

**Female Open Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Cierra Redfield		2526	27	5	27:57.7	27:57.7	0:00.0	8:59/M
2	Aaliyah El amin		2501	36	7	28:42.6	28:42.6	0:00.0	9:11/M
3	Tionna Marsh		2619	25	15	32:55.1	32:55.1	0:00.0	10:34/M

Race Date  
October 05, 2018

# Healthy Trails 5K

## Age Group Results

Default Division

### Female 13 and Under

Place	Name	City	Bib No	Age	Overall	-----Total----- Chip Time	Gun Time	Chip Diff	Pace
1	* Kai Paul		2568	13	25	42:00.6	42:01.9	0:01.2	13:30/M
2	* Camille McKoy		2522	13	93	1:04:27.9	1:05:05.9	0:38.0	20:43/M

### Female 14 to 19

Place	Name	City	Bib No	Age	Overall	-----Total----- Chip Time	Gun Time	Chip Diff	Pace
1	* Sylina Mitchell		2615	14	36	46:04.3	46:38.9	0:34.5	14:49/M
2	* Aleisha Dorsey		2503	18	74	58:34.7	58:57.4	0:22.7	18:50/M
3	* Camryn French		691	14	76	59:36.0	59:51.8	0:15.7	19:10/M
4	Makayla Mitchell		747	15	119	1:24:32.4	1:27:31.7	2:59.3	27:11/M

### Female 20 to 29

Place	Name	City	Bib No	Age	Overall	-----Total----- Chip Time	Gun Time	Chip Diff	Pace
1	* Emma Semanyk		694	25	23	40:39.8	40:46.9	0:07.0	13:04/M
2	* Keiarea Winston		2573	25	35	45:55.7	45:58.2	0:02.5	14:46/M
3	* Jyla Wooten		2567	26	38	46:07.2	46:10.4	0:03.1	14:50/M
4	Shanika Sampleton	Chewsville MD	685	26	46	47:45.9	47:51.1	0:05.1	15:21/M
5	Jennifer Silverman		2556	29	61	53:06.0	53:27.2	0:21.2	17:04/M
6	Christina Harper		2525	29	92	1:04:21.9	1:04:59.2	0:37.2	20:41/M
7	Dominique Wilson		2536	26	103	1:06:57.2	1:07:24.2	0:26.9	21:32/M

### Female 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total----- Chip Time	Gun Time	Chip Diff	Pace
1	* Louise Cisse		696	34	17	35:32.1	35:37.6	0:05.4	11:26/M
2	* Karolyn Cherry		2572	39	32	45:25.1	45:34.2	0:09.1	14:36/M
3	* Shanae Moreno		2610	34	60	52:54.5	53:25.2	0:30.6	17:01/M
4	Danyelle Ford		2530	30	102	1:06:57.1	1:07:22.7	0:25.6	21:32/M
5	Goldie Cannon		2552	36	107	1:14:42.1	1:15:01.2	0:19.1	24:01/M
6	Mitchell Randelle		736	31	108	1:15:29.5	1:18:27.2	2:57.6	24:16/M

### Female 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total----- Chip Time	Gun Time	Chip Diff	Pace
1	* Sherie Higgins		2612	47	18	37:11.9	42:53.0	5:41.1	11:57/M
2	* Gillian Richardson		2551	49	26	42:01.0	42:01.9	0:00.9	13:31/M
3	* Monica Johnson		2588	44	30	43:54.3	44:01.8	0:07.5	14:07/M
4	Rebecca Cormeny		2601	47	31	44:06.5	44:13.9	0:07.3	14:11/M
5	Monique Watts		2589	48	33	45:45.9	46:05.9	0:20.0	14:43/M
6	Brandeis Mitchell		2515	44	37	46:05.9	46:38.7	0:32.8	14:49/M
7	Kimberly Nkanu		2576	44	39	46:13.9	48:24.2	2:10.2	14:52/M
8	Taia Shabazz		2617	48	52	51:00.4	51:09.4	0:09.0	16:24/M
9	Brenda Joseph		699	49	67	55:14.0	55:46.6	0:32.6	17:46/M
10	Beverly Threadgill		2510	49	70	57:42.7	58:00.2	0:17.5	18:33/M
11	Kathryn Baumann-Hill		750	47	77	59:37.8	59:52.5	0:14.6	19:10/M
12	Wanda Washington		2628	47	88	1:03:05.6	1:03:27.5	0:21.9	20:17/M
13	Rojal Shade		2606	46	90	1:03:56.5	1:04:19.8	0:23.3	20:33/M
14	Erika Benns		2547	45	97	1:05:08.4	1:05:33.6	0:25.2	20:57/M

### Female 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total----- Chip Time	Gun Time	Chip Diff	Pace
1	* Nina Turner		2590	58	20	37:40.6	37:45.1	0:04.5	12:07/M
2	* Cheryl Shumake		2524	58	21	38:10.7	38:12.4	0:01.7	12:16/M
3	* Sharon Marshall		687	54	24	40:42.9	40:48.8	0:05.8	13:05/M

Race Date  
October 05, 2018

# Healthy Trails 5K

## Age Group Results

Default Division

### Female 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
4	Sybil Gaines		2614	54	27	42:14.2	42:16.0	0:01.7	13:35/M
5	Dana Render		2528	50	28	42:23.5	42:23.9	0:00.3	13:38/M
6	Phyllis Davis	Mitchellville MD	686	58	42	46:55.1	47:04.0	0:08.8	15:05/M
7	Rita Brown		2604	54	47	48:20.2	48:34.3	0:14.0	15:32/M
8	Cassandra Harrison	Brandywine MD	698	52	48	49:16.1	49:23.9	0:07.8	15:50/M
9	Dominique Edwards	ABERDEEN MD	751	56	49	50:08.6	50:08.6		16:07/M
10	Lisha Smith		2585	58	56	51:55.4	52:08.7	0:13.2	16:42/M
11	Leslie Watts		2583	50	63	55:07.2	55:27.7	0:20.5	17:43/M
12	Kelli Crouch		2574	52	65	55:09.4	55:21.0	0:11.6	17:44/M
13	Allison Williams	Hyattsville MD	697	50	66	55:13.0	55:47.0	0:34.0	17:45/M
14	Laila Bonnevie		2605	52	71	58:19.3	58:35.6	0:16.3	18:45/M
15	Adrienne Dorsey		2502	51	73	58:34.4	58:58.1	0:23.7	18:50/M
16	Antoinette Guerry		2505	56	80	1:01:14.8	1:01:43.8	0:29.0	19:41/M
17	Rose Lucrett		759	56	85	1:02:39.6	1:03:02.7	0:23.1	20:09/M
18	Sharon Marshall		693	56	87	1:03:03.0	1:03:26.8	0:23.8	20:16/M
19	Joyce Neil		2564	56	91	1:03:58.7	1:04:22.4	0:23.7	20:34/M
20	Bonita McKoy		2514	51	94	1:04:28.9	1:05:06.1	0:37.2	20:44/M
21	Angela Ivey		713	54	95	1:04:33.4	1:07:49.8	3:16.3	20:45/M
22	LaShon Matthews		2582	51	98	1:05:09.9	1:05:34.1	0:24.1	20:57/M
23	Lisa Cason		2584	50	99	1:05:32.4	1:05:32.4		21:04/M
24	Karen Harper		2570	56	104	1:09:44.4	1:10:20.9	0:36.5	22:25/M
25	tanya Beverly		2618	56	113	1:17:59.6	1:20:56.9	2:57.3	25:05/M
26	Jacqueline Stephens		748	56	114	1:18:03.7	1:21:00.8	2:57.1	25:06/M
27	Jennifer Mitchell		2557	53	117	1:21:03.2	1:24:00.7	2:57.4	26:04/M
28	Donna Saunders		2538	57	118	1:22:20.3	1:22:54.4	0:34.1	26:28/M
29	Lorraine Whitford		2542	54	120	1:26:54.9	1:27:30.7	0:35.8	27:57/M
30	Tammie Francis		2539	54	121	1:29:12.9	1:29:47.5	0:34.6	28:41/M
31	Diana Howard		2535	59	123	1:29:36.2	1:30:02.9	0:26.7	28:49/M
32	Stephanie Pullman		2541	57	127	1:42:32.0	1:43:11.9	0:39.8	32:58/M
33	Marie Thomas		2540	59	128	1:42:48.4	1:43:28.4	0:39.9	33:03/M
34	Brenda Redmond		2520	56	130	1:43:29.6	1:50:14.8	6:45.2	33:16/M

### Female 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Tonda Price		2622	64	19	37:20.2	37:24.6	0:04.3	12:00/M
2	* Veronica Collins		2625	69	29	43:16.5	43:17.3	0:00.8	13:55/M
3	* Sheila Fagan		2611	61	40	46:33.7	46:37.1	0:03.3	14:58/M
4	Barbara Colvin		2507	61	43	47:02.6	47:27.2	0:24.5	15:07/M
5	Judy White		2566	62	51	50:10.0	50:36.9	0:26.8	16:08/M
6	Charlene Russell		2523	61	53	51:28.4	51:37.0	0:08.5	16:33/M
7	Deborah Lightfoot		2531	68	54	51:31.1	51:42.3	0:11.1	16:34/M
8	Judy French		2565	65	55	51:54.3	52:07.3	0:12.9	16:41/M
9	Betty Wise		2509	63	57	51:56.1	52:08.8	0:12.7	16:42/M
10	Crystal Cumber		703	61	58	51:56.5	52:07.5	0:10.9	16:42/M
11	Belinda Ashton		2508	64	64	55:09.3	55:19.5	0:10.2	17:44/M
12	Denise Brown		2532	62	68	55:19.7	55:31.9	0:12.1	17:47/M
13	Karen Daniel		2571	61	75	58:49.7	59:20.4	0:30.7	18:55/M
14	Beverly Calloway		2512	65	81	1:01:38.6	1:02:03.7	0:25.0	19:49/M
15	Elvira Freeman		2545	61	82	1:01:45.1	1:02:13.0	0:27.9	19:51/M
16	Cynthia Matthews		2527	62	83	1:01:45.3	1:02:13.5	0:28.1	19:51/M
17	Denise Whitmyer		2533	62	84	1:02:13.4	1:02:46.4	0:32.9	20:00/M
18	Joyce Cosby		2560	62	86	1:02:41.0	1:03:03.3	0:22.3	20:09/M
19	jeritza Montgomery		2559	63	89	1:03:54.2	1:04:16.0	0:21.8	20:33/M
20	Dorothy Marshall		2543	65	101	1:05:48.4	1:05:58.5	0:10.1	21:09/M
21	Jacqueline Allen		684	61	109	1:15:59.6	1:16:33.1	0:33.4	24:26/M
22	Rozena Brown	Accokeek MD	683	61	110	1:16:02.5	1:16:35.0	0:32.5	24:27/M
23	Priscilla (1) Murray		2596	61	111	1:16:45.8	1:17:06.1	0:20.3	24:41/M
24	Dianne Sullivan	Washington DC	2597	61	112	1:16:47.9	1:17:04.0	0:16.0	24:41/M
25	Donna Carter		2537	62	124	1:35:57.8	1:36:18.9	0:21.1	30:51/M
26	Karen Beverly		2569	60	125	1:35:59.9	1:36:21.1	0:21.1	30:52/M
27	Ornnie Miller		2591	69	126	1:40:48.2	1:47:33.9	6:45.7	32:25/M

### Female 70 and Over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Brenda Butler		2516	71	45	47:42.1	47:47.0	0:04.8	15:20/M
2	* Florence Crouch		2548	75	69	55:23.1	55:32.4	0:09.2	17:48/M

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
3 *	Trudy Gatewood		2624	73	100	1:05:47.3	1:05:57.5	0:10.2	21:09/M
4	Yvonne Jones		2630	72	105	1:09:44.6	1:10:21.4	0:36.8	22:25/M
5	Veronica Penick		2626	73	122	1:29:34.3	1:30:01.4	0:27.0	28:48/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Raffaele Simpson		2599	34	1	20:50.5	20:50.5	0:00.0	6:41/M
2	Dermetryus Ellis		2534	25	2	25:38.9	25:38.9	0:00.0	8:14/M
3	Marc Queen		2586	37	3	26:17.4	26:17.4	0:00.0	8:25/M

# Healthy Trails 5K

## Age Group Results

### Male 13 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Karem Cisse		692	9	16	35:20.7	35:26.3	0:05.6	11:22/M
2	* Quinton Mitchell		2598	10	34	45:50.1	46:24.1	0:33.9	14:44/M
3	* Kirwan Mitchell		2577	10	115	1:20:45.7	1:21:20.4	0:34.6	25:58/M

### Male 20 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Victor Simpson		2627	26	8	28:47.7	28:49.5	0:01.8	9:15/M
2	* Sheldon Marshall		695	28	10	30:27.9	30:33.5	0:05.6	9:47/M
3	* Erik Marsh		2546	29	14	32:53.2	32:55.3	0:02.0	10:34/M
4	Che Yarl		752	29	50	50:08.9	50:08.9		16:07/M
5	Tristan Colding		2623	27	79	1:01:11.7	1:01:45.7	0:34.0	19:40/M

### Male 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Irving Estime		2553	33	4	27:17.8	27:18.9	0:01.1	8:46/M
2	* Ryan Silverman		2608	32	22	38:39.8	38:47.2	0:07.3	12:26/M
3	* Jose Moreno		2562	34	59	52:52.2	53:22.7	0:30.5	17:00/M

### Male 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Sam Desta		2609	40	9	30:02.5	30:02.9	0:00.4	9:39/M
2	* Roberto Bonnevie		2580	48	72	58:19.6	58:35.4	0:15.8	18:45/M
3	* AnTuan Guerry		2506	48	78	1:00:24.4	1:00:55.5	0:31.1	19:25/M
4	Joe Bush		2561	45	106	1:10:59.6	1:11:16.4	0:16.8	22:49/M
5	Reginald Mitchell		2603	44	116	1:20:45.9	1:21:20.7	0:34.7	25:58/M

### Male 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Larry Grandison		2581	59	6	28:00.4	28:00.9	0:00.4	9:00/M
2	* Darryl Gantt		688	55	11	31:32.9	31:45.5	0:12.6	10:08/M
3	* George Bryant		2550	55	13	32:43.7	32:48.0	0:04.3	10:31/M
4	Anthony Cooper		2504	56	62	54:11.1	54:27.9	0:16.7	17:25/M
5	Ronald Redmond		2518	54	129	1:43:27.9	1:50:14.6	6:46.6	33:16/M

### Male 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Francisco Garcia		2549	60	12	31:49.1	32:04.6	0:15.5	10:14/M

### Male 70 and Over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* CP Payne		2521	71	41	46:53.6	47:04.8	0:11.1	15:05/M
2	* Bill Butler		2513	73	44	47:30.7	47:35.7	0:04.9	15:16/M
3	* Randolph Ivey		704	74	96	1:04:34.4	1:07:50.9	3:16.4	20:46/M