

**Healthy Kids Running Series  
Stafford VA  
Results from Spring 2021**

	Name/Race	Wk-1	Time	Wk-2	Time	Wk-3	Time	Wk-4	Time	Wk-5	Time	Total Points
<b>Pre-K 50 Yard Dash - BOYS 2-3 YEAR OLDS HEAT 1</b>												
1	G. Serpa	10	N/A	8	N/A	9	N/A	9	N/A	9	N/A	45
2	K. Mabrey	9	N/A	9	N/A	8	N/A	8	N/A	10	N/A	44
3	Z. Mulligan		N/A	7	N/A	10	N/A	7	N/A	8	N/A	32
4	L. Perez		N/A	10	N/A		N/A	10	N/A		N/A	20
5	E. Trout	8	N/A		N/A	6	N/A		N/A		N/A	14
6			N/A		N/A		N/A		N/A		N/A	0
7			N/A		N/A		N/A		N/A		N/A	0
8			N/A		N/A		N/A		N/A		N/A	0
9			N/A		N/A		N/A		N/A		N/A	0
10			N/A		N/A		N/A		N/A		N/A	0
<b>Pre-K 50 Yard Dash - BOYS 2-3 YEAR OLDS HEAT 2</b>												
1	S. Adedoyin	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2	C. Woodruff	9	N/A	8	N/A	8	N/A	9	N/A	7	N/A	41
3	O. Bedford	8	N/A	6	N/A	9	N/A	7	N/A	8	N/A	38
4	J. Dodoo	4	N/A	9	N/A		N/A	8	N/A	9	N/A	30
5	B. Talbot	6	N/A	7	N/A	7	N/A		N/A	5	N/A	25
6	C. Trout	7	N/A		N/A	6	N/A	6	N/A	6	N/A	25
7	M. Putney	5	N/A	5	N/A		N/A		N/A		N/A	10
8			N/A		N/A		N/A		N/A		N/A	0
9			N/A		N/A		N/A		N/A		N/A	0
10			N/A		N/A		N/A		N/A		N/A	0
<b>Pre-K 50 Yard Dash - GIRLS 2-3 YEAR OLDS HEAT 1</b>												
1	A. Chuquillangui	9	N/A	9	N/A	9	N/A	10	N/A	10	N/A	47
2	R. James	6	N/A	10	N/A	10	N/A	8	N/A	9	N/A	43
3	C. Diers	8	N/A	8	N/A		N/A	9	N/A	7	N/A	32
4	M. Capparra	10	N/A	7	N/A		N/A	6	N/A	6	N/A	29
5	M. Taylor		N/A	6	N/A	7	N/A	7	N/A	8	N/A	28
6	E. Redmond	7	N/A	5	N/A	6	N/A	4	N/A	5	N/A	27
7	M. Treichler		N/A		N/A	8	N/A	5	N/A		N/A	13
8			N/A		N/A		N/A		N/A		N/A	0
9			N/A		N/A		N/A		N/A		N/A	0
10			N/A		N/A		N/A		N/A		N/A	0
<b>Pre-K 50 Yard Dash - GIRLS 2-3 YEAR OLDS HEAT 2</b>												
1	K. Murray	9	N/A	10	N/A	9	N/A	9	N/A	9	N/A	46
2	F. Hutcherson-Fields	10	N/A	5	N/A	10	N/A	10	N/A	10	N/A	45
3	A. Samudio	8	N/A	8	N/A	8	N/A	8	N/A	7	N/A	39
4	R. Wasilewski	7	N/A	9	N/A	6	N/A	7	N/A	8	N/A	37
5	B. Morris	6	N/A	7	N/A	7	N/A	6	N/A	5	N/A	31
6	J. Zirhumana	5	N/A	6	N/A	5	N/A	5	N/A	4	N/A	25
7	W. Whitis		N/A		N/A	4	N/A	4	N/A	6	N/A	14
8			N/A		N/A		N/A		N/A		N/A	0
9			N/A		N/A		N/A		N/A		N/A	0
10			N/A		N/A		N/A		N/A		N/A	0
<b>Pre-K 75 Yard Dash - BOYS 4-5 YEAR OLDS HEAT 1</b>												
1	S. Serpa	8	N/A	9	N/A	10	N/A	9	N/A	10	N/A	46
2	Lu. Perez	10	N/A	10	N/A		N/A	10	N/A	9	N/A	39
3	J. Woodruff	9	N/A	7	N/A	8	N/A	6	N/A	6	N/A	36
4	C. Burke	7	N/A	8	N/A	9	N/A	7	N/A		N/A	31
5	A. Mcintyre	6	N/A	2	N/A	6	N/A	8	N/A	8	N/A	30
6	T. Sarlo	4	N/A	4	N/A	4	N/A	5	N/A	4	N/A	21
7	L. Parker	5	N/A	3	N/A	2	N/A	3	N/A	5	N/A	18
8	F. Lamborn	2	N/A	5	N/A	3	N/A		N/A	7	N/A	17
9	W. Wells	3	N/A	6	N/A	7	N/A		N/A		N/A	16

10	G. Myers		N/A		N/A	5	N/A	4	N/A		N/A	9
<b>Pre-K 75 Yard Dash - BOYS 4-5 YEAR OLDS HEAT 2</b>												
1	B. Engel	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2	T. Morris	7	N/A	9	N/A	8	N/A	7	N/A	8	N/A	39
3	B. Wilkins		N/A	8	N/A	9	N/A	9	N/A	6	N/A	32
4	G. Capparra	8	N/A	7	N/A		N/A	8	N/A	9	N/A	32
5	B. Pokusa	9	N/A	6	N/A	6	N/A	5	N/A	5	N/A	31
6	I. Downing	7	N/A	4	N/A	7	N/A	4	N/A	7	N/A	29
7	N. Yuhas	6	N/A	5	N/A	5	N/A	3	N/A	3	N/A	22
8	B. Mulligan		N/A	3	N/A	4	N/A	6	N/A	4	N/A	17
9	G. Whitson	5	N/A	2	N/A	3	N/A		N/A	2	N/A	12
10			N/A		N/A		N/A		N/A		N/A	0
<b>Pre-K 75 Yard Dash - GIRLS 4-5 YEAR OLDS HEAT 1</b>												
1	E. Yuhas	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2	S. Hur	9	N/A	9	N/A	9	N/A	9	N/A	9	N/A	45
3	E. James	6	N/A	8	N/A	7	N/A	8	N/A	8	N/A	37
4	E. Crawford	8	N/A	6	N/A	8	N/A	7	N/A	7	N/A	36
5	J. Kelly	7	N/A	7	N/A	6	N/A	6	N/A	6	N/A	32
6	A. Cochran	4	N/A	4	N/A	4	N/A	5	N/A	5	N/A	22
7	C. Ewell	5	N/A	5	N/A	5	N/A		N/A		N/A	15
8			N/A		N/A		N/A		N/A		N/A	0
9			N/A		N/A		N/A		N/A		N/A	0
10			N/A		N/A		N/A		N/A		N/A	0
<b>Pre-K 75 Yard Dash - GIRLS 4-5 YEAR OLDS HEAT 2</b>												
1	C. Nelson		N/A	9	N/A	9	N/A	9	N/A	10	N/A	37
2	S. Burke		N/A	8	N/A	7	N/A	10	N/A		N/A	25
3	C. Farmer		N/A	10	N/A	8	N/A		N/A		N/A	18
4	S. Snyder		N/A	7	N/A		N/A		N/A		N/A	7
5			N/A		N/A		N/A		N/A		N/A	0
6			N/A		N/A		N/A		N/A		N/A	0
7			N/A		N/A		N/A		N/A		N/A	0
8			N/A		N/A		N/A		N/A		N/A	0
9			N/A		N/A		N/A		N/A		N/A	0
<b>Kindergarten &amp; 1st Grade - Boys - 1/4 mile</b>												
1	R. Dietz	10	1:47	10	1:29	10	1:29	10	1:27	10	1:25	50
2	O. Woodruff	7	1:52	9	1:47	9	1:38	9	1:38	7	1:34	41
3	S. Gramlich	5	1:55	4	1:49	8	1:40	9	1:38	8	1:33	34
4	To. Campbell	8	1:51	8	1:45	7	1:46			9	1:32	32
5	C. Zhukov	9	1:50	7	1:48	2	1:50	6	1:44	3	1:45	27
6	B. Rogalski	1	2:47	7	1:48	1	1:54	6	1:44	6	1:38	21
7	L. Woodruff	6	1:53	7	1:48	1	1:52	1	1:54	2	1:46	17
8	M. Trout	1	2:13			7	1:46	4	1:46	5	1:40	17
9	B. Murray	5	1:55	3	1:50	4	1:49	3	1:47	1	1:50	16
10	T. Abbott	1	2:36	1	1:56	5	1:48	7	1:41	1	1:59	15
11	W. Morris	1	2:04	1	1:56	4	1:49	1	1:50	4	1:44	11
12	A. Kelly	1	1:58	3	1:50	1	1:51	3	1:47	2	1:46	10
13	W. Christie	5	1:55	1	1:58	1	2:01	1	1:54	1	1:59	9
14	A. Willis	1	2:23	1	2:26	1	2:19	1	2:15	1	2:12	5
15	C. LaMudge	1	2:02	1	1:58	1	1:53	1	1:50	1	1:49	5
16	J. Barton	1	2:07	1	2:13	1	2:13	1	2:02	1	2:05	5
17	J. Chuquillangui	1	2:03	1	2:13	1	2:13	1	2:03	1	2:04	5
18	J. Gramlich	1	2:09	1	2:02	1	1:56	1	1:58	1	2:03	5
19	J. Osborne	1	2:15	1	2:17	1	2:17	1	2:18	1	2:30	5
20	K. Mitchell	1	1:57	1	2:08	1	1:58			2	1:46	5
21	A. Lingafelt	1	2:06	1	1:57	1	1:53			1	1:57	4
22	C. Loynes	1	3:56	1	3:23	1	3:20	1	2:54			4
23	J. Hutcherson	1	2:12	1	2:11	1	1:54	1	1:49			4
24	R. Downing	1	1:58	2	1:52			1	1:48			4
25	J. Talbot			1	2:04	1	2:04			1	2:10	3
26	A. Kaushal	2	1:56									2
27	A. Singh	1	2:45			1	2:21					2

28	G. Perez	1	2:01			1	1:54					2
29	W. Sutton	1	2:03	1	2:01							2
<b>Kindergarten &amp; 1st Grade - Girls- 1/4 mile</b>												
1	E. McIntyre	8	1:53	9	1:52	10	1:42	10	1:36	10	1:39	47
2	N. Comeaux	9	1:51	10	1:41	9	1:43	9	1:42	9	1:41	46
3	S. Burks	6	2:05	9	1:52	6	1:48	7	1:44	7	1:49	35
4	A. D'Amico	7	2:00	7	1:53	8	1:44	9	1:42			31
5	S. Nelson	10	1:48	1	2:08	4	1:51	6	1:45	8	1:42	29
6	A. Diers	4	2:11	6	1:57	5	1:49	3	1:56	5	1:55	23
7	A. Ewoldt	1		5	1:58	7	1:46			7	1:49	20
8	A. Perez	5	2:10	4	2:02	3	1:52					12
9	A. Ewell	1	2:16	3	2:05	1	2:02	4	1:53			9
10	Q. Bedford	1	2:17	2	2:06	1	2:06	1	2:06	3	2:03	8
11	A. Treichler					2	1:53	5	1:47			7
12	A. Parker	2	2:12	1	2:15	1	2:13	1	2:08	1	2:12	6
13	S. Osborne	1	2:37	1	2:25	1	2:17	1	2:10	2	2:05	6
14	A. Helman	1	2:53	1	2:37	1	2:42	1	2:42	1	2:27	5
15	A. Smith	1	2:20	1	2:14	1	2:12	2	2:01			5
16	J. Zirhumana	1	2:40	1	2:32	1	2:22	1	2:28	1	2:24	5
17	L. Banks	4	2:11	1	2:14							5
18	S. Rahlf							1	2:04	4	2:01	5
19	B. Rogalski	1	3:01	1	3:10			1	2:42	1	2:48	4
20	E. Dennie	1	2:13	1	2:09							2
21	G. Whiteley											0
<b>2nd &amp; 3rd Grade - Boys - 1/2 mile</b>												
1	M. Woodruff	9	3:28	9	3:24	9	3:19	10	3:02	9	3:11	46
2	Tr. Campbell	10	3:26	10	3:23	10	3:17			10	3:07	40
3	K. Bedford	8	3:32	8	3:29	6	3:38	9	3:18	8	3:16	39
4	L. Lingafelt	7	3:48	7	3:38	7	3:26			7	3:19	28
5	C. Fernandes	6	4:23	6	4:10	4	4:18	5	4:01	4	4:05	25
6	A. Patterson	5	4:27	2	5:10	1	5:14	6	3:49	5	3:59	19
7	J. Rahlf					5	3:59	7	3:39	6	3:41	18
8	C. Jansen	4	4:55	4	4:44	2	4:40	4	4:21	2	4:35	16
9	F. Whitis					8	3:22	8	3:23			16
10	J. Allen	1	6:10	5	4:43	3	4:22	3	4:43	3	4:24	15
11	G. Johnson	3	5:27	3	5:07	1	5:28					7
12	B. Barlet	2	5:43	1	6:53	1	5:36	1	4:48	1	5:19	6
13	E. Adedoyin	1	6:06	1	5:55	1	5:02	2	4:47	1	5:19	6
14	D. Vargas	1	5:54									1
<b>2nd &amp; 3rd Grade - Girls - 1/2 mile</b>												
1	B. Dietz	5	3:57	9	3:52	10	3:33	9	3:33	10	3:25	43
2	R. Taylor	8	3:51	9	3:52	6	3:56	10	3:30	8	3:32	41
3	T. Wood	9	3:50	7	3:58	9	3:43	8	3:36	7	3:37	40
4	A. Woodruff	10	3:45	10	3:49	7	3:48	6	3:49	6	3:47	39
5	K. Pokusa	4	4:07	6	4:00	8	3:45	7	3:41	5	3:52	30
6	L. Burke	7	3:52	1	7:25	2	4:20			9	3:31	19
7	K. Saunders	1	4:19	4	4:06	3	4:10	5	3:52	3	4:00	16
8	K. Scott	1	4:31	2	4:27	4	4:08	4	3:53	4	3:55	15
9	A. Sutton	6	3:53	5	4:05							11
10	J. Kendrick	3	4:09	3	4:12	1	4:53	2	4:09	1	4:15	10
11	T. Tullbane					5	4:06	3	3:57			8
12	E. Patterson	2	4:16	1	4:33	1	4:34	1	4:12	2	4:08	7
13	A. McDermid	1	5:21	1	5:27	1	5:12	1	4:57	1	5:14	5
14	E. Fernandes	1	4:20	1	4:30	1	4:24	1	4:30	1	4:41	5
15	E. Genovese	1	5:21	1	5:30	1	5:23	1	4:59	1	5:32	5
16	F. Worcester	1	4:41	1	4:55	1	5:01	1	4:48	1	5:07	5
17	J. Larson	1	4:49	1	4:41	1	4:23	1	4:20	1	4:29	5
18	J. Zirhumana	1	5:14	1	5:21	1	5:16	1	4:41	1	4:30	5
19	L. Comeaux	1	5:11	1	4:45	1	4:37	1	4:37	1	4:50	5
20	S. Burks	1	4:30	1	4:33	1	4:50	1	4:29	1	4:20	5
21	A. Oliver			1	5:13	1	4:32	1	4:16	1	4:09	4
22	O. Ewell	1	4:24	1	4:45	1	4:23	1	4:17			4

23	P. Christie			1	5:37	1	5:39	1	5:20	1	5:44	4
24	T. Lamborn	1	6:15	1	5:38	1	5:36			1	5:59	4
25	A. Banks	1	4:48									1
<b>4th &amp; 5th Grade - Boys - 1 mile</b>												
1	Z. McGee	9	7:25	9	7:12	9	7:21	10	7:01	9	6:58	46
2	Ty. Campbell	10	7:00	10	6:54	10	6:55			10	6:42	40
3	J. Crawford	7	8:24	8	8:10	6	8:46	8	8:03	6	8:41	35
4	C. Wilson IV	5	8:51	6	8:24	5	8:55	9	7:55	8	8:06	33
5	L. Hoversten	4	8:55	5	8:38	8	8:37	7	8:05	7	8:28	31
6	J. Mitchell	3	9:25	4	8:54	8	8:37	6	8:58	5	9:35	26
7	A. Wells	6	8:49	7	8:14	4	9:11					17
8	D. Coleman	8	7:26									8
9	C. Perez	2	12:58			3	13:04					5
10	T. Snyder			3	9:55							3
<b>4th &amp; 5th Grade - Girls - 1 mile</b>												
1	M. Woodruff	10	7:26	10	6:55	10	7:01	10	6:54	10	7:01	50
2	E. Saunders	9	8:44	8	8:55	8	8:51	9	8:01	8	8:22	42
3	K. Loynes	8	8:50	9	8:42	7	9:22	7	8:22	7	8:43	38
4	G. Taylor	7	9:01	7	9:19	6	10:10	6	9:10	6	10:24	32
5	J. Long					9	8:28	9	8:01	9	8:16	27
6	M. LaMudge	5	15:07	5	17:01	4	18:40	5	20:16			19
7	K. Sutton	6	9:28	6	9:39							12
8	N. Kaur	4	15:52			5	13:20					9
9	K. Compton											0
<b>6th - 8th Grade - Boys - 1 mile</b>												
1	A. Davis-Mitchell	10	7:05	10	7:04	10	6:34	10	6:42	10	6:20	50
2	N. Genovese	8	8:28	9	8:10	8	8:18	8	7:54	8	8:17	41
3	D. Scott	9	7:37			9	8:03	9	7:37	9	7:59	36
4	K. Crawford	6	DNF	7	14:09	7	13:31	7	11:00	7	11:28	34
5	K. Snyder			8	8:14							8
6	D. Micucci	7	9:01									7
<b>6th - 8th Grade - Girls - 1 mile</b>												
1	K. Woodruff	10	7:06	10	7:07	10	7:08	10	6:59	10	7:14	50
2	J. Jansen	8	8:30	9	8:03	8	8:13	9	7:39	8	7:56	42
3	L. McIntyre	6	9:19	8	8:06	9	8:05	8	7:49	9	7:50	40
4	A. Crawford	9	8:22	6	8:34	6	8:27	7	8:23	7	8:43	35
5	L. Adedoyin	3	10:53	5	9:25	5	9:06	6	8:50	6	9:22	25
6	A. Larson	4	9:35	4	9:27	4	9:09	5	9:31	5	9:23	22
7	F. Hutcherson	7	9:06	7	8:20	7	8:25					21
8	A. Perez	5	9:23			3	9:26					8
9	K. Vargas	2	13:05									2