

Plano Pacers Fresh Start 5K, 10K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX

Saturday January 29, 2022

5K TOP FINISHERS

MEN		WOMEN			
1	Meng Zhao	17:18	1	Abigail Bray	20:49
2	Gavin Gajraj	18:02	2	Ashley Gray	21:21
3	Austin Jackson	18:26	3	Nancy Nguyen	22:36
4	Matthew Parks	19:16	4	Andrea Hudson Baldwin	23:03
5	Fernando Garcia	19:25	5	Kherington Glover	23:20
6	William Moore	19:53	6	Kenzie Linton	23:20
7	Christian Linton	19:55	7	Wen You	24:05
8	Shawn McCawley	20:06	8	Serene Dennen	24:43
9	Kevin Newton	21:15	9	Rachel Grabow	25:11
10	Guillermo Toral	21:41	10	Cassandra Eipper	25:18
Overall:	Meng Zhao	17:18	Overall:	Abigail Bray	20:49
Master:	Fernando Garcia	19:25	Master:	Nancy Nguyen	22:36
Senior:	William Moore	19:53	Senior:	Andrea Hudson Baldwin	23:03
9-un:	Miles Fosler	39:24	9-un:	Eleanor Matheney	31:43
	Jonathan Glover	50:29			
	Michael Solano	1:34:16			
10-14:	Christian Linton	19:55	10-14:	Kherington Glover	23:20
	Kaleb Mims	21:53		Janie Linton	29:03
	Samuel Nowell	22:00		Allie Smith	34:36
15-19:	Gavin Gajraj	18:02	15-19:	Ashley Gray	21:21
	Austin Jackson	18:26		Kenzie Linton	23:20
	Matthew Parks	19:16		Natalie Nguyen	27:20
			20-24:	Ryan Baldrige	27:43
25-29:	Nick Prax	31:42	25-29:	Terisha Kolencherry	40:44
30-34:	Michael De Laey	21:49	30-34:	Cassandra Eipper	25:18
	Taisong He	23:19			
	Delaney Burns	23:49			
35-39:	Kevin Newton	21:15	35-39:	Rachel Grabow	25:11
	Aaron Gurnea	26:05		Sarah Chandler	28:55
	Harold Balatbat	28:21		Jamie Fosler	39:25
40-44:	Gene Scaife	22:01	40-44:	Andreea Nguyen	28:18
	Arturo Navarro	26:28		Robyn Bray	29:04
				Jenny Smith	30:29
45-49:	Shawn McCawley	20:06	45-49:	Serene Dennen	24:43
	Guillermo Toral	21:41		Sonia Ahuja	33:39
	Rick Nguyen	21:56		Renita Nayar	38:26
50-54:	Robert Dennen	29:05	50-54:	Wen You	24:05
	Ryan Pogue	31:03		Michelle Bouck	29:29
55-59:	Zunxuan Chen	22:56	55-59:	Xiaoge She	26:33
	Vijayan Nair	22:58		Enxi Huang	33:38
	Lixiang Chen	23:13		Martha Kuhlman	55:18

60-64:	Ron Wahlquist	22:12	60-64:	Debbie Brewer	30:09
				Adelisa Grace Walker	37:44
				Lynne Najera	42:56
65-69:	Mike Picard	32:50	65-69:	Terry Gonzalez	31:37
	J J Jenkins	34:34		Debye Humphrey	37:30
	Rafael Mares	41:02			
70-74:	Michael Zinn	31:00	70-74:	Marisa Quinones	1:16:05
	Bill Duffy	40:51			
75-79:	Bill Shirley	32:26	75-79:	Nancy Lowden	50:08
	Thomas Vaughn	47:31			
80-ov:	James Thruston	41:22			
	James Gabhart	42:18			
	Jan De Laet	48:27			
Clydes:	Jeff Majors	36:33	Athena:	Melanee Siebert	27:28
	William Swafford	43:36		Jeanmarie Holm	32:09
	Ed Humphrey	48:36		Rachel Marquez	44:27

10K TOP FINISHERS

MEN			WOMEN		
1	Gustavo Aguirre	36:57	1	Jennifer Pope	39:43
2	Jose Lopez	37:22	2	Tara Bouck	42:30
3	Francisco Adame	37:31	3	Xiaolu Cui	46:38
4	Joshua Scaife	39:54	4	Stephanie Bache	49:47
5	David Saukam	40:12	5	Beth Nowell	50:41
6	Felix Gonzalez	40:36	6	Linda Kelly	50:43
7	Paul Barker	40:38	7	Nicole Avila	53:48
8	Brady Amerson	41:04	8	Susan Waldron	53:53
9	Michael Held	41:05	9	Joy McGowen	53:54
10	Bob Landon	41:31	10	Yunxia Cai	54:15
Overall:	Gustavo Aguirre	36:57	Overall:	Jennifer Pope	39:43
Master:	Francisco Adame	37:31	Master:	Stephanie Bache	49:47
Senior:	Michael Held	41:05	Senior:	Linda Kelly	50:43
10-14:	Brady Amerson	41:04			
	Kevin Glover	43:20			
15-19:	Joshua Scaife	39:54	15-19:	Tara Bouck	42:30
			25-29:	Nicole Avila	53:48
				Susan Waldron	53:53
				Joy McGowen	53:54
35-39:	Jose Lopez	37:22	35-39:	Xiaolu Cui	46:38
	Michael Sasala	43:00		Erin Glover	59:24
	Matthew Cunningham	52:54		Erin Larue	1:00:19
40-44:	Felix Gonzalez	40:36	40-44:	Beth Nowell	50:41
	Jason Bogardus	41:47		Karoll Delgado	57:20
	Greg Amerson	48:15		Prabha Atluri	1:05:16
45-49:	David Saukam	40:12	45-49:	Jie Wang	56:11
	O'Neal Barnett	44:18		Julie Kaner	57:00
	Chad Kaneshige	49:28			

50-54:	Paul Barker	40:38	50-54:	Yunxia Cai	54:15
	Johnny Chen	44:17		Charlene Johnson	55:57
	Daniele Vellani	45:24		Debbie Riedner	1:07:47
55-59:	Gustavo Aguirre	42:11	55-59:	Renee Mitchell	57:56
	John Cosentino	44:24		Hongjian Li	59:01
	Stephen Russo	45:31		Gowa Borzigin	59:13
60-64:	Bob Landon	41:31			
	Jeff Smith	55:53			
	Shungo Saito	1:07:02			
65-69:	Bob Smeby	44:58	65-69:	Sunao Saito	1:00:31
	Cary Sherf	49:13			
	Sigi Diaz	53:47			
70-74:	Xinji Li	1:13:25	70-74:	Sharon Byrne	1:21:08
Clydes:	John Kramer	1:43:14			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Angel Garcia	5:08	1 Bobbi Hendricks	6:03
2	Michael Solano	5:58	2 Amelia Fosler	6:27
BOYS 7-9		GIRLS 7-9		
1	Teddy Hendricks	4:55	1 Ruby Lopez	5:18
2	Walter Smith	4:57	2 Annabelle Nowell	5:31
BOYS 10-12		GIRLS 10-12		
1	Bryce Linton	4:14	1 Annabelle Angeles	3:54
2	Joshua Wales	4:33	2 Abby Woodson	4:38

Plano Pacers 5K Results---Saturday, January 29, 2022

			FinTime	Pace	5Keq	Score
1.	Meng Zhao	47 m	17:18	05:34	17.3	94.0
2.	Gavin Gajraj	18 m	18:02	05:48	18.0	86.0
3.	Austin Jackson	15 m	18:26	05:56	18.4	87.7
4.	Matthew Parks	18 m	19:16	06:12	19.3	80.5
5.	Fernando Garcia	44 m	19:25	06:15	19.4	82.3
6.	William Moore	60 m	19:53	06:24	19.9	90.5
7.	Christian Linton	12 m	19:55	06:25	19.9	86.8
8.	Shawn McCawley	45 m	20:06	06:28	20.1	79.9
9.	Abigail Bray	15 f	20:49	06:42	20.8	88.0
10.	Kevin Newton	38 m	21:15	06:50	21.2	72.9
11.	Ashley Gray	17 f	21:21	06:52	21.3	83.3
12.	Guillermo Toral	49 m	21:41	06:59	21.7	76.0
13.	Michael De Laey	34 m	21:49	07:01	21.8	69.8
14.	Kaleb Mims	14 m	21:53	07:03	21.9	75.3
15.	Rick Nguyen	49 m	21:56	07:04	21.9	75.2
16.	Samuel Nowell	10 m	22:00	07:05	22.0	83.9
17.	Gene Scaife	44 m	22:01	07:05	22.0	72.6
18.	Pierre Lapointe	45 m	22:04	07:06	22.1	72.8
19.	Ron Wahlquist	64 m	22:12	07:09	22.2	84.3
20.	Nancy Nguyen	45 f	22:36	07:16	22.6	80.6
21.	Zunxuan Chen	56 m	22:56	07:23	22.9	75.8
22.	Vijayan Nair	59 m	22:58	07:24	23.0	77.7
23.	Andrea Hudson Baldwin	62 f	23:03	07:25	23.0	90.2
24.	Lixiang Chen	56 m	23:13	07:28	23.2	74.9
25.	Taisong He	30 m	23:19	07:30	23.3	64.6
26.	Kherington Glover	12 f	23:20	07:31	23.3	84.0

27.	Kenzie Linton	15 f	23:20	07:31	23.3	78.5
28.	Delaney Burns	32 m	23:49	07:40	23.8	63.6
29.	Bryce Linton	10 m	23:51	07:41	23.8	77.4
30.	Wen You	52 f	24:05	07:45	24.1	79.3
31.	Serene Dennen	47 f	24:43	07:57	24.7	74.6
32.	Jeffrey Coates	32 m	25:02	08:03	25.0	60.5
33.	Rachel Grabow	38 f	25:11	08:06	25.2	69.7
34.	Cassandra Eipper	33 f	25:18	08:09	25.3	68.0
35.	Aaron Gurnea	35 m	26:05	08:24	26.1	58.6
36.	Arturo Navarro	44 m	26:28	08:31	26.5	60.4
37.	Xiaoge She	59 f	26:33	08:33	26.5	76.1
38.	Natalie Nguyen	15 f	27:20	08:48	27.3	67.0
39.	Melanee Siebert	40 f	27:28	08:50	27.5	64.5
40.	Ryan Baldrige	24 f	27:43	08:55	27.7	61.4
41.	Nathan Nguyen	14 m	28:16	09:06	28.3	58.3
42.	Andreea Nguyen	42 f	28:18	09:07	28.3	63.3
43.	Harold Balatbat	39 m	28:21	09:07	28.3	54.9
44.	Sarah Chandler	35 f	28:55	09:18	28.9	59.9
45.	Janie Linton	14 f	29:03	09:21	29.0	64.3
46.	Robyn Bray	41 f	29:04	09:21	29.1	61.3
47.	Robert Dennen	51 m	29:05	09:22	29.1	57.5
48.	Song Wu	56 m	29:18	09:26	29.3	59.3
49.	Joshua Wales	10 m	29:19	09:26	29.3	62.9
50.	Michelle Bouck	53 f	29:29	09:29	29.5	65.2
51.	Debbie Brewer	62 f	30:09	09:42	30.1	69.0
52.	Jenny Smith	42 f	30:29	09:49	30.5	58.7
53.	Missy Wilson	42 f	30:37	09:51	30.6	58.5
54.	Michael Zinn	74 m	31:00	09:59	31.0	67.7
55.	Ryan Pogue	50 m	31:03	10:00	31.0	53.5
56.	Terry Gonzalez	67 f	31:37	10:11	31.6	69.3
57.	Nick Prax	27 m	31:42	10:12	31.7	47.3
58.	Joshua Matheney	32 m	31:43	10:13	31.7	47.7
59.	Eleanor Matheney	8 f	31:43	10:13	31.7	71.8
60.	Jeanmarie Holm	60 f	32:09	10:21	32.1	63.5
61.	Bill Shirley	78 m	32:26	10:26	32.4	68.3
62.	Mike Picard	68 m	32:50	10:34	32.8	59.5
63.	Enxi Huang	57 f	33:38	10:50	33.6	59.1
64.	Sonia Ahuja	46 f	33:39	10:50	33.6	54.5
65.	Sarah Wales	41 f	33:48	10:53	33.8	52.7
66.	J J Jenkins	69 m	34:34	11:08	34.6	57.2
67.	Allie Smith	12 f	34:36	11:08	34.6	56.6
68.	Jeff Majors	51 m	36:33	11:46	36.5	45.7
69.	Alina Nguyen	13 f	36:47	11:50	36.8	51.9
70.	Debye Humphrey	67 f	37:30	12:04	37.5	58.4
71.	Adelisa Grace Walker	61 f	37:44	12:09	37.7	54.6
72.	Renita Nayar	48 f	38:26	12:22	38.4	48.3
73.	Sui Ruan	48 f	38:41	12:27	38.7	48.0
74.	Shilpa Krishnan	45 f	39:07	12:35	39.1	46.6
75.	Miles Fosler	6 m	39:24	12:41	39.4	56.8
76.	Jamie Fosler	35 f	39:25	12:41	39.4	44.0
77.	Madhavi Nair	48 f	39:50	12:49	39.8	46.6
78.	Terisha Kolencherry	25 f	40:44	13:07	40.7	41.8
79.	Bill Duffy	71 m	40:51	13:09	40.8	49.5
80.	Rafael Mares	65 m	41:02	13:12	41.0	46.1
81.	James Thruston	84 m	41:22	13:19	41.4	58.6
82.	Sophia Nguyen	12 f	41:26	13:20	41.4	47.3
83.	James Gabhart	80 m	42:18	13:37	42.3	53.9
84.	Lynne Najera	64 f	42:56	13:49	42.9	49.4
85.	William Swafford	70 m	43:36	14:02	43.6	45.8
86.	Rachel Marquez	33 f	44:27	14:18	44.4	38.7
87.	Shruti Sharm	45 f	45:25	14:37	45.4	40.1
88.	Trupti Thakkar	46 f	45:26	14:37	45.4	40.3
89.	Thomas Vaughn	76 m	47:31	15:18	47.5	45.4

90.	Jan De Laet	81 m	48:27	15:36	48.4	47.8
91.	Ed Humphrey	70 m	48:36	15:39	48.6	41.1
92.	Sharat Chalasani	36 m	49:34	15:57	49.6	31.0
93.	Nancy Lowden	79 f	50:08	16:08	50.1	50.8
94.	Jonathan Glover	8 m	50:29	16:15	50.5	39.8
95.	Ryan Glover	38 m	50:29	16:15	50.5	30.7
96.	Martha Kuhlman	57 f	55:18	17:48	55.3	35.9
97.	Ann Gadberry	62 f	55:19	17:48	55.3	37.6
98.	Marisa Quinones	72 f	16:05	05:11	16.1	144.3
99.	Anjelica Solano	36 f	34:15	11:01	34.2	50.8
100.	Michael Solano	6 m	34:16	11:02	34.3	65.4

Plano Pacers 10K Results---Saturday, January 29, 2022

			FinTime	Pace	5Keq	Score
1.	Gustavo Aguirre	29 m	0:36:57	05:57	17.6	85.5
2.	Jose Lopez	36 m	0:37:22	06:01	17.8	86.3
3.	Francisco Adame	48 m	0:37:31	06:02	17.9	91.7
4.	Jennifer Pope	35 f	0:39:43	06:24	18.9	91.6
5.	Joshua Scaife	16 m	0:39:54	06:25	19.0	83.7
6.	David Saukam	47 m	0:40:12	06:28	19.1	85.0
7.	Felix Gonzalez	43 m	0:40:36	06:32	19.3	82.2
8.	Paul Barker	52 m	0:40:38	06:32	19.3	87.0
9.	Brady Amerson	14 m	0:41:04	06:37	19.6	84.2
10.	Michael Held	56 m	0:41:05	06:37	19.6	88.8
11.	Bob Landon	62 m	0:41:31	06:41	19.8	92.8
12.	Jason Bogardus	44 m	0:41:47	06:43	19.9	80.3
13.	Gustavo Aguirre	59 m	0:42:11	06:47	20.1	88.8
14.	Tara Bouck	16 f	0:42:30	06:50	20.2	89.0
15.	Michael Sasala	35 m	0:43:00	06:55	20.5	74.7
16.	Kevin Glover	10 m	0:43:20	06:58	20.6	89.4
17.	Johnny Chen	53 m	0:44:17	07:08	21.1	80.5
18.	O'Neal Barnett	47 m	0:44:18	07:08	21.1	77.1
19.	John Cosentino	59 m	0:44:24	07:09	21.1	84.4
20.	Bob Smeby	65 m	0:44:58	07:14	21.4	88.3
21.	Daniele Vellani	52 m	0:45:24	07:18	21.6	77.9
22.	Stephen Russo	58 m	0:45:31	07:20	21.7	81.6
23.	Xiaolu Cui	38 f	0:46:38	07:30	22.2	79.0
24.	Pingshan Wen	55 m	0:46:47	07:32	22.3	77.4
25.	Greg Amerson	42 m	0:48:15	07:46	23.0	68.8
26.	Luoyi Zhang	43 m	0:48:46	07:51	23.2	68.4
27.	Cary Sherf	68 m	0:49:13	07:55	23.4	83.3
28.	Chad Kaneshige	46 m	0:49:28	07:58	23.6	68.6
29.	Stephanie Bache	47 f	0:49:47	08:01	23.7	77.8
30.	Alan Kaplan	57 m	0:50:04	08:03	23.8	73.5
31.	Beth Nowell	42 f	0:50:41	08:09	24.1	74.2
32.	Linda Kelly	70 f	0:50:43	08:10	24.2	93.8
33.	Matthew Cunningham	39 m	0:52:54	08:31	25.2	61.8
34.	Sigi Diaz	67 m	0:53:47	08:39	25.6	75.4
35.	Nicole Avila	26 f	0:53:48	08:39	25.6	66.4
36.	Susan Waldron	29 f	0:53:53	08:40	25.7	66.4
37.	Joy McGowen	29 f	0:53:54	08:40	25.7	66.4
38.	Yunxia Cai	52 f	0:54:15	08:44	25.8	73.9
39.	Jeff Smith	61 m	0:55:53	09:00	26.6	68.3
40.	Stephen Flores	52 m	0:55:55	09:00	26.6	63.3
41.	Charlene Johnson	50 f	0:55:57	09:00	26.6	70.6
42.	Jie Wang	47 f	0:56:11	09:03	26.8	68.9
43.	Alpha Kanu	35 m	0:56:39	09:07	27.0	56.7
44.	Bruce Brandeland	68 m	0:56:45	09:08	27.0	72.3
45.	Julie Kaner	48 f	0:57:00	09:10	27.1	68.4
46.	Karoll Delgado	40 f	0:57:20	09:14	27.3	64.9
47.	Renee Mitchell	57 f	0:57:56	09:19	27.6	72.0
48.	Hongjian Li	56 f	0:59:01	09:30	28.1	70.1

49.	Gowa Borzigin	56 f	0:59:13	09:32	28.2	69.9
50.	Tracy Barnes	68 m	0:59:21	09:33	28.3	69.1
51.	Erin Glover	37 f	0:59:24	09:34	28.3	61.8
52.	Scott Kline	58 m	0:59:39	09:36	28.4	62.2
53.	Erin Larue	38 f	1:00:19	09:42	28.7	61.1
54.	Sunao Saito	67 f	1:00:31	09:44	28.8	76.0
55.	Prabha Atluri	44 f	1:05:16	10:30	31.1	58.3
56.	Tina Jasper	58 f	1:05:49	10:36	31.3	63.9
57.	Shungo Saito	63 m	1:07:02	10:47	31.9	58.0
58.	Debbie Riedner	52 f	1:07:47	10:55	32.3	59.1
59.	Mark Simon	56 m	1:08:19	11:00	32.5	53.4
60.	Nanja Smith	36 f	1:09:59	11:16	33.3	52.2
61.	Xinji Li	72 m	1:13:25	11:49	35.0	58.6
62.	Ken Ashby	69 m	1:20:58	13:02	38.6	51.2
63.	Sharon Byrne	71 f	1:21:08	13:03	38.6	59.3
64.	John Kramer	60 m	1:43:14	16:37	49.2	36.6

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, January 29, 2022

			FinTime	Pace	5Keq	Score
1.	Annabelle Angeles	11 f	03:54	06:17	23.0	87.6
2.	Bryce Linton	10 m	04:14	06:49	25.0	73.8
3.	Joshua Wales	10 m	04:33	07:19	26.9	68.6
4.	Abby Woodson	11 f	04:38	07:27	27.4	73.8
5.	Jocelyn Saukam	11 f	04:41	07:32	27.7	73.0
6.	Teddy Hendricks	8 m	04:55	07:55	29.1	69.2
7.	Walter Smith	9 m	04:57	07:58	29.3	65.7
8.	Angel Garcia	4 m	05:08	08:16	30.3	84.4
9.	Ruby Lopez	7 f	05:18	08:32	31.3	76.5
10.	Annabelle Nowell	9 f	05:31	08:53	32.6	66.8
11.	Allie Smith	12 f	05:43	09:12	33.8	58.0
12.	Mason Miller	7 m	05:52	09:27	34.7	61.0
13.	Michael Solano	6 m	05:58	09:36	35.3	63.5
14.	J R Delaet	6 m	06:01	09:41	35.6	63.0
15.	Bobbi Hendricks	6 f	06:03	09:44	35.8	71.0
16.	Amelia Fosler	4 f	06:27	10:23	38.1	76.1
17.	Sadie Glover	2 f	11:11	18:00	66.1	51.6

New Records:

Linda Kelly, 10K Female 70-74, 50:43 (previous record: Linda Kelly, 50:55, 10/21)

LEGEND

Left-to-right: finish place, name, hometown, age, sex, member?

FinTime is the official individual finish time in (h:)mm:ss format.

Pace is the calculated average pace per mile in mm:ss format.

5Keq is the equivalent 5K finish time in minutes and tenths.

Score is a performance grade with factors for age and sex.

KEY TO AGE-GRADED PERFORMANCE SCORES

100 +	national competitor
90-99	regional competitor
80-89	local competitor
70-79	above average
60-69	near average
50-59	below average
40-49	novice runner
30-39	fitness walker

Kids K Volunteers

Jim Gabhart

Debbie Brewer

Chris Brewer

Steve Russo

Sarah Hendricks

Jenny Smith

Ron Wahlquist