

**Slow Poke 5K
Philadelphia, Miss.**

**August 2, 2008
5K Run - Men**

Overall: John Luke Grass 19:00
Masters: Mark Lipking 19:15
Grand Masters: Philip Wedgeworth 22:35
10 & Under: Dalton Gibson 26:11
11-14: Chase Bradley 40:51
15-19: Gus Maples 21:30
20-24: Ray Hudnell 31:44
25-29: Nathan Tadlock 24:00, Matt Ruppert 24:03,
 Jamison Evans 25:26
30-34: Hugh Rush 22:27
35-39: Ray Henderson 21:09, Mark Fuller 26:12, Mike
 Evans 30:53
40-44: Bryan Lagg 19:57, Darren Owens 23:09, Gary
 Ellard 23:47
45-49: Douglas Weaver 22:46
50-54: Wesley Luckey 23:12
55-59: Larry Wagoner 26:50, Frank Barrett 28:30
60-64: James Shaidnagle 29:43, Gary Rivers 33:35
65-69: Thomas Williams 34:33
70 & Over: Jerry Parker 29:22

5K Run - Women

Overall: Vicki Alexander 22:59
Masters: Doris McKinney 27:47
Grand Masters: Martha Reed 33:46
20-24: Sallie Gilbert 27:22
25-29: Nicki Tadlock 25:36, Haley Ruppert 27:37,
 Janet McDonald 40:00
30-34: Bridgett Jolly 23:35, Leslee Long 29:44, Amy
 Parker 31:53
35-39: Lori Busick 35:14, Marsha Ramia 50:40
40-44: Kay Durant 31:06
45-49: MiHyang Faulks 29:34, Gwen Ferguson 33:12,
 Edie Newman 36:54
55-59: Dixie Rivers 34:20

5K Run - Teams

1. Are We Done Yet? 1:02:21

Mark Lipking, Bryan Lagg, Darren Owens

2. PharmPAC Quick Molasses 2:01:37

Ray Hudnell, Edie Newman, Melody Hatampa

5K Walk - Men

Overall: Curtis Fancher 34:23
Masters: Jim Jolley 39:32
Grand Masters: Willie Hamilton 51:20
10 & Under: Josh Ellard 42:22
30-34: Brijesh Patel 47:34
35-39: Vacbahv Mantri 47:36
40-44: Johnnie Bradley 41:59
45-49: Danny Beets 42:40, Allen Herrington 42:47

5K Walk - Women

Overall: Pam Nazary 36:16
Masters: Martha Smith 38:39
Grand Masters: Linda Myrick 37:36
11-14: Hannah Ellard 52:01
25-29: Amanda Ellis 38:02
35-39: Sarah Williams 42:39, Susan Ellard 51:22
40-44: Tena Welborn 50:45, Eloise Williams 55:59
50-54: Marsha Stovall 52:02
55-59: Hilda Striplin 55:00
60-64: Nancy Dykes 45:43
70 & Over: Martha Keenum 38:03

5K Walk Teams

1. The Stumblers Union 1:50:38

Curtis Fancher, Linda Myrick, Martha Smith, Johnnie
 Bradley, Tena Welborn

2. PharmPAC Slow Molasses 2:35:37

Vacbahv Mantri, Marsha Stovall, Eloise Williams

One Mile Fun Run - Male

Overall: Cole Reed 7:26
5 & Under: Conner Long 9:49, Sam Durant 14:40
8-9: Bo Henderson 7:34, Ryan Duneheew 10:59, D.J.
 Watkins 12:16
10-11: Hunter Ketteringham 8:56, carter Wynery
 11:17

One Mile Fun Run - Female

Overall: Haley Grass 9:28
5 & Under: Grace Maxey 14:46, Kelsie Duneheew
 16:12
6-7: Hailey Wilson 11:47
8-9: Kayliegh Long 11:18, Heather Grass 11:24, Katelyn
 Durant 12:57
12-13: Kaylan Duneheew 13:14

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Age Grade
1	John Luke Grass	15M	19:00	6:07	18:08
2	Mark Lipking	49M	19:15	6:12	17:20
3	Bryan Lagg	40M	19:57	6:26	19:12
4	Ray Henderson	38M	21:09	6:49	20:39
5	Gus Maples	16M	21:30	6:56	20:48
6	Hugh Rush	33M	22:27	7:14	22:27
7	Philip Wedgeworth	57M	22:35	7:17	19:01
8	Douglas Weaver	48M	22:46	7:20	20:40
9	Vicki Alexander	48F	22:59	7:24	18:26
10	Darren Owens	43M	23:09	7:28	21:49
11	Wesley Luckey	50M	23:12	7:29	20:44
12	Bridgett Jolly	34F	23:35	7:36	21:14
13	Gary Ellard	40M	23:47	7:40	22:54
14	Nathan Tadlock	29M	24:00	7:44	24:00
15	Matt Ruppert	28M	24:03	7:45	24:03
16	Jamison Evans	28M	25:26	8:12	25:26
17	Nicki Tadlock	25F	25:36	8:15	23:04
18	Dalton Gibson	10M	26:11	8:26	22:15
19	Mark Fuller	39M	26:12	8:26	25:24
20	Larry Wagoner	56M	26:50	8:39	22:48
21	Sallie Gilbert	21F	27:22	8:49	24:40
22	Haley Ruppert	25F	27:37	8:54	24:53
23	Doris McKinney	44F	27:47	8:57	23:04
24	Frank Barrett	57M	28:30	9:11	24:00
25	Jerry Parker	76M	29:22	9:28	19:58
26	MiHyang Faulks	49F	29:24	9:28	23:21
27	James Shaidnagle	62M	29:43	9:34	23:53
28	Leslee Long	31F	29:44	9:35	26:48
29	Mike Evans	38M	30:53	9:57	30:09
30	Kay Aurant	41F	31:06	10:01	26:29
31	Jason McElhenny	37M	31:17	10:05	30:45
32	Ray Hudnell	20M	31:44	10:13	31:44
33	Amy Parker	32F	31:53	10:16	28:44
34	Wendy Woods	34F	31:57	10:18	28:46
35	Gwen Ferguson	45F	33:12	10:42	27:20
36	Gary Rivers	61M	33:35	10:49	27:15
37	Martha Reed	65F	33:46	10:53	22:40
38	Dixie Rivers	59F	34:20	11:04	24:42
39	Kelly Cauthen	30F	34:23	11:05	30:59
40	Thomas Williams	67M	34:33	11:08	26:21
41	Mahlon Smith	42M	34:52	11:14	33:05
42	Lori Busick	35F	35:14	11:21	31:29
43	Edie Newman	47F	36:54	11:53	29:50
44	Janet McDonald	29F	40:00	12:53	36:03
45	Jamie Cherry	25F	40:23	13:00	36:24
46	Chase Bradley	11M	40:51	13:09	35:51
47	Jason Fitzgerald	40M	45:48	14:45	44:05
48	Marsha Ramia	39F	50:40	16:19	43:51
49	Becca Cummins	27F	52:58	17:03	47:44
50	Melody Hatampa	26F	52:59	17:04	47:45

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Age Grade
1	Curtis Fancher	56M	34:23	11:05	28:34
2	Pam Nazary	48F	36:16	11:41	28:47
3	Linda Myrick	51F	37:36	12:07	29:05
4	Amanda Ellis	26F	38:02	12:15	34:17
5	Martha Keenum	71F	38:03	12:15	23:52
6	Martha Smith	47F	38:39	12:27	30:56
7	Jim Jolly	40M	39:32	12:44	37:12
8	Johnnie Bradley	42M	41:59	13:31	38:57
9	Josh Ellard	9M	42:22	13:39	33:55
10	Sarah Williamson	38F	42:39	13:44	36:35
11	Danny Beets	47M	42:40	13:44	38:09
12	Allen Herrington	49M	42:47	13:47	37:40
13	Nancy Dykes	63F	45:43	14:43	31:27
14	Brijesh Patel	33M	47:34	15:19	46:49
15	Vacbahv Mantri	36M	47:36	15:20	45:59
16	Tena Welborn	44F	50:45	16:21	41:36
17	Willie Hamilton	72M	51:20	16:32	36:16
18	Susan Ellard	39F	51:22	16:32	43:44
19	Hannah Ellard	12F	52:01	16:45	40:16
20	Marsha Stovall	54F	52:02	16:45	39:10
21	Hilda Striplin	58F	55:00	17:43	39:50
22	Eloise Williams	44F	55:59	18:02	45:54

COMPLETE ONE MILE RUN RESULTS

Place	Name	Age	Time
1	Cole Reed	9M	7:27
2	Bo Henderson	8M	7:34
3	Hunter Ketteringham	11M	8:56
4	Haley Grass	9F	9:28
5	Conner Long	5M	9:49
6	Ryan Duneheew	9M	10:59
7	Carter Wynery	10M	11:17
8	Kayliegh Long	8F	11:18
9	Heather Grass	9F	11:24
10	Hailey Wilson	6F	11:47
11	D.J. Watkins	8M	12:17
12	Katelyn Durant	8F	12:57
13	Kaylan Duneheew	12F	13:14
14	Sam Durant	4M	14:40
15	Grace Maxey	3F	14:46
16	Kelsie Duneheew	5F	16:12