

## Get off the Couch 5k

Overall Finish ListRace Date

October 22, 2016

| <u>Overall</u> | <u>Name</u>       | <u>City</u>      | <u>Bib No</u> | <u>Age</u> | <u>Gend</u> | <u>AG Place</u> | <u>Time</u> | <u>Pace</u> |
|----------------|-------------------|------------------|---------------|------------|-------------|-----------------|-------------|-------------|
| 1              | KENYRIK ALEXIS    | Grayson GA       | 504           | 49         | M           | 1 Overall       | 18:31.0     | 5:58/M      |
| 2              | Matt Parker       |                  | 603           | 51         | M           | 1 Master        | 21:54.8     | 7:04/M      |
| 3              | GAVYN PIET        |                  | 547           | 15         | M           | 1 15-19         | 22:08.8     | 7:08/M      |
| 4              | STUDENT ONE       |                  | 584           | 15         | M           | 2 15-19         | 23:08.3     | 7:28/M      |
| 5              | TASKAR FRENCH     |                  | 524           | 15         | M           | 3 15-19         | 23:09.7     | 7:28/M      |
| 6              | DEVON ROORDA      |                  | 604           | 23         | M           | 1 20-24         | 23:59.5     | 7:44/M      |
| 7              | HOLLY PASTOR      |                  | 544           | 42         | F           | 1 Overall       | 24:09.4     | 7:47/M      |
| 8              | COLIN FRENCH      |                  | 521           | 13         | M           | 1 11-14         | 24:56.4     | 8:03/M      |
| 9              | HENRY PASTOR      |                  | 543           | 50         | M           | 1 50-54         | 25:12.9     | 8:08/M      |
| 10             | REBECCA SWANN     |                  | 555           | 44         | F           | 1 Master        | 25:14.2     | 8:08/M      |
| 11             | KAREN FRENCH      |                  | 522           | 47         | F           | 1 45-49         | 25:33.9     | 8:15/M      |
| 12             | TREY MESSER       |                  | 538           | 14         | M           | 2 11-14         | 25:36.1     | 8:15/M      |
| 13             | VIRGINIA PASTOR   |                  | 546           | 12         | F           | 1 11-14         | 27:29.7     | 8:52/M      |
| 14             | CHRIS CASTNER     | Lawrenceville GA | 510           | 33         | M           | 1 30-34         | 27:38.4     | 8:55/M      |
| 15             | ALAN FORD         |                  | 518           | 49         | M           | 1 45-49         | 27:41.5     | 8:56/M      |
| 16             | Edward Poole      |                  | 608           | 52         | M           | 2 50-54         | 27:47.9     | 8:58/M      |
| 17             | JANET DONNELLY    |                  | 514           | 40         | F           | 1 40-44         | 28:02.9     | 9:03/M      |
| 18             | JUSTIN UPCHURCH   |                  | 557           | 35         | M           | 1 35-39         | 28:15.7     | 9:07/M      |
| 19             | PEYTON SHELTON    |                  | 552           | 11         | M           | 3 11-14         | 28:34.4     | 9:13/M      |
| 20             | ANTHONY SHELTON   |                  | 551           | 49         | M           | 2 45-49         | 28:52.0     | 9:19/M      |
| 21             | ANDREW DONNELLY   |                  | 513           | 11         | M           | 4 11-14         | 28:57.6     | 9:20/M      |
| 22             | JESSICA WACKERMAN |                  | 559           | 37         | F           | 1 35-39         | 28:59.9     | 9:21/M      |
| 23             | NATALEE FRITSCH   |                  | 572           | 37         | F           | 2 35-39         | 29:06.1     | 9:23/M      |
| 24             | STUDENT TWO       |                  | 592           | 15         | M           | 4 15-19         | 29:20.1     | 9:28/M      |
| 25             | REBEKAH SCOTT     |                  | 587           | 12         | F           | 2 11-14         | 29:22.5     | 9:28/M      |
| 26             | YAHAIRA DIAZ      |                  | 512           | 37         | F           | 3 35-39         | 29:50.4     | 9:37/M      |
| 27             | MEGAN MCCOY       |                  | 581           | 24         | F           | 1 20-24         | 29:53.4     | 9:38/M      |
| 28             | WHITNEY RICKER    |                  | 586           | 33         | F           | 1 30-34         | 29:56.3     | 9:39/M      |
| 29             | CANDACE SPENCER   |                  | 554           | 36         | F           | 4 35-39         | 30:09.0     | 9:44/M      |
| 30             | JEANINE KENNEDY   |                  | 530           | 35         | F           | 5 35-39         | 30:31.5     | 9:51/M      |
| 31             | REBEKAH CASTNER   | Lawrenceville GA | 511           | 35         | F           | 6 35-39         | 30:32.8     | 9:51/M      |
| 32             | JULIA HANRAHAN    |                  | 526           | 66         | F           | 1 65-99         | 30:53.4     | 9:58/M      |
| 33             | DAVID SCHEUFLER   |                  | 549           | 44         | M           | 1 40-44         | 31:12.8     | 10:04/M     |
| 34             | YOLANDA SOSTRE    |                  | 553           | 49         | F           | 2 45-49         | 31:17.7     | 10:05/M     |
| 35             | STEVEN DONNELLY   |                  | 515           | 42         | M           | 2 40-44         | 31:35.8     | 10:11/M     |
| 36             | RICH MCCOY        |                  | 535           | 57         | M           | 1 55-59         | 31:40.9     | 10:13/M     |
| 37             | EDDIE HUTCHINSON  |                  | 578           | 47         | M           | 3 45-49         | 31:43.3     | 10:14/M     |
| 38             | CHRIS KENNEDY     |                  | 502           | 36         | M           | 2 35-39         | 31:59.3     | 10:19/M     |
| 39             | JESSICA SCHEUFLER |                  | 550           | 40         | F           | 2 40-44         | 32:08.3     | 10:22/M     |
| 40             | BRIAN YETTER      |                  | 598           | 53         | M           | 3 50-54         | 32:13.3     | 10:24/M     |
| 41             | Tyler Phillips    | Suwanee GA       | 605           | 11         | M           | 5 11-14         | 34:00.2     | 10:58/M     |
| 42             | Mason Mccre       |                  | 607           | 11         | M           | 6 11-14         | 34:01.3     | 10:58/M     |
| 43             | RON SCOTT         |                  | 588           | 43         | M           | 3 40-44         | 34:18.4     | 11:04/M     |
| 44             | TOM WENDLE        |                  | 563           | 63         | M           | 1 60-64         | 34:41.3     | 11:11/M     |
| 45             | WILLIAM MESSER    |                  | 539           | 45         | M           | 4 45-49         | 35:53.7     | 11:35/M     |
| 46             | CHRISTIAN AZOR    |                  | 505           | 14         | M           | 7 11-14         | 36:09.2     | 11:40/M     |
| 47             | ASHLEY ASPINWALL  |                  | 567           | 43         | F           | 3 40-44         | 36:44.5     | 11:51/M     |

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|----------------|-------------------|------------------|---------------|------------|-------------|-----------------|-------------|-------------|
| 48             | SHAVONNA MAXWELL  |                  | 580           | 31         | F           | 2 30-34         | 36:57.2     | 11:55/M     |
| 49             | MORGAN PASTOR     |                  | 545           | 14         | F           | 3 11-14         | 38:07.0     | 12:18/M     |
| 50             | SONYA SCOTT       |                  | 589           | 40         | F           | 4 40-44         | 38:09.1     | 12:18/M     |
| 51             | EMILY GONZALEZ    |                  | 525           | 30         | F           | 3 30-34         | 38:18.1     | 12:21/M     |
| 52             | SHARON MORALES    |                  | 582           | 54         | F           | 1 50-54         | 38:42.0     | 12:29/M     |
| 53             | SHANNON DAVIS     |                  | 601           | 44         | F           | 5 40-44         | 39:07.7     | 12:37/M     |
| 54             | EVAN THOMPSON     |                  | 591           | 12         | M           | 8 11-14         | 39:21.2     | 12:42/M     |
| 55             | RYAN MARTIN       |                  | 533           | 11         | M           | 9 11-14         | 39:25.2     | 12:43/M     |
| 56             | Tamara Lapsley    |                  | 612           | 40         | F           | 6 40-44         | 39:50.1     | 12:51/M     |
| 57             | SEAN O'KEEFE      |                  | 542           | 45         | F           | 3 45-49         | 40:46.8     | 13:09/M     |
| 58             | MELISSA O'KEEFE   |                  | 541           | 44         | F           | 7 40-44         | 40:48.1     | 13:10/M     |
| 59             | ZUNILA WESTCOTT   |                  | 597           | 30         | F           | 4 30-34         | 42:04.2     | 13:34/M     |
| 60             | NATHAN WESTCOTT   |                  | 596           | 30         | M           | 2 30-34         | 42:11.9     | 13:36/M     |
| 61             | MADELLY CLARKE    |                  | 569           | 11         | F           | 4 11-14         | 42:17.0     | 13:38/M     |
| 62             | LAURA MARTIN      |                  | 532           | 9          | F           | 1 1-10          | 42:32.4     | 13:43/M     |
| 63             | JENNIFER MARTIN   |                  | 531           | 42         | F           | 8 40-44         | 42:33.4     | 13:44/M     |
| 64             | GARNET MESSER     | Loganville GA    | 536           | 45         | F           | 4 45-49         | 42:34.9     | 13:44/M     |
| 65             | ANGELA MILLER     |                  | 602           | 49         | F           | 5 45-49         | 42:49.5     | 13:49/M     |
| 66             | DAPHANE FORBES    |                  | 599           | 33         | F           | 5 30-34         | 43:09.5     | 13:55/M     |
| 67             | JOSHUA MESSER     |                  | 537           | 16         | M           | 5 15-19         | 43:22.0     | 13:59/M     |
| 68             | Betsy Hanner      |                  | 606           | 29         | F           | 1 25-29         | 43:45.1     | 14:07/M     |
| 69             | CARRIE HARRISON   |                  | 573           | 28         | F           | 2 25-29         | 43:46.4     | 14:07/M     |
| 70             | Rachel Erikson    |                  | 609           | 27         | F           | 3 25-29         | 43:48.0     | 14:08/M     |
| 71             | Pam Sloane        |                  | 610           | 56         | F           | 1 55-59         | 43:49.5     | 14:08/M     |
| 72             | ABIGAIL TOUSSAINT |                  | 556           | 13         | F           | 5 11-14         | 45:33.4     | 14:42/M     |
| 73             | BRITTNEY JINKS    |                  | 529           | 36         | F           | 7 35-39         | 45:36.5     | 14:43/M     |
| 74             | KIMBERLY FORTSON  |                  | 519           | 35         | F           | 8 35-39         | 46:28.2     | 14:59/M     |
| 75             | CANDICE HOOVER    |                  | 528           | 32         | F           | 6 30-34         | 47:31.5     | 15:20/M     |
| 76             | Jackie Burke      |                  | 611           | 42         | F           | 9 40-44         | 49:56.9     | 16:06/M     |
| 77             | AMY WASHINGTON    |                  | 562           | 42         | F           | 10 40-44        | 49:58.1     | 16:07/M     |
| 78             | ALICE ERICKSON    | Lawrenceville GA | 517           | 60         | F           | 1 60-64         | 50:51.5     | 16:24/M     |
| 79             | LAURA JOPLIN      |                  | 600           | 46         | F           | 6 45-49         | 50:52.3     | 16:25/M     |
| 80             | DEBRA MCCOY       |                  | 534           | 57         | F           | 2 55-59         | 51:29.2     | 16:36/M     |
| 81             | DIANA CAICEDO     |                  | 509           | 34         | F           | 7 30-34         | 51:56.0     | 16:45/M     |
| 82             | HAMISH DOWNIE     |                  | 516           | 70         | M           | 1 65-99         | 51:57.0     | 16:45/M     |
| 83             | AMANDA WARD       |                  | 560           | 24         | F           | 2 20-24         | 54:20.3     | 17:32/M     |
| 84             | ANTHONY FRENCH    |                  | 520           | 17         | M           | 6 15-19         | 54:21.7     | 17:32/M     |
| 85             | MICHAEL FRENCH    |                  | 523           | 46         | M           | 5 45-49         | 54:22.8     | 17:32/M     |
| 86             | ELIZABETH DAY     |                  | 571           | 54         | F           | 2 50-54         | 1:00:00.0   | 19:21/M     |
| 87             | LYNNETTE LUGO     |                  | 579           | 48         | F           | 7 45-49         | 1:01:16.0   | 19:46/M     |
| 88             | LISSETTE SALAZAR  |                  | 548           | 32         | F           | 8 30-34         | 1:01:16.0   | 19:46/M     |