

Race Date  
March 11, 2018

# Spring Into Health 5K - 2018 - Locust, NC

## Age Group Results

### Spring Into Health 5K

#### 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	Justin Rollins	Spartanburg SC	33	310	1	18:38.9	6:00/M
2	Austin Huneycutt	Stanfield NC	15	286	2	18:45.6	6:02/M
3	Michael Lee	Clayton NC	52	352	3	19:09.3	6:10/M

Race Date  
March 11, 2018

# Spring Into Health 5K - 2018 - Locust, NC

## Age Group Results

### Spring Into Health 5K

#### Male 19 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	Daniel Beachum	Oakboro NC	14	282	8	20:39.7	6:39/M
2	Jaxson Blanchard	Midland NC	9	272	26	24:31.8	7:53/M
3	Dalton Barbee	Mount Pleasant NC	10	274	30	25:10.8	8:06/M
4	William Bryan	Midland NC	14	283	34	25:33.0	8:13/M
5	Wallace Reed	Albemarle NC	10	275	43	26:59.2	8:41/M
6	Runner Non-Registered		1	2	45	27:05.8	8:43/M
7	Malachi Blanchard	Midland NC	6	270	48	28:04.7	9:02/M
8	Runner Non-Registered		1	3	55	29:23.8	9:27/M
9	Elijah Deme	Stanfield NC	9	273	67	34:24.5	11:04/M
10	Josiah Deme	Stanfield NC	7	271	77	37:27.7	12:03/M
DNF	Billy Barrier	Charlotte NC	12	277			
DNF	Jeffrey Gardiner	Albemarle NC	12	278			

#### Male 20 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	Brandon Johnson	Norwood NC	26	294	10	21:31.8	6:56/M
2	Erik Benson	Norwood NC	23	288	19	23:20.8	7:31/M
3	Zachory Brame	Marshville NC	21	384	37	25:38.2	8:15/M
4	Matthew Smith	Albemarle NC	29	298	53	28:58.4	9:19/M
DNF	Cody Belk	Albemarle NC	25	293			

#### Male 30 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	Ryan Wilt	Huntersville NC	36	318	9	21:19.1	6:52/M
2	Nicholas Hill	Monroe NC	37	323	12	21:53.8	7:03/M
3	Jackie Golden	Spartanburg SC	38	324	16	22:31.7	7:15/M
4	Matthew Blanchard	Midland NC	37	320	27	24:32.4	7:54/M
5	Sean Pickler	New London NC	30	302	38	26:19.4	8:28/M
6	Scott Lowder	New London NC	32	307	63	33:28.7	10:46/M
7	Robert Johnson	Polkton NC	32	305	76	36:54.8	11:53/M
DNF	Josh Hall	New London NC	30	299			
DNF	Michael Deme	Stanfield NC	34	311			
DNF	Charles Gershman	New York NY	37	322			

#### Male 40 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>
--------------	-------------	-------------	------------	---------------	----------------	-------------	-------------

Race Date  
March 11, 2018

# Spring Into Health 5K - 2018 - Locust, NC

## Age Group Results

### Spring Into Health 5K

#### Male 40 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	Jerry Loflin	Denton NC	41	331	7	20:34.9	6:37/M
2	Wallace Reed	Albemarle NC	48	348	15	22:05.3	7:06/M
3	James Baucom	Locust NC	48	346	21	24:01.3	7:44/M
4	Lucas Hendzel	Oakboro NC	41	330	23	24:18.5	7:49/M
5	Steve Yost	Mount Pleasant NC	45	380	28	24:41.1	7:57/M
6	David Yow	Stanfield NC	46	344	52	28:54.5	9:18/M
7	Travis Barbee	Mount Pleasant NC	45	338	70	34:36.7	11:08/M
DNF	Chris Lowder	Charlotte NC	42	333			
DNF	Scott Hall	Locust NC	49	349			

#### Male 50 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	Bobby Aswell	Cornelius NC	55	381	5	19:48.2	6:22/M
2	Michael Hadnagy	Oakboro NC	56	357	20	23:33.1	7:35/M
3	Danny Inman	Greensboro NC	52	350	29	25:10.2	8:06/M
4	Joseph Whalen	Matthews NC	59	361	33	25:20.2	8:09/M
5	Billy Mills	Albemarle NC	59	383	44	27:00.0	8:41/M
6	Kevin Larue	Albemarle NC	52	351	97	50:43.1	16:19/M

#### Male 60 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	Ritchie Hearne	Albemarle NC	60	382	31	25:13.7	8:07/M
2	Brad Westhafer	Mechanicsburg PA	66	378	49	28:09.3	9:04/M
3	Houston Clark	Albemarle NC	61	364	60	30:41.2	9:53/M
4	Craig Long	Hendersonville NC	67	370	78	37:42.4	12:08/M
5	Steve Sycuro	Locust NC	68	372	86	41:45.6	13:26/M
6	Fran Albritton	Locust NC	69	373	99	1:01:32.7	19:48/M
DNF	Michael Longhurst	Midland NC	77	375			

Race Date  
March 11, 2018

# Spring Into Health 5K - 2018 - Locust, NC

## Age Group Results

### Spring Into Health 5K

#### 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	Alicia Rider	Winston Salem NC	36	317	4	19:24.5	6:15/M
2	Casey Sumner	Spartanburg SC	35	315	6	20:14.9	6:31/M
3	Rose Saltzman	Albemarle NC	31	387	11	21:46.1	7:00/M

## Spring Into Health 5K - 2018 - Locust, NC

Race Date  
March 11, 2018

Age Group Results**Spring Into Health 5K**

## Female 19 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	Mikhaila Hadnagy	Oakboro NC	14	284	14	22:04.8	7:06/M
2	Savanah Hendzel	Oakboro NC	12	279	22	24:15.8	7:48/M
3	Olivia Brame	Marshville NC	12	385	36	25:37.7	8:15/M
4	Runner Non-Registered		0	1	41	26:37.6	8:34/M
5	Lilly Hall	Locust NC	13	281	66	34:24.2	11:04/M
6	Emma Barbee	Mt. Pleasant NC	12	276	69	34:35.9	11:08/M
7	Runner Non-Registered		1	4	92	44:05.5	14:11/M
8	Elizabeth Lowder	Albemarle NC	14	285	94	44:54.0	14:27/M
DNF	Sierra Barrier	Charlotte NC	13	280			

## Female 20 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	Kayla Johnson	Norwood NC	23	290	13	21:56.4	7:04/M
2	Emily Bigford	Troy NC	23	289	59	30:07.6	9:42/M
3	Madison Chamley	Albemarle NC	22	287	81	38:08.9	12:16/M
4	Tamara Mayes	Albemarle NC	27	296	83	38:11.9	12:17/M
5	Lisa Goodman	Albemarle NC	24	291	84	38:17.0	12:19/M
6	Ashley Ridenhour	Albemarle NC	27	297	91	43:38.1	14:03/M
7	Allison Wensil	Albemarle NC	26	295	93	44:05.7	14:11/M
8	Michaela Hinson	Oakboro NC	24	292	95	50:06.4	16:08/M

## Female 30 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	Carolyn Green	Troy NC	32	379	17	22:38.5	7:17/M
2	Jennifer Hesley	Albemarle NC	37	388	18	22:48.3	7:20/M
3	Jeannie Burgess	Concord NC	33	309	24	24:21.6	7:50/M
4	Linsey Eudy	Albemarle NC	31	303	32	25:18.3	8:09/M
5	Christy Pickler	New London NC	30	301	35	25:36.7	8:14/M
6	Smith Emily		37	386	39	26:27.5	8:31/M
7	Sara Jones	Concord NC	38	325	40	26:28.5	8:31/M
8	Jule Wilt	Huntersville NC	35	316	42	26:41.1	8:35/M
9	Jessica Blanchard	Midland NC	37	319	50	28:09.7	9:04/M
10	Sara Huneycutt	Albemarle NC	34	312	56	29:32.6	9:30/M
11	Brittany Labore	Locust NC	32	306	64	33:34.2	10:48/M
12	Heather Broadway	Richfield NC	35	313	65	34:05.8	10:58/M
13	Hilary Almond	Albemarle NC	33	308	71	34:46.5	11:11/M
14	Jennifer Speights	Locust NC	31	304	73	34:48.1	11:12/M
15	Mary Deme	Stanfield NC	32	389	79	37:49.9	12:10/M

## Spring Into Health 5K - 2018 - Locust, NC

Age Group Results**Spring Into Health 5K**Race Date

March 11, 2018

**Female 30 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>
16	Leslie Swain	Albemarle NC	39	327	82	38:11.6	12:17/M
17	Jody Lowder	New London NC	30	300	87	42:17.6	13:37/M
DNF	Cathy Gallagher	Concord NC	35	314			
DNF	Melissa Cotton	Monroe NC	37	321			
DNF	Jennifer Lowder	Charlotte NC	39	326			

**Female 40 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	Lori Watson	Locust NC	40	328	47	27:45.4	8:56/M
2	Tricia Bryan	Midland NC	44	337	51	28:27.3	9:09/M
3	Denise Murphy	Concord NC	47	345	54	29:07.2	9:22/M
4	Alison Brame	Marshville NC	45	339	57	29:56.1	9:38/M
5	Cresta Nicola	Locust NC	46	342	58	30:05.2	9:41/M
6	Tracy Reed	Albemarle NC	46	343	61	30:57.0	9:58/M
7	Beverly Larue	Albemarle NC	46	341	62	32:12.5	10:22/M
8	Greta Baucom	Locust NC	44	336	72	34:47.0	11:12/M
9	Myra Furr	Kannapolis NC	41	329	75	36:01.3	11:36/M
10	Jennifer Chamley	Albemarle NC	48	347	85	40:47.2	13:08/M
DNF	Christy Honeycutt	Kannapolis NC	42	332			
DNF	Margaret Saunders	Mount Pleasant NC	43	334			
DNF	Lita Barbee	Mount Pleasant NC	44	335			
DNF	Shannon Nance	Polkton NC	45	340			

**Female 50 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	Beth Irvin	Norwood NC	57	359	46	27:22.6	8:49/M
2	Vanessa Roesler	Polkton NC	55	356	68	34:25.2	11:05/M
3	Jane Clark	Albemarle NC	57	358	80	37:55.6	12:12/M
4	Becky Warwick	Wadesboro NC	59	360	89	43:34.4	14:01/M
5	Sylvia Lewis	Matthews NC	54	354	90	43:37.8	14:02/M
DNF	Rebecca Weisenthal	Charlotte NC	52	353			
DNF	Cindy Fish	Stanfield NC	55	355			

**Female 60 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	Terry Carey	Indian Trail NC	64	366	25	24:31.1	7:53/M

Race Date  
March 11, 2018

# Spring Into Health 5K - 2018 - Locust, NC

## Age Group Results

### Spring Into Health 5K

#### Female 60 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>
2	Debbie Heath	Stanfield NC	61	365	74	35:16.7	11:21/M
3	Deborah Tucker	Locust NC	60	377	88	43:34.0	14:01/M
4	Susan Griffin	Oakboro NC	60	376	96	50:08.1	16:08/M
5	Peggy Ward	Midland NC	65	369	98	54:39.0	17:35/M
DNF	Debra Huneycutt	Albemarle NC	64	367			
DNF	Ann Brewer	Albemarle NC	65	368			
DNF	Mary Sycuro	Locust NC	68	371			
DNF	Joan McCollum	Locust NC	73	374			