

**Metro East Church of Christ  
UPLIFTING YOU 5K  
Jackson, Miss.  
January 24, 2009  
5K Run - Men**

**Overall:** Jody Ogletree 20:27  
**Masters:** Bryan Lagg 21:01  
**Grand Masters:** Phillip Wedgeworth 22:01  
**Senior Masters:** James Shaidnagle 28:58  
**20-29:** Chris Godfrey 21:42, Chandler Strain 21:59,  
Owen Sanders 25:08  
**30-39:** Monte Young 23:19, Lorenza Small 25:41, Scott  
Morgan 25:51  
**40-49:** Scott Stringer 21:40, Joseph Bradley 21:51,  
Dominic Jaeger 23:47  
**50-59:** John Baylot 22:59, Eric Weill 23:44, Randy  
Underwood 25:28  
**60-69:** Yale Canfield 30:00  
**70 & Over:** Bob Singletary 33:57

**5K Run - Women**

**Overall:** Teresa Crothers 22:34  
**Masters:** Joni Hutton 29:38  
**Senior Masters:** Cathy Ward 33:40  
**20-29:** Susan Haskins 24:01, Olivia Strain 26:55,  
Aerial Silket 34:13  
**30-39:** Bridgett Jolly 23:50, Rebecca Young 29:18, Sara  
Miller 32:42  
**40-49:** Cynthia Harrington 37:13, Countess Gaitor  
38:30

**5K Walk - Men**

**Overall:** Caesar Hamilton 33:42  
**Masters:** Tony Wiggins 37:07  
**Grand Masters:** Jim Head 47:32  
**30-39:** Rodney Smith 35:53, Corey Newton 36:56,  
Timothy Cook 38:37  
**40-49:** Glyn Trigg 41:01

**5K Walk - Women**

**Overall:** Martha Smith 36:55  
**Masters:** Michelle Niggins 47:46  
**Grand Masters:** Donna Thomas 43:41  
**Senior Masters:** 38:38  
**15-19:** Lararhie Williams 43:22  
**20-29:** Shelita Burns 48:53, Jelania Griffin 53:41,  
LaTisha Jackson 54:00  
**30-39:** Stephanie Purvis 38:27  
**40-49:** Robyn Bowie 48:53, Ruby Dixon 54:32, Dianne  
Joiner 54:33  
**50-59:** Nancy Heard 47:33, Mary Clemons 47:47  
**60 & Over:** Cheryl Pardue 43:42

**One Mile**

**Overall:** Carl Ellis 10:10  
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**COMPLETE 5K RUN RESULTS**

Place	Name	Age	Time	Pace	Grade
1	Jody Ogletree	46M	20:27	6:36	18:28
2	Bryan Lagg	41M	21:01	6:47	19:43
3	Scott Stringer	42M	21:40	7:00	20:11
4	Chris Godfrey	21M	21:42	7:00	21:37
5	Joseph Bradley	49M	21:51	7:03	19:16
6	Chandler Strain	25M	21:59	7:06	21:59
7	Phillip Wedgeworth	57M	22:01	7:07	18:11
8	Teresa Crothers	44F	22:34	7:17	21:07
9	John Baylot	53M	22:59	7:25	19:38
10	Monte Young	30M	23:19	7:32	23:16
11	Eric Weill	53M	23:44	7:40	20:16
12	Dominic Jaeger	44M	23:47	7:41	21:49
13	Bridgett Jolly	34F	23:50	7:42	23:40
14	Susan Hoskins	24F	24:01	7:45	24:01
15	Cullan Crothers	48M	24:24	7:53	21:42
16	Owen Sanders	29M	25:08	8:07	25:07

17	4	Randy Underwood	51M	25:28	8:13	22:06
18	2	Lorenza Small	35M	25:41	8:18	25:09
19	3	Scott Morgan	38M	25:51	8:21	24:48
20	4	Forest Jackson	33M	26:43	8:38	26:25
21	4	Marcus Green	27M	26:51	8:40	26:51
22	2	Olivia Strain	25F	26:55	8:41	26:55
23	7	Phillip Hearn	41M	28:22	9:10	26:37
24	5	Kevin Meyers	32M	28:43	9:16	28:30
25	1	James Shaidnagle	64M	28:58	9:21	22:29
26	2	Rebecca Young	30F	29:18	9:28	29:18
27	2	Joni Hutton	43F	29:38	9:34	27:59
28	1	Yale Canfield	65M	30:00	9:41	23:05
29	5	Scott Price	25M	32:41	10:33	32:41
30	3	Sara Miller	32F	32:42	10:33	32:37
31	4	Kimberly Hayes	36F	33:36	10:51	33:08
32	1	Cathy Ward	61F	33:40	10:52	25:25
33	1	Bob Singletary	73M	33:57	10:58	23:53
34	3	Aerial Silket	25F	34:13	11:03	34:13
35	6	Damon Robinson	33M	34:32	11:09	34:09
36	4	Tawana Taylor	26F	35:38	11:30	35:38
37	8	Steve Hutton	43M	35:38	11:30	32:56
38	3	Cynthia Harrington	47F	37:13	12:01	33:46
39	4	Countess Gaitor	41F	38:30	12:26	36:55
40	5	Charisse Myers	31F	38:35	12:27	38:33

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**COMPLETE 5K WALK RESULTS**

Place	Name	Age	Time	Pace	Grade
1	Caesar Hamilton	53M	33:42	10:53	28:46
2	Rodney Smith	35M	35:53	11:35	35:08
3	Martha Smith	47F	36:55	11:55	33:30
4	Corey Newton	37M	36:56	11:55	35:42
5	Tony Wiggins	43M	37:07	11:59	34:18
6	Stephanie Purvis	30F	38:27	12:25	38:27
7	Timothy Cook	38M	38:37	12:28	37:03
8	Martha Keenum	70F	38:38	12:28	25:23
9	Glyn Trigg	44M	41:01	13:14	37:37
10	Lararhie Williams	16F	43:22	14:00	41:57
11	Donna Thomas	50F	43:41	14:06	38:13
12	Cheryl Pardue	65F	43:42	14:06	31:05
13	Jim Head	51M	47:32	15:20	41:15
14	Nancy Head	50F	47:33	15:21	41:36
15	Michelle Niggins	41F	47:46	15:25	45:48
16	Mary Clemons	58F	47:47	15:25	37:38
17	Robyn Bowie	47F	48:53	15:47	44:21
18	Shelita Burns	24F	48:53	15:47	48:53
19	Jelania Griffin	26F	53:41	17:20	53:41
20	LaTisha Jackson	26F	54:00	17:26	54:00
21	Ruby Dixon	49F	54:32	17:36	48:18
22	Dianne Joiner	49F	54:33	17:36	48:19