

**Metro East Church of Christ  
UPLIFTING YOU 5K  
Jackson, MS  
January 21, 2012  
5K Run - Men**

**Overall:** Michael Ashmead 18:34  
**Masters:** Scott Stringer 18:58  
**Grand Masters:** Mark Lipking 20:22  
**14 & Under:** Michael Malouf III 24:28, Mason Morgan 25:26, Reece Davis 26:59  
**15-19:** Walker Carter 20:51, DeAngelo Qualls 22:17  
**20-29:** Sean McNichol 20:25, Brandon Artiles 26:01, Steven Bush 30:14  
**30-39:** Chris McNeece 19:30, Brady Stewart 32:48  
**40-49:** Jody Ogletree 19:05, Bryan Lagg 19:55, Stephen Hornaday 24:56  
**50-59:** Wilton Jackson 24:43, Bobby Harrell 28:32, Wilson Cunningham 29:24  
**60-69:** Tom Shuff 29:33, David Stone 37:05

**5K Run - Women**

**Overall:** Dawn Polo 22:46  
**Masters:** Christal Porter 33:11  
**Grand Masters:** Chantay Steen 26:44  
**14 & Under:** Ellie Claybrook 31:56  
**15-19:** Shakeela Harris 41:32, Carnel Wright 46:34  
**20-29:** Jewel Hillery 26:29, Lauren McIntosh 29:45, Nikki Hession 30:54  
**30-39:** Sonja Nicholas 25:18, Lanesha Sims 26:37, Rachel May 33:03  
**40-49:** Rashina Cleveland 37:32, Joann Carruth 44:59, Sharon Lofton 49:09  
**50-59:** Karen Gaudet 32:26, Jackie Jackson 39:30, Mary McCray 45:56

**Walk - Men**

**Overall:** Bennett Randman 33:28  
**Masters:** Paul Williams 38:55  
**Grand Masters:** Larry Sykes 35:40  
**40-49:** Glyn Trigg 43:54  
**50-59:** Charles Atkins 36:53  
**70 & Over:** Buddy McKay 43:12, Frank McRae 55:32

**5K Walk - Women**

**Overall:** Hannah Rubin 35:30  
**Masters:** Stephanie Gilmore 41:04  
**Grand Masters:** Martha Keenum 39:05  
**15-19:** Hannah Gilmore 48:25, raquel Wright 1:00:11  
**20-29:** Kira Berch 38:37, Terri Hosford 52:28, Stahalk Mella 1:00:12  
**30-39:** Christine Watson 36:13, Aleys Bankston 47:49, Melissa Martin 52:27  
**40-49:** Christie Huddleston 42:08, Sabrina Williams 43:54, Susan Hall 45:13  
**60 & Over:** Sylvia Rieger 55:31

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**COMPLETE 5K RUN RESULTS**

Place	Name	Age	Time	Pace	Grade
1	1 Michael Ashmead	30M	18:34	6:00	18:32
2	1 Scott Stringer	45M	18:58	6:08	17:16
3	2 Jody Ogletree	49M	19:05	6:10	16:50
4	2 Chris McNeece	30M	19:30	6:18	19:28
5	3 Bryan Lagg	44M	19:55	6:26	18:16
6	1 Mark Lipking	53M	20:22	6:35	17:24
7	1 Sean McNichol	26M	21:25	6:55	21:25
8	1 Walker Carter	15M	21:51	7:03	20:15
9	2 DeAngelo Qualls	18M	22:17	7:12	21:33
10	1 Dawn Polo	48F	22:46	7:21	20:25
11	1 Michael Malouf III	11M	24:28	7:54	20:39
12	2 Wilton Jackson	53M	24:43	7:59	21:06
13	4 Stephen Hornaday	42M	24:56	8:03	23:13
14	1 Sonja Nicholas	33F	25:18	8:10	25:12
15	2 Mason Morgan	10M	25:26	8:13	20:47
16	5 Bill Colvin	41M	25:36	8:16	24:01
17	6 Mike Malouf, Jr.	42M	25:42	8:18	23:56

18	2 Brandon Artiles	28M	26:01	8:24	26:01
19	7 Marko Horn	43M	26:09	8:27	24:10
20	1 Jewell Hillery	27F	26:29	8:33	26:29
21	2 Lanesha Sims	31F	26:37	8:36	26:36
22	1 Chantay Steen	50F	26:44	8:38	23:24
23	3 Reece Davis	11M	26:59	8:43	22:46
24	3 Bobby Harrell	52M	28:32	9:13	24:34
25	4 Wilson Cunningham	53M	29:24	9:30	25:06
26	8 Scott Carter	48M	29:31	9:32	26:15
27	1 Tom Shuff	65M	29:33	9:32	22:44
28	2 Lauren McIntosh	28F	29:45	9:36	29:45
29	3 Steven Bush	27M	30:14	9:46	30:14
30	3 Nikki Hession	21F	30:54	9:59	30:54
31	4 Chance Hession	24M	30:55	9:59	30:55
32	5 Steve Spell	54M	31:38	10:13	26:47
33	9 Chris Claybrook	42M	31:51	10:17	29:40
34	1 Ellie Claybrook	9F	31:56	10:19	26:56
35	4 Rebecca Little	29F	32:01	10:20	32:01
36	2 Karen Gaudet	53F	32:26	10:28	27:19
37	3 Brady Stewart	39M	32:48	10:35	31:14
38	3 Rachel May	32F	33:03	10:40	32:58
39	2 Christal Porter	48F	33:11	10:43	29:45
40	5 Allyson Jones	25F	33:27	10:48	33:27
41	4 Kimberly Warfield	39F	34:05	11:00	33:07
42	5 Octavia Moore	30F	34:55	11:16	34:55
43	6 Julie Hornaday	37F	36:42	11:51	36:02
44	2 David Stone	64M	37:05	11:58	28:47
45	3 Rashina Cleveland	41F	37:32	12:07	35:59
46	7 Dawne Taylor	31F	38:21	12:23	38:19
47	8 LeQuita Sanders	38F	38:38	12:28	37:45
48	3 Jackie Jackson	50F	39:30	12:45	34:34
49	9 Naomi Muhammad	35F	40:31	13:05	40:06
50	Vicki Gamble	F	40:54	13:12	40:54
51	1 Shakeela Harris	19F	41:32	13:24	41:23
52	5 Michael Young	20M	43:11	13:56	42:44
53	10 Heather Woods	35F	44:02	14:13	43:35
54	11 Kimberly Burney	39F	44:41	14:25	43:25
55	4 Joann Carruth	49F	44:59	14:31	39:51
56	6 Brittany Carruth	20F	44:59	14:31	44:58
57	4 Mary McCray	51F	45:56	14:50	39:41
58	2 Carnel Wright	19F	46:34	15:02	46:24
59	6 Jamaal McCoy	21M	46:36	15:02	46:26
60	5 Sharon Lofton	40F	49:09	15:52	47:27
61	7 Sherika Magee	29F	50:49	16:24	50:49

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**COMPLETE 5K WALK RESULTS**

Place	Name	Age	Time	Pace	Grade
1	1 Bennett Randman	62M	33:28	10:48	26:27
2	1 Hannah Rubin	14F	35:30	11:28	33:27
3	2 Larry Sykes	67M	35:40	11:31	26:56
4	1 Christine Watson	36F	36:13	11:41	35:43
5	1 Charles Atkins	55M	36:53	11:54	30:58
6	1 Kira Berch	29F	38:37	12:28	38:37
7	1 Paul Williams	44M	38:55	12:34	35:41
8	1 Martha Keenum	75F	39:05	12:37	23:33
9	1 Stephanie Gilmore	47F	41:04	13:15	37:16
10	2 Christie Huddleston	41F	42:08	13:36	40:24
11	1 Buddy McKay	72M	42:12	13:37	30:07
12	2 Glyn Trigg	47M	43:12	13:57	38:42
13	3 Sabrina Williams	41F	43:54	14:10	42:06
14	4 Susan Hall	49F	45:13	14:36	40:03
15	5 Nicholl Dobbins	41F	46:03	14:52	44:09
16	2 Aleys Bankston	35F	47:49	15:26	47:20
17	1 Hannah Gilmore	18F	48:25	15:38	47:54
18	6 Mary Lee Rodgers	41F	48:26	15:38	46:26
19	2 Mike Bankston	57M	51:14	16:32	42:18
20	3 Melissa Martin	33F	52:27	16:56	52:13
21	2 Terri Hosford	24F	52:28	16:56	52:28
22	2 Sylvia Rieger	77F	55:31	17:55	32:14
23	2 Frank McRae	74M	55:32	17:55	38:27
24	2 Raquel Wright	19F	60:11	19:25	59:57
25	3 Stahalk Mella	26F	60:12	19:26	60:12