

2014 Spring Good 4 You 5k - for employees and families of NHRMC
May 18, 2014 - Employee Wellness Center - Barclay Commons
8:00 am, Sunny - Temp: 64F

Top Male Overall

Place	Bib #	Name	Time	Pace	Age	City	State
1	139	NATHAN SUDDUTH	17:56.2	5:47	17	Wilmington	NC

Top Female Overall

Place	Bib #	Name	Time	Pace	Age	City	State
1	93	Trista Nicosia	22:37.5	7:18	40	Wilmington	NC

Male 14 and under in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	49	Shaun Gizdic	23:15.6	7:30	13	Wilmington	NC
2	55	Rogan Heath	26:06.7	8:25	11	Wilmington	NC
3	200	Ryan Boyette	26:15.6	8:28	14	Wilmington	NC
4	140	Addison Tartt	27:18.0	8:48	12	Wilmington	NC
5	43	Carson Fisher	28:29.2	9:11	10	Wilmington	NC
6	44	Justin Fisher	47:13.5	15:14	14	Wilmington	NC
7	87	Tyon Miles	50:01.8	16:08	8	Wilmington	NC
8	88	Zyon Miles	51:06.4	16:29	8	Wilmington	NC

Male 15-19 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	138	COHL SUDDUTH	23:11.1	7:29	15	Wilmington	NC
2	142	Wesley Tartt	31:06.5	10:02	15	Wilmington	NC
3	152	Joshua Tinch	32:42.6	10:33	15	Wilmington	NC

Male 20-24 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	84	Wes Mickler	20:15.3	6:32	24	Wilmington	NC
2	91	Chase Needham	21:47.5	7:02	24	Wilmington	NC

Male 25-29 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	45	Ian Flannery	19:34.6	6:19	27	Wilmington	NC
2	171	Jason Windham	31:07.3	10:02	27	Wilmington	NC

Male 30-34 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	59	Christopher Hidalgo	19:44.5	6:22	34	Wilmington	NC

2	146	Paul Theiss	22:13.0	7:10	30	Wilmington	NC
3	95	DEAN OLLINGER	29:16.9	9:26	34	Wilmington	NC
4	136	James Stacey	29:18.4	9:27	34	Wilmington	NC
5	85	Christopher Miles	31:49.8	10:16	30	Wilmington	NC
6	168	Chad Wilson	46:56.9	15:08	30	Wilmington	NC

Male 35-39 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	117	Rob Reynolds	19:49.5	6:24	37	Wilmington	NC
2	169	Tim Wilson	29:50.3	9:37	39	Wilmington	NC
3	125	Jason Roy	37:20.1	12:03	35	Wilmington	NC

Male 40-44 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	38	Chris Egger	21:31.3	6:56	44	Wilmington	NC
2	48	John Gizdic	23:17.0	7:31	44	Wilmington	NC
3	106	Perry Pence	32:28.0	10:28	43	Wilmington	NC

Male 45-49 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	80	Waverly Manley	26:17.9	8:29	49	Wilmington	NC
2	21	David Clawson	30:04.8	9:42	49	Wilmington	NC
3	133	Lanny Scott	30:13.7	9:45	46	Wilmington	NC
4	90	James Moore III	30:20.0	9:47	46	Wilmington	NC
5	162	Carl Wells	34:47.9	11:13	49	Wilmington	NC
6	151	Tim Tinch	35:28.0	11:26	46	Wilmington	NC

Male 50-54 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	18	Bart Canny	24:20.9	7:51	51	Wilmington	NC
2	67	James Juma	33:54.8	10:56	53	Wilmington	NC

Male 60-64 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	81	Bob McBride	39:29.7	12:44	61	Wilmington	NC

Female 14 and under in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	17	Lauren Butz	25:11.0	8:07	14	Wilmington	NC
2	180	Jolissa Burney	42:27.0	13:42	14	Shalotte	NC
3	52	Isabella Hamilton	50:13.7	16:12	7	Wilmington	NC

Female 20-24 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	163	Stephanie Wells	25:42.5	8:17	22	Wilmington	NC
2	11	Morgan Bobb	28:32.1	9:12	24	Wilmington	NC
3	66	Shaneikwa Jones	42:26.6	13:41	21	Wilmington	NC

4	143	Jennifer Tate	55:25.3	17:53	23	Wilmington	NC
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Female 25-29 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	110	KATELYN POWELL	23:16.9	7:30	25	Wilmington	NC
2	47	Christa Fullwood	23:59.7	7:44	26	Wilmington	NC
3	62	Erin Hooker	28:33.9	9:13	28	Wilmington	NC
4	156	Katie Trapp	29:11.5	9:25	26	Wilmington	NC
5	145	Melinda Theiss	30:40.4	9:54	28	Wilmington	NC
6	170	Christen Windham	33:32.9	10:49	25	Wilmington	NC
7	96	Becca Owens	34:16.9	11:03	26	Wilmington	NC
8	56	Regina Henderson	35:52.9	11:34	27	Wilmington	NC
9	179	Katherine Wall	36:08.9	11:39	26	Wilmington	NC

Female 30-34 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	68	Lesly Jurado	23:05.9	7:27	31	Wilmington	NC
2	50	Leah Greer	31:41.8	10:13	33	Wilmington	NC
3	127	Lori Roy	32:35.6	10:31	32	Wilmington	NC
4	94	Kim Olinger	34:07.4	11:00	34	Wilmington	NC
5	27	KATRINA DAVIS	46:11.9	14:54	33	Wilmington	NC

Female 35-39 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	116	Ginger Reynolds	26:25.6	8:31	36	Wilmington	NC
2	76	Tracy Long	26:26.3	8:32	36	Wilmington	NC
3	54	Katie Healey	26:41.4	8:36	39	Wilmington	NC
4	134	Suzanne Shelton	27:41.4	8:56	38	Wilmington	NC
5	167	Keri Willmann	29:33.9	9:32	36	Wilmington	NC
6	34	Dawn Dunn	31:16.3	10:05	35	Wilmington	NC
7	150	Missy Tinch	35:27.8	11:26	37	Wilmington	NC
8	137	Tamara Stubbs	37:05.6	11:58	38	Wilmington	NC
9	86	La Tonya Miles	49:55.5	16:06	35	Wilmington	NC

Female 40-44 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	176	Heather Thornton	27:41.6	8:56	41	Wilmington	NC
2	12	MELISSA BOYETTE	30:33.5	9:51	41	Wilmington	NC
3	16	Jennifer Butz	31:22.1	10:07	40	Wilmington	NC
4	181	Melissa Albertson	36:00.4	11:37	44	Beulaville	NC
5	166	Bridgette Williams	40:17.9	12:59	43	Wilmington	NC
6	74	Amy Lafave	45:29.6	14:40	42	Wilmington	NC
7	24	tiese clemmoms	50:13.7	16:12	43	Wilmington	NC
8	141	LaDonna Tartt	56:15.5	18:09	41	Wilmington	NC

Female 45-49 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
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1	173	Rebecca Zumpe	27:38.2	8:55	49	Wilmington	NC
2	183	Fran Wilcox	31:31.8	10:10	49	Wilmington	NC
3	92	Li Nichols	36:54.3	11:54	45	Wilmington	NC
4	46	Beth Fullwood	39:42.5	12:48	48	Wilmington	NC

Female 50-54 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	15	Martha Brophy	28:13.8	9:06	51	Wilmington	NC
2	23	Polly Clawson	28:43.9	9:16	51	Wilmington	NC
3	155	Cheryl Trapp	29:11.8	9:25	54	Wilmington	NC
4	28	Polly Decker	29:16.3	9:26	50	Wilmington	NC
5	161	Ann Wells	34:47.3	11:13	51	Wilmington	NC
6	178	Rillia Green	36:22.6	11:44	50	Wilmington	NC
7	64	Glenda Howard	41:57.5	13:32	52	Wilmington	NC
8	1	Christine Addington	43:22.6	13:59	52	Wilmington	NC
9	63	Mary Pat Hooker	44:01.0	14:12	53	Wilmington	NC
10	5	BETH BAKER	45:24.8	14:39	54	Wilmington	NC
11	61	TONI HOLLIDAY	50:13.5	16:12	51	Wilmington	NC
12	144	Wendy Tate	55:44.1	17:59	50	Wilmington	NC

Female 55-59 in division 5K

Place	Bib #	Name	Time	Pace	Age	City	State
1	182	Sharon Meizen	36:52.2	11:54	56	Wilmington	NC
2	89	Barbara Mintz	50:14.0	16:12	59	Wilmington	NC
3	120	Cindy Rice	56:15.8	18:09	55	Wilmington	NC