*\*

| Place | Bib | Name              | S | Age | Finish | Pace |
|-------|-----|-------------------|---|-----|--------|------|
| 1     | 417 | Unknown           | F | 40  | 20:36  | 6:38 |
| 2     | 406 | Kristen Verderame | F | 48  | 24:47  | 7:59 |
| 3     | 363 | Zoe Morgan        | F | 42  | 26:18  | 8:28 |

\*\*\*\*\* MALE AGE GROUP: 40 - 49 (Chip Time) \*\*\*\*\*

| Place | Bib | Name              | S | Age | Finish | Pace  |
|-------|-----|-------------------|---|-----|--------|-------|
| 1     | 420 | Christopher Booth | M | 44  | 21:10  | 6:49  |
| 2     | 430 | Ronald Schmidt    | M | 47  | 26:51  | 8:39  |
| 3     | 369 | Daniel Perkins    | M | 48  | 36:11  | 11:39 |

\*\*\*\*\* FEMALE AGE GROUP: 50 - 59 (Chip Time) \*\*\*\*\*

|   |     |               |   |    |       |       |
|---|-----|---------------|---|----|-------|-------|
| 1 | 336 | Traci Goodwin | F | 53 | 32:22 | 10:26 |
| 2 | 359 | Beth Monarch  | F | 58 | 33:58 | 10:56 |
| 3 | 335 | Kim Gibson    | F | 58 | 45:06 | 14:31 |

\*\*\*\*\* MALE AGE GROUP: 50 - 59 (Chip Time) \*\*\*\*\*

| Place | Bib | Name             | S | Age | Finish | Pace |
|-------|-----|------------------|---|-----|--------|------|
| 1     | 376 | Ted Poulos       | M | 54  | 24:30  | 7:53 |
| 2     | 308 | John Brough      | M | 52  | 26:16  | 8:28 |
| 3     | 375 | Dave Porterfield | M | 57  | 30:29  | 9:49 |

\*\*\*\*\* FEMALE AGE GROUP: 60 - 69 (Chip Time) \*\*\*\*\*

| Place | Bib | Name               | S | Age | Finish | Pace  |
|-------|-----|--------------------|---|-----|--------|-------|
| 1     | 552 | Maryl Lowe Mayhugh | F | 60  | 23:37  | 7:37  |
| 2     | 561 | Gertrude Bojo      | F | 60  | 35:00  | 11:16 |
| 3     | 398 | Ginger Smith       | F | 68  | 43:38  | 14:03 |

\*\*\*\*\* MALE AGE GROUP: 60 - 69 (Chip Time) \*\*\*\*\*

| Place | Bib | Name           | S | Age | Finish | Pace |
|-------|-----|----------------|---|-----|--------|------|
| 1     | 553 | Jay Jacob Wind | M | 66  | 26:06  | 8:24 |
| 2     | 306 | Jan Bojo       | M | 62  | 27:04  | 8:43 |
| 3     | 556 | Robert Weiner  | M | 69  | 29:07  | 9:22 |

\*\*\*\*\* FEMALE 5K RUN AGE GROUP: 70 - 79 (Chip Time) \*\*\*\*\*

No Entries

\*\*\*\*\* MALE AGE GROUP: 70 - 79 (Chip Time) \*\*\*\*\*

| Place | Bib | Name          | S | Age | Finish  | Pace  |
|-------|-----|---------------|---|-----|---------|-------|
| 1     | 416 | Abolfazl Iman | M | 70  | 1:10:08 | 22:35 |

\*\*\*\*\* FEMALE 5K RUN AGE GROUP: 80 - 99 (Chip Time) \*\*\*\*\*

No Entries

\*\*\*\*\* MALE 5K RUN AGE GROUP: 80 - 99 (Chip Time) \*\*\*\*\*

No Entries