

SOLES FOR SOULS 5K Run/Walk

(Held at St.Mark's Church, Arlington, TX on 07/17/2010)

(Timed finishers: 50 Female; 63 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

| FIRST | LAST | Gender | Age | Age Grp | Bib# | Finish Time (Mins.Secs) | Avg Pace | Place In Age Group | Place In Gender | Overall |
|------------------------------|--------------|--------|-----|--------------|------|----------------------------|-----------------------------------|--------------------------|-----------------------|-----------------------------|
| | | | | | | | (5K= 3.107 mls) (Mins.Secs) | | | Place (All Finishers) |
| Female Overall Winner | | | | | | | | | | |
| Fiona | Green | F | 45 | 45-49 | 2152 | 20.44 | 6.40 | | 1 | 10 |
| Female Masters Winner | | | | | | | | | | |
| Julie | Kendro | F | 51 | 50-54 | 2109 | 25.17 | 8.08 | | 4 | 25 |
| Lauren | Bierschenk | F | 11 | 09-11 | 2111 | 30.35 | 9.51 | 1 | 12 | 53 |
| Abby | Crawford | F | 11 | 09-11 | 2120 | 41.32 | 13.22 | 2 | 31 | 88 |
| Reese | Normand | F | 11 | 09-11 | 2121 | 41.32 | 13.22 | 3 | 32 | 89 |
| Savanna | Schniederjan | F | 12 | 12-14 | 2113 | 29.01 | 9.20 | 1 | 9 | 46 |
| Emma | Cournoyer | F | 14 | 12-14 | 2044 | 36.26 | 11.44 | 2 | 26 | 80 |
| Alexandra | Cournoyer | F | 17 | 15-19 | 2043 | 26.25 | 8.30 | 1 | 5 | 34 |
| Katy | Alexander | F | 16 | 15-19 | 2112 | 26.29 | 8.32 | 2 | 6 | 35 |
| Lauren | Holt | F | 17 | 15-19 | 2114 | 27.19 | 8.47 | 3 | 7 | 39 |
| Courtney | Haddix | F | 18 | 15-19 | 2181 | 50.00 | 16.06 | 4 | 43 | 103 |
| Eleanor | Draughn | F | 24 | 20-24 | 2042 | 31.38 | 10.11 | 1 | 13 | 55 |
| Holly | England | F | 22 | 20-24 | 2045 | 39.21 | 12.40 | 2 | 30 | 85 |
| Rebecca | Heuer | F | 23 | 20-24 | 2146 | 48.18 | 15.33 | 3 | 40 | 100 |
| Nicole | Drush | F | 23 | 20-24 | 2145 | 48.51 | 15.43 | 4 | 41 | 101 |
| Amanda | Oyeka | F | 20 | 20-24 | 2069 | 49.22 | 15.53 | 5 | 42 | 102 |
| Micah | Horner | F | 26 | 25-29 | 2099 | 23.29 | 7.34 | 1 | 3 | 20 |
| Pamela | Jones | F | 27 | 25-29 | 2161 | 32.04 | 10.19 | 2 | 15 | 60 |
| Heather | Downs | F | 33 | 30-34 | 2157 | 34.15 | 11.01 | 1 | 20 | 72 |
| Martha | Walvoord | F | 32 | 30-34 | 2165 | 35.15 | 11.21 | 2 | 22 | 75 |
| Kim | Gray | F | 36 | 35-39 | 2154 | 22.07 | 7.07 | 1 | 2 | 16 |
| Cristy | Cooley | F | 37 | 35-39 | 2170 | 31.59 | 10.18 | 2 | 14 | 59 |
| Ana | Moreira | F | 37 | 35-39 | 2126 | 32.22 | 10.25 | 3 | 17 | 63 |
| Sunshine | Davis | F | 36 | 35-39 | 2062 | 33.28 | 10.46 | 4 | 19 | 70 |
| Stephanie | Anderson | F | 39 | 35-39 | 2123 | 34.22 | 11.04 | 5 | 21 | 74 |
| Angela | Brown | F | 38 | 35-39 | 2049 | 36.47 | 11.50 | 6 | 28 | 83 |
| Melissa | Hamilton | F | 37 | 35-39 | 2089 | 37.48 | 12.10 | 7 | 29 | 84 |
| Kim | Law | F | 38 | 35-39 | 2176 | 47.22 | 15.15 | 8 | 38 | 98 |
| Veronica | Mayer | F | 37 | 35-39 | 2047 | 52.31 | 16.54 | 9 | 45 | 106 |
| Renee | Baker | F | 37 | 35-39 | 2103 | 54.00 | 17.23 | 10 | 47 | 108 |

| FIRST | LAST | Gender | Age | Age Grp | Bib# | Finish Time (Mins.Seconds) | Avg Pace | Place In Age Group | Place In Gender | Overall |
|----------------------------|-------------|--------|-----|--------------|------|-------------------------------|--|--------------------------|-----------------------|-----------------------------|
| | | | | | | | per Mile (5K= 3.107 mls) (Mins.Seconds) | | | Place (All Finishers) |
| Chris | Bryant | F | 44 | 40-44 | 2088 | 32.21 | 10.25 | 1 | 16 | 62 |
| Paula | Diaz | F | 40 | 40-44 | 2094 | 35.25 | 11.24 | 2 | 23 | 76 |
| Kelly | Pritchett | F | 43 | 40-44 | 2091 | 35.36 | 11.28 | 3 | 24 | 77 |
| Barbara | Wenzel | F | 46 | 45-49 | 2093 | 29.55 | 9.38 | 1 | 11 | 48 |
| Susan | Smith | F | 49 | 45-49 | 2058 | 35.53 | 11.33 | 2 | 25 | 79 |
| Stella | Oyeka | F | 46 | 45-49 | 2068 | 57.44 | 18.35 | 3 | 49 | 111 |
| Donna | Stockbridge | F | 52 | 50-54 | 2174 | 29.10 | 9.23 | 1 | 10 | 47 |
| Carmen | Heuer | F | 52 | 50-54 | 2147 | 48.18 | 15.33 | 2 | 39 | 99 |
| Echo | Wilson | F | 54 | 50-54 | 2124 | 53.51 | 17.20 | 3 | 46 | 107 |
| Pam | Stephens | F | 52 | 50-54 | 2101 | 55.36 | 17.54 | 4 | 48 | 109 |
| Doris | Lodics | F | 58 | 55-59 | 2041 | 27.44 | 8.56 | 1 | 8 | 42 |
| Jody | Perkins | F | 55 | 55-59 | 2077 | 42.41 | 13.44 | 2 | 34 | 91 |
| Olivia | Albright | F | 57 | 55-59 | 2084 | 43.02 | 13.51 | 3 | 35 | 92 |
| Debbie | Blount | F | 59 | 55-59 | 2060 | 50.05 | 16.07 | 4 | 44 | 104 |
| Sue | Harron | F | 56 | 55-59 | 2039 | 57.44 | 18.35 | 5 | 50 | 112 |
| Carmen | Flores | F | 63 | 60-64 | 2184 | 36.38 | 11.47 | 1 | 27 | 81 |
| Roberta | Hildebrandt | F | 63 | 60-64 | 2053 | 43.13 | 13.54 | 2 | 36 | 93 |
| Josette | Givens | F | 62 | 60-64 | 2136 | 44.52 | 14.26 | 3 | 37 | 95 |
| Sherry | Robinson | F | 71 | 70-74 | 2135 | 32.53 | 10.35 | 1 | 18 | 67 |
| Maria | Johnston | F | 73 | 70-74 | 2097 | 42.40 | 13.44 | 2 | 33 | 90 |
| Male Overall Winner | | | | | | | | | | |
| Noe | Nunez | M | 22 | 20-24 | 2138 | 16.53 | 5.26 | | 1 | 1 |
| Male Masters Winner | | | | | | | | | | |
| Hector | Delgado | M | 41 | 40-44 | 2137 | 19.15 | 6.12 | | 5 | 5 |
| Nathaniel | Oyeka | M | 8 | 00-08 | 2067 | 55.42 | 17.56 | 1 | 62 | 110 |
| Kyle | Nickols | M | 14 | 12-14 | 2116 | 21.44 | 6.60 | 1 | 13 | 14 |
| Joe Don | Penbroke | M | 12 | 12-14 | 2117 | 23.55 | 7.42 | 2 | 18 | 21 |
| Micah | Davidson | M | 14 | 12-14 | 2115 | 25.39 | 8.15 | 3 | 26 | 30 |
| Michael | Wenzel | M | 14 | 12-14 | 2092 | 25.50 | 8.19 | 4 | 27 | 31 |
| Phillip | Steinmetz | M | 13 | 12-14 | 2159 | 27.09 | 8.44 | 5 | 31 | 37 |
| Gabe | Tettleton | M | 12 | 12-14 | 2162 | 39.31 | 12.43 | 6 | 56 | 86 |

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|---------|-------------|--------|-----|--------------|------|----------------------------|---|--------------------------|-----------------------|--|
| | | | | | | | per Mile (5K= 3.107 mls) (Mins.Secs) | | | |
| David | Oyeka | M | 12 | 12-14 | 2065 | 39.35 | 12.44 | 7 | 57 | 87 |
| Matt | Standefer | M | 17 | 15-19 | 2167 | 18.50 | 6.04 | 1 | 4 | 4 |
| Tanner | Southerland | M | 17 | 15-19 | 2128 | 20.01 | 6.26 | 2 | 7 | 7 |
| Sam | Smith | M | 16 | 15-19 | 2095 | 21.30 | 6.55 | 3 | 12 | 13 |
| Spencer | Perkins | M | 17 | 15-19 | 2076 | 31.44 | 10.13 | 4 | 43 | 56 |
| Stephen | Albright | M | 17 | 15-19 | 2083 | 31.45 | 10.13 | 5 | 44 | 57 |
| Jake | Smith | M | 23 | 20-24 | 2059 | 19.57 | 6.25 | 1 | 6 | 6 |
| Brent | Shirley | M | 24 | 20-24 | 2048 | 31.06 | 10.01 | 2 | 42 | 54 |
| Justin | Tullis | M | 29 | 25-29 | 2122 | 20.30 | 6.36 | 1 | 8 | 8 |
| Roy | Luna | M | 27 | 25-29 | 2164 | 22.56 | 7.23 | 2 | 16 | 18 |
| Neil | Jones | M | 28 | 25-29 | 2160 | 25.28 | 8.12 | 3 | 23 | 27 |
| Kit | Perkins | M | 28 | 25-29 | 2073 | 27.06 | 8.43 | 4 | 30 | 36 |
| Israel | Stephens | M | 28 | 25-29 | 2100 | 36.41 | 11.49 | 5 | 55 | 82 |
| Domingo | Merinos | M | 34 | 30-34 | 2158 | 18.18 | 5.53 | 1 | 2 | 2 |
| Eloy | Gonzales | M | 34 | 30-34 | 2134 | 18.33 | 5.58 | 2 | 3 | 3 |
| Jeff | Horner | M | 31 | 30-34 | 2098 | 22.53 | 7.22 | 3 | 15 | 17 |
| Phil | Van Alstyne | M | 34 | 30-34 | 2150 | 33.22 | 10.44 | 4 | 51 | 69 |
| Kent | Crouch | M | 38 | 35-39 | 2177 | 21.15 | 6.50 | 1 | 11 | 12 |
| Roman | Velasquez | M | 36 | 35-39 | 2172 | 21.52 | 7.02 | 2 | 14 | 15 |
| Aaron | Hannah | M | 36 | 35-39 | 2127 | 25.13 | 8.07 | 3 | 20 | 23 |
| Jesse | Thomas | M | 36 | 35-39 | 2131 | 26.23 | 8.29 | 4 | 29 | 33 |
| Lavon | Richard | M | 35 | 35-39 | 2046 | 52.31 | 16.54 | 5 | 61 | 105 |
| Robert | McNair | M | 44 | 40-44 | 2040 | 25.32 | 8.13 | 1 | 24 | 28 |
| Darren | Cooley | M | 40 | 40-44 | 2171 | 32.42 | 10.31 | 2 | 48 | 65 |
| John | Pritchett | M | 43 | 40-44 | 2090 | 35.37 | 11.28 | 3 | 54 | 78 |
| Rob | Beaulieu | M | 49 | 45-49 | 2051 | 23.07 | 7.26 | 1 | 17 | 19 |
| Glenn | Stockbridge | M | 49 | 45-49 | 2173 | 28.60 | 9.20 | 2 | 37 | 45 |
| Keith | Burger | M | 48 | 45-49 | 2107 | 32.14 | 10.22 | 3 | 46 | 61 |
| Greg | Fulton | M | 45 | 45-49 | 2151 | 33.45 | 10.52 | 4 | 52 | 71 |
| Herb | Armentrout | M | 50 | 50-54 | 2155 | 20.43 | 6.40 | 1 | 9 | 9 |
| Randy | Moores | M | 53 | 50-54 | 2096 | 25.34 | 8.14 | 2 | 25 | 29 |
| Howard | Brown | M | 51 | 50-54 | 2102 | 29.56 | 9.38 | 3 | 38 | 49 |
| John | Ball | M | 57 | 55-59 | 2153 | 20.53 | 6.43 | 1 | 10 | 11 |
| Gary | Rollwage | M | 57 | 55-59 | 2139 | 26.10 | 8.25 | 2 | 28 | 32 |
| Michael | Polansky | M | 59 | 55-59 | 2168 | 27.36 | 8.53 | 3 | 34 | 41 |
| Mike | Catt | M | 56 | 55-59 | 2156 | 28.19 | 9.07 | 4 | 35 | 43 |

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|-------------|------------|--------|-----|--------------|------|-------------------------------|--------------------------------------|-----------------|--------------|-----------------------------|
| | | | | | | | (5K= 3.107 mls) (Mins.Seconds) | In Age Group | In Gender | Place (All Finishers) |
| Hyacinth | Oyeka | M | 58 | 55-59 | 2066 | 29.57 | 9.38 | 5 | 39 | 50 |
| Fr. Timothy | Perkins | M | 55 | 55-59 | 2074 | 32.50 | 10.34 | 6 | 49 | 66 |
| Walter | Wilson | M | 55 | 55-59 | 2125 | 32.58 | 10.37 | 7 | 50 | 68 |
| Phil | Hatton | M | 59 | 55-59 | 2178 | 45.42 | 14.42 | 8 | 59 | 96 |
| Bill | Albright | M | 57 | 55-59 | 2085 | 45.56 | 14.47 | 9 | 60 | 97 |
| R. | Forest | M | 62 | 60-64 | 2110 | 25.25 | 8.11 | 1 | 22 | 26 |
| Stephen | Brown | M | 64 | 60-64 | 2082 | 27.25 | 8.49 | 2 | 33 | 40 |
| Randy | Lawson | M | 60 | 60-64 | 2052 | 28.37 | 9.13 | 3 | 36 | 44 |
| Don | Livesay | M | 62 | 60-64 | 2118 | 30.34 | 9.50 | 4 | 41 | 52 |
| Mark | Johnson | M | 60 | 60-64 | 2054 | 31.47 | 10.14 | 5 | 45 | 58 |
| Fred | Johnston | M | 62 | 60-64 | 2061 | 34.20 | 11.03 | 6 | 53 | 73 |
| Jim | Engstrom | M | 69 | 65-69 | 2064 | 24.04 | 7.45 | 1 | 19 | 22 |
| Doug | Gilpin | M | 67 | 65-69 | 2063 | 25.15 | 8.08 | 2 | 21 | 24 |
| Gary B | Milburn | M | 68 | 65-69 | 2142 | 27.17 | 8.47 | 3 | 32 | 38 |
| Mike | Harron | M | 65 | 65-69 | 2038 | 57.45 | 18.35 | 4 | 63 | 113 |
| Robert | Cunningham | M | 78 | 75-79 | 2166 | 43.32 | 14.01 | 1 | 58 | 94 |
| Richard | Widener | M | 83 | 80-99 | 2175 | 32.29 | 10.27 | 1 | 47 | 64 |