

Get off the Couch 5k

Age Group Results

Race Date

October 22, 2016

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	HOLLY PASTOR		42	544	7	24:09.4	7:47/M

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	KENYRIK ALEXIS	Grayson GA	49	504	1	18:31.0	5:58/M

Female Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	REBECCA SWANN		44	555	10	25:14.2	8:08/M

Male Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Matt Parker		51	603	2	21:54.8	7:04/M

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Female 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	LAURA MARTIN		9	532	62	42:32.4	13:43/M

Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	VIRGINIA PASTOR		12	546	13	27:29.7	8:52/M
2	REBEKAH SCOTT		12	587	25	29:22.5	9:28/M
3	MORGAN PASTOR		14	545	49	38:07.0	12:18/M
4	MADELLY CLARKE		11	569	61	42:17.0	13:38/M
5	ABIGAIL TOUSSAINT		13	556	72	45:33.4	14:42/M

Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	COLIN FRENCH		13	521	8	24:56.4	8:03/M
2	TREY MESSER		14	538	12	25:36.1	8:15/M
3	PEYTON SHELTON		11	552	19	28:34.4	9:13/M
4	ANDREW DONNELLY		11	513	21	28:57.6	9:20/M
5	Tyler Phillips	Suwanee GA	11	605	41	34:00.2	10:58/M
6	Mason Mccre		11	607	42	34:01.3	10:58/M
7	CHRISTIAN AZOR		14	505	46	36:09.2	11:40/M
8	EVAN THOMPSON		12	591	54	39:21.2	12:42/M
9	RYAN MARTIN		11	533	55	39:25.2	12:43/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	GAVYN PIET		15	547	3	22:08.8	7:08/M
2	STUDENT ONE		15	584	4	23:08.3	7:28/M
3	TASKAR FRENCH		15	524	5	23:09.7	7:28/M
4	STUDENT TWO		15	592	24	29:20.1	9:28/M
5	JOSHUA MESSER		16	537	67	43:22.0	13:59/M
6	ANTHONY FRENCH		17	520	84	54:21.7	17:32/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	MEGAN MCCOY		24	581	27	29:53.4	9:38/M
2	AMANDA WARD		24	560	83	54:20.3	17:32/M

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Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	DEVON ROORDA		23	604	6	23:59.5	7:44/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Betsy Hanner		29	606	68	43:45.1	14:07/M
2	CARRIE HARRISON		28	573	69	43:46.4	14:07/M
3	Rachel Erikson		27	609	70	43:48.0	14:08/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	WHITNEY RICKER		33	586	28	29:56.3	9:39/M
2	SHAVONNA MAXWELL		31	580	48	36:57.2	11:55/M
3	EMILY GONZALEZ		30	525	51	38:18.1	12:21/M
4	ZUNILA WESTCOTT		30	597	59	42:04.2	13:34/M
5	DAPHANE FORBES		33	599	66	43:09.5	13:55/M
6	CANDICE HOOVER		32	528	75	47:31.5	15:20/M
7	DIANA CAICEDO		34	509	81	51:56.0	16:45/M
8	LISSETTE SALAZAR		32	548	88	1:01:16.0	19:46/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	CHRIS CASTNER	Lawrenceville GA	33	510	14	27:38.4	8:55/M
2	NATHAN WESTCOTT		30	596	60	42:11.9	13:36/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JESSICA WACKERMAN		37	559	22	28:59.9	9:21/M
2	NATALEE FRITSCH		37	572	23	29:06.1	9:23/M
3	YAHAIRA DIAZ		37	512	26	29:50.4	9:37/M
4	CANDACE SPENCER		36	554	29	30:09.0	9:44/M
5	JEANINE KENNEDY		35	530	30	30:31.5	9:51/M
6	REBEKAH CASTNER	Lawrenceville GA	35	511	31	30:32.8	9:51/M
7	BRITTNEY JINKS		36	529	73	45:36.5	14:43/M
8	KIMBERLY FORTSON		35	519	74	46:28.2	14:59/M

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Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JUSTIN UPCHURCH		35	557	18	28:15.7	9:07/M
2	CHRIS KENNEDY		36	502	38	31:59.3	10:19/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JANET DONNELLY		40	514	17	28:02.9	9:03/M
2	JESSICA SCHEUFLER		40	550	39	32:08.3	10:22/M
3	ASHLEY ASPINWALL		43	567	47	36:44.5	11:51/M
4	SONYA SCOTT		40	589	50	38:09.1	12:18/M
5	SHANNON DAVIS		44	601	53	39:07.7	12:37/M
6	Tamara Lapsley		40	612	56	39:50.1	12:51/M
7	MELISSA O'KEEFE		44	541	58	40:48.1	13:10/M
8	JENNIFER MARTIN		42	531	63	42:33.4	13:44/M
9	Jackie Burke		42	611	76	49:56.9	16:06/M
10	AMY WASHINGTON		42	562	77	49:58.1	16:07/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	DAVID SCHEUFLER		44	549	33	31:12.8	10:04/M
2	STEVEN DONNELLY		42	515	35	31:35.8	10:11/M
3	RON SCOTT		43	588	43	34:18.4	11:04/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	KAREN FRENCH		47	522	11	25:33.9	8:15/M
2	YOLANDA SOSTRE		49	553	34	31:17.7	10:05/M
3	SEAN O'KEEFE		45	542	57	40:46.8	13:09/M
4	GARNET MESSER	Loganville GA	45	536	64	42:34.9	13:44/M
5	ANGELA MILLER		49	602	65	42:49.5	13:49/M
6	LAURA JOPLIN		46	600	79	50:52.3	16:25/M
7	LYNNETTE LUGO		48	579	87	1:01:16.0	19:46/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	ALAN FORD		49	518	15	27:41.5	8:56/M
2	ANTHONY SHELTON		49	551	20	28:52.0	9:19/M

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Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
3	EDDIE HUTCHINSON		47	578	37	31:43.3	10:14/M
4	WILLIAM MESSER		45	539	45	35:53.7	11:35/M
5	MICHAEL FRENCH		46	523	85	54:22.8	17:32/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	SHARON MORALES		54	582	52	38:42.0	12:29/M
2	ELIZABETH DAY		54	571	86	1:00:00.0	19:21/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	HENRY PASTOR		50	543	9	25:12.9	8:08/M
2	Edward Poole		52	608	16	27:47.9	8:58/M
3	BRIAN YETTER		53	598	40	32:13.3	10:24/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Pam Sloane		56	610	71	43:49.5	14:08/M
2	DEBRA MCCOY		57	534	80	51:29.2	16:36/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	RICH MCCOY		57	535	36	31:40.9	10:13/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	ALICE ERICKSON	Lawrenceville GA	60	517	78	50:51.5	16:24/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	TOM WENDLE		63	563	44	34:41.3	11:11/M

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Female 65 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JULIA HANRAHAN		66	526	32	30:53.4	9:58/M

Male 65 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	HAMISH DOWNIE		70	516	82	51:57.0	16:45/M