



www.HolidayGlowRun.com

# Holiday Glow Run 5K-St Patricks

Aubrey, TX

Saturday, March 15, 2014  
61F Cloudy 61%H 9mphSSE  
5K Off :10:00 am

## MALES

## FEMALES

<b>OVERALL</b>	Bryan Wales	18:12.2	<b>71.4%</b>
<b>MASTERS</b>	Jason Frey	25:54.8	53.1%
<b>GMASTER</b>	Jeff Newman	28:56.5	52.7%

Gracie Sammons	24:07.7	<b>66.2%</b>
Nancy Nelson	25:35.9	<b>66.9%</b>
Randi Castanuela	31:29.4	55.1%

Age Grading is based on 100% for World Record for given Age/Gender.

**GD** Place among Females

△ Positive Split

△ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**

## 5K MALE

		15 MALE Runners --- Average Time of 34:00				Avg. Age Grade: 45.8%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
<b>OVERALL</b>	<u>1</u> <b>Bryan Wales</b>	Providence	(32)	09:20	-28	18:12.21	5:51.5	<b>71.4%</b>	1	1
<b>MASTERS</b>	<u>1</u> <b>Jason Frey</b>	Justin	(41)	12:41	+34	25:54.89	8:20.5	53.1%	4	2
<b>GMASTER</b>	<u>1</u> <b>Jeff Newman</b>	Savannah	(54)	14:11	+35	28:56.53	9:18.9	52.7%	11	5
<b>M01-12</b>	<u>1</u> <b>Braeden Honey</b>	Lewisville	(12)	17:29	+30	35:27.05	11:24.6	41.9%	25	9
	<u>2</u> <b>Charlie Frey</b>	Justin	(3)	21:27	-37	42:17.35	13:36.7		37	13
	<u>3</u> <b>Shane Burckhard</b>	Sanger	(5)			52:03.09	16:45.2	38.0%	46	15
<b>M13-15</b>	<u>1</u> <b>Isaac Speights</b>	Ponder	(13)	14:10	+142	30:41.37	9:52.7	47.3%	13	6
	<u>2</u> <b>Cody Wilkerson</b>	Denton	(13)	14:41	+122	31:23.14	10:06.1	46.2%	16	7
	<u>3</u> <b>Hayeden Leenhouts</b>	Sanger	(15)	15:49	+17	31:54.53	10:16.2	43.6%	19	8
	<u>4</u> <b>Landon Andrews</b>	Denton	(14)	15:15	+388	36:58.12	11:53.9	38.4%	29	10
<b>M30-34</b>	<u>1</u> <b>Garrett Rumohr</b>	Denton	(33)	13:11	+18	26:40.65	8:35.2	48.9%	7	4
	<u>2</u> <b>Robert Waggoner</b>	Cherokee	(32)	19:19	+60	39:37.46	12:45.2	32.8%	34	12
<b>M40-44</b>	<u>1</u> <b>Bryan Leenhouts</b>	Sanger	(41)	12:52	+41	26:25.40	8:30.3	52.0%	6	3
	<u>2</u> <b>Terry Rumbo</b>	Pilot Point	(43)	22:25	+61	45:50.64	14:45.3	30.5%	41	14
<b>M60-64</b>	<u>1</u> <b>William Atkins</b>	Little Elm	(63)	16:40	+254	37:33.78	12:05.4	43.8%	30	11

# 5K FEMALE

		36 FEMALE Runners --- Average Time of 38:10				Avg. Age Grade: 44.7%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <a href="#">Gracie Sammons</a>	Aubrey	(13)	10:47	+154	24:07.77	7:46.0	66.2%	2	1
MASTERS	<u>1</u> <a href="#">Nancy Nelson</a>	Kingsland	(51)	12:54	-12	25:35.98	8:14.4	66.9%	3	2
GMASTER	<u>1</u> <a href="#">Randi Castanuela</a>	Lake Dallas	(52)	15:14	+62	31:29.48	10:08.2	55.1%	17	10
F01-12	<u>1</u> <a href="#">Faith Sammons</a>	Aubrey	(9)	13:21	+76	27:58.34	9:00.2	62.7%	9	5
	<u>2</u> <a href="#">Melanie Sammons</a>	Aubrey	(10)	19:20	+191	41:52.12	13:28.6	40.7%	36	24
	<u>3</u> <a href="#">Madelynn Chambliss</a>	Denton	(10)	24:51	+139	52:00.60	16:44.4	32.8%	43	29
	4 <a href="#">Karlie Randick</a>	Argyle	(8)			52:01.53	16:44.7	34.8%	45	31
	5 <a href="#">Maya Benson</a>	Buda	(6)			52:02.44	16:45.0	37.5%	44	30
F13-15	<u>1</u> <a href="#">Annisten Honey</a>	Lewisville	(13)	15:28	+59	31:55.60	10:16.6	50.0%	20	12
	<u>2</u> <a href="#">Katie Sanders</a>	Sanger	(15)	15:49	+30	32:08.32	10:20.7	48.2%	21	13
F25-29	<u>1</u> <a href="#">Christina Sherman</a>	Denton	(26)	15:58	-21	31:34.60	10:09.8	46.9%	18	11
	<u>2</u> <a href="#">Jamie Waggoner</a>	Cherokee	(29)	19:19	+61	39:37.60	12:45.3	37.3%	35	23
F30-34	<u>1</u> <a href="#">Andrea Souders</a>	Flower Mound	(32)	15:55	+63	32:53.57	10:35.2	45.1%	22	14
	<u>2</u> <a href="#">Katie Trammell</a>	Denton	(33)	24:38	+163	51:59.48	16:44.1	28.6%	47	32
	<u>3</u> <a href="#">Melissa Brown</a>	Sanger	(32)	24:48	+152	52:08.18	16:46.9	28.5%	48	33
F35-39	<u>1</u> <a href="#">Anne Robbirds</a>	Flower Mound	(37)	12:57	+14	26:07.18	8:24.4	57.7%	5	3
	<u>2</u> <a href="#">Lisa Brisendine</a>	Lewisville	(37)	13:37	-12	27:02.85	8:42.3	55.7%	8	4
	<u>3</u> <a href="#">Kelly Weier</a>	Denton	(37)	14:15	+38	29:07.60	9:22.5	51.8%	12	7
	4 <a href="#">Betsy Fellows</a>	Aubrey	(39)	15:18	+13	30:48.71	9:55.0	49.5%	14	8
	5 <a href="#">Jeri Taylor</a>	Denton	(38)	15:17	+29	31:02.51	9:59.5	48.8%	15	9
	6 <a href="#">Jen Hair</a>	Lewisville	(38)	15:55	+63	32:53.58	10:35.2	46.1%	23	15
	7 <a href="#">Emily Loiselle</a>	Denton	(39)	16:26	+42	33:33.73	10:48.2	45.4%	24	16
	8 <a href="#">Raelyn Honey</a>	Lewisville	(37)	18:52	+102	39:26.28	12:41.6	38.2%	33	22
	9 <a href="#">Rebecka Frey</a>	Justin	(39)	21:27	-36	42:18.14	13:37.0	36.0%	38	25
	10 <a href="#">Elisa Rumbo</a>	Pilot Point	(37)			43:48.02	14:05.9	34.4%	40	27
	11 <a href="#">Sandy Hetner</a>	Argyle	(39)	25:19	+107	52:24.40	16:52.1	29.1%	49	34
	12 <a href="#">Pam Hetner</a>	Argyle	(35)			52:26.53	16:52.8	28.5%	50	35
F40-44	<u>1</u> <a href="#">Ann Sammons</a>	Aubrey	(43)	13:19	+79	27:57.25	8:59.9	56.1%	10	6
	<u>2</u> <a href="#">Janie Crosmer</a>	Flower Mound	(44)	17:49	+43	36:20.91	11:42.0	43.5%	28	19
	<u>3</u> <a href="#">Brandi Andrews</a>	Denton	(40)			42:38.91	13:43.6	35.9%	39	26
	4 <a href="#">Keri Heskett</a>	Sanger	(42)			47:40.61	15:20.7	32.6%	42	28
F45-49	<u>1</u> <a href="#">Deanna Smith</a>	Corinth	(45)	17:25	+54	35:44.99	11:30.4	44.7%	27	18
F50-54	<u>1</u> <a href="#">Geri Cardwell</a>	Denton	(52)	17:20	+45	35:24.65	11:23.9	49.0%	26	17
F55-59	<u>1</u> <a href="#">Cynthia Shepard</a>	Southlake	(59)	18:13	+75	37:41.66	12:08.0	50.6%	32	21
F60-64	<u>1</u> <a href="#">Nancy Hetner</a>	Argyle	(60)			52:27.88	16:53.2	36.8%	51	36
F65-69	<u>1</u> <a href="#">Betsy Veneziano</a>	Carrollton	(68)	18:59	-16	37:41.92	12:08.0	57.9%	31	20

### Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	242	Bryan Wales (M32)	1	M30-34	OA	1.8	9:20	8:52	-28	18:12.21	5:51.5	18:20	18:14.03	71.4%
2	245	Gracie Sammons (F13)	1	F13-15	OA	0.8	10:47	13:21	+154	24:07.77	7:46.0	24:12	24:08.55	66.2%
3	225	Nancy Nelson (F51)	2	F50-54	MS	3.5	12:54	12:42	-12	25:35.98	8:14.4	25:58	25:39.48	66.9%
4	210	Jason Frey (M41)	2	M40-44	MS	0.4	12:41	13:14	+34	25:54.89	8:20.5	25:90	25:55.26	53.1%
5	228	Anne Robbirds (F37)	3	F35-39	1st	2.0	12:57	13:10	+14	26:07.18	8:24.4	26:12	26:09.19	57.7%
6	221	Bryan Leenhouts (M41)	3	M40-44	1st	2.5	12:52	13:33	+41	26:25.40	8:30.3	26:42	26:27.94	52.0%
7	252	Garrett Rumohr (M33)	4	M30-34	1st	9.1	13:11	13:29	+18	26:40.65	8:35.2	26:67	26:49.71	48.9%
8	202	Lisa Brisendine (F37)	4	F35-39	2nd	1.3	13:37	13:26	-12	27:02.85	8:42.3	27:03	27:04.18	55.7%
9	246	Faith Sammons (F9)	5	F01-12	1st	2.1	13:21	14:37	+76	27:58.34	9:00.2	27:97	28:00.49	62.7%
10	247	Ann Sammons (F43)	6	F40-44	1st	4.1	13:19	14:38	+79	27:57.25	8:59.9	27:95	28:01.30	56.1%
11	251	Jeff Newman (M54)	5	M50-54	GM	19.9	14:11	14:46	+35	28:56.53	9:18.9	28:93	29:16.42	52.7%
12	243	Kelly Weier (F37)	7	F35-39	3rd	10.5	14:15	14:53	+38	29:07.60	9:22.5	29:12	29:18.14	51.8%
13	236	Isaac Speights (M13)	6	M13-15	1st	2.6	14:10	16:32	+142	30:41.37	9:52.7	30:68	30:43.97	47.3%
14	209	Betsy Fellows (F39)	8	F35-39	4th	6.7	15:18	15:31	+13	30:48.71	9:55.0	30:80	30:55.39	49.5%
15	237	Jeri Taylor (F38)	9	F35-39	5th	5.7	15:17	15:46	+29	31:02.51	9:59.5	31:03	31:08.20	48.8%
16	249	Cody Wilkerson (M13)	7	M13-15	2nd	2.5	14:41	16:43	+122	31:23.14	10:06.1	31:38	31:25.63	46.2%
17	206	Randi Castanuela (F52)	10	F50-54	GM	0.5	15:14	16:16	+62	31:29.48	10:08.2	31:48	31:29.94	55.1%
18	233	Christina Sherman (F26)	11	F25-29	1st	0.4	15:58	15:37	-21	31:34.60	10:09.8	31:57	31:34.98	46.9%
19	222	Hayden Leenhouts (M15)	8	M13-15	3rd	1.7	15:49	16:06	+17	31:54.53	10:16.2	31:90	31:56.26	43.6%
20	218	Annisten Honey (F13)	12	F13-15	1st	2.2	15:28	16:27	+59	31:55.60	10:16.6	31:92	31:57.76	50.0%
21	231	Katie Sanders (F15)	13	F13-15	2nd	1.6	15:49	16:19	+30	32:08.32	10:20.7	32:13	32:09.88	48.2%
22	235	Andrea Souders (F32)	14	F30-34	1st	10.4	15:55	16:58	+63	32:53.57	10:35.2	32:88	33:04.01	45.1%
23	213	Jen Hair (F38)	15	F35-39	6th	10.4	15:55	16:58	+63	32:53.58	10:35.2	32:88	33:04.02	46.1%
24	223	Emily Loisel (F39)	16	F35-39	7th	6.0	16:26	17:08	+42	33:33.73	10:48.2	33:55	33:39.75	45.4%
25	219	Braeden Honey (M12)	9	M01-12	1st	3.6	17:29	17:58	+30	35:27.05	11:24.6	35:45	35:30.67	41.9%
26	205	Geri Cardwell (F52)	17	F50-54	1st	10.9	17:20	18:05	+45	35:24.65	11:23.9	35:40	35:35.59	49.0%
27	234	Deanna Smith (F45)	18	F45-49	1st	4.2	17:25	18:20	+54	35:44.99	11:30.4	35:73	35:49.15	44.7%
28	208	Janie Crosmer (F44)	19	F40-44	2nd	4.5	17:49	18:32	+43	36:20.91	11:42.0	36:33	36:25.36	43.5%
29	250	Landon Andrews (M14)	10	M13-15	4th	1.9	15:15	21:43	+388	36:58.12	11:53.9	36:97	37:00.00	38.4%
30	200	William Atkins (M63)	11	M60-64	1st	1.4	16:40	20:54	+254	37:33.78	12:05.4	37:55	37:35.16	43.8%
31	239	Betsy Veneziano (F68)	20	F65-69	1st	4.2	18:59	18:43	-16	37:41.92	12:08.0	37:68	37:46.08	57.9%
32	232	Cynthia Shepard (F59)	21	F55-59	1st	5.8	18:13	19:29	+75	37:41.66	12:08.0	37:68	37:47.50	50.6%
33	220	Raelyn Honey (F37)	22	F35-39	8th	3.9	18:52	20:34	+102	39:26.28	12:41.6	39:43	39:30.21	38.2%
34	240	Robert Waggoner (M32)	12	M30-34	2nd	17.1	19:19	20:19	+60	39:37.46	12:45.2	39:62	39:54.60	32.8%
35	241	Jamie Waggoner (F29)	23	F25-29	2nd	17.6	19:19	20:19	+61	39:37.60	12:45.3	39:62	39:55.16	37.3%
36	244	Melanie Sammons (F10)	24	F01-12	2nd	3.8	19:20	22:32	+191	41:52.12	13:28.6	41:87	41:55.87	40.7%
37	211	Charlie Frey (M3)	13	M01-12	2nd	9.1	21:27	20:50	-37	42:17.35	13:36.7	42:28	42:26.47	
38	212	Rebecka Frey (F39)	25	F35-39	9th	9.2	21:27	20:51	-36	42:18.14	13:37.0	42:30	42:27.32	36.0%
39	248	Brandi Andrews (F40)	26	F40-44	3rd	5.3				42:38.91	13:43.6	42:63	42:44.26	35.9%
40	229	Elisa Rumbo (F37)	27	F35-39	10th	10.2				43:48.02	14:05.9	43:80	43:58.20	34.4%
41	230	Terry Rumbo (M43)	14	M40-44	2nd	10.0	22:25	23:26	+61	45:50.64	14:45.3	45:83	46:00.60	30.5%
42	214	Keri Heskett (F42)	28	F40-44	4th	9.1				47:40.61	15:20.7	47:67	47:49.66	32.6%
43	207	Madelynn Chambliss (F10)	29	F01-12	3rd	12.0	24:51	27:10	+139	52:00.60	16:44.4	52:00	52:12.59	32.8%
44	201	Maya Benson (F6)	30	F01-12	4th	11.7				52:02.44	16:45.0	52:03	52:14.14	37.5%
45	227	Karlie Randick (F8)	31	F01-12	5th	12.6				52:01.53	16:44.7	52:02	52:14.17	34.8%
46	204	Shane Burckhard (M5)	15	M01-12	3rd	12.4				52:03.09	16:45.2	52:05	52:15.54	38.0%

47	238	Katie Trammell (F33)	32	F30-34	2nd	16.1	24:38	27:21	+163	51:59.48	16:44.1	51.98	52:15.57	28.6%	
48	203	Melissa Brown (F32)	33	F30-34	3rd	15.3	24:48	27:20	+152	52:08.18	16:46.9	52.13	52:23.51	28.5%	
49	216	Sandy Hetner (F39)	34	F35-39	11th	16.7	25:19	27:06	+107	52:24.40	16:52.1	52.40	52:41.09	29.1%	
50	215	Pam Hetner (F35)	35	F35-39	12th	16.2				52:26.53	16:52.8	52.43	52:42.70	28.5%	
51	217	Nancy Hetner (F60)	36	F60-64	1st	15.1				52:27.88	16:53.2	52.45	52:43.03	36.8%	
							<b>36 Positive Split</b>		<b>7 Negative Split</b>		<b>Average Finish Time:</b>		<b>36:56</b>	<b>Average Age Grade:</b> <b>45.01%</b>	