



Run for Gold 26.2K and Relay
16.28 miles along the Great Allegheny Passage
 Sunday, Aug. 12, 2012

Timing by the Potomac Highlands Distance Club.

Next club race is **Sunday, Sept. 30** – the Founders Day 5K in Capon Bridge, WV.
 See <http://www.PhDispatch.com> for details.

* Send suggested results corrections (name misspellings, etc.) to run@phdispatch.com.

26.2K (16.28 miles)

Place	Bib	Name	Sex	Age	City/State	Split (7.5m)	Time	Pace
1	26	Jason Pannone	M	36	Cumberland, MD	52:30	1:54:27.8	7:02
2	27	Mark Shipley	M	36	Cranberry Twnshp, PA	52:30	1:57:50.4	7:14
3	16	David McMillan	M	34	Oldtown, MD	63:44	2:17:41.2	8:27
4	17	Megan Hamilton	F	35	Ridgeley, WV	66:26	2:22:11.6	8:44
5	22	Brandon Inghish	M	20	Cumberland, MD	84:17	2:46:48.5	10:15
6	19	Sharon Ellsworth	F	47	Cumberland, MD	73:55	2:49:47.1	10:26
7	18	Christina Crites	F	36	LaVale, MD	73:55	2:49:57.1	10:26
8	20	Bob Hamilton	M	55	Ridgeley, WV	79:02	2:55:02.7	10:45
9	21	Jason Inghish	M	35	Cumberland, MD	85:26	3:05:11.4	11:22

10	23	Vanessa Peterman	F	53	Germantown, MD	105:41	3:59:26.5	14:42
11	24	Jeff Peterman	M	55	Germantown, MD	105:41	3:59:27	14:42

26.2K Relay

Place	Bib	Name	Sex	Age	City/State	Split (7.5m)	Pace
1	15	Ray Hunt	M	49	LaVale, MD	73:55	9:51 (uphill)
	25	Kevin Spradlin	M	33	Augusta, WV	71:55 (8.78m)	8:11 (downhill)