

# MCM 10K

PRESENTED TO

# CHRISTOPHER DINGMAN

**54:24**  
FINISH TIME



*Alex Hetherington*  
ALEX HETHERINGTON  
Race Director  
Marine Corps Marathon  
Organization



*Mich. L. Brooks*  
COL. MICHAEL L. BROOKS  
Commander, Marine Corps Installations  
National Capital Region  
Marine Corps Base Quantico

**#RUNWITHTHEMARINES**



**NAVY FEDERAL**  
Credit Union

