

# HAYNES APPERSON 5K RUN+WALK RESULTS

JULY 3, 2021

## 5K RUN TOP 3 OVER ALL MALE AND FEMALES

### Male:

- Matt Grider 16:24.000
- Caleb Volgle 16:43.000
- Brayden Curnutt 16:50.000

### Female:

- Ella Kantz 20:01.650
- Rachelle Hemmingway 22:50.765
- Emily Nafziger 23:35.369

## OVERALL MASTERS MALE & FEMALE

- Steve McDorman 19:26.294
- Rachelle Hemmingway 22:50.765

## TOP 3 IN AGE GROUPS:

### 14 & Under

- Braxton Schieffer 20:28.863
- Max Schafer 21:55.940
- Robert Arsenault 23:12.558

### 15-19

- Caleb Volgle 16:43.000
- Brayden Curnutt 16:50.000
- Ella Kantz 20:01.650

### 20-24

- Ezra Berry 22:57.147
- Sierra Smith 26:56.839
- Sophie Page 27:18.235

### 25-29

- Matt Grider 16:24.000
- Andrew Meriwether 22:58.971
- Emily Hubbard 43:07.970

### 30-34

- John Lapota 23:13.276
- Emily Nafziger 23:35.369
- Heather Bolt 24:28.885

### 35-39

- Santos Salinas 22:38.286
- Jared Shorter 22:48.449
- Jacob Cummings 29:42.940

### 40-44

- Ezekiel Zimmerman 24:57.157
- Adam Jones 25:41.837
- Cari Shorter 25:45.811

### 45-49

- Rachelle Hemmingway 22:50.765
- Carol Sheridan 24:28.785
- Dominic Hemmingway 29:34.910

### 50-54

- Paul Wyman 23:24.220
- Shelly Wyman 24:10.650
- Missy Sutton 27:26.586

### 55-59

- Steve McDorman 19:26.294
- Skip Stinson 20:47.400
- John Myers 23:05.196

### 60-64

- Ronald Thompson 23:25.210
- Ray Fairchild 26:47.794
- Paul Olsen 27:07.499

### 65-69

- Maurice Greene Jr. 24:45.989
- Michael Dearnorff 25:55.119
- Gregory Townsend 26:28.890

### 70-74

- Gary Callahan 23:20.140

### 75 & up

- Richard Thomas 26:34.742

## 5K WALK OVER ALL MALE AND FEMALE

- • Vincente Lorenz 29:55.931
- • Mary Miller 32:39.308

### 19 & under

- Tabatha Morales 56:26.671
- Rafael Morales 59:40.290
- Sabrina Morales 59:40.587

### 20-29

- Christina McClure 48:38.687
- Rachel Flagger 50:42.946

### 30-39

- Vincente Lorenz 29:55.931
- Eric Walker 49:13.555

### 40-49

- Carlos Morales 56:25.988

### 50-59

- Brenda Olsen 38:04.210
- Paulka Hicks 38:38.380
- Lori Akers 39:17.554

### 60-69

- Michael Laughner 32:38.490
- Mary Miller 32:39.308
- Alyssa Hughes 39:27.236

### 70 & up

- Greg Wall 35:35.342
- Tony Lorenz 40:38.769
- Anita Dillman 43:51.444