

Sunday, July 29, 2018

# Carrollton Runners Mile + 5K

81F Clear 69%H 7mphS

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:00.79	Robert Flores	20:42.48	Vijayan Nair	23:27.33	Julio Lopez	24:36.01
Kuay Sullivan	8:02.60	Jessica Jennings	24:09.81	Jacqueline Nivet	26:16.56	Kim Andres	26:41.71

## 5K MALE

		24 MALE Runners --- Average Time of 31:31					Avg. Age Grade: 53.9%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Robert Flores	Aubrey	(38)	10:20	+3	20:42.48		6:39.9	64.9%	1	1
MASTERS	1 Vijayan Nair	Plano	(55)	11:20	+48	23:27.33	ML	7:33.0	65.5%	4	4
SENIORS	1 Julio Lopez	Farmers Branch	(62)	12:03	+29	24:36.01	ML	7:55.1	66.4%	8	7
M15-19	1 Will Mcintosh	Plano	(15)	10:31	-13	20:49.19	✓	6:42.1	66.9%	2	2
M25-29	1 Jordan Payne	Dallas	(28)	12:04	+14	24:22.52	ML	7:50.7	52.9%	7	6
M30-34	1 Blair Casey	Carrollton	(31)	11:19	+13	22:51.56		7:21.5	56.7%	3	3
M35-39	1 Daniel Simpson	Arlington	(36)			54:37.39		17:34.9	24.3%	39	24
M45-49	1 Rich Weklar	Bartonville	(47)	11:52	+13	23:56.85	ML✓	7:42.5	60.1%	5	5
M50-54	1 Rich Cronin	Arlington	(50)	12:22	+33	25:16.92	✓	8:08.3	58.3%	9	8
	2 Doug Waters	Carrollton	(53)	14:03	-11	27:56.32	ML	8:59.6	54.1%	16	11
	3 Jeffrey Conklin	Arlington	(54)	16:33	+3	33:09.31		10:40.3	46.0%	24	17
M55-59	1 Frank Callaghan	Dallas	(59)			32:10.10		10:21.2	49.4%	23	16
	2 Jeff Goodman	Hickory Creek	(56)	15:26	+171	33:43.69		10:51.4	45.9%	25	18
	3 John Kramer	Plano	(56)	19:28	-12	38:42.77	ML	12:27.6	40.0%	34	21
M60-64	1 Ruben Arevalo	Carrollton	(63)	13:18	+28	27:04.06	ML	8:42.7	60.9%	13	9
	2 Dave Watson	UK	(61)	13:28	+13	27:09.32		8:44.4	59.6%	14	10
	3 Ruben Reyes	Carrollton	(62)	15:57	+4	31:58.02	ML	10:17.4	51.1%	22	15
	4 Robert Simpson	Coppell	(63)	26:17	+106	54:20.30		17:29.4	30.3%	38	23
M65-69	1 David Mask	Lewisville	(66)	14:19	-19	28:19.89	ML	9:07.1	59.8%	17	12
	2 Maxx Pomm	Dallas	(68)	15:11	+31	30:52.12		9:56.1	55.9%	21	14
M70-74	1 Scott Ahlstrom	Carrollton	(70)	22:56	+74	47:05.78		15:09.5	37.4%	35	22
M75-79	1 Wally Capps	Farmers Branch	(77)	14:27	+1	28:55.96	ML	9:18.8	68.0%	18	13
	2 Bill Shirley	Dallas	(75)	18:34	-59	36:10.31	ML	11:38.6	52.4%	27	19
M80-99	1 Charles Key	Dallas	(86)	18:44	+36	38:04.71		12:15.4	66.1%	30	20

FN\*:  Broke Age-Group Record  Ran Mile before 5K  # Races PR @ Carrollton Runners (2003 & later)

GD Place among Females

▲ Positive Split  
 ▼ Negative Split

Timing provided by: 7/29/2018

# 5K FEMALE

		19 FEMALE Runners --- Average Time of				39:32	Avg. Age Grade: 49.1%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jessica Jennings	Garland	(38)			24:09.81		7:46.7	62.7%	6	1
MASTERS	1 Jacqueline Nivet	Dallas	(48)	13:18	-19	26:16.56		8:27.4	62.8%	10	2
SENIORS	1 Kim Andres	Irving	(65)	12:58	+45	26:41.71		8:35.5	78.0%	12	4
F25-29	1 Maribel Chatman	Carrollton	(26)			54:54.26		17:40.3	27.0%	42	18
	2 Kayla Miller	Arlington	(29)			55:46.23		17:57.0	26.5%	43	19
F30-34	1 Starr Kinney	Carrollton	(31)			41:41.20		13:25.1	35.5%	31	11
	2 Shieryl Bryan	Carrollton	(34)			54:52.72		17:39.8	27.2%	41	17
F35-39	1 Nika Brunk	Eules	(37)	19:42	+158	42:02.14		13:31.8	35.9%	32	12
	2 Banurekha Rajendiran	Irving	(35)	26:06	+116	54:08.24		17:25.5	27.6%	37	15
	3 Jaclyn Castleberry	Dallas	(39)			54:48.66		17:38.5	27.8%	40	16
F40-44	1 Jojo Montoya		(42)	13:30	+34	27:33.88	M	8:52.3	56.4%	15	5
F45-49	1 Amie Goins	Garland	(46)	16:39	+114	35:11.66		11:19.7	45.9%	26	8
	2 Sheila Holen	Lewisville	(47)	25:36	-6	51:04.67		16:26.4	31.9%	36	14
F50-54	1 Kuay Sullivan	Coppell	(52)	13:14	-7	26:21.86	M ✓	8:29.2	65.8%	11	3
F60-64	1 Linda Thibodeau	Richardson	(64)			29:09.00		9:23.0	70.3%	19	6
	2 Jerri Hixson	Plano	(64)	17:51	+34	36:15.60		11:40.3	56.5%	28	9
F65-69	1 Kumiko McCoy	Eules	(69)			30:36.78		9:51.2	72.4%	20	7
	2 Carol Creech	Plano	(67)	20:55	+41	42:29.99		13:40.8	50.5%	33	13
F75-79	1 Mary Kaplan	Sunrise Beach	(79)	19:04	-63	37:05.54	✓	11:56.3	71.4%	29	10

# 1M MALE

		14 MALE Runners --- Average Time of				8:02	Avg. Age Grade: 57.8%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Vijayan Nair	Plano	(55)			6:00.79	✓	6:00.8	73.5%	1	1
M01-09	1 Hunter Dorrill	Dallas	(9)			10:21.33		10:21.3	45.4%	16	14
M15-19	1 Brandon Cox	Coppell	(18)			7:44.66		7:44.7	49.5%	7	7
M25-29	1 Jordan Payne	Dallas	(28)			7:06.21		7:06.2	52.2%	3	3
M45-49	1 Rich Weklar	Bartonville	(47)			6:26.43	✓	6:26.4	64.3%	2	2
M50-54	1 Doug Waters	Carrollton	(53)			8:34.57		8:34.6	50.7%	12	10
M55-59	1 M Maimonides	Kansas City, Mo	(55)			7:23.84		7:23.8	59.7%	5	5
	2 John Kramer	Plano	(56)			9:39.42		9:39.4	46.2%	15	13
M60-64	1 Julio Lopez	Farmers Branch	(62)			7:11.89		7:11.9	65.2%	4	4
	2 Ruben Arevalo	Carrollton	(63)			7:33.54		7:33.5	62.7%	6	6
	3 Ruben Reyes	Carrollton	(62)			8:19.08		8:19.1	56.4%	10	9
M65-69	1 David Mask	Lewisville	(66)			8:51.36		8:51.4	55.0%	13	11
M75-79	1 Bill Shirley	Dallas	(75)			8:12.93		8:12.9	66.3%	9	8
	2 Wally Capps	Farmers Branch	(77)			9:03.54		9:03.5	62.4%	14	12

# 1M FEMALE

		2 FEMALE Runners --- Average Time of				8:17	Avg. Age Grade: 58.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(52)			8:02.60	✓	8:02.6	63.6%	8	1
F40-44	1 Jojo Montoya		(42)			8:31.61		8:31.6	53.0%	11	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7117 Vijayan Nair (M55)	1	M55-59	OA	---				6:00.79	✓ 10	6:00.8	20.53	6:00.79	73.5%
2	7222 Rich Weklar (M47)	2	M45-49	1st	---				6:26.43	✓ 2	6:26.4	22.01	6:26.43	64.3%
3	7390 Jordan Payne (M28)	3	M25-29	1st	---				7:06.21	✗	7:06.2	24.29	7:06.21	52.2%
4	7193 Julio Lopez (M62)	4	M60-64	1st	---				7:11.89		7:11.9	24.58	7:11.89	65.2%
5	6557 M Maimonides (M55)	5	M55-59	1st	---				7:23.84		7:23.8	25.26	7:23.84	59.7%
6	6995 Ruben Arevalo (M63)	6	M60-64	2nd	---				7:33.54		7:33.5	25.83	7:33.54	62.7%
7	6013 Brandon Cox (M18)	7	M15-19	1st	---				7:44.66	✗	7:44.7	26.46	7:44.66	49.5%
8	7265 Kuay Sullivan (F52)	1	F50-54	OA	---				8:02.60	✓ 36	8:02.6	27.48	8:02.60	63.6%
9	7043 Bill Shirley (M75)	8	M75-79	1st	---				8:12.93		8:12.9	28.05	8:12.93	66.3%
10	7283 Ruben Reyes (M62)	9	M60-64	3rd	---				8:19.08		8:19.1	28.45	8:19.08	56.4%
11	6890 Jojo Montoya (F42)	2	F40-44	1st	---				8:31.61	✗	8:31.6	29.14	8:31.61	53.0%
12	7012 Doug Waters (M53)	10	M50-54	1st	---				8:34.57		8:34.6	29.31	8:34.57	50.7%
13	7008 David Mask (M66)	11	M65-69	1st	---				8:51.36		8:51.4	30.28	8:51.36	55.0%
14	7916 Wally Capps (M77)	12	M75-79	2nd	---				9:03.54		9:03.5	30.96	9:03.54	62.4%
15	7261 John Kramer (M56)	13	M55-59	2nd	---				9:39.42		9:39.4	33.01	9:39.42	46.2%
16	6012 Hunter Dorrill (M9)	14	M01-09	1st	---				10:21.33	✗	10:21.3	35.41	10:21.33	45.4%
✓ 3 Club PR's						Average Finish Time: 08:03 4 First Timers				Average Age Grade: 57.9%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6580 Robert Flores (M38)	1	M35-39	OA	---	10:20	10:23	+3	20:42.48		6:39.9	20.70	20:42.48	64.9%
2	6020 Will McIntosh (M15)	2	M15-19	1st	0.7	10:31	10:18	-13	20:49.19	✓ 1	6:42.1	20.82	20:49.88	66.9%
3	7011 Blair Casey (M31)	3	M30-34	1st	0.6	11:19	11:32	+13	22:51.56		7:21.5	22.85	22:52.14	56.7%
4	7117 Vijayan Nair (M55)	4	M55-59	MS	0.3	11:20	12:08	+48	23:27.33	ℓ	7:33.0	23.45	23:27.59	65.5%
5	7222 Rich Weklar (M47)	5	M45-49	1st	2.5	11:52	12:05	+13	23:56.85	ℓ ✓ 7	7:42.5	23.93	23:59.30	60.1%
6	6942 Jessica Jennings (F38)	1	F35-39	OA	4.4				24:09.81	✗	7:46.7	24.15	24:14.17	62.7%
7	7390 Jordan Payne (M28)	6	M25-29	1st	4.9	12:04	12:18	+14	24:22.52	ℓ ✗	7:50.7	24.37	24:27.37	52.9%
8	7193 Julio Lopez (M62)	7	M60-64	SR	0.8	12:03	12:33	+29	24:36.01	ℓ	7:55.1	24.60	24:36.83	66.4%
9	7256 Rich Cronin (M50)	8	M50-54	1st	5.0	12:22	12:55	+33	25:16.92	✓ 5	8:08.3	25.27	25:21.94	58.3%
10	6930 Jacqueline Nivet (F48)	2	F45-49	MS	7.6	13:18	12:59	-19	26:16.56	✗	8:27.4	26.27	26:24.11	62.8%
11	7265 Kuay Sullivan (F52)	3	F50-54	1st	5.1	13:14	13:08	-7	26:21.86	ℓ ✓ 33	8:29.2	26.35	26:27.00	65.8%
12	7040 Kim Andres (F65)	4	F65-69	SR	2.0	12:58	13:43	+45	26:41.71		8:35.5	26.68	26:43.70	78.0%
13	6995 Ruben Arevalo (M63)	9	M60-64	1st	1.0	13:18	13:46	+28	27:04.06	ℓ	8:42.7	27.07	27:05.08	60.9%
14	6019 Dave Watson (M61)	10	M60-64	2nd	5.5	13:28	13:41	+13	27:09.32	✗	8:44.4	27.15	27:14.85	59.6%
15	6890 Jojo Montoya (F42)	5	F40-44	1st	4.9	13:30	14:04	+34	27:33.88	ℓ ✗	8:52.3	27.55	27:38.74	56.4%
16	7012 Doug Waters (M53)	11	M50-54	2nd	6.3	14:03	13:53	-11	27:56.32	ℓ	8:59.6	27.93	28:02.66	54.1%
17	7008 David Mask (M66)	12	M65-69	1st	4.1	14:19	14:01	-19	28:19.89	ℓ	9:07.1	28.32	28:24.02	59.8%
18	7916 Wally Capps (M77)	13	M75-79	1st	2.1	14:27	14:29	+1	28:55.96	ℓ	9:18.8	28.92	28:58.07	68.0%
19	6945 Linda Thibodeau (F64)	6	F60-64	1st	---				29:09.00	✗	9:23.0	29.15	29:09.00	70.3%
20	7449 Kumiko McCoy (F69)	7	F65-69	1st	6.7				30:36.78		9:51.2	30.60	30:43.46	72.4%
21	7049 Maxx Pomm (M68)	14	M65-69	2nd	2.6	15:11	15:41	+31	30:52.12		9:56.1	30.87	30:54.75	55.9%
22	7283 Ruben Reyes (M62)	15	M60-64	3rd	7.3	15:57	16:01	+4	31:58.02	ℓ	10:17.4	31.97	32:05.33	51.1%
23	6018 Frank Callaghan (M59)	16	M55-59	1st	8.9				32:10.10	✗	10:21.2	32.17	32:19.00	49.4%
24	6998 Jeffrey Conklin (M54)	17	M50-54	3rd	6.6	16:33	16:36	+3	33:09.31		10:40.3	33.15	33:15.90	46.0%
25	6862 Jeff Goodman (M56)	18	M55-59	2nd	3.8	15:26	18:17	+171	33:43.69		10:51.4	33.72	33:47.47	45.9%
26	7044 Amie Goins (F46)	8	F45-49	1st	10.9	16:39	18:33	+114	35:11.66		11:19.7	35.18	35:22.53	45.9%
27	7043 Bill Shirley (M75)	19	M75-79	2nd	1.4	18:34	17:36	-59	36:10.31	ℓ	11:38.6	36.17	36:11.75	52.4%
28	6621 Jerri Hixson (F64)	9	F60-64	2nd	5.9	17:51	18:25	+34	36:15.60		11:40.3	36.25	36:21.53	56.5%
29	6932 Mary Kaplan (F79)	10	F75-79	1st	1.9	19:04	18:01	-63	37:05.54	✓ 1	11:56.3	37.08	37:07.41	71.4%
30	7131 Charles Key (M86)	20	M80-99	1st	3.2	18:44	19:20	+36	38:04.71		12:15.4	38.07	38:07.93	66.1%

31	6014	Starr Kinney (F31)	11	F30-34	1st	8.8				<b>41:41.20</b>	⌘ 13:25.1	41.68	41:49.95	35.5%
32	7448	Nika Brunk (F37)	12	F35-39	1st	6.8	19:42	22:20	+158	<b>42:02.14</b>	13:31.8	42.03	42:08.95	35.9%
33	7024	Carol Creech (F67)	13	F65-69	2nd	4.0	20:55	21:35	+41	<b>42:29.99</b>	13:40.8	42.48	42:34.02	50.5%
34	7261	John Kramer (M56)	21	M55-59	3rd	411.8	19:28	19:15	-12	<b>38:42.77</b>	⌘ 12:27.6	38.70	45:34.56	40.0%
35	7148	Scott Ahlstrom (M70)	22	M70-74	1st	7.6	22:56	24:10	+74	<b>47:05.78</b>	15:09.5	47.08	47:13.34	37.4%
36	7246	Sheila Holen (F47)	14	F45-49	2nd	9.7	25:36	25:29	-6	<b>51:04.67</b>	16:26.4	51.07	51:14.41	31.9%
37	6939	Banurekha Rajendiran (F35)	15	F35-39	2nd	3.5	26:06	28:02	+116	<b>54:08.24</b>	⌘ 17:25.5	54.13	54:11.74	27.6%
38	7106	Robert Simpson (M63)	23	M60-64	4th	12.2	26:17	28:03	+106	<b>54:20.30</b>	17:29.4	54.33	54:32.49	30.3%
39	6933	Daniel Simpson (M36)	24	M35-39	1st	11.4				<b>54:37.39</b>	⌘ 17:34.9	54.62	54:48.79	24.3%
40	6016	Jaclyn Castleberry (F39)	16	F35-39	3rd	10.3				<b>54:48.66</b>	⌘ 17:38.5	54.80	54:59.00	27.8%
41	6017	Shieryl Bryan (F34)	17	F30-34	2nd	9.4				<b>54:52.72</b>	17:39.8	54.87	55:02.14	27.2%
42	6015	Mariebel Chatman (F26)	18	F25-29	1st	9.0				<b>54:54.26</b>	17:40.3	54.90	55:03.30	27.0%
43	6934	Kayla Miller (F29)	19	F25-29	2nd	10.3				<b>55:46.23</b>	⌘ 17:57.0	55.77	55:56.57	26.5%
<b>24 Positive Split</b> <b>9 Negative Split</b> ✓ <b>5 Club PR's</b>										<b>Average Finish Time: 35:03</b> <u>12 First Timers</u> <b>Average Age Grade: 51.7%</b>				

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Vijayan Nair	M55	6:00.79	73.5%	Move UP
2	9	Bill Shirley	M75	8:12.93	66.3%	
3	4	Julio Lopez	M62	7:11.89	65.2%	
4	2	Rich Weklar	M47	6:26.43	64.3%	
5	8	Kuay Sullivan	F52	8:02.60	63.6%	
6	6	Ruben Arevalo	M63	7:33.54	62.7%	
7	14	Wally Capps	M77	9:03.54	62.4%	
8	5	M Maimonides	M55	7:23.84	59.7%	
9	10	Ruben Reyes	M62	8:19.08	56.4%	
10	13	David Mask	M66	8:51.36	55.0%	
11	11	Jojo Montoya	F42	8:31.61	53.0%	
12	3	Jordan Payne	M28	7:06.21	52.2%	
13	12	Doug Waters	M53	8:34.57	50.7%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	12	Kim Andres	F65	26:41.71	78.0%	
2	20	Kumiko McCoy	F69	30:36.78	72.4%	
3	29	Mary Kaplan	F79	37:05.54	71.4%	Move UP
4	19	Linda Thibodeau	F64	29:09.00	70.3%	New
5	18	Wally Capps	M77	28:55.96	68.0%	
6	2	Will McIntosh	M15	20:49.19	66.9%	New
7	8	Julio Lopez	M62	24:36.01	66.4%	
8	30	Charles Key	M86	38:04.71	66.1%	
9	11	Kuay Sullivan	F52	26:21.86	65.8%	Move UP
10	4	Vijayan Nair	M55	23:27.33	65.5%	
11	1	Robert Flores	M38	20:42.48	64.9%	
12	10	Jacqueline Nivet	F48	26:16.56	62.8%	
13	6	Jessica Jennings	F38	24:09.81	62.7%	
14	13	Ruben Arevalo	M63	27:04.06	60.9%	
15	5	Rich Weklar	M47	23:56.85	60.1%	
16	17	David Mask	M66	28:19.89	59.8%	
17	14	Dave Watson	M61	27:09.32	59.6%	
18	9	Rich Cronin	M50	25:16.92	58.3%	
19	3	Blair Casey	M31	22:51.56	56.7%	
20	28	Jerri Hixson	F64	36:15.60	56.5%	
21	15	Jojo Montoya	F42	27:33.88	56.4%	
22	21	Maxx Pomm	M68	30:52.12	55.9%	
23	16	Doug Waters	M53	27:56.32	54.1%	
24	7	Jordan Payne	M28	24:22.52	52.9%	
25	27	Bill Shirley	M75	36:10.31	52.4%	
26	22	Ruben Reyes	M62	31:58.02	51.1%	
27	33	Carol Creech	F67	42:29.99	50.5%	

100% World Record Level for Gender/Age

90% World Class Level

80% National Class Level

70% Regional Class Level

List\* Carrollton Runners Performance Lists for Age Grades > 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level