

Promise Land 2007 Age Groups
updated April 28, 2007

MALES 19 & under

#	Name	Time	Age	Hometown
22	Jordan Chang	5:42:17	19	Blacksburg, VA
108	Stephen Barnes	7:02:49	19	Raleigh, NC
137	Justin Morrison	7:20:34	18	Blacksburg, VA
226	Matthew Duncan	8:45:10	19	Princeton, NJ

MALES 20 – 29

#	Name	Time	Age	Hometown
1	Jonathan Basham	4:41:25	29	Lynchburg, VA
4	Aaron Schwartzbard	4:57:14	29	Reston, VA
5	Steven "Flatlands" Baker	5:08:08	22	Blacksburg, VA
6	Adam Casseday	5:14:29	26	Beverly, WV
8	Daniel Villarreal	5:20:15	23	Blacksburg, VA
12	Nick Whited	5:23:10	28	Richlands, VA
20	John Wright	5:38:11	20	Nelson, NH
24	Jared Bender	5:46:29	21	State College, PA
27	Devon Minarik	5:50:38	20	Blacksburg, VA
32	Rob Ackermann	5:57:05	21	Blacksburg, VA
33	Jeromy Gallant	5:57:20	23	Evington, VA
38	Michael Stratton	6:04:10	23	Richmond, VA
39	Benjamin Watson	6:04:24	23	Lynchburg, VA
51	Zach Smith	6:18:36	22	Lynchburg, VA
54	David Christen	6:19:48	23	Lynchburg, VA
56	Jason Herron	6:22:16	29	Winchester, VA
60	John Lauffer	6:24:22	24	Lynchburg, VA
62	Andrew Anderson	6:25:05	26	Charlottesville, VA
71	Russell Marcus	6:32:29	25	Johnson City, TN
73	Jeff Illinik	6:33:22	26	Virginia Beach, VA

73	Gregory Lincoln	6:33:22	25	Virginia Beach, VA
83	Shawn Krause	6:41:54	27	Baltimore, MD
89	Chris Hill	6:45:09	23	Blacksburg, VA
91	Dan Berkenkemper	6:46:57	21	Lynchburg, VA
96	Joseph Alderson	6:52:20	25	Lynchburg, VA
97	J.T. Witt	6:52:27	26	Lynchburg, VA
113	Abran Moore	7:05:37	27	Winston-Salem, NC
115	Adam Herzog	7:05:47	27	Johnson City, TN
133	Ling Dao	7:18:44	29	Fairfax, VA
152	Maximilian Opheim	7:33:01	23	Blacksburg, VA
156	Konstantinos Krampis	7:37:49	28	Blacksburg, VA
170	Daniel Dowdy	7:48:42	22	Lynchburg, VA
174	Martin Phelan	7:52:53	29	Front Royal, VA
180	Mark Mckennett	7:56:42	28	Silver Spring, MD
183	Brian Keefer	7:58:27	20	Forest, VA
192	Jason Radgowski	8:06:56	29	Arlington, VA
216	Jonathan Knowles	8:34:29	20	Lynchburg, VA
241	Jared Yeoman	9:00:00	25	Webster, NY
245	Samuel Price	9:08:50	28	Lynchburg, VA
246	Joseph Gordon	9:13:35	20	Spout Spring, VA
250	Shane Amos	9:21:31	28	Lynchburg, VA
250	Marcus Root	9:21:31	26	Lynchburg, VA

MALES 30 – 39

#	Name	Time	Age	Hometown
2	Pete Breckinridge	4:41:56	37	Norfolk, VA
7	Chris Reed	5:18:41	34	Allentown, PA
9	Keith Knipling	5:20:51	31	Washington, DC
11	Tim Barnes	5:22:51	39	Brooklyn, NY
13	Jeremy Ramsey	5:27:34	30	Lynchburg, VA
14	Ryan Henry	5:29:31	32	Ruther Glen, VA
18	Robert Gillanders	5:37:11	38	Alexandria, VA
19	Brennen Wysong	5:38:01	37	New York, NY
23	Matthew Warner	5:46:19	31	Richmond, VA

28	Matt Rawlins	5:51:52 32	Rustburg, VA
29	Darryl Smith	5:51:54 35	Hurt, VA
30	Brian Heid	5:53:49 30	Silver Spring, MD
34	Jesse Leitner	5:57:23 37	Columbia, MD
36	Brian Kistner	6:01:54 36	Florence, SC
41	Christopher Palladino	6:04:48 35	Penndel, PA
42	Michael Zealand	6:05:11 31	Lynchburg, VA
44	Josh Gilbert	6:07:26 31	Roanoke, VA
47	J.J. Vogltanz	6:10:35 35	Ringgold, VA
49	Daniel Stasny	6:16:38 38	Clear Spring, MD
54	John Shepard	6:19:48 30	Alexandria, VA
58	Jarett Tighe	6:23:13 39	Lynchburg, VA
61	Neal Jamison	6:24:25 38	Roanoke, VA
66	Shiran Kochavi	6:28:07 38	Princeton, NJ
72	Todd Pechar	6:32:39 31	Elkton, MD
76	Paul Carrasco	6:35:34 36	Lynchburg, VA
77	Jeffrey Garstecki	6:36:59 38	Boiling Springs, PA
78	Jared Hesse	6:38:18 31	Lynchburg, VA
82	Stacin Martin	6:40:59 37	Portsmouth, VA
84	Marc Castleberry	6:42:15 35	Spring Lake, NC
87	Jamie Clement	6:43:55 30	Raleigh, NC
92	Marc Griffin	6:47:39 30	Verona, VA
101	John Green	6:56:01 30	Richmond, VA
112	Ian Foster	7:04:07 30	Arlington, VA
114	Darin Dunham	7:05:40 38	Glen Allen, VA
118	Siebrand Niewenhous	7:09:16 36	Woodbridge, VA
121	Michael Dunlop	7:12:50 37	Lynchburg, VA
122	James Secrist	7:12:59 38	Charlottesville, VA
123	Brad Lowery	7:13:24 33	Glen Allen, VA
147	Scott McCulloch	7:27:18 34	Durham, NC
151	Rob McKay	7:29:23 36	Columbia, MD
150	Jeffrey Nicholson	7:29:23 35	Columbia, MD
155	David Snipes	7:37:20 39	Mechanicsville, VA

167	Jim Huthmaker	7:45:20	38	North Charleston, SC
168	Roger Bunce	7:47:21	35	Rustburg, VA
169	Adam New	7:48:38	33	
171	Andrew Pinger	7:48:52	32	Washington, DC
176	Ryan Baxter	7:54:37	30	Roanoke, VA
178	Thomas Waniewski	7:54:56	36	Wynnewood, PA
212	Chris Redman	8:27:03	39	Maryville, TN
213	Santi Rafanel	8:27:11	35	Lancaster, PA
223	Bryan Carter	8:43:00	30	Lynchburg, VA
233	Bill DeLeal	8:52:46	33	Emerald Isle, NC
233	Timothy Scott	8:52:46	31	Norfolk, VA
236	John Straub	8:53:20	34	Townsend, DE
242	Gerald Buckner	9:01:30	35	Franklin, NC
244	Paul Stieglitz	9:08:11	32	Fredericksburg, VA

MALES 40 - 49

#	Name	Time	Age	Hometown
10	Derrick Carr	5:21:27	45	Fredericksburg, VA
15	Mark Lattanzi	5:34:44	41	Blacksburg, VA
17	David Peterman	5:36:56	44	Akron, OH
21	John Cassilly	5:39:35	40	Glen Allen, VA
25	William Potts	5:49:23	41	Palmyra, VA
35	Richard Lilly	5:58:11	44	Shelby, NC
37	Byron Backer	6:03:57	42	Greenville, SC
40	Lew McGrath	6:04:41	45	Morgantown, WV
43	Don Smith	6:06:45	49	Blairs, VA
53	Christopher Calfee	6:19:17	40	Chesterfield, VA
59	Tyler Peek	6:23:58	41	Durham, NC
65	Scot Hayward	6:27:36	43	Hudson, NC
67	Rick Gray	6:28:25	46	Johnson City, TN
75	Mark Justh	6:33:34	42	Brooklyn, NY
80	Ted Niemann	6:38:49	44	Columbia, OH

81	Konrad Gannon	6:39:52 40	Winston-Salem, NC
88	Brad Hawickhorst	6:44:40 45	Virginia Beach, VA
90	Geoffrey Baker	6:45:30 48	Ellicott City, MD
93	Quatro Hubbard	6:48:09 47	Richmond, VA
94	Chuck Stone	6:49:43 43	Advance, NC
99	Mike Monyak	6:54:17 48	Punxsutawney, PA
100	Richard Croutharmel	6:55:03 44	Apex, NC
110	Dave Yeakel	7:03:44 42	Falls Church, VA
117	Dave Kaczka	7:06:46 40	Charlottesville, VA
124	Grattan Garbee	7:13:48 44	Lynchburg, VA
128	Alton Martin	7:16:21 42	Kents Store, VA
134	Dean Taker	7:19:29 47	New Hill, NC
138	Jim Templeman	7:21:50 45	Richmond, VA
139	Jason Nuss	7:22:29 44	Chesapeake, VA
143	Mike Day	7:24:13 45	Cary, NC
146	David Main	7:26:21 44	Waynesboro, VA
157	Sam Lowe	7:38:19 42	Richmond, VA
159	Matthew Anderson	7:40:36 46	Chesterfield, VA
160	Jay Finkle	7:40:46 43	Roanoke, VA
160	Richard Golden	7:40:46 40	Madison Heights, VA
160	Tony Rouse	7:40:46 42	West End, NC
175	Jim Dillenbeck	7:53:12 44	Charlottesville, VA
194	J.W. Wiecking	8:09:43 40	Alexandria, VA
195	Rick Hutcherson	8:10:00 42	Lynchburg, VA
200	Carl Camp	8:15:12 46	Wilmington, DE
201	James Ankney	8:19:01 48	Crozet, VA
203	Michael Will	8:20:19 49	Lynchburg, VA
219	Rob Apple	8:41:06 45	Murfreesboro, TN
219	Wesley Fenton	8:41:06 46	New Madison, OH

229	Ronnie Bierman	8:48:00	40	Cumberland, MD
254	Steven Maas	9:29:26	48	Grandville, MI
255	Scott Middlesworth	9:31:31	44	Charlottesville, VA
259	Johnny Raney	9:35:34	46	Alexandria, VA

MALES 50 – 59

#	Name	Time	Age	Hometown
48	Herman Richards	6:12:28	53	Stockton, NJ
63	Edward Cacciapaglia	6:25:35	52	Reston, VA
69	Dan Lehmann	6:30:11	56	Helvetia, WV
79	Blanks Blankinship	6:38:43	51	Lynchburg, VA
102	John Price	6:56:54	52	Virginia Beach, VA
103	Wayne Whiting	6:58:17	58	Crozet, VA
107	Mike Price	7:02:28	57	Kennesaw, GA
109	Stan Wullschleger	7:03:26	51	Knoxville, TN
116	David Kirk	7:06:17	56	High Point, NC
119	Joey Anderson	7:11:52	51	Zebulon, NC
132	Bill Turrentine	7:18:18	58	Centreville, VA
139	John Cooper	7:22:29	52	Rustburg, VA
144	Farouk Elkassed	7:25:27	57	Fairfax, VA
158	Craig Miller	7:39:55	54	Lynchburg, VA
164	Greg Foster	7:42:28	51	Lancaster, PA
165	Richard Vrboncic	7:43:23	50	Bridgeville, PA
172	Peter Belanger	7:50:17	55	Sinking Spring, PA
173	Paul Noll	7:52:36	58	Shamokin, PA
177	Donnie Wilkerson	7:54:41	56	Altavista, VA
184	Robert Burgess	8:02:33	55	Lynchburg, VA
188	Alexander Dyakonov	8:03:50	53	Durham, NC
189	Tom Nasuta	8:05:09	51	Baltimore, MD
190	Michael Bowen	8:05:52	52	Greensboro, NC
191	Milton Webb	8:06:44	50	Beckley, WV
196	Charles Davidson	8:12:57	53	Axton, VA

204	Pete York	8:23:04	54	Charlottesville, VA
213	Robert Phillips	8:27:11	51	Woodbridge, VA
218	Craig Burns	8:40:16	52	Vienna, VA
231	Dennis Fugate	8:48:45	55	Ellicott City, MD
246	Byron Gordon	9:13:35	58	Spout Spring, VA

MALES 60 & Over

#	Name	Time	Age	Hometown
129	Bob Anderson	7:16:50	60	Woodbridge, VA
178	Steve Bowles	7:54:56	60	Troutville, VA
257	Steve Bozeman	9:34:24	60	Lynchburg, VA
182	Jim Cavanaugh	7:57:08	65	Arlington, VA
199	WM. Keane	8:14:14	62	Winston-Salem, NC
257	Allen Montgomery	9:34:24	68	Columbis, SC
198	John Owensby	8:13:21	62	Kernersville, NC
202	Gene Potter	8:20:15	62	Charlottesville, VA
141	Craig Tufts	7:22:41	60	Middleburg, VA
252	Walker Williams	9:23:24	69	Buena Vista, GA

FEMALES 19 & under

#	Name	Time	Age	Hometown
104	Jennifer Reifsnyder	6:59:11	19	Wernersville, PA
193	Richlyn Yond	8:07:44	18	Dumfries, VA
211	Sarah Raser	8:26:12	19	Blacksburg, VA
216	Emily Riggins	8:34:29	19	Lynchburg, VA
248	Sarah Ott	9:20:59	19	Lynchburg, VA

FEMALES 20 - 29

#	Name	Time	Age	Hometown
31	Jennifer Belt	5:54:41	22	Blacksburg, VA
64	Michelle Lindsay	6:27:21	23	Blacksburg, VA
68	Krista Meisch	6:30:04	22	Lynchburg, VA
69	Sarah Johnston	6:30:11	22	Lynchburg, VA

84	Helen Lavin	6:42:15	29	Minneapolis, MN
120	Tabatha Stevens	7:12:34	21	Lynchburg, VA
125	Lori Dollar	7:14:09	21	Lynchburg, VA
130	Becky Mix	7:16:59	20	Lynchburg, VA
210	Emmi Korvenranta	8:26:04	29	Linkoping, Sweden
226	Laura Stephens	8:45:10	20	Lynchburg, VA
229	Jessica Smith	8:48:00	22	Lynchburg, VA
233	Catherine DeLeal	8:52:46	26	Emerald Isle, NC
248	Annie Lively	9:20:59	22	Forest, VA
260	Christa Petersen	9:37:42	29	Lynchburg, VA
261	Kendra Howard	10:31:18	22	Lynchburg, VA

FEMALES 30 – 39

#	Name	Time	Age	Hometown
26	Tracy Schrage	5:49:49	37	Richmond, VA
45	Amy Sproston	6:07:43	33	Washington, DC
46	Jenny Anderson	6:08:40	33	Lynchburg, VA
86	Kathleen Cusick	6:43:47	32	Knoxville, TN
98	Kami Holtz	6:52:42	34	?
111	Jenny Deegan	7:04:05	37	Staunton, VA
130	Dorothy Hunter	7:16:59	33	Cary, NC
166	Jeanne Craig	7:43:33	37	Goode, VA
187	Alisa Farrington	8:03:46	32	Mercersburg, PA
197	Gina Gilbert	8:13:17	34	Roanoke, VA
205	Brigitte McCray	8:24:18	30	Chilhowie, VA
206	Amy Brown	8:24:33	38	Chapel Hill, NC
224	Lorin Harvey	8:44:46	34	Germantown, MD
224	Mical Honigfort	8:44:46	30	Gaithersburg, MD
236	Debbie Straub	8:53:20	38	Townsend, DE
239	Wendy Golden	8:55:33	39	Madison Heights, VA

Females 40 – 49

#	Name	Time	Age	Hometown
16	Annette Bednosky	5:36:16	40	Jefferson, NC
49	Donna Elder	6:16:38	44	Forest
52	Lenore Studt	6:18:52	42	Columbia, MD
57	Sophie Speidel	6:22:32	44	Charlottesville, VA
95	Kerry Owens	6:50:22	43	Washington, DC
105	Ruth Ann Helfrick	7:00:49	40	Elysburg, PA
105	Melissa Simmens	7:00:49	43	Columbia, MD
126	Janice Heltibridle	7:14:20	49	Maurertown, VA
135	Cheryl Lager	7:19:36	41	Newport News, VA
136	Carol Bartram	7:20:06	43	Yorktown, VA
142	Martha Wright	7:23:48	46	Richmond, VA
145	Denise Davis	7:25:43	41	Franklin, NC
147	Leanne McCulloch	7:27:18	40	San Francisco, CA
160	Anita Finkle	7:40:46	40	Roanoke, VA
181	Joyce Fendley	7:56:46	41	Arlington, VA
185	Renee Draney	8:02:50	42	Forest, VA
185	Heather Royer	8:02:50	45	Lynchburg, VA
207	Bea Kendal	8:24:42	47	Pittsburo, NC
208	Tarja Toveri	8:24:54	43	Virginia Beach, VA
209	Michelle Wolpert	8:25:33	44	Houston, TX
221	Michelle Price	8:42:26	40	Bethseda, MD
222	Cheryl Barb	8:43:00	44	Lynchburg, VA
228	Sylvana Smith	8:47:41	47	Mebane, NC
232	Peggy Ankney	8:50:12	43	Crozet, VA
238	Marie Lewis	8:53:23	43	West End, NC
239	Terri Ripley	8:55:33	44	Forest, VA
243	Kari Anderson	9:06:10	45	Woodbridge, VA
252	Caroline Williams	9:23:24	45	Buena Vista, GA

FEMALES 50 & over

#	Name	Time	Age	Hometown
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127 Nancy Ferris	7:15:48 51	Goode, VA
149 Rebekah Trittipoe	7:28:37 50	Bedford, VA
153 Barbara Isom	7:34:51 59	Silver Spring, MD
153 Vicki Kendall	7:34:51 54	Arlington, VA
215 Jean Richards	8:27:24 54	Stockton, NJ
256 Tammy Gray	9:32:02 52	Johnson City, TN
262 Mary Riser	10:44:35 51	Covesville, VA