

Age Group Results

5K

Female Overall Finisher Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	AMY CERNAVA		50	381	7	22:23.8	7:12/M
2	KATIE LOPIENSKI		32	414	12	23:03.6	7:25/M
3	CLAIRE OVERCASH		51	410	15	24:09.9	7:46/M

Male Overall Finisher Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	SHELTON JEREMY		33	388	1	19:58.4	6:25/M
2	BOB SEEDLOCK	SIMPSONVILLE SC	50	362	2	20:08.3	6:28/M
3	DAMON COOK	SHELBY NC	11	310	3	21:24.7	6:53/M

Female Masters 40+ Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	TINA GOSS		59	402	19	25:30.6	8:12/M

Male Masters 40+ Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JAMES MICHAEL		52	386	5	22:00.8	7:04/M

Race Date  
April 28, 2018

# Asheboro 5K Health and Smile Mile

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#### Female 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	CECELIA DOLGOS	SEAGROVE NC	8	317	113	57:37.6	18:32/M

#### Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	BRODY SHEPPARD	ASHEBORO NC	10	363	25	26:24.2	8:29/M
2 *	LIAM SCOTT	SEAGROVE NC	10	361	34	27:34.2	8:52/M
3 *	SAMUEL JOHNSON		7	406	39	27:48.7	8:56/M
4	BEARIK BIGELOW		10	404	40	27:55.1	8:59/M

#### 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>	<u>Pace</u>
1 *	MEREDITH HARGETT		12	409	97	47:11.6	15:10/M
2 *	RAENA DOUTT BENDER	SEAGROVE NC	13	320	105	52:38.7	16:55/M

#### 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>	<u>Pace</u>
1 *	HUNTER WILSON	ASHEBORO NC	13	376	17	25:03.3	8:03/M
2 *	CHRISTIAN LEMMONS	ASHEBORO NC	13	340	23	26:09.7	8:25/M
3 *	COLTON RUSSELL	ASHEBORO NC	12	358	89	42:35.3	13:42/M

#### 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>	<u>Pace</u>
1 *	LEFER GLENN		15	392	20	25:42.5	8:16/M
2 *	NICK ROKOS	NORWOOD NC	17	357	29	26:53.7	8:39/M
3 *	STEPHEN COX	ASHEBORO NC	16	312	66	32:58.1	10:36/M

#### 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>	<u>Pace</u>
1 *	BAILEY WOOLF	ASHEBORO NC	24	379	41	28:06.2	9:02/M

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#### 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>	<u>Pace</u>
1 *	DAKOTA WILSON		24	415	55	30:06.5	9:41/M
2 *	BLAKE DAVIS	SEAGROVE NC	24	314	80	39:16.4	12:38/M

#### 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>	<u>Pace</u>
1 *	STEPHANIE RECTOR	RAMSEUR NC	28	353	21	25:44.7	8:16/M
2 *	TIFFANY LUTHER		27	418	26	26:24.5	8:29/M
3 *	ANNA REAVES	ASHEBORO NC	27	352	44	28:13.2	9:04/M
4	JULIE LUTHER		26	417	48	28:33.4	9:11/M

#### 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>	<u>Pace</u>
1 *	FERNANDO SANDUVAL		29	393	4	21:44.8	6:59/M

#### 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>	<u>Pace</u>
1 *	MEAGHAN RABB	ASHEBORO NC	30	350	42	28:12.6	9:04/M
2 *	KATHRYN RANDALL	CONCORD NC	32	351	45	28:13.2	9:04/M
3 *	CINDY CASTLE	GOLDSTON NC	30	308	65	32:09.6	10:20/M
4	MEGAN LAWSON		30	391	69	33:52.2	10:53/M

#### 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>	<u>Pace</u>
1 *	ADAM CRIGGER	TRINITY NC	32	313	8	22:53.8	7:21/M
2 *	RAY GIUSTIZIA	ASHEBORO NC	31	325	9	22:54.4	7:22/M
3 *	JOHNATHON GILBREATH	ASHEBORO NC	32	323	11	23:01.7	7:24/M
4	PATRICK HOGAN	SALISBURY NC	32	334	14	24:03.6	7:44/M

# Asheboro 5K Health and Smile Mile

## Age Group Results

### 5K

#### 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>	<u>Pace</u>
1 *	FELICIA HALL	ASHEBORO NC	36	329	50	28:57.5	9:19/M
2 *	SHANNON STREET		36	382	52	29:14.7	9:24/M
3 *	ERIN GIUSTIZIA	ASHEBORO NC	39	324	76	37:11.2	11:57/M
4	JESSICA LATHAM		37	420	90	42:52.8	13:47/M

#### 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>	<u>Pace</u>
1 *	TOM PIRT	ASHEBORO NC	38	348	18	25:28.4	8:11/M
2 *	TONY MOORE	SALISBURY NC	36	344	36	27:39.2	8:53/M
3 *	BEN JOHNSON		35	396	38	27:48.6	8:56/M

#### 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>	<u>Pace</u>
1 *	COURTNEY KELLY	ASHEBORO NC	41	338	100	48:42.6	15:40/M
2 *	SHANNON DOLGOS	SEAGROVE NC	40	319	104	52:38.2	16:55/M

#### 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>	<u>Pace</u>
1 *	MARK HARRIS		41	385	24	26:10.3	8:25/M
2 *	KEVIN SCOTT	SEAGROVE NC	44	360	33	27:33.9	8:52/M
3 *	NEIL WEATHERLY	ASHEBORO NC	42	374	59	30:52.9	9:55/M
4	ADAM HARGETT		43	408	96	47:10.4	15:10/M

#### 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>	<u>Pace</u>
1 *	DEENA TROGDON		49	400	35	27:37.1	8:53/M
2 *	MARLANA HANCOCK	ASHEBORO NC	47	332	60	30:52.9	9:55/M
3 *	LISA WITHROW	ASHEBORO NC	48	377	101	49:50.2	16:01/M
4	CAROLINE PROCHNAN		46	412	107	53:44.9	17:17/M

# Asheboro 5K Health and Smile Mile

## Age Group Results

### 5K

#### 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>	<u>Pace</u>
1 *	SAMUEL SESMUS		46	405	13	23:27.2	7:32/M
2 *	RONALD BEANE	ASHEBORO NC	47	302	49	28:38.4	9:12/M
3 *	DAVID STULTZ	ASHEBORO NC	49	368	93	45:52.2	14:45/M
4	KENNETH PROCHNAN		48	413	106	53:43.2	17:16/M

#### 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>	<u>Pace</u>
1 *	CONNIE BILLUPS		50	422	28	26:31.1	8:32/M
2 *	EMILY SMITH		53	421	58	30:50.2	9:55/M
3 *	LISA LONG		52	411	74	36:21.4	11:41/M
4	KELLI STULTZ	ASHEBORO NC	50	369	94	45:52.8	14:45/M

#### 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>	<u>Pace</u>
1 *	SCOTT KAUFFMAN		50	389	6	22:06.8	7:06/M
2 *	DALE COX	ASHEBORO NC	52	311	27	26:28.1	8:31/M
3 *	TODD SWANEY	ASHEBORO NC	52	370	31	27:29.9	8:50/M

#### 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>	<u>Pace</u>
1 *	JANE BRASWELL	ASHEBORO NC	58	307	46	28:16.7	9:05/M
2 *	AMANDA HANCOCK	ASHEBORO NC	56	331	68	33:46.3	10:51/M
3 *	CATHY WILLIAMS	RANDLEMAN NC	58	375	71	34:58.5	11:15/M
4	PATSY WOODS	ASHEBORO NC	58	378	83	40:09.2	12:55/M

#### 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>	<u>Pace</u>
1 *	CHRIS MCQUEEN		56	390	10	22:57.7	7:23/M
2 *	JIM ROKOS	NORWOOD NC	56	356	30	26:53.9	8:39/M
3 *	BILLY MILLS		59	384	37	27:42.1	8:54/M
4	KEN BRADY	ASHEBORO NC	55	306	47	28:27.9	9:09/M

# Asheboro 5K Health and Smile Mile

## Age Group Results

### 5K

#### 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>	<u>Pace</u>
1 *	KATHY PIRT	ASHEBORO NC	61	347	78	38:16.7	12:18/M
2 *	BARBARA HOGAN	DENTON NC	63	333	84	40:21.7	12:58/M
3 *	HOLLY DELK	ASHEBORO NC	60	316	85	41:42.7	13:25/M
4	MARY UNDERWOOD	ASHEBORO NC	64	372	98	47:43.1	15:21/M

#### 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>	<u>Pace</u>
1 *	RITCHIE HEARNE		60	383	22	25:54.7	8:20/M
2 *	ROSS REAVES		61	395	43	28:13.0	9:04/M

#### 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>	<u>Pace</u>
1 *	COPPLE KAY		65	387	56	30:33.3	9:49/M
2 *	SUE SHUMAKER	ASHEBORO NC	65	365	72	35:43.1	11:29/M
3 *	NANCY STOVER	ASHEBORO NC	67	367	86	41:59.9	13:30/M

#### 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>	<u>Pace</u>
1 *	JIM JONES	ASHEBORO NC	67	337	32	27:32.2	8:51/M
2 *	DARRELL HAMILTON	ASHEBORO NC	67	330	110	55:53.3	17:58/M

#### Female 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>	<u>Pace</u>
1 *	KAY HADDOCK	ASHEBORO NC	71	327	79	38:35.9	12:24/M
2 *	BEVERLY MALIN	INDIAN LAND SC	74	341	111	57:32.7	18:30/M

#### 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>	<u>Pace</u>
1 *	ANTHONY BELFIGLIO	RAMSEUR NC	77	303	53	29:58.5	9:38/M
2 *	WENDELL HOLLAND	ASHEBORO NC	79	335	82	39:56.9	12:50/M
3 *	DARRELL JOHNSON	ASHEBORO NC	76	336	91	43:06.2	13:52/M

# Asheboro 5K Health and Smile Mile

## Age Group Results

5K

### Female 80 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1*	MARILYN KOONCE	ASHEBORO NC	81	339	70	34:02.1	10:57/M