



2010 20-Mile Run Overall Results

Place	Time	First	Last	Age	Sex	City	State	Team
1	2:27	Wayne	Crews	41	M	Cary	NC	Inside-Out Sports
2	2:29	Keith	Mrochek	36	M	Charlotte	NC	Inside-Out Sports
3	2:34	Daniel	Gardiner	37	M	Wake Forest	NC	Inside-Out Sports
4	2:38	Steve	Gangemi	35	M	Pittsboro	NC	
5	2:41	Gregg	Dean	47	M	Cary	NC	Inside-Out Sports
6	2:43	Chris	Cummins	36	M	Charlotte	NC	Triple Threat
7	2:44	Craig	Heinly	41	M	Chapel Hill	NC	Trailheads
8	2:45	Michael	Beaman	43	M	Cary	NC	Inside-Out Sports
9	2:46	Jim	Clabuesch	44	M	Durham	NC	Carolina Godiva Track Club
10	2:47	Brent	Warner	28	M	Durham	NC	
11	2:49	David	Greene	44	M	Greensboro	NC	
12	2:50	Robert	Taylor	41	M	Cary	NC	Inside-Out Sports
13	2:52	Tim	Gautreau	31	M	Alpex	NC	
14	2:54	Thomas	McLean	47	M	Winston-Salem	NC	
15	2:54	Adam	Burke	32	M	Raleigh	NC	
16	2:54	Stephen	Ryan, Jr	52	M	Raleigh	NC	
17	2:57	Lawrence	Hamilton	50	M	Raleigh	NC	
18	2:58	Andrew	Pfeiffer	26	M	Fayetteville	NC	
19	3:01	Chris	Kalberg	48	M	Cary	NC	
20	3:01	William	Banker	48	M	Southern Pines	NC	
21	3:01	Sean	Murphy	40	M	Chapel Hill	NC	
22	3:01	Eugene	Oddone	50	M	Durham	NC	Trailheads
23	3:05	Kristen	Alexander	28	F	Mebane	NC	
24	3:05	James	Medlin	44	M	Cary	NC	
25	3:06	Troy	Fletcher	38	M	Charlotte	NC	
26	3:06	Colleen	Angstadt	33	F	Charlotte	NC	Triple Threat
27	3:06	Stan	Austin	33	M	Matthews	NC	
28	3:07	Brendan	Boyle	32	M	Chapel Hill	NC	Trailheads
29	3:07	Jake	Allegrini	32	M	Siasconset	MA	
30	3:07	William	Burns	40	M	Cary	NC	DRC
31	3:08	Patric	Lane	39	M	Carrboro	NC	Trailheads
32	3:08	Arjay	Hinek	43	M	Raleigh	NC	
33	3:13	Eric	Anderson	28	M	Charlotte	NC	
34	3:15	John	Morgan	38	M	Wilmington	NC	
35	3:16	Jim	DeWitt	59	M	Cary	NC	
36	3:16	Douglas	Hensel	36	M	Apex	NC	Carolina Godiva Track Club
37	3:16	Matthew	Getz	38	M	Charlotte	NC	
38	3:16	Bruce	Wagoner	50	M	Charlotte	NC	
39	3:18	Heiko	Rath	40	M	Cary	NC	Carolina Godiva Track Club
40	3:21	Mariah	Hoffman	25	F	Carrboro	NC	Trailheads
41	3:21	Matthew	Harmody	48	M	Southern Pines	NC	
42	3:22	Tim	Schwantes	29	M	Carrboro	NC	
43	3:22	Elisabeth	Mulligan	34	F	Wilmington	NC	
44	3:22	Crisp	McDonald	28	M	Charleston	SC	We Brews Easily
45	3:23	Brandon	Davis	27	M	Sanford	NC	
46	3:24	Greg	Sheehan	43	M	Mooresville	NC	Team Upgrade
47	3:24	Jonathan	Clayton	29	M	Charlotte	NC	
48	3:24	David	Tallon	32	M	Durham	NC	
49	3:25	Amy	Sannes	33	F	Chapel Hill	NC	Trailheads
50	3:25	Tim	Gannon	38	M	Charlotte	NC	Darkest Before Dawn
51	3:26	Michael	Armstrong	50	M	Chapel Hill	NC	



2010 20-Mile Run Overall Results

Place	Time	First	Last	Age	Sex	City	State	Team
52	3:26	Thomas	Johnston	25	M	Greensboro	NC	We Brews Easily
53	3:26	Scott	Bodien	34	M	Charlotte	NC	Charlotte Running Club
54	3:26	Andrew	Rademacher	24	M	Charlotte	NC	
55	3:27	David	Woodard	45	M	Raleigh	NC	
56	3:27	Jeff	Larson	45	M	Charlotte	NC	
57	3:29	Robert	Pengelly	32	M	Hillsborough	NC	
58	3:29	Adam	Rose	32	M	Wilmington	NC	
59	3:33	Liz	Bloomhardt	26	F	Chapel Hill	NC	
60	3:34	Joseph	Burleson	32	M	Cary	NC	
61	3:34	Rodney	Tatum	39	M	Greenville	NC	
62	3:34	Jeff	Branin	62	M	Wake Forest	NC	
63	3:34	Tyler	Vail	24	M	Wilmington	NC	
64	3:35	Bryan	Foster	27	M	Asheville	NC	We Brews Easily
65	3:35	Brent	Morris	44	M	Charlotte	NC	
66	3:35	Matt	Henrie	30	M	Wilmington	NC	
67	3:36	Dan	Campo	52	M	Charlotte	NC	
68	3:36	Chad	Nussman	31	M	Charlotte	NC	
69	3:36	Sarah	Otto	33	F	Mississippi State	MS	Trailheads
70	3:36	Leighton	Johnson	28	M	Carrboro	NC	Trailheads
71	3:39	Rick	Croutharmel	47	M	Apex	NC	
72	3:39	Jason	Rose	28	M	Concord	NC	We Brews Easily
73	3:39	Mike	Broome	40	M	Durham	NC	Ridge Runners
74	3:39	Zpora	Perry	30	F	Carrboro	NC	Trailheads
75	3:40	PJ	Otto	35	M	Mississippi State	MS	
76	3:40	Edward	McNeeley	29	M	Wilmington	NC	
77	3:41	Bobby	Brandon	54	M	Wrightsville Beach	NC	
78	3:41	Patrick	Pearson	35	M	Durham	NC	
79	3:41	Susanne	Willis	36	F	Raleigh	NC	
80	3:42	Michael	Spencer	39	M	Thomasville	NC	
81	3:43	Todd	Zarzecki	34	M	Raleigh	NC	
82	3:44	Bobby	Aswell, Jr.	47	M	Cornelius	NC	
83	3:44	Carolyn	Huettel	45	F	Durham	NC	Carolina Godiva Track Club
84	3:44	Paula	Anstrom	37	F	Apex	NC	
85	3:46	Kramer	Reeves	42	M	Chapel Hill	NC	
86	3:48	Melina	Fernandez	39	F	Raleigh	NC	
87	3:48	Stacy	Drew	32	F	Raleigh	NC	
88	3:49	Jan	Fratto	51	F	Peachtree City	GA	
89	3:50	Jim	Caragol	60	M	Oak Ridge	NC	
90	3:50	Amy	Graul	24	F	North Charleston	SC	CBC Running Team
91	3:52	Kimberly	Siran	36	F	Raleigh	NC	
92	3:52	Brian	Franklin	53	M	Florence	SC	
93	3:54	Brian	Beatty	46	M	Hillsborough	NC	Trailheads
94	3:55	Aline	Lloyd	39	F	Durham	NC	
95	3:56	Matt	Porter	26	M	Marietta	GA	
96	3:57	Phil	McClure	46	M	Greensboro	NC	
97	4:00	Joanna	Tallon	30	F	Durham	NC	
98	4:00	Matthew	Turner	35	M	Durham	NC	
99	4:00	John	Connelly	35	M	Durham	NC	
100	4:00	Danny	Roberson	48	M	Clemmons	NC	
101	4:02	Ron	Fleming	29	M	Rocky Mount	NC	
102	4:02	Ann	Shields	31	F	Wilmington	NC	



2010 20-Mile Run Overall Results

Place	Time	First	Last	Age	Sex	City	State	Team
103	4:02	Todd	Bolon	44	M	Chapel Hill	NC	Trailheads
104	4:02	Charles	Lancaster	48	M	Chapel Hill	NC	Trailheads
105	4:02	Tony	Rouse	45	M	West End	NC	
106	4:03	Kevin	Holley	45	M	Matthews	NC	
107	4:03	Ben	Brake	17	M	Clinton	NC	
108	4:03	David	Nussman	29	M	Matthews	NC	
109	4:05	Kevin	Coleman	37	M	Raleigh	NC	
110	4:06	Lonis	Whiteheart II	28	M	Greensboro	NC	
111	4:06	Leanne	Nichols	27	F	Raleigh	NC	
112	4:06	Callie	Shipley	29	F	Wake Forest	NC	
113	4:06	Stephen	Knight	58	M	Apex	NC	
114	4:06	Steve	King	47	M	Southern Pines	NC	
115	4:06	Sean	Dalton	25	M	Raleigh	NC	
116	4:06	Elizabeth	Marcom	23	F	Raleigh	NC	
117	4:09	Patricia	Cogswell	48	F	Carrboro	NC	
118	4:09	Cyndy	Weeks	45	F	Carrboro	NC	
119	4:10	Odin	Naderer	46	M	Chapel Hill	NC	
120	4:11	Steven	Fitzgerald	49	M	Raleigh	NC	Ridge Runners
121	4:11	Robert	Poplin	58	M	Winston-Salem	NC	
122	4:14	Anna	McCullough	28	F	Carrboro	NC	
123	4:15	Allan	Buccola	27	M	Greensboro	NC	
124	4:15	David	Thompson Jr.	40	M	Kannapolis	NC	
125	4:17	Sonia	Davis	43	F	Chapel Hill	NC	Trailheads
126	4:17	Randy	Young	49	M	Chapel Hill	NC	Trailheads
127	4:21	Jeffery	Foxx	45	M	Charlotte	NC	
128	4:23	Norm	Lizarralde	41	M	Asheville	NC	
129	4:24	Michael	Baucom	39	M	Chapel Hill	NC	Trailheads
130	4:27	Anne	Hammonds	40	F	Asheville	NC	
131	4:28	Michael	Monroe	54	M	Wilmington	NC	
132	4:41	Ced	Carrington	38	M	Fayetteville	NC	
133	4:42	Ralph	Tuttle	57	M	Cary	NC	
134	4:50	Keith	Wood	60	M	Clemmons	NC	
135	5:00	Chris	Exline	53	M	Winston-Salem	NC	
136	5:05	Martha	Marcucci	43	F	Mattapan	MA	
137	5:05	Julie	Gayheart	36	F	Charlotte	NC	
138	5:05	Dale	Caveny	49	M	Elkin	NC	
139	5:05	Richard	Purcell	50	M	Mebane	NC	
140	5:13	Christine	Lamia	47	F	Tallahassee	FL	
141	5:14	Frank	Lilley	60	M	Littleton	NC	MTC / Rocky Mount Endurance
142	5:21	Patsy	Hillyer	45	F	Holly Springs	NC	
143	5:42	Rhonda	Wright	36	F	Troy	NC	
144	5:48	John	Semanick	53	M	Bethlehem	PA	
145	5:48	Celeste	Harvey	44	F	Fuquay Varina	NC	
146	6:09	Vonda	Stringfellow	32	F	Arden	NC	

Women's 20-Mile Run Results

Place	Time	First	Last	Age	Sex	City	State	Team
1	3:05	Kristen	Alexander	28	F	Mebane	NC	
2	3:06	Colleen	Angstadt	33	F	Charlotte	NC	Triple Threat
3	3:21	Mariah	Hoffman	25	F	Carrboro	NC	Trailheads
4	3:22	Elisabeth	Mulligan	34	F	Wilmington	NC	



2010 20-Mile Run Overall Results

Place	Time	First	Last	Age	Sex	City	State	Team
5	3:25	Amy	Sannes	33	F	Chapel Hill	NC	Trailheads
6	3:33	Liz	Bloomhardt	26	F	Chapel Hill	NC	
7	3:36	Sarah	Otto	33	F	Mississippi State	MS	Trailheads
8	3:39	Zpora	Perry	30	F	Carrboro	NC	Trailheads
9	3:41	Susanne	Willis	36	F	Raleigh	NC	
10	3:44	Carolyn	Huettel	45	F	Durham	NC	Carolina Godiva Track Club
11	3:44	Paula	Anstrom	37	F	Apex	NC	
12	3:48	Melina	Fernandez	39	F	Raleigh	NC	
13	3:48	Stacy	Drew	32	F	Raleigh	NC	
14	3:49	Jan	Fratto	51	F	Peachtree City	GA	
15	3:50	Amy	Graul	24	F	North Charleston	SC	CBC Running Team
16	3:52	Kimberly	Siran	36	F	Raleigh	NC	
17	3:55	Aline	Lloyd	39	F	Durham	NC	
18	4:00	Joanna	Tallon	30	F	Durham	NC	
19	4:02	Ann	Shields	31	F	Wilmington	NC	
20	4:06	Leanne	Nichols	27	F	Raleigh	NC	
21	4:06	Callie	Shiple	29	F	Wake Forest	NC	
22	4:06	Elizabeth	Marcom	23	F	Raleigh	NC	
23	4:09	Patricia	Cogswell	48	F	Carrboro	NC	
24	4:09	Cyndy	Weeks	45	F	Carrboro	NC	
25	4:14	Anna	McCullough	28	F	Carrboro	NC	
26	4:17	Sonia	Davis	43	F	Chapel Hill	NC	Trailheads
27	4:27	Anne	Hammonds	40	F	Asheville	NC	
28	5:05	Martha	Marcucci	43	F	Mattapan	MA	
29	5:05	Julie	Gayheart	36	F	Charlotte	NC	
30	5:13	Christine	Lamia	47	F	Tallahassee	FL	
31	5:21	Patsy	Hillyer	45	F	Holly Springs	NC	
32	5:42	Rhonda	Wright	36	F	Troy	NC	
33	5:48	Celeste	Harvey	44	F	Fuquay Varina	NC	
34	6:09	Vonda	Stringfellow	32	F	Arden	NC	

Men's 20-Mile Run Results

Place	Time	First	Last	Age	Sex	City	State	Team
1	2:27	Wayne	Crews	41	M	Cary	NC	Inside-Out Sports
2	2:29	Keith	Mrochek	36	M	Charlotte	NC	Inside-Out Sports
3	2:34	Daniel	Gardiner	37	M	Wake Forest	NC	Inside-Out Sports
4	2:38	Steve	Gangemi	35	M	Pittsboro	NC	
5	2:41	Gregg	Dean	47	M	Cary	NC	Inside-Out Sports
6	2:43	Chris	Cummins	36	M	Charlotte	NC	Triple Threat
7	2:44	Craig	Heinly	41	M	Chapel Hill	NC	Trailheads
8	2:45	Michael	Beaman	43	M	Cary	NC	Inside-Out Sports
9	2:46	Jim	Clabuesch	44	M	Durham	NC	Carolina Godiva Track Club
10	2:47	Brent	Warner	28	M	Durham	NC	
11	2:49	David	Greene	44	M	Greensboro	NC	
12	2:50	Robert	Taylor	41	M	Cary	NC	Inside-Out Sports
13	2:52	Tim	Gautreau	31	M	Alpex	NC	
14	2:54	Thomas	McLean	47	M	Winston-Salem	NC	
15	2:54	Adam	Burke	32	M	Raleigh	NC	
16	2:54	Stephen	Ryan, Jr	52	M	Raleigh	NC	
17	2:57	Lawrence	Hamilton	50	M	Raleigh	NC	



2010 20-Mile Run Overall Results

Place	Time	First	Last	Age	Sex	City	State	Team
18	2:58	Andrew	Pfeiffer	26	M	Fayetteville	NC	
19	3:01	Chris	Kalberg	48	M	Cary	NC	
20	3:01	William	Banker	48	M	Southern Pines	NC	
21	3:01	Sean	Murphy	40	M	Chapel Hill	NC	
22	3:01	Eugene	Oddone	50	M	Durham	NC	Trailheads
23	3:05	James	Medlin	44	M	Cary	NC	
24	3:06	Troy	Fletcher	38	M	Charlotte	NC	
25	3:06	Stan	Austin	33	M	Matthews	NC	
26	3:07	Brendan	Boyle	32	M	Chapel Hill	NC	Trailheads
27	3:07	Jake	Allegrini	32	M	Siasconset	MA	
28	3:07	William	Burns	40	M	Cary	NC	DRC
29	3:08	Patric	Lane	39	M	Carrboro	NC	Trailheads
30	3:08	Arjay	Hinek	43	M	Raleigh	NC	
31	3:13	Eric	Anderson	28	M	Charlotte	NC	
32	3:15	John	Morgan	38	M	Wilmington	NC	
33	3:16	Jim	DeWitt	59	M	Cary	NC	
34	3:16	Douglas	Hensel	36	M	Apex	NC	Carolina Godiva Track Club
35	3:16	Matthew	Getz	38	M	Charlotte	NC	
36	3:16	Bruce	Wagoner	50	M	Charlotte	NC	
37	3:18	Heiko	Rath	40	M	Cary	NC	Carolina Godiva Track Club
38	3:21	Matthew	Harmody	48	M	Southern Pines	NC	
39	3:22	Tim	Schwantes	29	M	Carrboro	NC	
40	3:22	Crisp	McDonald	28	M	Charleston	SC	We Brews Easily
41	3:23	Brandon	Davis	27	M	Sanford	NC	
42	3:24	Greg	Sheehan	43	M	Mooresville	NC	Team Upgrade
43	3:24	Jonathan	Clayton	29	M	Charlotte	NC	
44	3:24	David	Tallon	32	M	Durham	NC	
45	3:25	Tim	Gannon	38	M	Charlotte	NC	Darkest Before Dawn
46	3:26	Michael	Armstrong	50	M	Chapel Hill	NC	
47	3:26	Thomas	Johnston	25	M	Greensboro	NC	We Brews Easily
48	3:26	Scott	Bodien	34	M	Charlotte	NC	Charlotte Running Club
49	3:26	Andrew	Rademacher	24	M	Charlotte	NC	
50	3:27	David	Woodard	45	M	Raleigh	NC	
51	3:27	Jeff	Larson	45	M	Charlotte	NC	
52	3:29	Robert	Pengelly	32	M	Hillsborough	NC	
53	3:29	Adam	Rose	32	M	Wilmington	NC	
54	3:34	Joseph	Burleson	32	M	Cary	NC	
55	3:34	Rodney	Tatum	39	M	Greenville	NC	
56	3:34	Jeff	Branin	62	M	Wake Forest	NC	
57	3:34	Tyler	Vail	24	M	Wilmington	NC	
58	3:35	Bryan	Foster	27	M	Asheville	NC	We Brews Easily
59	3:35	Brent	Morris	44	M	Charlotte	NC	
60	3:35	Matt	Henrie	30	M	Wilmington	NC	
61	3:36	Dan	Campo	52	M	Charlotte	NC	
62	3:36	Chad	Nussman	31	M	Charlotte	NC	
63	3:36	Leighton	Johnson	28	M	Carrboro	NC	Trailheads
64	3:39	Rick	Croutharmel	47	M	Apex	NC	
65	3:39	Jason	Rose	28	M	Concord	NC	We Brews Easily
66	3:39	Mike	Broome	40	M	Durham	NC	Ridge Runners
67	3:40	PJ	Otto	35	M	Mississippi State	MS	
68	3:40	Edward	McNeeley	29	M	Wilmington	NC	



2010 20-Mile Run Overall Results

Place	Time	First	Last	Age	Sex	City	State	Team
69	3:41	Bobby	Brandon	54	M	Wrightsville Beach	NC	
70	3:41	Patrick	Pearson	35	M	Durham	NC	
71	3:42	Michael	Spencer	39	M	Thomasville	NC	
72	3:43	Todd	Zarzecki	34	M	Raleigh	NC	
73	3:44	Bobby	Aswell, Jr.	47	M	Cornelius	NC	
74	3:46	Kramer	Reeves	42	M	Chapel Hill	NC	
75	3:50	Jim	Caragol	60	M	Oak Ridge	NC	
76	3:52	Brian	Franklin	53	M	Florence	SC	
77	3:54	Brian	Beatty	46	M	Hillsborough	NC	Trailheads
78	3:56	Matt	Porter	26	M	Marietta	GA	
79	3:57	Phil	McClure	46	M	Greensboro	NC	
80	4:00	Matthew	Turner	35	M	Durham	NC	
81	4:00	John	Connelly	35	M	Durham	NC	
82	4:00	Danny	Roberson	48	M	Clemmons	NC	
83	4:02	Ron	Fleming	29	M	Rocky Mount	NC	
84	4:02	Todd	Bolon	44	M	Chapel Hill	NC	Trailheads
85	4:02	Charles	Lancaster	48	M	Chapel Hill	NC	Trailheads
86	4:02	Tony	Rouse	45	M	West End	NC	
87	4:03	Kevin	Holley	45	M	Matthews	NC	
88	4:03	Ben	Brake	17	M	Clinton	NC	
89	4:03	David	Nussman	29	M	Matthews	NC	
90	4:05	Kevin	Coleman	37	M	Raleigh	NC	
91	4:06	Lonis	Whiteheart II	28	M	Greensboro	NC	
92	4:06	Stephen	Knight	58	M	Apex	NC	
93	4:06	Steve	King	47	M	Southern Pines	NC	
94	4:06	Sean	Dalton	25	M	Raleigh	NC	
95	4:10	Odin	Naderer	46	M	Chapel Hill	NC	
96	4:11	Steven	Fitzgerald	49	M	Raleigh	NC	Ridge Runners
97	4:11	Robert	Poplin	58	M	Winston-Salem	NC	
98	4:15	Allan	Buccola	27	M	Greensboro	NC	
99	4:15	David	Thompson Jr.	40	M	Kannapolis	NC	
100	4:17	Randy	Young	49	M	Chapel Hill	NC	Trailheads
101	4:21	Jeffery	Foxx	45	M	Charlotte	NC	
102	4:23	Norm	Lizarralde	41	M	Asheville	NC	
103	4:24	Michael	Baucom	39	M	Chapel Hill	NC	Trailheads
104	4:28	Michael	Monroe	54	M	Wilmington	NC	
105	4:41	Ced	Carrington	38	M	Fayetteville	NC	
106	4:42	Ralph	Tuttle	57	M	Cary	NC	
107	4:50	Keith	Wood	60	M	Clemmons	NC	
108	5:00	Chris	Exline	53	M	Winston-Salem	NC	
109	5:05	Dale	Caveny	49	M	Elkin	NC	
110	5:05	Richard	Purcell	50	M	Mebane	NC	
111	5:14	Frank	Lilley	60	M	Littleton	NC	MTC / Rocky Mount Endurance
112	5:48	John	Semanick	53	M	Bethlehem	PA	