Race Date
July 27, 2024

Granteroa L. Short "I Am Proof Fitness Day" 5K

Age Group Results

5K Run

Male Open Winners

Place	Name	City	Age	Bib No	Overall	Time
1	Roland Rhodes		63	33	1	28:06.5

Female Open Winners

Place	Name	City	Age	Bib No	Overall	Time
1	Amanda Pendleton		32	1	2	28:21.5

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Age Group Results

5K Run

Male 99 and Under

Place	Name	City	Age	Bib No	Overall	Time
1	D'Quan Belton		40	7	3	30:27.4
2	Cameron Alexander		24	4	4	31:14.5
3	Benny Charles,JR		41	37	5	31:29.7
4	Jesse Larry		56	8	8	32:10.1
5	LeQuan Belton		40	12	9	34:11.4

Female 99 and Under

Place	Name	City	Age	Bib No	Overall	Time
1	Katie Shannon		39	9	6	31:52.6
2	Christine Woodberry		44	5	7	32:09.4
3	Latissa Adams		29	36	10	37:05.9
4	Nacoya Pickett		33	14	11	37:06.4
5	Katrice Kinzie		44	10	12	40:15.7
6	Amanda Dixon-Oatis		45	17	13	43:28.9
7	Ty Hilliard		46	15	14	44:23.3
8	Mona Lisa Carr		59	34	15	46:14.7
9	Kayla Yarn		35	11	16	53:47.2

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Age Group Results

5K Walk

Male Open Winners

Place	Name	City	Age	Bib No	Overall	Time
1	Rod Simmons		50	28	1	40:25.1
2	Damien Gary		38	32	4	47:43.6

Female Open Winners

Place	Name	City	Age	Bib No	Overall	Time
1	Benita Larry		53	19	2	40:52.9
2	Kamekia Collins		43	23	3	44:06.5
3	Nicolette Floyd		45	27	5	49:42.0

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Age Group Results

5K Walk

Female 99 and Under

Place	Name	City	Age	Bib No	Overall	Time
1	LaKeia Vaughn		44	25	6	49:43.2
2	Vonda Belton		60	30	7	54:01.8
3	Sharlet Collins		60	31	8	56:25.2
4	DAna Price		39	21	9	57:24.8
5	Latisha Wilbert		44	26	10	58:42.4