

Mind, Body & Soul 5K

Age Group Results

5k Run

Race Date  
September 15, 2018

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Roland Rhodes		57	51	3	24:06.7

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Teresa Crothers		53	19	1	22:38.4

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#### Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Daniel Chavez-Yenter		29	47	4	24:31.8
2 *	Antonio Hartwell		29	56	10	33:56.4

#### Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Kelsey Conner		28	17	2	23:25.9

#### Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	John Hicks	Vicksburg MS	35	18	5	25:02.8
2 *	Sebastian Davis		34	39	11	34:01.5
3 *	Sabin Abdul-Haqq		38	57	18	38:23.7

#### Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Casey Cinno		33	55	9	28:25.2
2 *	Dominique Muller		33	53	16	38:02.6

#### Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Sherrid Girffin		45	66	6	25:25.8

#### Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Christina Guarino		43	7	7	25:29.8
2 *	Anita Young		47	63	22	41:25.4
3 *	Brenda watt		49	54	26	45:52.1

#### Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Willie Demus	Jackson MS	53	23	12	34:09.0

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Race Date

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### 5k Run

#### Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Marie Lockett		56	1	13	34:17.0
2 *	Kimberly Williams		51	49	17	38:07.1
3 *	Angela Hams		51	71	19	38:32.8
4	Helen Robinson		57	11	20	39:49.6
5	Claudean Ervin		55	12	23	41:52.8
6	Leigh Tanner		56	8	25	43:17.0

#### Male 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Steve Bramlette		61	52	8	25:56.8
2 *	James Garner		64	59	14	36:54.5
3 *	Roy Lively		71	4	15	37:34.0
4	Timothy Harris		60	21	21	40:02.8

#### Female 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Penny Lively		71	5	24	42:48.4

# Mind, Body & Soul 5K

## Age Group Results

### 5K Walk

Race Date  
September 15, 2018

#### Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Caesar Hamilton		62	50	1	36:13.3

#### Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Shelisa Thomas		48	10	2	42:29.1

# Mind, Body & Soul 5K

## Age Group Results

### 5K Walk

Race Date

September 15, 2018

#### Female 19 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Arnesa Henderson		19	22	15	53:12.1

#### Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Leslie Whiting		34	72	11	49:05.3

#### Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Stacey Nelson		49	67	3	42:35.3
2 *	Falonda Garner		45	48	4	43:36.3
3 *	Terra Watkins		42	13	9	48:46.4
4	LaTonya Ingram		42	38	13	49:50.1
5	Tonja Murphy		45	42	16	53:14.1

#### Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Gloria Salters		56	9	10	48:54.8
2 *	Sabrina Shelby		50	65	12	49:49.3
3 *	Linda Rigsby		52	58	14	52:27.7

#### Female 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Sheri Adamson		73	3	5	44:25.1
2 *	Anne Webster		72	14	6	45:02.2
3 *	Karen Skadden		64	6	7	45:29.3
4	Cynthia Mckey-Shorter		60	73	8	46:30.2