

5K4UW

Sunday, October 25, 2009

Mile Overall Winner

1. Seth Ruhling (1) 18:39.82

Female Overall Winner

1. Angela Greenwell (10) 22:30.56

Male 12-19 Age Group

1. Quinton Gibson (4) 20:37.89
2. Ryan Williamson (6) 21:05.37
3. Matthew Sheets (11) 22:42.10
4. Chad Woodham (23) 27:32.11

Female 12-19 Age Group

1. Amanda Cordell (35) 29:33.84
2. Mia Spicer (49) 32:39.63

Male 20-29 Age Group

1. Andrew Montcastle (3) 20:06.25
2. Michael Sigsworth (7) 21:14.91
3. Alan King (18) 25:21.48
4. Seth Hammonds (26) 28:01.74
5. Whitney Owens (27) 28:04.97
6. Justin White (31) 28:56.16

Female 20-29 Age Group

1. Sarah Weeks (20) 27:12.51
2. Brooke Edwards (36) 30:37.14
3. Carla Wyatt (38) 30:42.88
4. Kristy Cordell (47) 32:13.10
5. Elizabeth Wood (50) 32:46.28
6. Jessica Owens (51) 33:01.33
7. Laura Massey (53) 33:29.17

Male Age Group 30-39

1. Bill Ziesmer (9) 22:20.19
2. M. J. McKenzie (32) 29:07.56
3. Brent Campbell (33) 29:19.03
4. Kirk Mabry (46) 31:50.12

Female Age Group 30-39

1. Rebekah Maglio (16) 24:06.59
2. Shari Ziesmer (25) 27:56.44
3. Letha McLaren (34) 29:32.44
4. Amy Phillips (37) 30:39.62
5. Jennifer Campbell (40) 31:00.76
6. Deleslyn Mitchell (48) 32:18.14

Male Age Group 40-49

1. Robert Davis (2) 18:43.96
2. Rusty McKee (5) 20:47.64
3. Carlton Vollberg (8) 21:31.74
4. Donald Covill (12) 22:47.23
5. Ron Sims (14) 23:50.68
6. Charlie Millard (17) 24:27.73
7. Mark West (19) 26:56.18
8. Chuck Norman (21) 27:24.94
9. Deris Bagli (29) 28:29.97
10. Kevin Kress (45) 31:41.27
11. Raymond Bandy (54) 34:13.10

Female Age Group 40-49

1. Gretchen Sigsworth (22) 27:28.68
2. Mabelle Cordell (30) 28:54.57
3. Gail Donaldson (39) 30:50.27

Male Age Group 50 and Over

1. Will Hixson (13) 22:57.96
2. Calvin Watson (15) 24:04.14
3. Angel Rivera (28) 28:20.35
4. Larry Cod (24) 27:34.66
5. Matt Korp (42) 31:05.60
6. Lucien Ellington (44) 31:33.14

Female Age Group 50 and Over

1. Reita Bandy (41) 31:02.00
2. Marie McNeeh (43) 31:31.18
3. JoAnne Maudru (52) 33:27.26