

Fourth 2013

Award	Winner		City State	Time
Overall Female				
	1. Kristin Sellers	F24	Carrboro, NC	24:41.75
	2. Rachel Bell Kelley	F33	Chapel Hill NC	24:58.27
	3. alison klaitman	f40	Chapel Hill NC	25:15.77
Overall Male				
	1. Brock Baker	M26	Chapel Hill NC	19:48.76
	2. thomas graham	M19	Cary NC	20:11.75
	3. Marc Jeuland	M34	Chapel Hill NC	20:28.25
Masters Female				
	1. Leslie Morgan	F48	Chapel Hill NC	26:02.50
	2. Ilona Jaspers	F44	Carrboro NC	29:13.85
	3. Doris Alexander	F57	Carrboro NC	29:17.61
Masters Male				
	1. Colin Jones	M42	Raleigh NC	22:28.76
	2. Craig Heinly	M44	Chapel Hill NC	23:24.76
	3. David Dunson	M40	Chapel Hill NC	23:45.77
9 and under Female				
	1. Nora Daley	F7	Carrboro NC	36:32.36
	2. Abby Cowell	F9	Apex NC	37:39.35
	3. Lianne Saussy	F9	Chapel Hill NC	39:17.01
9 and under Male				
	1. Lucas Daley	M9	Carrboro NC	28:38.13
	2. Jacob Zaas	M9	Chapel Hill NC	30:30.61
	3. Duncan Goldstein	M9	Carrboro NC	31:44.12
10-14 Female				
	1. Gracie Morris	F12	Chapel Hill NC	28:38.86
	2. Julianna Lester	F14	Hillsborough NC	32:47.60
	3. hannah phillips	F14	Hillsborough NC	32:53.61
10-14 Male				
	1. Jonathan Timothy	M14	Chapel Hill NC	25:28.51
	2. Samuel Merklein	M14	Chapel Hill NC	30:04.35
	3. Max Morgan	M14	Chapel Hill NC	30:24.10
15-19 Female				
	1. Elise Matera	F16	Chapel Hill NC	29:16.11
	2. natalie sherman jollis	F15	Chapel Hill NC	29:21.61
	3. MORGAN MANN	F16	Chapel Hill NC	29:57.86
15-19 Male				
	1. Bennett Goss	M16	Durham NC	25:50.76
	2. Zachary Allen	M15	Chapel Hill NC	26:05.01
	3. justin lastz	M16	Chapel Hill NC	29:31.35
20-24 Male				

	1. bobby torphy	m24	Chapel Hill NC	21:00.50
	2. Matthew Waller	M24	Durham NC	21:14.25
	3. jamar lawson	M20	WAKE FOREST N	22:52.51
20-24 Female				
	1. jenna goodwin	F24	Carrboro NC	25:43.01
	2. Susan Gogniat	F22	Monroeville PA	26:55.77
	3. samantha terry	f23	Chapel Hill NC	27:01.77
25-29 Female				
	1. Sarah Todd	F25	Chapel Hill NC	26:06.26
	2. Lauren Pilcher	F25	Raleigh NC	26:14.00
	3. Sarah Swiss	F29	Durham NC	26:18.75
25-29 Male				
	1. Jordan Zwick	M27	RALEIGH NC	20:40.25
	2. Kaleb Keyserling	M26	Chapel Hill NC	21:32.26
	3. Jordan Stafford	M26	Carrboro NC	22:56.77
30-34 Male				
	1. Tim Surface	M34	Raleigh NC	20:53.77
	2. Billy Askey	M30	CARY NC	23:03.75
	3. Joshua Dixon	M33	Chapel Hill NC	24:18.75
30-34 Female				
	1. Melissa Cunningham	F34	Carrboro NC	26:00.51
	2. kara bonneau	f33	Durham NC	28:23.11
	3. Julie O'Donnell	F30	Chapel Hill NC	29:46.11
35-39 Male				
	1. george linney	m38	Durham NC	22:23.02
	2. Solomon Kobes	M38	Chapel Hill NC	23:00.27
	3. Ian Turner	M35	Durham NC	23:13.01
35-39 Female				
	1. meredith bazemore	f37	Chapel Hill NC	26:14.50
	2. Sara Larson	F39	Chapel Hill NC	26:43.75
	3. Georgia Alexander	F35	DURHAM NC	29:34.10
40-44 Male				
	1. Will McDow	M42	Durham NC	24:51.25
	2. kevin gustafson	M44	prosser WA	25:05.25
	3. christopher gergen	M42		25:11.02
40-44 Female				
	1. Jessica Lee	F43	Chapel Hill NC	30:42.86
	2. Joanie Preyer	F44	Chapel Hill NC	30:50.10
	3. Jennifer Goldstein	F41	Carrboro NC	31:44.10
45-49 Male				
	1. Steve Mele	M48	DURHAM NC	24:50.26
	2. Chris Squires	M47	Raleigh NC	25:41.50
	3. Mason Goss	M45	Durham NC	25:50.53
45-49 Female				

	1. Harriet Kinyamu	F48	Cary NC	33:07.14
	2. Sundae Lewis	F46	Cary NC	33:28.62
	3. Laura Van Sant	F46	Chapel Hill NC	33:31.87
50-54 Male				
	1. Gary Slade	M54	Chapel Hill NC	24:42.25
	2. Mike Kelley	m53	Chapel Hill NC	24:47.00
	3. William Brown	M50	Chapel Hill NC	26:33.77
50-54 Female				
	1. Kathy Matera	F50	Chapel Hill NC	30:08.61
	2. Margaret Harrington	F50	Chapel Hill NC	30:12.11
	3. Elizabeth Carey	F51	Pittsboro NC	31:12.85
55-59 Female				
	1. Vivian Li	F55	Durham NC	34:16.10
	2. Susan Smith	F55	Mebane NC	34:40.61
	3. Jayne Cunningham	F56	Lexington KY	35:53.35
55-59 Male				
	1. David Couper	M58	Chapel Hill NC	25:44.53
	2. Owen Astrachan	M57	Chapel Hill NC	27:33.03
	3. Hank Straus	M58	Chapel Hill NC	28:32.36
60-64 Male				
	1. Gary Moss	M63	Raleigh NC	26:03.01
	2. Phillip Bailey	M60	Raleigh NC	29:21.62
	3. Seth Hetherington	m60	Chapel Hill NC	30:13.86
60-64 Female				
	1. helen mcadams	F60	Raleigh NC	32:09.60
	2. Lena Hollmann	F62	Cary NC	33:19.84
	3. Diana Knechtel	F60	Chapel Hill NC	36:30.89
65-69 Male				
	1. Richard Kohrman	M65	Mebane NC	30:33.13
	2. William Vann	M65	Chapel Hill NC	31:37.34
	3. Edward Davis	M68	Chapel Hill NC	33:27.87
65-69 Female				
	1. Sheelagh Anderson	F66	Chapel Hill NC	40:07.61
	2. Julia Cupitt	F65	DURHAM NC	41:45.36
	3. jane landen	f67	Mebane NC	47:34.86
70 and Above Male				
	1. Jerry Harris	M73	DURHAM NC	35:04.09
	2. Kevin Morgan	M70	Carrboro NC	38:36.86
	3. Ladnor Geissinger	M75	Chapel Hill NC	41:42.09
70 and Above Female				
	1. Louise Guardino	F72	Cary NC	41:57.59
	2. Sharon Roggenbuck	F74	Hillsborough NC	46:55.13
	3. ***** Unassigned *****			