



2009 XTERRA Virginia Trail Run Series Points

As of August 26, 2009

Points are awarded to the top 15 in each age group at each race listed below. Must finish at least two races to earn points toward final standings. A runner's score will be calculated on their best three events. Updated points will be posted after each race at xterratrailrun.com.

*XTERRA racing age based on your age on December 31, 2009.

Female 10-14

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	Trail Tromp <u>Race #1</u>	Richmond <u>Race #2</u>	Cinco in Mayo <u>Race #3</u>	Dillon Lake <u>Race #4</u>	<u>Total</u>
Peyton	Holm			14			100		100

Female 15-19

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	Trail Tromp <u>Race #1</u>	Richmond <u>Race #2</u>	Cinco in Mayo <u>Race #3</u>	Dillon Lake <u>Race #4</u>	<u>Total</u>
Sami	Harris	Charleston	WV	15		100			100
Kristen	Bopp			16			100		100
Kimberly	Houck	Fredericksburg	VA	19		90			90

Female 20-24

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	Trail Tromp <u>Race #1</u>	Richmond <u>Race #2</u>	Cinco in Mayo <u>Race #3</u>	Dillon Lake <u>Race #4</u>	<u>Total</u>
Sarah	Breevoort	Charlottesville	VA	24		100			100
Jessika	Weaver			24			100		100
Esther	Erbe	Springfield	VA	21		90			90
Ellis	Traywick	Richmond	VA	21			90		90
Laura	Welch	Richmond	VA	24		82			82
Emma	Davies			24		75			75
Melissa	Matheny	Richmond	VA	24		69			69
Jessica	Pappas	Park Ridge	IL	20		63			63

Female 25-29

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	Trail Tromp <u>Race #1</u>	Richmond <u>Race #2</u>	Cinco in Mayo <u>Race #3</u>	Dillon Lake <u>Race #4</u>	<u>Total</u>
Courtney	Klein	Richmond	VA	26	100	63	82		245
Blair	Diamond	Richmond	VA	29	82		63		145

Tora	Olafsen	Boston	MA	26		100			100
Laura	Hamlin			28			100		100
Kelly	Mosteller	Norfolk	VA	29				100	100
Stacy	Lane	Richmond	VA	29		90			90
Amy	Ratliff	Glen Allen	VA	27	90				90
Cassandra	Cardinell	Portsmouth	VA	27			90		90
Ashley	Grosch	Virginia Beach	VA	26				90	90
Jill	Burgess	Lanexa	VA	27		82			82
Christina	Barnes	Ruther Glen	VA	29	75				75
Leslie	Guyer	Henrico	VA	27		75			75
Susie	Lowe	Bumpass	VA	27			75		75
Nora	Decher			29		69			69
Jesse	Cottrell	Richmond	VA	27			69		69
Kendra	Horger	Richmond	VA	29		58			58
Shannon	Davidson	Richmond	VA	28			58		58
Allison	Meconi	Alexandria	VA	29		53			53
Amber	Sperlich	Glen Allen	VA	26			53		53
Valerie	Brandt	Virginia Beach	VA	28		49			49
Liezl	Demiar	Richmond	VA	25			49		49
Jacqueline	Donovan	Virginia Beach	VA	29		45			45
Darlene	Braun	Chesapeake	VA	28		41			41
Amber	Karlsson	Midlothian	VA	29		37			37
Leslie	Riley	Chapel Hill	NC	26		34			34

Female 30-34

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Mindy	Adamonis	Richmond	VA	33	100		100		200
Bethany	Patterson	Richmond	VA	30		100			100
Brittany	Hott	Mechanicsville	VA	30				100	100
Brooke	Murdock	Richmond	VA	32	90				90
Rachel	Northup	Richmond	VA	34		90			90
Courtney	Cotton	Richmond	VA	33			90		90
Sheridan	Wilson	Moun Pleasant	SC	34		82			82
Colleen	McCool	Alexandria	VA	30		75			75
Kristi	Turner	Midlothian	VA	34		69			69
Noelle	Castiglia	Easley	SC	31		63			63
Henrietta	Baranyai	Richmond	VA	32		58			58
Katie	Moss			33		53			53
Maren	Valentino	Richmond	VA	34		49			49
Jennifer	Wardwell	Dumfries	VA	34		45			45

Female 35-39

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
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Prissie	Nguyen	Richmond	VA	37	100	100			200
Jennifer	Hall	Beaverdam	VA	35	69	63			132
Ellen	Womeldorf	Williamsburg	VA	38			100		100
Gaela	Stromberg	Richmond	VA	38				100	100
Jill	Parcell	Richmond	VA	36	90				90
Andrea	Baird	Powhatan	VA	35		90			90
Karen	Ragan	Midlothian	VA	39			90		90
Chrissie	Blevins	Powhatan	VA	35	82				82
Laura	Tischler	Richmond	VA	39		82			82
Melissa	Milan	Richmond	VA	35	75				75
Abigail	Whitehurst	Leesburg	VA	35		75			75
Jacquelyn	Ambrogio	San Francisco	CA	37		69			69
Heather Marie	Walsh	Montpelier	VA	38	63				63

Female 40-44

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Charlene	Wright	Chesapeake	VA	41		100			100
Meghann	McCarthy			41			100		100
Marianna	Inslee	Mechanicsville	VA	44				100	100
Stefanie	Hession	Fredericksburg	VA	41			90		90
Nadine	Rauer	Harrisburg	NC	41		90			90
Susan	Blair	Richmond	VA	42		82			82
Rebecca	Brehmer-Edwards	Virginia Beach	VA	42		75			75
Melissa	Upchurch	Church Road	VA	40		69			69

Female 45-49

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Jenny	Calhoun	Richmond	VA	47	100	75			175
Jeanie	Trent	Richmond	VA	48		100			100
Ruth	Cleckner	Hampton	VA	45			100		100
Martha	Wright	Richmond	VA	48		90			90
Linda	Newman	Richmond	VA	48		82			82

Female 50-54

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Twila	Brown	Richmond	VA	52	100	82			182
Kathy	Ivins	Richmond	VA	54		100			100
Luch	Hulbert			54			100		100
Stephanie	Saccone	Richmond	VA	52		90			90

Female 55-59

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Teresa	Davis	Mechanicsville	VA	56	100				100

Terry	Miffleton	Richmond	VA	59	100				100
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Male 10-14

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Joe	Scott	Chapel Hill	NC	14		100			100
Thomas	Cleckner	Hampton	VA	14			100		100
Michael	Bopp			11			90		90

Male 15-19

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Ryan	Erbe	Springfield	VA	18		100			100
Daniel	Cutright			19			100		100
Donald	Cleckner	Hampton	VA	16			90		90

Male 20-24

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Christopher	Motta	Richmond	VA	23		82		90	172
Eric	Garmon	Glen Allen	VA	22		100			100
Jason	Hortiatis	Falls Church	VA	23			100		100
Cliff	Gerber			24				100	100
Timothy	Whitby	Mineral	VA	23		90			90
Ryan	Anardi			21			90		90
Rick	Alexander	Virginia Beach	VA	23		75			75
Garrett	Rodrigues	Virginia Beach	VA	24		69			69
Daniel	Josephik	Virginia Beach	VA	21		63			63
Kyle	Meece	Virginia Beach	VA	24		58			58
Philip	Anthony	Virginia Beach	VA	22		53			53
Tommy	Moen	Virginia Beach	VA	24		49			49
John	Blankinship	Williamsburg	VA	23		45			45
Vincent	Tumminello	Camp Lejeune	NC	21		41			41
Jay	Yu	Richmond	VA	23		37			37
Martin	Armstrong	Virginia Beach	VA	23		34			34
Anthony	Fanara	Virginia Beach	VA	23		31			31
Adam	Dorminey	Virginia Beach	VA	23		28			28

Male 25-29

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Derk	Kelly	Courtland	VA	27		100	100	100	300
Matthew	Barkley	Richmond	VA	29	82	31	75		188
Matthew	Thompson	Charlottesville	VA	29		90		90	180
Stuart	Groseclose	Ashland	VA	25	90		82		172
John	Cooper	Mechanicsville	VA	25		49		82	131
Adam	Ulery	Lorton	VA	27		45		75	120

Brian	Tajlili	Richmond	VA	27	100					100
Heath	Massie	Sutherland	VA	28			90			90
J. Peter	Heyboer	Richmond	VA	29		82				82
Joseph	Farrauto	Virginia Beach	VA	25		75				75
Tyler	Murphy	Virginia Beach	VA	27		69				69
Matt	Knitt	San Diego	CA	25			69			69
Dave	Warfel	Henrico	VA	25				69		69
Nathan	Reeve	Virginia Beach	VA	28		63				63
Ryan	Fishel	Arlington	VA	26			63			63
Ryan	Nebel	Richmond	VA	26		58				58
Earl	Demiar	Richmond	VA	25			58			58
Brandon	Horton	Virginia Beach	VA	28		53				53
Adam	Goslin	Washington	DC	25		41				41
Stephen	Reid	Virginia Beach	VA	27		37				37
Johnathan	Kenrick	Glen Allen	VA	27		34				34
Sjoan	Ellis	Mt. Gretna	PA	29		28				28

Male 30-34

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	Trail Tromp <u>Race #1</u>	Richmond <u>Race #2</u>	Cinco in Mayo <u>Race #3</u>	Dillon Lake <u>Race #4</u>	<u>Total</u>
Keith	Smith	Mechanicsville	VA	33	100		90		190
Matt	Thomas	Charlottesville	VA			82		100	182
Travis	Gatesman	Richmond	VA	31		58	100		158
Paul	Grosch	Virginia Beach	VA	33		37		82	119
Christopher	Bain	Rockville	MD	32		100			100
Greg	Voelkel			31		90			90
Jason	Bock	Manassas	VA	33				90	90
Duane	Jolly	Linden	VA	34			82		82
Richard	Burgunder	Astoria	NY	30		75			75
Roger	Mattieu			34		69			69
Jason	Natale	Virginia Beach	VA	33		63			63
James	Booth	Virginia Beach	VA	32		53			53
Dao	Ling			32		49			49
Tim	Gohman	Richmond	VA	33		45			45
Andrew	Blanchard	Richmond	VA	34		41			41
Jake	Wiseman	Richmond	VA	34		34			34
Jimmy	Mauger	Fairfax Station	VA	30		31			31
Kevin	Castiglia	Easley	SC	31		28			28

Male 35-39

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	Trail Tromp <u>Race #1</u>	Richmond <u>Race #2</u>	Cinco in Mayo <u>Race #3</u>	Dillon Lake <u>Race #4</u>	<u>Total</u>
Paul	Eley	Fredericksburg	VA	37	90	90	100		280
Jason	Tate	Beaverdam	VA	38	100	45			145
Pete	Breckinridge	Norfolk	VA	39		100			100

Scott	Kennedy	New Kent	VA	35			100	100
Wilfrank	Paypa	Richmond	VA	38		90		90
Randall	Edwards	Elizabeth City	VA	39			90	90
Jeremy	Jeffery	Petersburg	VA	36	82			82
Drew	Moghanaki	Midlothian	VA	39		82		82
Carl	Cortez	Midlothian	VA	37			82	82
Ned	Payne	Richmond	VA	36	75			75
Chris	Harnish	Richmond	VA	35		75		75
Thomas	Mish	Henrico	VA	37	69			69
Brian	Williams	Midlothian	VA	37		69		69
Mark	Ryan	Alexandria	VA	35	63			63
Paul	Allen	Chesterfield	VA	38		63		63
John	Shtogren	Washington	DC	35		58		58
Michael	Payne	Virginia Beach	VA	38		53		53
Rodney	Gill	Richmond	VA	36		49		49
Mark	Evans	Laneview	VA	39		41		41
Mark	Schuetze	Glen Allen	VA	38		37		37
Chris	Cox	Richmond	VA	37		34		34
Xin	Wang	Richmond	VA	38		31		31
Vincent	Doherty	Midlothian	VA	36		28		28

Male 40-44

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Robert	Carscadden	Kents Store	VA	43	90	75	100	100	290
Morgan	Quinn	Richmond	VA	41	82		90		172
Doug	Welch	Richmond	VA	41	69		82		151
Michael	Pulley	Alexandria	VA	43		41		69	110
Mark	Yurish	Staunton	VA	40	100				100
Mike	Denning	Virginia Beach	VA	44		100			100
Jeff	King	Glen Allen	VA	42		28		63	91
Sean	Scanlan	Richmond	VA	40		90			90
Christopher	Robbins	Bristow	VA	43				90	90
Christopher	Calfee	Chesterfield	VA	42		82			82
Alton	Martin	Oilville	VA	44				82	82
Woody	Elliott	Richmond	VA	40	75				75
Chuck	Clement			40				75	75
Brent	Armstrong	Colonial Heights	VA	41		69			69
Eric	Green	Midlothian	VA	43	63				63
Jay	Hugo	Richmond	VA	42		63			63
Robert	Partlow	Richmond	VA	43	58				58
Todd	Norman	Colorado Springs	CO	42		58			58
Matthew	Benka	Richmond	VA	40				58	58
Drew	Hardymon	Henrico	VA	40		53			53

Douglas	Klassett	Richmond	VA	44	49				49
Tim	O'Dell	Williamsburg	VA	44	45				45
Ansel	Olson	Richmond	VA	40	37				37
J. Patrick	Slifka	Midlothian	VA	44	34				34
Andy	Souders	Oakton	VA	41	31				31

Male 45-49

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Thomas	Gillespie	Richmond	VA	45	100				100
Donnie	Chapman	Clarksville	MD	48		100			100
Craig	Cleckner	Hampton	VA	46			100		100
Louis	LaFratta	Richmond	VA	48		90			90
Douglas	Woods	Victor	NY	49		82			82
Jim	Renehan	Glen Allen	VA	49		75			75
Daniel	Schwarz	Alexandria	VA	47		69			69
Matthew	Anderson	Chesterfield	VA	49		63			63
Henry	Coates	Crewe	VA	47		58			58
Paul	Laugeson		MD	48		53			53
Thomas	Wilkes	Richmond	VA	49		49			49
Greg	Blevins	Henrico	VA	46		45			45
Dennis	Connell	Chesapeake	VA	46		41			41

Male 50-54

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Trail Tromp Race #1</u>	<u>Richmond Race #2</u>	<u>Cinco in Mayo Race #3</u>	<u>Dillon Lake Race #4</u>	<u>Total</u>
Michael	Bentley	Beaverdam	VA	50	100				100
Steve	Yob	Glen Allen	VA	52		100			100
Mark	Clark			52			100		100
Grey	Harris	Charleston	WV	51		90			90
Curtis	Johnson	Davidsonville	MD	50		82			82
Russell	Blystone	Prince George	VA	53		75			75
Robert	McCann	Manassas	VA	50		69			69
John	Doran	King William	VA	51		63			63
James	Castleberry	Richmond	VA	54		58			58
Gordon	Thomson	Richmond	VA	51		53			53
Jeffrey	Luke	Richmond	VA	52		49			49
Michael	Duke	Mechanicsville	VA	52		45			45
Brian	Abrams	Spokane	WA	52		41			41

Male 55-59

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Tom	Miller	Richmond	VA	56	100				100
Don	Morrison	West Brandywine	PA	59		100			100
Craig	Chaplin			56			100		100