

Plano Pacers Bead Bash 5K, 15K, & Jr. Sprint

at Windhaven Meadows Park, Plano, TX
Saturday February 22, 2025

5K TOP FINISHERS

MEN		WOMEN		
1	Meng Zhao	17:43	1 Bailey Belvis	18:26
2	Jim Dietz	18:05	2 Annabelle Angeles	21:23
3	Kevin Glover	18:39	3 Melissa Cunningham	23:36
4	Charles James	18:52	4 Robin Strack	24:04
5	Samuel Yang	19:03	5 Alexandria Cornell	25:07
6	Will Tiller	19:20	6 Becky Angeles	27:05
7	Xudong Huang	20:04	7 Maria Moore	28:14
8	Greg Rankin	20:08	8 Angela Luna	28:21
9	Wanlin Chen	20:14	9 Missy Wilson	28:41
10	Shawn McCawley	20:20	10 Terry Gonzalez	30:05
Overall: Meng Zhao		17:43	Overall: Bailey Belvis	18:26
Master: Jim Dietz		18:05	Master: Robin Strack	24:04
Senior: Xudong Huang		20:04	Senior: Maria Moore	28:14
9-un: Jack Turner		36:34		
Finn Whitten		36:54		
10-14:	Kevin Glover	18:39	10-14: Annabelle Angeles	21:23
	Aj Angeles	27:04		
			15-19: Nicolle Rodas	40:38
			20-24: Abby Johnson	31:33
25-29:	Will Tiller	19:20	25-29: Maria Ugalde	34:44
	Gabriel Siegel	20:43	Amanda Zimmerman	46:46
	Sean Stockwell	24:23		
30-34:	Samuel Yang	19:03	30-34: Melissa Cunningham	23:36
	Kevin Guzman	21:33	Alexandria Cornell	25:07
	Jackson Waggoner	21:50	Angela Luna	28:21
35-39:	Charles James	18:52	35-39: Brittany Whitstone	35:34
	Matthew Giliotti	20:28	Rosalia Cheshier	37:02
	Ross Isenberg	35:58	Maram Maty	40:08
40-44:	Lalo Bautista	22:10	40-44: Amber Downey	31:45
	Ryan Rainwater	31:45	Veronica West	43:06
45-49:	Shawn McCawley	20:20	45-49: Becky Angeles	27:05
	Jason Bogardus	24:58	Missy Wilson	28:41
	Arturo Navarro	33:21	Laura Poskozim Chudy	35:29
50-54:	Wanlin Chen	20:14	50-54: Denise Langford	30:20
	Luis Talavera	25:13		
	Pedro Garces	26:18		
55-59:	Greg Rankin	20:08		
	James Langford	31:07		
	Andrew Ngotho	31:09		
60-64:	Vijayan Nair	23:46	60-64: Tina Jasper	33:45
	Doug Waters	29:45	Emily Liu	40:50
	Jeff Smith	32:13	Grace Walker	47:54

65-69:	Dan Stockwell	24:38			
70-74:	Charles Brown	28:43	70-74:	Terry Gonzalez	30:05
	Fred Schwall	35:09			
	Ken Ashby	40:21			
75-79:	Xinji Li	34:50	75-79:	Janet Collins	55:41
80-ov:	Alan Davis	41:06	80-ov:	Nancy Cole	1:17:13
	James Gabhart	44:06			

15K TOP FINISHERS

MEN			WOMEN		
1	Jose Ramirez	1:00:23	1	Maria Cruz	1:10:19
2	Francisco Adame	1:00:23	2	Shaorong Chang	1:12:10
3	Felix Gonzalez	1:01:24	3	Morgan Schultz	1:16:30
4	Kevin Hebert	1:01:36	4	Meredith Lubenau	1:18:26
5	Shihui Mang	1:03:22	5	Yunxia Cai	1:18:42
6	Michael Held	1:04:53	6	Yvonne Thapa	1:19:12
7	Roger Astran	1:07:33	7	Renee Spratlen	1:26:56
8	Doug Bass	1:08:26	8	Frances McKissick	1:27:59
9	John Cosentino	1:09:22	9	Charlene Johnson	1:28:09
10	Jie Han	1:11:11	10	Sabrina Shi	1:30:11
Overall:	Jose Ramirez	1:00:23	Overall:	Maria Cruz	1:10:19
Master:	Francisco Adame	1:00:23	Master:	Shaorong Chang	1:12:10
Senior:	Shihui Mang	1:03:22	Senior:	Yunxia Cai	1:18:42
			20-24:	Morgan Schultz	1:16:30
			35-39:	Michelle Black	1:34:56
			40-44:	Meredith Lubenau	1:18:26
45-49:	Felix Gonzalez	1:01:24			
	Kevin Hebert	1:01:36			
	Roger Astran	1:07:33			
50-54:	Jie Han	1:11:11	50-54:	Yvonne Thapa	1:19:12
	Paul Betts	1:22:08		Charlene Johnson	1:28:09
	Jen Evangelista	1:28:02		Sabrina Shi	1:30:11
55-59:	Michael Held	1:04:53	55-59:	Debbie Riedner	1:32:18
	Gary Spence	1:25:23		Beverly Roady	1:35:57
	Pingshan Wen	1:26:32		Gowa Borzigin	1:54:44
60-64:	John Cosentino	1:09:22	60-64:	Renee Spratlen	1:26:56
	Stephen Russo	1:12:18		Frances McKissick	1:27:59
	Jim Cavanaugh	1:18:13			
65-69:	Matt Pierret	1:17:00	65-69:	Sherry Freeland	2:02:37
	Day-Ruey Liu	1:36:26			
70-74:	Cary Sherf	1:34:36			
75-79:	J. A. Brown	1:40:46			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6	
		1 Eva Shulman	5:59
BOYS 7-9		GIRLS 7-9	
1 Joel Shulman	4:17	1 Mia Craven	4:54
2 Wilder McLaughlin	6:21		
BOYS 10-12		GIRLS 10-12	

Plano Pacers 5K Results---Saturday, February 22, 2025

		FinTime	Pace	5Keq	Score	
1.	Meng Zhao	50 m	17:43	5:42	17.7	93.7
2.	Jim Dietz	64 m	18:05	5:49	18.1	103.5
3.	Bailey Belvis	33 f	18:26	5:56	18.4	93.4
4.	Kevin Glover	13 m	18:39	6:00	18.6	90.3
5.	Charles James	35 m	18:52	6:04	18.9	81.1
6.	Samuel Yang	31 m	19:03	6:08	19.0	79.3
7.	Will Tiller	26 m	19:20	6:13	19.3	77.6
8.	Xudong Huang	55 m	20:04	6:28	20.1	85.9
9.	Greg Rankin	58 m	20:08	6:29	20.1	87.8
10.	Wanlin Chen	50 m	20:14	6:31	20.2	82.0
11.	Shawn McCawley	48 m	20:20	6:33	20.3	80.5
12.	Matthew Giliotti	36 m	20:28	6:35	20.5	75.0
13.	Gabriel Siegel	29 m	20:43	6:40	20.7	72.6
14.	Annabelle Angeles	14 f	21:23	6:53	21.4	87.3
15.	Kevin Guzman	31 m	21:33	6:56	21.5	70.1
16.	Jackson Waggoner	33 m	21:50	7:02	21.8	69.6
17.	Lalo Bautista	42 m	22:10	7:08	22.2	71.3
18.	Taisong He	33 m	22:40	7:18	22.7	67.0
19.	Melissa Cunningham	33 f	23:36	7:36	23.6	72.9
20.	Vijayan Nair	62 m	23:46	7:39	23.8	77.2
21.	Robin Strack	44 f	24:04	7:45	24.1	75.2
22.	Sean Stockwell	28 m	24:23	7:51	24.4	61.6
23.	Ricardo Nava	32 m	24:31	7:53	24.5	61.8
24.	Dan Stockwell	67 m	24:38	7:56	24.6	78.4
25.	Jason Bogardus	47 m	24:58	8:02	25.0	65.2
26.	Richard Bennett	34 m	25:06	8:05	25.1	60.7
27.	Alexandria Cornell	32 f	25:07	8:05	25.1	68.3
28.	Luis Talavera	54 m	25:13	8:07	25.2	67.8
29.	Pedro Garces	50 m	26:18	8:28	26.3	63.1
30.	Aj Angeles	10 m	27:04	8:43	27.1	68.2
31.	Becky Angeles	48 f	27:05	8:43	27.1	68.5
32.	Maria Moore	64 f	28:14	9:05	28.2	75.1
33.	Angela Luna	31 f	28:21	9:07	28.3	60.4
34.	Ka Lau	34 m	28:36	9:12	28.6	53.3
35.	Missy Wilson	45 f	28:41	9:14	28.7	63.5
36.	Charles Brown	70 m	28:43	9:15	28.7	69.6
37.	Doug Waters	60 m	29:45	9:35	29.7	60.5
38.	Terry Gonzalez	70 f	30:05	9:41	30.1	75.3
39.	Denise Langford	54 f	30:20	9:46	30.3	63.9
40.	James Langford	58 m	31:07	10:01	31.1	56.8
41.	Andrew Ngotho	58 m	31:09	10:02	31.1	56.8
42.	Abby Johnson	23 f	31:33	10:09	31.5	54.1
43.	Ryan Rainwater	44 m	31:45	10:13	31.7	50.3
44.	Amber Downey	42 f	31:45	10:13	31.7	56.4
45.	Sarah Crystal	33 f	32:08	10:21	32.1	53.6
46.	Jeff Smith	64 m	32:13	10:22	32.2	58.1
47.	Nicholas Cornell	32 m	32:38	10:30	32.6	46.4
48.	Peter Spina	58 m	32:47	10:33	32.8	53.9
49.	Arturo Navarro	47 m	33:21	10:44	33.3	48.8

50.	Tina Jasper	61 f	33:45	10:52	33.7	61.0
51.	Duvelis Carao	45 m	34:18	11:02	34.3	46.8
52.	Maria Ugalde	26 f	34:44	11:11	34.7	49.0
53.	Xinji Li	75 m	34:50	11:13	34.8	61.1
54.	Fred Schwall	73 m	35:09	11:19	35.1	59.0
55.	Laura Poskozim Chudy	46 f	35:29	11:25	35.5	51.6
56.	Brittany Whitstone	38 f	35:34	11:27	35.6	49.3
57.	Ross Isenberg	36 m	35:58	11:35	36.0	42.7
58.	William Bilyeu	37 m	36:32	11:46	36.5	42.2
59.	Jack Turner	8 m	36:34	11:46	36.6	55.0
60.	Daniel Turner	39 m	36:35	11:46	36.6	42.5
61.	Finn Whitten	8 m	36:54	11:53	36.9	54.5
62.	Rosalia Cheshier	39 f	37:02	11:55	37.0	47.6
63.	Arianna Flores	33 f	37:02	11:55	37.0	46.5
64.	Maram Maty	39 f	40:08	12:55	40.1	43.9
65.	Melissa Hayes	36 f	40:11	12:56	40.2	43.3
66.	Ken Ashby	72 m	40:21	12:59	40.3	50.7
67.	Grace Ingabire	33 f	40:25	13:01	40.4	42.6
68.	Tara Tiede	38 f	40:34	13:03	40.6	43.3
69.	Nicolle Rodas	19 f	40:38	13:05	40.6	42.9
70.	Emily Liu	62 f	40:50	13:09	40.8	50.9
71.	Alan Davis	80 m	41:06	13:14	41.1	55.5
72.	Elizabeth George	36 f	41:59	13:31	42.0	41.4
73.	Veronica West	40 f	43:06	13:52	43.1	41.1
74.	Ronnie West	39 m	43:31	14:00	43.5	35.8
75.	James Gabhart	83 m	44:06	14:12	44.1	54.1
76.	Amanda Zimmerman	25 f	46:46	15:03	46.8	36.4
77.	Grace Walker	64 f	47:54	15:25	47.9	44.3
78.	Janet Collins	78 f	55:41	17:55	55.7	45.1
79.	John Kramer	63 m	57:41	18:34	57.7	32.1
80.	Nancy Cole	83 f	1:17:13	24:51	77.2	35.0

Plano Pacers 15K Results---Saturday, February 22, 2025

			FinTime	Pace	5Keq	Score
1.	Jose Ramirez	55 m	1:00:23	6:29	18.6	92.5
2.	Francisco Adame	51 m	1:00:23	6:29	18.6	89.7
3.	Felix Gonzalez	46 m	1:01:24	6:35	18.9	85.3
4.	Kevin Hebert	46 m	1:01:36	6:37	19.0	85.1
5.	Shihui Mang	55 m	1:03:22	6:48	19.6	88.2
6.	Michael Held	59 m	1:04:53	6:58	20.0	89.1
7.	Roger Astran	48 m	1:07:33	7:15	20.8	78.6
8.	Doug Bass	49 m	1:08:26	7:21	21.1	78.1
9.	John Cosentino	62 m	1:09:22	7:27	21.4	85.7
10.	Maria Cruz	54 f	1:10:19	7:33	21.7	89.3
11.	Jie Han	51 m	1:11:11	7:38	22.0	76.1
12.	Shaorong Chang	46 f	1:12:10	7:45	22.3	82.3
13.	Stephen Russo	61 m	1:12:18	7:45	22.3	81.5
14.	Morgan Schultz	24 f	1:16:30	8:12	23.6	72.2
15.	Matt Pierret	67 m	1:17:00	8:16	23.8	81.3
16.	Jim Cavanaugh	64 m	1:18:13	8:24	24.1	77.6
17.	Meredith Lubenau	44 f	1:18:26	8:25	24.2	74.8
18.	Yunxia Cai	55 f	1:18:42	8:27	24.3	80.5
19.	Yvonne Thapa	54 f	1:19:12	8:30	24.4	79.3
20.	Paul Betts	52 m	1:22:08	8:49	25.3	66.5
21.	Gary Spence	58 m	1:25:23	9:10	26.3	67.1
22.	Pingshan Wen	58 m	1:26:32	9:17	26.7	66.2
23.	Renee Spratlen	61 f	1:26:56	9:20	26.8	76.8
24.	Tony Tang	64 m	1:27:06	9:21	26.9	69.6
25.	Francesc McKissick	62 f	1:27:59	9:26	27.1	76.6
26.	Jen Evangelista	53 m	1:28:02	9:27	27.2	62.5
27.	Charlene Johnson	53 f	1:28:09	9:27	27.2	70.7
28.	Johnny Chen	56 m	1:28:35	9:30	27.3	63.6
29.	Stephan Weaver	59 m	1:28:56	9:32	27.4	65.0

30.	<u>Sabrina Shi</u>	53 f	1:30:11	9:41	27.8	69.1
31.	<u>Debbie Riedner</u>	55 f	1:32:18	9:54	28.5	68.6
32.	<u>Cary Sherf</u>	72 m	1:34:36	10:09	29.2	70.2
33.	<u>Michelle Black</u>	39 f	1:34:56	10:11	29.3	60.2
34.	<u>Sridhar Rajagopal</u>	47 m	1:35:46	10:16	29.5	55.1
35.	<u>Beverly Roady</u>	55 f	1:35:57	10:18	29.6	66.0
36.	<u>Day-Ruey Liu</u>	66 m	1:36:26	10:21	29.8	64.2
37.	<u>J. A. Brown</u>	77 m	1:40:46	10:49	31.1	70.3
38.	<u>Gowa Borziqin</u>	59 f	1:54:44	12:19	35.4	57.1
39.	<u>Sherry Freeland</u>	69 f	2:02:37	13:09	37.8	59.2

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, February 22, 2025

			FinTime	Pace	5Keq	Score
1.	<u>Joel Shulman</u>	8 m	4:17	6:54	25.3	79.4
2.	<u>Mia Craven</u>	7 f	4:54	7:53	29.0	82.8
3.	<u>Eva Shulman</u>	5 f	5:59	9:38	35.4	76.5
4.	<u>Wilder McLaughlin</u>	7 m	6:21	10:13	37.5	56.4

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 SCORES

100+ National class
 90-99 Local elite
 80-89 Local competitor
 70-79 Above average
 50-69 Near average
 40-49 Below average
 30-39 Walker or Novice

Kids K Volunteers

Allie Craven
 Gaby Craven
 Ruah Shulman
 Jim Gabhart
 Ron Wahlquist