

RAISING THE BAR 5K

2016 AGE GROUP RESULTS

Timing: Bull City Running Company

Females Overall

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	322	KARI	HAMEL	23:11.5	7:29	49	F	DURHAM	NC
2	395	KATE	ARTIN	23:49.7	7:41	39	F	DURHAM	NC
3	315	ASHLEY	DORNER	24:52.6	8:01	26	F	FAIRLAWN	OH

Females 11-19

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	339	RUBY	LAPHAM	25:39.1	8:16	12	F	HILLSBOROUGH	NC

Females 20-29

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	369	MEL	POORMAN	25:10.4	8:07	23	F	FAIRLAWN	OH
2	383	LINDSEY	SPAIN	25:21.3	8:11	29	F	DURHAM	NC
3	346	MEGAN	MARCH	25:49.8	8:20	26	F	FAYETTEVILLE	NC
4	373	ZORAIDA	RETTA	27:32.1	8:53	28	F	DURHAM	NC
5	370	EMILY	PORTNER	27:41.3	8:56	29	F	RALEIGH	NC
6	325	SIMONE	HOWARD	28:51.0	9:18	27	F	RALEIGH	NC
7	363	ELIZABETH	OAKLEY	29:32.8	9:32	23	F	DURHAM	NC
8	323	JAMIA	HARRISON	30:23.7	9:48	27	F	RALEIGH	NC
9	355	VICTORIA	MCNALLY	30:58.4	9:59	27	F	ROCKY POINT	NC
10	344	ELIZABETH	MANTKOWSKI	31:11.5	10:04	25	F	FAIRLAWN	OH
11	390	HILLARY	WILLIAMS	33:50.5	10:55	26	F	DURHAM	NC
12	318	AISHA	FORTE	44:35.3	14:23	29	F	DURHAM	NC
13	379	KATI	RUARK	44:35.7	14:23	29	F	DURHAM	NC
14	313	EMILY	DEANS	51:02.7	16:28	29	F	TARBORO	NC
15	307	CINDY	AREVALO	52:38.3	16:59	29	F	DURHAM	NC

Females 30-39

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	347	AMANDA	MARIS	25:53.0	8:21	37	F	DURHAM	NC
2	386	DANIELLE	STANLEY	27:41.3	8:56	33	F	RALEIGH	NC
3	382	TRICIA	SMAR	28:35.7	9:13	30	F	DURHAM	NC
4	342	JENNIFER	LINDSEY	29:37.7	9:33	33	F	FAIRLAWN	OH
5	389	ARIN	WHITE	30:25.2	9:49	37	F	HOLLY SPRINGS	NC
6	345	KATHERINE	MANTKOWSKI	31:11.6	10:04	30	F	FAIRLAWN	OH
7	333	SARAH	KEIGER	31:17.3	10:05	30	F	DURHAM	NC
8	397	KENDRA	MONTGOMERY-BLINN	32:21.1	10:26	38	F	DURHAM	NC
9	335	DANIELLE	KIRK	33:04.7	10:40	30	F	DURHAM	NC
10	349	ASHLEY	MAXWELL	33:20.6	10:45	31	F	MORRISVILLE	NC
11	360	MICHELLE	NEWSOME	39:16.0	12:40	31	F	DURHAM	NC
12	327	EMILY	IVERSON	42:12.1	13:37	33	F	DURHAM	NC
13	337	LAURA	LACY	43:59.4	14:11	32	F	CHAPEL HILL	NC

Females 40-49

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	340	CARENA	LEMONS	26:20.0	8:30	40	F	DURHAM	NC
2	310	TRACY	BRISTOW	27:03.4	8:44	49	F	DURHAM	NC
3	331	LISA	JOHNSON	27:25.5	8:51	41	F	RALEIGH	NC
4	377	DONITA	ROBINSON	29:17.7	9:27	47	F	HILLSBOROUGH	NC
5	356	JESSICA	MORSE	30:29.4	9:50	44	F	DURHAM	NC
6	316	SHERRY	EVERETT	30:29.6	9:50	40	F	DURHAM	NC
7	366	JACQUE	OGDEN	30:45.8	9:55	49	F	DURHAM	NC
8	372	KATE	REISSNER	40:46.5	13:09	40	F	CARRBORO	NC
9	364	RAMONA	OAKLEY	43:27.9	14:01	48	F	DURHAM	NC
10	368	MILAN	PHAM	54:44.4	17:39	43	F	DURHAM	NC
11	361	MEREDITH	NICHOLSON	54:45.0	17:40	44	F	DURHAM	NC
12	354	TIANONA	MCMILLAN	57:09.0	18:26	47	F	DURHAM	NC

Females 50-59

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	388	LORI	TARRANT	32:07.6	10:22	53	F	DURHAM	NC
2	341	SUZANNE	LEVER	34:25.7	11:06	52	F	CARY	NC
3	305	VANYA	ALLEN	39:17.8	12:40	51	F	DURHAM	NC
4	320	MARGARET	GROVES	39:50.0	12:51	56	F	DURHAM	NC
5	378	LISA BAILEY	ROBINSON	44:40.7	14:25	50	F	DURHAM	NC
6	384	SHARON	SPAIN	50:51.4	16:24	59	F	TARBORO	NC
7	309	MIDGE	BOWERS	52:29.5	16:56	56	F	DURHAM	NC
8	350	LOUISE	MAYER	52:30.3	16:56	53	F	HILLSBOROUGH	NC
9	391	AMY	WILSON	54:33.3	17:36	50	F	RALEIGH	NC
10	387	CAROLYN	STERN	54:33.5	17:36	54	F	APEX	NC

Females 60 & Over

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	312	CATHLENE	COLE	57:09.0	18:26	61	F	DURHAM	NC

Top Males Overall

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	358	PAUL	MYERS-DAVIS	19:55.3	6:25	32	M	CHAPEL HILL	NC
2	380	MARK	SCHUELER	20:04.3	6:28	36	M	DURHAM	NC
3	330	RAVI	JHAVERI	21:36.3	6:58	45	M	DURHAM	NC

Males 10 & Under

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	400	HENRY	WILSON	41:41.3	13:27	5	M	DURHAM	NC

Males 20-29

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	359	JOSEPH	NETT	22:11.1	7:09	29	M	CHAPEL HILL	NC
2	357	DANNY	MULLINS	23:11.9	7:29	28	M	DURHAM	NC
3	381	MATTHEW	SESSIONS	25:17.4	8:09	24	M	DURHAM	NC
4	329	JAY	JERKINS	28:19.5	9:08	27	M	RALEIGH	NC
5	308	CAMERON	BELTON	30:23.9	9:48	27	M	RALEIGH	NC

Males 30-39

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	334	TOM	KEIGER	24:18.4	7:50	34	M	DURHAM	NC
2	352	JOSHUA	MCINTYRE	27:08.0	8:45	33	M	DURHAM	NC
3	362	PETER	NORDBERG	27:08.1	8:45	33	M	DURHAM	NC
4	385	ASHER	SPILLER	30:44.3	9:55	32	M	DURHAM	NC
5	336	SHANE	KIRK	33:05.0	10:40	30	M	DURHAM	NC
6	351	JEREMY	MCCAMIC	39:31.8	12:45	35	M	DURHAM	NC
7	343	ARIC	MADAYAG	40:46.1	13:09	37	M	CHAPEL HILL	NC
8	328	ERIC	IVERSON	41:50.1	13:30	33	M	DURHAM	NC
9	394	VIRAT	MEHTA	46:22.8	14:57	35	M	RALEIGH	NC

Males 40-49

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	399	MARK	TURNER	22:31.5	7:16	48	M	CHAPEL HILL	NC
2	314	LEE	DEMPSEY	23:56.0	7:43	44	M	CARRBORO	NC
3	398	DALE	MORRILL	25:57.0	8:22	42	M	DURHAM	NC
4	338	BRIAN	LAPHAM	26:09.2	8:26	44	M	HILLSBOROUGH	NC
5	306	ANTOINE	ALMONTE	30:18.8	9:46	40	M	WINSTON-SALEM	NC
6	365	ROBBIE	OAKLEY	43:28.0	14:01	49	M	DURHAM	NC

Males 50-59 based

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	348	MICHAEL	MATTI	23:11.2	7:29	58	M	DURHAM	NC
2	393	PAUL	ENSSLIN	25:56.2	8:22	56	M	DURHAM	NC
3	396	JON	WILLIAMS	52:40.8	16:59	51	M	DURHAM	NC

Males 60 & Over

Position	Bib #	First Name	Last Name	FINISH	Pace	Age	Gender	City	State
1	321	MARK	GROVES	38:56.0	12:34	60	M	DURHAM	NC
2	319	WILLIAM	GOLDSTON	53:37.8	17:18	64	M	DURHAM	NC