

1st Annual Love Run 5K

Lakeway Baptist Church , The Colony, TX

5K	MALE	Name	25 Runners --- Average Time of 34:45				Avg. Age Grade: 44.9%		Place in	
			City	(Age)	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1	Shawn Mccawley	The Colony	(35)	+25	19:13.32	6:11.2	68.6%	1	1
M01-19	1	Jeffery Franks	The Colony	(12)	+6	29:20.07	9:26.5	50.7%	12	10
	2	RJ Meza	The Colony	(18)	-198	34:46.22	11:11.5	38.4%	26	16
	3	Michael Chesney	The Colony	(19)	+127	39:19.40	12:39.4	33.5%	35	19
	4	Takoda Mosher	The Colony	(8)		1:00:29.62	19:28.3	28.1%	50	24
M20-35	1	Bryan Wales	Cross Roads	(30)		19:43.30	6:20.9	65.6%	2	2
	2	Michael Hundt	The Colony	(35)	+13	19:45.69	6:21.6	66.7%	3	3
	3	Chad Payn	Carrollton	(32)	+119	24:02.81	7:44.4	54.1%	5	5
	4	Chase Weatherly	The Colony	(25)	+66	29:21.77	9:27.1	43.9%	14	11
	5	Doug Samples	The Colony	(32)	-14	31:04.37	10:00.1	41.8%	17	12
	6	Josh Acosta	The Colony	(20)	+248	33:51.95	10:54.0	38.5%	23	14
M36-49	1	Robert Lassiter	The Colony	(39)	+48	20:42.40	6:39.9	65.4%	4	4
	2	Jeff Day	Plano	(43)	+74	25:42.14	8:16.4	54.3%	7	6
	3	Edi Pena	The Colony	(37)	+57	27:37.66	8:53.5	48.3%	10	8
	4	Rudy Rangel	The Colony	(38)	+23	28:30.49	9:10.6	47.2%	11	9
	5	Jody Garcia	The Colony	(43)	+54	32:43.98	10:32.1	42.7%	21	13
	6	Hector Leal	The Colony	(45)		36:27.86	11:44.2	38.9%	29	18
	7	John Shinsky	The Colony	(49)		49:16.01	15:51.5	29.7%	44	21
	8	Alan Smalling	The Colony	(45)	+489	49:28.93	15:55.6	28.7%	45	22
	9	Joe Mosher	The Colony	(45)		1:00:28.03	19:27.8	23.4%	51	25
M50-99	1	Don Putnam		(50)	-38	26:10.30	8:25.4	56.4%	8	7
	2	Chris Decker	The Colony	(50)	+97	34:34.12	11:07.6	42.7%	25	15
	3	David Hundt	The Colony	(68)	+0	34:52.22	11:13.4	49.5%	27	17
	4	Mike Bishop	The Colony	(56)	+1	44:02.19	14:10.4	35.2%	37	20
	5	Phil Salomone	The Colony	(71)		56:58.69	18:20.4	31.3%	46	23

5K		FEMALE		29 Runners --- Average Time of 41:27			Avg. Age Grade: 42.3%		Place in	
	Name	City	(Age)	Split	Chip Time	Pace	Age Grade	OA	GD	
OVERALL	1 Laurie Underwood	Gainesville	(51)	+59	24:14.27	7:48.1	70.7%	6	1	
F01-19	1 Alison Smalling	The Colony	(13)	+50	30:36.29	9:51.0	52.2%	15	4	
	2 Hailey Leal	The Colony	(15)		31:50.05	10:14.8	48.7%	19	7	
	3 Kirsten Smalling	The Colony	(16)	+105	35:10.27	11:19.2	43.5%	28	11	
F20-35	1 Kelly Keenan	The Colony	(31)	+44	32:29.09	10:27.4	45.6%	20	8	
	2 Erin Wales	Cross Roads	(30)	-35	33:59.83	10:56.6	43.5%	24	10	
	3 Sharla Samples	The Colony	(30)	-17	37:12.81	11:58.7	39.8%	30	12	
	4 Erin Teague	Frisco	(28)	+71	38:31.57	12:24.0	38.4%	33	15	
	5 Johnelle Woolverton	Frisco	(24)	+103	44:39.57	14:22.5	33.1%	40	20	
	6 Lindsey Garrett	The Colony	(24)	+104	44:41.73	14:23.2	33.1%	39	19	
	7 Kim Shinsky	The Colony	(26)	+174	49:12.27	15:50.2	30.1%	43	23	
	8 Emily Bartlett	The Colony	(32)	+156	58:18.49	18:46.1	25.4%	48	25	
F35-49	1 Hilda McDermott	The Colony	(38)	-14	29:20.85	9:26.8	51.6%	13	3	
	2 Olga Chandler	The Colony	(44)	+80	30:50.14	9:55.5	51.3%	16	5	
	3 Dionne Decker	The Colony	(40)	-3	37:21.25	12:01.4	41.0%	31	13	
	4 Sheila Garcia	The Colony	(43)	+81	38:08.98	12:16.8	41.1%	32	14	
	5 Kelly Leal	The Colony	(45)	+47	38:32.72	12:24.4	41.4%	34	16	
	6 Kim Pena	The Colony	(39)	-274	44:00.10	14:09.8	34.6%	38	18	
	7 Patricia Rodriguez	Carrollton	(45)	+36	46:15.88	14:53.5	34.5%	42	22	
	8 Jenny Cranfill-Miller	The Colony	(48)		58:14.48	18:44.8	28.3%	49	26	
	9 Nancy Hicks	Frisco	(40)		1:00:34.98	19:30.0	25.3%	53	28	
	10 Amy Smalling	The Colony	(37)		1:00:36.22	19:30.4	24.9%	52	27	
F50-99	1 Latrall Thompson	Frisco	(71)		26:15.90	8:27.2	87.3%	9	2	
	2 Linda Bayliss	The Colony	(51)		31:37.70	10:10.8	54.2%	18	6	
	3 Janice Cahill	The Colony	(57)		33:49.69	10:53.3	54.8%	22	9	
	4 Elizabeth Corona	The Colony	(50)	+84	39:31.26	12:43.2	42.8%	36	17	
	5 Susan Mosher	The Colony	(50)	+256	46:16.64	14:53.7	36.6%	41	21	
	6 Pam Couch	The Colony	(67)		57:28.76	18:30.0	37.3%	47	24	
	7 Linda Salomone	The Colony	(70)		1:00:15.63	20:02.4	36.2%	54	29	



5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time	AgeGD
1	6552 Shawn Mccawley (M35)	1	M20-35	OA	---	9:24	9:49	+25	19:13.32	6:11.2	19.22	19:13.32	68.6%
2	6548 Bryan Wales (M30)	2	M20-35	1st	2.2				19:43.30	6:20.9	19.72	19:45.47	65.6%
3	6554 Michael Hundt (M35)	3	M20-35	2nd	---	9:46	9:59	+13	19:45.69	6:21.6	19.75	19:45.69	66.7%
4	6520 Robert Lassiter (M39)	4	M36-49	1st	---	9:57	10:45	+48	20:42.40	6:39.9	20.70	20:42.40	65.4%
5	6530 Chad Payn (M32)	5	M20-35	3rd	2.0	11:02	13:01	+119	24:02.81	7:44.4	24.03	24:04.78	54.1%
6	6547 Laurie Underwood (F51)	1	F50-99	OA	---	11:38	12:37	+59	24:14.27	7:48.1	24.23	24:14.27	70.7%
7	6551 Jeff Day (M43)	6	M36-49	2nd	6.8	12:14	13:28	+74	25:42.14	8:16.4	25.70	25:48.96	54.3%
8	6533 Don Putnam (M50)	7	M50-99	1st	---	13:24	12:46	-38	26:10.30	8:25.4	26.17	26:10.30	56.4%
9	6559 Latralle Thompson (F71)	2	F50-99	1st	---				26:15.90	8:27.2	26.25	26:15.90	87.3%
10	6531 Edi Pena (M37)	8	M36-49	3rd	3.0	13:20	14:18	+57	27:37.66	8:53.5	27.62	27:40.69	48.3%
11	6557 Rudy Rangel (M38)	9	M36-49	4th	4.4	14:04	14:27	+23	28:30.49	9:10.6	28.50	28:34.88	47.2%
12	6514 Jeffery Franks (M12)	10	M01-19	1st	---	14:37	14:43	+6	29:20.07	9:26.5	29.33	29:20.07	50.7%
13	6523 Hilda McDermott (F38)	3	F35-49	1st	2.0	14:47	14:34	-14	29:20.85	9:26.8	29.33	29:22.82	51.6%
14	6558 Chase Weatherly (M25)	11	M20-35	4th	4.3	14:08	15:14	+66	29:21.77	9:27.1	29.35	29:26.11	43.9%
15	6543 Alison Smalling (F13)	4	F01-19	1st	2.8	14:53	15:43	+50	30:36.29	9:51.0	30.60	30:39.06	52.2%
16	6555 Olga Chandler (F44)	5	F35-49	2nd	4.0	14:45	16:05	+80	30:50.14	9:55.5	30.83	30:54.13	51.3%
17	6538 Doug Samples (M32)	12	M20-35	5th	7.3	15:39	15:25	-14	31:04.37	10:00.1	31.07	31:11.71	41.8%
18	6799 Linda Bayliss (F51)	6	F50-99	2nd	6.3				31:37.70	10:10.8	31.62	31:43.99	54.2%
19	6521 Hailey Leal (F15)	7	F01-19	2nd	3.0				31:50.05	10:14.8	31.83	31:53.03	48.7%
20	6556 Kelly Keenan (F31)	8	F20-35	1st	4.1	15:52	16:37	+44	32:29.09	10:27.4	32.48	32:33.17	45.6%
21	6515 Jody Garcia (M43)	13	M36-49	5th	3.7	15:55	16:49	+54	32:43.98	10:32.1	32.72	32:47.63	42.7%
22	6508 Janice Cahill (F57)	9	F50-99	3rd	---				33:49.69	10:53.3	33.82	33:49.69	54.8%
23	6560 Josh Acosta (M20)	14	M20-35	6th	---	14:52	19:00	+248	33:51.95	10:54.0	33.85	33:51.95	38.5%
24	6549 Erin Wales (F30)	10	F20-35	2nd	7.6	17:18	16:42	-35	33:59.83	10:56.6	33.98	34:07.41	43.5%
25	6512 Chris Decker (M50)	15	M50-99	2nd	10.3	16:28	18:06	+97	34:34.12	11:07.6	34.57	34:44.40	42.7%
26	6525 RJ Meza (M18)	16	M01-19	2nd	9.7	19:02	15:44	-198	34:46.22	11:11.5	34.77	34:55.90	38.4%
27	6553 David Hundt (M68)	17	M50-99	3rd	5.5	17:26	17:26	+0	34:52.22	11:13.4	34.87	34:57.75	49.5%
28	6545 Kirsten Smalling (F16)	11	F01-19	3rd	5.5	16:43	18:28	+105	35:10.27	11:19.2	35.17	35:15.81	43.5%
29	6561 Hector Leal (M45)	18	M36-49	6th	---				36:27.86	11:44.2	36.45	36:27.86	38.9%
30	6539 Sharla Samples (F30)	12	F20-35	3rd	8.0	18:45	18:28	-17	37:12.81	11:58.7	37.20	37:20.81	39.8%
31	6513 Dionne Decker (F40)	13	F35-49	3rd	8.1	18:42	18:39	-3	37:21.25	12:01.4	37.35	37:29.30	41.0%
32	6516 Sheila Garcia (F43)	14	F35-49	4th	3.3	18:24	19:45	+81	38:08.98	12:16.8	38.13	38:12.24	41.1%
33	6546 Erin Teague (F28)	15	F20-35	4th	2.8	18:40	19:51	+71	38:31.57	12:24.0	38.52	38:34.41	38.4%
34	6522 Kelly Leal (F45)	16	F35-49	5th	4.6	18:53	19:40	+47	38:32.72	12:24.4	38.53	38:37.29	41.4%
35	6509 Michael Chesney (M19)	19	M01-19	3rd	5.9	18:36	20:43	+127	39:19.40	12:39.4	39.32	39:25.25	33.5%
36	6510 Elizabeth Corona (F50)	17	F50-99	4th	8.9	19:04	20:28	+84	39:31.26	12:43.2	39.52	39:40.18	42.8%
37	6505 Mike Bishop (M56)	20	M50-99	4th	11.9	22:01	22:01	+1	44:02.19	14:10.4	44.03	44:14.10	35.2%
38	6532 Kim Pena (F39)	18	F35-49	6th	15.3	24:17	19:43	-274	44:00.10	14:09.8	44.00	44:15.44	34.6%
39	6517 Lindsey Garrett (F24)	19	F20-35	6th	11.3	21:29	23:13	+104	44:41.73	14:23.2	44.68	44:53.07	33.1%
40	6519 Johnelle Woolverton (F24)	20	F20-35	5th	14.0	21:28	23:11	+103	44:39.57	14:22.5	44.65	44:53.61	33.1%

△ Positive Split
△ Negative Split



Timing provided by:

DeltaViewTiming.com

41	6527	Susan Mosher (F50)	21	F50-99	5th	---	21:00	25:16	+256	46:16.64	14:53.7	46.27	46:16.64	36.6%
42	6535	Patricia Rodriguez (F45)	22	F35-49	7th	23.9	22:50	23:26	+36	46:15.88	14:53.5	46.25	46:39.79	34.5%
43	6541	Kim Shinsky (F26)	23	F20-35	7th	13.8	23:09	26:03	+174	49:12.27	15:50.2	49.20	49:26.05	30.1%
44	6540	John Shinsky (M49)	21	M36-49	7th	13.5				49:16.01	15:51.5	49.27	49:29.52	29.7%
45	6542	Alan Smalling (M45)	22	M36-49	8th	2.0	20:40	28:49	+489	49:28.93	15:55.6	49.47	49:30.96	28.7%
46	6537	Phil Salomone (M71)	23	M50-99	5th	21.6				56:58.69	18:20.4	56.97	57:20.27	31.3%
47	6562	Pam Couch (F67)	24	F50-99	6th	---				57:28.76	18:30.0	57.47	57:28.76	37.3%
48	6503	Emily Bartlett (F32)	25	F20-35	8th	14.4	27:51	30:27	+156	58:18.49	18:46.1	58.30	58:32.88	25.4%
49	6511	Jenny Cranfill-Miller (F48)	26	F35-49	8th	19.4				58:14.48	18:44.8	58.23	58:33.88	28.3%
50	6528	Takoda Mosher (M8)	24	M01-19	4th	---				1:00:29.62	19:28.3	60.48	1:00:29.62	28.1%
51	6526	Joe Mosher (M45)	25	M36-49	9th	2.0				1:00:28.03	19:27.8	60.47	1:00:30.00	23.4%
52	6544	Amy Smalling (F37)	27	F35-49	10th	9.2				1:00:36.22	19:30.4	60.60	1:00:45.43	24.9%
53	6518	Nancy Hicks (F40)	28	F35-49	9th	11.1				1:00:34.98	19:30.0	60.57	1:00:46.06	25.3%
54	6536	Linda Salomone (F70)	29	F50-99	7th	22.4				1:00:15.63	20:02.4	62.25	1:00:37.98	36.2%
			30 Positive Split		9 Negative Split		Average Finish Time: 38:20			Average Age Grade: 43.54%				

