

Plano Pacers Hall Of Fame 3K, 8K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday April 27, 2024

3K TOP FINISHERS

MEN		WOMEN			
1	Nathan Brookner	10:02	1	Becky Angeles	11:40
2	Paul Barker	10:52	2	Melissa Morgan	11:57
3	Alex Fruscella	11:25	3	Angeline Walter	12:28
4	Jason Bogardus	11:47	4	Karyn Nyholm	12:54
5	Vijayaraghava Reddy	12:25	5	Chloe Zhao	13:59
6	Ayden Ijaz	12:28	6	Ranee Samaniego	15:10
7	John Cosentino	12:51	7	Aleigh Lopez	15:39
8	Alan Peyton	13:03	8	Patricia Perez	16:11
9	Matt Pierret	13:03	9	Josefina Gomez	16:38
10	Ron Wahlquist	13:09	10	Alana Finley	16:56
Overall:	Nathan Brookner	10:02	Overall:	Becky Angeles	11:40
Master:	Paul Barker	10:52	Master:	Melissa Morgan	11:57
Senior:	John Cosentino	12:51	Senior:	Terry Gonzalez	17:00
9-un:	Wesley Turner	15:35	9-un:	Ariya Niehaus	27:27
	Juan Rodriguez	17:12			
	Jack Turner	17:22			
10-14:	Ayden Ijaz	12:28	10-14:	Angeline Walter	12:28
	Joseph Chen	13:56		Chloe Zhao	13:59
	Caleb Tai	14:57		Christina Tang	17:46
15-19:	Neiher Toro	19:00	15-19:	Natalie Nguyen	24:55
				Alina Nguyen	24:55
20-24:	Alex Fruscella	11:25			
	Alek Bakhshab	17:10			
25-29:	Andrew Davidson	16:18	25-29:	Ranee Samaniego	15:10
				Katie Foster	17:34
				Katie Davidson	17:41
			30-34:	Maria Clara Cabrera	17:57
				Julie Bilyeu	26:48
			35-39:	Karyn Nyholm	12:54
				Aleigh Lopez	15:39
				Alana Finley	16:56
40-44:	Jiabin Zhao	13:59	40-44:	Josefina Gomez	16:38
	David Zeiger	17:15		Heather Zeiger	17:12
	Mike Schirf	22:04		Jamie Wildridge	19:35
45-49:	Jason Bogardus	11:47	45-49:	Patricia Perez	16:11
	Vijayaraghava Reddy	12:25		Angela Lewis	23:52
	Adeel Ijaz	13:12		Yamile Cardenas	23:59
			50-54:	Lynn Tanksley	24:43
55-59:	Alan Peyton	13:03	55-59:	Maria Davis	18:53
	Jeff Hashe	14:10		Annette Mangiameli	20:10
	Song Wu	18:50		Shirley Tan	30:50

60-64:	Vijayan Nair Tony Tang Tomas Bern	13:21 15:42 18:39	60-64:	Debbie Brewer Jennifer Curtiss	18:42 26:15
65-69:	Matt Pierret Ron Wahlquist Charles Brown	13:03 13:09 14:59	65-69:	Jay Sheth Theresa Fierro Debbie Tressa	26:02 31:49 34:07
70-74:	Kenny Gardner Erasmus Rojas Fred Schwall	17:14 18:15 19:31	70-74:	Sharon Byrne Vicki Epting	27:53 28:27
75-79:	Alfred Wilkinson Alan Davis Jim Tressa	21:33 23:26 34:01			
80-84:	Rio King James Gabhart	18:34 23:53	80-84:	Nancy Cole	49:58
Clydes:	Tim Epting Ed Humphrey	28:28 31:21			

8K TOP FINISHERS

MEN		WOMEN			
1	Eric Bretl	31:24	1 Jennifer Pope	31:24	
2	Matthew Kanarr	31:44	2 Isabel Borrego	31:46	
3	Guillermo Toral	32:14	3 Rachael Sanchez	32:38	
4	Kevin Glover	32:58	4 Claire Compber	34:32	
5	Philip Foster	33:35	5 Shaorong Chang	37:12	
6	Rick Nguyen	34:30	6 Nancy Nguyen	38:53	
7	Sergio Kameo	34:31	7 Xiaolu Cui	39:29	
8	Cruz Perez	34:37	8 Yvonne Thapa	42:43	
9	Pierre Lapointe	34:54	9 Chris Li	43:23	
10	Mark Miller	34:58	10 Isabela Delgado	43:27	
Overall:	Eric Bretl	31:24	Overall:	Jennifer Pope	31:24
Master:	Guillermo Toral	32:14	Master:	Shaorong Chang	37:12
Senior:	Johnny Chen	36:01	Senior:	Leslie Du Mars	44:04
10-14:	Kevin Glover Yuanben Zhang	32:58 43:02			
15-19:	Nathan Nguyen	38:06	15-19:	Isabela Delgado	43:27
20-24:	Matthew Kanarr Philip Foster	31:44 33:35	20-24:	Isabel Borrego Claire Compber	31:46 34:32
25-29:	Brian Tran Kevin Nhan	44:06 57:17	25-29:	Hannah Hobson	51:00
			30-34:	Ashley Morrison Binbin Lu Sarah Crystal	43:28 47:42 57:09
35-39:	Seth Randall Laxmi Kukkadapu Chanakya Kaspas	40:56 53:25 55:55	35-39:	Rachael Sanchez Erin Glover Dani Steininger	32:38 44:58 48:40
40-44:	David Zeiger Mike Schirf	17:15 22:04	40-44:	Josefina Gomez Heather Zeiger Jamie Wildridge	16:38 17:12 19:35

45-49:	Sergio Kameo Cruz Perez Pierre Lapointe	34:31 34:37 34:54	45-49:	Nancy Nguyen Chris Li Dawn Schaffner	38:53 43:23 45:16
50-54:	Rick Nguyen O'Neal Barnett Sam Chen	34:30 38:22 42:10	50-54:	Yvonne Thapa Charlene Johnson Debbie Riedner	42:43 47:43 49:41
55-59:	Kan Meng Yang Meng Gary Spence	37:15 38:44 39:23	55-59:	Beverly Roady Renee Mitchell	49:39 50:58
60-64:	Stephen Russo Jim Cavanaugh Alan Kaplan	39:13 42:23 43:48	60-64:	Frances McKissick Renee Spratlen Xiaoge She	45:18 46:24 47:36
65-69:	Acension Fierro Alberto Ramirez James Drumm	41:56 43:43 1:00:36	65-69:	Sherry Freeland	57:24
70-74:	Bruce Brandeland Robert Benson Xinji Li	49:47 50:08 58:03	70-74:	Susan Graves Debye Humphrey	1:01:52 1:11:44
75-79:	J. A. Brown Bruce Johnson	51:09 56:28			
80-84:	Bill Shaw Wally Capps Al Angell	43:26 1:00:55 1:26:25			
Clydes:	William Swafford	1:24:21			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Joshua Tai	5:35	1 Eva Shulman	5:45
2	Henry Vargas	7:14	2 Emily Wang	6:41
BOYS 7-9		GIRLS 7-9		
1	Joel Shulman	4:23	1 Hadasha Toro	5:41
2	Arthur LaPointe	4:30		
BOYS 10-12		GIRLS 10-12		
1	James Bautista	4:28	1 Isabella Allen	6:47
2	Isaac Tai	4:48		

Plano Pacers 3K Results---Saturday, April 27, 2024

			FinTime	Pace	5Keq	Score
1.	Nathan Brookner	15 m	10:02	5:23	17.3	93.2
2.	Paul Barker	54 m	10:52	5:50	18.8	91.1
3.	Alex Fruscella	24 m	11:25	6:07	19.7	76.2
4.	Becky Angeles	47 f	11:40	6:16	20.2	91.5
5.	Jason Bogardus	46 m	11:47	6:19	20.4	79.4
6.	Melissa Morgan	40 f	11:57	6:25	20.6	85.8
7.	Vijayaraghava Reddy	46 m	12:25	6:40	21.5	75.4
8.	Ayden Ijaz	13 m	12:28	6:41	21.5	78.2
9.	Angeline Walter	14 f	12:28	6:41	21.5	86.7
10.	John Cosentino	61 m	12:51	6:54	22.2	81.8
11.	Karyn Nyholm	37 f	12:54	6:55	22.3	78.4
12.	Alan Peyton	58 m	13:03	7:00	22.5	78.4
13.	Matt Pierret	66 m	13:03	7:00	22.5	84.8

14.	Ron Wahlquist	66 m	13:09	7:03	22.7	84.1
15.	Adeel Ijaz	48 m	13:12	7:05	22.8	71.8
16.	Matthew Sunna	46 m	13:14	7:06	22.9	70.7
17.	Vijayan Nair	61 m	13:21	7:10	23.1	78.8
18.	Julian Rodriguez	46 m	13:32	7:16	23.4	69.1
19.	Michael Lamping	48 m	13:50	7:25	23.9	68.5
20.	Joseph Chen	14 m	13:56	7:28	24.1	68.4
21.	Jiabin Zhao	40 m	13:59	7:30	24.2	64.7
22.	Jeff Hashe	57 m	14:10	7:36	24.5	71.6
23.	Jorge Toro	45 m	14:44	7:54	25.5	63.1
24.	Caleb Tai	14 m	14:57	8:01	25.8	63.8
25.	Charles Brown	69 m	14:59	8:02	25.9	76.3
26.	Ranee Samaniego	27 f	15:10	8:08	26.2	64.9
27.	Nathan Blasingame	46 m	15:26	8:17	26.7	60.6
28.	Wesley Turner	9 m	15:35	8:22	26.9	71.3
29.	Aleigh Lopez	36 f	15:39	8:24	27.0	64.4
30.	Tony Tang	63 m	15:42	8:25	27.1	68.3
31.	Patricia Perez	45 f	16:11	8:41	28.0	65.1
32.	Andrew Davidson	26 m	16:18	8:45	28.2	53.3
33.	Isaac Herbert Tai	10 m	16:31	8:52	28.5	64.7
34.	Josefina Gomez	41 f	16:38	8:55	28.7	62.0
35.	Alana Finley	39 f	16:56	9:05	29.3	60.3
36.	Terry Gonzalez	69 f	17:00	9:07	29.4	76.2
37.	Luke Bray	14 m	17:02	9:08	29.4	56.0
38.	Alek Bakhshab	23 m	17:10	9:13	29.7	50.8
39.	Heather Zeiger	43 f	17:12	9:14	29.7	60.6
40.	Juan Rodriguez	9 m	17:12	9:14	29.7	64.6
41.	Kenny Gardner	71 m	17:14	9:15	29.8	67.9
42.	David Zeiger	42 m	17:15	9:15	29.8	53.0
43.	Jack Turner	7 m	17:22	9:19	30.0	70.5
44.	Clayre Turner	39 f	17:22	9:19	30.0	58.8
45.	Katie Foster	28 f	17:34	9:25	30.3	56.1
46.	Katie Davidson	25 f	17:41	9:29	30.6	55.7
47.	Christina Tang	14 f	17:46	9:32	30.7	60.8
48.	Maria Clara Cabrera	34 f	17:57	9:38	31.0	55.7
49.	Erasmio Rojas	72 m	18:15	9:47	31.5	64.9
50.	Rio King	81 m	18:34	9:58	32.1	72.1
51.	Tomas Bern	60 m	18:39	10:00	32.2	55.9
52.	Debbie Brewer	64 f	18:42	10:02	32.3	65.6
53.	Song Wu	58 m	18:50	10:06	32.5	54.3
54.	Lydia Tai	38 f	18:51	10:07	32.6	53.9
55.	Maria Davis	58 f	18:53	10:08	32.6	61.4
56.	Neiher Toro	19 m	19:00	10:12	32.8	46.8
57.	Fred Schwall	72 m	19:31	10:28	33.7	60.7
58.	Jamie Wildridge	41 f	19:35	10:30	33.8	52.6
59.	Annette Mangiameli	59 f	20:10	10:49	34.8	58.0
60.	Karen Rojas	40 f	20:41	11:06	35.7	49.6
61.	Mariam Bakhshab	27 f	21:13	11:23	36.7	46.4
62.	Alfred Wilkinson	76 m	21:33	11:34	37.2	57.9
63.	Owen Xie	14 m	21:42	11:38	37.5	43.9
64.	Luke Herbert Tai	12 m	21:51	11:43	37.7	45.8
65.	Joshua Tai	5 m	21:51	11:43	37.7	63.2
66.	Mike Schirf	43 m	22:04	11:50	38.1	41.7
67.	Alejandra Lopera	42 f	22:13	11:55	38.4	46.6
68.	Alan Davis	79 m	23:26	12:34	40.5	55.5
69.	Angela Lewis	46 f	23:52	12:48	41.2	44.4
70.	James Gabhart	82 m	23:53	12:49	41.3	56.9
71.	Tiffany Tang	27 f	23:55	12:50	41.3	41.2
72.	Yamile Cardenas	46 f	23:59	12:52	41.4	44.2
73.	Paige Schirf	37 f	24:31	13:09	42.4	41.3
74.	Lynn Tanksley	53 f	24:43	13:16	42.7	45.0
75.	Alina Nguyen	15 f	24:55	13:22	43.0	42.5
76.	Natalie Nguyen	18 f	24:55	13:22	43.0	40.8

77.	Melissa Hayes	35 f	25:01	13:25	43.2	40.1
78.	Jay Sheth	69 f	26:02	13:58	45.0	49.8
79.	Jennifer Curtiss	63 f	26:15	14:05	45.4	46.3
80.	Julie Bilyeu	34 f	26:48	14:23	46.3	37.3
81.	Ariya Niehaus	6 f	27:27	14:44	47.4	53.5
82.	Sharon Byrne	74 f	27:53	14:57	48.2	49.4
83.	Sydney Reif	74 f	28:07	15:05	48.6	49.0
84.	Vicki Epting	71 f	28:27	15:16	49.2	46.6
85.	Tim Epting	67 m	28:28	15:16	49.2	39.3
86.	Shirley Tan	57 f	30:50	16:32	53.3	37.3
87.	Ed Humphrey	72 m	31:21	16:49	54.2	37.8
88.	Theresa Fierro	65 f	31:49	17:04	55.0	39.0
89.	Jim Tressa	79 m	34:01	18:15	58.8	38.2
90.	Debbie Tressa	69 f	34:07	18:18	58.9	38.0
91.	Heidi Orton	57 f	34:43	18:37	60.0	33.1
92.	Hong Lin	49 f	47:28	25:28	82.0	22.8
93.	Nancy Cole	82 f	49:58	26:48	86.3	30.8

Plano Pacers 8K Results---Saturday, April 27, 2024

			FinTime	Pace	5Keq	Score
1.	Eric Bretl	31 m	31:24	6:19	19.0	79.5
2.	Jennifer Pope	37 f	31:24	6:19	19.0	92.0
3.	Matthew Kanarr	24 m	31:44	6:23	19.2	78.3
4.	Isabel Borrego	23 f	31:46	6:23	19.2	88.9
5.	Guillermo Toral	52 m	32:14	6:29	19.5	86.4
6.	Rachael Sanchez	37 f	32:38	6:34	19.7	88.5
7.	Kevin Glover	13 m	32:58	6:38	19.9	84.5
8.	Philip Foster	23 m	33:35	6:45	20.3	74.2
9.	Rick Nguyen	51 m	34:30	6:56	20.9	80.1
10.	Sergio Kameo	46 m	34:31	6:57	20.9	77.5
11.	Claire Compher	20 f	34:32	6:57	20.9	82.8
12.	Cruz Perez	46 m	34:37	6:58	20.9	77.2
13.	Pierre Lapointe	47 m	34:54	7:01	21.1	77.1
14.	Mark Miller	46 m	34:58	7:02	21.1	76.5
15.	Johnny Chen	55 m	36:01	7:15	21.8	79.2
16.	Shaorong Chang	45 f	37:12	7:29	22.5	81.0
17.	Kan Meng	58 m	37:15	7:30	22.5	78.5
18.	Nathan Nguyen	17 m	38:06	7:40	23.0	68.1
19.	O'Neal Barnett	50 m	38:22	7:43	23.2	71.6
20.	Yang Meng	55 m	38:44	7:48	23.4	73.6
21.	Nancy Nguyen	48 f	38:53	7:49	23.5	78.9
22.	Stephen Russo	60 m	39:13	7:53	23.7	75.9
23.	Gary Spence	57 m	39:23	7:55	23.8	73.6
24.	Xiaolu Cui	41 f	39:29	7:57	23.9	74.6
25.	Seth Randall	36 m	40:56	8:14	24.8	62.0
26.	Vlad Karpenko	49 m	41:30	8:21	25.1	65.7
27.	Daniel Breen	57 m	41:55	8:26	25.3	69.2
28.	Acension Fierro	67 m	41:56	8:26	25.4	76.2
29.	Sam Chen	51 m	42:10	8:29	25.5	65.6
30.	Jim Cavanaugh	64 m	42:23	8:32	25.6	73.0
31.	Yvonne Thapa	53 f	42:43	8:36	25.8	74.5
32.	Yuanben Zhang	14 m	43:02	8:39	26.0	63.3
33.	Chris Li	47 f	43:23	8:44	26.2	70.3
34.	Bill Shaw	81 m	43:26	8:44	26.3	88.1
35.	Isabela Delgado	16 f	43:27	8:44	26.3	68.6
36.	Ashley Morrison	33 f	43:28	8:45	26.3	65.5
37.	Alberto Ramirez	65 m	43:43	8:48	26.4	71.5
38.	Alan Kaplan	60 m	43:48	8:49	26.5	68.0
39.	Leslie Du Mars	57 f	44:04	8:52	26.6	74.6
40.	Brian Tran	27 m	44:06	8:52	26.7	56.3
41.	Erin Glover	39 f	44:58	9:03	27.2	64.8
42.	Dawn Schaffner	47 f	45:16	9:06	27.4	67.4
43.	Jeffrey Simon	48 m	45:18	9:07	27.4	59.8

44.	Frances McKissick	62 f	45:18	9:07	27.4	75.9
45.	Jeff Smith	63 m	46:22	9:20	28.0	66.1
46.	Renee Spratlen	61 f	46:24	9:20	28.1	73.4
47.	Rachel Grabow	40 f	46:47	9:25	28.3	62.6
48.	Sridhar Rajagopal	46 m	46:48	9:25	28.3	57.1
49.	Xiaoge She	61 f	47:36	9:35	28.8	71.5
50.	Binbin Lu	34 f	47:42	9:36	28.8	59.9
51.	Charlene Johnson	52 f	47:43	9:36	28.9	66.2
52.	Dani Steininger	39 f	48:40	9:47	29.4	59.9
53.	Luis Talavera	53 m	49:24	9:56	29.9	56.8
54.	Beverly Roady	55 f	49:39	9:59	30.0	65.1
55.	Debbie Riedner	54 f	49:41	10:00	30.0	64.5
56.	Bruce Brandeland	70 m	49:47	10:01	30.1	66.4
57.	Scott Orton	57 m	49:58	10:03	30.2	58.0
58.	Robert Benson	74 m	50:08	10:05	30.3	69.3
59.	Renee Mitchell	59 f	50:58	10:15	30.8	65.6
60.	Hannah Hobson	28 f	51:00	10:16	30.8	55.2
61.	J. A. Brown	77 m	51:09	10:17	30.9	70.7
62.	Martin McEnroe	60 m	51:24	10:20	31.1	57.9
63.	Alan Carruthers	64 m	52:09	10:29	31.5	59.3
64.	Lendie Smith	47 f	52:11	10:30	31.6	58.4
65.	Andreea Nguyen	44 f	52:50	10:38	31.9	56.7
66.	Laxmi Kukkadapu	38 m	53:25	10:45	32.3	47.9
67.	Chanakya Kaspas	36 m	55:55	11:15	33.8	45.4
68.	Bruce Johnson	76 m	56:28	11:22	34.1	63.1
69.	Sarah Crystal	33 f	57:09	11:30	34.6	49.8
70.	Kevin Nhan	29 m	57:17	11:31	34.6	43.4
71.	Sherry Freeland	68 f	57:24	11:33	34.7	63.8
72.	Howard Kim	52 m	57:30	11:34	34.8	48.4
73.	David Chfino	42 m	57:35	11:35	34.8	45.4
74.	Roy Zamarippa	52 m	57:36	11:35	34.8	48.4
75.	Xinji Li	74 m	58:03	11:41	35.1	59.8
76.	Lindy Hardin	51 f	59:16	11:55	35.8	52.9
77.	James Drumm	66 m	1:00:36	12:11	36.6	52.2
78.	Wally Capps	83 m	1:00:55	12:15	36.8	64.8
79.	Nhu Vu	30 f	1:00:56	12:15	36.8	46.3
80.	Phil Murch	67 m	1:01:23	12:21	37.1	52.0
81.	William Bilyeu	36 m	1:01:44	12:25	37.3	41.1
82.	Susan Graves	74 f	1:01:52	12:27	37.4	63.6
83.	Shiv Iyer	73 m	1:06:03	13:17	39.9	51.9
84.	Debye Humphrey	70 f	1:11:44	14:26	43.4	52.2
85.	Grace Walker	63 f	1:17:11	15:32	46.7	45.0
86.	William Swafford	72 m	1:24:21	16:58	51.0	40.1
87.	Al Angell	84 m	1:26:25	17:23	52.3	46.4

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, April 27, 2024

			FinTime	Pace	5Keq	Score
1.	Joel Shulman	7 m	4:23	7:03	25.9	81.6
2.	James Bautista	12 m	4:28	7:11	26.4	65.5
3.	Arthur LaPointe	9 m	4:30	7:15	26.6	72.2
4.	Isaac Tai	10 m	4:48	7:44	28.4	65.1
5.	Luke Tai	12 m	5:09	8:17	30.4	56.8
6.	Alexander Allen	8 m	5:25	8:43	32.0	62.8
7.	Joshua Tai	5 m	5:35	8:59	33.0	72.3
8.	Hadasha Toro	8 f	5:41	9:09	33.6	67.8
9.	Eva Shulman	5 f	5:45	9:15	34.0	79.6
10.	Emily Wang	5 f	6:41	10:45	39.5	68.5
11.	Isabella Allen	10 f	6:47	10:55	40.1	52.2
12.	Isabella LaPointe	4 f	6:56	11:10	41.0	70.8
13.	Ruah Shulman	3 f	7:02	11:19	41.6	75.4
14.	Henry Vargas	6 m	7:14	11:39	42.7	52.4
15.	Oliver Schirf	5 m	7:17	11:43	43.0	55.5
16.	Knox Edmonson	5 m	8:23	13:30	49.5	48.2

17.	Sofia Allen	3 f	11:25	18:23	67.5	46.5
18.	Wilder McLaughlin	6 m	12:38	20:20	74.7	30.0

New Records:

Nathan Brookner, 3K Male 13-15, 10:02 (previous record: Nathan Brookner, 10:08, 04/23)
 Becky Angeles, 3K Female 45-49, 11:40 (previous record: Linda Musil (Kelly), 11:41, 08/97)
 Isabel Borrego, 8K Female 20-24, 31:46 (previous record: Michelle Pense, 32:22, 04/05)
 Bill Shaw, 8K Male 80-84, 43:26 (previous record: Wally Capps, 45:59, 12/20)

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
 Seth Randall
 Debbie Brewer
 Chris Brewer
 Steve Russo
 Ron Wahlquist