

The Cub, 7 Miler - 8/21/2021**Valle Crusis, N.C.****Rankings****Event 1 Mixed 7 Mile Run RR**

Name	Age Team	Finals	Points
Overall Results Women 7Mile Mile Run			
1 Purser, Alice	W43 charlotte	46:42.01	
2 Garvick, Sarah	W35 Beech Mountain	51:07.03	
3 Hildebran, Wendy	W52 Blowing Rock	52:08.93	
Overall Results Men 7Mile Mile Run			
1 Skoglund, Brian	M24 Unattached	41:36.49	
2 Ferreira, Desi	M24 Asheville	43:01.62	
3 Williams, John	M52 Banner Elk	46:14.46	
19 & Under Results - Women 7Mile Mile Run			
1 Nash, Lucy	W11 Boone	1:23:32.23	
20-29 Results - Women 7Mile Mile Run			
1 Yang, Na	W29 Vilas	59:49.33	
2 Schmitgen, Ashlyn	W26 Boone	1:01:20.16	
3 Kota, Payton	W20 Lewisville	1:01:44.22	
4 Hunt, Hayley	W28 Boone	1:06:21.74	
5 Elsea, Emma	W27 Raleigh	1:12:18.55	
6 Brust, Kala	W29 Raleigh	1:18:56.96	
30-39 Results - Women 7Mile Mile Run			
1 Kerr, Tiffany	W30 Creston	54:46.91	
2 Lefelar, Katie	W39 Winston Salem	56:11.25	
3 Henry, Emma	W35 Sugar Grove	58:37.83	
4 Smith, Erin	W39 Granite Falls	1:01:36.42	
5 Minor, Katie	W30 Durham	1:02:39.46	
6 Larson, Julia	W36 Zionville	1:04:13.30	
7 Horne, Julie	W37 Johnson City	1:05:24.80	
8 Vedock, Rachel	W30 Franklin	1:09:25.48	
40-49 Results - Women 7Mile Mile Run			
1 Eggers, Michelle	W42 Boone	54:16.17	
2 McKenzie, Laura	W41 Blowing Rock	58:41.13	
3 Maxey, Maranda	W41 Unattached	59:06.48	
4 Shepherd-Powell, Julie	W40 Boone	1:01:22.68	
5 Hazlett, Lisa	W44 Kingsport	1:01:49.02	
6 Senne, Katherine	W40 Blowing Rock	1:02:26.61	
7 Eggers, Lori	W43 Fleetwood	1:02:51.36	
8 Klein, Holly	W45 Boone	1:04:40.17	
9 van der Westhuizen, Step	W41 Boone	1:05:27.76	
10 Dredla, Hilary	W41 Vilas	1:10:16.43	
11 Ford, Corisa	W45 Boone	1:12:01.01	
12 Lamperski, karin	W42 Huntersville	1:13:23.68	
13 Martin, Caryn	W45 Vilas	1:14:09.34	
14 Osorio, Katie	W40 Tega Cay	1:14:11.58	
15 Dawson, Anu	W49 Decatur	1:17:52.33	
16 English, Christine	W42 Mars Hill	1:25:32.58	
17 Elledge, Landy	W48 Johnson City	1:26:08.76	
50-59 Results - Women 7Mile Mile Run			
1 Gray, Michelle	W52 Johnson City	1:06:02.66	
2 Jones, Donna	W52 Boone	1:06:46.61	
3 Amaya, Pamela	W54 Clayton	1:14:55.13	
4 Luck, Chris	W57 Thomasville	1:33:11.92	
60-69 Results - Women 7Mile Mile Run			
1 Germain, Suzanne	W60 Lenoir	57:20.98	
2 Nemeth, Sheri	W63 Elizabethton	59:23.52	
3 Medford, Kathy	W68 Blowing Rock	1:09:24.59	

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4	Vonnegut, Beth	W63 Lenoir	1:20:35.19
5	Herring, Elizabeth	W63 Glendale Springs	1:34:51.77
6	Trammell, K.	W65 Boone	1:48:17.38
19 & Under Results - Men 7Mile Mile Run			
1	Gates, Grady	M12 Banner Elk	48:53.60
2	Norris, Mitchell	M19 Boone	49:14.34
3	Campbell, Samuel	M15 Granite Fsls	53:46.01
4	Taft, Elliott	M13 Boone	56:14.52
20-29 Results - Men 7Mile Mile Run			
1	Demis, Noble	M26 Boone	52:48.41
2	Combest, Ian	M28 Goldsboro	54:12.50
3	Leguillow, Justin	M28 Apex	1:12:32.19
30-39 Results - Men 7Mile Mile Run			
1	Hanne, Brad	M30 Huntersville	48:56.08
2	Minor, Joshua	M32 Durham	56:56.79
3	Morgan, Brad	M37 Blowing Rock	57:59.19
4	Ahrns, Caleb	M30 Boone	58:37.50
5	Greenlee, Rob	M32 Blowing Rock	59:57.17
6	Terns, Ryan	M36 Todd	1:01:02.96
7	Reddish, Michael	M34 Vilas	1:12:31.70
40-49 Results - Men 7Mile Mile Run			
1	Rupp, Matt	M47 Boone	49:26.89
2	Hege, Adam	M40 Blowing Rock	53:53.67
3	Taft, Jason	M43 Boone	54:50.23
4	Gosky, Ross	M49 Boone	56:28.11
5	Buchanan, Ian	M44 Boone	57:02.62
6	Walker, Bart	M42 Todd	1:00:51.06
7	Mckenzie, Michael	M44 Blowing Rock	1:01:52.41
8	Bush, Kevin	M42 Hendersonville	1:03:52.96
9	Winkler, George	M48 Boone	1:05:38.63
10	Langley, Patrick	M47 Boone	1:09:04.60
11	Wilhoite, Michael	M49 Hendersonville	1:11:29.62
12	Elmore, Rick	M43 Boone	1:14:19.76
13	Nash, Joseph	M40 Boone	1:23:33.70
50-59 Results - Men 7Mile Mile Run			
1	Ortiz, Adam	M54 Cornelius	50:21.38
2	Kurdys, Sean	M54 Raleigh	51:01.05
3	Squires, Chris	M55 Blowing Rock	57:48.22
4	Van Osdol, Todd	M52 Unattached	1:00:23.08
5	Gagnon, Ross	M50 Boone	1:02:47.54
6	Ruane, James	M53 Gallatin	1:03:24.57
7	Hildebran, Scott	M55 Blowing Rock	1:05:50.62
8	Hulsey, Keith	M51 Greenville	1:11:34.94
9	Eddinger, Terry	M56 Winston-Salem	1:13:03.06
10	Gryder, Scott	M57 Pfafftown	1:17:51.46
11	Peterson, John	M54 Vilas	1:22:59.38
12	Carpenter, Ron	M50 Mars Hill	1:25:36.38
13	Crump, Donald	M57 Unattached	1:26:09.06
14	Waycaster, Paul	M53 Newland	1:27:05.72
15	Ramsdell, Jeff	M56 Valle Crucis	1:30:29.95
16	Luck, Ronnie	M57 Thomasville	1:33:12.25
60-69 Results - Men 7Mile Mile Run			
1	Starnes, George	M62 Columbia	1:03:03.02
2	Dawson, Paul	M61 Decatur	1:04:19.93
3	mcneill, daniel	M64 sullivans island	1:07:28.80

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4	Gray, Rick	M60	Johnson City	1:12:08.46
5	Flanigan, Robert	M68	Boone	1:12:21.46
6	Snyder, Daniel	M62	Johnson City	1:13:16.91
7	Amaya, Axel	M61	Clayton	1:14:58.91
8	Wagner, Darrell	M67	Johnson City	1:16:29.64
70+	Results - Men 7Mile Mile Run			
1	Grubbs, Howard	M75	Blowing Rock	1:29:11.96