

VIG SCRIMMAGE XIX – 9/7/21

1 MILE RUN

(No teams this year – individual competition only)

(~80°, sunny and calm)

PLACE	NAME	TIME	NOTES
1	Mike Kaiser	4:54.46	Men's Winner!
2	Joel Harris	5:03.32	
3	Whitner Chase	5:07.77	
4	Ryan McLane	5:38.09	
5	Terry Chaney	5:58.87	
6	Kevin Damuth	6:01.32	
7	Shawn Pennartz	6:06.88	
8	Jame DeFoe	6:24	
9	Paul Koch	6:36	Solo Mile in C. Springs (8/31/21)
10	Em Thiessen	6:41.57	Women's Winner!
11	David Curd	6:44.50	
12	Rhonda Payne	6:51.65	
13	Jesse Zentz	7:04	final mile of a 6.4 mile run
14	Mackenzie Jones*	7:11.06	
15	Dave Roberts	7:11.27	
16	Cody Custis	7:19	Solo Mile in Hamilton (GPS)
17	Jeff Thomas	7:29.78	
18	Monique Damuth	7:34.69	
19	Kathleen McElwain	7:35.43	
20	Abigail McLane	7:42.54	
21	Bryan Franz*	8:13.12	
22	Carolyn Meyer	8:23.57	
23	Jerry Foley	8:30.78	
24	Rebecca Quiñones	8:44.57	
25	Cady Quiñones (the dog)	8:44:99	restrained by leash :(
26	Ben Quiñones	8:45	
27	Lila Thomas	8:48.14	
28	Vern Roberts	9:11.28	
KEY:			
	non-bolded = Heat 1		
	bolded = Heat 2		
	bolded purple = other / virtual		
	! = Vig Scrimmage Record		
	* = lifetime personal best		