

Plano Pacers Holiday Hustle 3K, 8K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday December 26, 2020

3K TOP FINISHERS

MEN		WOMEN		
1	Israel Aquino	9:45	1 Dominique Monroy	12:10
2	Major McGill	11:21	2 Andrea Hudson Baldwin	13:41
3	Dan Yarbrough	11:23	3 Rosa Elizondo	13:53
4	David Rivas	11:35	4 Isabella Aquino	14:15
5	Joseph Wales	11:38	5 Natalie Nguyen	16:29
6	Hector Delgado	12:05	6 Malia McGill	16:35
7	Joel Lagrenade	12:21	7 Cherie Marquez	18:39
8	Keenan Amerson	12:47	8 Laura Woodard	20:00
9	Cristian Bedoya	13:00	9 Susana Kaneshige	20:05
10	Nathan Nguyen	13:32	10 Sade Marquez	20:10
Overall: Israel Aquino		9:45	Overall: Dominique Monroy	12:10
Master: Dan Yarbrough		11:23	Master: Andrea Hudson Baldwin	13:41
Senior: Bradley Gardner		14:32	Senior: Josette Givens	30:11
9-un: Samuel Nowell		15:41		
Henry Nemcok		17:37		
10-14:	Joel Lagrenade	12:21	10-14: Isabella Aquino	14:15
	Keenan Amerson	12:47	Natalie Nguyen	16:29
	Cristian Bedoya	13:00	Malia McGill	16:35
15-19:	Major McGill	11:21		
	Joseph Wales	11:38		
	Cooper Brice	15:56		
			35-39: Cherie Marquez	18:39
			Sheila Marquez	20:32
40-44:	David Rivas	11:35	40-44: Laura Woodard	20:00
	Abelardo Elizondo	13:51		
45-49:	Rick Nguyen	16:53	45-49: Rosa Elizondo	13:53
	David Nemcok	17:38	Susana Kaneshige	20:05
50-54:	Hector Delgado	12:05	50-54: Prudence McGill	21:56
			Ran Wang	23:46
			Christina Rosado	30:37
60-64:	James Drumm	15:16		
70-74:	John Nance	15:57		
75-79:	James Gabhart	23:37	75-79: Nancy Cole	45:09
	Alan Davis	34:01		
Clydes:	Casey Sexton	24:19		
	Bill Woodard	25:13		
	William Swafford	27:00		

8K TOP FINISHERS

MEN		WOMEN			
1	Colby Mehmen	25:23	1 Jennifer Pope	32:46	
2	Everett Wilder	25:35	2 Jennifer Wilder	34:22	
3	Tyler Hemenway	26:31	3 Carson Hockersmith	34:39	
4	Jim Dietz	30:36	4 Madison Hemenwayay	34:40	
5	Gavin Gajraj	31:00	5 Beth Nowell	37:18	
6	William Moore	31:38	6 Linda Kelly	39:55	
7	Michael Held	32:37	7 Maria Moore	41:27	
8	Brady Amerson	33:51	8 Dawn Burke	42:10	
9	O'Neal Barnett	33:54	9 Charlene Johnson	43:32	
10	Greg Amerson	34:52	10 Jane Li	45:03	
Overall:	Colby Mehmen	25:23	Overall:	Jennifer Pope	32:46
Master:	Jim Dietz	30:36	Master:	Beth Nowell	37:18
Senior:	William Moore	31:38	Senior:	Linda Kelly	39:55
10-14:	Brady Amerson	33:51	10-14:	Marykate Sexton	45:45
	Ethan Nemcok	38:43			
15-19:	Gavin Gajraj	31:00	15-19:	Madison Hemenwayay	34:40
				Lily Maher	48:01
20-24:	Grady Sexton	37:32	20-24:	Carson Hockersmith	34:39
				Erica Wehrle	47:01
				Allyshea Sexton	1:00:07
25-29:	Everett Wilder	25:35	25-29:	Jennifer Wilder	34:22
	Tyler Hemenway	26:31			
	Matt Thompson	41:43			
			35-39:	Ellen Ataie	56:21
40-44:	Greg Amerson	34:52	40-44:	Heather Zeiger	45:04
	Jonathan Szeto	42:49		Daniela Nemcok	47:01
				Alice Hernandez	51:06
45-49:	O'Neal Barnett	33:54	45-49:	Charlene Johnson	43:32
	Chad Kaneshige	37:52		Donisha Santiago	50:57
	Abhiman Hande	52:33			
50-54:	Johnny Chen	35:24	50-54:	Qing Jia	46:47
	Jorge Rodriguez	38:32		Debbie Riedner	48:29
	James Langford	53:37		Denise Langford	53:36
55-59:	Michael Held	32:37	55-59:	Jane Li	45:03
	John Cosentino	35:21		Serena Wang	49:58
	Steve Russo	36:58			
60-64:	Fred Ellefson	38:21	60-64:	Maria Moore	41:27
	Ron Wahlquist	38:27		Dawn Burke	42:10
	Jeff Smith	45:23			
65-69:	Cary Sherf	41:06	65-69:	Sunao Saito	47:27
	Sigi Diaz	42:47		Terry Gonzalez	48:10
	Ken Ashby	58:48		Jerri Hixson	58:15
70-74:	Michael Zinn	46:15			
	Curt Thompson	51:07			
80-ov:	Wally Capps	45:34			

Clydes:	Garrett Sexton	53:46
	John Kramer	1:10:30
	Ed Humphrey	1:11:23

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6			GIRLS 0-6	
1 Jishnu Jagaradu	15:04		1 Laura Ataie	6:01
BOYS 7-9			GIRLS 7-9	
1 Jaydheer Jagaradu	8:29			
BOYS 10-12			GIRLS 10-12	

Plano Pacers 3K Results---Saturday, December 26, 2020

			FinTime	Pace	5Keq	Score
1.	Israel Aquino	17 m	9:45	5:14	16.8	93.1
2.	Major McGill	16 m	11:21	6:05	19.6	81.1
3.	Dan Yarbrough	49 m	11:23	6:06	19.7	83.8
4.	David Rivas	40 m	11:35	6:13	20.0	78.1
5.	Joseph Wales	18 m	11:38	6:14	20.1	77.2
6.	Hector Delgado	52 m	12:05	6:29	20.9	80.7
7.	Dominique Monroy	17 f	12:10	6:32	21.0	84.6
8.	Joel Lagrenade	14 m	12:21	6:38	21.3	77.2
9.	Keenan Amerson	14 m	12:47	6:51	22.1	74.6
10.	Cristian Bedoya	12 m	13:00	6:58	22.5	77.0
11.	Nathan Nguyen	13 m	13:32	7:16	23.4	72.0
12.	Andrea Hudson Baldwin	61 f	13:41	7:20	23.6	87.1
13.	Abelardo Elizondo	42 m	13:51	7:26	23.9	66.0
14.	Rosa Elizondo	45 f	13:53	7:27	24.0	75.9
15.	Isabella Aquino	13 f	14:15	7:39	24.6	77.5
16.	Bradley Gardner	62 m	14:32	7:48	25.1	73.1
17.	James Drumm	62 m	15:16	8:11	26.4	69.6
18.	Samuel Nowell	9 m	15:41	8:25	27.1	70.9
19.	Cooper Brice	16 m	15:56	8:33	27.5	57.8
20.	John Nance	72 m	15:57	8:33	27.6	74.3
21.	Natalie Nguyen	14 f	16:29	8:51	28.5	65.5
22.	Malia McGill	11 f	16:35	8:54	28.7	70.5
23.	Rick Nguyen	48 m	16:53	9:03	29.2	56.1
24.	Henry Nemcok	8 m	17:37	9:27	30.4	66.0
25.	David Nemcok	45 m	17:38	9:28	30.5	52.7
26.	Cherie Marquez	39 f	18:39	10:00	32.2	54.7
27.	Fabian Lagranade	10 m	19:08	10:16	33.1	55.8
28.	Laura Woodard	44 f	20:00	10:44	34.6	52.4
29.	Susana Kaneshige	48 f	20:05	10:46	34.7	53.5
30.	Sade Marquez	11 f	20:10	10:49	34.8	58.0
31.	Sheila Marquez	35 f	20:32	11:01	35.5	48.9
32.	Alina Nguyen	12 f	20:51	11:11	36.0	54.4
33.	Sophia Nguyen	11 f	20:53	11:12	36.1	56.0
34.	Prudence McGill	52 f	21:56	11:46	37.9	50.4
35.	James Gabhart	79 m	23:37	12:40	40.8	55.1
36.	Ran Wang	53 f	23:46	12:45	41.1	46.8
37.	Casey Sexton	53 m	24:19	13:03	42.0	40.4
38.	Bill Woodard	46 m	25:13	13:32	43.6	37.1
39.	William Swafford	69 m	27:00	14:29	46.6	42.4
40.	Josette Givens	73 f	30:11	16:12	52.1	45.1
41.	Christina Rosado	51 f	30:37	16:25	52.9	35.8
42.	Alan Davis	75 m	34:01	18:15	58.8	36.2
43.	Nancy Cole	78 f	45:09	24:13	78.0	32.2

Plano Pacers 8K Results---Saturday, December 26, 2020

			FinTime	Pace	5Keq	Score
1.	Colby Mehmen	26 m	25:23	5:06	15.3	97.7
2.	Everett Wilder	29 m	25:35	5:09	15.5	97.2
3.	Tyler Hemenway	28 m	26:31	5:20	16.0	93.7
4.	Jim Dietz	60 m	30:36	6:09	18.5	97.3
5.	Gavin Gajraj	17 m	31:00	6:14	18.7	83.7
6.	William Moore	59 m	31:38	6:22	19.1	93.3
7.	Michael Held	55 m	32:37	6:34	19.7	87.4
8.	Jennifer Pope	34 f	32:46	6:35	19.8	87.2
9.	Brady Amerson	13 m	33:51	6:49	20.5	82.3
10.	O'Neal Barnett	46 m	33:54	6:49	20.5	78.9
11.	Jennifer Wilder	29 f	34:22	6:55	20.8	82.0
12.	Carson Hockersmith	20 f	34:39	6:58	21.0	82.6
13.	Madison Hemenwayay	19 f	34:40	6:58	21.0	83.1
14.	Greg Amerson	41 m	34:52	7:01	21.1	74.5
15.	John Cosentino	58 m	35:21	7:07	21.4	82.7
16.	Johnny Chen	51 m	35:24	7:07	21.4	78.1
17.	Steve Russo	57 m	36:58	7:26	22.4	78.4
18.	Danny Monistere	55 m	37:09	7:28	22.5	76.7
19.	Beth Nowell	41 f	37:18	7:30	22.6	79.0
20.	Grady Sexton	20 m	37:32	7:33	22.7	67.2
21.	Chad Kaneshige	45 m	37:52	7:37	22.9	70.2
22.	Fred Ellefson	61 m	38:21	7:43	23.2	78.4
23.	Ron Wahlquist	63 m	38:27	7:44	23.2	79.7
24.	Jorge Rodriguez	50 m	38:32	7:45	23.3	71.2
25.	Ethan Nemcok	10 m	38:43	7:47	23.4	78.8
26.	Doug Waters	56 m	38:52	7:49	23.5	74.0
27.	Alan Kaplan	56 m	39:53	8:01	24.1	72.1
28.	Linda Kelly	69 f	39:55	8:02	24.1	92.8
29.	Cary Sherf	67 m	41:06	8:16	24.9	77.7
30.	Maria Moore	60 f	41:27	8:20	25.1	81.4
31.	Matt Thompson	28 m	41:43	8:24	25.2	59.5
32.	Dawn Burke	60 f	42:10	8:29	25.5	80.0
33.	Sigi Diaz	66 m	42:47	8:36	25.9	73.9
34.	Jonathan Szeto	44 m	42:49	8:37	25.9	61.7
35.	Charlene Johnson	48 f	43:32	8:45	26.3	70.5
36.	Lixiang Chen	55 m	45:00	9:03	27.2	63.4
37.	Jane Li	55 f	45:03	9:04	27.2	71.7
38.	Heather Zeiger	40 f	45:04	9:04	27.2	65.0
39.	Jeff Smith	60 m	45:23	9:08	27.4	65.6
40.	Wally Capps	80 m	45:34	9:10	27.6	82.8
41.	Marykate Sexton	13 f	45:45	9:12	27.7	69.0
42.	Michael Zinn	73 m	46:15	9:18	28.0	74.1
43.	Qing Jia	54 f	46:47	9:25	28.3	68.5
44.	Erica Wehrle	20 f	47:01	9:27	28.4	60.8
45.	Daniela Nemcok	43 f	47:01	9:27	28.4	63.3
46.	David Wehrle	56 m	47:01	9:27	28.4	61.1
47.	Sunao Saito	66 f	47:27	9:33	28.7	75.5
48.	Lily Maher	16 f	48:01	9:40	29.0	62.1
49.	Terry Gonzalez	66 f	48:10	9:41	29.1	74.4
50.	Andy Beach	62 m	48:26	9:45	29.3	62.6
51.	Debbie Riedner	51 f	48:29	9:45	29.3	64.6
52.	Shungo Saito	62 m	49:48	10:01	30.1	60.9
53.	Serena Wang	57 f	49:58	10:03	30.2	65.8
54.	Donisha Santiago	45 f	50:57	10:15	30.8	59.1
55.	Alice Hernandez	44 f	51:06	10:17	30.9	58.6
56.	Curt Thompson	71 m	51:07	10:17	30.9	65.4
57.	Abhiman Hande	46 m	52:33	10:34	31.8	50.9
58.	Denise Langford	50 f	53:36	10:47	32.4	58.1
59.	James Langford	54 m	53:37	10:47	32.4	52.8
60.	Garrett Sexton	14 m	53:46	10:49	32.5	50.7
61.	Ellen Ataie	35 f	56:21	11:20	34.1	50.9

62.	Jerri Hixson	66 f	58:15	11:43	35.2	61.5
63.	Ken Ashby	68 m	58:48	11:50	35.6	54.9
64.	Allyshea Sexton	23 f	1:00:07	12:06	36.3	47.0
65.	Debye Humphrey	66 f	1:01:29	12:22	37.2	58.3
66.	John Kramer	59 m	1:10:30	14:11	42.6	41.8
67.	Mike Colvin	68 m	1:10:36	14:12	42.7	45.8
68.	Ed Humphrey	69 m	1:11:23	14:22	43.2	45.8

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, December 26, 2020

			FinTime	Pace	5Keq	Score
1.	Laura Ataie	6 f	6:01	9:41	35.6	71.4
2.	Jaydheer Jagaradu	7 m	8:29	13:39	50.1	42.2
3.	Jishnu Jagaradu	3 m	15:04	24:15	89.0	31.1

New Records:

Colby Mehmen, 8K Male 25-29, 25:23 (previous record: Clint Bell, 25:59, 12/06)
 Jim Dietz, 8K Male 60-64, 30:36 (previous record: Bill Shaw, 31:16, 12/03)
 Wally Capps, 8K Male 80-84, 45:59 (previous record: Charles Key, 55:32, 04/15)

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

Terry Gonzalez
 Jim Gabhart
 Ron Wahlquist