

The 11th Annual 5K Health Run/Fitness Walk

Race Date
April 30, 2016

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Austin Romero	Asheboro NC	5136	17	M	1 Oall	18:14	5:53/M
2	Dakota Staley		3936	17	M	2 Oall	19:03	6:09/M
3	Kenny Caruso	Asheboro NC	3970	17	M	3 Oall	19:26	6:16/M
4	Ali Arasta	Asheboro NC	3952	53	M	1 Mast	19:40	6:21/M
5	Jason Aufderhor	Climax NC	3885	43	M	1 40-44	20:02	6:28/M
6	Sean Carr	Asheboro NC	3966	30	M	1 30-34	20:12	6:31/M
7	Patrick Hogan	Salisbury NC	5029	30	M	2 30-34	20:32	6:37/M
8	William Helmprecht	Woodbridge VA	5026	37	M	1 35-39	20:38	6:39/M
9	Robbie Brown	Sophia NC	3964	43	M	2 40-44	21:08	6:49/M
10	Scott Kauffman	Asheboro NC	3893	48	M	1 45-49	21:19	6:53/M
11	Amy Cernava	Asheboro NC	3975	48	F	1 Oall	21:21	6:53/M
12	Samuel Sesmas	Asheboro NC	3940	44	M	3 40-44	21:37	6:58/M
13	Noah McNeill	Asheboro NC	5063	15	M	1 15-19	22:08	7:08/M
14	Jennifer Leone	Bear Creek NC	5049	45	F	2 Oall	22:19	7:12/M
15	Tony Moore	Salisbury NC	5069	34	M	3 30-34	22:34	7:17/M
16	Eli McNeill	Asheboro NC	5062	13	M	1 11-14	22:35	7:17/M
17	Ean Elmore	Randleman NC	5002	17	M	2 15-19	22:51	7:22/M
18	Claire Overcash	Siler City NC	3934	49	F	3 Oall	23:11	7:29/M
19	Corinne Hughes	Asheboro NC	5032	31	F	1 30-34	23:13	7:29/M
20	Noemi Martin	Asheboro NC	5059	21	F	1 20-24	23:18	7:31/M
21	Sarah Trollinger	Asheboro NC	5125	27	F	1 25-29	23:28	7:34/M
22	Brown Lightning	Asheboro NC	5053	31	M	4 30-34	23:33	7:36/M
23	Jim Jones	Asheboro NC	5039	65	M	1 65-69	23:36	7:37/M
24	Eliza Cook	Shelby NC	3982	34	F	2 30-34	23:44	7:39/M
25	Chris Barker	Randleman NC	3955	39	M	2 35-39	23:46	7:40/M
26	William Chance	Asheboro NC	3977	53	M	1 50-54	23:55	7:43/M
27	Cole Caviness	Liberty NC	3973	11	M	2 11-14	24:11	7:48/M
28	Ellen Moore	Asheboro NC	3890	14	F	1 11-14	24:18	7:50/M
29	Laura Leroy	Asheboro NC	5052	36	F	1 35-39	24:20	7:51/M
30	James Kelley	Asheboro NC	5045	50	M	2 50-54	24:34	7:55/M
31	Dale Cox	Asheboro NC	3987	50	M	3 50-54	24:56	8:03/M
32	Tim Akins	Asheboro NC	3946	55	M	1 55-59	25:08	8:06/M
33	Kenneth Prochnau	Asheboro NC	5086	46	M	2 45-49	25:24	8:12/M
34	Don Pickens	Asheboro NC	5083	62	M	1 60-64	25:38	8:16/M
35	Jimi Gibbs	Asheboro NC	5012	58	M	2 55-59	25:41	8:17/M
36	Maria L Cervantes	Asheboro NC	3976	36	F	2 35-39	26:00	8:23/M
37	Freddy Kelley	Asheboro NC	5044	13	M	3 11-14	26:17	8:29/M
38	Sammy Suttles	Asheboro NC	5121	19	M	3 15-19	26:25	8:31/M
39	Todd Swaney	Asheboro NC	5122	50	M	4 50-54	26:28	8:32/M
40	Martin Brown	Asheboro NC	3963	44	M	4 40-44	26:30	8:33/M
41	Dave Freese	High Point NC	5008	52	M	5 50-54	26:37	8:35/M
42	Jane Braswell	Asheboro NC	3959	56	F	1 Mast	26:59	8:42/M
43	Billy Mills	Albemarle NC	5064	57	M	3 55-59	27:08	8:45/M
44	Ross Reaves	Asheboro NC	5088	59	M	4 55-59	27:11	8:46/M
45	Jennifer Mowers	Randleman NC	5071	42	F	1 40-44	27:13	8:47/M
46	Michael Nutt	Asheboro NC	5077	59	M	5 55-59	27:30	8:52/M
47	Steve Pugh	Asheboro	156	57	M	6 55-59	27:35	8:54/M

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5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Hillary Spangler	Asheboro NC	4959	24	F	2 20-24	27:38	8:55/M
49	Steve Jones	Ramseur NC	5041	48	M	3 45-49	27:38	8:55/M
50	Drew Capobianco	Trinity NC	3833	13	M	4 11-14	27:40	8:55/M
51	Abigail Steger	Asheboro NC	5119	25	F	2 25-29	27:42	8:56/M
52	Katherine Kelley	Asheboro NC	5046	47	F	1 45-49	27:55	9:00/M
53	Jaimie Cope	Asheboro NC	3985	28	F	3 25-29	27:57	9:01/M
54	Chris Singletary	Asheboro NC	5109	44	M	5 40-44	28:08	9:05/M
55	Misty Bowman	Robbins NC	3958	31	F	3 30-34	28:21	9:09/M
56	Dean Lail	Asheboro NC	3935	55	M	7 55-59	28:21	9:09/M
57	Timothy Johnston	Asheboro NC	5038	20	M	1 20-24	28:36	9:14/M
58	Felicia Hall	Asheboro NC	5021	34	F	4 30-34	28:37	9:14/M
59	Deena Trogdon	Asheboro NC	5124	47	F	2 45-49	28:49	9:18/M
60	Eric Smith	Sophia NC	5111	41	M	6 40-44	28:52	9:19/M
61	Elaine McKenzie	Asheboro NC	5061	60	F	1 60-64	29:12	9:25/M
62	Jennifer Four-Nier	Millers Creek NC	5005	37	F	3 35-39	29:30	9:31/M
63	Anthony Belfiglio	Ramseur NC	3956	75	M	1 75-79	29:32	9:32/M
64	Christy Stalker	Asheboro NC	5117	31	F	5 30-34	29:38	9:34/M
65	Jimmy Clark	Asheboro NC	3979	50	M	6 50-54	29:57	9:40/M
66	Luke Smith	Sophia NC	5112	13	M	5 11-14	30:05	9:42/M
67	Stephen Cox	Asheboro NC	3988	14	M	6 11-14	30:19	9:47/M
68	John Phillips	Asheboro NC	5081	59	M	8 55-59	31:08	10:03/M
69	Sherri Martin	Asheboro	3771	48	F	3 45-49	31:12	10:04/M
70	Zane Simmons	Troy NC	5108	52	M	7 50-54	31:12	10:04/M
71	Michael Spencer	Seagrove NC	5115	30	M	5 30-34	31:22	10:07/M
72	Wendy Auman	Star NC	3953	31	F	6 30-34	31:28	10:09/M
73	Laura Craven	Oak Ridge NC	3989	52	F	1 50-54	31:37	10:12/M
74	Brian Russell	Asheboro NC	5092	46	M	4 45-49	31:39	10:13/M
75	Kveta Schneider	Asheboro NC	5099	36	F	4 35-39	32:06	10:21/M
76	Summer Russell	Asheboro NC	5096	39	F	5 35-39	32:21	10:26/M
77	Lisa Morris Robinson	Asheboro NC	5070	50	F	2 50-54	32:26	10:28/M
78	Gary Crecelius	Asheboro NC	3990	54	M	8 50-54	32:46	10:34/M
79	Madaline Crecelius	Asheboro NC	3991	24	F	3 20-24	32:47	10:35/M
80	Charles Morris	Asheboro NC	187	35	M	3 35-39	32:52	10:36/M
81	Marissa Mills	Albemarle NC	5065	50	F	3 50-54	32:57	10:38/M
82	Hunter Wilson		3944	11	M	7 11-14	33:18	10:45/M
83	Rhonda Jones	Ramseur NC	5040	47	F	4 45-49	33:22	10:46/M
84	Brad Wilson		3945	38	M	4 35-39	33:24	10:46/M
85	Jordan Carvso	Asheboro NC	3899	13	M	8 11-14	33:36	10:50/M
86	Carlo Murillo	Asheboro NC	5073	6	M	1 1-10	33:37	10:51/M
87	Sylvia Marcel	Asheboro NC	5058	46	F	5 45-49	33:37	10:51/M
88	Christi Caruso	Asheboro NC	3968	15	F	1 15-19	33:39	10:51/M
89	Alexa Modderno	Seagrove NC	5067	57	F	1 55-59	33:48	10:54/M
90	Cathy Williams	Randleman NC	5129	56	F	2 55-59	33:59	10:58/M
91	Cindy Castle	Goldston NC	3971	28	F	4 25-29	34:00	10:58/M
92	Kelly Hamlett		3943	36	F	6 35-39	34:00	10:58/M
93	Debbie Reaves	Asheboro NC	5087	51	F	4 50-54	34:08	11:01/M
94	Jennifer Allen	Bennett NC	3947	23	F	4 20-24	34:19	11:04/M

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5k

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95	Jennifer Nutt	Asheboro NC	5076	28	F	5 25-29	34:21	11:05/M
96	Tamara Myers	Greensboro NC	5074	31	F	7 30-34	34:32	11:08/M
97	Patty Willard	Asheboro NC	5128	51	F	5 50-54	34:35	11:09/M
98	Dana Crisco	Asheboro NC	3992	47	F	6 45-49	34:35	11:09/M
99	Jason Saunders	Troy NC	3869	28	M	1 25-29	34:46	11:13/M
100	Tony Harrison	Denton NC	5024	48	M	5 45-49	34:46	11:13/M
101	Julie Phillips	Asheboro NC	5082	45	F	7 45-49	35:13	11:22/M
102	Endia Sease	Siler City NC	5104	13	F	2 11-14	35:28	11:26/M
103	Kristina Young	Asheboro NC	5135	52	F	6 50-54	35:39	11:30/M
104	Angie Scott	Seagrove NC	5101	41	F	2 40-44	35:41	11:31/M
105	Kevin Scott	Seagrove NC	5102	42	M	7 40-44	35:41	11:31/M
106	Sue Shumaker	Asheboro NC	5106	64	F	2 60-64	35:58	11:36/M
107	Ermalyn Jaeck	Asheboro NC	5036	35	F	7 35-39	36:05	11:38/M
108	Wendell Holland	Asheboro NC	5030	77	M	2 75-79	36:13	11:41/M
109	Danny Reynolds	Franklinville NC	5090	51	M	9 50-54	36:13	11:41/M
110	Lynn Cartee	Gatlinburg TN	3967	68	F	1 65-69	36:15	11:42/M
111	Blake Davis	Seagrove NC	3993	22	M	2 20-24	36:19	11:43/M
112	Victoria Davis	Seagrove NC	3994	23	F	5 20-24	36:19	11:43/M
113	Margaret Brown	Asheboro NC	3962	58	F	3 55-59	36:39	11:49/M
114	Karen Elliott	Franklinville NC	4000	49	F	8 45-49	36:45	11:51/M
115	Erma Kiser	Asheboro NC	3808	59	F	4 55-59	36:47	11:52/M
116	Heather Singletary	Asheboro NC	5110	44	F	3 40-44	36:47	11:52/M
117	Linda Corum	Randleman NC	3986	53	F	7 50-54	36:52	11:54/M
118	Kay Haddock	Asheboro NC	5019	69	F	2 65-69	36:56	11:55/M
119	Will Kelley	Asheboro NC	5047	11	M	9 11-14	37:39	12:09/M
120	Tammy Nixon	Franklinville NC	3760	45	F	9 45-49	38:29	12:25/M
121	Nancy Stover	Asheboro NC	5120	65	F	3 65-69	38:32	12:26/M
122	James Caruso	Asheboro NC	3969	35	M	5 35-39	38:55	12:33/M
123	Kelly Collins	Franklinville NC	3980	37	F	8 35-39	38:57	12:34/M
124	Holly Delk	Asheboro NC	3995	58	F	5 55-59	39:02	12:35/M
125	Tiffany Luther	Winston Salem NC	5057	25	F	6 25-29	39:12	12:39/M
126	Raguel Hernandez	Asheboro NC	5027	35	M	6 35-39	39:13	12:39/M
127	Julie Church	Asheboro NC	3978	24	F	6 20-24	39:13	12:39/M
128	Stephanie Saunders	Asheboro NC	3941	36	F	9 35-39	39:21	12:42/M
129	Aimee Scotton	Greensboro NC	5103	47	F	10 45-49	39:28	12:44/M
130	Jennifer McNeely	Randleman	3932	26	F	7 25-29	39:49	12:51/M
131	Ciara Eubanks	Asheboro NC	5003	23	F	7 20-24	39:55	12:53/M
132	Heather Wilder	Sophia NC	5127	21	F	8 20-24	39:56	12:53/M
133	Cathy Geolin	Biscoe NC	3939	45	F	11 45-49	40:20	13:01/M
134	Linda Elkin	Asheboro NC	3999	57	F	6 55-59	40:32	13:05/M
135	Alberto Avila	Asheboro NC	3954	50	M	10 50-54	41:09	13:16/M
136	Darrell Johnson	Asheboro NC	3796	74	M	1 70-74	41:15	13:18/M
137	Kenneth Spangler	Asheboro	1792	54	M	11 50-54	42:01	13:33/M
138	Debbie Rhamy	Asheboro NC	3942	51	F	8 50-54	42:10	13:36/M
139	Barbara Hogan	Denton NC	5028	61	F	3 60-64	42:17	13:38/M
140	Brenda Grier	Asheboro NC	5015	57	F	7 55-59	42:18	13:39/M
141	Barbara Poe	Siler City NC	5084	54	F	9 50-54	42:55	13:51/M

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Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
142	Donna Foust	Siler City NC	5007	50	F	10 50-54	42:55	13:51/M
143	Laura Brown	Asheboro NC	3961	48	F	12 45-49	43:19	13:58/M
144	Laura Hayes	Asheboro NC	5025	28	F	8 25-29	43:22	13:59/M
145	Ann Haigler	Asheboro NC	5020	55	F	8 55-59	43:48	14:08/M
146	Marita Diaz	Asheboro NC	3996	30	F	8 30-34	43:49	14:08/M
147	Amber Pack	Franklinville NC	5079	35	F	10 35-39	44:19	14:18/M
148	Sam Baker	Asheboro NC	3933	29	F	9 25-29	44:20	14:18/M
149	Margaret Shafer	Randleman NC	5105	44	F	4 40-44	44:21	14:18/M
150	Maria Hurtado	Asheboro NC	5035	46	F	13 45-49	44:25	14:20/M
151	Donna Jordan	Liberty NC	3938	44	F	5 40-44	44:41	14:25/M
152	Brad Staley		3937	46	M	6 45-49	44:42	14:25/M
153	Ryan Vanbencoten	Gold Hill NC	555	9	M	2 1-10	45:01	14:31/M
154	Caden Van Bencaten	Asheboro	3767	6	F	1 1-10	45:13	14:35/M
155	Joe Vanbencaten	Asheboro	3444	29	M	2 25-29	45:15	14:36/M
156	Holly Vanbencater	Asheboro NC	3761	30	F	9 30-34	45:51	14:47/M
157	Crystal Vanbencoten	Gold Hill NC	1946	30	F	10 30-34	45:53	14:48/M
158	Lisa Withrow	Asheboro NC	5134	46	F	14 45-49	47:34	15:21/M
159	Keith Withrow	Asheboro NC	5133	49	M	7 45-49	47:44	15:24/M
160	Amanda Spencer	Seagrove NC	5113	29	F	10 25-29	48:16	15:34/M
161	Teresa Simmons	Troy NC	5107	54	F	11 50-54	49:52	16:05/M
162	Denise Saunders	Troy NC	5098	44	F	6 40-44	49:53	16:05/M
163	Helen Humble	Ramseur NC	5034	51	F	12 50-54	50:34	16:19/M
164	Ashley Wilson	Asheboro NC	5130	29	F	11 25-29	50:37	16:20/M
165	Melinda Lambeth	Asheboro NC	5048	52	F	13 50-54	51:15	16:32/M
166	Darrell Hamilton	Asheboro NC	5022	65	M	2 65-69	51:42	16:41/M
167	Katrina Staley	Asheboro NC	5116	49	F	15 45-49	52:25	16:55/M
168	Ginger Redd	Greensboro NC	5089	41	F	7 40-44	52:25	16:55/M
169	Katie Ellis	Ramseur NC	5001	22	F	9 20-24	52:49	17:02/M
170	Erica Cook	Randleman NC	3983	42	F	8 40-44	52:50	17:03/M
171	Angela Glass	Randleman NC	5013	39	F	11 35-39	54:30	17:35/M
172	Valerie Glover	Siler City NC	5014	53	F	14 50-54	55:10	17:48/M
173	Nancy Neese	Asheboro NC	3845	26	F	12 25-29	56:09	18:07/M
174	Ashley Duke	Asheboro NC	3998	29	F	13 25-29	56:11	18:07/M
175	Rogelio Nieves	Randleman NC	5075	24	M	3 20-24	56:11	18:07/M
176	Amy Loggains	Asheboro NC	5054	47	F	16 45-49	57:11	18:27/M
177	Cindy Mishoe	Lexington NC	5066	46	F	17 45-49	57:16	18:28/M
178	Tamara Boles	Franklinville NC	3957	49	F	18 45-49	57:17	18:29/M
179	Casandra Faith Dorman	Asheboro NC	3997	21	F	10 20-24	57:45	18:38/M
180	Blanca Saenz	Asheboro NC	5097	43	F	9 40-44	59:44	19:16/M
181	Brenda Lopez	Asheboro NC	5056	24	F	11 20-24	59:45	19:16/M
182	Francisca Rojas Jidal	Asheboro NC	5091	41	F	10 40-44	59:50	19:18/M

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1 Mile

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1	Damon Cook	Shelby NC	3981	9	M	1 Male	6:44	6:44/M
2	Joel Cook	Shelby NC	3984	7	M	2 Male	8:01	8:01/M
3	Wesley Parks	Asheboro NC	5080	7	M	3 Male	8:32	8:32/M
4	Anna Grace Leroy	Asheboro NC	5050	8	F	1 Female	8:55	8:55/M
5	Stephanie Alley	Asheboro NC	3949	12	F	2 Female	9:00	9:00/M
6	Katie Caviness	Liberty NC	3974	9	F	3 Female	9:06	9:06/M
7	Sarah Alley	Asheboro NC	3948	12	F	4 Female	10:10	10:10/M
8	Amos Gwyn	Asheboro NC	5016	6	M	4 Male	10:37	10:37/M
9	Hannah Russell	Asheboro NC	5093	9	F	5 Female	10:44	10:44/M
10	Jessalyn Mowers	Randleman NC	5072	6	F	6 Female	10:46	10:46/M
11	Ellis Leroy	Asheboro NC	5051	6	M	5 Male	10:50	10:50/M
12	Rain Stalker	Asheboro NC	5118	5	F	7 Female	10:52	10:52/M
13	Shiloh Russell	Asheboro NC	5095	6	F	8 Female	11:59	11:59/M
14	Titus Gwyn	Asheboro NC	5018	7	M	6 Male	12:49	12:49/M
15	Emmerson Four-Nier	Millers Creek NC	5004	8	F	9 Female	13:22	13:22/M
16	Selah Russell	Asheboro NC	5094	3	F	10 Female	15:30	15:30/M
17	Leighton Four-Nier	Millers Creek NC	5006	4	F	11 Female	16:07	16:07/M
18	Patty Mattson	Millers Creek NC	5060	59	F	12 Female	16:07	16:07/M