

# CONNECTS FEDERAL CREDIT UNION CORPORATE 4 MILER

## AN EVENT OF THE SPORTS BACKERS

Thursday, June 9, 2011

PLACE	COMPANY	OVERALL	TEAM #	TIME 1	TIME 2	TIME 3	TIME 4	TOTAL TIME
<b>MEN</b>								
1	Jonathan Tompkins - Federal Reserve			22:46				
2	Christopher Motta - Genworth			23:20				
3	Ryan Paavola - Capital One			23:30				
<b>WOMEN</b>								
1	Julie Rechel - HDJN			23:05				
2	Emily Ward - Capital One			24:51				
3	Rachel Byrd _ Powhatan XC			25:30				
<b>CEO</b>								
<b>MEN</b>								
1	Neil Amin - Shamin Hotels			26:08				
<b>WOMEN</b>								
1	Daphne Swanson - Junior Achievement			41:02				
<b>Banking &amp; Financial</b>								
<b>MEN</b>								
1	Capital One			23:32	24:28	24:44	24:49	1:37:33
2	Genworth			23:18	24:30	25:08	27:40	1:40:36
3	Virginia Asset Management			26:18	33:37	36:10	41:13	2:17:18
4	SunTrust Special Ops		A	34:15	34:45	41:10	44:21	2:34:31
<b>WOMEN</b>								
1	Virginia Asset Management			39:32	44:38	50:04	50:04	3:04:18
2	SunTrust Special Ops		A	36:10	44:49	46:47	1:15:04	3:22:50
3	SunTrust Special Ops		B	40:10	40:54	1:00:33	1:04:00	3:25:37
<b>COED</b>								
1	Bank of America			25:35	27:16	29:20	32:05	1:54:16
2	Merrill Lynch			29:16	30:02	39:00	41:10	2:19:28
3	Essex Bank			34:40	34:42	36:10	37:15	2:22:47
4	SunTrust Tech Runners			31:00	33:28	34:11	46:10	2:24:49
<b>Insurance</b>								

<b>MEN</b>										
1	Anthem Blue Cross and Blue Shield			27:05	28:52	29:42	30:26	1:56:05		
2	Mass Mutual		A	28:24	30:10	30:37	31:14	2:00:25		
<b>WOMEN</b>										
1	Mass Mutual		A	35:31	37:32	39:36	40:20	2:32:59		
<b>COED</b>										
1	Mass Mutual		A	31:40	33:40	41:20	41:30	2:28:00		
2	KSPH, LLC			35:49	37:59	38:22	42:54	2:35:04		
				<b>Legal &amp; Professional</b>						
<b>MEN</b>										
1	Williams Mullen			28:05	28:20	28:59	32:40	1:58:04		
2	HDJN		A	27:54	29:31	31:04	33:39	2:02:08		
3	McGuireWoods		B	25:21	31:00	32:11	34:30	2:03:02		
4	McGuireWoods		A	26:15	29:39	36:00	34:15	2:06:09		
5	Hirschler Fleischer			30:30	31:37	31:44	33:12	2:07:03		
6	Goodman Allen & Filetti			31:04	34:30	35:30	38:34	2:19:38		
7	McGuireWoods		C	26:30	34:20	37:50	50:30	2:29:10		
8	HDJN		B	33:40	37:10	38:30	43:30	2:32:50		
<b>WOMEN</b>										
1	McGuireWoods		B	32:15	33:20	35:56	40:00	2:21:31		
2	McGuireWoods		A	33:08	40:42	43:30	43:32	2:40:52		
3	HDJN		A	35:03	38:28	40:23	51:10	2:45:04		
4	Goodman Allen & Filetti			36:50	45:20	45:20	1:10:35	3:18:05		
5	Cherry, Bekaert & Holland			47:28	58:14	58:14	1:08:00	3:51:56		
6	HDJN		C	53:30	1:04:14	1:05:35	1:05:35	4:08:54		
7	HDJN		B	1:03:10	1:04:15	1:07:00	1:10:00	4:24:25		
8	McGuireWoods		C	1:14:00	1:14:00	1:14:00	1:14:00	4:56:00		
				<b>Manufacturing &amp; Construction</b>						
<b>WOMEN</b>										
1	AECOM			44:06	54:00	57:20	60:00	3:35:26		
<b>COED</b>										
1	AECOM			29:25	32:11	34:26	43:52	2:19:54		
2	Timmons Group			25:37	30:01	39:37	44:58	2:20:13		
3	Mitchell Homes			39:50	43:00	1:03:00	1:22:22	3:48:12		
				<b>Media &amp; Communications</b>						
<b>MEN</b>										
1	CapTech			24:25	25:16	25:58	26:31	1:42:10		

2	Ironworks			24:40	28:06	37:20	39:40	2:09:46
3	PLANIT Pacers			33:32	39:45	44:40	46:40	2:44:37
4	Free Agents Marketing			33:49	41:30	43:00	50:46	2:49:05
5	Allscripts			30:58	34:50	1:00:08	1:00:08	3:06:04
<b>WOMEN</b>								
1	Free Agents Marketing			33:29	33:48	36:35	37:30	2:21:22
2	Allscripts			1:06:38	1:06:38	1:12:53	1:13:56	4:40:07
<b>COED</b>								
1	CapTech			27:56	30:30	30:38	33:41	2:02:45
2	Comcast Spotlight			28:58	29:21	36:09	37:12	2:11:40
3	Free Agents Marketing			33:29	33:48	33:49	41:30	2:22:36
		<b>Medical</b>						
<b>MEN</b>								
1	Magellan Machine			37:34	40:15	51:20	56:15	3:05:24
<b>WOMEN</b>								
1	Magellan Machine			43:46	44:43	59:03	1:08:18	3:35:50
<b>COED</b>								
1	White Orthodontics			38:23	40:33	40:33	40:33	2:40:02
		<b>Military &amp; Government</b>						
<b>MEN</b>								
1	County of Henrico		A	26:50	28:18	30:08	30:10	1:55:26
2	County of Henrico		B	31:47	34:53	35:02	38:33	2:20:15
<b>WOMEN</b>								
1	County of Henrico		A	33:04	37:31	43:24	43:58	2:37:57
2	County of Henrico		B	47:36	50:19	50:22	55:17	3:23:34
<b>COED</b>								
1	Powhatan XC			23:32	26:29	36:45	37:30	2:04:16
2	County of Henrico		A	30:11	30:16	44:15	47:36	2:32:18
3	94th Training Division			31:06	47:47	49:50	49:50	2:58:33
4	County of Henrico		B	38:28	44:56	58:05	1:00:06	3:21:35
		<b>Miscellaneous</b>						
<b>MEN</b>								
1	Team Dominion		1	26:18	27:04	27:40	28:08	1:49:10
2	NewMarket			28:12	28:14	28:43	29:51	1:55:00
3	Team Dominion		2	28:19	28:49	28:51	29:50	1:55:49
4	Team Dominion		3	29:52	29:58	30:03	30:30	1:59:56
5	Team Tridium			26:47	29:30	31:55	33:43	2:01:55

6	SnagAJob		A	32:20	32:40	32:45	33:22	2:11:07
7	Apex Systems Inc			28:04	29:42	35:21	38:41	2:11:48
8	Virginia State Golf Association			31:58	32:17	41:07	42:34	2:27:56
9	SnagAJob		G	36:54	37:50	39:30	43:44	2:37:58
<b>WOMEN</b>								
1	SnagAJob		C	26:39	35:40	35:40	37:00	2:14:59
2	SnagAJob		D	45:37	51:15	54:26	54:26	3:25:44
<b>COED</b>								
1	Sports Backers			29:28	29:56	34:40	36:20	2:10:24
2	Team Dominion			30:57	31:28	32:45	36:33	2:11:43
3	Racelt			24:16	28:12	43:00	46:00	2:21:28
4	Richmond Spiders		A	38:46	38:46	38:46	38:46	2:35:04
5	St. Joseph's Joggers			30:20	41:20	41:20	46:00	2:39:00
6	SnagAJob		B	42:45	43:17	44:04	45:54	2:56:00
7	Apex Systems Inc			38:53	50:01	57:30	1:01:03	3:27:27
		<b>Sales, Retail &amp; Hospitality</b>						
<b>MEN</b>								
1	Target District 417			33:25	36:21	50:04	52:54	2:52:44
<b>WOMEN</b>								
1	Residence Inn - Chester		A	51:45	53:30	1:05:45	1:08:00	3:59:00
2	Residence Inn - Chester		B	50:15	1:05:13	1:08:00	1:08:35	4:12:03
<b>COED</b>								
1	Roadrunner Running Store			25:17	26:59	27:58	28:29	1:48:43
2	Altria			24:58	26:41	27:27	34:31	1:53:37
3	Southern States			36:49	36:49	38:45	44:30	2:36:53
4	Residence Inn - Chester			40:01	57:29	57:30	1:05:45	3:40:45
5	Target District 417			53:07	1:00:06	1:00:52	1:09:49	4:03:54
		<b>Transportation</b>						
<b>MEN</b>								
1	CarMax		A	27:59	29:49	31:02	33:08	2:01:58
2	UPS		A	36:16	38:20	38:29	42:00	2:35:05
3	CarMax		B	36:12	37:48	38:40	45:19	2:37:59
<b>WOMEN</b>								
1	CarMax			34:37	35:06	41:53	42:00	2:33:36
2	UPS		A	39:49	47:13	49:45	56:32	3:13:19
<b>COED</b>								
1	CarMax			34:06	34:27	43:20	43:21	2:35:14