

**Twisted Family Fitness
SUPER HERO RUN/WALK
July 21, 2018
Jackson, Miss.
5K Run - Men**

Overall: Alex Davis 21:12
19 & Under: Javion Cross 28:21, Allan Allen 40:59
20-29: Logan Williamson 21:20, T.J. Martindale 29:00,
 Randy McCoy 30:51
30-39: Alando Grant 23:00, Josue Pierre 23:56,
 Zondarius Sims 27:51
40-49: Sherrid Griffin, Jr. 26:15
50-59: Curtis Myers 26:12
60-69: Barry Boudreaux 28:40

5K Run - Women

Overall: Macauley Sanders 24:41
19 & Under: Madori Allen 32:09
20-29: Arielle Moss 32:18, Yneka Myers 35:00
30-39: Meagan Cross 33:18
40-49: Krisha Dyse 31:03, Marie Allen 40:58
50-59: Chris William 28:43
60-69: Rowena Burke 32:20

5K Walk - Men

Overall: Ron Roma 32:51
50-59: Thomas Sharkey 35:26, Alexander Martin 40:29
60-69: Roger Wiseman 39:41
70 & Over: Eugene Pennington 35:50, D.P.
 Scarborough

5K Walk - Women

Overall: Quinn Anyanwu 47:48
30-39: Shanna Travis 54:26
40-49: Ladonna Bell 54:25, Nicole Tyler 54:27
50-59: Deanna Boyles 52:13
70 & Over: Sylvia Rieger 52:11

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Grade
1	1 Alex Davis	23M	21:12	6:51	21:12
2	2 Logan Williamson	21M	21:20	6:53	21:15
3	1 Alanda Grant	39M	23:00	7:26	21:54
4	2 Josue Pierre	39M	23:56	7:44	22:48
5	1 Macauley Sanders	24F	24:41	7:58	24:41
6	1 Curtis Myers	54M	26:12	8:28	22:11
7	1 Sherrid Griffin, Jr.	45M	26:15	8:29	23:54
8	3 Zondarius Sims	33M	27:51	9:00	27:32
9	1 Javion Cross	12M	28:21	9:09	24:36
10	1 Barry Boudreaux	66M	28:40	9:15	21:51
11	1 Chris Williams	52F	28:43	9:16	24:30
12	3 T.J. Martindale	22M	29:00	9:22	29:00
13	4 Randy McCoy	28M	30:51	9:58	30:51
14	1 Kisha Dyse	41F	31:03	10:01	29:47
15	1 Midori Allen	10F	32:09	10:23	27:54
16	2 Arielle Moss	28F	32:18	10:26	32:18
17	1 Rowena Burke	63F	32:20	10:26	23:43
18	1 Meagan Cross	30F	33:18	10:45	33:18
19	3 Yneka Myers	22F	35:00	11:18	35:00
20	2 Marie Allen	44F	40:58	13:13	38:20
21	2 Allan Allen	9M	40:59	13:14	32:20

COMPLETE 5K WALK RESULTS

Place	Name	Age	Time	Pace	Grade
1	1 Ronald Roma	64M	32:51	10:36	25:30
2	1 Thomas Sharkey	58M	35:26	11:26	29:00
3	1 Eugene Pennington	74M	35:50	11:34	24:49
4	2 D.P. Scarborough	74M	39:16	12:40	27:12
5	2 Roger Wiseman	63M	39:41	12:49	31:05
6	2 Alexander Martin	59M	40:29	13:04	32:51
7	1 Quinn Anyanwu	35F	47:48	15:26	47:19
8	3 Sylvia Rieger	83F	52:11	16:50	26:23
9	1 Deanna Boyles	50F	52:13	16:51	45:41
10	1 Ladonna Bell	45F	54:25	17:34	50:26

11	2	Shanna Travis	37F	54:26	17:34	53:26
12	2	Nicole Tyler	45F	54:27	17:34	50:28