

UMC Alumni Affairs - Center of Excellence

Run For Your Life

April 19, 2008

5K Run - Men

Overall: Rob Oates 17:54

Masters: David Shumate 19:05

Grand Masters: Scott Stringer 21:19

10 & Under: Dalton Gibson 26:37

15-19: Daniel Vaughan 19:11

20-24: Reuben Oates 21:17, Russell Tully 22:20

25-29: Justin Martin 20:59, John Lintner 22:38,
Jeremy Wigginton 24:57

30-34: Bradley Monk 21:10, Jeremy Harwood 22:22,
David Whitt 23:53

35-39: Anthony Martin 18:41, Brian Gilbert 21:18,
Charles Shultis 21:51

40-44: Bryan Lagg 19:29, Chris Couey 19:55, John
Shores 22:33

45-49: Mark Lipking 19:46, Tom Mattimore 21:40,
Charles Allred 21:42

50-54: Robert Oliveri 23:35, Gary Armstrong 26:00

55-59: Dave Tasik 23:08, Curtis Fancher 28:00

60-64: Duane Van Fleet 24:53

70 & Over: Bob Singletary 32:13, Murray Collum
34:53

5K Run - Women

Overall: Teresa Crothers 21:48

Masters: Beth Krapac 23:17

Grand Masters: Cathy Pflueger 28:44

11-14: Megan Hodges 35:58

15-19: Gwendolyn Davis 22:11, Shawna Tasik 36:52

20-24: Karla Hail 26:35, Crystal Sessums 31:04, Rachel
Newton 36:23

25-29: Bethany Barker 22:24, Amanda Smith 27:07,
Karen Floyd 27:22

30-34: Bridgett Jolly 24:05, Jenny Woodruff 26:02,
Mary Beth Douglas 34:01

35-39: Molly Moore 24:07, Susan Landry 24:09, Cheri
Hodges 36:03

40-44: Anne Rowles 25:26, Doris McKinney 26:20,
Caron Blanton 31:25

45-49: Chantay Steen 24:52, Miriam Allred 24:59,
Katie Bryant 25:02

50-54: Denise McCray 33:21, Pam Tasik 37:09, Karen
Lister 46:42

55-59: Marty Chunn 28:53, Peggy Hampton 40:59

60-64: Becky Walker 38:11

5K Walk - Men

Overall: Bennett Randman 33:10

Masters: Tony Wiggins 37:03

Grand Masters: Caesar Hamilton 35:38

15-19: William Vick 55:50, Trey Serio 56:22

30-34: Aaron Maggie 38:47

35-39: Corey Newton 36:20, Timothy Cook 36:28

40-44: Quin Smith 45:57

45-49: John Pender 51:19

70 & Over: Dewey Rainey 51:24

5K Walk - Women

Overall: Carolyn Graham 32:51

Masters: Maribeth Gibson 43:39

Grand Masters: Brenda Briscoe 38:01

15-19: Chante Williams 42:20, Kasey Britt 43:36,
Natalie Flanagan 45:57

20-24: Hannah Herrington 44:04

25-29: Keneshia Anderson 45:10, Brooke Park 45:31,
Kendra Carter 49:07

30-34: Monica Thompson 34:37, Nital Parrish 46:14,
Tamara Kendrick 49:28

35-39: Laura Jones 38:54

40-44: Michelle Wiggins 46:07, Traci Parish 47:42,
Michelle Zebert 48:20

45-49: Venessia Johnson 43:53, Rosemarie Martin

40:09, Linda Myrick 40:57

55-59: Shirley Gibson-McDonald 38:53, Merle Ewer
42:21, Ruth Ann Buckhalter 45:32

60-64: Cheryl Pardue 43:33, Sandra West 44:03, Joann
Hamm 48:42

70 & Over: Martha Keenum 38:46, Sylvia Rieger

5K Run Corporate Teams

I. Regions Bank 1:04:07

David Whitt, Rob Oates, John Rings, Russell Turley

5K Walk Corporate Teams

I. Nissan 1:49:51

Timothy Cook, Tony Wiggins, Corey Newton, John
Pender

One Mile - Male

Overall: Carson Dean 7:22

8-9: AJ Stone 7:52, Jack Smithsa 9:19, Will Marble 9:20

10-12: Tanner Marble 8:29, DeVaughan Graves 13:40

One Mile - Female

Overall: Taylor Ballard 8:13

5 & Under: Bekah Woodruff 17:22

8-9: Kamryn Davis 9:43, Sky Chunn 10:04, Tori McCray
10:22

10-12: Kailyn Davis 9:03

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Grade
1	Rob Oates	29M	17:54	5:46	17:54
2	Anthony Martin	38M	18:41	6:01	18:15
3	David Shumate	48M	19:05	6:09	17:19
4	Daniel Vaughan	17M	19:11	6:11	18:46
5	Bryan Lagg	40M	19:29	6:17	18:46
6	Mark Lipking	49M	19:46	6:22	17:48
7	Chris Couey	41M	19:55	6:25	19:02
8	Justin Martin	27M	20:59	6:46	20:59
9	Bradley Monk	33M	21:10	6:49	21:10
10	Reuben Oates	24M	21:17	6:52	21:17
11	Brian Gilbert	36M	21:18	6:52	21:05
12	Scott Stringer	50M	21:19	6:52	19:03
13	Tom Mattimore	45M	21:40	6:59	20:07
14	Charles Allred	49M	21:42	7:00	19:32
15	Teresa Crothers	43F	21:48	7:01	18:15
16	Charles Shultis	38M	21:51	7:02	21:20
17	Gwendolyn Davis	15F	22:11	7:09	19:17
18	Gregory Davis	45M	22:11	7:09	20:36
19	Russel Turley	23M	22:20	7:12	22:20
20	Jeremy Harwood	30M	22:22	7:12	22:22
21	Bethany Barker	28F	22:24	7:13	20:11
22	Alex George	36M	22:26	7:14	22:12
23	John Shores	42M	22:33	7:16	21:24
24	John Lintner	29M	22:38	7:18	22:38
25	Darren Owens	43M	22:43	7:19	21:24
26	Mike Scardino	46M	23:03	7:26	21:14
27	Dave Tasik	56M	23:08	7:27	19:40
28	Beth Krapac	43F	23:17	7:30	19:30
29	Robert Oliveri	53M	23:35	7:36	20:34
30	David Whitt	32M	23:53	7:42	23:53
31	Bridgett Jolly	33F	24:05	7:46	21:42
32	Molly Moore	37F	24:07	7:46	21:13
33	Susan Landry	36F	24:09	7:47	21:24
34	Andy Barksdale	30M	24:24	7:52	24:24
35	Henk de Weerd	46M	24:29	7:53	22:34
36	Chantay Steen	47F	24:52	8:01	20:07
37	Duane Van Fleet	60M	24:53	8:01	20:24
38	Jeremy Wigginton	25M	24:57	8:02	24:57
39	Miriam Allred	45F	24:59	8:03	20:34
40	Jason Jones	25M	25:00	8:03	25:00
41	Katie Bryant	46F	25:02	8:04	20:26
42	Anne Rowles	44F	25:26	8:12	21:07
43	Mike Smith	40M	25:27	8:12	24:30
44	John Rings	32M	25:28	8:12	25:28

45	8	Wesley Luckey, Jr.	49M	25:43	8:17	23:09
46	5	John Griffin	35M	25:47	8:18	25:42
47	3	Gary Armstrong	52M	26:00	8:23	22:51
48	9	Lee Smithson	46M	26:02	8:23	23:59
49	2	Jenny Woodruff	34F	26:02	8:23	23:26
50	4	Doris McKinney	44F	26:20	8:29	21:52
51	1	Karla Haik	23F	26:35	8:34	23:58
52	1	Dalton Gibson	10M	26:37	8:35	22:37
53	6	Bill Colvin	37M	27:06	8:44	26:38
54	2	Amanda Smith	27F	27:07	8:44	24:26
55	10	Billy Sisk	46M	27:10	8:45	25:02
56	3	Karen Floyd	25F	27:22	8:49	24:40
57	4	Lori Spotswood	46F	27:25	8:50	22:22
58	5	MiHyang Faulks	49F	27:39	8:54	21:58
59	2	Curtis Fancher	55M	28:00	9:01	24:00
60	4	Alice Matusiweicz	29F	28:03	9:02	25:17
61	6	Seah Welch	34M	28:19	9:07	28:19
62	6	Cheryl Daniel	49F	28:22	9:08	22:32
63	6	Derrick Garner	28M	28:25	9:09	28:25
64	1	Cathy Pflueger	52F	28:44	9:15	22:12
65	5	Julie Skipper	28F	28:46	9:16	25:56
66	7	April Palmer	45F	28:51	9:18	23:45
67	1	Marty Chunn	56F	28:53	9:18	21:27
68	7	Brent Sistrunk	35M	29:10	9:24	29:04
69	7	Shea Taylor	34M	29:44	9:35	29:44
70	8	Gwen Ferguson	45F	30:29	9:49	25:06
71	8	Jason Sheldon	33M	30:50	9:56	30:50
72	2	Crystal Sessums	22F	31:04	10:00	28:00
73	6	Jacelyn Chambers	28F	31:20	10:06	28:14
74	5	Caron Blanton	42F	31:25	10:07	26:32
75	9	Christian Lewis	30M	31:46	10:14	31:46
76	10	John Rouse	32M	31:51	10:16	31:51
77	8	Adam Stone	36M	31:59	10:18	31:39
78	7	Robin Ellis	28F	32:10	10:22	28:59
79	8	Susan Moak	28F	32:11	10:22	29:00
80	1	Bob Singletary	72M	32:13	10:23	23:08
81	2	Denise McCray	50F	33:21	10:45	26:15
82	6	Allyson Jones	44F	34:00	10:57	28:14
83	3	Mary Beth Douglas	31F	34:01	10:57	30:39
84	2	Murray Collum	78M	34:53	11:14	23:00
85	1	Megan Hodges	12F	35:58	11:35	29:35
86	3	Cheri Hodges	39F	36:03	11:37	31:12
87	3	Rachel Newton	22F	36:23	11:43	32:47
88	4	Maribeth Wand	23F	36:26	11:44	32:50
89	9	Aisha Reed	29F	36:32	11:46	32:55
90	2	Shawna Tasik	19F	36:52	11:52	33:05
91	5	Rachel Yeager	23F	36:56	11:54	33:17
92	3	Pam Tasik	53F	37:09	11:58	28:25
93	4	Valour Taylor	34F	37:31	12:05	33:47
94	1	Becky Walker	61F	38:11	12:18	26:52
95	5	Ayanna Smith	32F	38:16	12:19	34:29
96	2	Peggy Hampton	57F	40:59	13:12	30:07
97	4	Karen Lister	52F	46:42	15:02	36:04
98	9	John Grice	36M	48:02	15:28	47:32
99	7	Tena Welborn	44F	49:50	16:03	41:22

COMPLETE 5K WALK RESULTS

Place	Name	Age	Time	Pace	Grade
1	Carolyn Graham	48F	32:51	10:35	26:04
2	Bennett Randman	58M	33:10	10:41	27:04
3	Monica Thompson	34F	34:37	11:09	30:32
4	Caesar Hamilton	52M	35:38	11:29	30:38
5	Corey Newton	36M	36:20	11:42	35:06
6	Timothy Cook	37M	36:28	11:45	35:00
7	Tony Wiggins	42M	37:03	11:56	34:22
8	Brenda Briscoe	50F	38:01	12:15	29:40
9	Debra Kinser	53F	38:37	12:26	29:20
10	Martha Keenum	71F	38:46	12:29	24:19
11	Aaron Maggie	34M	38:47	12:29	37:56
12	Shirley G.-McDonald	56F	38:53	12:31	28:44
13	Laura Jones	37F	38:54	12:32	33:36

14	3	Patricia Martin	54F	40:09	12:56	30:13
15	4	Linda Myrick	51F	40:57	13:11	31:40
16	1	Chante Williams	15F	42:20	13:38	35:30
17	2	Merle Ewer	58F	42:21	13:38	30:41
18	1	Cheryl Pardue	64F	43:33	14:02	29:38
19	2	Kasey Britt	18F	43:36	14:02	38:15
20	1	Maribeth Gibson	43F	43:39	14:03	36:04
21	2	Venessia Johnson	47F	43:53	14:08	35:07
22	2	Sandra West	61F	44:03	14:11	30:57
23	1	Hannah Herrington	20F	44:04	14:12	39:43
24	1	Keneshia Anderson	25F	45:10	14:33	40:42
25	2	Brooke Park	29F	45:31	14:40	41:01
26	3	RuthAnn Buckhalter	59F	45:32	14:40	32:40
27	3	Rosemarie McMillon	47F	45:33	14:40	36:27
28	2	Quinn Smith	42M	45:57	14:48	42:38
29	3	Natalie Flanagan	15F	45:57	14:48	38:31
30	4	Megan Campbell	16F	46:06	14:51	39:22
31	2	Michelle Wiggins	40F	46:07	14:51	38:59
32	2	Nital Parrish	30F	46:14	14:53	41:40
33	3	Traci Parrish	42F	47:42	15:22	39:43
34	5	Tinsley Brasher	16F	47:43	15:22	40:44
35	4	Michelle Zebert	41F	48:20	15:34	40:33
36	3	JoAnn Hamm	64F	48:42	15:41	33:09
37	3	Kendra Carter	29F	49:07	15:49	44:16
38	3	Tamara Kendrick	30F	49:28	15:56	44:35
39	1	John Pender	46M	51:19	16:32	46:15
40	2	Sylvia Rieger	73F	51:23	16:33	31:25
41	1	Dewey Rainey	82M	51:24	16:33	31:50
42	6	Ariel Wiggins	15F	52:16	16:50	43:49
43	4	Sandra Wells	45F	54:36	17:35	44:25
44	1	William Vick	17M	55:50	17:59	53:49
45	5	Janet Shores	41F	55:52	17:59	46:52
46	7	Kayla Klabunde	17F	56:20	18:08	48:49
47	2	Trey Serio	15M	56:22	18:09	52:52

COMPLETE ONE MILE RESULTS

Place	Name	Age	Time
1	1	Carson Dean	12M 7:22
2	1	AJ Stone	8M 7:52
3	1	Taylor Bullard	11F 8:13
4	2	Tanner Marble	10M 8:29
5	2	Kailyn Davis	12F 9:03
6	2	Jack Smithsa	9M 9:19
7	3	Will Marble	8M 9:20
8	1	Kamryn Davis	8F 9:43
9	2	Skye Chunn	9F 10:04
10	3	Tori McCray	9F 10:23
11	3	DeVaughn Graves	10M 13:40
12	1	Bekah Woodruff	4F 17:22