

The Presidents Column

The old adage "Time flies when you are having fun." certainly applies to events this summer. The Lynchburg Roadrunners have hosted a track series and a summer race series. Many thanks to Bret Boman for another great job directing the Track Series, and to all the volunteers who gave their time and energy to the monthly races. A few dedicated runners split up the workload and Walla! A good time was had by all.

Summer is over and it's Va. Ten-Miler time again. Best of luck to all of those running the race on Saturday, 28 September. Don't forget that the start time is 8:30 a.m. If you are not running, consider helping the club with a mile split or water stop. Contact me at the running store if you are interested. It's great way to watch one of Lynchburg's finest races and help too.

The September and October race calendar is full of great races. See the "Upcoming Events" listed in this newsletter. Mary Ann Craven will host the John A. Stephenson Children's Race on the first Saturday morning in October, at Riverside Park. This is a great event for the kids and I encourage everyone to come out and cheer on the younger runners in our community. Ask Mary Ann if you can volunteer to make the race a success. The race flyer is enclosed with this newsletter.

For the ultra-folk, David Horton will host another edition of the Mountain Masochist on 19 October. This premier event celebrates its 20th anniversary! Challenge yourself and run 50 miles. It's an experience you'll never forget.

What better way to meet new people and have fun doing it than by participating in a "fun run." These low-key events are designed to make training enjoyable and are open to all ages and abilities. We plan one, once a month, somewhere in the Lynchburg community. See this newsletter for more details.

Finally, best of luck to everyone training for that special race this Fall. Whether it's your first marathon or first 5k you can do it! The club can be an excellent motivational resource. See you at the races.

Happy running!
Jeff

2002 LRR OFFICERS

President	Jeff Fedorko
Vice President	Darrell Wargo
Secretary	Nancy Saunders
Treasurer	Wendy Golden

Membership
Equipment
Newsletter

Mary Ann Craven
Darrell Wargo
Vic Galan

Next LRR Club Meeting
Tuesday, 10 September, 2002
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting



LRR HOTLINE 582-8000

For information on club activities, area races, etc., call the Lynchburg Roadrunners Hotline.

LRR WEB ADDRESS

<http://www.physicsrules.org/runclub>
The Milepost is provided on the Web through the generosity of professor Peter Sheldon as a community service of Randolph-Macon Women's College.

Meeting Minutes - 13 August, 2002

By Nancy Saunders

The August meeting of the Lynchburg Roadrunners Club (LRRC) was held on Tuesday, 11 August 2002 at Monte Carlo's Restaurant on Old Forest Road. LRRC president Jeff Fedorko called the meeting to order at 7:00 p.m.

Mike Zealand was introduced as guest speaker for the evening. Mike shared the presentation with his brother Clark. A former Courtside Personal Trainer, Mike now runs the Lifestyle Fitness Center at Fort Hill Shopping Center. He provides guidance in weight management, strength training, nutrition, flexibility and coordination. Brother Clark is a distance run coach at Liberty University. Both Mike and Clark have well established credentials as ultra-trail and marathon runners.

Mike emphasized that any program of weight management and exercise requires that you listen to your body. Know what your body is telling you,

inside and out. He reminded us to constantly “evaluate what you are doing.” Plan - Review - Do.

Proper clothing with the changing seasons is essential. Of course, quality shoes are a must. Keep track that shoe mileage never exceeds 500 miles. That means at 20 miles per week, for the average fitness runner, a change every six months is recommended. Retire the run shoe to a “day shoe”. It’s important because many shin, knee, ankle, and hip problems are related to worn shoes, either inside or out.

Are you prepared for the course you will race? Prepare for what the race will do to your body.

As to speed work remember, when the intensity is high the risk of injury is high. With that in mind, mile repeats at just under race pace are used as well as 6 miles at six minute pace or better on a relatively flat course like the Virginia 10-miler. Ha, ha.

Meals before a race should be moderate and tailored to the type race. For short race over 5K or 10K eat no red meat and more carbohydrates. For long distance races like the marathon and greater eat anything you want. For long distances, what you eat the night before is not much of a factor. What is stored from the week preceding the race is what counts.

The business meeting followed:

Thanks to all who made the Summer Race Series possible and a success. Membership is at 130 members - much improved from last year.

The John A. Stephenson Children’s Run on 5 October will have no race day registration. A race application will be included in the Set / Oct newsletter. Also, a Fall cross-country series is coming together by partnering with area schools. An entry fee of \$4.00 will be split with the host school. Dates and times are to be worked out.

Craig Cassell provided a 10-miler update. The race is on the last Saturday of September (28th this year) and starts at 8:30 a.m. Flyers are available around town and registration is available on the Web at Active.com.

Closet Full of Shoes?

How many running shoes do you have in your closet? If you are like most runners the number might be embarrassing to admit. Well, starting Tuesday September 3rd you can donate your old running shoes

to a good cause. Local runner Ellen Agnew has organized a “shoe drive.” Starting September 3rd, runners are encouraged to drop off their worn running shoes at Riverside Runners, CMT, or at the Virginia 10-Miler Registration. Collection baskets will be located at these areas. Your shoes will benefit the Salvation Army, Goodwill, and Kids First. Let’s show how generous the LRRC can be! Clean your closet and support this worthwhile effort. For more information contact Ellen Agnew at 384-5767.

FUN RUN SATURDAY SEPTEMBER 14TH

The next Lynchburg Road Runners “Fun Run” will be held Saturday September 14th at 7:30am. A review of the Virginia 10-Miler course will be run. You can run as far or as short as you would like. Water will be placed throughout the course and refreshments will be provided afterward. This is a great way to prepare for one of Lynchburg’s premier races. All are welcome. Let’s have fun! There is a good possibility that the Roanoke Star City Striders running club will join us as well. Mark your calendars.

FUN RUN SATURDAY OCTOBER 12TH

Come join us Saturday October 12th, 7:30am out in beautiful Forest, Virginia. We will run from the Forest Post Office located on Route 221. Course and pace will vary. Refreshments will be provided afterward. All are welcome. Bring a friend!

GOTTA RUN

Every day I must run
Whether there's rain or there's sun.
My health is outstanding
From this old habit demanding,
But I won't say it's fun.

Bernie The Bard

Mom, The Runner

By Beth Jones

What happens if your mom is a runner...

- You were weaned on Gatoraid.
- You drink from cups won at races.
- Your first shoes were Nike.
- You learned to run before you could talk.
- You are the most flexible kid in your neighborhood.
- If you happen to see some safety pins you automatically put them in groups of four.
- By the time you are twelve you could single handedly put on a race better than most grown-ups.
- You learned to take off long sleeve shirts for the short sleeve shirt underneath while running before

you turned nine.

-On Saturday mornings you watch all the adventure races and track meets that had been taped that week instead of cartoons.

-You compare roller coasters with running one hundred meter sprints.

-You go shopping at the expo.

-Waiters suggest your mom be in commercials " MARATHON RUNNER EATS AT (Name of restaurant)".

-You learned math by helping her figure out her splits for the distance she just ran.

-You found it difficult to understand that not everybody speaks runner lingo, like PR, 5K, Splits, 42k,etc.

-You become your own EMT.

-You quickly learn that running is contagious.

-Almost everybody in your city is acquainted with you because they run with your mother.

-You don't have a dog because they are "runner eaters".

-Your sandbox is the long jump pit when your mother runs track.

These are all things that really happened to my siblings and me.

country. The club will partner with local high school cross country teams and organize a 5k "open" race to immediately follow home cross country races. Five dates listed below have been selected. Cost to participate is just \$4.00 (except for the Running with the Wolves Invitational) with half the proceeds going to the host school. Times are tentative check call Riverside Runners (846-7449) for details.

9/17 (Tue) at Heritage H.S., Heritage H.S., 5:30pm

10/11 (Fri) at Presbyterian Home, VES, 5:00pm

10/16 (Wed) at Brookville's course (Waterlick & Leesville Rd.), Brookville H.S., 5:00pm

10/19 (Sat) at Running With the Wolves Invitational, Wolf Branch Farm, Forest.

10/25 (Fri) at LCA, Camp Hideaway, Chandlers Mtn. Road., 5:30pm.

AID

As up the Masochist's mountains I chug,
I dream of the next aid station and of my next hug.
Much more than Gatorade, it's what I savor.
When to Helen is reported my behavior,
Her reaction is a knowing smile and a shrug.

Bernie The Bard



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WHY NOT GIVE CROSS COUNTRY A TRY?

The LRRC is pleased to announce an opportunity for local runners to experience the thrill of fall cross-

RACE RESULTS

Year 2002 June Track Series

Race Director, Bret Boman

(continued from May / June issue of the Milepost)

1500 Meters - June 25, 2002

Girls 13-14	Sallie Ford 5:28.4, Beth Jones 7:32.9, Stephanie Brown 7:40.8
Girls 15-16	Becky Jones 6:37.0, Sarah Givens 6:47.8, Chriss Manley 6:55.7
Girls 17-19	Ashley Armistead 5:37.3
Women 30-39	Lesley McPhatter 6:13.5
Women 40-49	Debbie Sullivan 6:31.0, Judy Zeross 7:26.3
Boys 7-8	Micah Jones 7:30.3
Boys 9-10	Mark Jones 6:20.2, Kyle Broda 6:22.2
Boys 13-14	Chris Sullivan 4:51.6, Matthew Case 5:56.5, Adam Broda 5:58.1, Andy Drake 6:14.2
Boys 15-16	Spencer Drake 4:51.5, Ben Manley 5:06.7, Richard Suddith 6:00.9
Men 20-29	Danny Boyers 4:30.9, Mike McPhatter 4:31.3
Men 30-39	Jeff Harrington 4:40.9, Paul Triska 4:50.0, Paul Carrasco 4:56.5, Grattan Garbee 5:14.9
Men 40-49	David Kim 5:07.2, Keith Austin 6:02.7, Paul Broda 6:22.6, Mike Fein 7:29.4
Men 60-69	Horace Ellis 5:41.4, Vic Galan 8:15.0

100 Meters - June 25, 2002

Kids Under 4	Jason Henderson 30.17, Kendall Branham 33.60
Kids 5-6	Jonathan Hyman 23.64, Trey Armistead 24.97, Steven McKim 25.27
Kids 7-8	Shannon Bing 17.42, Sam Hyman 18.43, Micah Jones 19.10, Mandy Mckim 20.62
Girls 9-10	Jordan Gilmore 18.40, Irina Fein 19.38
Girls 13-14	Beth Jones 15.48, Chrissa Manley 16.47
Girls 15-16	Becky Jones 14.64
Boys 9-10	Mark Jones 16.53, Conner Schwartz 16.60
Boys 11-12	Gordon Fein 16.77, Kyle Broda 18.41
Boys 13-14	Chris Sullivan 13.46, Adam Broda 16.34
Boys 15-16	Spencer Drake 13.31, Matthew Case 13.41, Ben Manley 13.49
Men 20-29	John Sullivan 11.67, Dwayne Fitts 11.85
Men 40-49	Robert Harding 11.72

800 Meters - June 25, 2002

Girls 13-14	Stephanie Brown 3:40.1
Girls 15-16	Sarah Givens 3:15.5, Becky Jones 3:16.1, Chriss Manley 3:17.7
Girls 17-19	Ashley Armistead 2:49.1
Women 40-49	Debbie Sullivan 3:13.2
Boys 7-8	Micah Jones 3:36.2
Boys 9-10	Mark Jones 3:09.3, Conner Schwartz 3:24.2
Boys 13-14	Chris Sullivan 2:28.3, Andy Drake 3:12.0, Matthew Case 3:34.9
Boys 15-16	Spencer Drake 2:30.4
Men 20-29	Dwayne Fitts 2:13.5, Mike McPhatter 2:25.5
Men 40-49	David Kim 2:31, Keith Austin 2:52.6

400 Meters - June 25, 2002

Kids 5-6	Trey Armistead 2:06.3, Mallory Harding 2:14.5
Kids 7-8	Micah Jones 1:36.7
Girls 9-10	Irina Fein 1:58
Girls 13-14	Beth Jones 77.7
Girls 15-16	Becky Jones 1:16.1, Sarah Givens 1:42
Women 40-49	Debbie Sullivan 1:29.1
Boys 9-10	Mark Jones 1:24.4, Conner Schwartz 1:25.7, Trey Harding 1:49.9
Boys 11-12	Kyle Broda 1:27, Gordon Fein 1:39
Boys 13-14	Matthew Case 66.54, Andy Drake 72.1, Chris Sullivan 73.2, Adam Broda 77.6
Boys 15-16	Ben Manley 61.4, Spencer Drake 62.8
Men 20-29	Dwayne Fitts 54.0
Men 40-49	Robert Harding 54.5, Craig Schwartz 1:10.3, Paul Broda 1:16.3, Mike Fein 1:45.1

July 13, Boone, NC - Grandfather Mountain Marathon

This very mountainous and scenic course, that winds through the Blue Ridge Mountains, climbs from a starting elevation of 3,333 feet to 4,279 feet at the finish high atop Grandfather Mountain. The race ends before thousands of spectators during the largest Highlands games in the world.

Congratulations to **Michael McPhatter** who ran the course in **3:04:57** to place 1st in age group and 6th overall. Winning male: 2:49:10, female 3:23:01

July 20, Lynchburg - LRRC Summer Race Series 5 Mile Results

Name Time

Female Overall

Sabrina Willis	33:03
Lisa Hannell	33:21
Sue Jones	36:47

Male Overall

Peter O'Brien	28:31
Matt Richards	29:11
Danny Boyers	29:48

Female 12 and Under

Hollis Owens	45:43
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Female 13-19

Ashley Armistead	39:28
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Male 13-19

Jordan Miller	44:34
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Female 20-29

Liv Heggoy	39:44
Julie Byers	47:33
Dara Lawrence	49:56

Male 20-29

Peter Gibbs	31:32
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Female 30-34

Suydam Gabby	37:05
Leigh Cheatham	42:24
Lori Lee	42:41
Tiffany Tompkins	44:34
Laurie Wynnyk	44:35

Male 30-34

Darrell Wargo	30:20
Paul Carrasco	31:21
Fred Price	40:03

Female 35-39

Lesley McPhatter	39:00
Terry Groh	42:12
Mari Cedillo	48:10
Lisa Anderson	49:38
Linda Johnson	49:50

Male 35-39

Gary Morris	30:49
Grattan Garbee	32:22
Wanjema Muhoro	36:25
John Sarver	47:42

Female 40-44

Heather Royer	38:56
Judy Zerfoss	45:43

Male 40-44

Andrew Wilds	34:48
Wilbert Hooper	35:18
Jim McFarland	38:41
Leland Gibson	40:53
Jim Kent	40:54
Steve Letterman	43:46

Male 45-49

Preston Evans	31:42
Craig Miller	33:46
Mike Smith	44:25

Female 50-59

Mary Torrence 49:21

Male 50-59

Don Lucy 33:07
John Justice 35:40
Peyton Morgan 38:20
Richard Stone 40:03

Female 60+

Jane Benbow 58:29

Male 60+

Horace Ellis 35:49
Tommy Harris 35:57
Bernie Davis 41:30
Norm Sobeisk 48:04

5K Results

Name Time

Overall Female

Kelly Jennings 25:26
Brenda Padgett 27:31
Becky Jones 28:22

Overall Male

Spencer Drake 20:05
Len Barker 20:53
Nathan Bradley 21:29

12 and Under

Emmi Owens 32:56

Male 12 and under

Mark Jones 35:47
Micah Jones 39:11
Sang Sun Park 48:15

Male 13-19

Adam Wright 22:19
Andy Drake 30:33

Male 20-29

Jason Cordier 32:00

Female 30-34

Tammy Hedding 28:59

Male 35-39

Kyung Nam Park 48:04

Male 40-44

Robert Cook 24:43

Female 60+

Louise Martin 48:03

July 20, Roanoke, Va. - Commonwealth 5 Miler

Pl. Name Age Time

Overall Female

1 Shannon Saunders 18 31:18
2 Kristin Saunders 18 32:08
3 Shannon Baker 27 35:22

Women 30 - 34

3 Monique Clapper 30 44:37

Women 40 - 44

3 Debbie Sullivan 41 42:29

August 6, Bozeman's Place - Bozeman's Biathlon Championship IV

It looked like the 4th Annual Bozeman's Biathlon (run 1.5 miles and bike 11 miles) was going to be very hot and humid, but fortunately it turned cooler for the 6:00 PM start. Thirty-six ultra distance athletes completed the "sprint distance" in record time to enjoy the cookout and awards banquet held at our home. Local Ironman competitors (husband/wife team) of Van and Kat Phillips finished in the top five. Ryan Owen (age 14) was the ultimate overall winner in a time of 39 minutes and 11 seconds followed by his dad (Martin) a split second later. Everyone enjoyed the competition, camaraderie and cookout afterwards. The following awards were presented:
Top 3 Males: Ryan Owen, Martin Owen, Chris Bright

Top 3 Females: Kat Phillips, Donna Elder, Gabby Suygam

30-39 age division: Van Phillips, Mark Stephens, John Salmon

40-49 age division: Carl Thurston, Ron Riscart, Jim McFarland

50-59 age division: Robert Burgess, Bob Hartless, Bobby Babcock

60 and over: local legend, Tommy Harris

See page 7 for individual results.

Aug. 17, Lynchburg - LRRC Summer Race Series 1/2 Marathon Results

Name Time

Female Overall

Catherine Phillips 1:27:47
Karen Black 1:33:42
Lisa Hannell 1:36:39

Male Overall

Matt Richards 1:20:26
Chris Moreland 1:23:20
Mike McPhatter 1:23:27

Male 13-19

Drew Flowers 1:36:18

Female 20-29

Ginger Cooper 1:45:59
Tracy Coriveau 2:27:07

Male 20-29

Peter Gibbs 1:30:30
Brandon Robertson 2:40:24

Female 30-34

Sabrina Willis 1:43:14
Suydam Gabby 1:45:09
Nancy O'Brien 1:56:46
Tiffany Tompkins 1:58:29
Leigh Cheatham 2:03:50

Male 30-34

Paul Carrasco 1:29:19
Darrell Wargo 1:32:42
Joel Husted 1:34:13

Van Phillips	1:35:44
Paul Schmidt	1:41:53
Chet McPhatter	1:59:36
Fred Price	2:06:05

Female 35-39

Lisa Richardson	1:48:42
Lesley McPhatter	1:50:01
Mari Cedillo	2:08:25
Lisa Anderson	2:28:56

Male 35-39

Matthew Ripley	1:27:19
Gary Morris	1:28:05
Grattan Garbee	1:34:07
Vince Decker	1:34:40
Keven Willis	1:40:34

Female 40-44

Yvonne McMahan	1:55:20
Heather Royer	1:55:21
Debbie Sullivan	1:55:38
Judy Zerfoss	2:05:46

Male 40-44

Bret Boman	1:25:26
Brad Fitzgerald	1:25:39
Martin Owens	1:36:21
Wilbert Hooper	1:38:51
Andrew Wilds	1:38:55
Paul Fast	1:44:48
John Botton	1:57:40
Steve Letterman	1:58:03
Stuart Hill	2:03:51

Female 45-49

Lori Flowers	1:43:49
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Male 45-49

Preston Evans	1:30:58
Craig Miller	1:42:54
Ben Moomaw	1:50:58
Jeff Armstrong	1:55:07
Rick Wilta	2:53:01

Female 50-59

Leslie McDole	2:16:29
Trish Wilta	3:06:43

Male 50-59

Jonathan Fitt	1:36:59
Don Lucy	1:40:16
Jack Cassidy	1:43:50
Ed Allen	1:44:20
Jim Weimer	1:45:29
Peyton Morgan	1:46:00
John Justice	1:46:15
Micky Mear	1:46:27
Richard Stone	2:00:35
Ben Schowe	2:03:52
Richard Brooks	2:15:58
Jim McDole	2:16:30

Male 60+

Horace Ellis	1:41:31
Bernie Davis	2:08:56
John Kurisky	2:24:19

5K Results

Name	Time
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Overall Female

Kelly Jennings	23:00
Jennifer Bing	24:17
Bylinda Brinkley	25:43

Overall Male

Luke Thomas	17:46
Thomas Brennan	17:47
Danny Boyers	18:04

12 and Under

Hollis Owens	26:43
Emmi Owens	32:57

Male 12 and under

Mark Jones	26:35
Micah Jones	32:53

Female 13-19

Becky Jones	27:09
Carrie Vest	30:37
Amber Sorenson	31:02

Male 13-19

Spencer Drake	20:03
Steven Nash	20:57
Andy Drake	24:21
Eric Forcey	26:02
Jay Speidell	27:03

Female 30-34

Christie Burtner	31:25
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Female 35-39

Sophia Decker	25:51
Linda Johnson	29:54

Male 35-39

George Cook	20:09
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Female 40-49

Tammy Maggi	27:24
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Female 60+

Louise Martin	47:09
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Male 60+

Jim Marchimo	29:47
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UPCOMING RACES

Sept. 14, Charlottesville - Pepsi 10K for Special Olympics - 8am; \$13 by 9/7, after \$15. Info: Lloyd Raupp (434)973-2010; Lnraupp@charlottesville.net

Sept 14, Danville - River City 5K Run/Walk 9:00 a.m.; Info: L.C. Moore (434)793-3409

Sept. 21, Salem, Va. - Marine Mud Run Green Hill Park, West of Salem. Jeff Baker (540) 473-1716 or on the Web at www.mudrun.com

Sept. 28, Lynchburg - Virginia 10 Miler & 4 Miler & Amazing Mile

Oct. 5, Roanoke, Va. - Star City Striders Women's 5K
 contact Striders@starcitystriders.com .

Oct. 5, Lynchburg - Dr. John A. Stephenson Memorial Youth Run, at Riverside Park. Race Director, Mary Ann Craven. Discount is offered to Lynchburg Roadrunners on registration.

October 19, Lynchburg - Mountain Masochist 50 Mile trail Run, 6:30am; Info: Dave Horton (434) 582-2386 (w), 239-1324 (h), or e-mail runhorton@juno.com or on the Web at <http://davidhorton.simplenet.com> .

November 9, Richmond - Sun Trust Marathon
 Marathon 8 a.m. \$55 by 9/30, \$65 after.
 8K 8:45 a.m. \$25 by 9/30, \$30 after.
 Info: (804) 673-RACE or
www.richmondmarathon.com

November 23, Roanoke, Va. - Star City 1/2 Marathon & 5K on the Web at www.starcitystriders.com .

November 26, Lynchburg - Turkey Trot 5K & 1 Mile Youth Run, Timberlake Christian School on Thanksgiving Day for the benefit of Genesis House. Race Director, Don Lucy.

DISCOUNTS

Riverside Roadrunners

Offering 10% to 15% off Manufacturer's Suggested Retail Price to Lynchburg City Roadrunners and student-athletes. We also match Road Runner Sports prices! Phone: (434)846-7449

Open: Tues. - Fri. 12:00pm - 7:30pm

Saturday, 9:00am - 6:00pm

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Saturday 10-5:00

Mark & Cynthia Lorenzoni - 434-293-3367

August 6, Bozeman's Place - Bozeman's Biathlon

Pl.	NAME	SEX	AGE	RUN	TOTAL
				TIME	TIME
1	Ow en, Ryan	M	14	8:55	39:11
2	Ow en, Martin	M	40	8:53	39:11
3	Phillips, Kat	F	27	8:58	39:22
4	Bright, Chris	M	35	8:57	40:26
5	Phillips, Van	M	33	9:30	40:41
6	Stephens, Mark	M	30	9:45	41:24
7	Elder, Donna	F	33	9:13	41:57
8	Salmon, John	M	33	9:36	41:59
9	Wargo, Darrell	M	34	8:12	42:45
10	Burgess, Robert	M	50	11:48	44:16
11	Suygam, Gabby	F	32	10:15	44:29
12	Harris, Tommy	M	63	10:00	44:30
13	Slo man, Mark	M	38	10:31	44:31
14	Hartless, Bob	M	58	9:15	44:42
15	Thurston, Carl	M	42	9:00	44:53
16	Kim, David	M	41	?	46:14
17	Riscart, Ron	M	48	8:56	46:21
18	Triska, Paul	M	37	8:32	47:01
19	McFarland, Jim	M	40	10:20	47:27
20	Tarbert, Mark	M	46	11:49	47:50
21	Warren, Chuck & s	M	41	12:04	48:15
22	Babcock, Bobby	M	50	10:33	48:22
23	Bozeman, Steve	M	55	12:20	48:58
24	Clements, Chip	M	55	11:08	50:00
25	Milan, Calvin	M	42	8:44	51:22
26	Hudson, Mark	M	43	11:33	52:03
27	Rinella, James	M	33	12:29	52:04
28	Pow ers, Brian	M	32	12:01	53:33
29	Carey, Danny	M	46	11:58	53:38
30	Copsey, Bernie	M	43	10:13	54:23
31	Franklin, Tony	M	45	14:26	55:08
32	Stone, Richard	M	55	10:32	55:48
33	Thompson, Sam	M	44	12:30	58:22
34	Bennett, Reggie	M	44	14:28	59:06
35	Horton, David	M	53	8:59	66:02
36	Skulina, David	M	39	?	finished

* Time includes transition time from run to start of bike.