

Plano Pacers Turkey Runoff 5K, 15K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday November 28, 2020

5K TOP FINISHERS

MEN		WOMEN			
1	Everett Wilder	16:04	1 Ashley Gray	20:21	
2	Colby Mehmen	16:14	2 Avalon Sitz	23:28	
3	Tyler Hemenway	16:33	3 Cami Sitz	23:33	
4	Ray Nichols	17:57	4 Andrea Hudson Baldwin	23:53	
5	Dan Clubb	18:06	5 Dianne Childers	24:36	
6	Joshua Scaife	18:49	6 Sarina Bands	24:50	
7	Gavin Gajraj	18:51	7 Maria Moore	25:23	
8	Dan Yarbrough	19:35	8 Kristen Ellefson	26:25	
9	Joshua Childers	19:42	9 Natalie Nguyen	26:30	
10	Don Robertson	20:28	10 Noelle Sunna	26:42	
Overall:	Everett Wilder	16:04	Overall:	Ashley Gray	20:21
Master:	Dan Clubb	18:06	Master:	Cami Sitz	23:33
Senior:	Tommy Smith	20:42	Senior:	Andrea Hudson Baldwin	23:53
9-un:	Samuel Nowell	22:00			
	Robert Cui	31:36			
10-14:	Luke Sitz	20:42	10-14:	Avalon Sitz	23:28
	Stephen Wahlquist	21:33		Sarina Bands	24:50
	Keenan Amerson	22:21		Natalie Nguyen	26:30
15-19:	Joshua Scaife	18:49	15-19:	Noelle Sunna	26:42
	Gavin Gajraj	18:51		Bethany Sitz	28:26
	Joshua Childers	19:42		Abigail Cabrales	33:13
20-24:	Erick Castillo	20:41	20-24:	Fernanda Talavera	38:15
	Jonathan Childers	23:26			
25-29:	Colby Mehmen	16:14			
	Tyler Hemenway	16:33			
			30-34:	Kristen Ellefson	26:25
35-39:	Ray Nichols	17:57	35-39:	Heather Zeiger	27:31
40-44:	Gene Scaife	21:16	40-44:	Debra Amerson	44:51
	Matthew Sunna	22:54		Kristen Sunna	44:51
	Arturo Navarro	29:13		Kemesheia Buie	51:56
45-49:	Dan Yarbrough	19:35	45-49:	Rosalia Baker	30:25
	Don Robertson	20:28		Susana Kaneshige	35:41
				Brenda Limas	35:47
50-54:	Hector Delgado	20:47	50-54:	Dianne Childers	24:36
				Betsy Godina	45:32
				Christina Rosado	54:40
55-59:	John Cosentino	21:54			
	Alan Kaplan	23:47			
60-64:	Ron Wahlquist	21:39	60-64:	Maria Moore	25:23
	Ted Roberts	27:01		Dawn Burke	27:00
	Jeff Smith	27:37			

65-69:	Ken Ashby	38:15	65-69:	Terry Gonzalez	29:47
	Mike Colvin	44:39		Jerri Hixson	33:58
				Debye Humphrey	37:00
70-74:	Michael Zinn	28:21			
Clydes:	Ed Humphrey	43:04			

15K TOP FINISHERS

MEN			WOMEN		
1	Rick Nguyen	1:01:21	1	Jennifer Pope	59:58
2	O'Neal Barnett	1:01:44	2	Kristin Garcia	1:00:05
3	Michael Held	1:02:49	3	Nancy Nguyen	1:11:40
4	Brady Amerson	1:07:58	4	Beth Nowell	1:13:27
5	Jason Bogardus	1:08:25	5	Linda Kelly	1:15:26
6	Johnny Chen	1:09:51	6	Xiaolu Cui	1:20:20
7	Steve Russo	1:12:08	7	Sunny Yang	1:31:58
8	Chad Kaneshige	1:14:05	8	Debbie Riedner	1:32:45
9	Doug Waters	1:14:28	9	Lilia Maher	1:32:51
10	Greg Amerson	1:17:33	10	Serena Wang	1:33:03
Overall:	Rick Nguyen	1:01:21	Overall:	Jennifer Pope	59:58
Master:	O'Neal Barnett	1:01:44	Master:	Nancy Nguyen	1:11:40
Senior:	Michael Held	1:02:49	Senior:	Linda Kelly	1:15:26
10-14:	Brady Amerson	1:07:58			
			15-19:	Lilia Maher	1:32:51
30-34:	Ka Lau	1:29:36			
			35-39:	Kristin Garcia	1:00:05
				Xiaolu Cui	1:20:20
				Christine Terasaki	1:40:47
40-44:	Jason Bogardus	1:08:25	40-44:	Beth Nowell	1:13:27
	Greg Amerson	1:17:33			
45-49:	Chad Kaneshige	1:14:05	45-49:	Maria Marrero	1:39:39
	Mustapha Atar	1:18:53			
50-54:	Johnny Chen	1:09:51	50-54:	Sunny Yang	1:31:58
	Jian Wu	1:34:47		Debbie Riedner	1:32:45
				Qing Jia	1:36:20
55-59:	Steve Russo	1:12:08	55-59:	Serena Wang	1:33:03
	Doug Waters	1:14:28			
	Pete Jensen	1:40:44			
60-64:	Andy Beach	1:35:53	60-64:	Dianna Sulser	1:38:40
65-69:	Cary Sherf	1:24:16			
	Sigi Diaz	1:32:22			
80-ov:	Wally Capps	1:30:57			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6	
1	Jonah Nowell	5:25	
BOYS 7-9		GIRLS 7-9	
1	Samuel Nowell	4:07	1 Annabelle Nowell 5:35
BOYS 10-12		GIRLS 10-12	
1	Brayden Nowell	5:04	1 Sorette Sunna 6:13

Plano Pacers 5K Results---Saturday, November 28, 2020

				FinTime	Pace	5Keq	Score
1.	Everett Wilder	Rockwall	29 m	16:04	5:10	16.1	93.6
2.	Colby Mehmen	Princeton	26 m	16:14	5:13	16.2	92.4
3.	Tyler Hemenway		28 m	16:33	5:20	16.5	90.7
4.	Ray Nichols	Carrollton	38 m	17:57	5:47	17.9	86.3
5.	Dan Clubb	Carrollton	48 m	18:06	5:50	18.1	90.5
6.	Joshua Scaife	Allen	15 m	18:49	6:03	18.8	85.9
7.	Gavin Gajraj	Lewisville	17 m	18:51	6:04	18.8	83.2
8.	Dan Yarbrough	Allen	49 m	19:35	6:18	19.6	84.2
9.	Joshua Childers	Midland	15 m	19:42	6:20	19.7	82.0
10.	Ashley Gray	Allen	16 f	20:21	6:33	20.3	88.6
11.	Don Robertson	Grand Prairie	48 m	20:28	6:35	20.5	80.0
12.	Erick Castillo	Irving	22 m	20:41	6:39	20.7	73.0
13.	Luke Sitz	Prosper	14 m	20:42	6:40	20.7	79.6
14.	Tommy Smith	Garland	55 m	20:42	6:40	20.7	83.3
15.	Hector Delgado	Plano	52 m	20:47	6:41	20.8	81.0
16.	Gene Scaife	Allen	43 m	21:16	6:51	21.3	74.7
17.	Stephen Wahlquist	Bonham	14 m	21:33	6:56	21.5	76.4
18.	Ron Wahlquist	Bonham	63 m	21:39	6:58	21.6	85.6
19.	John Cosentino	Plano	58 m	21:54	7:03	21.9	80.7
20.	Samuel Nowell	Plano	9 m	22:00	7:05	22.0	87.3
21.	Keenan Amerson	Plano	14 m	22:21	7:12	22.3	73.7
22.	Luke Robertson	Grand Prairie	14 m	22:27	7:14	22.4	73.4
23.	Matthew Sunna	Murphy	43 m	22:54	7:22	22.9	69.4
24.	Caleb Childers	Midland	17 m	23:15	7:29	23.2	67.5
25.	Jonathan Childers	Midland	24 m	23:26	7:33	23.4	64.1
26.	Avalon Sitz	Prosper	10 f	23:28	7:33	23.5	89.1
27.	Cami Sitz	Prosper	47 f	23:33	7:35	23.5	78.3
28.	Alan Kaplan	Plano	56 m	23:47	7:39	23.8	73.1
29.	Andrea Hudson Baldwin	Dallas	61 f	23:53	7:41	23.9	86.2
30.	Nathan Nguyen	Richardson	13 m	24:34	7:54	24.6	68.6
31.	Dianne Childers	Midland	51 f	24:36	7:55	24.6	77.0
32.	Benjamin Sunna	Murphy	13 m	24:40	7:56	24.7	68.3
33.	Ethan Childers	Midland	19 m	24:43	7:57	24.7	62.2
34.	Sarina Bands	Allen	12 f	24:50	8:00	24.8	78.9
35.	Maria Moore	Plano	60 f	25:23	8:10	25.4	80.4
36.	Kristen Ellefson	Allen	32 f	26:25	8:30	26.4	65.0
37.	Natalie Nguyen	Richardson	14 f	26:30	8:32	26.5	70.4
38.	Mathias Talavera	Mckinney	13 m	26:38	8:34	26.6	63.2
39.	Noelle Sunna	Murphy	17 f	26:42	8:36	26.7	66.6
40.	Dawn Burke	Dallas	60 f	27:00	8:41	27.0	75.6
41.	Ted Roberts	Mckinney	62 m	27:01	8:42	27.0	67.9
42.	Samuel Sunna	Murphy	15 m	27:28	8:50	27.5	58.8
43.	Heather Zeiger	Dallas	39 f	27:31	8:51	27.5	64.1
44.	Jeff Smith	Plano	60 m	27:37	8:53	27.6	65.2
45.	Michael Zinn	Dallas	73 m	28:21	9:07	28.3	73.1
46.	Selah Sitz	Prosper	12 f	28:25	9:09	28.4	69.0
47.	Bethany Sitz	Prosper	15 f	28:26	9:09	28.4	64.4
48.	Cooper Nowell	Plano	15 m	29:08	9:23	29.1	55.5
49.	Arturo Navarro	Farmers Branch	43 m	29:13	9:24	29.2	54.4
50.	Terry Gonzalez	Dallas	66 f	29:47	9:35	29.8	72.7

51.	Brayden Nowell		11 m	30:05	9:41	30.1	59.2
52.	Rosalia Baker	Garland	47 f	30:25	9:47	30.4	60.6
53.	Robert Cui	Plano	8 m	31:36	10:10	31.6	63.6
54.	Sorette Sunna	Murphy	10 f	32:46	10:33	32.8	63.8
55.	Abigail Cabrales	Carrollton	15 f	33:13	10:41	33.2	55.1
56.	Fred Ellefson	Allen	60 m	33:18	10:43	33.3	54.1
57.	Yuanben Zhang	Plano	10 m	33:47	10:52	33.8	54.6
58.	Jerri Hixson	Plano	66 f	33:58	10:56	34.0	63.8
59.	Susana Kaneshige	Sachse	48 f	35:41	11:29	35.7	52.0
60.	Brenda Limas	Rowlett	47 f	35:47	11:31	35.8	51.5
61.	Alina Nguyen	Richardson	12 f	36:10	11:38	36.2	54.2
62.	Sophia Nguyen	Richardson	11 f	36:52	11:52	36.9	54.8
63.	Debye Humphrey	Dallas	66 f	37:00	11:55	37.0	58.5
64.	Ken Ashby	Dallas	68 m	38:15	12:19	38.2	51.1
65.	Fernanda Talavera	Mckinney	21 f	38:15	12:19	38.2	45.0
66.	Ed Humphrey	Dallas	99 m	43:04	13:52	43.1	73.7
67.	Mike Colvin	Dallas	68 m	44:39	14:22	44.6	43.8
68.	Debra Amerson	Plano	41 f	44:51	14:26	44.8	39.7
69.	Kristen Sunna	Murphy	42 f	44:51	14:26	44.8	39.9
70.	Betsy Godina	Garland	50 f	45:32	14:39	45.5	41.3
71.	Kemesheia Buie	Dallas	43 f	51:56	16:43	51.9	34.7
72.	Andre Nguyen		12 m	53:46	17:18	53.8	32.2
73.	Christina Rosado		51 f	54:40	17:36	54.7	34.7

Plano Pacers 15K Results---Saturday, November 28, 2020

				FinTime	Pace	5Keq	Score
1.	Jennifer Pope		34 f	59:58	6:26	18.5	93.3
2.	Kristin Garcia	Fort Worth	39 f	1:00:05	6:27	18.5	95.1
3.	Rick Nguyen	Richardson	48 m	1:01:21	6:35	18.9	86.5
4.	O'Neal Barnett	Plano	46 m	1:01:44	6:37	19.0	84.9
5.	Michael Held	Dallas	55 m	1:02:49	6:44	19.4	89.0
6.	Brady Amerson	Plano	13 m	1:07:58	7:18	21.0	80.3
7.	Jason Bogardus	The Colony	42 m	1:08:25	7:20	21.1	74.8
8.	Johnny Chen	Plano	51 m	1:09:51	7:30	21.6	77.6
9.	Nancy Nguyen	Richardson	44 f	1:11:40	7:41	22.1	81.9
10.	Steve Russo	Plano	57 m	1:12:08	7:44	22.3	78.8
11.	Beth Nowell	Plano	41 f	1:13:27	7:53	22.7	78.6
12.	Chad Kaneshige	Sachse	45 m	1:14:05	7:57	22.9	70.3
13.	Doug Waters	Carrollton	56 m	1:14:28	7:59	23.0	75.7
14.	Linda Kelly	Dallas	69 f	1:15:26	8:06	23.3	96.2
15.	Greg Amerson	Plano	41 m	1:17:33	8:19	23.9	65.7
16.	Mustapha Atar	Mckinney	47 m	1:18:53	8:28	24.3	66.8
17.	Xiaolu Cui	Plano	37 f	1:20:20	8:37	24.8	70.5
18.	Cary Sherf	Gun Barrel City	67 m	1:24:16	9:02	26.0	74.3
19.	Ka Lau	Plano	30 m	1:29:36	9:37	27.6	54.5
20.	Wally Capps	Farmers Branch	80 m	1:30:57	9:45	28.1	81.3
21.	Sunny Yang	Plano	51 f	1:31:58	9:52	28.4	66.8
22.	Sigi Diaz	Plano	66 m	1:32:22	9:55	28.5	67.1
23.	Debbie Riedner	Dallas	51 f	1:32:45	9:57	28.6	66.2
24.	Lilia Maher		16 f	1:32:51	9:58	28.6	62.9
25.	Serena Wang	Lewisville	57 f	1:33:03	9:59	28.7	69.2
26.	Jian Wu	Plano	50 m	1:34:47	10:10	29.2	56.8
27.	Andy Beach	Garland	62 m	1:35:53	10:17	29.6	62.0
28.	Qing Jia	Richardson	54 f	1:36:20	10:20	29.7	65.2
29.	Dianna Sulser	Denison	64 f	1:38:40	10:35	30.4	69.7
30.	Maria Marrero	Murphy	49 f	1:39:39	10:41	30.7	60.8
31.	Pete Jensen	Garland	59 m	1:40:44	10:48	31.1	57.4
32.	Christine Terasaki	Allen	36 f	1:40:47	10:49	31.1	56.0

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, November 28, 2020

		FinTime	Pace	5Keq	Score	
1.	Samuel Nowell	9 m	4:07	6:38	24.3	78.9
2.	Brayden Nowell	11 m	5:04	8:09	29.9	59.5
3.	Jonah Nowell	6 m	5:25	8:43	32.0	70.0
4.	Annabelle Nowell	8 f	5:35	8:59	33.0	69.0
5.	Sorette Sunna	10 f	6:13	10:00	36.7	56.9

New Records:

Wally Capps, 15K Male 80-84, 1:30:57 (previous record: Hal Brown, 1:38:06, 02/19)

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

Terry Gonzalez

Stephen Wahlquist

Ron Wahlquist