

Plano Pacers 3x3K Relay & Jr. Sprint  
at Harrington Park, Plano, TX  
Saturday, August 29, 2009

All Female				
OA	11	Dashing Divas		
		1 Kristine Hinojos(F43)	12:48.26	12:48.26
		2 Candace George(F40)	13:34.20	26:22.46
		3 Angela Eusery(F41)	12:26.10	38:48.57
All Male				
OA	2	One Legged Ducks		
		1 Joe Landry(M43)	10:40.03	10:40.03
		2 James Royal(M47)	11:15.70	21:55.73
		3 Michael Held(M43)	11:00.23	32:55.96
COED				
OA	1	Sonya and Clint		
		1 Clint Bell(M30)	09:05.64	09:05.64
		2 Sonya Correa(F28)	11:18.82	20:24.46
		3 Clint Bell(M30)	09:37.28	30:01.75
Family 1 Boy				
1st	6	Team Holland		
		1 Andrew Holland(M13)	11:34.39	11:34.39
		2 John Holland(M16)	11:30.39	23:04.78
		3 Byron Holland 3(M21)	12:42.45	35:47.23
2nd	13	Key Clan		
		1 Jeffry Key(M13)	12:34.54	12:34.54
		2 Tiffany Key(F36)	13:42.42	26:16.96
		3 Tim Key(M39)	13:14.25	39:31.21
3rd	19	Break Like The Wind		
		1 Drew Bennett(M10)	15:17.57	15:17.57
		2 Keri Blizzard(F31)	13:08.06	28:25.64
		3 Robert Blizzard(M38)	12:34.60	41:00.25
4th	26	J3		
		1 Jake Johnson(M10)	14:41.31	14:41.31
		2 Matt Johnson(M39)	14:45.82	29:27.14
		3 Charlene Johnson(F37)	15:06.25	44:33.39
5th	40	Kent Welkener		
		1 Abigail Welkener(F16)	21:22.75	21:22.75
		2 Joseph Welkener(M12)	19:16.06	40:38.81
		3 Kent Welkener(M49)	14:29.06	55:07.87
Family 1 Girl				
1st	46	Taylor Team Turbo		
		1 Natalie Taylor(F8)	25:28.15	25:28.15
		2 Cheryl Taylor(F35)	19:45.32	45:13.48
		3 Andy Taylor(M36)	14:22.54	59:36.03
Family 2 Kids				
1st	27	Team Hashe		
		1 Donna Hashe(F41)	16:05.82	16:05.82
		2 Michael Hashe(M13)	14:37.90	30:43.73
		3 David Hashe(M11)	15:12.43	45:56.17
2nd	49	Olivia Welkener		
		1 Olivia Welkener(F43)	22:10.53	22:10.53

2	Corrie Welkener(M10)	21:31.56	43:42.09
3	Olivia J Welkener(F13)	18:48.43	1:02:30.53

## Family Other

1st	34	Team Ten			
		1	Diana Diaz(F31)	20:48.32	20:48.32
		2	Frank Bedoya(M31)	14:30.85	35:19.18
		3	Sigi Diaz(M55)	14:58.43	50:17.62

2nd	52	Running Armadillos aka Roadkill			
		1	Sarah Heady(F11)	17:31.95	17:31.95
		2	Amanda Heady(F7)	33:14.43	50:46.39
		3	Katie Heady(F6)	31:32.87	1:22:19.26

## All Female 0- 44

1st	41	Running Bearcats I			
		1	Corrie Clark(F11)	18:05.35	18:05.35
		2	Meredith Wood(F10)	19:57.04	38:02.40
		3	Madeline Wood(F10)	18:17.57	56:19.98

## All Female 45 - 149

1st	14	Fast Moore and Two More			
		1	Maria Moore(F48)	12:19.25	12:19.25
		2	Leslie Smith(F42)	13:52.84	26:12.09
		3	Cindy Engel(F40)	13:23.35	39:35.45

2nd	37	Heels and Hills			
		1	Libby Jones(F29)	19:34.79	19:34.79
		2	Sarah Hendrickson(F35)	16:39.20	36:14.00
		3	Jamie Smith(F48)	15:39.90	51:53.90

3rd	39	POP XC Girls			
		1	Lori Austin(F51)	16:48.65	16:48.65
		2	Donna Wolf(F49)	18:58.17	35:46.82
		3	Mercedes Garcia(F13)	16:46.42	52:33.25

## All Male 0- 44

1st	15	Run M. A. G.			
		1	Grant Norman(M12)	13:57.06	13:57.06
		2	Mark Douglass(M12)	13:04.71	27:01.78
		3	Abe Jr Mansour(M12)	13:16.68	40:18.46

2nd	16	POP XC Boys			
		1	Kyle Wolf(M13)	13:23.26	13:23.26
		2	Harrison White(M10)	14:16.35	27:39.62
		3	Bobby Lovin(M13)	12:43.53	40:23.15

3rd	35	Running Bearcats II			
		1	Harrison Doyle(M12)	16:00.45	16:00.45
		2	Eugene Wright(M11)	15:00.96	31:01.42
		3	Joseph Clint(M11)	19:36.15	50:37.57

## All Male 45- 119

1st	4	Frisco Tri			
		1	Jeff Breese(M44)	11:14.87	11:14.87
		2	Chad Friece(M30)	11:19.01	22:33.89
		3	Prince Aryee(M38)	11:57.23	34:31.12

2nd	5	Great Longhorns dominate the Sooners AGAIN!			
		1	Jason Bogardus(M31)	10:49.23	10:49.23
		2	Kevin Cruse(M33)	12:40.03	23:29.26

		3	Michael Hundt(M33)	11:37.43	35:06.70
3rd	9		CPR		
		1	Charles Gorman(M25)	10:44.57	10:44.57
		2	Rickey Mccoy(M26)	13:00.71	23:45.29
		3	Perry Harts(M51)	14:27.21	38:12.51
4th	17		Getting Older		
		1	Greg Burnett(M42)	15:26.46	15:26.46
		2	Brian Erickson(M40)	12:52.87	28:19.34
		3	Gene Scaife(M32)	12:06.21	40:25.56
5th	24		Team#32		
		1	Matt Young(M27)	16:02.31	16:02.31
		2	Heath Peterson(M32)	14:22.20	30:24.51
		3	Milan Evans(M37)	12:12.60	42:37.12
All Male 120-	149				
1st	3		We Want James		
		1	Josh Thompson(M35)	11:03.64	11:03.64
		2	Mark Olateju(M47)	11:21.57	22:25.21
		3	Irwin Fairclough(M53)	11:12.59	33:37.81
2nd	30		Team Running Bearcats - Dads		
		1	Cahill Doyle(M41)	16:00.96	16:00.96
		2	Partick Wright(M48)	17:10.40	33:11.37
		3	Chip Clint(M44)	13:58.73	47:10.10
All Male 150-	179				
1st	7		Male Masters		
		1	Fred Ellefson(M49)	12:02.17	12:02.17
		2	Rusty Shelton(M55)	11:56.70	23:58.87
		3	Fred Ellefson(M49)	12:04.54	36:03.42
2nd	8		Tres Amigos		
		1	Ray Boydston(M40)	11:41.60	11:41.60
		2	Kenny Gardner(M56)	12:20.71	24:02.32
		3	Don Wallace(M56)	12:34.17	36:36.50
3rd	18		Still Moving		
		1	Vernon Hodge(M56)	14:13.87	14:13.87
		2	Mike Picard(M56)	13:46.43	28:00.31
		3	Jerry Powell(M58)	12:53.79	40:54.10
4th	29		Friends		
		1	Mark Alt(M50)	14:04.29	14:04.29
		2	Arizona McGrew(M48)	15:09.12	29:13.42
		3	Richard J. Smith(M62)	17:47.73	47:01.15
All Male 180+					
1st	25		Old Dudes		
		1	Scott McKissick(M61)	14:42.01	14:42.01
		2	John Nance(M61)	13:34.67	28:16.68
		3	Gary Welch(M65)	14:30.46	42:47.15
Clydes					
1st	28		Plano Clydesdales		
		1	Dennis Chupp(M52)	16:32.64	16:32.64
		2	Daniel Dunn(M28)	15:17.28	31:49.92
		3	James Dunn(M52)	14:27.25	46:17.17

## COED 1 Female 45-119

1st	12	Jeff/Vicky/Brian		
		1 Jeffrey Labauve(M30)	12:38.20	12:38.20
		2 Victoria Piper(F42)	13:20.37	25:58.57
		3 Brian Thomson(M36)	13:16.00	39:14.57
2nd	23	Team #34		
		1 Wendy Stewart(F35)	16:55.64	16:55.64
		2 Drew Morgan(M14)	12:56.92	29:52.56
		3 Hans Brinks(M46)	11:51.62	41:44.18
3rd	42	Compete		
		1 Norie Alvarez(F50)	25:40.23	25:40.23
		2 Day-Ruey Liu(M51)	14:52.90	40:33.14
		3 Josh Alvarez(M16)	16:07.93	56:41.07
4th	45	Chickenfeet Trio		
		1 Mike Koskan(M63)	18:56.73	18:56.73
		2 Shay Sikes(F26)	26:58.07	45:54.81
		3 Philip Caputo(M26)	12:36.70	58:31.51

## COED 1 Female 120-179

1st	21	Orphans		
		1 Jeff Hashe(M43)	11:14.51	11:14.51
		2 Debbie Brewer(F49)	15:27.09	26:41.60
		3 Tommy Farrar(M68)	14:36.70	41:18.31
2nd	31	The Colonists		
		1 Jim Sheridan(M59)	15:31.35	15:31.35
		2 Linda Sheridan(F50)	19:20.03	34:51.39
		3 Robert Lassiter(M39)	12:20.48	47:11.87

## COED 1 Female 180+

1st	38	SPEEDY TURTLES		
		1 Ruth Olinger(F66)	21:05.34	21:05.34
		2 James Gabhart(M68)	16:58.14	38:03.48
		3 Tom Hall(M53)	13:58.21	52:01.70
2nd	47	Undecided		
		1 Barbara Bowen(F65)	20:06.78	20:06.78
		2 William Swafford(M57)	23:31.51	43:38.29
		3 Thomas Vaughn(M63)	16:45.82	1:00:24.12

## COED 2 Female 45-119

1st	32	Team Running Bearcats - Mixed		
		1 Karen Swope(F45)	15:04.92	15:04.92
		2 Lindsey Swope(F12)	18:33.98	33:38.90
		3 Derek Clark(M47)	16:14.15	49:53.06
2nd	36	Lyde, Lyde & Davidson		
		1 Nicole Lyde(F32)	20:44.40	20:44.40
		2 Bryan Lyde(M37)	15:25.39	36:09.79
		3 Jill Davidson(F31)	15:20.89	51:30.68

## COED 2 Female 120-149

1st	20	SBS		
		1 Sheila Natho(F43)	11:43.81	11:43.81
		2 William Wilson(M58)	13:58.60	25:42.42
		3 Stacey Rotunno(F27)	15:20.01	41:02.43
2nd	33	Lukes Fit Plano		
		1 Jim Tressa(M64)	16:06.92	16:06.92
		2 Debbie Harrison(F43)	17:05.15	33:12.07

		3	Linz Hovison(F38)	16:46.23	49:58.31
3rd	44		Team Hamilton		
		1	A J O'Neal(F38)	14:44.29	14:44.29
		2	A J O'Neal(F38)	15:27.34	30:11.64
		3	Richard Hamilton(M69)	28:09.06	58:20.70
4th	50		Two Ladies and The Silver Fox		
		1	Carrie Grissom(F24)	18:45.07	18:45.07
		2	Stephanie Centofonti(F30)	24:15.93	43:01.01
		3	David Hundt(M66)	20:12.82	1:03:13.84
COED 2 Female 150-179					
1st	22		10-5-10		
		1	Linda Kelly(F57)	13:27.20	13:27.20
		2	Ken Ashby(M56)	14:26.57	27:53.78
		3	Linda Kelly(F57)	13:26.32	41:20.10
2nd	43		The Slow Ones		
		1	Ed Humphrey(M58)	19:40.42	19:40.42
		2	Debye Humphrey(F55)	19:08.71	38:49.14
		3	Roxanne Schwartz(F41)	18:32.14	57:21.28
3rd	48		The Unknowns		
		1	Bobby Clark(M52)	19:56.65	19:56.65
		2	Phyllis Provost(F75)	24:01.73	43:58.39
		3	Mary Cotham-gironda(F31)	17:40.07	1:01:38.46
COED 2 Female 180+					
1st	51		Ancients		
		1	Murray Forsvall(M77)	22:20.18	22:20.18
		2	Jan Richards(F82)	22:59.51	45:19.70
		3	Betty Forsvall(F74)	25:57.79	1:11:17.50
Solo					
x	10		Oneal Barnett		
		1	Oneal Barnett(M35)	11:50.53	11:50.53
		2	Oneal Barnett(M35)	13:25.06	25:15.59
		3	Oneal Barnett(M35)	13:26.81	38:42.40

TOP INDIVIDUAL SPLITS

MALES		FEMALES	
Overall:	Clint Bell 09:05.64	Overall :	Sonya Correa 11:18.82
Masters:	Joe Landry 10:40.03	Masters :	Sheila Natho 11:43.81
Seniors:	Rusty Shelton 11:56.70	Seniors :	Linda Kelly 13:26.32

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-8		GIRLS 0-8	
1	Nathan Dominick 04:25	1	Mia Wright 04:43
2	Trip Blizzard 05:49	2	Abbey Erickson 05:38
3	Ethan Evans 05:54	3	Caroline Scaiffe 05:40
BOYS 9-12		GIRLS 9-12	
1	Eugene Wright 04:21	1	Lindsey Swope 05:04
2	Malcom Lind 04:46	2	Katherine Garrigues 05:46
3	Jacob Erickson 04:47		

Plano Pacers 3K Results---Saturday, August 29, 2009

			FinTime	Pace	5Keq	Score
1.	<a href="#">Clint Bell</a>	Dallas	30 m y 09:05	04:52	15.7	96.0
2.	<a href="#">Clint Bell</a>	Dallas	30 m n 09:37	05:10	16.6	90.7

3.	<a href="#">Joe Landry</a>	Dallas	43	m	y	10:40	05:43	18.4	86.2
4.	<a href="#">Charles Gorman</a>	Plano	25	m	y	10:44	05:45	18.5	80.9
5.	<a href="#">Jason Bogardus</a>	The Colony	31	m	y	10:49	05:48	18.7	80.8
6.	<a href="#">Michael Held</a>	Dallas	43	m	y	11:00	05:54	19.0	83.6
7.	<a href="#">Josh Thompson</a>	Plano	35	m	y	11:03	05:56	19.1	80.1
8.	<a href="#">Irwin Fairclough</a>		53	m	n	11:12	06:00	19.4	87.7
9.	<a href="#">Jeff Hashe</a>	Plano	43	m	y	11:14	06:02	19.4	81.8
10.	<a href="#">Jeff Breese</a>	Frisco	44	m	y	11:14	06:02	19.4	82.3
11.	<a href="#">James Royal</a>	Plano	47	m	y	11:15	06:02	19.4	83.7
12.	<a href="#">Sonya Correa</a>		28	f	n	11:18	06:04	19.5	87.2
13.	<a href="#">Chad Friece</a>		30	m	n	11:19	06:04	19.6	77.1
14.	<a href="#">Mark Olateju</a>	Rowlett	47	m	y	11:21	06:05	19.6	83.0
15.	<a href="#">John Holland</a>	Anna	16	m	y	11:30	06:10	19.9	80.0
16.	<a href="#">Andrew Holland</a>	Anna	13	m	y	11:34	06:12	20.0	84.3
17.	<a href="#">Michael Hundt</a>	The Colony	33	m	y	11:37	06:14	20.1	75.7
18.	<a href="#">Ray Boydston</a>	Plano	40	m	y	11:41	06:16	20.2	77.4
19.	<a href="#">Sheila Natho</a>	Dallas	43	f	y	11:43	06:17	20.2	88.9
20.	<a href="#">Oneal Barnett</a>	Plano	35	m	y	11:50	06:21	20.4	74.8
21.	<a href="#">Hans Brinks</a>	Plano	46	m	y	11:51	06:21	20.5	79.0
22.	<a href="#">Rusty Shelton</a>	Allen	55	m	y	11:56	06:24	20.6	83.6
23.	<a href="#">Prince Aryee</a>	Lewisville	38	m	y	11:57	06:25	20.6	75.0
24.	<a href="#">Fred Ellefson</a>	Allen	49	m	y	12:02	06:27	20.8	79.3
25.	<a href="#">Fred Ellefson</a>	Allen	49	m	n	12:04	06:28	20.8	79.1
26.	<a href="#">Gene Scaife</a>	Allen	32	m	y	12:06	06:29	20.9	72.4
27.	<a href="#">Milan Evans</a>	Murphy	37	m	y	12:12	06:33	21.1	73.1
28.	<a href="#">Maria Moore</a>	Plano	48	f	y	12:19	06:36	21.3	87.2
29.	<a href="#">Robert Lassiter</a>		39	m	n	12:20	06:37	21.3	73.0
30.	<a href="#">Kenny Gardner</a>	Plano	56	m	y	12:20	06:37	21.3	81.6
31.	<a href="#">Angela Eusery</a>	Grand Prarie	41	f	y	12:26	06:40	21.5	82.9
32.	<a href="#">Don Wallace</a>	Plano	56	m	y	12:34	06:44	21.7	80.1
33.	<a href="#">Jeffry Key</a>	Plano	13	m	y	12:34	06:44	21.7	77.6
34.	<a href="#">Robert Blizzard</a>	Allen	38	m	y	12:34	06:44	21.7	71.3
35.	<a href="#">Philip Caputo</a>	Plano	26	m	y	12:36	06:46	21.8	68.9
36.	<a href="#">Jeffrey Labauve</a>		30	m	n	12:38	06:47	21.8	69.0
37.	<a href="#">Kevin Cruse</a>	Mckinney	33	m	y	12:40	06:48	21.9	69.4
38.	<a href="#">Byron Holland 3</a>	Anna	21	m	y	12:42	06:49	21.9	69.2
39.	<a href="#">Bobby Lovin</a>	Frisco	13	m	y	12:43	06:49	22.0	76.7
40.	<a href="#">Kristine Hinojos</a>		43	f	n	12:48	06:52	22.1	81.4
41.	<a href="#">Brian Erickson</a>	Plano	40	m	y	12:52	06:54	22.2	70.3
42.	<a href="#">Jerry Powell</a>	Melissa	58	m	y	12:53	06:55	22.3	79.4
43.	<a href="#">Drew Morgan</a>	Parker	14	m	y	12:56	06:56	22.3	73.7
44.	<a href="#">Rickey Mccoy</a>	Frisco	26	m	y	13:00	06:58	22.5	66.8
45.	<a href="#">Mark Douglass</a>		12	m	n	13:04	07:01	22.6	76.6
46.	<a href="#">Keri Blizzard</a>	Allen	31	f	n	13:08	07:03	22.7	75.4
47.	<a href="#">Tim Key</a>	Plano	39	m	y	13:14	07:06	22.9	68.0
48.	<a href="#">Brian Thomson</a>		36	m	n	13:16	07:07	22.9	67.0
49.	<a href="#">Abe Jr Mansour</a>	Plano	12	m	y	13:16	07:07	22.9	75.4
50.	<a href="#">Victoria Piper</a>		42	f	n	13:20	07:09	23.0	77.7
51.	<a href="#">Kyle Wolf</a>		13	m	n	13:23	07:11	23.1	72.8
52.	<a href="#">Cindy Engel</a>	Dallas	40	f	y	13:23	07:11	23.1	76.6
53.	<a href="#">Oneal Barnett</a>	Plano	35	m	n	13:25	07:12	23.2	66.0
54.	<a href="#">Linda Kelly</a>	Dallas	57	f	n	13:26	07:12	23.2	85.6
55.	<a href="#">Oneal Barnett</a>	Plano	35	m	n	13:26	07:12	23.2	65.9
56.	<a href="#">Linda Kelly</a>	Dallas	57	f	y	13:27	07:13	23.2	85.5
57.	<a href="#">Candace George</a>		40	f	n	13:34	07:17	23.4	75.6
58.	<a href="#">John Nance</a>	Rowlett	61	m	y	13:34	07:17	23.4	77.5
59.	<a href="#">Tiffany Key</a>	Plano	36	f	y	13:42	07:21	23.7	73.5
60.	<a href="#">Mike Picard</a>	Plano	56	m	y	13:46	07:23	23.8	73.1
61.	<a href="#">Leslie Smith</a>	Garland	42	f	y	13:52	07:26	24.0	74.7
62.	<a href="#">Grant Norman</a>	Plano	12	m	y	13:57	07:29	24.1	71.7
63.	<a href="#">Tom Hall</a>	Nevada	53	m	y	13:58	07:30	24.1	70.3
64.	<a href="#">William Wilson</a>	Plano	58	m	y	13:58	07:30	24.1	73.3
65.	<a href="#">Chip Clint</a>		44	m	n	13:58	07:30	24.1	66.2
66.	<a href="#">Mark Alt</a>	Garland	50	m	y	14:04	07:33	24.3	68.3
67.	<a href="#">Vernon Hodge</a>	Plano	56	m	n	14:13	07:38	24.6	70.8
68.	<a href="#">Harrison White</a>		10	m	n	14:16	07:39	24.6	74.9

69.	<a href="#">Heath Peterson</a>		32	m n	14:22	07:42	24.8	61.0
70.	<a href="#">Andy Taylor</a>		36	m n	14:22	07:42	24.8	61.9
71.	<a href="#">Ken Ashby</a>	Dallas	56	m y	14:26	07:45	24.9	69.7
72.	<a href="#">Perry Harts</a>	Frisco	51	m y	14:27	07:45	25.0	67.0
73.	<a href="#">James Dunn</a>	Plano	52	m y	14:27	07:45	25.0	67.5
74.	<a href="#">Kent Welkener</a>	Lucas	49	m y	14:29	07:46	25.0	65.9
75.	<a href="#">Gary Welch</a>	Dallas	65	m y	14:30	07:47	25.1	75.5
76.	<a href="#">Frank Bedoya</a>		31	m n	14:30	07:47	25.1	60.3
77.	<a href="#">Tommy Farrar</a>	Coppell	68	m y	14:36	07:50	25.2	77.4
78.	<a href="#">Michael Hashe</a>	Plano	13	m y	14:37	07:50	25.3	66.7
79.	<a href="#">Jake Johnson</a>	Allen	10	m y	14:41	07:53	25.4	72.7
80.	<a href="#">Scott McKissick</a>	Irving	61	m y	14:42	07:53	25.4	71.5
81.	<a href="#">A J O'Neal</a>	Flower Mound	38	f y	14:44	07:54	25.5	68.9
82.	<a href="#">Matt Johnson</a>	Allen	39	m y	14:45	07:55	25.5	61.0
83.	<a href="#">Day-Ruey Liu</a>	Plano	51	m y	14:52	07:59	25.7	65.1
84.	<a href="#">Sigi Diaz</a>	Plano	55	m y	14:58	08:02	25.9	66.7
85.	<a href="#">Eugene Wright</a>		11	m n	15:00	08:03	25.9	68.8
86.	<a href="#">Karen Swope</a>		45	f n	15:04	08:05	26.0	70.0
87.	<a href="#">Charlene Johnson</a>	Allen	37	f y	15:06	08:06	26.1	67.0
88.	<a href="#">Arizona Mcgrew</a>		48	m n	15:09	08:08	26.2	62.6
89.	<a href="#">David Hashe</a>	Plano	11	m y	15:12	08:09	26.3	67.9
90.	<a href="#">Daniel Dunn</a>	Plano	28	m y	15:17	08:12	26.4	56.9
91.	<a href="#">Drew Bennett</a>	McKinney	10	m y	15:17	08:12	26.4	69.9
92.	<a href="#">Stacey Rotunno</a>	Plano	27	f y	15:20	08:14	26.5	64.2
93.	<a href="#">Jill Davidson</a>	Murphy	31	f y	15:20	08:14	26.5	64.6
94.	<a href="#">Bryan Lyde</a>	Wylie	37	m y	15:25	08:16	26.6	57.9
95.	<a href="#">Greg Burnett</a>	Murphy	42	m y	15:26	08:17	26.7	59.2
96.	<a href="#">Debbie Brewer</a>	Plano	49	f y	15:27	08:17	26.7	70.0
97.	<a href="#">A J O'Neal</a>	Flower Mound	38	f n	15:27	08:17	26.7	65.7
98.	<a href="#">Jim Sheridan</a>	The Colony	59	m y	15:31	08:19	26.8	66.5
99.	<a href="#">Jamie Smith</a>	The Colony	48	f y	15:39	08:24	27.0	68.6
100.	<a href="#">Harrison Doyle</a>		12	m n	16:00	08:35	27.6	62.5
101.	<a href="#">Cahill Doyle</a>		41	m n	16:00	08:35	27.6	56.8
102.	<a href="#">Matt Young</a>		27	m n	16:02	08:36	27.7	54.2
103.	<a href="#">Donna Hashe</a>	Plano	41	f y	16:05	08:38	27.8	64.1
104.	<a href="#">Jim Tressa</a>	Plano	64	m y	16:06	08:38	27.8	67.3
105.	<a href="#">Josh Alvarez</a>		16	m n	16:07	08:39	27.8	57.1
106.	<a href="#">Derek Clark</a>		47	m n	16:14	08:43	28.0	58.0
107.	<a href="#">Dennis Chupp</a>	McKinney	52	m y	16:32	08:52	28.6	59.0
108.	<a href="#">Sarah Hendrickson</a>		35	f n	16:39	08:56	28.8	60.3
109.	<a href="#">Thomas Vaughn</a>	Mesquite	63	m y	16:45	08:59	28.9	64.0
110.	<a href="#">Linz Hovison</a>		38	f n	16:46	08:60	29.0	60.6
111.	<a href="#">Mercedes Garcia</a>		13	f n	16:46	08:60	29.0	65.9
112.	<a href="#">Lori Austin</a>	Frisco	51	f y	16:48	09:01	29.0	65.3
113.	<a href="#">Wendy Stewart</a>		35	f n	16:55	09:04	29.2	59.3
114.	<a href="#">James Gabhart</a>	The Colony	68	m y	16:58	09:06	29.3	66.6
115.	<a href="#">Debbie Harrison</a>		43	f n	17:05	09:10	29.5	61.0
116.	<a href="#">Partick Wright</a>		48	m n	17:10	09:13	29.7	55.2
117.	<a href="#">Sarah Heady</a>	Richardson	11	f y	17:31	09:24	30.3	66.7
118.	<a href="#">Mary Cotham-gironda</a>	Richardson	31	f y	17:40	09:29	30.5	56.1
119.	<a href="#">Richard J. Smith</a>	Plano	62	m y	17:47	09:32	30.7	59.7
120.	<a href="#">Corrie Clark</a>		11	f n	18:05	09:42	31.2	64.6
121.	<a href="#">Madeline Wood</a>		10	f n	18:17	09:48	31.6	66.2
122.	<a href="#">Roxanne Schwartz</a>	Dallas	41	f y	18:32	09:57	32.0	55.6
123.	<a href="#">Lindsey Swope</a>		12	f n	18:33	09:57	32.0	61.1
124.	<a href="#">Carrie Grissom</a>	Plano	24	f y	18:45	10:04	32.4	52.6
125.	<a href="#">Olivia J Welkener</a>	Lucas	13	f y	18:48	10:05	32.5	58.8
126.	<a href="#">Mike Koskan</a>	Plano	63	m y	18:56	10:09	32.7	56.6
127.	<a href="#">Donna Wolf</a>		49	f n	18:58	10:10	32.8	57.0
128.	<a href="#">Debye Humphrey</a>	Dallas	55	f y	19:08	10:16	33.1	59.1
129.	<a href="#">Joseph Welkener</a>	Lucas	12	m y	19:16	10:20	33.3	51.9
130.	<a href="#">Linda Sheridan</a>	The Colony	50	f y	19:20	10:22	33.4	56.3
131.	<a href="#">Libby Jones</a>	Allen	29	f y	19:34	10:30	33.8	50.4
132.	<a href="#">Joseph Clint</a>		11	m n	19:36	10:31	33.9	52.6
133.	<a href="#">Ed Humphrey</a>	Dallas	58	m y	19:40	10:33	34.0	52.0
134.	<a href="#">Cheryl Taylor</a>	Garland	35	f y	19:45	10:36	34.1	50.8

## Plano Pacers

135.	<a href="#">Bobby Clark</a>	Allen	52 m y	19:56	10:42	34.4	48.9
136.	<a href="#">Meredith Wood</a>		10 f n	19:57	10:42	34.5	60.7
137.	<a href="#">Barbara Bowen</a>	Dallas	65 f y	20:06	10:47	34.7	61.7
138.	<a href="#">David Hundt</a>	The Colony	66 m y	20:12	10:50	34.9	54.8
139.	<a href="#">Nicole Lyde</a>	Wylie	32 f y	20:44	11:07	35.8	47.9
140.	<a href="#">Diana Diaz</a>		31 f n	20:48	11:09	35.9	47.6
141.	<a href="#">Ruth Olinger</a>	The Colony	66 f y	21:05	11:19	36.4	59.5
142.	<a href="#">Abigail Welkener</a>	Lucas	16 f y	21:22	11:28	36.9	48.8
143.	<a href="#">Corrie Welkener</a>	Lucas	10 m y	21:31	11:33	37.2	49.6
144.	<a href="#">Olivia Welkener</a>	Lucas	43 f y	22:10	11:53	38.3	47.0
145.	<a href="#">Murray Forsvall</a>	Dallas	77 m y	22:20	11:59	38.6	56.6
146.	<a href="#">Jan Richards</a>	Dallas	82 f y	22:59	12:20	39.7	67.0
147.	<a href="#">William Swafford</a>	Allen	57 m y	23:31	12:37	40.6	43.1
148.	<a href="#">Phyllis Provost</a>		75 f n	24:01	12:53	41.5	58.1
149.	<a href="#">Stephanie Centofonti</a>		30 f n	24:15	13:01	41.9	40.8
150.	<a href="#">Natalie Taylor</a>	Garland	8 f y	25:28	13:40	44.0	51.8
151.	<a href="#">Norie Alvarez</a>	Keller	50 f y	25:40	13:46	44.3	42.4
152.	<a href="#">Betty Forsvall</a>	Dallas	74 f y	25:57	13:55	44.8	53.1
153.	<a href="#">Shay Sikes</a>		26 f n	26:58	14:28	46.6	36.5
154.	<a href="#">Richard Hamilton</a>	Richardson	69 m y	28:09	15:06	48.6	40.6
155.	<a href="#">Katie Heady</a>	Richardson	6 f y	31:32	16:55	54.5	46.6
156.	<a href="#">Amanda Heady</a>	Richardson	7 f y	33:14	17:50	57.4	41.7

## Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, August 29, 2009

				FinTime	Pace	5Keq	Score
1.	<a href="#">Eugene Wright</a>		11 m	04:21	07:00	23.3	76.5
2.	<a href="#">Nathan Dominick</a>		7 m	04:25	07:07	23.7	89.4
3.	<a href="#">Mia Wright</a>		8 f	04:43	07:35	25.3	90.1
4.	<a href="#">Malcom Lind</a>		11 m	04:46	07:40	25.5	69.8
5.	<a href="#">Jacob Erickson</a>		10 m	04:47	07:42	25.6	72.0
6.	<a href="#">Carson Evans</a>		9 m	04:59	08:01	26.7	71.9
7.	<a href="#">Lindsey Swope</a>		11 f	05:04	08:09	27.1	74.4
8.	<a href="#">Abbey Erickson</a>		8 f	05:38	09:04	30.2	75.5
9.	<a href="#">Caroline Scaiffe</a>		6 f	05:40	09:07	30.4	83.6
10.	<a href="#">Katherine Garrigues</a>		10 f	05:46	09:17	30.9	67.7
11.	<a href="#">Trip Blizzard</a>		5 m	05:49	09:22	31.2	76.6
12.	<a href="#">Ethan Evans</a>		6 m	05:54	09:30	31.6	70.9
13.	<a href="#">Angela Landry</a>		7 f	05:58	09:36	32.0	75.0
14.	<a href="#">Savannah Peterson</a>		7 f	06:01	09:41	32.2	74.4
15.	<a href="#">Nicholas Landry</a>		5 m	06:09	09:54	32.9	72.4
16.	<a href="#">Reese Blizzard</a>		5 f	06:11	09:57	33.1	81.7
17.	<a href="#">Joshua Scaife</a>		4 m	06:13	10:00	33.3	76.9
18.	<a href="#">Natalie Taylor</a>		8 f	06:34	10:34	35.2	64.7
19.	<a href="#">Felisa Welkener</a>		8 f	06:45	10:52	36.2	63.0
20.	<a href="#">Tag Blizzard</a>		3 m	08:54	14:19	47.7	58.0
21.	<a href="#">Bailey Lind</a>		6 f	11:15	18:06	60.3	42.1
22.	<a href="#">Bella Lind</a>		5 f	11:16	18:08	60.4	44.8
23.	<a href="#">Kendra Welkener</a>		3 f	11:34	18:37	62.0	50.6
24.	<a href="#">Randy Welkener</a>		5 m	11:43	18:51	62.8	38.0
25.	<a href="#">Christian Bedoya</a>		1 m	11:53	19:08	63.7	51.7

## LEGEND

Left-to-right: finish place, name, hometown, age, sex, member?

FinTime is the official individual finish time in (h:)mm:ss format.

Pace is the calculated average pace per mile in mm:ss format.

5Keq is the equivalent 5K finish time in minutes and tenths.

Score is a performance grade with factors for age and sex.

## KEY TO AGE-GRADED PERFORMANCE SCORES

100 +	national competitor
90-99	regional competitor
80-89	local competitor
70-79	above average
60-69	near average
50-59	below average
40-49	novice runner

30-39

fitness walker

## New Records:

AgeGrp	New Record	(Previous Record)
M30-34	Clint Bell	0:09:05 00:02 (Scott Stephen 0:09:07 Dec-1996)
F25-29	Sonya Correa	0:11:18 00:21 (Christina McCreary 0:11:39 Aug-1999)

## New Relay Team Records:

COED	Sonya and Clint	(Clint Bell, Sonya Correa, Clint Bell)	30:01.75
Female	Dashing Divas	(Kristine Hinojos, Candace George, Angela Eusery)	38:48.57