

Race Date
April 30, 2016

The 11th Annual 5K Health Run/Fitness Walk

Age Group Results

5k

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	Amy Cernava	Asheboro NC	48	3975	11	21:21
2	Jennifer Leone	Bear Creek NC	45	5049	14	22:19
3	Claire Overcash	Siler City NC	49	3934	18	23:11

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	Austin Romero	Asheboro NC	17	5136	1	18:14
2	Dakota Staley		17	3936	2	19:03
3	Kenny Caruso	Asheboro NC	17	3970	3	19:26

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Jane Braswell	Asheboro NC	56	3959	42	26:59

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Ali Arasta	Asheboro NC	53	3952	4	19:40

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Female 1 to 10

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Caden Van Bencaten	Asheboro	6	3767	154	45:13

Male 1 to 10

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Carlo Murillo	Asheboro NC	6	5073	86	33:37
2 *	Ryan Vanbencoten	Gold Hill NC	9	555	153	45:01

Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Ellen Moore	Asheboro NC	14	3890	28	24:18
2 *	Endia Sease	Siler City NC	13	5104	102	35:28

Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Eli McNeill	Asheboro NC	13	5062	16	22:35
2 *	Cole Caviness	Liberty NC	11	3973	27	24:11
3 *	Freddy Kelley	Asheboro NC	13	5044	37	26:17

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Christi Caruso	Asheboro NC	15	3968	88	33:39

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Noah McNeill	Asheboro NC	15	5063	13	22:08
2 *	Ean Elmore	Randlemand NC	17	5002	17	22:51
3 *	Sammy Suttles	Asheboro NC	19	5121	38	26:25

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Noemi Martin	Asheboro NC	21	5059	20	23:18

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Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
2 *	Hillary Spangler	Asheboro NC	24	4959	48	27:38
3 *	Madaline Crecelius	Asheboro NC	24	3991	79	32:47

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Timothy Johnston	Asheboro NC	20	5038	57	28:36
2 *	Blake Davis	Seagrove NC	22	3993	111	36:19
3 *	Rogelio Nieves	Randleman NC	24	5075	175	56:11

Female 25 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 *	Sarah Trollinger	Asheboro NC	27	5125	21	23:28
2 *	Abigail Steger	Asheboro NC	25	5119	51	27:42
3 *	Jaimie Cope	Asheboro NC	28	3985	53	27:57

Male 25 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 *	Jason Saunders	Troy NC	28	3869	99	34:46
2 *	Joe Vanbencaten	Asheboro	29	3444	155	45:15

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Corinne Hughes	Asheboro NC	31	5032	19	23:13
2 *	Eliza Cook	Shelby NC	34	3982	24	23:44
3 *	Misty Bowman	Robbins NC	31	3958	55	28:21

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Sean Carr	Asheboro NC	30	3966	6	20:12
2 *	Patrick Hogan	Salisbury NC	30	5029	7	20:32
3 *	Tony Moore	Salisbury NC	34	5069	15	22:34

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Female 35 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 *	Laura Leroy	Asheboro NC	36	5052	29	24:20
2 *	Maria L Cervantes	Asheboro NC	36	3976	36	26:00
3 *	Jennifer Four-Nier	Millers Creek NC	37	5005	62	29:30

Male 35 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 *	William Helmprecht	Woodbridge VA	37	5026	8	20:38
2 *	Chris Barker	Randleman NC	39	3955	25	23:46
3 *	Charles Morris	Asheboro NC	35	187	80	32:52

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jennifer Mowers	Randleman NC	42	5071	45	27:13
2 *	Angie Scott	Seagrove NC	41	5101	104	35:41
3 *	Heather Singletary	Asheboro NC	44	5110	116	36:47

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jason Aufderhor	Climax NC	43	3885	5	20:02
2 *	Robbie Brown	Sophia NC	43	3964	9	21:08
3 *	Samuel Sesmas	Asheboro NC	44	3940	12	21:37

Female 45 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 *	Katherine Kelley	Asheboro NC	47	5046	52	27:55
2 *	Deena Trogdon	Asheboro NC	47	5124	59	28:49
3 *	Sherri Martin	Asheboro	48	3771	69	31:12

Male 45 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 *	Scott Kauffman	Asheboro NC	48	3893	10	21:19
2 *	Kenneth Prochnau	Asheboro NC	46	5086	33	25:24
3 *	Steve Jones	Ramseur NC	48	5041	49	27:38

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Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Laura Craven	Oak Ridge NC	52	3989	73	31:37
2 *	Lisa Morris Robinson	Asheboro NC	50	5070	77	32:26
3 *	Marissa Mills	Albemarle NC	50	5065	81	32:57

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	William Chance	Asheboro NC	53	3977	26	23:55
2 *	James Kelley	Asheboro NC	50	5045	30	24:34
3 *	Dale Cox	Asheboro NC	50	3987	31	24:56

Female 55 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 *	Alexa Modderno	Seagrove NC	57	5067	89	33:48
2 *	Cathy Williams	Randleman NC	56	5129	90	33:59
3 *	Margaret Brown	Asheboro NC	58	3962	113	36:39

Male 55 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 *	Tim Akins	Asheboro NC	55	3946	32	25:08
2 *	Jimi Gibbs	Asheboro NC	58	5012	35	25:41
3 *	Billy Mills	Albemarle NC	57	5064	43	27:08

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Elaine McKenzie	Asheboro NC	60	5061	61	29:12
2 *	Sue Shumaker	Asheboro NC	64	5106	106	35:58
3 *	Barbara Hogan	Denton NC	61	5028	139	42:17

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Don Pickens	Asheboro NC	62	5083	34	25:38

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Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Lynn Cartee	Gatlinburg TN	68	3967	110	36:15
2 *	Kay Haddock	Asheboro NC	69	5019	118	36:56
3 *	Nancy Stover	Asheboro NC	65	5120	121	38:32

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jim Jones	Asheboro NC	65	5039	23	23:36
2 *	Darrell Hamilton	Asheboro NC	65	5022	166	51:42

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Darrell Johnson	Asheboro NC	74	3796	136	41:15

Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Anthony Belfiglio	Ramseur NC	75	3956	63	29:32
2 *	Wendell Holland	Asheboro NC	77	5030	108	36:13