

NHRMC Good 4 You 5K October 2017 Results 10/14/2017 9:35:20 AM

Position	Bib	Name	Finish	Pace	Gender	Age	City	State
5K TOP MALES OVERALL based on Gun Elapsed time								
1	196	Tom Norris	18:36.1	6:00	M	51		NC
5K TOP FEMALES OVERALL based on Gun Elapsed time								
1	233	ELIZABETH HINSHAW	21:59.7	7:05	F	43	WILMINGTON	NC
5K MALE 14 AND UNDER - based on Gun Elapsed time								
1	248	DAVIS HINSHAW	23:47.0	7:40	M	11	WILMINGTON	NC
2	246	Ethan Penberthy	25:00.9	8:04	M	8		NC
3	96	Landon Bennett	26:55.4	8:41	M	8	Leland	NC
4	260	Brayden Gilchrist	28:24.0	9:10	M	12	Wilmington	NC
5	1994	Cole Daniels	28:57.0	9:20	M	11		NC
6	1990	Jackson Combs	31:50.7	10:16	M	13	Rocky Point	NC
7	219	KYLAN STAVERMAN	43:28.9	14:01	M	8	WILMINGTON	NC
8	209	Percival Silas	47:46.1	15:25	M	2	Wilmington	NC
5K MALE 15-19 - based on Gun Elapsed time								
1	131	Issac Hall	18:44.9	6:03	M	17	Southport	NC
2	227	Mathis Turner	21:30.4	6:56	M	19	Wilmington	NC
5K MALE 20-24 - based on Gun Elapsed time								
1	167	Duncan Lowenthal	38:30.9	12:25	M	22	sneads ferry	NC
5K MALE 25-29 - based on Gun Elapsed time								
1	239	Justin Aaron	22:43.4	7:20	M	27	Wilmington	NC
2	164	Derek Long	28:32.6	9:12	M	29	Wilmington	NC
3	1979	Alexander Coffiey	37:33.6	12:07	M	25		NC
5K MALE 30-34 - based on Gun Elapsed time								
1	1997	Doug DeGroote	18:52.8	6:05	M	34	Carolina Beach	NC
2	250	STEVEN NAKAJIMA	21:47.6	7:02	M	30	WILMINGTON	NC
3	238	Paul Theiss	22:14.1	7:10	M	33		NC
4	204	Eddie Seijo	25:33.1	8:15	M	30	Wilmington	NC
5	197	Ronnie Orban	27:31.0	8:53	M	34		NC
6	98	Andrew Benton	27:31.6	8:53	M	32	Wilmington	NC
7	153	Matt Jordan	28:36.4	9:14	M	34	Wilmington	NC
5K MALE 35-39 - based on Gun Elapsed time								
1	117	David Figgins	34:41.7	11:11	M	35		NC

Position	Bib	Name	Finish	Pace	Gender	Age	City	State
2	142	Gerryl Holmes	40:59.2	13:13	M	36	Rocky Point	NC
3	263	JAMES FAISON	49:54.4	16:06	M	35	Riegelwood	NC
5K MALE 40-44 - based on Gun Elapsed time								
1	203	Rob Reynolds	19:47.3	6:23	M	40		NC
2	144	Peter Holmes	23:22.7	7:32	M	43		NC
3	230	Marty Longbottom	23:33.0	7:36	M	43	Wilmington	NC
4	195	Daryl Norris	24:38.7	7:57	M	42		NC
5	225	Adam Tonn	29:27.1	9:30	M	40		NC
6	180	Tony Merritt	34:40.9	11:11	M	41	Wilmington	NC
7	125	James Gilchrist	43:43.3	14:06	M	40	Wilmington	NC
5K MALE 45-49 - based on Gun Elapsed time								
1	200	Paul Penberthy	23:32.0	7:35	M	45	Wilmington	NC
2	253	LENNY LUSCHER	24:47.4	8:00	M	47	WILMINGTON	NC
3	163	David Long	28:08.5	9:05	M	45	Belville	NC
4	228	Michael Voorheis	32:07.1	10:22	M	46		NC
5	254	JAMES BREKHUS	36:20.4	11:43	M	47	WILMINGTON	NC
5K MALE 50-54 - based on Gun Elapsed time								
1	206	Scott Settle	32:02.5	10:20	M	50	Castle Hayne	NC
2	259	STEVE BOEHLINS	33:11.7	10:42	M	52	WILMINGTON	NC
3	1951	David Brown	36:13.8	11:41	M	53	Wilmington	NC
4	192	Timothy Myers	42:52.5	13:50	M	53	Leland	NC
5K MALE 55-59 - based on Gun Elapsed time								
1	199	David Parks	32:20.4	10:26	M	59	Wilmington	NC
5K MALE 60-64 - based on Gun Elapsed time								
1	1948	Edward Brophy	25:46.5	8:19	M	62	Wilmington	NC
2	146	Lawrence Hughes	32:17.4	10:25	M	61	Wilmington	NC
5K MALE 65+ - based on Gun Elapsed time								
1	158	David Kirk	25:03.2	8:05	M	65	Castle Hayne	NC
5K FEMALE 14 AND UNDER - based on Gun Elapsed time								
1	232	Lauren Longbottom	27:43.8	8:56	F	13	Wilmington	NC
2	1970	Lilly Cannady	34:07.3	11:00	F	10		NC
3	143	Nilah Holmes	40:59.0	13:13	F	12	Rocky Point	NC
4	262	Kinley Gilchrist	42:25.5	13:41	F	8	Wilmington	NC
5	210	Sonia Silas	43:43.4	14:06	F	9	Wilmington	NC
6	207	Alea Silas	46:20.1	14:57	F	7	Wilmington	NC

Position	Bib	Name	Finish	Pace	Gender	Age	City	State
7	212	Nina Sketers	48:51.2	15:45	F	10	Riegelwood	NC
5K FEMALE 15-19 - based on Gun Elapsed time								
1	170	Zaida Marquis	31:47.4	10:15	F	15	Wilmington	NC
2	1968	Kristian Cannady	36:10.3	11:40	F	18		NC
3	156	Keirah Kelley	49:32.7	15:59	F	15	Wilmington	NC
4	258	SARA BANKI	53:49.3	17:22	F	17	WILMINGTON	NC
5K FEMALE 20-24 - based on Gun Elapsed time								
1	169	Rachel Luscher	25:07.7	8:06	F	20		NC
2	168	Samantha Lowenthal	40:04.1	12:55	F	22	sneads ferry	NC
5K FEMALE 25-29 - based on Gun Elapsed time								
1	255	JENNA CHILDS	23:31.6	7:35	F	27	WILMINGTON	NC
2	4454	Danielle Wright	23:48.4	7:41	F	28		NC
3	151	Lindsey Jones	24:06.0	7:46	F	26	Wilmington	NC
4	136	Morgan Heffernan	24:28.0	7:54	F	28	Wilmington	NC
5	231	Katie Long	26:18.9	8:29	F	27	Wilmington	NC
6	247	Kate Mo	27:53.4	9:00	F	28	Wilmington	NC
7	205	Elizabeth Seijo	28:39.6	9:15	F	29	Wilmington	NC
8	89	Katie Beckstead	32:50.4	10:35	F	29	Wilmington	NC
9	1986	Melissa Coffey	37:33.4	12:07	F	26		NC
5K FEMALE 30-34 - based on Gun Elapsed time								
1	112	Erin Escarsega	22:55.9	7:24	F	34	Leland	NC
2	226	Stephanie Tucker	27:32.9	8:53	F	32	Wilmington	NC
3	249	CAROLYN HEATH	27:44.3	8:57	F	34	LELAND	NC
4	133	LORI HARRISON	28:22.0	9:09	F	31	WILMINGTON	NC
5	152	Dory Jordan	28:36.0	9:14	F	32	Wilmington	NC
6	198	Meghan Owen	32:14.2	10:24	F	33	Wilmington	NC
7	1992	Kayleen Daly	32:14.4	10:24	F	32		NC
8	1977	McKenna Clark	32:14.8	10:24	F	30	Leland	NC
9	149	Shirin Jenkins	33:30.3	10:48	F	31	Wilmington	NC
10	123	Marie Gephart	44:58.1	14:30	F	33	Wilmington	NC
11	127	Jessica Gray	49:45.9	16:03	F	31		NC
12	115	Mary Faison	49:54.4	16:06	F	34	Riegelwood	NC
13	237	Lugenia Beatty	50:26.8	16:16	F	30	Rocky Point	NC
5K FEMALE 35-39 - based on Gun Elapsed time								
1	17	Emily Alderman	24:17.3	7:50	F	37		NC
2	213	JENNIFER SMITH	26:11.5	8:27	F	35	HAMPSTEAD	NC
3	4453	Cathy Wright	30:21.2	9:47	F	37	Wilmington	NC
4	129	Lindsay Griffith	30:43.8	9:55	F	37	Winnabow	NC
5	95	Jennifer Bennett	32:02.0	10:20	F	36	Leland	NC

Position	Bib	Name	Finish	Pace	Gender	Age	City	State
6	116	Beth Figgins	32:14.9	10:24	F	36		NC
7	4451	Sarah Worley	32:32.3	10:30	F	37	Wilmington	NC
8	1976	MICHAELA CIZNAROVA	32:37.2	10:31	F	38	wilmington	NC
9	224	Amanda Teague	34:46.9	11:13	F	37	Wilmington	NC
10	1972	Nicole Cannady	36:10.2	11:40	F	35		NC
11	4436	Keri Willmann	36:44.5	11:51	F	39	Leland	NC
12	1991	Jessica Combs	38:25.3	12:24	F	35	Rocky Point	NC
13	256	MARY NGANGA	43:33.6	14:03	F	37	WILMINGTON	NC
14	208	Kimberly Silas	47:46.3	15:25	F	36	Wilmington	NC
15	145	Shante Holmes	50:24.8	16:15	F	35	Rocky Point	NC
16	86	Dorothy Beatty	50:27.4	16:16	F	39	Burgaw	NC

5K FEMALE 40-44 - based on Gun Elapsed time

1	215	Laura Spalding	32:40.8	10:32	F	41	Winnabow	NC
2	138	Beth Hicks	32:56.0	10:37	F	43	Shallotte	NC
3	4437	Letitia Wisecup	33:50.1	10:55	F	42	Wilmington	NC
4	261	Shannon Gilchrist	42:27.8	13:42	F	43	Wilmington	NC
5	257	KIANO BANKI	45:14.7	14:35	F	40	WILMINGTON	NC
6	130	Annette Hall	52:49.2	17:02	F	40	Riegelwood	NC
7	132	Jeanette Hall	58:09.2	18:45	F	42	Southport	NC

5K FEMALE 45-49 - based on Gun Elapsed time

1	251	KATHRYN NIXON	25:03.0	8:05	F	47	WILMINGTON	NC
2	154	WENDY JOYNER	28:36.0	9:14	F	45		NC
3	161	Carrie Leger	33:03.0	10:40	F	46	LELAND	NC
4	194	Charlotte Norris	34:31.4	11:08	F	47		NC
5	223	Donna Sweetman	40:34.7	13:05	F	49	Wilmington	NC
6	1662	Natalie Boehling	42:24.2	13:41	F	49	Wilmington	NC
7	174	Amy McGowan	46:55.8	15:08	F	46	wilmington	NC
8	252	LAURIE HUTCHINS	48:12.8	15:33	F	49	WILMINGTON	NC
9	178	peggy mcleod	49:36.2	16:00	F	46	rocky point	NC
10	122	Daphine Ganey	55:40.8	17:57	F	46	Burgaw	NC
11	121	Daphine Ganey	55:43.0	17:58	F	46	Burgaw	NC

5K FEMALE 50-54 - based on Gun Elapsed time

1	1950	Martha Brophy	28:53.7	9:19	F	54	Wilmington	NC
2	1996	Polly Decker	29:04.5	9:23	F	53		NC
3	201	Theresa Perry	29:22.3	9:28	F	54	Winnabow	NC
4	91	Rita Beckwith	35:45.4	11:32	F	54	Wilmington	NC
5	120	Beth Fullwood	38:52.5	12:32	F	52		NC
6	242	Rillia Green	51:46.9	16:42	F	54	Wilmington	NC

5K FEMALE 55-59 - based on Gun Elapsed time

1	13	Annette Adrian	25:54.9	8:21	F	55		NC
2	63	Evelyn Ashby	38:07.1	12:18	F	59	Wilmington	NC

Position	Bib	Name	Finish	Pace	Gender	Age	City	State
3	4426	april whitney-upchurch	46:55.4	15:08	F	57	Hampstead	NC
4	148	Audrey James	50:24.7	16:15	F	58	Wilmington	NC
5	235	Susan Everett	55:44.0	17:59	F	57	Wilmington	NC

5K FEMALE 60-64 - based on Gun Elapsed time

1	141	Cheryl Holmes	34:25.3	11:06	F	61	Wilmington	NC
---	-----	---------------	---------	-------	---	----	------------	----

5K FEMALE 65+ - based on Gun Elapsed time

1	245	Bonnie Frasier	34:40.0	11:11	F	68	Wilmington	NC
2	140	PATTY HOCHWALT	40:04.5	12:55	F	65	Leland	NC