

Plano Pacers Fresh Start 5K, 10K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday January 28, 2023

5K TOP FINISHERS

MEN		WOMEN			
1	Dave Matlack	17:49	1	Kenzie Linton	23:43
2	John Matlack	18:21	2	Kherington Glover	23:48
3	Christian Linton	18:46	3	Leslie Du Mars	25:49
4	Alex Castro	19:37	4	Caroline Cobbs	26:14
5	Roger Astran	19:57	5	Sarah Jane Cobbs	26:14
6	William Moore	20:15	6	Aiqing Li	26:18
7	Pierre Lapointe	20:23	7	Janie Linton	26:28
8	Guillermo Toral	20:34	8	Neha Sharan	28:29
9	Zhenhao Ge	20:48	9	Eleanor Matheney	29:19
10	Fernando H Garcia	20:50	10	Robyn Bray	29:30
Overall: Dave Matlack		17:49	Overall: Kenzie Linton		23:43
Master: Alex Castro		19:37	Master: Leslie Du Mars		25:49
Senior: William Moore		20:15	Senior: Terry Gonzalez		29:44
9-un: Peter Matheney		28:56	9-un: Eleanor Matheney		29:19
10-14: Christian Linton		18:46	10-14: Kherington Glover		23:48
Bryce Linton		21:42	Sarah Jane Cobbs		26:14
Ajay Hande		36:31	Neha Sharan		28:29
15-19: John Matlack		18:21	15-19: Caroline Cobbs		26:14
Israel Mejia		21:34	Janie Linton		26:28
20-24: Guillermo Toral Jr.		25:39	25-29: Ryan Baldrige		31:17
30-34: Omar Ramirez		21:44	30-34: Katy Dass		29:53
Alex Rojas		22:02	Maria Clara Cabrera		30:07
Joshua Matheney		24:38	Jerardy Carela		37:15
35-39: Michael Sasala		21:48	35-39: Sarah Chandler		30:05
Galen Smith		23:03	Sasoon McGowan		30:23
Ryan Glover		34:47	Rae Parker		30:33
40-44: Zhenhao Ge		20:48	40-44: Robyn Bray		29:30
Greg Amerson		21:56	Debra Amerson		33:12
David Coffey		22:40	45-49: Jenny Cobbs		33:12
45-49: Roger Astran		19:57	Gloria De Jesus		34:10
Pierre Lapointe		20:23	Hayley Brown		34:38
Fernando H Garcia		20:50	50-54: Aiqing Li		26:18
50-54: Guillermo Toral		20:34	Elise Harper		36:34
Johnny Chen		21:02	55-59: Annette Mangiameli		30:40
Lei Tan		26:37	Martha Kuhlman		43:43
55-59: Tony Sabetti		31:08	60-64: Debbie Brewer		29:50
60-64: Vijayan Nair		23:31	Adelisa Grace Walker		45:05
Alberto Ramirez		25:43			
Shungo Saito		32:50			

65-69:	Ron Wahlquist Charles Brown Bob Gordon	21:58 27:41 27:45	65-69:	Sunao Saito Jerri Hixson Susan Kuddes	31:13 41:06 41:49
70-74:	Tom Conlon Herb Armstrong Erasmus Rojas	27:46 28:38 29:12	70-74:	Joanne Beck	46:51
75-79:	Bruce Johnson	33:42	75-79:	Andi Miner	39:40
80-84:	Charles Warner David Hundt	48:46 55:28			
85-ov:	James Thruston	40:44			
Clydes:	Rod Hooker Dennis Chupp William Swafford	33:28 44:48 51:09	Athena:	Shero Forever	41:24

10K TOP FINISHERS

MEN			WOMEN		
1	Meng Zhao	36:05	1	Elizabeth James	43:12
2	Joshua Scaife	36:48	2	Abigail Bray	43:23
3	Jim Dietz	37:03	3	Marla Maupin	46:43
4	Gustavo Aguirre	37:35	4	Xiaolu Cui	48:02
5	Ronny Lefebvre	38:35	5	Andrea Hudson Baldwin	48:06
6	Shihui Mang	38:52	6	Nancy Nguyen	50:58
7	Matthew Kanarr	38:58	7	Yvonne Thapa	51:10
8	Ray Nichols	39:16	8	Dawn Burke	54:36
9	Chance Balsamo	39:20	9	Renee Spratlen	54:44
10	Paul Barker	40:24	10	Frances McKissick	56:01
Overall:	Meng Zhao	36:05	Overall:	Elizabeth James	43:12
Master:	Jim Dietz	37:03	Master:	Marla Maupin	46:43
Senior:	Greg Rankin	40:41	Senior:	Andrea Hudson Baldwin	48:06
10-14:	Kevin Glover	44:38			
15-19:	Joshua Scaife	36:48	15-19:	Abigail Bray	43:23
20-24:	Matthew Kanarr Chance Balsamo	38:58 39:20			
25-29:	Nick Blachly Shokhvrit Mand	41:35 48:00			
30-34:	Gustavo Aguirre Pedro Carela Charles James	37:35 41:09 46:23	30-34:	Laura Gelles	57:45
35-39:	Matthew Smith Joey Steininger Reza Sardari	40:47 48:28 50:01	35-39:	Xiaolu Cui Erin Glover Dani Steininger	48:02 1:00:16 1:06:40
40-44:	Ray Nichols Luoyi Zhang David Zeiger	39:16 50:54 1:02:47	40-44:	Heather Zeiger	1:02:47
45-49:	Jason Bogardus Xiao Liu Jason Zheng	42:14 43:00 50:03	45-49:	Nancy Nguyen Hong Lin Joyce Zhao	50:58 1:04:51 1:08:44

50-54:	Ronny Lefebvre	38:35	50-54:	Yvonne Thapa	51:10
	Shihui Mang	38:52		Sabrina Shi	57:01
	Paul Barker	40:24		Yunxia Cai	57:01
55-59:	Michael Held	40:59	55-59:	Renee Spratlen	54:44
	Jermin Chou	42:59		Renee Mitchell	59:00
	Kan Meng	43:15		Gowa Borzigin	1:02:25
60-64:	James Royal	45:54	60-64:	Dawn Burke	54:36
	John Cosentino	47:20		Frances McKissick	56:01
	Jim Cavanaugh	51:51		Xiaoge She	1:05:02
65-69:	Cary Sherf	55:14	65-69:	Sherry Freeland	1:06:11
70-74:	Mike Fields	49:37	70-74:	Susan Graves	1:24:45
	Xinji Li	1:11:28			
	Jeffrey Beck	1:22:11			
75-79:	Michael Zinn	1:02:35			
80-84:	Wally Capps	1:08:37			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Angel Garcia	5:19	1 Joy Johnson	5:27
2	Daniel Castro	6:30	2 Savannah Matheney	7:11
BOYS 7-9		GIRLS 7-9		
1	Teddy Hendricks	4:53	1 Sarah Friedman	5:04
2	Arthur LaPointe	5:01	2 Jocelyn Johnson	5:07
BOYS 10-12		GIRLS 10-12		
1	Andrew Friedman	4:02	1 Julia Johnson	4:07
			2 Lilliana Robles	8:48

Plano Pacers 5K Results---Saturday, January 28, 2023

			FinTime	Pace	5Keq	Score
1.	Dave Matlack	55 m	17:49	5:44	17.8	96.8
2.	John Matlack	17 m	18:21	5:54	18.3	85.5
3.	Christian Linton	13 m	18:46	6:02	18.8	89.7
4.	Alex Castro	40 m	19:37	6:19	19.6	79.7
5.	Roger Astran	45 m	19:57	6:25	19.9	80.5
6.	William Moore	61 m	20:15	6:31	20.2	89.7
7.	Pierre Lapointe	46 m	20:23	6:34	20.4	79.3
8.	Guillermo Toral	50 m	20:34	6:37	20.6	80.7
9.	Zhenhao Ge	41 m	20:48	6:42	20.8	75.5
10.	Fernando H Garcia	45 m	20:50	6:42	20.8	77.1
11.	Johnny Chen	54 m	21:02	6:46	21.0	81.3
12.	Israel Mejia	16 m	21:34	6:56	21.6	73.7
13.	Bryce Linton	11 m	21:42	6:59	21.7	82.1
14.	Omar Ramirez	32 m	21:44	7:00	21.7	69.7
15.	Michael Sasala	36 m	21:48	7:01	21.8	70.4
16.	Greg Amerson	43 m	21:56	7:04	21.9	72.4
17.	Ron Wahlquist	65 m	21:58	7:04	22.0	86.1
18.	Alex Rojas	33 m	22:02	7:06	22.0	68.9
19.	David Coffey	43 m	22:40	7:18	22.7	70.1
20.	Adrian Mora	49 m	22:46	7:20	22.8	72.4
21.	Galen Smith	36 m	23:03	7:25	23.0	66.6
22.	Vijayan Nair	60 m	23:31	7:34	23.5	76.5
23.	Kenzie Linton	16 f	23:43	7:38	23.7	76.0
24.	Kherington Glover	13 f	23:48	7:40	23.8	80.2

25.	Joshua Matheney	33 m	24:38	7:56	24.6	61.7
26.	Guillermo Toral Jr.	23 m	25:39	8:15	25.6	58.7
27.	Alberto Ramirez	63 m	25:43	8:17	25.7	72.0
28.	Julian Rodriguez	45 m	25:44	8:17	25.7	62.4
29.	Leslie Du Mars	56 f	25:49	8:19	25.8	76.3
30.	Caroline Cobbs	15 f	26:14	8:27	26.2	69.8
31.	Sarah Jane Cobbs	13 f	26:14	8:27	26.2	72.8
32.	Aiqing Li	50 f	26:18	8:28	26.3	71.5
33.	Janie Linton	15 f	26:28	8:31	26.5	69.2
34.	Lei Tan	53 m	26:37	8:34	26.6	63.8
35.	Charles Brown	68 m	27:41	8:55	27.7	70.6
36.	Bob Gordon	69 m	27:45	8:56	27.7	71.2
37.	Tom Conlon	70 m	27:46	8:56	27.8	72.0
38.	Benny Mitchell	43 m	28:17	9:06	28.3	56.2
39.	Neha Sharan	14 f	28:29	9:10	28.5	65.5
40.	Herb Armstrong	74 m	28:38	9:13	28.6	73.3
41.	Peter Matheney	8 m	28:56	9:19	28.9	69.5
42.	Erasmio Rojas	70 m	29:12	9:24	29.2	68.5
43.	Eleanor Matheney	9 f	29:19	9:26	29.3	74.2
44.	Bill Kipp	48 m	29:25	9:28	29.4	55.7
45.	Robyn Bray	42 f	29:30	9:30	29.5	60.7
46.	Terry Gonzalez	68 f	29:44	9:34	29.7	74.5
47.	Debbie Brewer	63 f	29:50	9:36	29.8	70.4
48.	Katy Dass	33 f	29:53	9:37	29.9	57.6
49.	Sarah Chandler	36 f	30:05	9:41	30.1	57.8
50.	Maria Clara Cabrera	33 f	30:07	9:42	30.1	57.2
51.	Sasoon McGowan	36 f	30:23	9:47	30.4	57.3
52.	Rae Parker	38 f	30:33	9:50	30.5	57.4
53.	Annette Mangiameli	58 f	30:40	9:52	30.7	65.3
54.	Tony Sabetti	59 m	31:08	10:01	31.1	57.3
55.	Sunao Saito	68 f	31:13	10:03	31.2	70.9
56.	Ryan Baldrige	25 f	31:17	10:04	31.3	54.4
57.	Shungo Saito	64 m	32:50	10:34	32.8	57.0
58.	Jenny Cobbs	47 f	33:12	10:41	33.2	55.5
59.	Debra Amerson	43 f	33:12	10:41	33.2	54.2
60.	Rod Hooker	42 m	33:28	10:46	33.5	47.2
61.	Bobby Chandler	62 m	33:39	10:50	33.6	54.5
62.	Bruce Johnson	75 m	33:42	10:51	33.7	63.1
63.	Alan Carruthers	63 m	33:43	10:51	33.7	54.9
64.	Gloria De Jesus	47 f	34:10	11:00	34.2	54.0
65.	Hayley Brown	48 f	34:38	11:09	34.6	53.6
66.	Ryan Glover	39 m	34:47	11:12	34.8	44.7
67.	Michael Picard	69 m	34:52	11:13	34.9	56.7
68.	Claudia Chafino	39 f	36:10	11:38	36.2	48.8
69.	Ajay Hande	12 m	36:31	11:45	36.5	47.3
70.	Abhiman Hande	48 m	36:32	11:46	36.5	44.8
71.	Elise Harper	53 f	36:34	11:46	36.6	52.6
72.	Jerardy Carela	33 f	37:15	11:59	37.2	46.2
73.	Elizabeth George	33 f	37:43	12:08	37.7	45.6
74.	Alfred Wilkinson	74 m	37:47	12:10	37.8	55.6
75.	Eric Dong	13 m	38:14	12:18	38.2	44.1
76.	Andi Miner	78 f	39:40	12:46	39.7	63.3
77.	Melissa Hayes	34 f	40:27	13:01	40.4	42.7
78.	James Thruston	85 m	40:44	13:07	40.7	60.4
79.	Jerri Hixson	69 f	41:06	13:14	41.1	54.5
80.	Shero Forever	40 f	41:24	13:20	41.4	42.8
81.	Susan Kuddes	68 f	41:49	13:28	41.8	52.9
82.	Lynne Najera	65 f	42:37	13:43	42.6	50.3
83.	Martha Kuhlman	58 f	43:43	14:04	43.7	45.8
84.	Angela Lewis	45 f	43:58	14:09	44.0	41.4
85.	Dennis Chupp	65 m	44:48	14:25	44.8	42.2
86.	Adelisa Grace Walker	62 f	45:05	14:31	45.1	46.1
87.	Jay Sheth	68 f	45:14	14:34	45.2	48.9

88.	Joanne Beck	71 f	46:51	15:05	46.8	48.9
89.	Charles Warner	82 m	48:46	15:42	48.8	48.2
90.	William Swafford	71 m	51:09	16:28	51.1	39.5
91.	Karen Wise	49 f	55:28	17:51	55.5	33.7
92.	David Hundt	80 m	55:28	17:51	55.5	41.1

Plano Pacers 10K Results---Saturday, January 28, 2023

			FinTime	Pace	5Keq	Score
1.	Meng Zhao	48 m	36:05	5:48	17.2	95.3
2.	Joshua Scaife	17 m	36:48	5:55	17.5	89.5
3.	Jim Dietz	62 m	37:03	5:58	17.6	104.0
4.	Gustavo Aguirre	30 m	37:35	6:03	17.9	84.2
5.	Ronny Lefebvre	51 m	38:35	6:13	18.4	91.0
6.	Shihui Mang	53 m	38:52	6:15	18.5	91.7
7.	Matthew Kanarr	23 m	38:58	6:16	18.6	81.2
8.	Ray Nichols	40 m	39:16	6:19	18.7	83.6
9.	Chance Balsamo	24 m	39:20	6:20	18.7	80.2
10.	Paul Barker	53 m	40:24	6:30	19.2	88.2
11.	Greg Rankin	56 m	40:41	6:33	19.4	89.7
12.	Matthew Smith	37 m	40:47	6:34	19.4	79.4
13.	Michael Held	57 m	40:59	6:36	19.5	89.8
14.	Pedro Carela	33 m	41:09	6:37	19.6	77.5
15.	Nick Blachly	27 m	41:35	6:42	19.8	75.8
16.	Jason Bogardus	45 m	42:14	6:48	20.1	79.9
17.	Jermin Chou	58 m	42:59	6:55	20.5	86.4
18.	Xiao Liu	47 m	43:00	6:55	20.5	79.5
19.	Elizabeth James	33 f	43:12	6:57	20.6	83.7
20.	Kan Meng	57 m	43:15	6:58	20.6	85.1
21.	Abigail Bray	16 f	43:23	6:59	20.7	87.2
22.	Kevin Glover	11 m	44:38	7:11	21.3	83.8
23.	James Royal	60 m	45:54	7:23	21.9	82.4
24.	Lixiang Chen	57 m	46:18	7:27	22.0	79.5
25.	Charles James	33 m	46:23	7:28	22.1	68.8
26.	Rick Nguyen	50 m	46:36	7:30	22.2	74.8
27.	Marla Maupin	50 f	46:43	7:31	22.2	84.6
28.	Jian Chen	51 m	47:19	7:37	22.5	74.2
29.	John Cosentino	60 m	47:20	7:37	22.5	79.9
30.	Gary Spence	56 m	47:24	7:38	22.6	77.0
31.	Troy Higgins	50 m	47:34	7:39	22.7	73.3
32.	Shokhvrit Mand	25 m	48:00	7:43	22.9	65.7
33.	Xiaolu Cui	39 f	48:02	7:44	22.9	77.1
34.	Andrea Hudson Baldwin	63 f	48:06	7:44	22.9	91.7
35.	Joey Steininger	38 m	48:28	7:48	23.1	67.1
36.	Yang Meng	54 m	48:44	7:51	23.2	73.7
37.	Eric Braithwaite	34 m	48:56	7:53	23.3	65.4
38.	Doug Waters	58 m	48:58	7:53	23.3	75.8
39.	Mike Fields	72 m	49:37	7:59	23.6	86.7
40.	Reza Sardari	39 m	50:01	8:03	23.8	65.3
41.	Jason Zheng	48 m	50:03	8:03	23.8	68.7
42.	Luoyi Zhang	44 m	50:54	8:11	24.2	65.9
43.	Nancy Nguyen	46 f	50:58	8:12	24.3	75.5
44.	Pedro Garces	48 m	50:59	8:12	24.3	67.5
45.	Yvonne Thapa	52 f	51:10	8:14	24.4	78.3
46.	Ted Butler	33 m	51:42	8:19	24.6	61.7
47.	Jim Cavanaugh	62 m	51:51	8:21	24.7	74.3
48.	Zach Shirley	32 m	52:24	8:26	25.0	60.7
49.	Muduo Lin	49 m	52:30	8:27	25.0	65.9
50.	Michael Hundt	47 m	54:10	8:43	25.8	63.1
51.	Alan Kaplan	58 m	54:23	8:45	25.9	68.3
52.	Jonathan Szeto	46 m	54:31	8:46	26.0	62.3
53.	Dawn Burke	62 f	54:36	8:47	26.0	80.0
54.	Renee Spratlen	59 f	54:44	8:49	26.1	77.6
55.	Cary Sherf	69 m	55:14	8:53	26.3	75.1

56.	Frances McKissick	60 f	56:01	9:01	26.7	76.5
57.	Joe Smith	58 m	56:16	9:03	26.8	66.0
58.	Sabrina Shi	51 f	57:01	9:11	27.2	69.8
59.	Yunxia Cai	53 f	57:01	9:11	27.2	70.8
60.	Jeff Smith	62 m	57:16	9:13	27.3	67.3
61.	Jesse Puentes	59 m	57:23	9:14	27.3	65.3
62.	Laura Gelles	34 f	57:45	9:18	27.5	62.8
63.	Tony Tang	62 m	58:05	9:21	27.7	66.3
64.	Song Wu	57 m	58:24	9:24	27.8	63.0
65.	Renee Mitchell	58 f	59:00	9:30	28.1	71.3
66.	Erin Glover	38 f	1:00:16	9:42	28.7	61.2
67.	Gowa Borzigin	57 f	1:02:25	10:03	29.7	66.8
68.	Michael Zinn	75 m	1:02:35	10:04	29.8	71.4
69.	Heather Zeiger	42 f	1:02:47	10:06	29.9	59.9
70.	David Zeiger	41 m	1:02:47	10:06	29.9	52.6
71.	Hongjian Li	57 f	1:03:08	10:10	30.1	66.1
72.	Lu Shen	50 f	1:03:56	10:17	30.4	61.8
73.	Hong Lin	48 f	1:04:51	10:26	30.9	60.1
74.	Xiaoge She	60 f	1:05:02	10:28	31.0	65.9
75.	Sherry Freeland	67 f	1:06:11	10:39	31.5	69.5
76.	Ryan Pogue	51 m	1:06:16	10:40	31.6	53.0
77.	Debbie Riedner	53 f	1:06:29	10:42	31.7	60.8
78.	Ruben Da Rocha Barretto	51 m	1:06:35	10:43	31.7	52.7
79.	Dani Steininger	38 f	1:06:40	10:44	31.7	55.3
80.	Denise Langford	52 f	1:08:20	11:00	32.5	58.7
81.	Wally Capps	82 m	1:08:37	11:03	32.7	71.9
82.	James Langford	56 m	1:08:42	11:03	32.7	53.1
83.	Joyce Zhao	46 f	1:08:44	11:04	32.7	56.0
84.	Xinji Li	73 m	1:11:28	11:30	34.0	60.9
85.	Stacy Bartlett	64 f	1:15:26	12:08	35.9	59.0
86.	Jeffrey Beck	74 m	1:22:11	13:14	39.1	53.7
87.	Susan Graves	73 f	1:24:45	13:38	40.4	58.2
88.	Ken Ashby	70 m	1:25:27	13:45	40.7	49.1

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, January 28, 2023

			FinTime	Pace	5Keq	Score
1.	Andrew Friedman	11 m	4:02	6:30	23.8	74.8
2.	Julia Johnson	11 f	4:07	6:38	24.3	83.0
3.	Teddy Hendricks	9 m	4:53	7:52	28.9	66.5
4.	Arthur LaPointe	7 m	5:01	8:04	29.6	71.3
5.	Sarah Friedman	8 f	5:04	8:09	29.9	76.1
6.	Jocelyn Johnson	9 f	5:07	8:14	30.2	72.0
7.	Juan Rodriguez	7 m	5:08	8:16	30.3	69.7
8.	Angel Garcia	6 m	5:19	8:33	31.4	71.3
9.	Joy Johnson	6 f	5:27	8:46	32.2	78.8
10.	Bobbi Hendricks	7 f	6:04	9:46	35.9	66.9
11.	Jonathan Glover	9 m	6:10	9:56	36.4	52.7
12.	Isabella Allen	8 f	6:19	10:10	37.3	61.0
13.	Daniel Castro	5 m	6:30	10:28	38.4	62.1
14.	Ariel Ge	8 f	6:54	11:06	40.8	55.9
15.	Savannah Matheney	4 f	7:11	11:34	42.4	68.4
16.	Mira Steininger	5 f	7:18	11:45	43.1	62.7
17.	Quinn Steininger	7 f	7:19	11:47	43.2	55.4
18.	Kayla Carela	5 f	7:31	12:06	44.4	60.9
19.	Kylee Ramirez	7 f	7:33	12:09	44.6	53.7
20.	Isabella LaPointe	3 f	8:06	13:02	47.9	65.5
21.	Nike Dass	7 f	8:12	13:12	48.5	49.5
22.	Edie Dass	7 f	8:31	13:42	50.3	47.6
23.	Caroline Matheney	3 f	8:43	14:02	51.5	60.9
24.	Alena Balakchieva	4 f	8:46	14:07	51.8	56.0
25.	Lilliana Robles	10 f	8:48	14:10	52.0	40.2
26.	Sadie Glover	3 f	9:36	15:27	56.7	55.3
27.	Elena Robles	4 f	11:01	17:44	65.1	44.6

28.	<u>Alex Allen</u>	6 m	11:38	18:43	68.7	32.6
29.	<u>Elise Glover</u>	2 f	12:59	20:54	76.7	44.4

New Records:

James Thruston, 5K Male 85-89, 40:44 (previous record: Charles Key, 41:50, 05/19)
 Jim Dietz, 10K Male 60-64, 37:03 (previous record: Jim Dietz, 37:25, 10/21)

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

Kids K Volunteers

Mike Picard
 Debbie Brewer
 Karen Rojas
 Sarah Hendricks
 Bridgette Johnson
 Jim Gabhart
 Steve Russo
 Ron Wahlquist