

Race Date
May 12, 2018

Healthy Trails 5K - Spring 2018
Age Group Results

5K

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Chip Diff</u>	<u>Pace</u>
1	Raffaele Simpson		887	35	1	20:14.0	20:14.1	0:00.0	6:30/M

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Chip Diff</u>	<u>Pace</u>
1	Lydia Teal	Washington DC	959	36	5	26:33.5	26:36.2	0:02.6	8:32/M

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Male 13 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Dakari Fleming	Laurel MD	287	12	23	36:26.5	36:26.6	0:00.0	11:43/M
2	Christian Fields		286	12	33	39:29.3	40:03.9	0:34.6	12:42/M

Female 13 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Kai Paul	Suitland MD	876	12	38	41:11.4	41:15.6	0:04.1	13:15/M
2	Paige O'Neal	Washington DC	949	7	41	43:15.5	43:40.9	0:25.4	13:54/M
3	Brooklyn Johnson		485	11	66	51:57.5	52:03.6	0:06.1	16:42/M

Female 14 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Summer Campbell		275	14	53	47:03.8	47:40.5	0:36.7	15:08/M
2 *	Elizabeth Fuller		293	19	97	1:08:22.2	1:08:36.1	0:13.9	21:59/M

Male 20 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Michael Kendall		867	29	4	24:51.3	24:53.6	0:02.3	7:59/M
2 *	Sheldon Marshall	Vienna VA	954	28	15	35:08.2	35:22.0	0:13.8	11:18/M
3	Rashaad Smith	Temple Hills MD	951	28	32	38:54.1	38:58.9	0:04.8	12:30/M

Female 20 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Bethlehem Addis	Alexandria VA	197	27	12	32:49.3	32:53.9	0:04.6	10:33/M
2 *	Emma Semanyk	Vienna VA	953	24	16	35:13.0	35:27.3	0:14.2	11:19/M
3	Kareemat Ayodeji	Bowie MD	948	28	37	41:08.0	41:10.0	0:02.0	13:14/M
4	Stephanie Gunter		361	29	61	49:13.2	49:29.7	0:16.5	15:50/M
5	Tina Fleming		288	28	99	1:12:33.9	1:13:01.9	0:28.0	23:20/M

Male 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Derek Ross	Rockville MD	956	36	3	21:17.1	21:17.2	0:00.0	6:51/M
2 *	Jesse Ritz		883	30	7	28:44.3	28:46.8	0:02.4	9:14/M
3	Augustus Jones	Washington MD	532	31	8	30:11.1	30:11.1	0:00.0	9:42/M
4	Nathaniel Giles		325	34	11	32:34.7	32:34.8	0:00.0	10:28/M
5	Tymon Reid	Accokeek MD	952	38	14	34:42.7	34:48.2	0:05.5	11:09/M
6	Jaydonte Bonds	Waldorf MD	957	33	19	35:32.9	35:33.0	0:00.0	11:26/M
7	Blake Simpson		886	39	43	43:44.7	43:54.6	0:09.8	14:04/M
8	Damien Terry		939	35	49	46:25.6	46:40.5	0:14.8	14:55/M

Female 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Grisselda Juarez	Lanham MD	955	34	9	30:48.0	30:50.1	0:02.0	9:54/M
2 *	Louise Cisse		276	34	17	35:21.3	35:34.6	0:13.2	11:22/M
3	Dionna Gunter		342	33	24	36:32.3	36:37.6	0:05.3	11:45/M
4	Tiffany Pometto		881	33	26	37:08.5	37:14.5	0:06.0	11:56/M
5	Tremika Pinckney		879	35	28	37:24.8	37:29.6	0:04.8	12:02/M

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Female 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
6	Janine Branch		261	30	35	40:15.7	40:23.9	0:08.1	12:57/M
7	Kelsi Bracmort	Fort Washington MD	258	39	47	45:38.8	45:38.8		14:40/M
8	Fernanda Brown		264	32	88	1:03:32.4	1:03:53.0	0:20.6	20:26/M
9	Brittnee Gail		297	31	89	1:03:33.3	1:03:53.1	0:19.8	20:26/M
10	Jesusa Boney		254	32	100	1:12:35.7	1:13:04.3	0:28.6	23:20/M

Male 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Damon Teal		938	41	2	20:42.9	20:43.0	0:00.0	6:39/M
2	* Robert Caldwell	Accokeek MD	271	49	10	30:52.8	30:56.0	0:03.1	9:55/M
3	Keith Campbell		274	48	36	40:42.5	40:49.6	0:07.0	13:05/M
4	Gavin Davis		283	42	67	54:35.7	55:18.7	0:43.0	17:33/M
5	Roberto Bonnevie	Bryans Road MD	256	48	83	1:00:48.9	1:01:06.6	0:17.7	19:33/M
6	Carl Jennifer		469	49	96	1:06:38.9	1:07:11.7	0:32.8	21:26/M

Female 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Lukesha Jackson		451	44	18	35:31.9	35:35.6	0:03.6	11:25/M
2	* Roberta Morehouse		872	44	20	35:37.6	35:39.3	0:01.6	11:27/M
3	Latonia Ford		289	45	21	35:55.7	36:02.8	0:07.0	11:33/M
4	Wendy Brown		265	48	22	35:56.9	36:04.6	0:07.7	11:33/M
5	Monet Peterson	Springfield VA	958	48	25	36:34.1	36:39.2	0:05.0	11:45/M
6	Brenda Sydney		935	46	27	37:20.7	37:30.0	0:09.3	12:00/M
7	Tammy Colandrea		277	42	30	38:13.4	38:20.7	0:07.2	12:17/M
8	Donnita Mennealy		871	41	31	38:18.7	38:26.9	0:08.2	12:19/M
9	Gillian Richardson	Suitland MD	882	49	39	41:42.2	41:46.7	0:04.4	13:25/M
10	Antilecia O'Neal		874	46	42	43:16.2	43:41.3	0:25.0	13:55/M
11	Crystal Gist		329	46	44	43:46.2	43:52.9	0:06.7	14:04/M
12	Valerie Barnes		251	41	46	45:00.0	45:07.7	0:07.6	14:28/M
13	Akiesha Foster		290	41	54	47:07.1	47:16.2	0:09.1	15:09/M
14	Keisha Campbell		273	43	58	48:15.4	48:51.8	0:36.4	15:31/M
15	Denise Johnson		503	43	64	51:42.7	52:04.2	0:21.4	16:37/M
16	April Smith		922	47	72	58:22.3	58:58.1	0:35.7	18:46/M
17	Shannon Young	Upper Marlboro MD	947	48	73	58:31.0	59:02.5	0:31.5	18:49/M
18	Christi Fields		285	41	80	59:10.2	59:39.7	0:29.5	19:01/M
19	Taia Shabazz	Laurel MD	885	47	81	59:10.3	59:39.6	0:29.3	19:01/M
20	Tonya Jennifer		480	45	95	1:06:12.7	1:06:46.2	0:33.4	21:17/M

Male 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Ronnie Hawkins		460	52	29	37:35.1	37:38.9	0:03.8	12:05/M
2	* Sahr Yarjah		946	52	75	58:58.1	59:36.0	0:37.8	18:58/M
3	Jay Fuller		294	51	77	58:59.0	59:36.9	0:37.8	18:58/M

Female 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Donna Gunter		343	54	6	28:28.4	28:31.9	0:03.4	9:09/M
2	* Gwendolyn Holtmeyer	Bowie MD	430	59	13	34:05.2	34:11.7	0:06.4	10:58/M
3	Kevette Settles		884	51	34	39:48.8	40:00.9	0:12.1	12:48/M
4	Lisha Smith		933	57	52	46:38.3	46:47.0	0:08.7	15:00/M
5	Andrea Fuller		292	50	55	47:16.4	47:54.8	0:38.3	15:12/M
6	Tracy Wright		944	52	57	47:34.9	47:50.1	0:15.1	15:18/M
7	Angela Smith		888	56	60	49:10.9	49:53.8	0:42.9	15:49/M
8	Kellie Gowdy		337	52	62	50:02.5	50:22.2	0:19.7	16:05/M
9	Tamara Caldwell		272	52	65	51:54.7	52:06.2	0:11.5	16:41/M
10	Karen Jordan		857	53	68	55:50.6	56:18.7	0:28.1	17:57/M

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Female 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
11	Gail Craig		279	53	69	55:51.5	56:18.5	0:26.9	17:57/M
12	Denise Smith		932	54	71	58:11.2	58:47.4	0:36.1	18:43/M
13	Kelli Crouch	Mitchellville MD	281	52	76	58:58.5	59:17.9	0:19.3	18:58/M
14	Laila Bonnevie	Bryans Road MD	255	52	84	1:00:50.2	1:01:07.9	0:17.7	19:34/M
15	Gracie Hendserson		429	59	85	1:01:08.2	1:01:13.0	0:04.7	19:39/M
16	Deidra Daniels	Upper Marlboro MD	282	50	86	1:02:14.3	1:02:46.2	0:31.9	20:01/M
17	Kadiatu Yarjah		945	54	92	1:04:38.0	1:05:15.4	0:37.3	20:47/M

Male 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* V'Nell Decosta		284	65	93	1:06:09.1	1:06:33.3	0:24.1	21:16/M

Female 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Betty Wise		943	63	40	41:52.4	42:00.8	0:08.3	13:28/M
2	* Veronica Collins		278	68	45	44:53.9	44:54.0	0:00.0	14:26/M
3	Shirley Bracmort	Fort Washington MD	259	66	48	45:39.0	45:39.0		14:41/M
4	Charlene Harris-Russell	Upper Marlboro MD	402	61	50	46:36.2	46:45.1	0:08.8	14:59/M
5	Judy French	Largo MD	291	65	51	46:37.6	46:46.3	0:08.6	14:59/M
6	Jacqueline Isaac	Fort Washington MD	445	64	70	57:39.4	58:03.6	0:24.1	18:32/M
7	Valerie Turner		941	60	74	58:49.3	59:18.6	0:29.3	18:55/M
8	Denise Michelle Brown		263	62	78	59:00.3	59:18.9	0:18.5	18:58/M
9	Sandra Mason		870	65	82	59:16.3	59:44.4	0:28.0	19:03/M
10	Dorothy Stockto Marshall		869	65	94	1:06:09.8	1:06:32.8	0:22.9	21:16/M
11	Sharlene Nicholson		873	63	98	1:11:00.8	1:11:44.3	0:43.5	22:50/M
12	Nettie Watts	Glenn Dale MD	950	67	101	1:14:29.0	1:15:03.7	0:34.6	23:57/M

Male 70 and Over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Bill Butler	Fort Washington MD	269	73	56	47:24.1	47:44.4	0:20.3	15:14/M
2	* C.p. Payne		877	71	59	48:42.5	48:53.1	0:10.6	15:40/M
3	Howard Page		875	75	87	1:02:19.0	1:02:42.7	0:23.6	20:02/M

Female 70 and Over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Brenda Butler	Fort Washington MD	270	70	63	50:03.4	50:22.3	0:18.9	16:06/M
2	* Florence Crouch		280	74	79	59:02.7	59:19.6	0:16.8	18:59/M
3	Carolyn Baker		198	72	90	1:04:12.0	1:04:35.5	0:23.5	20:39/M
4	Trudy Gatewood		317	73	91	1:04:13.8	1:04:35.5	0:21.6	20:39/M