

Love Run 5K

Saturday, September 28, 2013

Course measured by Ken Ashby

Lakeway Baptist Church, The Colony, TX

78F P Cloudy 82%H 11mph SSE
5K Off :9:07 am 1M Off :9:10 am

5K

MALE

Name

14 Runners --- Average Time of 38:37

Avg. Age Grade: 41.4%

Place in

City

(Age)

Half

Split

Chip Time

Pace

Age Grade

OA

GD

OVERALL	1	Jon Veath	The Colony	(17)	11:09	+96	23:53.73	7:41.5	56.5%	1	1
M01-12	1	Cannon Samples	The Colony	(6)	14:57	+108	31:42.25	10:12.3	59.0%	7	6
M20-39	1	Doug Samples	The Colony	(34)	13:57	+55	28:49.91	9:16.8	45.5%	5	4
	2	Edi Pena	The Colony	(39)	14:20	+108	30:29.00	9:48.7	44.4%	6	5
	3	Caleb Cawthon	The Colony	(25)	14:54	+114	31:42.47	10:12.3	40.7%	8	7
	4	Andy Hamilton	The Colony	(38)	18:34	+103	38:51.33	12:30.4	34.6%	16	9
	5	Shawn Kelley	The Colony	(39)			1:03:09.86	20:19.8	21.5%	27	14
M45-99	1	James Veath	The Colony	(40)	11:10	+111	24:11.04	7:47.0	56.4%	2	2
	2	Edward Clark		(51)	11:53	+41	24:27.59	7:52.4	60.8%	3	3
	3	Hector Leal	The Colony	(47)	16:14	+199	35:47.35	11:31.2	40.2%	12	8
	4	Mike Bishop	The Colony	(58)	19:33	+238	43:05.03	13:52.0	36.6%	19	10
	5	Barry Faircloth		(48)	26:51	+49	54:30.13	17:32.6	26.6%	22	11
	6	Ron Lane		(56)	26:59	+58	54:55.97	17:40.9	28.2%	24	12
	7	Kevin Morton	The Colony	(56)	26:55	+70	54:58.57	17:41.7	28.2%	25	13

5K

FEMALE

Name

13 Runners --- Average Time of 41:31

Avg. Age Grade: 40.0%

Place in

City

(Age)

Half

Split

Chip Time

Pace

Age Grade

OA

GD

OVERALL	1	Dawnya Ton	The Colony	(30)	12:54	+90	27:17.86	8:47.2	54.2%	4	1
F01-12	1	Kaylee Veath	The Colony	(9)	14:25	+506	37:16.20	11:59.8	47.1%	13	5
	2	Matilyn Cady	The Colony	(11)	25:42	+165	54:07.97	17:25.4	30.7%	21	11
F13-19	1	Brianna Chesney	The Colony	(18)	14:37	+203	32:37.27	10:30.0	45.9%	10	3
	2	Hailey Leal	The Colony	(17)	17:36	-1	35:11.68	11:19.7	43.0%	11	4
	3	Kathy Veath	The Colony	(18)	18:35	+90	38:39.12	12:26.5	38.7%	15	7
F20-39	1	Melanie Patterson	The Colony	(27)	19:35	+202	42:33.00	13:41.7	34.8%	18	9
	2	Renate Morehouse	The Colony	(39)	32:07	-65	1:03:09.40	20:19.7	24.1%	26	13
F45-99	1	Shawnie Veath	The Colony	(42)	14:44	+167	32:15.41	10:23.0	48.2%	9	2
	2	Sheila Garcia	The Colony	(45)	17:54	+87	37:14.62	11:59.3	42.9%	14	6
	3	Kelly Leal	The Colony	(47)	18:54	+138	40:06.12	12:54.5	40.7%	17	8
	4	Sandra Faircloth	The Colony	(48)	22:10	-6	44:13.85	14:14.2	37.3%	20	10
	5	Cindi Lane		(55)	26:58	+60	54:55.79	17:40.8	32.8%	23	12



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78F P Cloudy 82%H 11mphSSE
5K Off :9:07 am 1M Off :9:10 am

1M

MALE

		10 Runners --- Average Time of 16:22					Avg. Age Grade: 30.0%		Place in	
		Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA GD
M00-99	1	Sean Pena	The Colony	(7)			10:42.80	10:42.8	47.8%	3 1
	2	Kyle Pena	The Colony	(10)			10:44.23	10:44.2	42.3%	5 2
	3	Rylan Carrasco	The Colony	(13)			14:21.74	14:21.7	29.0%	9 3
	4	Michael Carrasco	The Colony	(8)			14:28.46	14:28.5	33.8%	10 4
	5	James Pamplin	The Colony	(6)			15:19.88	15:19.9	35.1%	11 5
	6	Drew Hamilton		(4)			16:07.40	16:07.4		14 6
	7	Isaiah Esparza	The Colony	(7)			19:35.98	19:36.0	26.1%	17 7
	8	Chris Pamplin	The Colony	(38)			19:40.18	19:40.2	19.7%	23 9
	9	Aaron O'Brien	The Colony	(28)			19:44.83	19:44.8	18.8%	21 8
	10	Jody Garcia	The Colony	(45)			22:53.26	22:53.3	17.8%	24 10

1M

FEMALE

		15 Runners --- Average Time of 16:00					Avg. Age Grade: 29.5%		Place in	
		Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA GD
F00-99	1	Addison Garcia	The Colony	(17)			9:05.44	9:05.4	47.1%	1 1
	2	Corinthia Carrasco	The Colony	(15)			10:19.22	10:19.2	42.5%	2 2
	3	Kim Pena	The Colony	(41)			10:44.38	10:44.4	41.6%	4 3
	4	Andrea Specht	The Colony	(27)			13:26.67	13:26.7	31.2%	6 4
	5	Reese Samples	The Colony	(4)			13:34.64	13:34.6		7 5
	6	Sharla Samples	The Colony	(32)			13:35.10	13:35.1	31.0%	8 6
	7	Emily Carrasco	The Colony	(36)			16:01.06	16:01.1	26.8%	12 7
	8	Hailey Hamilton		(9)			16:04.26	16:04.3	30.9%	13 8
	9	Dana Hamilton	The Colony	(34)			16:09.69	16:09.7	26.3%	15 9
	10	Christina Rodriguez	The Colony	(28)			19:29.84	19:29.8	21.5%	16 10
	11	Betty Pamplin	The Colony	(35)			19:37.80	19:37.8	21.7%	22 14
	12	Kathy Jeffries		()			19:38.64	19:38.6		19 12
	13	Nicole Esparza	The Colony	(26)			19:38.81	19:38.8	21.3%	18 11
	14	Ashley McGrath	The Colony	(26)			19:44.43	19:44.4	21.2%	20 13
	15	Avery Garcia	The Colony	(13)			22:56.10	22:56.1	19.7%	25 15



Positive Split



Negative Split



Timing provided by:

DeltaViewTiming.com

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time	AgeGD
1	6726 Jon Veath (M17)	1	M13-19	OA	---	11:09	12:45	+96	23:53.73	7:41.5	23.88	23:53.73	56.5%
2	6728 James Veath (M40)	2	M45-99	1st	---	11:10	13:01	+111	24:11.04	7:47.0	24.18	24:11.05	56.4%
3	6732 Edward Clark (M51)	3	M45-99	2nd	8.0	11:53	12:34	+41	24:27.59	7:52.4	24.45	24:35.56	60.8%
4	6724 Dawnya Ton (F30)	1	F20-39	OA	2.3	12:54	14:24	+90	27:17.86	8:47.2	27.28	27:20.11	54.2%
5	6723 Doug Samples (M34)	4	M20-39	1st	2.9	13:57	14:53	+55	28:49.91	9:16.8	28.82	28:52.82	45.5%
6	6719 Edi Pena (M39)	5	M20-39	2nd	0.1	14:20	16:09	+108	30:29.00	9:48.7	30.48	30:29.05	44.4%
7	6722 Cannon Samples (M6)	6	M01-12	1st	---	14:57	16:45	+108	31:42.25	10:12.3	31.70	31:42.24	59.0%
8	6702 Caleb Cawthon (M25)	7	M20-39	3rd	3.8	14:54	16:48	+114	31:42.47	10:12.3	31.70	31:46.25	40.7%
9	6729 Shawnie Veath (F42)	2	F45-99	1st	---	14:44	17:31	+167	32:15.41	10:23.0	32.25	32:15.43	48.2%
10	6703 Brianna Chesney (F18)	3	F13-19	1st	---	14:37	18:00	+203	32:37.27	10:30.0	32.62	32:37.26	45.9%
11	6712 Hailey Leal (F17)	4	F13-19	2nd	1.0	17:36	17:36	-1	35:11.68	11:19.7	35.18	35:12.71	43.0%
12	6713 Hector Leal (M47)	8	M45-99	3rd	2.0	16:14	19:33	+199	35:47.35	11:31.2	35.78	35:49.35	40.2%
13	6725 Kaylee Veath (F9)	5	F01-12	1st	---	14:25	22:51	+506	37:16.20	11:59.8	37.27	37:16.21	47.1%
14	6705 Sheila Garcia (F45)	6	F45-99	2nd	1.9	17:54	19:21	+87	37:14.62	11:59.3	37.23	37:16.48	42.9%
15	6727 Kathy Veath (F18)	7	F13-19	3rd	2.4	18:35	20:04	+90	38:39.12	12:26.5	38.65	38:41.50	38.7%
16	6707 Andy Hamilton (M38)	9	M20-39	4th	0.7	18:34	20:17	+103	38:51.33	12:30.4	38.85	38:52.08	34.6%
17	6714 Kelly Leal (F47)	8	F45-99	3rd	1.6	18:54	21:12	+138	40:06.12	12:54.5	40.10	40:07.75	40.7%
18	6718 Melanie Patterson (F27)	9	F20-39	1st	5.0	19:35	22:58	+202	42:33.00	13:41.7	42.55	42:38.04	34.8%
19	6700 Mike Bishop (M58)	10	M45-99	4th	7.2	19:33	23:32	+238	43:05.03	13:52.0	43.08	43:12.23	36.6%
20	6704 Sandra Faircloth (F48)	10	F45-99	4th	5.7	22:10	22:04	-6	44:13.85	14:14.2	44.22	44:19.55	37.3%
21	6701 Matilyn Cady (F11)	11	F01-12	2nd	8.8	25:42	28:26	+165	54:07.97	17:25.4	54.12	54:16.73	30.7%
22	6733 Barry Faircloth (M48)	11	M45-99	5th	7.1	26:51	27:40	+49	54:30.13	17:32.6	54.50	54:37.21	26.6%
23	6734 Cindi Lane (F55)	12	F45-99	5th	3.5	26:58	27:58	+60	54:55.79	17:40.8	54.92	54:59.34	32.8%
24	6735 Ron Lane (M56)	12	M45-99	6th	4.7	26:59	27:57	+58	54:55.97	17:40.9	54.92	55:00.70	28.2%
25	6717 Kevin Morton (M56)	13	M45-99	7th	4.6	26:55	28:04	+70	54:58.57	17:41.7	54.97	55:03.16	28.2%
26	6716 Renate Morehouse (F39)	13	F20-39	2nd	6.9	32:07	31:02	-65	1:03:09.40	20:19.7	63.151	03:16.32	24.1%
27	6711 Shawn Kelley (M39)	14	M20-39	5th	7.1				1:03:09.86	20:19.8	63.151	03:16.95	21.5%
23 Positive Split 3 Negative Split									Average Finish Time: 40:00	Average Age Grade: 40.73%			

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time	AgeGD
1	6214 Addison Garcia (F17)	1	F00-99	1st	1.3				9:05.44	9:05.4	31.08	9:06.70	47.1%
2	6203 Corinthia Carrasco (F15)	2	F00-99	2nd	2.8				10:19.22	10:19.2	35.29	10:22.05	42.5%
3	6225 Sean Pena (M7)	1	M00-99	1st	4.9				10:42.80	10:42.8	36.61	10:47.70	47.8%
4	6227 Kim Pena (F41)	3	F00-99	3rd	4.5				10:44.38	10:44.4	36.72	10:48.89	41.6%
5	6226 Kyle Pena (M10)	2	M00-99	2nd	5.9				10:44.23	10:44.2	36.72	10:50.17	42.3%
6	6233 Andrea Specht (F27)	4	F00-99	4th	5.7				13:26.67	13:26.7	45.96	13:32.39	31.2%
7	6230 Reese Samples (F4)	5	F00-99	5th	---				13:34.64	13:34.6	46.41	13:34.64	
8	6231 Sharla Samples (F32)	6	F00-99	6th	0.1				13:35.10	13:35.1	46.47	13:35.23	31.0%
9	6202 Rylan Carrasco (M13)	3	M00-99	3rd	3.0				14:21.74	14:21.7	49.09	14:24.71	29.0%
10	6201 Michael Carrasco (M8)	4	M00-99	4th	2.3				14:28.46	14:28.5	49.49	14:30.71	33.8%
11	6222 James Pamplin (M6)	5	M00-99	5th	12.3				15:19.88	15:19.9	52.40	15:32.21	35.1%
12	6204 Emily Carrasco (F36)	7	F00-99	7th	3.9				16:01.06	16:01.1	54.79	16:04.99	26.8%
13	6237 Hailey Hamilton (F9)	8	F00-99	8th	2.4				16:04.26	16:04.3	54.97	16:06.64	30.9%
14	6238 Drew Hamilton (M4)	6	M00-99	6th	3.4				16:07.40	16:07.4	55.14	16:10.77	
15	6218 Dana Hamilton (F34)	9	F00-99	9th	2.1				16:09.69	16:09.7	55.25	16:11.82	26.3%
16	6229 Christina Rodriguez (F28)	10	F00-99	10th	1.0				19:29.84	19:29.8	66.65	19:30.83	21.5%
17	6206 Isaiah Esparza (M7)	7	M00-99	7th	---				19:35.98	19:36.0	67.00	19:35.98	26.1%

△ Positive Split △ Negative Split



Timing provided by: **DeltaViewTiming.com**

18	6207	Nicole Esparza (F26)	11	F00-99	13th	1.9	19:38.81	19:38.8	67.17	19:40.67	21.3%
19	6236	Kathy Jeffries (F)	12	F00-99	12th	4.1	19:38.64	19:38.6	67.17	19:42.74	
20	6220	Ashley McGrath (F26)	13	F00-99	14th	8.7	19:44.43	19:44.4	67.51	19:53.13	21.2%
21	6221	Aaron O'Brien (M28)	8	M00-99	9th	9.4	19:44.83	19:44.8	67.51	19:54.22	18.8%
22	6223	Betty Pamplin (F35)	14	F00-99	11th	19.6	19:37.80	19:37.8	67.11	19:57.42	21.7%
23	6224	Chris Pamplin (M38)	9	M00-99	8th	20.5	19:40.18	19:40.2	67.28	20:00.73	19.7%
24	6216	Jody Garcia (M45)	10	M00-99	10th	3.5	22:53.26	22:53.3	78.29	22:56.77	17.8%
25	6213	Avery Garcia (F13)	15	F00-99	15th	2.7	22:56.10	22:56.1	78.46	22:58.78	19.7%
Average Finish Time:							16:08	Average Age Grade:		29.70%	

