

Isaiah 40:31 Soaring 5K

Twin Lakes Nursery, Canton, TX

Saturday, March 28, 2026
63F Clear 89% H 8mph SSW
5K Off :8:00 am

5K MALE

		27 Runners --- Average Time of 32:01		Avg. Age Grade: 50.3%		Place in	
	Name	City	(Age)	Chip Time	Pace	Age Grade	OA GD
OVERALL	<u>1</u> Daniel Zarate	Canton	(16)	18:12.47	5:51.6	75.2%	1 1
OA 2nd	<u>1</u> Evan Beaubien	Athens	(13)	20:52.23	6:43.1	69.5%	2 2
OA 3rd	<u>1</u> Liam Tamayo	Midlothian	(14)	22:17.65	7:10.5	63.6%	3 3
M<20	<u>1</u> Jareth Collier	Midlothian	(13)	22:32.92	7:15.5	64.3%	4 4
	2 Brady Abbott	Canton	(16)	22:38.75	7:17.3	60.5%	6 5
	3 Elliott Morgan	Canton	(15)	28:11.83	9:04.5	49.4%	14 13
	4 Caleb Abbott	Canton	(13)	30:46.08	9:54.2	47.1%	21 16
	5 Rhett Griffin	Canton	(15)	41:45.93	13:26.6	33.3%	37 24
	6 Kolson Butler	Canton	(8)	55:18.68	17:48.2	30.8%	52 26
M20-49	<u>1</u> Nicholas Begley	Grand Prairie	(31)	23:44.21	7:38.4	54.6%	7 6
	2 Dj Ivy		(45)	24:31.10	7:53.5	57.8%	8 7
	3 Kevin Green	Canton	(44)	24:31.55	7:53.6	57.4%	9 8
	4 Chet Clayton	Canton	(47)	28:31.16	9:10.8	50.5%	15 14
	5 Scott Hyde	Mabank	(44)	29:13.64	9:24.4	48.1%	17 15
	6 Chris Massey	Canton	(42)	31:54.96	10:16.4	43.4%	25 18
	7 Josh Clark	Edgewood	(33)	33:11.54	10:41.0	39.3%	27 20
	8 Matthew Monds	Van	(29)	36:15.26	11:40.2	35.6%	30 21
	9 John Wagner	Canton	(48)	38:28.88	12:23.2	37.7%	32 22
M50+	<u>1</u> Jonathan Bonde	Canton	(58)	25:04.89	8:04.4	62.8%	10 9
	2 Dudley Wright	Mabank	(62)	25:27.28	8:11.6	64.1%	11 10
	3 Josh Petree	Canton	(51)	26:07.36	8:24.5	56.9%	12 11
	4 Lester Patton	Canton	(70)	27:57.58	8:60.0	63.0%	13 12
	5 Mike Roberson	Wills point	(56)	31:11.68	10:02.4	49.7%	23 17
	6 Alan Dover	Canton	(65)	32:47.33	10:33.2	51.2%	26 19
	7 Donnie Davis	Canton	(65)	40:58.24	13:11.2	40.9%	34 23
	8 Glenn Stern	Canton	(53)	54:39.70	17:35.6	27.6%	46 25
	9 Bryan Fain (Sharon's Place)	Canton	(60)	1:07:22.08	21:41.0	23.8%	58 27

5K FEMALE

		31 Runners --- Average Time of 44:54 Avg. Age Grade: 39.4%			Place in			
	Name	City	(Age)	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <u>Macy Phillips</u>	Canton	(36)	22:25.43	7:13.1	66.9%	5	1
OA 2nd	<u>1</u> <u>Erynn Moore</u>	Ben Wheeler	(36)	29:12.83	9:24.2	51.4%	16	2
OA 3rd	<u>1</u> <u>Jessica Sheppard</u>	Van	(46)	29:48.83	9:35.8	54.1%	18	3
F<20	<u>1</u> <u>Skylar Wagner</u>	Canton	(9)	41:07.40	13:14.2	42.7%	35	12
	2 Aisley Liptak		(14)	41:45.09	13:26.3	37.6%	36	13
	3 Jacy Collier	Midlothian	(11)	51:20.39	16:31.5	32.4%	44	20
F30-39	<u>1</u> <u>Kelli Dover</u>	Canton	(35)	30:17.87	9:45.1	49.4%	20	5
	2 Liliya Getmanchuk	Canton	(38)	31:05.86	10:00.6	48.7%	24	7
	3 Kelly Begley	Grand Prairie	(32)	33:38.41	10:49.7	44.1%	28	8
	4 Courtney Clark	Edgewood	(32)	42:38.25	13:43.4	34.8%	38	14
	5 Amber Gilliam	Canton	(36)	54:43.74	17:36.9	27.4%	47	22
	6 Allison Knowles	Canton	(36)	57:52.22	18:37.6	25.9%	56	30
F40-49	<u>1</u> <u>Ashley Deen</u>	Athens	(42)	29:51.71	9:36.7	52.1%	19	4
	2 Amber Wampler	Canton	(40)	35:57.77	11:34.5	42.6%	29	9
	3 Marta Morgan	Canton	(48)	39:56.46	12:51.3	41.3%	33	11
	4 Erika Garcia	Canton	(41)	51:12.64	16:29.0	30.1%	42	18
	5 Holly Huson	Van	(47)	51:12.94	16:29.1	31.9%	43	19
	6 Kelsey Daniels		(48)	53:32.02	17:13.9	30.8%	49	24
	7 Stacey Toliver	Canton	(43)	53:32.56	17:14.0	29.3%	50	25
	8 Brandy Floyd- Coburn	Canton	(45)	53:39.09	17:16.1	29.8%	51	26
	9 Tracy Alvarez	Canton	(48)	54:43.81	17:37.0	30.2%	48	23
	10 Kiesia Butler	Canton	(48)	55:21.34	17:49.0	29.8%	53	27
F50+	<u>1</u> <u>Rachel Snow</u>	Athens	(54)	30:59.94	9:58.7	57.4%	22	6
	2 Jacqueline Petree	Canton	(53)	36:40.90	11:48.4	47.9%	31	10
	3 Cindy Everett	Wills Point	(52)	49:34.42	15:57.4	35.0%	39	15
	4 Carol Miracle	Wills Point	(64)	49:35.10	15:57.6	41.3%	40	16
	5 Robin Scott	Canton	(66)	49:35.85	15:57.8	42.6%	41	17
	6 Natalie Roberts	Canton	(51)	49:47.18	16:01.5	34.4%	45	21
	7 Shirley Bogue	Van	(68)	56:34.17	18:12.5	38.6%	55	29
	8 Lori Herron	Van	(56)	56:38.58	18:13.9	32.3%	54	28
	9 Sharon Fain (Sharon's Place)	Canton	(60)	1:07:20.98	21:40.7	28.7%	57	31

1K MALE

		14 Runners --- Average Time of		7:52	Avg. Age Grade: 36.9%		Place in	
	Name	City	(Age)	Chip Time	Pace	Age Grade	OA	GD
0-99	<u>1</u> Bo Tabraham	Canton	(8)	4:20.34	6:59.0	70.1%	2	1
	2 Crew Melton		(4)	5:31.29	8:53.2		3	2
	3 Colton Walters	Canton	(8)	7:42.54	12:24.5	39.5%	8	3
	4 Leo Forest	Canton	(60)	7:46.52	12:30.9	36.9%	10	4
	5 Eleazar Alejos	Canton	(4)	8:10.34	13:09.2		12	5
	6 Francisco Alejos	Canton	(34)	8:10.76	13:09.9	28.6%	13	6
	7 Austin Melton		(36)	8:11.25	13:10.7	28.9%	19	9
	8 Francisco Alejos	Canton	(71)	8:15.32	13:17.2	38.6%	14	7
	9 Eric Wallace	Canton	(60)	8:16.83	13:19.7	34.6%	18	8
	10 William Griffin		(45)	8:18.05	13:21.6	30.5%	20	10
	11 James Burt (Sharon's Place)	Canton	(60)	8:19.66	13:24.2	34.4%	23	11
	12 Ronnie Chambers	Canton	(60)	8:20.64	13:25.8	34.3%	25	12
	13 Jeff Post	Canton	(60)	9:14.35	14:52.3	31.0%	28	13
	14 Kevin Tanzillo (Sharon's Place)	Canton	(74)	9:34.57	15:24.8	34.8%	29	14

1K FEMALE

		15 Runners --- Average Time of		7:39	Avg. Age Grade: 44.6%		Place in	
	Name	City	(Age)	Chip Time	Pace	Age Grade	OA	GD
0-99	<u>1</u> Sawyer Wagner	Canton	(9)	4:18.16	6:55.5	71.8%	1	1
	2 Christina Durham	Canton	(29)	5:40.48	9:08.0	45.9%	4	2
	3 Lilia Durham	Canton	(59)	6:11.21	9:57.5	56.5%	5	3
	4 Patti Tabraham	Canton	(65)	7:37.16	12:15.8	50.2%	6	4
	5 Baily Tabraham	Canton	(34)	7:40.65	12:21.4	34.4%	7	5
	6 Sarah Sunday	Canton	(60)	7:47.75	12:32.9	45.5%	9	6
	7 Nikki Jo Dick	Canton	(60)	7:50.78	12:37.7	45.2%	11	7
	8 Natalie Walters	Canton	(15)	8:09.39	13:07.7	33.4%	15	8
	9 Michelle Ebarb (Sharon's Place)	Canton	(60)	8:14.79	13:16.4	43.0%	17	10
	10 Fritz Gilbreth	Wills Point	(77)	8:17.81	13:21.3	56.8%	21	11
	11 Kayla Alejos	Canton	(38)	8:18.47	13:22.3	32.5%	16	9
	12 Diane Burt (Sharon's Place)	Canton	(60)	8:19.64	13:24.2	42.6%	24	13
	13 Kristine Tanzillo	Canton	(60)	8:19.75	13:24.4	42.6%	22	12
	14 Ashton Melton	Canton	(35)	8:48.91	14:11.3	30.1%	26	14
	15 Cassie Dick	Canton	(60)	9:16.38	14:55.5	38.2%	27	15

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	Clock Time	AgeGD
1	219 Daniel Zarate (M16)	1	M<20	0A	0.1				18:12.47	5:51.6	18:12.55	75.2%
2	105 Evan Beaubien (M13)	2	M<20	02	0.5				20:52.23	6:43.1	20:52.72	69.5%
3	195 Liam Tamayo (M14)	3	M<20	03	1.0				22:17.65	7:10.5	22:18.63	63.6%
4	122 Jareth Collier (M13)	4	M<20	1st	0.8				22:32.92	7:15.5	22:33.70	64.3%
5	182 Macy Phillips (F36)	1	F30-39	0A	10.0				22:25.43	7:13.1	22:35.41	66.9%
6	101 Brady Abbott (M16)	5	M<20	2nd	0.3				22:38.75	7:17.3	22:39.04	60.5%
7	107 Nicholas Begley (M31)	6	M20-49	1st	20.0				23:44.21	7:38.4	24:04.17	54.6%
8	221 Dj Ivy (M45)	7	M20-49	2nd	6.0				24:31.10	7:53.5	24:37.08	57.8%
9	151 Kevin Green (M44)	8	M20-49	3rd	6.0				24:31.55	7:53.6	24:37.54	57.4%
10	109 Jonathan Bonde (M58)	9	M50+	1st	7.0				25:04.89	8:04.4	25:11.88	62.8%
11	216 Dudley Wright (M62)	10	M50+	2nd	3.0				25:27.28	8:11.6	25:30.27	64.1%
12	179 Josh Petree (M51)	11	M50+	3rd	12.0				26:07.36	8:24.5	26:19.34	56.9%
13	178 Lester Patton (M70)	12	M50+	4th	3.0				27:57.58	8:60.0	28:00.57	63.0%
14	177 Elliott Morgan (M15)	13	M<20	3rd	16.7				28:11.83	9:04.5	28:28.58	49.4%
15	118 Chet Clayton (M47)	14	M20-49	4th	12.9				28:31.16	9:10.8	28:44.01	50.5%
16	175 Erynn Moore (F36)	2	F30-39	02	9.0				29:12.83	9:24.2	29:21.81	51.4%
17	167 Scott Hyde (M44)	15	M20-49	5th	16.3				29:13.64	9:24.4	29:29.99	48.1%
18	190 Jessica Sheppard (F46)	3	F40-49	03	3.0				29:48.83	9:35.8	29:51.82	54.1%
19	135 Ashley Deen (F42)	4	F40-49	1st	8.0				29:51.71	9:36.7	29:59.70	52.1%
20	138 Kelli Dover (F35)	5	F30-39	1st	20.8				30:17.87	9:45.1	30:38.71	49.4%
21	102 Caleb Abbott (M13)	16	M<20	4th	0.3				30:46.08	9:54.2	30:46.37	47.1%
22	191 Rachel Snow (F54)	6	F50+	1st	8.0				30:59.94	9:58.7	31:07.93	57.4%
23	185 Mike Roberson (M56)	17	M50+	5th	4.0				31:11.68	10:02.4	31:15.66	49.7%
24	149 Liliya Getmanchuk (F38)	7	F30-39	2nd	23.1				31:05.86	10:00.6	31:28.98	48.7%
25	171 Chris Massey (M42)	18	M20-49	6th	14.8				31:54.96	10:16.4	32:09.80	43.4%
26	136 Alan Dover (M65)	19	M50+	6th	4.0				32:47.33	10:33.2	32:51.31	51.2%
27	117 Josh Clark (M33)	20	M20-49	7th	9.0				33:11.54	10:41.0	33:20.52	39.3%
28	106 Kelly Begley (F32)	8	F30-39	3rd	59.9				33:38.41	10:49.7	34:38.27	44.1%
29	214 Amber Wampler (F40)	9	F40-49	2nd	17.9				35:57.77	11:34.5	36:15.65	42.6%
30	174 Matthew Monds (M29)	21	M20-49	8th	4.0				36:15.26	11:40.2	36:19.25	35.6%
31	180 Jacqueline Petree (F53)	10	F50+	2nd	22.4				36:40.90	11:48.4	37:03.27	47.9%
32	198 John Wagner (M48)	22	M20-49	9th	7.0				38:28.88	12:23.2	38:35.87	37.7%
33	176 Marta Morgan (F48)	11	F40-49	3rd	17.5				39:56.46	12:51.3	40:13.95	41.3%
34	128 Donnie Davis (M65)	23	M50+	7th	14.2				40:58.24	13:11.2	41:12.46	40.9%
35	200 Skylar Wagner (F9)	12	F<20	1st	7.0				41:07.40	13:14.2	41:14.38	42.7%
36	225 Aisley Liptak (F14)	13	F<20	2nd	22.6				41:45.09	13:26.3	42:07.67	37.6%
37	152 Rhett Griffin (M15)	24	M<20	5th	21.8				41:45.93	13:26.6	42:07.68	33.3%
38	116 Courtney Clark (F32)	14	F30-39	4th	10.0				42:38.25	13:43.4	42:48.23	34.8%
39	144 Cindy Everett (F52)	15	F50+	3rd	25.2				49:34.42	15:57.4	49:59.59	35.0%
40	173 Carol Miracle (F64)	16	F50+	4th	25.3				49:35.10	15:57.6	50:00.43	41.3%
41	189 Robin Scott (F66)	17	F50+	5th	24.8				49:35.85	15:57.8	50:00.62	42.6%
42	148 Erika Garcia (F41)	18	F40-49	4th	14.0				51:12.64	16:29.0	51:26.65	30.1%
43	165 Holly Huson (F47)	19	F40-49	5th	14.3				51:12.94	16:29.1	51:27.23	31.9%
44	123 Jacy Collier (F11)	20	F<20	3rd	7.0				51:20.39	16:31.5	51:27.38	32.4%
45	187 Natalie Roberts (F51)	21	F50+	6th	126.0				49:47.18	16:01.5	51:53.23	34.4%
46	194 Glenn Stern (M53)	25	M50+	8th	26.6				54:39.70	17:35.6	55:06.34	27.6%

GD Place among Females

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

47	150	Amber Gilliam (F36)	22	F30-39	5th	23.2			54:43.74	17:36.9	55:06.90	27.4%
48	103	Tracy Alvarez (F48)	23	F40-49	9th	24.2			54:43.81	17:37.0	55:07.97	30.2%
49	220	Kelsey Daniels (F48)	24	F40-49	6th	127.7			53:32.02	17:13.9	55:39.74	30.8%
50	196	Stacey Toliver (F43)	25	F40-49	7th	127.7			53:32.56	17:14.0	55:40.28	29.3%
51	147	Brandy Floyd- Coburn (F45)	26	F40-49	8th	126.8			53:39.09	17:16.1	55:45.93	29.8%
52	115	Kolson Butler (M8)	26	M<20	6th	35.4			55:18.68	17:48.2	55:54.08	30.8%
53	113	Kiesia Butler (F48)	27	F40-49	10th	34.6			55:21.34	17:49.0	55:55.98	29.8%
54	159	Lori Herron (F56)	28	F50+	8th	28.5			56:38.58	18:13.9	57:07.08	32.3%
55	108	Shirley Bogue (F68)	29	F50+	7th	34.0			56:34.17	18:12.5	57:08.15	38.6%
56	170	Allison Knowles (F36)	30	F30-39	6th	---			57:52.22	18:37.6	57:52.22	25.9%
57	146	Sharon Fain (Sharon's Place)	31	F50+	9th	16.0			1:07:20.98	21:40.7	1:07:37.01	28.7%
58	145	Bryan Fain (Sharon's Place)	27	M50+	9th	15.9			1:07:22.08	21:41.0	1:07:37.99	23.8%

Average Finish Time: **38:54** Average Age Grade: **44.49%**

1K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	Net Chip Time	Pace	Clock Time	AgeGD
1	209	Sawyer Wagner (F9)	1	0-99	1st	1.8			4:18.16	6:55.5	4:20.00	71.8%
2	824	Bo Tabraham (M8)	1	0-99	2nd	1.7			4:20.34	6:59.0	4:22.00	70.1%
3	818	Crew Melton (M4)	2	0-99	3rd	11.8			5:31.29	8:53.2	5:43.07	
4	142	Christina Durham (F29)	2	0-99	4th	3.4			5:40.48	9:08.0	5:43.85	45.9%
5	140	Lilia Durham (F59)	3	0-99	5th	4.4			6:11.21	9:57.5	6:15.60	56.5%
6	823	Patti Tabraham (F65)	4	0-99	6th	4.9			7:37.16	12:15.8	7:42.09	50.2%
7	822	Baily Tabraham (F34)	5	0-99	7th	3.4			7:40.65	12:21.4	7:44.02	34.4%
8	213	Colton Walters (M8)	3	0-99	8th	12.0			7:42.54	12:24.5	7:54.52	39.5%
9	821	Sarah Sunday (F60)	6	0-99	10th	8.4			7:47.75	12:32.9	7:56.15	45.5%
10	811	Leo Forest (M60)	4	0-99	9th	10.1			7:46.52	12:30.9	7:56.60	36.9%
11	809	Nikki Jo Dick (F60)	7	0-99	11th	7.7			7:50.78	12:37.7	7:58.49	45.2%
12	804	Eleazar Alejos (M4)	5	0-99	13th	1.9			8:10.34	13:09.2	8:12.21	
13	802	Francisco Alejos (M34)	6	0-99	14th	1.7			8:10.76	13:09.9	8:12.48	28.6%
14	829	Francisco Alejos (M71)	7	0-99	17th	1.8			8:15.32	13:17.2	8:17.16	38.6%
15	212	Natalie Walters (F15)	8	0-99	12th	10.7			8:09.39	13:07.7	8:20.06	33.4%
16	801	Kayla Alejos (F38)	9	0-99	21th	3.2			8:18.47	13:22.3	8:21.62	32.5%
17	810	Michelle Ebarb (Sharon's Pla	10	0-99	16th	8.7			8:14.79	13:16.4	8:23.45	43.0%
18	828	Eric Wallace (M60)	8	0-99	18th	6.8			8:16.83	13:19.7	8:23.64	34.6%
19	817	Austin Melton (M36)	9	0-99	15th	14.0			8:11.25	13:10.7	8:25.26	28.9%
20	833	William Griffin (M45)	10	0-99	20th	7.7			8:18.05	13:21.6	8:25.76	30.5%
21	812	Fritz Gilbreth (F77)	11	0-99	19th	9.0			8:17.81	13:21.3	8:26.81	56.8%
22	826	Kristine Tanzillo (F60)	12	0-99	24th	11.5			8:19.75	13:24.4	8:31.26	42.6%
23	805	James Burt (Sharon's Place)	11	0-99	23th	12.2			8:19.66	13:24.2	8:31.88	34.4%
24	806	Diane Burt (Sharon's Place)	13	0-99	22th	12.3			8:19.64	13:24.2	8:31.89	42.6%
25	807	Ronnie Chambers (M60)	12	0-99	25th	11.3			8:20.64	13:25.8	8:31.93	34.3%
26	816	Ashton Melton (F35)	14	0-99	26th	14.9			8:48.91	14:11.3	9:03.86	30.1%
27	808	Cassie Dick (F60)	15	0-99	28th	9.3			9:16.38	14:55.5	9:25.71	38.2%
28	820	Jeff Post (M60)	13	0-99	27th	11.5			9:14.35	14:52.3	9:25.82	31.0%
29	827	Kevin Tanzillo (Sharon's Plac	14	0-99	29th	---			9:34.57	15:24.8	9:34.57	34.8%

Average Finish Time: **07:45** Average Age Grade: **41.15%**