

**Center of Excellence - UMC Alumni Affairs
Run For Your Life**

**April 21, 2007
5K Run - Men**

Overall: Dale Griffin 17:41
Masters: Mark Lipking 19:32
Grand Masters: Greg Gearhart 18:54
10 & Under: Matthew Palmer 26:30
15-19: Lloyd Gray 18:40
20-24: Reuben Oates 21:57, Nate Quarterman 23:55, Cade Montague 24:39
25-29: Justin Rogers 18:31, Michael Furlan 21:15, Nathan McNeil 21:25
30-34: Matthew Darby 20:49, Bradley Monk 21:01, Walter McLeod 21:43
35-39: Bryan Lagg 19:24, Anthony Martin 19:54, Robert McElhaney 20:34
40-44: Chris Couey 19:50, Johnny Newsome 21:08, John Shores 23:16
45-49: David Shumate 20:30, Joseph Bradley 20:49, Cullan Crothers 21:57
50-54: Curtis Fancher 26:40, David Parker 27:33, Harpal Singh 39:53
55-59: Duane Van Fleet 25:11, Stratton Bull 29:23
60-64: Rocky Madden 23:54, Philip Cranston 33:49
70 & Over: Bill Stevens 26:01, Bob Singletary 31:35, Murray Collum 34:34

5K Run - Women

Overall: Yolanda Brown 20:02
Masters: Teresa Crothers 21:58
Grand Masters: Dona Lee Andrew 22:43
11-14: Taylor Davis 32:31, Molly Morrow 36:00, Hayley Thomas 36:01
20-24: Erin Finlay 23:00, Anna Griffith 23:25, Angela Ethridge 32:42
25-29: Tasha Pusha 21:05, Taylor Wofford 24:16, Kattie Stewart 25:13
30-34: Tesia Hill 23:35, Adrienne Clark 24:37, Keshia Funches 24:45
35-39: Rachel Cowan 21:56, Missy Senn 27:06, Natasha Trifunovic 29:19
40-44: Miriam Allred 23:56, Carol Vice 26:12, Lisa McClintock 26:37
45-49: Katie Bryant 25:14, Chantay Steen 25:19, Luann Ainsworth 26:08
50-54: Christine Carmichael 25:58, Judy Gearhart 33:06
55-59: Cathy Ward 33:32
60-64: Olga McDaniel 38:02

5K Run Teams

1. REC~Runners 63:50

Joseph Bradley, Tasha Pusha, Rachel Cowan, Erin Finlay, Adrienne Ealy

2. Bomgar Corp. 70:58

Nathan McNeil, Joel Bomgar, Nate Quarterman, Mike Morgan, Andrea Thornton

5K Walk - Men

Overall: Larry Sikes 32:39
Grand Masters: Caesar Hamilton 34:00
10 & Under: Jordan Vice 42:35
11-14: Jowan Burks 44:20
15-19: Nathan Graham 42:24
25-29: Kwasi Kwa 50:26
50-54: Jerry Jones 44:53
55-59: Dale McGuffie 1:01:12
60-64: Steve Miller 34:44, Steve Pullock 51:10
65-69: Bill Corpus 37:07, Vince Zizak 38:29
70 & Over: Jim Myrick 35:56, Willie Hamilton 49:54, Buddy McCraine 51:27

5K Walk - Women

Overall: Carolyn Graham 32:49
Masters: Jackie Blue 34:47
Grand Masters: Ursula Jones 35:44
11-14: Jamie Ainsworth 43:20, Anna Weissinger 43:21, Lacey Ainsworth 43:23
20-24: Katie Black 42:09, Rochelle Anthony 59:50
25-29: Sommers Ridrigue 42:07, Lindsay Pruitt 42:08, Brandi Vance 46:07
30-34: Monica Thompson 34:29, Julie Robinson 39:22, Kim Wilkerson 41:44
35-39: Beth Williamson 34:38, Sharon Summers 36:03, Paulette Ware 44:25
40-44: Karen Brown 41:59, Phyllis Sherman 46:21, Terri Williams 49:13
45-49: Martha Smith 36:04, Debbie Konkle-Parker 42:23, Cecelia Hall
50-54: Debra Kinser 40:09, Linda Myrick 40:09, Donna Windsor 41:45
55-59: Angela Berry 42:40, Merle Ewer 43:24, Sue Gaaney 45:58
60-64: Sandra West 43:56
65-69: Scottie Staudy 39:47
70 & Over: Martha Keenum 38:34, Sylvia Rieger 51:28, Grace Allred 1:01:10

One Mile - Male

Overall: Carson Dean 7:12
5 & Under: Ross McClintock 12:50, Tristen Pryor 17:36
6-7: Jaydon Cowan 9:24, Jack McClintock 9:31, William Fuller 9:31
8-9: Peyton Horton 7:18, Thomas French 7:59, Hunter Horton 8:11
10-12: Samuel Gearhart 7:30, Demond Bradley 7:38, Patrick Harper 7:44

One Mile - Female

Overall: Amye McDonald 8:01
5 & Under: Carson Cowan 9:33, Sarah McClintock 10:17, Kalia Funches 10:23
6-7: Camille Couey 9:55, Delaney Allen 10:37, Jenny Harper 10:53
8-9: MacKenzie Butts 8:12, Sarah Senn 8:12, Kendall Butts 8:15
10-12: Destiny Pitts 14:59

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Age Grade
1	Dale Griffin	26M	17:41	5:42	17:41
2	Justin Rogers	25M	18:31	5:58	18:31
3	Lloyd Gray	19M	18:40	6:01	18:32
4	Greg Gerahart	50M	18:54	6:05	16:53
5	Bryan Lagg	39M	19:24	6:15	18:49
6	Mark Lipking	48M	19:32	6:18	17:44
7	Chris Couey	40M	19:50	6:24	19:06
8	Anthony Martin	37M	19:54	6:25	19:34
9	Yolanda Brown	32F	20:02	6:27	18:03
10	David Shumate	47M	20:30	6:36	18:45
11	Robert McElhaney	39M	20:34	6:38	19:56
12	Joseph Bradley	47M	20:49	6:43	19:02
13	Matthew Darby	30M	20:49	6:43	20:49
14	Mark Locke	36M	21:00	6:46	20:47
15	Bradley Monk	32M	21:01	6:46	21:01
16	Tasha Pusha	26F	21:05	6:48	19:00
17	Brian Horton	37M	21:07	6:48	20:46
18	Johnny Newsome	40M	21:08	6:49	20:21
19	Donald Coats	38M	21:10	6:49	20:40
20	Michael Furlan	25M	21:15	6:51	21:15
21	Nathan McNeil	26M	21:25	6:54	21:25
22	Phil Allen	38M	21:37	6:58	21:06
23	Walter McLeod	32M	21:43	7:00	21:43
24	Ben Johnson	28M	21:49	7:02	21:49

25	Rachel Cowan	37M	21:56	7:04	21:34
26	Cullan Crothers	47M	21:57	7:04	20:04
27	Reuben Oates	23M	21:57	7:04	21:57
28	Teresa Crothers	42F	21:58	7:05	18:33
29	Eclicius Franklin	35M	22:39	7:18	22:34
30	Tim McKey	31M	22:40	7:18	22:40
31	Dona Lee Andrew	52F	22:43	7:19	17:33
32	Erin Finlay	22F	23:00	7:25	20:44
33	John Shores	41M	23:16	7:30	22:14
34	Anna Griffith	24F	23:25	7:33	21:06
35	Steve Davis	42M	23:27	7:33	22:15
36	Michael Lloyd	49M	23:35	7:36	21:14
37	Tesia Hill	32F	23:35	7:36	21:15
38	Rocky Madden	60M	23:54	7:42	19:35
39	Nate Quarterman	24M	23:55	7:42	23:55
40	Miriam Allred	44F	23:56	7:43	19:52
41	Ray Santacruz	33M	24:13	7:48	24:13
42	Taylor Wofford	27F	24:16	7:49	21:52
43	Giles Cresler	46M	24:26	7:52	22:31
44	Adrienne Clark	33F	24:37	7:56	22:11
45	John Princh	35M	24:38	7:56	24:33
46	Cade Montague	23M	24:39	7:57	24:39
47	Keshia Funches	31F	24:45	7:58	22:18
48	Bill Morris	37M	24:49	8:00	24:24
49	Duane Van Fleet	59M	25:11	8:07	20:50
50	Chad Robinson	34M	25:12	8:07	25:12
51	Kattie Stewart	28F	25:13	8:07	22:44
52	Taylor Burwell	27M	25:14	8:08	25:14
53	Katie Bryant	45F	25:14	8:08	20:46
54	Chantay Steen	46F	25:19	8:09	20:40
55	Mike Morgan	39M	25:38	8:16	24:51
56	Brian Gilbert	35M	25:41	8:16	25:36
57	Wade Overstreet	33M	25:42	8:17	25:42
58	Christine Carmichael	52F	25:58	8:22	20:04
59	Bill Stevens	71M	26:01	8:23	18:56
60	Kristein Hendrix	32F	26:03	8:24	23:29
61	Michael Shoemaker	33M	26:04	8:24	26:04
62	Mike Prince	39M	26:07	8:25	25:19
63	Luann Ainsworth	49F	26:08	8:25	20:46
64	Carol Vice	44F	26:12	8:26	21:45
65	Matthew Palmer	10M	26:30	8:32	22:31
66	Lisa McClintock	42F	26:37	8:35	22:28
67	Curtis Fancher	54M	26:40	8:35	23:03
68	Brenda Gruber	30F	26:42	8:36	24:04
69	Missy Senn	38F	27:06	8:44	23:39
70	Lawrence Creswell	44M	27:19	8:48	25:33
71	David Parker	50M	27:33	8:53	24:37
72	Kevin Edmonds	29M	27:48	8:57	27:48
73	Andrew Lucas	46M	28:11	9:05	25:58
74	Derrick Garner	27M	28:35	9:12	28:35
75	Jami Drane	25F	28:41	9:14	25:51
76	Josh Hammons	26M	29:10	9:24	29:10
77	Tiffany Edmonds	28F	29:12	9:24	26:19
78	Tyronne Carr	29M	29:15	9:25	29:15
79	Adrienne Ealy	26F	29:18	9:26	26:24
80	Natasha Trifunovic	39F	29:19	9:27	25:22
81	Stratton Bull	55M	29:23	9:28	25:11
82	Garrett Cupples	32M	29:25	9:29	29:25
83	Helen Williams	32F	29:37	9:32	26:42
84	Laurie McClintock	35F	29:43	9:34	26:33
85	Amy Ayers	33F	29:51	9:37	26:54
86	Julie Skipper	27F	30:33	9:50	27:32
87	Lisa Massey	44F	30:55	9:58	25:40
88	Joel Bomgar	27M	31:28	10:08	31:28
89	Heather Collins	39F	31:32	10:09	27:17
90	Bob Singletary	71M	31:35	10:10	22:59
91	Robin Rhaly	25F	31:40	10:12	28:32
92	Jeanann Suggs	25F	32:26	10:27	29:14
93	Andrea Thornton	27F	32:26	10:27	29:14
94	Kim Gannon	25F	32:27	10:27	29:15
95	Karen Lindsay-Lloyd	45F	32:29	10:28	26:44

96	1	Taylor Davis	11F	32:31	10:28	25:59	38	2	Jerry Jones	51M	44:53	14:27	38:54
97	3	Angela Etheridge	24F	32:42	10:32	29:28	39	4	Elizabeth Gainey	14F	45:00	14:30	36:54
98	4	Jessica Harper	23F	32:42	10:32	29:28	40	3	Sue Gainey	57F	45:58	14:48	33:38
99	9	Ayanna Smith	31F	32:48	10:34	29:34	41	6	Cindy Heidel	50F	45:59	14:49	35:53
100	3	Judy Gearhart	54F	33:06	10:40	25:05	42	3	Brandi Vance	27F	46:07	14:51	41:34
101	10	Gabriela McDowell	30F	33:15	10:43	29:58	43	2	Phyllis Sherman	43F	46:21	14:56	38:18
102	12	Haley Santos	27F	33:16	10:43	29:59	44	5	Tracy Haynes	34F	46:38	15:01	41:07
103	1	Cathy Ward	59F	33:32	10:48	24:08	45	6	Tanesha Jennings	32F	47:55	15:26	42:49
104	2	Philip Cranston	62M	33:49	10:54	27:10	46	7	Amani Bailey	34F	47:57	15:26	42:17
105	5	Sue Morrow	46F	33:57	10:56	27:42	47	8	LaCarole Cooper	31F	48:04	15:29	43:14
106	6	Teresa Davis	41F	34:05	10:59	29:01	48	4	Kelly Holly	25F	48:04	15:29	43:19
107	13	Kim Sims	29F	34:23	11:05	30:59	49	9	Kristy Womack	31F	48:33	15:38	43:40
108	8	Roger Weill	48M	34:26	11:05	31:15	50	5	Cecelia Hall	45F	48:34	15:38	39:30
109	5	Amanda Carr	23F	34:31	11:07	31:06	51	7	Artis Smith	50F	48:54	15:45	38:09
110	3	Murray Collum	77M	34:34	11:08	23:09	52	3	Terri Williams	42F	49:13	15:51	40:58
111	14	Jennifer Scott	28F	35:57	11:35	32:24	53	5	Tambra Cherie	28F	49:14	15:51	44:22
112	12	James Dew	28M	35:58	11:35	35:58	54	8	Melinda Jackson	53F	49:19	15:53	37:28
113	7	Wanda Lantz	44F	35:58	11:35	29:51	55	2	Willie Hamilton	71M	49:54	16:04	35:40
114	15	Melanie Dew	29F	35:59	11:35	32:26	56	1	Kwasi Kwa	28M	50:26	16:14	50:26
115	13	Brad Suggs	26M	36:00	11:36	36:00	57	9	Patricia Pollock	54F	51:05	16:27	38:27
116	2	Molly Morrow	11F	36:00	11:36	28:46	58	10	Navkira Singh	54F	51:07	16:28	38:28
117	3	Halyley Thomas	12F	36:01	11:36	29:37	59	3	Steve Pullock	63M	51:10	16:29	39:49
118	4	Mallory Turner	12F	36:09	11:39	29:44	60	3	Buddy McCraine	81M	51:27	16:34	32:22
119	6	Charlie Turner	42M	36:09	11:39	34:18	61	2	Sylvia Rieger	72F	51:28	16:34	31:52
120	8	Patty Turner	41F	36:38	11:48	31:11	62	10	Andrea Ford	31F	51:52	16:42	46:39
121	1	Olga McDaniel	60F	38:02	12:15	27:04	63	11	Teresa Summers	51F	52:25	16:53	40:32
122	4	Harpal Singh	54M	39:53	12:51	34:29	64	6	Stephanie Goza	26F	53:01	17:04	47:47
123	9	Sharon Rivers	43F	40:36	13:05	33:59	65	4	Missy Breech	38F	53:02	17:05	45:29
124	6	LaToya Hartwell	22F	41:11	13:16	37:07	66	5	Stephanie Breeden	13F	53:03	17:05	42:23
125	7	Jenny Dalton	23F	43:39	14:03	39:20	67	4	Barbara Bienvenu	57F	54:00	17:23	39:30
126	16	Becky Brown	29F	43:40	14:04	39:21	68	2	Rochelle Anthony	23F	59:50	19:16	53:55
		*****					69	3	Grace Allred	81F	61:10	19:42	33:20
							70	1	Dale McGuffie	56M	61:12	19:42	50:50

COMPLETE 5K WALK RESULTS

Place	Name	Age	Time	Pace	Grade
1	Larry Sykes	62M	32:39	10:31	25:39
2	Carolyn Graham	47F	32:49	10:34	26:16
3	Caesar Hamilton	51M	34:00	10:57	29:28
4	Monica Thompson	33F	34:29	11:06	30:37
5	Beth Williamson	38F	34:38	11:09	29:42
6	Steve Miller	60M	34:44	11:11	27:50
7	Jackie Blue	48F	34:47	11:12	27:36
8	Ursula Jones	52F	35:44	11:31	27:23
9	Jim Myrick	72M	35:56	11:34	25:23
10	Sharon Summers	35F	36:03	11:37	31:35
11	Martha Smith	46F	36:04	11:37	29:06
12	Bill Corpus	69M	37:07	11:57	27:08
13	Debra Kinser	52F	38:23	12:22	29:25
14	Vince Zizak	65M	38:29	12:24	29:21
15	Martha Keenum	70F	38:34	12:25	24:30
16	Julie Robinson	33F	39:22	12:41	34:57
17	Scottie Staudy	65F	39:47	12:49	26:47
18	Linda Myrick	50F	40:09	12:56	31:20
19	Kim Wilkerson	32F	41:44	13:26	37:18
20	Donna Windsor	53F	41:45	13:27	31:43
21	Karen Brown	43F	41:59	13:31	34:41
22	Sommer Rodrigue	28F	42:07	13:34	37:57
23	Lindsey Preuitt	27F	42:08	13:34	37:58
24	Katie Black	24F	42:09	13:34	37:59
25	Debbie Konkle-Parker	49F	42:23	13:39	33:21
26	Nathan Graham	16M	42:24	13:39	40:22
27	Jordan Vice	10M	42:35	13:43	35:24
28	Angela Berry	56F	42:40	13:44	31:31
29	Pat Smith	54F	42:40	13:44	32:07
30	Jamie Ainsworth	14F	43:20	13:57	35:32
31	Anna Weissinger	14F	43:21	13:58	35:33
32	Lacey Ainsworth	12F	43:22	13:58	33:34
33	Merle Ewer	57F	43:24	13:59	31:45
34	Sandra West	60F	43:56	14:09	31:12
35	Rebecca Jenkins	32F	44:00	14:10	39:19
36	Juwan Burks	11M	44:20	14:17	38:04
37	Paulette Ware	36F	44:25	14:18	38:38

COMPLETE ONE MILE RESULTS

Place	Name	Age	Time
1	Carson Dean	11M	7:12
2	Peyton Horton	8M	7:18
3	Samuel Gearhart	11M	7:30
4	Demond Bradley	10M	7:38
5	Patrick Harper	12M	7:44
6	Thomas French	9M	7:59
7	Amye McDonald	9F	8:01
8	Hunter Horton	9M	8:11
9	MacKenzie Butts	9F	8:12
10	Sarah Senn	9F	8:12
11	Kendall Butts	9F	8:15
12	Jaydon Cowan	7M	9:24
13	Jack McClintock	7M	9:31
14	William Fuller	7M	9:31
15	Carson Cowan	5F	9:33
16	Camille Couey	6F	9:55
17	Dorian Hill	9F	10:08
18	Sarah McClintock	5F	10:17
19	Sherri McDonald	39F	10:22
20	Kalia Funches	4F	10:23
21	Skye Chunn	8F	10:34
22	Delaney Allen	6F	10:37
23	Marty chunn	56F	10:38
24	Jenny Harper	6F	10:53
25	Sydney Blake	4F	11:19
26	Ross McClintock	5M	12:50
27	Destiny Pitts	10F	14:59
28	Paulette Ware	36F	15:00
29	Tristen Pryor	2M	17:36
30	Catherine Moyle	2F	18:26