

# GCA 5K Run/Walk

Frisco Commons Park, Frisco, TX

Friday, October 20, 2017

77F Cloudy 72%H 13mphSSE

5K Off :4:30 pm

## 5K MALE

		25 Runners --- Average Time of 33:53		Avg. Age Grade: 45.2%			Place in	
Name		City	(Age)	Chip Time	Pace	Age Grade	OA	GD
M12&Under	<u>1</u> <u>Brody Quiñones</u>	GCA	(9)	27:26.88	8:50.1	59.6%	7	6
	<u>2</u> Jett Haun	GCA	(8)	31:00.28	9:58.8	54.9%	14	11
	3 Cooper Bailey	GCA	(9)	31:52.41	10:15.5	51.3%	16	12
	4 Ian Wiggins	GCA	(9)	32:31.67	10:28.2	50.3%	17	13
	5 Graham Bailey	GCA	(12)	33:27.29	10:46.1	44.4%	19	15
	6 Carson Cloud	GCA	(12)	36:14.98	11:40.1	41.0%	24	16
	7 Brady Smith	GCA	(9)	37:18.04	12:00.4	43.9%	27	18
	8 Joseph Rhine	GCA	(12)	42:11.64	13:34.9	35.2%	37	22
	9 Josh Howard	GCA	(12)	47:10.77	15:11.1	31.5%	44	23
	10 Jacob Rhine	GCA	(10)	47:16.97	15:13.1	33.4%	46	24
	11 Ryan Rolfe	GCA	(11)	50:05.53	16:07.4	30.5%	53	25
M13-18	<u>1</u> <u>Daniel Culver</u>	GCA	(13)	23:58.17	7:42.9	60.5%	2	2
	<u>2</u> Mason Sonju	GCA	(15)	26:17.91	8:27.9	52.9%	4	4
	3 Brayden Bledsoe	GCA	(16)	28:23.69	9:08.4	48.2%	8	7
	4 Jacob McCorkle	GCA	(16)	29:09.67	9:23.2	47.0%	12	9
	5 Jack Rolfe	GCA	(15)	39:55.01	12:50.9	34.9%	33	20
	6 Joshua Rhine	GCA	(15)	41:58.59	13:30.7	33.2%	36	21
M19+	<u>1</u> <u>Aaron Paul</u>	GCA	(32)	23:31.76	7:34.4	55.3%	1	1
	<u>2</u> Brian Webster	GCA	(46)	25:18.44	8:08.7	56.5%	3	3
	3 John Cones	GCA	(52)	26:37.00	8:34.0	56.3%	6	5
	4 Ryan Mauldin		(37)	28:58.67	9:19.6	46.1%	13	10
	5 Chad Bailey	GCA	(34)	29:02.55	9:20.9	45.1%	11	8
	6 Michael Wiggins	GCA	(47)	32:37.59	10:30.1	44.1%	18	14
	7 Jeremy Herron	GCA	(37)	36:30.32	11:45.0	36.6%	25	17
	8 Randy Griffin	GCA	(41)	38:04.41	12:15.3	36.1%	31	19

GD Place among Females

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



Timing provided by:

**DeltaViewTiming.com**

# 5K FEMALE

		29 Runners --- Average Time of		40:38	Avg. Age Grade: 40.8%		Place in	
Name		City	(Age)	Chip Time	Pace	Age Grade	OA	GD
F12&Under	<u>1</u>	<u>Nayeli Longfellow</u>	GCA (8)	38:09.53	12:16.9	47.5%	29	11
	<u>2</u>	Amelia Rodgers	GCA (7)	38:10.69	12:17.3	49.2%	30	12
	3	Ella Allen	GCA (6)	41:51.07	13:28.2	46.7%	35	15
	4	Gracyn Cameron	GCA (12)	43:52.51	14:07.3	37.1%	42	20
	5	Faith Texeira	(12)	47:14.19	15:12.2	34.5%	47	23
	6	Alex Rodgers	GCA (9)	48:03.01	15:28.0	36.5%	48	24
	7	Julesy Quiñones	GCA (12)	49:48.04	16:01.8	32.7%	50	26
	8	Amelia Bledsoe	GCA (11)	49:48.26	16:01.8	33.4%	51	27
F13-18	<u>1</u>	<u>Amanda Thomson</u>	GCA (15)	26:27.78	8:31.1	58.6%	5	1
	<u>2</u>	Katie Cones	GCA (13)	34:17.26	11:02.2	46.6%	21	6
	3	Avery Mackie	GCA (13)	34:25.74	11:04.9	46.4%	22	7
	4	Ana Smith	GCA (17)	36:35.14	11:46.5	41.3%	26	9
	5	Sophie Saunders	(13)	37:23.56	12:02.1	42.7%	28	10
	6	Meghann Bledsoe	(14)	40:26.76	13:01.1	38.8%	34	14
	7	Caroline Wiggins	GCA (13)	42:19.30	13:37.3	37.7%	39	17
	8	Abby Smith	GCA (13)	43:53.30	14:07.6	36.4%	41	19
	9	Jojo Howell	GCA (13)	47:02.07	15:08.3	34.0%	45	22
F19+	<u>1</u>	<u>Erin Haugk</u>	GCA (34)	28:40.50	9:13.8	52.0%	10	3
	<u>2</u>	Michelle Mauldin	GCA (38)	31:09.93	10:01.9	48.6%	15	4
	3	Cari McCorkle	GCA (50)	32:23.37	10:25.5	52.2%	23	8
	4	Bethany Paul	GCA (32)	33:47.12	10:52.5	43.9%	20	5
	5	Theresa Cones	GCA (51)	39:33.89	12:44.1	43.3%	32	13
	6	Laura Bledsoe	GCA (49)	42:06.50	13:33.2	39.7%	38	16
	7	Cheryl Webster	GCA (49)	43:39.91	14:03.3	38.3%	40	18
	8	Holly Sechrest	GCA (34)	43:45.06	14:04.9	34.1%	43	21
	9	Robin Wiggins	GCA (43)	48:42.76	15:40.7	32.2%	49	25
	10	Angela Grassmuck	GCA (39)	49:47.89	16:01.7	30.6%	52	28
	11	Charissa Smith	GCA (36)	56:25.48	18:09.7	26.6%	54	29

### Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	Net Chip Time	Pace	5KEqClock Time	AgeGD		
1	136	Aaron Paul (M32)	1	M19+	1st	5.9	23:31.76	7:34.4	23:52	23:37.67	55.3%
2	117	Daniel Culver (M13)	2	M13-18	1st	---	23:58.17	7:42.9	23:97	23:58.17	60.5%
3	209	Brian Webster (M46)	3	M19+	2nd	---	25:18.44	8:08.7	25:30	25:18.44	56.5%
4	207	Mason Sonju (M15)	4	M13-18	2nd	---	26:17.91	8:27.9	26:28	26:17.91	52.9%
5	208	Amanda Thomson (F15)	1	F13-18	1st	8.9	26:27.78	8:31.1	26:45	26:36.71	58.6%
6	114	John Cones (M52)	5	M19+	3rd	1.5	26:37.00	8:34.0	26:62	26:38.47	56.3%
7	140	Brody Quiñones (M9)	6	M12&Un	1st	---	27:26.88	8:50.1	27:43	27:26.88	59.6%
8	108	Brayden Bledsoe (M16)	7	M13-18	3rd	12.3	28:23.69	9:08.4	28:38	28:35.96	48.2%
10	144	Ashley Quiñones (F34)	2		1st	8.0	28:31.91	9:11.0	28:52	28:39.89	52.2%
10	123	Erin Haugk (F34)	3	F19+	1st	13.0	28:40.50	9:13.8	28:67	28:53.53	52.0%
11	104	Chad Bailey (M34)	8	M19+	5th	0.5	29:02.55	9:20.9	29:03	29:03.05	45.1%
12	135	Jacob McCorkle (M16)	9	M13-18	4th	0.4	29:09.67	9:23.2	29:15	29:10.08	47.0%
13	219	Ryan Mauldin (M37)	10	M19+	4th	18.1	28:58.67	9:19.6	28:97	29:16.82	46.1%
14	124	Jett Haun (M8)	11	M12&Un	2nd	0.1	31:00.28	9:58.8	31:00	31:00.35	54.9%
15	133	Michelle Mauldin (F38)	4	F19+	2nd	0.7	31:09.93	10:01.9	31:15	31:10.63	48.6%
16	105	Cooper Bailey (M9)	12	M12&Un	3rd	---	31:52.41	10:15.5	31:87	31:52.41	51.3%
17	212	Ian Wiggins (M9)	13	M12&Un	4th	1.4	32:31.67	10:28.2	32:52	32:33.09	50.3%
18	213	Michael Wiggins (M47)	14	M19+	6th	3.0	32:37.59	10:30.1	32:62	32:40.63	44.1%
19	106	Graham Bailey (M12)	15	M12&Un	5th	---	33:27.29	10:46.1	33:45	33:27.29	44.4%
20	137	Bethany Paul (F32)	5	F19+	4th	11.6	33:47.12	10:52.5	33:78	33:58.77	43.9%
21	115	Katie Cones (F13)	6	F13-18	2nd	---	34:17.26	11:02.2	34:28	34:17.26	46.6%
22	132	Avery Mackie (F13)	7	F13-18	3rd	0.7	34:25.74	11:04.9	34:42	34:26.48	46.4%
23	134	Cari McCorkle (F50)	8	F19+	3rd	170.3	32:23.37	10:25.5	32:38	35:13.69	52.2%
24	113	Carson Cloud (M12)	16	M12&Un	6th	4.9	36:14.98	11:40.1	36:23	36:19.93	41.0%
25	125	Jeremy Herron (M37)	17	M19+	7th	1.5	36:30.32	11:45.0	36:50	36:31.82	36.6%
26	204	Ana Smith (F17)	9	F13-18	4th	10.5	36:35.14	11:46.5	36:58	36:45.61	41.3%
27	205	Brady Smith (M9)	18	M12&Un	7th	---	37:18.04	12:00.4	37:30	37:18.04	43.9%
28	218	Sophie Saunders (F13)	10	F13-18	5th	5.7	37:23.56	12:02.1	37:38	37:29.26	42.7%
29	131	Nayeli Longfellow (F8)	11	F12&Und	1st	---	38:09.53	12:16.9	38:15	38:09.53	47.5%
30	149	Amelia Rodgers (F7)	12	F12&Und	2nd	---	38:10.69	12:17.3	38:17	38:10.69	49.2%
31	122	Randy Griffin (M41)	19	M19+	8th	17.1	38:04.41	12:15.3	38:07	38:21.55	36.1%
32	116	Theresa Cones (F51)	13	F19+	5th	0.4	39:33.89	12:44.1	39:55	39:34.26	43.3%
33	150	Jack Rolfe (M15)	20	M13-18	5th	---	39:55.01	12:50.9	39:92	39:55.01	34.9%
34	216	Meghann Bledsoe (F14)	14	F13-18	6th	---	40:26.76	13:01.1	40:43	40:26.76	38.8%
35	101	Ella Allen (F6)	15	F12&Und	3rd	1.5	41:51.07	13:28.2	41:85	41:52.59	46.7%
36	147	Joshua Rhine (M15)	21	M13-18	6th	6.3	41:58.59	13:30.7	41:97	42:04.87	33.2%
37	146	Joseph Rhine (M12)	22	M12&Un	8th	4.4	42:11.64	13:34.9	42:18	42:16.02	35.2%
38	109	Laura Bledsoe (F49)	16	F19+	6th	9.9	42:06.50	13:33.2	42:10	42:16.42	39.7%
39	211	Caroline Wiggins (F13)	17	F13-18	7th	6.8	42:19.30	13:37.3	42:32	42:26.14	37.7%
40	210	Cheryl Webster (F49)	18	F19+	7th	16.4	43:39.91	14:03.3	43:65	43:56.30	38.3%
41	203	Abby Smith (F13)	19	F13-18	8th	7.1	43:53.30	14:07.6	43:88	44:00.39	36.4%
42	110	Gracyn Cameron (F12)	20	F12&Und	4th	8.8	43:52.51	14:07.3	43:87	44:01.30	37.1%
43	202	Holly Sechrest (F34)	21	F19+	8th	27.4	43:45.06	14:04.9	43:75	44:12.44	34.1%
44	128	Josh Howard (M12)	23	M12&Un	9th	1.2	47:10.77	15:11.1	47:17	47:11.96	31.5%
45	130	Jojo Howell (F13)	22	F13-18	9th	10.0	47:02.07	15:08.3	47:03	47:12.10	34.0%

GD Place among Females

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

46	145	Jacob Rhine (M10)	24	M12&Un	10th	1.6	47:16.97	15:13.1	47.27	47:18.60	33.4%
47	215	Faith Texeira (F12)	23	F12&Und	5th	6.5	47:14.19	15:12.2	47.23	47:20.71	34.5%
48	148	Alex Rodgers (F9)	24	F12&Und	6th	--	48:03.01	15:28.0	48.05	48:03.01	36.5%
49	214	Robin Wiggins (F43)	25	F19+	9th	14.8	48:42.76	15:40.7	48.70	48:57.51	32.2%
50	139	Julesy Quiñones (F12)	26	F12&Und	7th	5.4	49:48.04	16:01.8	49.80	49:53.44	32.7%
51	107	Amelia Bledsoe (F11)	27	F12&Und	8th	5.4	49:48.26	16:01.8	49.80	49:53.62	33.4%
52	120	Angela Grassmuck (F39)	28	F19+	10th	5.9	49:47.89	16:01.7	49.78	49:53.80	30.6%
53	201	Ryan Rolfe (M11)	25	M12&Un	11th	0.3	50:05.53	16:07.4	50.08	50:05.78	30.5%
54	206	Charissa Smith (F36)	29	F19+	11th	25.2	56:25.48	18:09.7	56.42	56:50.66	26.6%
							Average Finish Time:	37:30	Average Age Grade:		43.01%