

**5K OVERALL Male Results**

| Place | Bib Name               | Sex | Gender Place | Age | Age Place     | City       | State | Clock Time | Chip Time | Pace |
|-------|------------------------|-----|--------------|-----|---------------|------------|-------|------------|-----------|------|
| 1     | 701 Stevven Anderson   | M   | 1: M         | 36  | 1:<br>OVERALL | Stokesdale | NC    | 16:14.58   | 16:14.58  | 5:14 |
| 2     | 838 Royce Scrivano     | M   | 2: M         | 31  | 2:<br>OVERALL |            |       | 17:58.73   | 17:58.73  | 5:47 |
| 3     | 733 Christian Woodbury | M   | 3: M         | 18  | 3:<br>OVERALL | High Point | NC    | 18:58.31   | 18:58.31  | 6:06 |

**5K OVERALL Female Results**

| Place | Bib Name          | Sex | Gender Place | Age | Age Place     | City         | State | Clock Time | Chip Time | Pace |
|-------|-------------------|-----|--------------|-----|---------------|--------------|-------|------------|-----------|------|
| 1     | 843 Laurie Zack   | F   | 1: F         | 41  | 1:<br>OVERALL |              |       | 22:43.81   | 22:43.81  | 7:19 |
| 2     | 730 Lindsay Scott | F   | 2: F         | 29  | 2:<br>OVERALL | Indian Trail | NC    | 24:36.01   | 24:36.01  | 7:55 |
| 3     | 839 Jamie Shields | F   | 3: F         | 30  | 3:<br>OVERALL |              |       | 24:55.48   | 24:55.48  | 8:01 |

**5K Female 1 - 12 Results**

| Place | Bib Name             | Sex | Gender Place | Age | Age Place | City | State | Clock Time | Chip Time | Pace  |
|-------|----------------------|-----|--------------|-----|-----------|------|-------|------------|-----------|-------|
| 1     | 841 Sydney Stewart   | F   | 4: F         | 9   | 1: F01-12 |      |       | 26:04.80   | 26:04.80  | 8:24  |
| 2     | 738 Bridget Brainard | F   | 8: F         | 8   | 2: F01-12 |      |       | 33:28.47   | 33:28.47  | 10:46 |
| 3     | 737 Alex Brainard    | F   | 11: F        | 7   | 3: F01-12 |      |       | 43:54.41   | 43:54.41  | 14:08 |

**5K Female 19 - 29 Results**

| Place | Bib Name           | Sex | Gender Place | Age | Age Place | City       | State | Clock Time | Chip Time | Pace  |
|-------|--------------------|-----|--------------|-----|-----------|------------|-------|------------|-----------|-------|
| 1     | 716 Grace Jeen     | F   | 6: F         | 27  | 1: F19-29 | High Point | NC    | 31:01.56   | 31:01.56  | 9:59  |
| 2     | 848 Morgan Puckett | F   | 12: F        | 23  | 2: F19-29 |            |       | 45:12.49   | 45:12.49  | 14:33 |
| 3     | 727 Nichole Rosati | F   | 13: F        | 27  | 3: F19-29 | High Point | NC    | 45:28.39   | 45:28.39  | 14:38 |

**5K Female 30 - 34 Results**

| Place | Bib | Name          | Sex | Gender | Age | Age       | City          | State | Clock    | Chip     | Pace  |
|-------|-----|---------------|-----|--------|-----|-----------|---------------|-------|----------|----------|-------|
| Place | Bib | Name          | Sex | Place  | Age | Place     | City          | State | Time     | Time     | Pace  |
| 1     | 837 | Shalky Gaus   | F   | 14: F  | 31  | 1: F30-34 |               |       | 46:03.67 | 46:03.67 | 14:50 |
| 2     | 715 | Amanda Howard | F   | 18: F  | 34  | 2: F30-34 | Winston Salem | NC    | 55:05.36 | 55:05.36 | 17:44 |
| 3     | 840 | Rebekah Jone  | F   | 20: F  | 30  | 3: F30-34 |               |       | 55:21.02 | 55:21.02 | 17:49 |

### 5K Female 35 - 39 Results

| Place | Bib | Name          | Sex | Gender | Age | Age       | City       | State | Clock    | Chip     | Pace  |
|-------|-----|---------------|-----|--------|-----|-----------|------------|-------|----------|----------|-------|
| Place | Bib | Name          | Sex | Place  | Age | Place     | City       | State | Time     | Time     | Pace  |
| 1     | 709 | Allison Gibbs | F   | 9: F   | 36  | 1: F35-39 | Greensboro | NC    | 34:43.99 | 34:43.99 | 11:11 |

### 5K Female 40 - 44 Results

| Place | Bib | Name             | Sex | Gender | Age | Age       | City | State | Clock    | Chip     | Pace  |
|-------|-----|------------------|-----|--------|-----|-----------|------|-------|----------|----------|-------|
| Place | Bib | Name             | Sex | Place  | Age | Place     | City | State | Time     | Time     | Pace  |
| 1     | 721 | Michelle Oreilly | F   | 5: F   | 42  | 1: F40-44 | Hp   | NC    | 30:05.05 | 30:05.05 | 9:41  |
| 2     | 835 | Kate Perez       | F   | 15: F  | 40  | 2: F40-44 |      |       | 46:09.96 | 46:09.96 | 14:52 |

### 5K Female 50 - 54 Results

| Place | Bib | Name          | Sex | Gender | Age | Age       | City       | State | Clock    | Chip     | Pace  |
|-------|-----|---------------|-----|--------|-----|-----------|------------|-------|----------|----------|-------|
| Place | Bib | Name          | Sex | Place  | Age | Place     | City       | State | Time     | Time     | Pace  |
| 1     | 724 | Thrisha Perry | F   | 7: F   | 50  | 1: F50-54 | Greensboro | NC    | 32:37.24 | 32:37.24 | 10:30 |

### 5K Female 55 - 59 Results

| Place | Bib | Name                 | Sex | Gender | Age | Age       | City      | State | Clock    | Chip     | Pace  |
|-------|-----|----------------------|-----|--------|-----|-----------|-----------|-------|----------|----------|-------|
| Place | Bib | Name                 | Sex | Place  | Age | Place     | City      | State | Time     | Time     | Pace  |
| 1     | 718 | Lisa Kershner Urbine | F   | 10: F  | 56  | 1: F55-59 | Jamestown | NC    | 38:04.54 | 38:04.54 | 12:15 |

### 5K Male 1 - 12 Results

| Place | Bib | Name         | Sex | Gender | Age | Age       | City       | State | Clock    | Chip     | Pace |
|-------|-----|--------------|-----|--------|-----|-----------|------------|-------|----------|----------|------|
| Place | Bib | Name         | Sex | Place  | Age | Place     | City       | State | Time     | Time     | Pace |
| 1     | 739 | Jax Brainard | M   | 7: M   | 11  | 1: M01-12 |            |       | 22:32.39 | 22:32.39 | 7:15 |
| 2     | 706 | Gavin Emms   | M   | 9: M   | 12  | 2: M01-12 | High Point | NC    | 24:42.93 | 24:42.93 | 7:57 |

| Place | Bib Name              | Sex | Gender Place | Age | Age Place | City      | State | Clock Time | Chip Time | Pace  |
|-------|-----------------------|-----|--------------|-----|-----------|-----------|-------|------------|-----------|-------|
| 3     | 711 Kaden Harnphanich | M   | 15: M        | 9   | 3: M01-12 | Oak Ridge | NC    | 31:41.00   | 31:41.00  | 10:12 |

### 5K Male 13 - 14 Results

| Place | Bib Name         | Sex | Gender Place | Age | Age Place | City | State | Clock Time | Chip Time | Pace  |
|-------|------------------|-----|--------------|-----|-----------|------|-------|------------|-----------|-------|
| 1     | 846 Max Petrella | M   | 19: M        | 13  | 1: M13-14 |      |       | 35:27.19   | 35:27.19  | 11:25 |

### 5K Male 17 - 18 Results

| Place | Bib Name          | Sex | Gender Place | Age | Age Place | City      | State | Clock Time | Chip Time | Pace |
|-------|-------------------|-----|--------------|-----|-----------|-----------|-------|------------|-----------|------|
| 1     | 703 Noah Clouser  | M   | 4: M         | 18  | 1: M17-18 | Jamestown | ND    | 19:09.33   | 19:09.33  | 6:10 |
| 2     | 836 Abnan Mohamed | M   | 6: M         | 17  | 2: M17-18 |           |       | 21:46.79   | 21:46.79  | 7:01 |

### 5K Male 19 - 29 Results

| Place | Bib Name             | Sex | Gender Place | Age | Age Place | City      | State | Clock Time | Chip Time | Pace  |
|-------|----------------------|-----|--------------|-----|-----------|-----------|-------|------------|-----------|-------|
| 1     | 704 Dylan DeSpain    | M   | 12: M        | 24  | 1: M19-29 | Salisbury | ND    | 29:08.80   | 29:08.80  | 9:23  |
| 2     | 847 Tanner Jones     | M   | 14: M        | 26  | 2: M19-29 |           |       | 30:23.03   | 30:23.03  | 9:47  |
| 3     | 833 Anderson Matthew | M   | 20: M        | 21  | 3: M19-29 |           |       | 35:54.09   | 35:54.09  | 11:33 |

### 5K Male 30 - 34 Results

| Place | Bib Name            | Sex | Gender Place | Age | Age Place | City       | State | Clock Time | Chip Time | Pace  |
|-------|---------------------|-----|--------------|-----|-----------|------------|-------|------------|-----------|-------|
| 1     | 717 Yorkson Jeen    | M   | 8: M         | 30  | 1: M30-34 | High Point | NC    | 24:22.87   | 24:22.87  | 7:51  |
| 2     | 842 Charles Bennett | M   | 24: M        | 32  | 2: M30-34 |            |       | 42:48.87   | 42:48.87  | 13:47 |

### 5K Male 35 - 39 Results

| Place | Bib Name         | Sex | Gender | Place | Age       | Age | Place | City       | State | Clock Time | Chip Time | Pace  |
|-------|------------------|-----|--------|-------|-----------|-----|-------|------------|-------|------------|-----------|-------|
| Place | Bib Name         | Sex | Gender | Place | Age       | Age | Place | City       | State | Clock Time | Chip Time | Pace  |
| 1     | 702 Daniel Cline | M   | 23: M  | 36    | 1: M35-39 |     |       | Jamestown  | NC    | 39:59.17   | 39:59.17  | 12:52 |
| 2     | 731 Shahil Shah  | M   | 25: M  | 36    | 2: M35-39 |     |       | Greensboro | NC    | 45:11.39   | 45:11.39  | 14:33 |

### 5K Male 40 - 44 Results

| Place | Bib Name           | Sex | Gender | Place | Age       | Age | Place | City          | State | Clock Time | Chip Time | Pace  |
|-------|--------------------|-----|--------|-------|-----------|-----|-------|---------------|-------|------------|-----------|-------|
| 1     | 707 Robert Emms    | M   | 17: M  | 42    | 1: M40-44 |     |       | High Point    | NC    | 33:42.15   | 33:42.15  | 10:51 |
| 2     | 723 Jacob Perez    | M   | 21: M  | 42    | 2: M40-44 |     |       | Winston-Salem | ND    | 36:58.24   | 36:58.24  | 11:54 |
| 3     | 844 Bobby Petrella | M   | 22: M  | 42    | 3: M40-44 |     |       |               |       | 37:17.76   | 37:17.76  | 12:00 |

### 5K Male 45 - 49 Results

| Place | Bib Name            | Sex | Gender | Place | Age       | Age | Place | City      | State | Clock Time | Chip Time | Pace  |
|-------|---------------------|-----|--------|-------|-----------|-----|-------|-----------|-------|------------|-----------|-------|
| 1     | 740 Ben Brainard    | M   | 13: M  | 45    | 1: M45-49 |     |       |           |       | 29:43.17   | 29:43.17  | 9:34  |
| 2     | 712 Max Harnphanich | M   | 18: M  | 48    | 2: M45-49 |     |       | Oak Ridge | NC    | 35:24.99   | 35:24.99  | 11:24 |

### 5K Male 50 - 54 Results

| Place | Bib Name           | Sex | Gender | Place | Age       | Age | Place | City      | State | Clock Time | Chip Time | Pace |
|-------|--------------------|-----|--------|-------|-----------|-----|-------|-----------|-------|------------|-----------|------|
| 1     | 849 Mark Lowe      | M   | 5: M   | 51    | 1: M50-54 |     |       |           |       | 20:43.78   | 20:43.78  | 6:40 |
| 2     | 732 Kerry Urbine   | M   | 10: M  | 50    | 2: M50-54 |     |       | Jamestown | NC    | 24:45.34   | 24:45.34  | 7:58 |
| 3     | 850 Clint Sreewart | M   | 11: M  | 50    | 3: M50-54 |     |       |           |       | 26:04.49   | 26:04.49  | 8:24 |

### 5K Male 55 - 59 Results

| Place | Bib Name           | Sex | Gender | Place | Age       | Age | Place | City | State | Clock Time | Chip Time | Pace  |
|-------|--------------------|-----|--------|-------|-----------|-----|-------|------|-------|------------|-----------|-------|
| 1     | 834 Rick Schroeder | M   | 16: M  | 55    | 1: M55-59 |     |       |      |       | 32:59.69   | 32:59.69  | 10:37 |