

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

at Bob Woodruff Park, Plano, TX

Saturday March 6, 2021

5K TOP FINISHERS

MEN		WOMEN			
1	Ray Nichols	17:21	1	Tina-Mari Meyer	20:22
2	Joshua Scaife	18:48	2	Stefania Fiorini	23:03
3	Major McGill	19:44	3	Abigail Bray	23:38
4	Charles James	19:47	4	Wen You	24:43
5	Michael Held	20:21	5	Natalie Nguyen	24:49
6	Chip Gorman	20:25	6	Abby Aquino	24:57
7	Hector Lopez	21:04	7	Leslie Smith	25:46
8	Gene Scaife	21:19	8	Maria Moore	26:16
9	James Bowling	21:27	9	Charlene Johnson	26:42
10	Amit Kumar	21:41	10	Heather Zeiger	26:57
Overall:	Ray Nichols	17:21	Overall:	Tina-Mari Meyer	20:22
Master:	Michael Held	20:21	Master:	Wen You	24:43
Senior:	Chip Gorman	20:25	Senior:	Maria Moore	26:16
9-un:	David Rudd	24:37			
10-14:	Cristian Bedoya	21:57	10-14:	Stefania Fiorini	23:03
	Nathan Nguyen	23:06		Abigail Bray	23:38
				Abby Aquino	24:57
15-19:	Joshua Scaife	18:48	15-19:	Natalie Nguyen	24:49
	Major McGill	19:44			
	Amit Kumar	21:41			
30-34:	Charles James	19:47	30-34:	Lorry Rudd	28:34
	Ka Lau	34:01		Vanessa Balderas	34:04
35-39:	Joel Broker	30:10			
40-44:	Gene Scaife	21:19	40-44:	Heather Zeiger	26:57
	Mark Bray	23:23			
45-49:	Hector Lopez	21:04	45-49:	Charlene Johnson	26:42
	James Bowling	21:27			
	Guillermo Toral	24:20			
50-54:	Luis Talavera	26:08	50-54:	Leslie Smith	25:46
	Scott Crump	27:52		Tonya Brown	28:45
	David McAdam	29:06		Tina Compton	35:18
55-59:	Vijayan Nair	23:47			
	Song Wu	29:43			
60-64:	Ron Wahlquist	21:50	60-64:	Dawn Burke	27:49
	James Drumm	25:13		Lynne Najera	43:06
	Jeff Smith	26:51			
65-69:	Sigi Diaz	26:52	65-69:	Terry Gonzalez	31:00
	Thomas Conlon	31:50		Jerri Hixson	36:12
	Ken Ashby	39:53		Debye Humphrey	37:37
70-74:	Michael Zinn	28:45			
	Curt Thompson	29:36			
	Bob Luchsinger	37:39			

			75-79: Nancy Lowden	52:02	
80-ov:	James Thruston	40:25	80-ov: Bettye Haynes	50:16	
Clydes:	Timothy Davis	30:59			
	Michael Kelly	33:39			
	Ed Humphrey	42:29			
15K TOP FINISHERS					
	MEN		WOMEN		
1	Everett Wilder	49:56	1	Jennifer Pope	1:01:21
2	Bryan Eberhard	56:53	2	Nancy Nguyen	1:15:17
3	Dan Clubb	59:14	3	Leann Dietze	1:25:02
4	Jim Dietz	59:40	4	Carrie Rogers	1:25:02
5	Zachary Shirley	1:07:27	5	Bridget Rice	1:27:08
6	O'Neal Barnett	1:07:40	6	Sunao Saito	1:34:11
7	Rick Nguyen	1:07:43	7	Debbie Riedner	1:48:44
8	Mark Miller	1:07:55	8	Sheila Alberico	2:01:13
9	Stefano Fiorini	1:08:08	9	Chauncey Eastes	2:22:49
10	Johnny Chen	1:10:09	10	Amy Long	2:22:49
Overall:	Everett Wilder	49:56	Overall:	Jennifer Pope	1:01:21
Master:	Dan Clubb	59:14	Master:	Nancy Nguyen	1:15:17
Senior:	Jim Dietz	59:40	Senior:	Sunao Saito	1:34:11
			25-29: Leann Dietze	1:25:02	
			Bridget Rice	1:27:08	
30-34:	Bryan Eberhard	56:53			
	Zachary Shirley	1:07:27			
40-44:	Mark Miller	1:07:55	40-44: Beth Nowell	1:16:38	
			Carrie Rogers	1:25:02	
45-49:	O'Neal Barnett	1:07:40			
	Rick Nguyen	1:07:43	45-49: Chauncey Eastes	2:22:49	
	Brian Helm	1:12:41	Amy Long	2:22:49	
50-54:	Stefano Fiorini	1:08:08	50-54: Debbie Riedner	1:48:44	
	Johnny Chen	1:10:09			
	Eric Camp	1:14:42			
55-59:	John Cosentino	1:10:50			
	Steve Russo	1:11:48			
	Danny Monistere	1:12:38			
60-64:	Jim Brown	1:14:30	60-64: Sheila Alberico	2:01:13	
	Day-Ruey Liu	1:24:16			
	Shungo Saito	1:37:06			
65-69:	Cary Sherf	1:26:30			
	Jerry Powell	1:27:08			
70-74:	Robert Benson	1:25:46			
80-ov:	Wally Capps	1:39:41			
	Al Angell	2:26:29			
Clydes:	William Swafford	2:29:18			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6

1 Levi Helm 16:57

GIRLS 0-6

1 Charlotte Booker 5:26
2 Kathryn Helm 6:34

BOYS 7-9

1 Max Davis 4:32
2 Luke Nguyen 5:48

GIRLS 7-9

1 Olivia Booker 5:07
2 Annabelle Nowell 5:11

BOYS 10-12

1 David Helm 4:31

GIRLS 10-12

Plano Pacers 5K Results---Saturday, March 6, 2021

			FinTime	Pace	5Keq	Score
1.	Ray Nichols	38 m	17:21	5:35	17.3	89.3
2.	Joshua Scaife	15 m	18:48	6:03	18.8	85.9
3.	Major McGill	16 m	19:44	6:21	19.7	80.6
4.	Charles James	31 m	19:47	6:22	19.8	76.3
5.	Michael Held	55 m	20:21	6:33	20.3	84.7
6.	Tina-Mari Meyer	33 f	20:22	6:33	20.4	84.5
7.	Chip Gorman	58 m	20:25	6:34	20.4	86.6
8.	Hector Lopez	48 m	21:04	6:47	21.1	77.7
9.	Gene Scaife	43 m	21:19	6:52	21.3	74.5
10.	James Bowling	46 m	21:27	6:54	21.4	75.4
11.	Amit Kumar	17 m	21:41	6:59	21.7	72.4
12.	Ron Wahlquist	63 m	21:50	7:02	21.8	84.9
13.	Cristian Bedoya	12 m	21:57	7:04	21.9	78.8
14.	Stefania Fiorini	13 f	23:03	7:25	23.0	82.8
15.	Nathan Nguyen	13 m	23:06	7:26	23.1	72.9
16.	Mark Bray	40 m	23:23	7:32	23.4	66.9
17.	Abigail Bray	14 f	23:38	7:36	23.6	79.0
18.	Vijayan Nair	58 m	23:47	7:39	23.8	74.3
19.	Guillermo Toral	49 m	24:20	7:50	24.3	67.8
20.	David Rudd	8 m	24:37	7:55	24.6	81.6
21.	Wen You	51 f	24:43	7:57	24.7	76.7
22.	Natalie Nguyen	15 f	24:49	7:59	24.8	73.8
23.	Abby Aquino	14 f	24:57	8:02	24.9	74.8
24.	James Drumm	62 m	25:13	8:07	25.2	72.8
25.	Leslie Smith	54 f	25:46	8:18	25.8	75.2
26.	Luis Talavera	50 m	26:08	8:25	26.1	63.5
27.	Maria Moore	60 f	26:16	8:27	26.3	77.7
28.	Charlene Johnson	49 f	26:42	8:36	26.7	70.0
29.	Jeff Smith	60 m	26:51	8:39	26.8	67.0
30.	Sigi Diaz	66 m	26:52	8:39	26.9	71.1
31.	Heather Zeiger	40 f	26:57	8:40	26.9	65.7
32.	Sareen Patel	16 m	27:01	8:42	27.0	58.9
33.	Ted Roberts	62 m	27:17	8:47	27.3	67.2
34.	Dawn Burke	60 f	27:49	8:57	27.8	73.3
35.	Scott Crump	51 m	27:52	8:58	27.9	60.0
36.	Malia McGill	11 f	28:29	9:10	28.5	70.9
37.	Lorry Rudd	32 f	28:34	9:12	28.6	60.1
38.	Joshua Ji	16 m	28:42	9:14	28.7	55.4
39.	Michael Zinn	73 m	28:45	9:15	28.7	72.1
40.	Tonya Brown	51 f	28:45	9:15	28.7	65.9
41.	David McAdam	53 m	29:06	9:22	29.1	58.3
42.	Curt Thompson	71 m	29:36	9:32	29.6	68.3
43.	Song Wu	55 m	29:43	9:34	29.7	58.0
44.	Todd Griffith	46 m	30:10	9:43	30.2	53.6
45.	Joel Broker	36 m	30:10	9:43	30.2	50.9
46.	Timothy Davis	59 m	30:59	9:58	31.0	57.6
47.	Terry Gonzalez	66 f	31:00	9:59	31.0	69.9
48.	Andy Beach	63 m	31:01	9:59	31.0	59.7
49.	Abhiman Hande	46 m	31:19	10:05	31.3	51.6

50.	Thomas Conlon	68 m	31:50	10:15	31.8	61.4
51.	Michael Kelly	57 m	33:39	10:50	33.6	52.1
52.	Ka Lau	30 m	34:01	10:57	34.0	44.3
53.	Vanessa Balderas	33 f	34:04	10:58	34.1	50.5
54.	Katelyn Rudd	10 f	34:24	11:04	34.4	60.8
55.	Tina Compton	50 f	35:18	11:22	35.3	53.3
56.	Chris Wong	51 m	35:47	11:31	35.8	46.7
57.	Jerri Hixson	67 f	36:12	11:39	36.2	60.5
58.	Stacy Dixon	54 f	36:58	11:54	37.0	52.4
59.	Prudence McGill	52 f	37:26	12:03	37.4	51.0
60.	Debye Humphrey	66 f	37:37	12:06	37.6	57.6
61.	Bob Luchsinger	71 m	37:39	12:07	37.6	53.7
62.	Ken Ashby	68 m	39:53	12:50	39.9	49.0
63.	James Thruston	83 m	40:25	13:01	40.4	59.0
64.	Alina Nguyen	12 f	40:58	13:11	41.0	47.8
65.	Ed Humphrey	69 m	42:29	13:40	42.5	46.5
66.	Lynne Najera	63 f	43:06	13:52	43.1	48.7
67.	Mike Colvin	68 m	44:47	14:25	44.8	43.6
68.	Sophia Nguyen	11 f	47:15	15:12	47.2	42.7
69.	Dennis Chupp	63 m	49:50	16:02	49.8	37.2
70.	Bettye Haynes	83 f	50:16	16:11	50.3	53.8
71.	Nancy Lowden	79 f	52:02	16:45	52.0	48.9

Plano Pacers 15K Results---Saturday, March 6, 2021

			FinTime	Pace	5Keq	Score
1.	Everett Wilder	29 m	49:56	5:21	15.4	97.6
2.	Bryan Eberhard	30 m	56:53	6:06	17.5	85.8
3.	Dan Clubb	48 m	59:14	6:21	18.3	89.6
4.	Jim Dietz	60 m	59:40	6:24	18.4	97.8
5.	Jennifer Pope	34 f	1:01:21	6:35	18.9	91.2
6.	Zachary Shirley	30 m	1:07:27	7:14	20.8	72.4
7.	O'Neal Barnett	46 m	1:07:40	7:16	20.9	77.4
8.	Rick Nguyen	48 m	1:07:43	7:16	20.9	78.4
9.	Mark Miller	43 m	1:07:55	7:17	21.0	75.8
10.	Stefano Fiorini	52 m	1:08:08	7:19	21.0	80.1
11.	Johnny Chen	52 m	1:10:09	7:32	21.6	77.8
12.	John Cosentino	58 m	1:10:50	7:36	21.9	80.9
13.	Steve Russo	57 m	1:11:48	7:42	22.2	79.1
14.	Danny Monistere	55 m	1:12:38	7:48	22.4	76.9
15.	Brian Helm	48 m	1:12:41	7:48	22.4	73.0
16.	Chad Kaneshige	45 m	1:14:10	7:57	22.9	70.2
17.	Jim Brown	61 m	1:14:30	8:00	23.0	79.1
18.	Eric Camp	50 m	1:14:42	8:01	23.0	72.0
19.	Nancy Nguyen	45 f	1:15:17	8:05	23.2	78.4
20.	Beth Nowell	42 f	1:16:38	8:13	23.6	75.7
21.	Pingshan Wen	54 m	1:18:39	8:26	24.3	70.5
22.	Doug Waters	56 m	1:19:16	8:30	24.5	71.1
23.	Day-Ruey Liu	62 m	1:24:16	9:02	26.0	70.6
24.	Leann Dietze	28 f	1:25:02	9:07	26.2	64.9
25.	Carrie Rogers	41 f	1:25:02	9:07	26.2	67.9
26.	Robert Benson	71 m	1:25:46	9:12	26.5	76.4
27.	Cary Sherf	68 m	1:26:30	9:17	26.7	73.2
28.	Bridget Rice	29 f	1:27:08	9:21	26.9	63.4
29.	Jerry Powell	69 m	1:27:08	9:21	26.9	73.5
30.	Sunao Saito	66 f	1:34:11	10:06	29.1	74.5
31.	Shungo Saito	62 m	1:37:06	10:25	30.0	61.2
32.	Wally Capps	80 m	1:39:41	10:42	30.8	74.1
33.	Debbie Riedner	51 f	1:48:44	11:40	33.5	56.5
34.	Sheila Alberico	61 f	2:01:13	13:00	37.4	55.1
35.	Chauncey Eastes	45 f	2:22:49	15:19	44.1	41.3
36.	Amy Long	49 f	2:22:49	15:19	44.1	42.4
37.	Al Angell	81 m	2:26:29	15:43	45.2	51.2
38.	William Swafford	69 m	2:29:18	16:01	46.1	42.9

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, March 6, 2021

		FinTime	Pace	5Keq	Score	
1.	David Helm	10 m	4:31	7:16	26.7	69.1
2.	Max Davis	8 m	4:32	7:18	26.8	75.0
3.	Olivia Booker	7 f	5:07	8:14	30.2	79.3
4.	Annabelle Nowell	8 f	5:11	8:21	30.6	74.4
5.	Charlotte Booker	6 f	5:26	8:45	32.1	79.1
6.	Luke Nguyen	8 m	5:48	9:20	34.3	58.6
7.	Susanna Helm	8 f	6:15	10:04	36.9	61.7
8.	Ian Davis	8 m	6:22	10:15	37.6	53.4
9.	Kathryn Helm	6 f	6:34	10:34	38.8	65.4
10.	Ana Nguyen	5 f	6:49	10:58	40.3	67.2
11.	Reagan Johnston	8 f	7:17	11:43	43.0	52.9
12.	Savannah Nowell	5 f	8:14	13:15	48.7	55.6
13.	Levi Helm	3 m	16:57	27:17	100.2	27.6

New Records:

Jim Dietz, 15K Male 60-64, 59:40 (previous record: Bill Shaw, 1:03:37, 02/07)

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

Rishni Narayanan
 Joshua Ji
 Wendy You
 Jim Gabhart
 Ron Wahlquist