

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

at Bob Woodruff Park, Plano, TX

Saturday January 30, 2021

5K TOP FINISHERS

MEN		WOMEN			
1	Tyler Hemenway	16:10	1 Kazlina Beam	23:45	
2	Justin Keith	18:24	2 Andrea Hudson Baldwin	24:06	
3	Gavin Gajraj	18:38	3 Abigail Bray	24:11	
4	Joshua Scaife	19:11	4 Nanci Anderson	24:21	
5	Fernando Garcia	20:11	5 Nancy Nguyen	24:26	
6	Charles James	20:57	6 Natalie Nguyen	25:57	
7	Gene Scaife	21:04	7 Remi Sandlin	26:16	
8	Brady Amerson	22:32	8 Brenda Ontiveros	28:08	
9	Ron Wahlquist	22:33	9 Ava Chavez	28:19	
10	Kieran Dodd	23:06	10 Rosalia Baker	29:38	
Overall:	Tyler Hemenway	16:10	Overall:	Kazlina Beam	23:45
Master:	Fernando Garcia	20:11	Master:	Andrea Hudson Baldwin	24:06
Senior:	Ron Wahlquist	22:33	Senior:	Terry Gonzalez	31:01
9-un:	Kieran Dodd	23:06			
	Samuel Nowell	24:50			
	Logan Smith	24:53			
10-14:	Brady Amerson	22:32	10-14:	Abigail Bray	24:11
	Nathan Nguyen	23:24		Natalie Nguyen	25:57
	Cody Vineyard	25:10		Remi Sandlin	26:16
15-19:	Gavin Gajraj	18:38	15-19:	Nanci Anderson	24:21
	Joshua Scaife	19:11		Abigail Cabrales	33:47
20-24:	Justin Keith	18:24			
			25-29:	Ashlee Larkin	32:06
30-34:	Charles James	20:57			
	Cristobal Garcia	24:14			
	Ka Lau	27:01			
			35-39:	Emily Wyatt	30:11
40-44:	Gene Scaife	21:04	40-44:	Nancy Nguyen	24:26
	Mark Bray	24:12		Brenda Ontiveros	28:08
45-49:	Rick Nguyen	23:15	45-49:	Rosalia Baker	29:38
	Guillermo Toral	25:28		Jie Wang	34:05
	Andrew Dodd	26:26			
50-54:	Luis Talavera	28:55	50-54:	Pam Stroud	42:10
	Chris Wong	44:08			
55-59:	Vijayan Nair	25:31	55-59:	Serena Wang	34:01
				Diane Cookston	42:11
60-64:	Fred Ellefson	23:32	60-64:	Jill Eckardt	46:09
	James Drumm	26:18			
	Scott Anderson	33:29			
			65-69:	Jerri Hixson	36:41

70-74:	Alfred Wilkinson	38:28
	Steve Shopoff	39:34
Clydes:	Michael Kelly	33:36
	William Swafford	47:03

10K TOP FINISHERS

MEN		WOMEN			
1	Everett Wilder	32:38	1 Leann Dietze	45:57	
2	Carson Vickroy	32:43	2 Beth Nowell	49:53	
3	Colby Mehmen	33:16	3 Linda Kelly	50:38	
4	Meng Zhao	35:23	4 Dawn Burke	54:42	
5	Raul Guerrero	35:42	5 Carrie Rogers	55:15	
6	Felix Gonzalez	37:57	6 Tina Jasper	1:10:47	
7	Francisco Adame	37:58	7 Debye Humphrey	1:15:53	
8	Dan Clubb	38:21	8 Amy Long	1:36:57	
9	Michael Held	41:30	9 Chauncey Eastes	1:36:57	
10	Jason Bogardus	42:32			
Overall:	Everett Wilder	32:38	Overall:	Leann Dietze	45:57
Master:	Meng Zhao	35:23	Master:	Beth Nowell	49:53
Senior:	Michael Held	41:30	Senior:	Linda Kelly	50:38
25-29:	Carson Vickroy	32:43			
	Colby Mehmen	33:16			
30-34:	Raul Guerrero	35:42			
35-39:	Nicolas Funes	53:45			
40-44:	Felix Gonzalez	37:57	40-44:	Carrie Rogers	55:15
	Jason Bogardus	42:32			
	Mark Miller	43:19			
45-49:	Francisco Adame	37:58	45-49:	Amy Long	1:36:57
	Dan Clubb	38:21		Chauncey Eastes	1:36:57
	Mark Bolton	46:50			
50-54:	Johnny Chen	45:10			
55-59:	John Cosentino	45:46	55-59:	Tina Jasper	1:10:47
	Steve Russo	47:40			
	Doug Waters	51:43			
60-64:	Jeff Smith	59:04	60-64:	Dawn Burke	54:42
	Andy Beach	1:10:34			
65-69:	Cary Sherf	55:10	65-69:	Debye Humphrey	1:15:53
	Ken Ashby	1:26:45			
	Mike Colvin	1:28:30			
70-74:	Michael Zinn	1:01:18			
	Bob Luchsinger	1:15:54			
80-ov:	Wally Capps	1:03:56			
Clydes:	Phillip Dailey	1:01:43			
	Ed Humphrey	1:28:33			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6	
1	Tristan Dodd	5:50	
BOYS 7-9		GIRLS 7-9	
1	Kieran Dodd	4:26	
2	Logan Smith	4:34	
BOYS 10-12		GIRLS 10-12	
1	Nikola Delcid	4:46	

Plano Pacers 5K Results---Saturday, January 30, 2021

			FinTime	Pace	5Keq	Score
1.	Tyler Hemenway	28 m	16:10	5:12	16.2	92.9
2.	Justin Keith	20 m	18:24	5:55	18.4	82.9
3.	Gavin Gajraj	17 m	18:38	6:00	18.6	84.2
4.	Joshua Scaife	15 m	19:11	6:10	19.2	84.2
5.	Fernando Garcia	43 m	20:11	6:30	20.2	78.7
6.	Charles James	31 m	20:57	6:45	20.9	72.1
7.	Gene Scaife	43 m	21:04	6:47	21.1	75.4
8.	Brady Amerson	13 m	22:32	7:15	22.5	74.7
9.	Ron Wahlquist	63 m	22:33	7:15	22.5	82.2
10.	Kieran Dodd	9 m	23:06	7:26	23.1	83.1
11.	Rick Nguyen	48 m	23:15	7:29	23.2	70.4
12.	Nathan Nguyen	13 m	23:24	7:32	23.4	72.0
13.	Fred Ellefson	61 m	23:32	7:34	23.5	77.2
14.	Kazlina Beam	16 f	23:45	7:39	23.7	75.9
15.	Andrea Hudson Baldwin	61 f	24:06	7:45	24.1	85.5
16.	Abigail Bray	14 f	24:11	7:47	24.2	77.2
17.	Mark Bray	40 m	24:12	7:47	24.2	64.6
18.	Cristobal Garcia	33 m	24:14	7:48	24.2	62.7
19.	Nanci Anderson	17 f	24:21	7:50	24.3	73.0
20.	Nancy Nguyen	44 f	24:26	7:52	24.4	74.1
21.	Samuel Nowell	9 m	24:50	8:00	24.8	77.3
22.	Logan Smith	9 m	24:53	8:01	24.9	77.2
23.	Cody Vineyard	14 m	25:10	8:06	25.2	65.4
24.	Guillermo Toral	48 m	25:28	8:12	25.5	64.3
25.	Vijayan Nair	58 m	25:31	8:13	25.5	69.3
26.	Natalie Nguyen	14 f	25:57	8:21	25.9	71.9
27.	Abhinav Chandran	10 m	26:10	8:25	26.2	70.5
28.	Remi Sandlin	13 f	26:16	8:27	26.3	72.7
29.	Nikolas DelCid	11 m	26:18	8:28	26.3	67.8
30.	James Drumm	62 m	26:18	8:28	26.3	69.8
31.	Tristan Dodd	6 m	26:20	8:29	26.3	85.0
32.	Andrew Dodd	47 m	26:26	8:30	26.4	61.6
33.	Ka Lau	30 m	27:01	8:42	27.0	55.8
34.	Brenda Ontiveros	44 f	28:08	9:03	28.1	64.4
35.	Ava Chavez	13 f	28:19	9:07	28.3	67.4
36.	Luis Talavera	50 m	28:55	9:18	28.9	57.4
37.	Rosalia Baker	47 f	29:38	9:32	29.6	62.2
38.	Emily Wyatt	38 f	30:11	9:43	30.2	58.1
39.	Terry Gonzalez	66 f	31:01	9:59	31.0	69.8
40.	Lily Bryant	11 f	31:27	10:07	31.4	64.2
41.	Ashlee Larkin	28 f	32:06	10:20	32.1	53.0
42.	Lucas Bryant	7 m	32:35	10:29	32.6	64.9
43.	Scott Anderson	63 m	33:29	10:47	33.5	55.3
44.	Michael Kelly	57 m	33:36	10:49	33.6	52.2
45.	Abigail Cabrales	15 f	33:47	10:52	33.8	54.2
46.	Serena Wang	57 f	34:01	10:57	34.0	58.4
47.	Jie Wang	46 f	34:05	10:58	34.1	53.8
48.	Jerri Hixson	66 f	36:41	11:48	36.7	59.0
49.	Alfred Wilkinson	72 m	38:28	12:23	38.5	53.2

50.	Alina Nguyen	12 f	38:37	12:26	38.6	50.7
51.	Steve Shopoff	73 m	39:34	12:44	39.6	52.4
52.	Sophia Nguyen	11 f	39:52	12:50	39.9	50.7
53.	Pam Stroud	53 f	42:10	13:34	42.2	45.6
54.	Diane Cookston	55 f	42:11	13:35	42.2	46.3
55.	Chris Wong	51 m	44:08	14:12	44.1	37.9
56.	Jill Eckardt	61 f	46:09	14:51	46.1	44.6
57.	William Swafford	69 m	47:03	15:09	47.0	42.0
58.	Bill Horstman	61 m	48:45	15:41	48.7	37.3

Plano Pacers 10K Results---Saturday, January 30, 2021

			FinTime	Pace	5Keq	Score
1.	Everett Wilder	29 m	32:38	5:15	15.5	96.8
2.	Carson Vickroy	25 m	32:43	5:16	15.6	96.3
3.	Colby Mehmen	26 m	33:16	5:21	15.8	94.7
4.	Meng Zhao	45 m	35:23	5:42	16.8	95.4
5.	Raul Guerrero	31 m	35:42	5:45	17.0	88.8
6.	Felix Gonzalez	42 m	37:57	6:06	18.1	87.4
7.	Francisco Adame	47 m	37:58	6:07	18.1	90.0
8.	Dan Clubb	48 m	38:21	6:10	18.3	89.7
9.	Michael Held	55 m	41:30	6:41	19.8	87.2
10.	Jason Bogardus	42 m	42:32	6:51	20.3	78.0
11.	Mark Miller	42 m	43:19	6:58	20.6	76.6
12.	Johnny Chen	51 m	45:10	7:16	21.5	77.7
13.	John Cosentino	58 m	45:46	7:22	21.8	81.1
14.	Leann Dietze	28 f	45:57	7:24	21.9	77.8
15.	Mark Bolton	46 m	46:50	7:32	22.3	72.5
16.	Steve Russo	57 m	47:40	7:40	22.7	77.2
17.	Beth Nowell	41 f	49:53	8:02	23.8	75.0
18.	Linda Kelly	69 f	50:38	8:09	24.1	92.9
19.	Samuel Kiratu	43 m	50:53	8:11	24.2	65.6
20.	Doug Waters	56 m	51:43	8:19	24.6	70.6
21.	Alan Kaplan	56 m	51:56	8:21	24.7	70.3
22.	Nicolas Funes	36 m	53:45	8:39	25.6	60.0
23.	Dawn Burke	60 f	54:42	8:48	26.0	78.3
24.	Cary Sherf	67 m	55:10	8:53	26.3	73.5
25.	Carrie Rogers	40 f	55:15	8:53	26.3	67.3
26.	Jeff Smith	60 m	59:04	9:30	28.1	64.0
27.	Michael Zinn	73 m	1:01:18	9:52	29.2	71.0
28.	Phillip Dailey	36 m	1:01:43	9:56	29.4	52.2
29.	M. Vellingiriswamy	45 m	1:02:21	10:02	29.7	54.1
30.	Wally Capps	80 m	1:03:56	10:17	30.4	74.9
31.	Andy Beach	62 m	1:10:34	11:21	33.6	54.6
32.	Tina Jasper	57 f	1:10:47	11:23	33.7	58.9
33.	Debye Humphrey	66 f	1:15:53	12:13	36.1	59.9
34.	Bob Luchsinger	71 m	1:15:54	12:13	36.1	56.0
35.	Ken Ashby	68 m	1:26:45	13:58	41.3	47.3
36.	Mike Colvin	68 m	1:28:30	14:15	42.1	46.4
37.	Ed Humphrey	99 m	1:28:33	14:15	42.2	75.3
38.	Amy Long	49 f	1:36:57	15:36	46.2	40.5
39.	Chauncey Eastes	45 f	1:36:57	15:36	46.2	39.4

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, January 30, 2021

			FinTime	Pace	5Keq	Score
1.	Kieran Dodd	9 m	4:26	7:08	26.2	73.3
2.	Logan Smith	9 m	4:34	7:21	27.0	71.2
3.	Nikola Delcid	11 m	4:46	7:40	28.2	63.3
4.	Tristan Dodd	6 m	5:50	9:23	34.5	65.0

New Records:

None

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

Diana Smith

Ron Wahlquist