

Plano Pacers Bead Bash 5K, 15K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday February 25, 2023

5K TOP FINISHERS

MEN		WOMEN			
1	Meng Zhao	17:35	1	Becky Angeles	21:02
2	Alberto Castro	17:55	2	Andrea Hudson Baldwin	23:09
3	Shihui Mang	18:20	3	Stephanie Bache	23:47
4	Paul Barker	19:07	4	Jennifer Pope	23:53
5	Alex Castro	19:35	5	Cameron Partee	25:16
6	Joey Steininger	19:42	6	Katelyn Rudd	26:13
7	Matthew Smith	19:42	7	Tatum Runions	27:30
8	Guillermo Toral	20:01	8	Neha Sharan	27:37
9	William Moore	20:19	9	Katy Dass	29:03
10	Pierre Lapointe	20:32	10	Andreea Nguyen	29:28
Overall:	Meng Zhao	17:35	Overall:	Becky Angeles	21:02
Master:	Alberto Castro	17:55	Master:	Andrea Hudson Baldwin	23:09
Senior:	William Moore	20:19	Senior:	Terry Gonzalez	31:04
9-un:	Peter Matheney	27:50	9-un:	Eleanor Matheney	29:47
	Xander Gonzalez	29:58			
10-14:	Davy Rudd	24:46	10-14:	Cameron Partee	25:16
	Brendon Lin	33:57		Katelyn Rudd	26:13
				Tatum Runions	27:30
			15-19:	Leila Seale	44:30
20-24:	Guillermo Toral Jr.	26:08	20-24:	Katelynn Waters	36:59
25-29:	Nathan Poovey	24:36			
	Christopher Orton	32:24			
	Shea Niswanger	35:42			
30-34:	Joshua Matheney	22:52	30-34:	Katy Dass	29:03
	Shane Purser	25:55		Lorry Rudd	34:10
	Delaney Burns	27:25		Jerardy Carela	35:57
35-39:	Matthew Smith	19:42	35-39:	Jennifer Pope	23:53
	Joey Steininger	19:42		Amanda Zou	30:22
	Ryan Glover	33:06			
40-44:	Alex Castro	19:35	40-44:	Andreea Nguyen	29:28
	Zhenhao Ge	21:27		Shellie Neill	36:39
	Harold Balatbat	27:59			
45-49:	Pierre Lapointe	20:32	45-49:	Stephanie Bache	23:47
	Fernando H Garcia	21:04		Gloria De Jesus	34:15
	Adrian Mora	22:01		Karen Wise	54:35
50-54:	Shihui Mang	18:20	50-54:	Debbie Riedner	30:37
	Paul Barker	19:07		Lu Shen	31:56
	Guillermo Toral	20:01		Denise Langford	33:36
55-59:	Mark Simon	30:45	55-59:	Enxi Huang	34:13
	James Langford	33:50			
	Zhonghui Zhang	37:29			

60-64:	Bob Landon	22:25	60-64:	Debbie Brewer	31:05
	Vijayan Nair	24:19		Audrey Stansbury	31:16
	Alberto Ramirez	25:18		Jeanmarie Holm	36:05
65-69:	Charles Brown	26:17	65-69:	Terry Gonzalez	31:04
	Bob Gordon	27:18		Sunao Saito	31:20
	Sigi Diaz	29:08		Susan Kuddes	42:16
70-74:	Cary Sherf	24:52			
	Tom Conlon	28:04			
	Alfred Wilkinson	37:50			
75-79:	Bruce Johnson	32:42	75-79:	Andi Miner	37:34
	Bill Shirley	32:50			
	Stephen Brown	33:54			
80-84:	Bill Shaw	25:25	80-84:	Nancy Lowden	51:16
	James Gabhart	43:57			
	David Hundt	54:43			
			85-ov:	Maria Johnston	51:26
Clydes:	Ed Humphrey	53:40			

15K TOP FINISHERS

MEN			WOMEN		
1	Pedro Carela	57:35	1	Sunita Singh	1:06:22
2	Chance Balsamo	1:01:42	2	Xiaolu Cui	1:13:17
3	Greg Rankin	1:03:32	3	Wen You	1:17:13
4	Quendell Miller	1:03:40	4	Shaorong Chang	1:19:21
5	Michael Held	1:03:59	5	Ashley Morrison	1:22:22
6	Jason Bogardus	1:04:14	6	Renee Spratlen	1:22:38
7	Nick Blachly	1:04:18	7	Meredith Lubennau	1:22:57
8	Kevin Glover	1:05:58	8	Cassandra Eipper	1:24:53
9	Michael Sasala	1:07:21	9	Katie Orton	1:28:27
10	Taisong He	1:09:07	10	Hongjian Li	1:31:25
Overall:	Pedro Carela	57:35	Overall:	Sunita Singh	1:06:22
Master:	Greg Rankin	1:03:32	Master:	Wen You	1:17:13
Senior:	Michael Held	1:03:59	Senior:	Renee Spratlen	1:22:38
10-14:	Kevin Glover	1:05:58			
20-24:	Chance Balsamo	1:01:42			
25-29:	Nick Blachly	1:04:18	25-29:	Katie Orton	1:28:27
30-34:	Taisong He	1:09:07	30-34:	Ashley Morrison	1:22:22
	Ted Butler	1:27:11		Cassandra Eipper	1:24:53
	Alex Rojas	1:27:21			
35-39:	Michael Sasala	1:07:21	35-39:	Xiaolu Cui	1:13:17
	Jace Whatley	1:25:33			
	Alpha Kanu	1:36:03			
40-44:	Andrew Mount	1:15:26	40-44:	Shaorong Chang	1:19:21
	Luoyi Zhang	1:21:27		Meredith Lubennau	1:22:57
	Karthi Selvanayagam	1:28:57		Missy Wilson	1:37:34
45-49:	Quendell Miller	1:03:40	45-49:	Julie Kaner	1:33:28
	Jason Bogardus	1:04:14		Hong Lin	1:39:35
	Jason Zheng	1:16:53			

50-54:	Jim Pultorak	1:10:08			
	Daniele Vellani	1:12:50			
	Jian Chen	1:13:38			
55-59:	Lixiang Chen	1:11:31	55-59:	Hongjian Li	1:31:25
	Gary Spence	1:13:30		Leslie Du Mars	1:33:27
	Danny Monistere	1:19:03		Renee Mitchell	1:37:14
60-64:	Jim Cavanaugh	1:18:00	60-64:	Frances McKissick	1:33:27
	John Cosentino	1:19:03			
			65-69:	Sherry Freeland	1:47:48
70-74:	Mike Fields	1:14:47			
80-84:	Wally Capps	1:47:36			
			Athena:	Kay Scott Leighton	1:45:58

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Angel Garcia	5:03	1 Kayla Carela	6:54
2	Dashton Dass	8:08	2 Isabella LaPointe	8:43
BOYS 7-9		GIRLS 7-9		
1	Arthur LaPointe	4:49	1 Ruby Lopez	5:07
2	Peter Matheney	5:20	2 Ariel Ge	5:59
BOYS 10-12		GIRLS 10-12		
1	Davy Rudd	4:23	1 Katelyn Rudd	4:37
2	James Bautista	4:34	2 Harper Neill	5:14

Plano Pacers 5K Results---Saturday, February 25, 2023

		FinTime	Pace	5Keq	Score	
1.	Meng Zhao	48 m	17:35	5:40	17.6	93.1
2.	Alberto Castro	42 m	17:55	5:46	17.9	88.2
3.	Shihui Mang	53 m	18:20	5:54	18.3	92.6
4.	Paul Barker	53 m	19:07	6:09	19.1	88.8
5.	Alex Castro	40 m	19:35	6:18	19.6	79.8
6.	Joey Steininger	38 m	19:42	6:20	19.7	78.6
7.	Matthew Smith	37 m	19:42	6:20	19.7	78.3
8.	Guillermo Toral	51 m	20:01	6:27	20.0	83.5
9.	William Moore	61 m	20:19	6:32	20.3	89.4
10.	Pierre Lapointe	46 m	20:32	6:37	20.5	78.7
11.	Becky Angeles	46 f	21:02	6:46	21.0	87.1
12.	Fernando H Garcia	45 m	21:04	6:47	21.1	76.3
13.	Zhenhao Ge	41 m	21:27	6:54	21.4	73.3
14.	Adrian Mora	49 m	22:01	7:05	22.0	74.9
15.	Bob Landon	63 m	22:25	7:13	22.4	82.6
16.	Joshua Matheney	33 m	22:52	7:22	22.9	66.4
17.	Andrea Hudson Baldwin	63 f	23:09	7:27	23.1	90.7
18.	Stephanie Bache	48 f	23:47	7:39	23.8	78.0
19.	Jennifer Pope	36 f	23:53	7:41	23.9	72.9
20.	Vijayan Nair	60 m	24:19	7:50	24.3	74.0
21.	Nathan Poovey	26 m	24:36	7:55	24.6	61.0
22.	Davy Rudd	10 m	24:46	7:58	24.8	74.5
23.	Cary Sherf	70 m	24:52	8:00	24.9	80.4
24.	Michael Hundt	47 m	25:01	8:03	25.0	65.0
25.	Cameron Partee	12 f	25:16	8:08	25.3	77.5
26.	Hector Delgado	54 m	25:18	8:09	25.3	67.6
27.	Alberto Ramirez	63 m	25:18	8:09	25.3	73.2

28.	Bill Shaw	80 m	25:25	8:11	25.4	89.7
29.	Shane Purser	30 m	25:55	8:20	25.9	58.1
30.	Guillermo Toral Jr.	23 m	26:08	8:25	26.1	57.6
31.	Katelyn Rudd	12 f	26:13	8:26	26.2	74.7
32.	Charles Brown	68 m	26:17	8:28	26.3	74.3
33.	Stephen Flores	53 m	27:02	8:42	27.0	62.8
34.	Bob Gordon	69 m	27:18	8:47	27.3	72.4
35.	Delaney Burns	33 m	27:25	8:49	27.4	55.4
36.	Tatum Runions	12 f	27:30	8:51	27.5	71.2
37.	Neha Sharan	14 f	27:37	8:53	27.6	67.6
38.	Peter Matheney	8 m	27:50	8:58	27.8	72.2
39.	Harold Balatbat	40 m	27:59	9:00	28.0	55.9
40.	Tom Conlon	70 m	28:04	9:02	28.1	71.2
41.	Bill Kipp	48 m	28:47	9:16	28.8	56.9
42.	Katy Dass	33 f	29:03	9:21	29.0	59.2
43.	Sigi Diaz	68 m	29:08	9:23	29.1	67.1
44.	Andreea Nguyen	43 f	29:28	9:29	29.5	61.1
45.	Eleanor Matheney	9 f	29:47	9:35	29.8	73.1
46.	Xander Gonzalez	7 m	29:58	9:39	30.0	70.6
47.	Amanda Zou	38 f	30:22	9:46	30.4	57.8
48.	Christopher Tull	49 m	30:28	9:48	30.5	54.1
49.	Debbie Riedner	53 f	30:37	9:51	30.6	62.8
50.	Mark Simon	57 m	30:45	9:54	30.7	57.0
51.	Terry Gonzalez	68 f	31:04	10:00	31.1	71.3
52.	Debbie Brewer	63 f	31:05	10:00	31.1	67.6
53.	Audrey Stansbury	60 f	31:16	10:04	31.3	65.3
54.	Sunao Saito	68 f	31:20	10:05	31.3	70.7
55.	Lu Shen	50 f	31:56	10:17	31.9	58.9
56.	Christopher Orton	26 m	32:24	10:26	32.4	46.3
57.	Bruce Johnson	75 m	32:42	10:31	32.7	65.1
58.	Bill Shirley	79 m	32:50	10:34	32.8	68.4
59.	Ryan Glover	39 m	33:06	10:39	33.1	47.0
60.	Alan Carruthers	63 m	33:23	10:45	33.4	55.5
61.	Denise Langford	52 f	33:36	10:49	33.6	56.8
62.	Chloe Hillis	12 f	33:47	10:52	33.8	58.0
63.	Sophia Serrano	12 f	33:47	10:52	33.8	58.0
64.	James Langford	56 m	33:50	10:53	33.8	51.4
65.	Karthi Sivalingam	44 m	33:51	10:54	33.8	47.2
66.	Mya Lacy	13 f	33:54	10:55	33.9	56.3
67.	Stephen Brown	76 m	33:54	10:55	33.9	63.6
68.	Merrill Lookabill	12 f	33:54	10:55	33.9	57.8
69.	Brendon Lin	14 m	33:57	10:56	33.9	48.5
70.	Harper Neill	12 f	34:06	10:59	34.1	57.5
71.	Lorry Rudd	34 f	34:10	11:00	34.2	50.5
72.	Enxi Huang	58 f	34:13	11:01	34.2	58.6
73.	Gloria De Jesus	47 f	34:15	11:01	34.2	53.8
74.	Michael Picard	69 m	34:28	11:06	34.5	57.3
75.	Shungo Saito	64 m	35:31	11:26	35.5	52.7
76.	Shea Niswanger	28 m	35:42	11:29	35.7	42.1
77.	Jerardy Carela	33 f	35:57	11:34	35.9	47.9
78.	Jeanmarie Holm	61 f	36:05	11:37	36.1	57.1
79.	Jenny Waters	52 f	36:23	11:43	36.4	52.5
80.	Shellie Neill	44 f	36:39	11:48	36.6	49.4
81.	Katelynn Waters	21 f	36:59	11:54	37.0	46.5
82.	Zhonghui Zhang	55 m	37:29	12:04	37.5	46.0
83.	Andi Miner	78 f	37:34	12:05	37.6	66.8
84.	Alfred Wilkinson	74 m	37:50	12:11	37.8	55.5
85.	Ka Lau	32 m	38:23	12:21	38.4	39.4
86.	Jeffrey Beck	74 m	38:42	12:27	38.7	54.3
87.	Elizabeth George	34 f	39:41	12:46	39.7	43.5
88.	Ken Ashby	70 m	39:54	12:51	39.9	50.1
89.	Susan Kuddes	68 f	42:16	13:36	42.3	52.4
90.	Grace Walker	62 f	43:54	14:08	43.9	47.4

91.	James Gabhart	81 m	43:57	14:09	43.9	52.6
92.	Leila Seale	16 f	44:30	14:19	44.5	40.5
93.	Nancy Lowden	81 f	51:16	16:30	51.3	51.2
94.	Maria Johnston	85 f	51:26	16:33	51.4	54.2
95.	Ed Humphrey	71 m	53:40	17:16	53.7	37.7
96.	Karen Wise	49 f	54:35	17:34	54.6	34.2
97.	Jenny Hundt	50 f	54:36	17:34	54.6	34.5
98.	David Hundt	80 m	54:43	17:37	54.7	41.7

Plano Pacers 15K Results---Saturday, February 25, 2023

			FinTime	Pace	5Keq	Score
1.	Pedro Carela	34 m	57:35	6:11	17.8	85.8
2.	Chance Balsamo	24 m	1:01:42	6:37	19.0	78.9
3.	Greg Rankin	56 m	1:03:32	6:49	19.6	88.7
4.	Quendell Miller	48 m	1:03:40	6:50	19.6	83.4
5.	Michael Held	57 m	1:03:59	6:52	19.7	88.8
6.	Jason Bogardus	45 m	1:04:14	6:53	19.8	81.1
7.	Nick Blachly	27 m	1:04:18	6:54	19.8	75.6
8.	Kevin Glover	11 m	1:05:58	7:05	20.4	87.6
9.	Sunita Singh	50 f	1:06:22	7:07	20.5	91.9
10.	Michael Sasala	36 m	1:07:21	7:14	20.8	73.9
11.	Taisong He	31 m	1:09:07	7:25	21.3	70.8
12.	Jim Pultorak	53 m	1:10:08	7:31	21.6	78.4
13.	Lixiang Chen	57 m	1:11:31	7:40	22.1	79.4
14.	Daniele Vellani	53 m	1:12:50	7:49	22.5	75.5
15.	Xiaolu Cui	39 f	1:13:17	7:52	22.6	78.0
16.	Gary Spence	56 m	1:13:30	7:53	22.7	76.6
17.	Jian Chen	51 m	1:13:38	7:54	22.7	73.6
18.	Mike Fields	72 m	1:14:47	8:01	23.1	88.7
19.	Andrew Mount	42 m	1:15:26	8:06	23.3	67.9
20.	Jason Zheng	48 m	1:16:53	8:15	23.7	69.0
21.	Wen You	53 f	1:17:13	8:17	23.8	80.7
22.	Jim Cavanaugh	62 m	1:18:00	8:22	24.1	76.2
23.	Yang Meng	54 m	1:18:14	8:24	24.1	70.9
24.	John Cosentino	60 m	1:19:03	8:29	24.4	73.8
25.	Danny Monistere	57 m	1:19:03	8:29	24.4	71.9
26.	Shaorong Chang	44 f	1:19:21	8:31	24.5	73.9
27.	Luoyi Zhang	44 m	1:21:27	8:44	25.1	63.6
28.	Yonghua Liu	52 m	1:21:44	8:46	25.2	66.8
29.	Ashley Morrison	31 f	1:22:22	8:50	25.4	67.3
30.	Muduo Lin	49 m	1:22:24	8:50	25.4	64.8
31.	Renee Spratlen	59 f	1:22:38	8:52	25.5	79.3
32.	Meredith Lubennau	42 f	1:22:57	8:54	25.6	70.0
33.	Cassandra Eipper	34 f	1:24:53	9:06	26.2	65.9
34.	Jace Whatley	37 m	1:25:33	9:11	26.4	58.4
35.	Ted Butler	34 m	1:27:11	9:21	26.9	56.6
36.	Alex Rojas	33 m	1:27:21	9:22	26.9	56.4
37.	Doug Waters	58 m	1:27:44	9:25	27.1	65.3
38.	Katie Orton	28 f	1:28:27	9:29	27.3	62.4
39.	Karthi Selvanayagam	41 m	1:28:57	9:33	27.4	57.3
40.	Hongjian Li	57 f	1:31:25	9:48	28.2	70.4
41.	Leslie Du Mars	56 f	1:33:27	10:02	28.8	68.3
42.	Frances McKissick	60 f	1:33:27	10:02	28.8	70.8
43.	Julie Kaner	49 f	1:33:28	10:02	28.8	64.8
44.	Dave Helms	54 m	1:34:02	10:05	29.0	58.9
45.	Alpha Kanu	37 m	1:36:03	10:18	29.6	52.0
46.	Ruben Da Rocha Barrett	51 m	1:36:53	10:24	29.9	55.9
47.	Renee Mitchell	58 f	1:37:14	10:26	30.0	66.8
48.	Missy Wilson	43 f	1:37:34	10:28	30.1	59.8
49.	Hong Lin	48 f	1:39:35	10:41	30.7	60.4
50.	Gowa Borzigin	57 f	1:45:20	11:18	32.5	61.1
51.	Kay Scott Leighton	53 f	1:45:58	11:22	32.7	58.8
52.	Scott Orton	55 m	1:47:12	11:30	33.1	52.1

53.	Wally Capps	82 m	1:47:36	11:33	33.2	70.8
54.	Sherry Freeland	67 f	1:47:48	11:34	33.3	65.8
55.	Karthick Venkatasamy	38 m	2:03:01	13:12	38.0	40.8

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, February 25, 2023

			FinTime	Pace	5Keq	Score
1.	Davy Rudd	10 m	4:23	7:03	25.9	71.2
2.	James Bautista	11 m	4:34	7:21	27.0	66.0
3.	Katelyn Rudd	12 f	4:37	7:26	27.3	71.8
4.	Arthur LaPointe	8 m	4:49	7:45	28.5	70.6
5.	Angel Garcia	6 m	5:03	8:08	29.8	75.0
6.	Ruby Lopez	8 f	5:07	8:14	30.2	75.3
7.	Harper Neill	12 f	5:14	8:25	30.9	63.4
8.	Peter Matheney	8 m	5:20	8:35	31.5	63.8
9.	Ariel Ge	8 f	5:59	9:38	35.4	64.4
10.	Eleanor Matheney	9 f	6:40	10:44	39.4	55.2
11.	Bobbi Hendricks	7 f	6:42	10:47	39.6	60.5
12.	Kayla Carela	5 f	6:54	11:06	40.8	66.3
13.	Nike Dass	7 f	7:43	12:25	45.6	46.4
14.	Dashton Dass	3 m	8:08	13:05	48.1	57.5
15.	Eddie Dass	7 f	8:10	13:09	48.3	49.7
16.	Lillian Robles	10 f	8:21	13:26	49.3	42.4
17.	Isabella LaPointe	3 f	8:43	14:02	51.5	60.9

New Records:

Bill Shaw, 5K Male 80-84, 25:25 (previous record: Hal Brown, 26:33, 03/19)
 Maria Johnston, 5K Female 85-90, 51:26 (previous record: Jan Richards, 56:40, 01/16)
 Sunita Singh, 15K Female, 1:06:22 (previous record: Sheila Natho, 1:06:43, 11/16)

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

Debbie Brewer
 Jim Gabhart
 Sarah Hendricks
 Josh Matheney
 Brenda Palms
 Mike Picard
 Steve Russo