



www.HolidayGlowRun.com

Holiday Glow Run 5K-Labor Day

South Lakes Park, Denton, TX

Saturday, August 30, 2014

90F Clear 48%H 6mphESE

5K Off :8:00 pm

MALES

OVERALL	Robert Arruda	21:01.0	69.1%
MASTERS	Zack Reynolds	24:59.7	62.0%
GMASTER	John Cartwright	32:21.7	50.4%

FEMALES

Gretchen Mabry	27:33.1	58.0%
Randi Castanuela	31:53.6	54.4%
Jan Hitchens	42:00.3	49.5%

5K	MALE	Name	17 MALE Runners --- Average Time of 29:41				Avg. Age Grade: 50.9%			Place in	
			City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u>	<u>Robert Arruda</u>	Argyle	(48)			21:01.03	6:45.9	69.1%	1	1
MASTERS	<u>1</u>	<u>Zack Reynolds</u>		(56)			24:59.79	8:02.7	62.0%	4	4
GMASTER	<u>1</u>	<u>John Cartwright</u>	Denton	(62)			32:21.73	10:25.0	50.4%	17	12
M01-12	<u>1</u>	<u>Andrew Gibson</u>	Justin	(12)			23:42.68	7:37.9	62.7%	3	3
	<u>2</u>	<u>Carter Eddy</u>	Denton	(8)			26:03.66	8:23.3	65.3%	6	6
	<u>3</u>	<u>Parker Williams</u>	Wakefield	(12)			26:58.75	8:41.0	55.1%	7	7
	<u>4</u>	<u>Charlie Frey</u>	Justin	(4)			30:34.99	9:50.6		13	10
M13-15	<u>1</u>	<u>Luke Hilton</u>	Shady Shores	(13)			30:12.63	9:43.4	48.0%	12	9
M30-34	<u>1</u>	<u>Matthew Wauters</u>	Corinth	(30)			23:34.85	7:35.4	54.8%	2	2
M35-39	<u>1</u>	<u>Christopher Binovi</u>	Flower Mound	(39)			25:26.28	8:11.3	53.3%	5	5
	<u>2</u>	<u>Michael Eddy</u>	Denton	(39)			28:17.84	9:06.5	47.9%	10	8
M40-44	<u>1</u>	<u>Jason Frey</u>	Justin	(41)			30:35.17	9:50.7	45.0%	14	11
	<u>2</u>	<u>Samuel Gibson</u>	Justin	(43)			35:03.13	11:16.9	39.8%	21	13
	<u>3</u>	<u>Scott Clifford</u>	Flower Mound	(43)			35:18.27	11:21.8	39.5%	23	14
M45-49	<u>1</u>	<u>Joe Parker</u>		(45)			36:36.02	11:46.8	38.7%	26	16
	<u>2</u>	<u>Mark Hilton</u>	Shady Shores	(48)			38:06.46	12:15.9	38.1%	31	17
M55-59	<u>1</u>	<u>Mike Lavelle</u>	Denton	(59)			35:43.03	11:29.8	44.5%	24	15

5K FEMALE

		38 FEMALE Runners --- Average Time of 42:50				Avg. Age Grade: 39.2%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <u>Gretchen Mabry</u>		(13)			27:33.15	8:52.1	58.0%	8	1
MASTERS	<u>1</u> <u>Randi Castanuela</u>	Lake Dallas	(52)			31:53.66	10:15.9	54.4%	16	5
GMASTER	<u>1</u> <u>Jan Hitchens</u>	Shady Shores	(65)			42:00.35	13:31.2	49.5%	39	22
F01-12	<u>1</u> <u>Kitkat Zenick</u>		(12)			27:33.83	8:52.3	59.1%	9	2
	<u>2</u> <u>Sara Williams</u>	Wakefield	(9)			41:05.09	13:13.4	42.7%	33	16
	<u>3</u> <u>Kaitlynn Clifford</u>	Flower Mound	(6)			41:57.35	13:30.3	46.5%	38	21
	<u>4</u> <u>Caroline Eddy</u>	Denton	(5)			51:18.32	16:30.8	39.8%	48	31
F13-15	<u>1</u> <u>Lindsey Brent</u>		(14)			32:39.88	10:30.8	48.1%	20	8
	<u>2</u> <u>Caroline Currin</u>		(14)			32:40.52	10:31.0	48.1%	18	6
F25-29	<u>1</u> <u>Candice Quilty</u>	Minneapolis	(29)			31:39.10	10:11.3	46.8%	15	4
F30-34	<u>1</u> <u>Sara Wauters</u>	Corinth	(30)			28:27.87	9:09.7	52.0%	11	3
	<u>2</u> <u>Sarah Roland</u>	Denton	(33)			35:02.46	11:16.7	42.4%	22	9
	<u>3</u> <u>Katie Trammell</u>	Denton	(34)			35:52.57	11:32.8	41.6%	25	10
	<u>4</u> <u>Kate Humphries</u>	Denton	(32)			37:54.88	12:12.2	39.1%	30	14
	<u>5</u> <u>Melissa Doorly</u>		(31)			38:12.08	12:17.8	38.8%	32	15
	<u>6</u> <u>Melissa Brown</u>	Sanger	(33)			41:46.69	13:26.8	35.6%	36	19
	<u>7</u> <u>Angelina Harvill</u>	Gainesville	(33)			50:40.82	16:18.7	29.3%	45	28
	<u>8</u> <u>Kary Schroeder</u>	Argyle	(32)			50:56.67	16:23.8	29.1%	46	29
F35-39	<u>1</u> <u>Kati Hitchens</u>	Sachse	(37)			37:29.53	12:04.1	40.2%	29	13
	<u>2</u> <u>Pam Hetner</u>	Argyle	(35)			41:24.64	13:19.7	36.1%	35	18
	<u>3</u> <u>Lindy Heidler</u>		(39)			50:56.96	16:23.9	29.9%	47	30
	<u>4</u> <u>Kelli Eddy</u>	Denton	(39)			51:50.35	16:41.1	29.4%	49	32
F40-44	<u>1</u> <u>Donna Ivans</u>	Ponder	(44)			32:44.18	10:32.2	48.3%	19	7
	<u>2</u> <u>Cortney Williams</u>	Wakefield	(40)			41:05.64	13:13.6	37.3%	34	17
	<u>3</u> <u>Janie Crosmer</u>	Flower Mound	(44)			41:57.59	13:30.3	37.7%	37	20
	<u>4</u> <u>Rebecka Frey</u>	Justin	(40)			43:07.14	13:52.7	35.6%	40	23
	<u>5</u> <u>Tammy Pritchett</u>		(44)			45:29.84	14:38.7	34.8%	42	25
	<u>6</u> <u>Cherie Arruda</u>		(43)			45:29.96	14:38.7	34.5%	41	24
	<u>7</u> <u>Christi Hilton</u>	Shady Shores	(43)			47:36.76	15:19.5	32.9%	43	26
F45-49	<u>1</u> <u>Kelley Currin</u>		(45)			36:53.46	11:52.4	43.3%	27	11
	<u>2</u> <u>Deanna Smith</u>	Corinth	(45)			37:04.37	11:56.0	43.1%	28	12
	<u>3</u> <u>Stacey Williams</u>	Sachse	(45)			48:00.84	15:27.3	33.3%	44	27
	<u>4</u> <u>Jill Yoder</u>	Denton	(45)			53:04.50	17:05.0	30.1%	51	34
	<u>5</u> <u>Sara Alford</u>	Corinth	(47)			53:04.74	17:05.1	30.7%	50	33
	<u>6</u> <u>Lashawnda Waters</u>	Denton	(48)			58:42.83	18:53.9	28.1%	53	36
	<u>7</u> <u>Amy Mallet</u>	Denton	(46)			101:42.35	19:51.7	26.2%	54	37
F50-54	<u>1</u> <u>Kathy Black</u>	Denton	(54)			58:44.39	18:54.4	30.3%	52	35
	<u>2</u> <u>Liz Clark</u>	Denton	(53)			101:42.07	19:51.6	28.5%	55	38

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	510 Robert Arruda (M48)	1	M45-49	OA	---				21:01.03	6:45.9	21.02	21:01.03	69.1%
2	290 Matthew Wauters (M30)	2	M30-34	1st	1.1				23:34.85	7:35.4	23.57	23:36.00	54.8%
3	153 Andrew Gibson (M12)	3	M01-12	1st	0.3				23:42.68	7:37.9	23.70	23:43.00	62.7%
4	491 Zack Reynolds (M56)	4	M55-59	MS	0.3				24:59.79	8:02.7	24.98	25:00.07	62.0%
5	007 Christopher Binovi (M39)	5	M35-39	1st	3.0				25:26.28	8:11.3	25.43	25:29.32	53.3%
6	098 Carter Eddy (M8)	6	M01-12	2nd	0.1				26:03.66	8:23.3	26.05	26:03.81	65.3%
7	486 Parker Williams (M12)	7	M01-12	3rd	0.7				26:58.75	8:41.0	26.97	26:59.41	55.1%
8	489 Gretchen Mabry (F13)	1	F13-15	OA	0.1				27:33.15	8:52.1	27.55	27:33.30	58.0%
9	490 Kitkat Zenick (F12)	2	F01-12	1st	0.5				27:33.83	8:52.3	27.55	27:34.33	59.1%
10	093 Michael Eddy (M39)	8	M35-39	2nd	0.1				28:17.84	9:06.5	28.28	28:17.98	47.9%
11	382 Sara Wauters (F30)	3	F30-34	1st	1.9				28:27.87	9:09.7	28.45	28:29.81	52.0%
12	195 Luke Hilton (M13)	9	M13-15	1st	0.1				30:12.63	9:43.4	30.20	30:12.76	48.0%
13	146 Charlie Frey (M4)	10	M01-12	4th	15.5				30:34.99	9:50.6	30.57	30:50.53	
14	134 Jason Frey (M41)	11	M40-44	1st	15.6				30:35.17	9:50.7	30.58	30:50.82	45.0%
15	234 Candice Quilty (F29)	4	F25-29	1st	3.5				31:39.10	10:11.3	31.65	31:42.56	46.8%
16	070 Randi Castanuela (F52)	5	F50-54	MS	3.1				31:53.66	10:15.9	31.88	31:56.73	54.4%
17	068 John Cartwright (M62)	12	M60-64	GM	4.8				32:21.73	10:25.0	32.35	32:26.54	50.4%
18	495 Caroline Currin (F14)	6	F13-15	1st	18.5				32:40.52	10:31.0	32.67	32:59.00	48.1%
19	213 Donna Ivans (F44)	7	F40-44	1st	2.9				32:44.18	10:32.2	32.73	32:47.10	48.3%
20	496 Lindsey Brent (F14)	8	F13-15	2nd	16.6				32:39.88	10:30.8	32.65	32:56.51	48.1%
21	152 Samuel Gibson (M43)	13	M40-44	2nd	5.7				35:03.13	11:16.9	35.05	35:08.80	39.8%
22	235 Sarah Roland (F33)	9	F30-34	2nd	8.2				35:02.46	11:16.7	35.03	35:10.65	42.4%
23	076 Scott Clifford (M43)	14	M40-44	3rd	3.1				35:18.27	11:21.8	35.30	35:21.33	39.5%
24	214 Mike Lavelle (M59)	15	M55-59	1st	6.7				35:43.03	11:29.8	35.72	35:49.73	44.5%
25	285 Katie Trammell (F34)	10	F30-34	3rd	8.2				35:52.57	11:32.8	35.87	36:00.74	41.6%
26	492 Joe Parker (M45)	16	M45-49	1st	17.1				36:36.02	11:46.8	36.60	36:53.14	38.7%
27	493 Kelley Currin (F45)	11	F45-49	1st	---				36:53.46	11:52.4	36.88	36:53.46	43.3%
28	284 Deanna Smith (F45)	12	F45-49	2nd	3.6				37:04.37	11:56.0	37.07	37:08.02	43.1%
29	207 Kati Hitchens (F37)	13	F35-39	1st	1.1				37:29.53	12:04.1	37.48	37:30.64	40.2%
30	212 Kate Humphries (F32)	14	F30-34	4th	9.3				37:54.88	12:12.2	37.90	38:04.13	39.1%
31	191 Mark Hilton (M48)	17	M45-49	2nd	4.9				38:06.46	12:15.9	38.10	38:11.39	38.1%
32	544 Melissa Doorly (F31)	15	F30-34	5th	12.3				38:12.08	12:17.8	38.20	38:24.35	38.8%
33	487 Sara Williams (F9)	16	F01-12	2nd	4.2				41:05.09	13:13.4	41.08	41:09.30	42.7%
34	406 Cortney Williams (F40)	17	F40-44	2nd	4.7				41:05.64	13:13.6	41.08	41:10.35	37.3%
35	185 Pam Hetner (F35)	18	F35-39	2nd	6.9				41:24.64	13:19.7	41.40	41:31.57	36.1%
36	059 Melissa Brown (F33)	19	F30-34	6th	7.3				41:46.69	13:26.8	41.77	41:54.03	35.6%
37	087 Janie Crosmer (F44)	20	F40-44	3rd	1.9				41:57.59	13:30.3	41.95	41:59.49	37.7%
38	082 Kaitlynn Clifford (F6)	21	F01-12	3rd	2.4				41:57.35	13:30.3	41.95	41:59.78	46.5%
39	206 Jan Hitchens (F65)	22	F65-69	GM	5.7				42:00.35	13:31.2	42.00	42:06.06	49.5%
40	107 Rebecka Frey (F40)	23	F40-44	4th	17.7				43:07.14	13:52.7	43.12	43:24.85	35.6%
41	543 Cherie Arruda (F43)	24	F40-44	5th	4.1				45:29.96	14:38.7	45.48	45:34.02	34.5%
42	509 Tammy Pritchett (F44)	25	F40-44	6th	4.3				45:29.84	14:38.7	45.48	45:34.11	34.8%
43	189 Christi Hilton (F43)	26	F40-44	7th	5.1				47:36.76	15:19.5	47.60	47:41.86	32.9%
44	402 Stacey Williams (F45)	27	F45-49	3rd	6.1				48:00.84	15:27.3	48.00	48:06.99	33.3%
45	184 Angelina Harvill (F33)	28	F30-34	7th	7.5				50:40.82	16:18.7	50.67	50:48.32	29.3%
46	236 Kary Schroeder (F32)	29	F30-34	8th	13.0				50:56.67	16:23.8	50.93	51:09.67	29.1%
47	550 Lindy Heidler (F39)	30	F35-39	3rd	13.2				50:56.96	16:23.9	50.93	51:10.20	29.9%

48	100	Caroline Eddy (F5)	31	F01-12	4th	1.9	51:18.32	16:30.8	51.30	51:20.21	39.8%
49	102	Kelli Eddy (F39)	32	F35-39	4th	1.1	51:50.35	16:41.1	51.83	51:51.48	29.4%
50	005	Sara Alford (F47)	33	F45-49	4th	10.5	53:04.74	17:05.1	53.07	53:15.21	30.7%
51	488	Jill Yoder (F45)	34	F45-49	5th	10.8	53:04.50	17:05.0	53.07	53:15.26	30.1%
52	012	Kathy Black (F54)	35	F50-54	1st	13.9	58:44.39	18:54.4	58.73	58:58.28	30.3%
53	288	Lashawnda Waters (F48)	36	F45-49	6th	15.6	58:42.83	18:53.9	58.70	58:58.43	28.1%
54	215	Amy Mallet (F46)	37	F45-49	7th	13.7	101:42.35	19:51.7	61.70	101:56.03	26.2%
55	075	Liz Clark (F53)	38	F50-54	2nd	15.2	101:42.07	19:51.6	61.70	101:57.22	28.5%
							Average Finish Time:	38:45	Average Age Grade:		42.69%