

NOVA RACING TEAM 2010 PERFORMANCE LIST

WOMEN

Marathon

Krista Vrombaut	2:51:17	National Marathon	First Overall
Laura O'Hara	2:54:35	Boston Marathon	
Kate Dart	2:59:24	New Orleans Marathon	Fourth Overall
Samantha Kirby Cole	3:05:35	Marine Corps Marathon	Second Master
Maureen Carr	3:05:41	Marine Corps Marathon	

Half Marathon

Laura O'Hara	1:19:35	Wilson Bridge Half	First American, 4 th Overall
Krista Vrombaut	1:22:04	California International	time en route
Kate Dart	1:22:48	National Half Marathon	Ninth Overall
Samatha Kirby Cole	1:27:26	National Half Marathon	First Master
Betty Blank	1:38:02	Virginia Beach Half	First age group

20k

Laura O'Hara	1:17:00	Leesburg 20k	Fourth overall
Samantha Kirby Cole	1:21:46	Lessburg 20k	Sixth OA, 3 rd master
Betty Blank	1:31:56	Leesburg 20k	First age group

Ten Mile

Laura O'Hara	1:02:08	Charlottesville 10 Mile	Fourth Overall
Gretchen Chick	1:02:09	Cherry Blossom 10 Mile	
Martha Merz	1:04:53	Army 10 Mile	Fourth age group
Beth Young	1:05:08	Cherry Blossom 10 Mile	Sixth age group
Samantha Kirby Cole	1:05:33	Cherry Blossom 10 Mile	Second Master
Betty Blank	1:12:40	Cherry Blossom 10 Mile	First age group

10k

Gretchen Chick	36:38	Pikes Peak 10k	Ninth Overall
Kate Dart	37:34	Boo! Run For Life 10k	Second Overall
Beth Young	39:49	Lawyers Have Heart 10k	Fourth Age group
Martha Merz	40:08	Groton 10k	First Overall

8k

Gretchen Chick	29:25	Run Geek Run 8k	Second Overall
Laura O'Hara	30:10	Mount Vernon Trail 8k	First overall
Samantha Kirby Cole	31:13	Run Geek Run 8k	First Master
Martha Merz	32:24	Van Metre 8k	Second Master
Betty Blank	35:18	Alexandria Turkey Trot	First age group

4 Mile

Gretchen Chick	23:28	Portland, ME Turkey Trot	Second Overall
Betty Blank	29:25	4 Age Handicapped 4 Miler	First age group

5k

Gretchen Chick	17:27	Providence 5k	Third Overall
Laura O'Hara	18:20	Run For Roch 5k	Course Record
Beth Young	18:48	Mercy 5k	Third Overall
Kate Dart	18:48	Prevent Cancer 5k	First Overall
Samantha Kirby Cole	18:58	New Orleans Jazz Fest 5k	First Overall
Martha Merz	19:20	New Haven 5k	First Overall
Betty Blank	21:30	Clarendon Day 5k	First age group

MEN

Marathon

Evan Jurkovich	2:32:04	Twin Cities Marathon	
Matt Logan	2:39:40	Philadelphia Marathon	
Brian Young	2:52:07	California International Marathon	

Half Marathon

Matt Logan	1:12:15	Philadelphia Half Marathon	
Adam Wytko	1:18:28	Pittsburgh Half Marathon	Sixth Overall
Derik Thomas	1:19:12	Virginia Beach Half Marathon	Fourth Age Group
Brian Young	1:20:47	Philadelphia Half Marathon	
Derik Thomas	1:21:03	Philadelphia Half Marathon	Fifth Age Group
David Kent	1:22:07	Baltimore Half Marathon	Second Age Group

20k

Evan Jurkovich	1:07:36	Leesburg 20k	Second Overall
Matt Logan	1:10:00	Leesburg 20k	Fifth Overall

10k

David Wertz	33:31	Jingle All the Way 10k	First Age Group
Matt Logan	33:35	Clarendon Day 10k	
Derik Thomas	35:16	Jingle All the Way 10k	First Age Group
Carlos Hunt	35:27	Capital Hill 10k	Sixth Overall
Brian Young	36:02	Veterans Day 10k	

8k

David Wertz	25:57	Richmond 8k	First Age Group
Evan Jurkovich	26:16	Run Geek Run 8k	Third Overall
Matt Logan	26:33	Race For A Cause 8k	Sixth Overall
Derik Thomas	27:57	Alexandria Turkey Trot	
Adam Wytko	28:06	Rockville Twilight 8k	

5k

David Wertz	16:15	Boston Volvo 5k	First Age Group
Jason Myers	16:20	Sting Ray 5k	Course Record

3 mile

Evan Jurkovich	15:08	Capital Challenge	Fourth overall
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