

# Isaiah 40:31 Soaring 5K

Twin Lakes Nursery, Canton, TX

Saturday, October 23, 2021

65F Clear 100%H 7mphS  
5K Off :8:00 am

<b>5K MALE</b>		15 Runners --- Average Time of <b>32:17</b>		Avg. Age Grade: <b>49.6%</b>			Place in	
	Name	City	(Age)	Chip Time	Pace	Age Grade	OA	GD
<b>OVERALL</b>	<u>1</u> <b><u>Jaeden Miller</u></b>	Canton	(22)	<b>18:28.57</b>	5:56.8	<b>69.8%</b>	1	1
<b>OA 2nd</b>	<u>1</u> <b><u>Tj Kole</u></b>	Canton	(12)	<b>21:33.59</b>	6:56.4	<b>69.0%</b>	2	2
<b>OA 3rd</b>	<u>1</u> <b><u>Christian Jack</u></b>	Canton	(41)	<b>21:40.12</b>	6:58.5	<b>63.5%</b>	3	3
<b>M&lt;20</b>	<u>1</u> <b><u>Carson Hawkins</u></b>	Lindale	(13)	<b>28:28.11</b>	9:09.8	50.9%	9	7
	2 Braden Hawkins	Lindale	(18)	<b>30:44.08</b>	9:53.6	43.4%	14	9
	3 Lucas Gebert	Canton	(13)	<b>31:53.24</b>	10:15.8	45.5%	16	11
	4 Connor Chitty	Canton	(9)	<b>49:58.67</b>	16:05.2	32.7%	25	13
<b>M20-29</b>	<u>1</u> <b><u>Dalton Williams</u></b>	Lindale	(21)	<b>30:43.91</b>	9:53.5	42.1%	15	10
<b>M40-49</b>	<u>1</u> <b><u>Kevin Green</u></b>	Canton	(40)	<b>26:36.21</b>	8:33.8	51.3%	5	4
	2 Chris Benham	Crandall	(43)	<b>51:43.68</b>	16:39.0	27.0%	29	15
<b>M50+</b>	<u>1</u> <b><u>Lester Patton</u></b>	Canton	(65)	<b>26:49.14</b>	8:37.9	<b>62.5%</b>	6	5
	2 Alan Dover	Canton	(61)	<b>27:21.58</b>	8:48.4	59.1%	7	6
	3 Steve McDaniel	Kempner	(66)	<b>30:15.45</b>	9:44.3	56.0%	13	8
	4 Rod Hite	Canton	(55)	<b>37:32.18</b>	12:04.9	40.9%	20	12
	5 Mike Robertson	Lindale	(52)	<b>50:32.79</b>	16:16.2	29.7%	26	14

# 5K FEMALE

		20 Runners --- Average Time of <b>43:11</b>		Avg. Age Grade: <b>40.9%</b>			Place in	
Name		City	(Age)	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u>	<u>Macy Phillips</u>	Canton (31)	<b>23:30.55</b>	7:34.0	<b>63.0%</b>	4	<b>1</b>
OA 2nd	<u>1</u>	<u>Jacie Priest</u>	Canton (13)	<b>27:47.73</b>	8:56.8	57.5%	8	<b>2</b>
OA 3rd	<u>1</u>	<u>Cassandra Williams</u>	Lindale (47)	<b>28:34.67</b>	9:11.9	57.1%	10	<b>3</b>
F<20	<u>1</u>	<u>Annie Berendzen</u>	Canton (11)	<b>30:25.10</b>	9:47.4	54.7%	12	<b>5</b>
F20-29	<u>1</u>	<u>Shelby Cassidy</u>	Terrell (27)	<b>58:02.76</b>	18:41.0	25.5%	33	<b>18</b>
	2	Samantha McAfee	Terrell (25)	<b>58:03.28</b>	18:41.2	25.5%	34	<b>19</b>
F30-39	<u>1</u>	<u>Kelli Dover</u>	Canton (31)	<b>30:06.30</b>	9:41.4	49.2%	11	<b>4</b>
	2	Katie Skinner	Canton (37)	<b>33:46.15</b>	10:52.2	44.6%	19	<b>8</b>
	3	Lindsay Berendzen	Canton (35)	<b>57:39.11</b>	18:33.4	25.9%	32	<b>17</b>
F40-49	<u>1</u>	<u>Cindy Everett</u>	Wills Point (48)	<b>32:10.01</b>	10:21.2	51.3%	17	<b>6</b>
	2	Holly Huson	Canton (42)	<b>33:17.40</b>	10:42.9	46.7%	18	<b>7</b>
	3	Nancy Wiggins	Tyler (48)	<b>38:03.66</b>	12:15.0	43.4%	21	<b>9</b>
	4	Marta Morgan	Canton (43)	<b>49:08.47</b>	15:49.0	31.9%	24	<b>12</b>
	5	Deanna Hawkins	Lindale (42)	<b>49:11.04</b>	15:49.8	31.6%	23	<b>11</b>
	6	Sidney Burns	Canton (44)	<b>50:27.54</b>	16:14.5	31.4%	27	<b>13</b>
	7	Christi Benham	Crandall (44)	<b>51:42.11</b>	16:38.5	30.6%	28	<b>14</b>
	8	Lindsey Kole	Canton (40)	<b>53:48.81</b>	17:19.3	28.5%	30	<b>15</b>
F50+	<u>1</u>	<u>Carol Miracle</u>	Wills Point (60)	<b>38:30.54</b>	12:23.7	50.2%	22	<b>10</b>
	2	Cindy Harlan	Canton (61)	<b>53:48.41</b>	17:19.1	36.4%	31	<b>16</b>
	3	Elaine Bell	Canton (66)	<b>1:05:32.29</b>	21:05.7	32.2%	35	<b>20</b>

### Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	Clock Time	AgeGD
1	128		Jaeden Miller (M22)	1	M20-29	0A	---		18:28.57	5:56.8	18:28.57	69.8%
2	148		Tj Kole (M12)	2	M<20	02	---		21:33.59	6:56.4	21:33.59	69.0%
3	100		Christian Jack (M41)	3	M40-49	03	0.9		21:40.12	6:58.5	21:41.00	63.5%
4	216		Macy Phillips (F31)	1	F30-39	0A	9.3		23:30.55	7:34.0	23:39.86	63.0%
5	205		Kevin Green (M40)	4	M40-49	1st	10.3		26:36.21	8:33.8	26:46.48	51.3%
6	150		Lester Patton (M65)	5	M50+	1st	---		26:49.14	8:37.9	26:49.14	62.5%
7	211		Alan Dover (M61)	6	M50+	2nd	4.2		27:21.58	8:48.4	27:25.75	59.1%
8	215		Jacie Priest (F13)	2	F<20	02	5.0		27:47.73	8:56.8	27:52.74	57.5%
9	080		Carson Hawkins (M13)	7	M<20	1st	6.4		28:28.11	9:09.8	28:34.52	50.9%
10	214		Cassandra Williams (F47)	3	F40-49	03	5.1		28:34.67	9:11.9	28:39.80	57.1%
11	212		Kelli Dover (F31)	4	F30-39	1st	10.9		30:06.30	9:41.4	30:17.25	49.2%
12	200		Annie Berendzen (F11)	5	F<20	1st	0.2		30:25.10	9:47.4	30:25.31	54.7%
13	127		Steve McDaniel (M66)	8	M50+	3rd	10.2		30:15.45	9:44.3	30:25.61	56.0%
14	075		Braden Hawkins (M18)	9	M<20	2nd	6.7		30:44.08	9:53.6	30:50.80	43.4%
15	146		Dalton Williams (M21)	10	M20-29	1st	7.1		30:43.91	9:53.5	30:51.02	42.1%
16	166		Lucas Gebert (M13)	11	M<20	3rd	0.5		31:53.24	10:15.8	31:53.74	45.5%
17	071		Cindy Everett (F48)	6	F40-49	1st	11.0		32:10.01	10:21.2	32:21.05	51.3%
18	099		Holly Huson (F42)	7	F40-49	2nd	4.6		33:17.40	10:42.9	33:21.99	46.7%
19	139		Katie Skinner (F37)	8	F30-39	2nd	8.1		33:46.15	10:52.2	33:54.25	44.6%
20	098		Rod Hite (M55)	12	M50+	4th	8.7		37:32.18	12:04.9	37:40.93	40.9%
21	143		Nancy Wiggins (F48)	9	F40-49	3rd	11.9		38:03.66	12:15.0	38:15.58	43.4%
22	129		Carol Miracle (F60)	10	F50+	1st	10.8		38:30.54	12:23.7	38:41.37	50.2%
23	097		Deanna Hawkins (F42)	11	F40-49	5th	5.9		49:11.04	15:49.8	49:16.98	31.6%
24	130		Marta Morgan (F43)	12	F40-49	4th	8.7		49:08.47	15:49.0	49:17.13	31.9%
25	213		Connor Chitty (M9)	13	M<20	4th	38.7		49:58.67	16:05.2	50:37.35	32.7%
26	144		Mike Robertson (M52)	14	M50+	5th	7.6		50:32.79	16:16.2	50:40.35	29.7%
27	149		Sidney Burns (F44)	13	F40-49	6th	14.6		50:27.54	16:14.5	50:42.14	31.4%
28	016		Christi Benham (F44)	14	F40-49	7th	3.1		51:42.11	16:38.5	51:45.17	30.6%
29	006		Chris Benham (M43)	15	M40-49	2nd	2.2		51:43.68	16:39.0	51:45.89	27.0%
30	210		Lindsey Kole (F40)	15	F40-49	8th	20.6		53:48.81	17:19.3	54:09.43	28.5%
31	209		Cindy Harlan (F61)	16	F50+	2nd	21.1		53:48.41	17:19.1	54:09.49	36.4%
32	155		Lindsay Berendzen (F35)	17	F30-39	3rd	3.0		57:39.11	18:33.4	57:42.07	25.9%
33	064		Shelby Cassidy (F27)	18	F20-29	1st	12.1		58:02.76	18:41.0	58:14.88	25.5%
34	126		Samantha McAfee (F25)	19	F20-29	2nd	12.3		58:03.28	18:41.2	58:15.55	25.5%
35	189		Elaine Bell (F66)	20	F50+	3rd	1.0		1:05:32.29	21:05.7	1:05:33.31	32.2%
Average Finish Time:									38:30	Average Age Grade:		44.60%

GD Place among Females

Age Grading is based on 100% for World Record for given Age/Gender.