

**SUN KING 5K**  
**October 21, 2006**  
**5K Run - Men**

**Overall:** Mike Thrailkill 17:14  
**Masters:** Chris Couey 19:21  
**14 & Under:** Scotty Booker 23:15, Ben Hansen 26:48, Whit Mills 32:30  
**15-19:** Taylor Weglicki 18:00, Ben Kenna 20:06, Nick Powell 24:23  
**20-24:** Drew Kenna 24:15  
**25-29:** Dale Griffin 17:28, Taylor Burwell 23:56, Ty Hardy 32:30  
**30-34:** Brent McCullouch 18:54, Walter McCleod 20:47, Michael Weaver 21:31  
**35-39:** Bryan Lagg 19:39, Donald Coats 21:23, William Bares 22:16  
**40-44:** Johnny Newsome 19:57, Dickens Fournet 20:56, Dan Bennett 23:09  
**45-49:** Buddy Pierce 20:15, Randall Hines 20:23, Charles Allred 20:42  
**50-54:** David Coker 27:44, Benson Warnock 28:17  
**55-59:** Edward Hill 24:08, Mike Davis 30:55, Eugene Stewart 34:11  
**60-64:** Bill Barnett 23:54, Dennis Weaver 25:41, Ronnie Fortenberry 26:10  
**65 & Over:** Jim Crosthwait 22:18, Bill Stevens 25:54

**5K Run - Women**

**Overall:** Heidi Howe 20:11  
**Masters:** Della Hilburn 22:14  
**15-19:** Alden Wofford 27:50  
**20-24:** Ivy Settlemire 22:26, Jillian Compton 24:26, Lauren Lippincott  
**25-29:** Taylor Wofford 23:11  
**30-34:** Yolanda Brown 21:56, Jaime Parson 23:43, Kesha Funches 24:29  
**35-39:** Susan Herring 26:58, Robin Jeffries 27:14, Pam Gunter 41:57  
**40-44:** Teresa Crothers 22:46, Miriam Allred 23:13, Sandy Shugars 27:28  
**45-49:** Lynda Myrick 40:23, Margaret 41:30  
**55-59:** Cathy Ward 35:18, Peggy Hampton 44:44

**5K Walk - Men**

**Overall:** Larry Sykes 32:02  
**Masters:** Caesar Hamilton 33:59  
**30-39:** Will Vance 40:01  
**40-49:** Glyn Trigg 42:33  
**50-59:** John Wofford 35:09, Mark Denkler 36:50  
**60-69:** Vincent Zizak 38:18, Frank McRae 48:17  
**70 & Over:** Jim Myrick 35:47, Dewey Rainey 48:21

**5K Walk - Women**

**Overall:** Carolyn Graham 32:50  
**Masters:** Christine Liberto 36:23  
**20-29:** Heather Wilson 46:09  
**30-39:** Monica Thompson 34:42, Sharon Summers 36:57, Cynthia Boland 46:18  
**40-49:** Martha Smith 37:11, Glenda Webb 46:16, Lachelle Heard 46:24  
**50-59:** Debra Kinser 37:15, Lynda Byrd 37:56, Joyce Lee 40:04  
**70 & Over:** Martha Keenum 38:18, Sylvia Rieger 48:16

**One Mile - Male**

**Overall:** Thomas French 6:26  
**5 & Under:** Brent Butler 9:23, Drew Fesmire 10:02  
**6-7:** Dalton Dear 8:09  
**8-9:** Metts McDaniel 6:54  
**10-12:** Whit Mills 6:31, John McDaniel 9:00

**One Mile - Female**

**Overall:** Haley Grant 6:56  
**5 & Under:** Elizabeth Henry 9:50, Davis Dear 9:55, Kalia Funches 12:16

**6-7:** Kathryn Butler 7:49, Camille Couey 9:04, Emily Herring 9:24

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**COMPLETE 5K RUN RESULTS**

Place	Name	Age	Time	Pace	Age Grade
1	Mike Thrailkill	42M	17:14	5:33	16:21
2	Dale Griffin	26M	17:28	5:38	17:28
3	Taylor Weglicki	19M	18:00	5:48	18:46
4	Brent McCullouch	34M	18:54	6:05	18:00
5	Chris Couey	40M	19:21	6:14	18:38
6	Mark Lipking	48M	19:26	6:16	17:38
7	Bryan Lagg	39M	19:39	6:20	19:03
8	Johnny Newsome	40M	19:57	6:26	19:12
9	Ben Kenna	18M	20:06	6:29	19:51
10	Heidi Howe	36F	20:11	6:30	17:54
11	Buddy Pierce	49M	20:15	6:32	18:14
12	Randall Hines	49M	20:23	6:34	18:21
13	Charles Allred	47M	20:42	6:40	18:56
14	Walter McLeod	31M	20:47	6:42	20:47
15	Dickens Fournet	41M	20:56	6:45	20:01
16	Donald Coats	35M	21:23	6:53	21:19
17	Michael Weaver	32M	21:31	6:56	21:31
18	Yolanda Brown	31F	21:56	7:04	19:46
19	Kenny Grissett	45M	21:57	7:04	20:23
20	Della Hilburn	42F	22:14	7:10	18:46
21	William Bares	37M	22:16	7:11	21:53
22	Jim Crosthwait	68M	22:18	7:11	16:49
23	Ty Pennington	30M	22:25	7:13	22:25
24	Ivy Settlemire	21F	22:26	7:14	20:13
25	Murray Shugars	41M	22:38	7:18	21:38
26	Cullan Crothers	46M	22:43	7:19	20:56
27	Teresa Crothers	42F	22:46	7:20	19:13
28	Scott Cantrell	32M	23:07	7:27	23:07
29	Dan Bennett	43M	23:09	7:28	21:49
30	Taylor Wofford	26F	23:11	7:28	20:54
31	Miriam Allred	44F	23:13	7:29	19:17
32	Scotty Booker	14M	23:15	7:29	21:51
33	Lane Walberg	30M	23:24	7:32	23:24
34	Stuart Grange	42M	23:28	7:34	22:16
35	Jaime Parson	30F	23:43	7:39	21:23
36	Bill Barnett	60M	23:54	7:42	19:35
37	Taylor Burwell	27M	23:56	7:43	23:56
38	Edward Hill	55M	24:08	7:47	20:41
39	Will Smithhart	45M	24:12	7:48	22:28
40	Allen Breland	48M	24:14	7:48	21:59
41	Drew Kenna	22M	24:15	7:49	24:15
42	Nick Powell	16M	24:23	7:51	23:35
43	Jillian Compton	23F	24:26	7:52	22:01
44	Lauren Lippincott	22F	24:27	7:53	22:02
45	Max McDaniel	41M	24:28	7:53	23:23
46	Kesha Funches	30F	24:29	7:53	22:04
47	Dominic Jaeger	42M	24:45	7:58	23:29
48	Meade Myers	45M	24:49	8:00	23:02
49	Kim Graves	31F	25:37	8:15	23:05
50	Dennis Weaver	62M	25:41	8:16	20:38
51	Rod Holloway	30M	25:41	8:16	25:41
52	Alex George	34M	25:44	8:17	25:44
53	Bill Stevens	71M	25:54	8:21	18:51
54	Ronnie Fortenberry	61M	26:10	8:26	21:14
55	Bill Fulcher	45M	26:39	8:35	24:45
56	Nathan Elmore	36M	26:41	8:36	26:25
57	Ben Hansen	13M	26:48	8:38	24:42
58	Susan Herring	36F	26:58	8:41	23:54
59	Robin Jeffries	39F	27:14	8:46	23:34
60	Scott Harmon	31M	27:16	8:47	27:16
61	Sandy Shugars	43F	27:28	8:51	23:00
62	David Coker	50M	27:44	8:56	24:47
63	Alden Wofford	19F	27:49	8:58	24:58
64	Benson Warnock	53M	28:17	9:07	24:39
65	LeAnn Nealey	44F	28:58	9:20	24:03
66	Woodrow Wootton	60M	29:56	9:39	24:32

67	10	Kenny Hall	40M	30:21	9:47	29:13
68	5	Brett Thompson	32F	30:53	9:57	27:50
69	2	Mike Davis	57M	30:55	9:58	26:02
70	3	Ty Mills	11M	32:30	10:28	28:31
71	3	Ty Hardy	25M	32:30	10:28	32:30
72	6	Collette Moveland	43F	33:18	10:44	27:53
73	6	Melissa Harmon	30F	33:27	10:46	30:09
74	4	Jessica Sutton	22F	33:46	10:53	30:26
75	3	Eugene Stewart	55M	34:11	11:01	29:18
76	1	Cathy Ward	59F	35:18	11:22	25:24
77	1	Lynda Myrick	49F	40:23	13:00	32:05
78	5	Paul Devine	35M	41:19	13:18	41:10
79	2	Margaret Deavours	45F	41:30	13:22	34:09
80	4	Pam Gunter	39F	41:57	13:31	36:18
81	5	Trina Wilson	38F	42:03	13:33	36:41
82	2	Peggy Hampton	55F	44:44	14:24	33:33

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**COMPLETE 5K WALK RESULTS**

Place	Name	Age	Time	Pace	Age Grade
1	Larry Sykes	62M	32:02	10:19	25:10
2	Carolyn Graham	46F	32:50	10:35	26:29
3	Caesar Hamilton	50M	33:59	10:57	29:42
4	Monica Thompson	33F	34:42	11:11	30:48
5	John Wofford	54M	35:09	11:19	29:43
6	Jim Myrick	71M	35:47	11:32	25:35
7	Christine Liberto	42F	36:23	11:43	30:17
8	Mark Denkler	56M	36:50	11:52	30:36
9	Sharon Summers	35F	36:57	11:54	32:22
10	Martha Smith	45F	37:11	11:59	30:15
11	Debra Kinser	51F	37:15	12:00	28:49
12	Lynda Byrd	59F	37:56	12:13	27:13
13	Vincent Zizak	65M	38:17	12:20	29:12
14	Martha Keenum	70F	38:18	12:20	24:19
15	Will Vance	36M	40:01	12:53	38:39
16	Joyce Lee	59F	40:04	12:54	28:44
17	Glyn Trigg	42M	42:33	13:42	39:28
18	Heather Wilson	22F	46:09	14:52	41:35
19	Glenda Webb	47F	46:16	14:54	37:01
20	Cynthia Boland	35F	46:18	14:55	40:33
21	Lachelle Heard	40F	46:24	14:57	39:13
22	Sylvia Rieger	71F	48:16	15:33	30:16
23	Frank McRae	69M	48:17	15:33	35:18
24	Dewey Rainey	81M	48:21	15:34	30:25

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**COMPLETE ONE MILE RUN RESULTS**

Place	Name	Age	Time
1	Thomas French	8M	6:26
2	Whit Mills	10M	6:31
3	Jonathan Hearld	13M	6:51
4	Metts McDaniel	8M	6:54
5	Haley Grant	8F	6:56
6	Kathryn Butler	7F	7:49
7	Dalton Dear	7M	8:09
8	Samantha Knowles	14F	8:32
9	John McDaniel	11M	9:00
10	Camille Couey	6F	9:04
11	Brent Butler	5M	9:23
12	Emily Herring	7F	9:24
13	Elizabeth Herring	5F	9:50
14	Davis Dear	4F	9:55
15	Drew Fesmire	4M	10:02
16	Kalia Funches	3F	12:16