

Race Date
June 29, 2019

School Nutrition Associations 5K Run and Walk

Age Group Results

5K Run

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	Tyler McBride		17	9	1	24:46.0

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	Lydia West		40	5	4	29:01.7

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5K Run

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 *	Shelton Sory		12	45	7	31:42.8

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 *	Valerie Weivoda		28	38	10	34:48.1

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 *	Ashley Harris		34	18	14	37:47.7

Male Age 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 *	Marshall Wolfe		49	4	2	25:47.5
2	Michael McAnally		41	33	3	26:53.0

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 *	Ashley Sory		40	46	8	32:17.6
2	Heidi Shoemake		40	25	11	35:27.6
3	Stacy Hipp		46	36	13	37:11.4

Male 50 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 *	John Rankin		67	17	5	29:54.9
2	Harry Rankin		64	16	6	29:56.4

Female 50 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 *	Barbara Low		58	15	9	32:59.0
2	Wanda Shivers		66	30	12	36:57.0
3	Shirley Bagwell		64	43	15	48:38.1

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Female 50 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
4	Dawn Brown		51	44	16	48:54.7

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5K Walk

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Larry Sykes		74	32	1	41:33.5

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	Tina Myles		55	42	2	41:46.2

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5K Walk

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jeremiah Garcia		13	29	10	48:28.0

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 *	Ed Vancise		45	51	4	45:57.4

Male 50 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 *	Jimmy Buchanan		51	39	3	42:30.0
2	Leslie Shivers		62	31	6	47:04.4
3	James McBride		63	8	9	48:15.1
4	Chuck Ainsworth		60	49	11	49:09.9
5	Jan Deason		57	27	12	49:28.6
6	kevin Nolan		62	52	13	50:07.2

Female 50 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 *	Betty Ainsworth		60	50	5	46:56.5
2	Sharon Paige		58	28	7	47:13.0
3	Tracy McCaffrey Muller		56	3	8	47:37.5
4	Tricia Lott		55	11	14	53:52.7
5	Dena S Daniel		59	12	15	53:54.2