

# Healthy Trails - Breast Cancer 5K

## Age Group Results

Race Date

October 05, 2019

### 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>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	
1	Morgan Johnson	Clinton MD	698	11	1	25:27.1	25:28.8	8:11/M

\*Overall place within gender

# Healthy Trails - Breast Cancer 5K

## Age Group Results

Race Date

October 05, 2019

### Female 19 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Crystal Monteiro		999	17	8	31:46.2	31:54.5	10:13/M
2	Tori Tolson		1000	18	51	51:13.1	51:22.7	16:28/M
3	Felicia Wright		1104	17	52	51:13.7	51:22.6	16:28/M
4	Jaida Moreno	Upper Marlboro MD	684	11	54	52:15.2	52:36.9	16:48/M
5	Grace Thomas		1185	2	55	52:15.3	52:35.8	16:48/M
6	Hope Thomas		1186	2	57	52:18.9	52:35.9	16:49/M
7	Nya Person	BOWIE MD 2	1634	17	68	55:43.6	56:01.5	17:55/M
8	Agnes Bell		794	0	76	56:48.1	57:09.0	18:16/M
9	Daliyah Jackson	Chambersburg PA	16	11	81	57:12.7	57:48.2	18:24/M
10	Tiffany Brown	UPPER MARL	1510	17	108	1:03:01.4	1:03:33.1	20:16/M

### Female 20 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Keiarea Winston		1150	26	25	41:47.0	41:49.3	13:26/M
2	Erika Martinez	UPPER MARL	1511	22	109	1:03:01.5	1:03:33.0	20:16/M
3	Shawnee Clark	Waldorf MD	3	21	124	1:13:01.1	1:13:42.5	23:29/M

### Female 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Lauren Doucette		754	33	2	26:28.2	26:29.9	8:31/M
2	Gillian Petro	SILVER SPR	747	30	3	28:13.2	28:14.4	9:04/M
3	Constantania Moreno	Columbia MD	1642	38	4	31:03.4	31:08.2	9:59/M
4	Christine Harley	Upper Marlboro MD	682	38	43	49:59.2	50:15.1	16:04/M
5	Shanae Moreno		775	35	53	52:13.8	52:32.4	16:48/M
6	Brittney Thomas		1184	30	56	52:15.4	52:35.9	16:48/M
7	Tiffany Pometto	BOWIE MD 2	737	35	60	53:57.4	54:18.6	17:21/M
8	Fernanda Brown	BOWIE MD 2	740	33	61	53:57.5	54:18.9	17:21/M
9	Jennifer Silverman		769	30	66	55:26.6	56:07.6	17:50/M
10	Christina Jackson	Chambersburg PA	15	32	82	57:37.5	58:13.6	18:32/M
11	Delora Bowden		743	36	103	1:01:48.8	1:02:32.6	19:53/M
12	Marsha Stanard	Suitland MD	691	35	110	1:04:36.2	1:05:05.1	20:46/M

### Female 40 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Christal Harris	Waldorf MD	1648	44	6	31:16.8	31:43.2	10:03/M
2	Diedre Neyels	Alexandria VA	247	46	7	31:45.3	31:56.9	10:13/M
3	Star Stewart		795	48	9	32:17.4	32:28.4	10:23/M
4	Trinette Tucker		1167	48	14	36:18.6	36:27.8	11:41/M
5	Felecia McDaniel	BELTSVILLE	718	48	16	38:18.9	38:38.9	12:19/M
6	Vonetta Coates		986	43	17	38:37.6	38:49.2	12:25/M
7	Tanja Boehm	Bowie MD	9	47	19	39:11.5	39:11.5	12:36/M
8	Rebecca Cormeny	Silver Spring SILVER	787	48	26	41:57.7	42:44.4	13:30/M
9	Bianca Brooks		998	42	32	44:06.5	44:28.6	14:11/M
10	Taia Shabazz	Laurel LAUREL MD	707	49	39	49:06.8	49:15.1	15:48/M
11	Theresa Brown	Lanham MD	683	46	44	49:59.7	50:16.4	16:05/M
12	Shamar Cowan	ALEXANDRIA	1175	42	49	51:05.2	51:23.6	16:26/M
13	Tonya Driggus		796	46	64	54:43.8	55:13.9	17:36/M
14	Felicia Mensah		793	49	65	54:55.0	55:20.2	17:40/M
15	Ann McGuire		1647	46	72	56:30.7	56:56.1	18:10/M
16	Edith Parris	Fort Washington MD	1645	47	74	56:39.6	56:59.9	18:13/M
17	Schwana Melvin		792	49	75	56:46.9	57:08.5	18:15/M
18	Tracy Rayford		762	49	79	56:51.3	57:11.9	18:17/M
19	Katrina Williams		1637	49	80	57:05.9	57:55.1	18:22/M
20	Jaiden Harris	OXON HILL	1586	47	93	59:26.6	1:00:06.2	19:07/M
21	Laureena Shah	FORT WASHI	1199	48	102	1:01:05.8	1:01:32.4	19:39/M
22	Tabitha Williams	Clinton MD	685	42	116	1:07:48.9	1:08:04.4	21:48/M
23	Jacqueline Casco	Oxon Hill MD	1651	49	121	1:09:14.2	1:09:14.2	22:16/M
24	Candice Jackson		797	45	122	1:09:31.6	1:10:01.4	22:21/M
25	Nakia Wilson	Capitol Heights MD	11	44	123	1:09:32.4	1:10:01.4	22:22/M
LAT	Jamie Henson		778	43	LAT	---	---	---
LAT	Donata Younger	Capitol Heights MD	248	46	LAT	---	---	---

\*Overall place within gender

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## Age Group Results

Race Date

October 05, 2019

### Female 40 to 49

Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
LAT	Carla Webb	District Heights MD	688	43	LAT	---	---	---
LAT	Yalonda Beverly		1194	45	LAT	---	---	---
LAT	Bell Regeina	Suitland MD	1650	42	LAT	---	---	---
LAT	Sonja Martin	Fort Washington MD	243	47	LAT	---	---	---

### Female 50 to 59

Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Phyllis Davis	Mitchellville MD	1570	59	5	31:04.8	31:07.2	10:00/M
2	Tina Shaffer	Camp Springs MD	798	55	10	33:38.1	33:42.5	10:49/M
3	Tonia Buford	Bowie MD	1640	54	11	34:33.1	34:35.8	11:07/M
4	Dawn Griffith		716	53	13	35:24.3	35:29.8	11:23/M
5	Leslie Jones		766	50	15	37:37.3	37:52.8	12:06/M
6	Tammy Beslow		983	50	18	38:37.9	38:49.2	12:25/M
7	Shayla McRae		771	53	22	40:29.0	40:36.2	13:01/M
8	Toni McRae		770	53	23	40:29.9	40:36.4	13:01/M
9	Pamela Quarles		753	55	24	40:43.7	40:49.3	13:06/M
10	Maria Green		704	55	27	42:01.9	42:47.9	13:31/M
11	Ola Gonzales	Oxon Hill MD	5	57	30	43:23.7	44:06.7	13:57/M
12	Karen Davis	BELTSVILLE	742	55	40	49:13.8	49:54.0	15:50/M
13	Regina Hampton	BOWIE MD 2	735	51	41	49:29.9	49:53.3	15:55/M
14	Daphne Gills	Washington DC	13	56	42	49:52.3	50:28.9	16:02/M
15	Suzanne Hudgens		1118	56	45	50:02.3	50:50.7	16:05/M
16	Margie Jones	FORT WASHI	1193	54	46	50:23.8	50:32.5	16:12/M
17	Kellie Gowdy		761	53	47	50:35.1	50:49.1	16:16/M
18	DONNA REVEL	OXON HILL	1630	57	50	51:05.2	51:23.3	16:26/M
19	Denise Bourne	BRANDYWINE	1562	58	58	52:33.5	52:58.0	16:54/M
20	Peggy Orr	UPPER MARL	760	59	62	54:08.7	54:22.3	17:25/M
21	Darlene Dyer		720	55	63	54:18.4	54:40.8	17:28/M
22	Suzanne Ross	SPRINGFIEL	749	56	73	56:31.2	56:56.1	18:10/M
23	Carolyn Hart		765	59	78	56:51.0	57:12.4	18:17/M
24	Angela Smith	Fort Washington MD	679	57	84	57:38.5	58:15.9	18:32/M
25	Antoinette Guerry		788	57	85	57:39.4	58:13.4	18:32/M
26	Donna Saunders		752	58	86	58:32.9	59:03.2	18:50/M
27	Cynthia Hallman		712	54	88	58:38.7	59:10.2	18:51/M
28	Kelli Crouch	MITCHELLVI	733	53	89	58:38.8	59:13.8	18:51/M
29	Christine Flowers		756	59	97	1:00:11.9	1:00:38.9	19:21/M
30	Pat Maddox		757	59	98	1:00:13.0	1:00:39.6	19:22/M
31	Deborah Thompson	Clinton MD	8	51	105	1:02:35.0	1:02:58.3	20:07/M
32	Adrienne Yates	Clinton MD	4	52	106	1:02:35.7	1:02:58.8	20:08/M
33	Shantese Spriggs	Clinton MD	7	51	107	1:02:36.0	1:02:58.2	20:08/M
34	Bonita Pratt	UPPER MARL	734	52	114	1:05:36.7	1:06:07.4	21:06/M
35	Vivian Brandon-Cole		705	55	115	1:05:38.6	1:06:08.7	21:06/M
36	Regina Williams		768	51	119	1:07:58.4	1:08:26.1	21:51/M
37	Shirelle Richardson		755	58	120	1:08:00.0	1:08:26.4	21:52/M

### Female 60 to 69

Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Linda Clark	Bowie MD	12	60	20	39:12.6	39:12.6	12:36/M
2	Jean Barricklow		1190	61	21	40:21.0	40:27.2	12:58/M
3	Veronica Collins		1191	69	28	43:02.8	43:04.1	13:50/M
4	Betty Wise	UPPER MARL	732	64	29	43:06.6	43:10.4	13:52/M
5	SAndee Johnson	Hyattsville MD	2	65	31	43:35.9	43:40.8	14:01/M
6	Marie Houanche		992	63	33	44:48.3	45:06.2	14:24/M
7	Sheila Fagan		773	61	34	45:24.0	45:37.8	14:36/M
8	Deborah Lightfoot	Mitchellville	717	69	35	45:48.3	45:57.0	14:44/M
9	Felice Gant	TEMPLE HIL	1608	67	36	46:36.7	46:52.5	14:59/M
10	Judy French	Largo LARGO MD 2	701	66	37	47:15.3	47:24.8	15:12/M
11	Charlene Harris-Russell	Upper Marlboro LARGO	713	62	38	47:15.8	47:24.3	15:12/M
12	Jacqueline Isaac	Fort Washington FORT	708	65	59	53:40.3	54:18.1	17:15/M
13	B etty Harris	OXON HILL	1188	66	67	55:36.9	56:15.8	17:53/M
14	Dorothy Marshall	Ft, Washington FORT	709	66	70	55:57.9	56:16.3	18:00/M
15	PATRICIA MINOR-FREGLEY		799	60	77	56:50.9	57:13.2	18:17/M
16	Sherry Tate		249	64	83	57:37.9	58:15.7	18:32/M
17	PHYLISS HARRELL		751	60	90	58:40.4	59:11.0	18:52/M
18	Denise Brown	Upper Marlboro UPPER	729	63	91	58:42.2	59:15.3	18:53/M
19	V'Nell DeCosta	FORT WASHI	730	66	94	59:30.6	1:00:09.2	19:08/M

\*Overall place within gender

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### Female 60 to 69

		-----Total-----						
<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>Pace</u>
20	Brenda Travis		727	63	95	59:43.3	1:00:26.9	19:12/M
21	Karen Beverly		1649	61	96	1:00:09.0	1:01:24.1	19:20/M
22	Kathy Archer		1198	66	99	1:00:15.1	1:00:15.1	19:22/M
23	Kathy Archer		1197	66	100	1:00:15.6	1:00:15.6	19:23/M
24	Shirley Bracmort	Fort Washington MD	721	67	101	1:00:42.1	1:00:42.1	19:31/M
25	Willie Griffin		791	61	104	1:02:04.4	1:02:18.0	19:58/M
26	Sandra Mason	GLENARDEN	786	67	111	1:05:18.7	1:06:03.7	21:00/M
27	Valerie Turner		1187	61	112	1:05:20.0	1:06:05.1	21:00/M
28	Paulette French	DERWOOD MD	736	69	113	1:05:28.5	1:06:20.6	21:03/M
29	Sandra Toney	Temple Hills MD	687	68	117	1:07:55.8	1:08:11.6	21:51/M
30	Renee Smith		767	60	118	1:07:58.3	1:08:26.4	21:51/M
31	Diana Howard		783	60	125	1:13:05.4	1:13:46.8	23:30/M

### Female 70 and Over

		-----Total-----						
<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>Pace</u>
1	Delores Williams	Bowie MD	10	75	12	34:34.9	34:35.6	11:07/M
2	Brenda Butler	Fort Washington FORT	763	72	48	50:36.2	50:49.2	16:16/M
3	Carolyn Baker	BOWIE MD 2	1518	73	69	55:56.2	56:14.8	17:59/M
4	Trudy Gatewood	LANDOVER M	988	74	71	55:58.1	56:16.3	18:00/M
5	Joanne Jimason	WOODBIDGE	739	74	87	58:33.7	58:45.0	18:50/M
6	Fkorence Crouch	KETTERING	724	76	92	58:46.8	59:21.4	18:54/M

\*Overall place within gender

# Healthy Trails - Breast Cancer 5K

## Age Group Results

Race Date

October 05, 2019

### 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>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	
1	Joaquin Moreno	Washington DC	1643	32	1	22:48.3	22:52.4	7:20/M

\*Overall place within gender

# Healthy Trails - Breast Cancer 5K

## Age Group Results

Race Date

October 05, 2019

### Male 19 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Myles Dixon		250	11	2	25:06.7	25:07.9	8:04/M
2	Aidan Gough		1635	11	5	26:43.8	26:46.8	8:36/M
3	Anthony Parris	Fort Washington MD	1644	14	6	27:15.8	27:19.5	8:46/M
4	Daryl Williams		680	0	11	33:49.0	34:01.6	10:52/M
5	Unknown Partic. 245		245		19	42:00.2	42:46.2	13:30/M
6	Unknown Partic. 681		681		20	44:47.1	45:02.5	14:24/M
7	Michael Dixon		1636	14	23	44:55.1	44:56.6	14:27/M
8	Michael Johnson	Clinton MD	697	11	24	45:18.2	45:19.9	14:34/M
9	Unknown Partic. 789		789		28	48:26.0	48:44.7	15:34/M
10	D'Andre Person	BOWIE MD 2	1633	14	34	55:42.5	56:02.0	17:55/M
11	Terrance Jackson	Weare NH	14	7	35	57:12.8	57:48.2	18:24/M
12	Aaron Bowden		746	5	40	59:42.9	1:00:26.5	19:12/M
13	Daniel Bowden Jr.		745	9	41	1:01:35.1	1:02:19.2	19:48/M
LAT	Unknown Partic. 692		692		LAT	---	---	---
LAT	Unknown Partic. 693		693		LAT	---	---	---

### Male 20 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Jonathan Reyes		758	26	3	25:06.7	25:07.8	8:04/M
2	Kevin Mulumba		1139	26	4	25:52.9	25:54.3	8:19/M
3	Federico Di Luzio		1196	25	7	27:32.6	27:33.8	8:51/M
4	Christian Thomas	Annapolis MD	1638	23	8	28:23.5	28:43.7	9:08/M
5	Keenen Winston	UPPER MARL	1625	27	18	41:46.6	41:49.1	13:26/M

### Male 30 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Ryan Silverman		772	33	14	34:45.1	34:49.0	11:10/M
2	Jose Moreno II		774	35	30	52:13.7	52:33.4	16:48/M
3	Charles Thomas		1176	37	31	52:16.1	52:35.9	16:48/M

### Male 40 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Koffi Soedje		1542	42	9	30:46.6	30:53.9	9:54/M
2	AnTuan Guerry		696	49	36	57:35.6	58:05.6	18:31/M
3	Adeyemi Jimason		738	43	37	58:28.5	58:39.2	18:48/M
4	Jason Veney	Suitland MD	690	41	43	1:04:37.6	1:05:05.3	20:47/M

### Male 50 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall*	Chip Time	Gun Time	Pace
1	Antonio Jackson	Hyattsville MD	1149	58	10	32:28.9	32:34.5	10:27/M
2	Miguel Collado	Hyattsville MD	1639	59	12	34:04.3	34:07.7	10:57/M
3	Lorne McLaughlin		748	51	13	34:17.4	34:20.0	11:02/M
4	Michael Quarles	Bryans Road MD	1	59	17	41:11.2	41:17.6	13:15/M
5	James Monteiro		715	52	22	44:51.8	44:57.9	14:26/M
6	Gary Jones	FORT WASHI	1192	55	29	50:26.8	50:36.7	16:13/M
7	Dwight Orr	UPPER MARL	759	58	33	54:08.7	54:22.7	17:25/M
8	Norman Turner		741	58	38	58:44.8	59:19.9	18:53/M
9	Tammy brown	UPPER MARL	1200	55	42	1:03:01.0	1:03:33.0	20:16/M
10	Rajiv Sheth		781	57	45	1:05:32.3	1:06:18.9	21:04/M

\*Overall place within gender

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Race Date

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### Male 60 to 69

									-----Total-----	
<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>Pace</u>		
1	Kurt Doehnert	Springfield VA	702	63	15	34:50.9	34:55.6	11:12/M		
2	Keith Parris	Fort Washington MD	1646	61	16	39:11.6	39:15.2	12:36/M		
3	Clifton Harris	OXON HILL	1573	66	26	46:36.9	47:13.8	14:59/M		
4	Thomas (Boom) Saunders	UPPER MARL	750	69	27	47:03.5	47:13.3	15:08/M		
5	Trevor Bourne	BRANDYWINE	1563	65	32	52:36.3	52:59.8	16:55/M		
6	byron travis		728	66	39	59:42.6	1:00:26.3	19:12/M		
7	Shuli Han		790	61	44	1:04:54.4	1:05:50.5	20:52/M		

### Male 70 and Over

									-----Total-----	
<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>Pace</u>		
1	Bill Butler	Fort Washington FORT	764	75	21	44:48.6	45:00.9	14:25/M		
2	C.P, Payne	UPPER MARL	731	72	25	46:16.9	46:21.1	14:53/M		

\*Overall place within gender