

Plano Pacers Spring Scamper 5K, 10K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday March 26, 2022

5K TOP FINISHERS

MEN		WOMEN		
1	Blair Casey	16:48	1 Rachael Sanchez	18:28
2	Bryan Eberhard	17:31	2 Sibley Garner	21:21
3	Jim Dietz	17:48	3 Kherington Glover	22:26
4	Beck Fournet	18:37	4 Ella Wertz	22:32
5	Derk Wadas	18:39	5 Andrea Hudson Baldwin	22:45
6	Mani Alavi	18:57	6 Stephanie Bache	23:58
7	Guillermo Castro	18:59	7 Rachel Grabow	25:19
8	Shawn McCawley	19:42	8 Rie Morgen	26:07
9	Alex Castro	19:45	9 Tanishi Sagar	26:26
10	Mark Miller	20:30	10 Joy McGowen	26:31
Overall: Blair Casey		16:48	Overall: Rachael Sanchez	18:28
Master: Jim Dietz		17:48	Master: Andrea Hudson Baldwin	22:45
Senior: John Cosentino		21:14	Senior: Leslie du Mars	27:30
9-un: Peter Matheney		28:35	9-un: Eleanor Matheney	28:36
Maxwell Nelson		42:05		
10-14: Beck Fournet		18:37	10-14: Kherington Glover	22:26
Ethan Nemcok		20:59	Ella Wertz	22:32
Ethan Marschen		22:24	Tanishi Sagar	26:26
			15-19: Sibley Garner	21:21
			Abigail Leventhal	29:06
20-24: Guillermo Castro		18:59		
			25-29: Joy McGowen	26:31
30-34: Bryan Eberhard		17:31	30-34: Amirtha Gunasekaran	47:56
Max Morgen		21:48	Katherine Matheney	53:58
Delaney Burns		25:09		
35-39: Alex Castro		19:45	35-39: Rachel Grabow	25:19
Harold Balatbat		28:54	Camilla Williamson	34:39
Ryan Glover		33:05	Deepika Sivakumar	36:30
40-44: Mani Alavi		18:57	40-44: Rie Morgen	26:07
Mark Miller		20:30	Daniela Nemcok	28:48
Mark Chalkley		23:14	Ashley Ahn	39:02
45-49: Shawn McCawley		19:42	45-49: Stephanie Bache	23:58
Chad Kaneshige		22:45	Sui Ruan	37:14
David Nemcok		29:32	Linzzy McCawley	37:41
50-54: Derk Wadas		18:39	50-54: Angela Lara Gonzalez	35:57
Hector Delgado		20:36	Cindy Engel	47:48
Manuel Houellefont		22:17		
55-59: Vijayan Nair		22:26	55-59: Sherri McCarter	29:28
Kenneth Posner		24:10	Enxi Huang	33:01
Song Wu		27:38	Denise Roberts	35:51
60-64: Ron Wahlquist		22:04	60-64: Jeanmarie Holm	33:18
Alberto Ramirez		25:18	Adelisa Grace Walker	38:41
Timothy Davis		26:22	Lynne Najera	45:00

		65-69: Terry Gonzalez	30:26
		Debye Humphrey	36:31
		Jerri Hixson	38:00
70-74:	Mike Zinn	29:24	
	Xinji Li	33:52	
	Alfred Wilkinson	36:49	
75-79:	Bill Shirley	32:53	75-79: Andi Miner
	Thomas Vaughn	46:55	Marylyn Patrick
			36:23
			1:15:50
80-ov:	Timothy Kourounis	45:12	80-ov: Nancy Lowden
			48:39
Clydes:	Ted Roberts	27:07	
	Leon Williams	35:49	
	William Swafford	44:24	

10K TOP FINISHERS

MEN		WOMEN			
1	Felix Gonzalez	37:06	1 Xiaolu Cui	47:50	
2	Alberto Castro	37:09	2 Beth Nowell	49:37	
3	Gustavo Aguirre	37:15	3 Linda Kelly	51:15	
4	Francisco Adame	37:18	4 Renee Spratlen	53:56	
5	Jose Ramirez	37:51	5 Dawn Burke	54:48	
6	Paul Wells	38:31	6 Anushka Niranjana	56:59	
7	Michael Held	40:04	7 Renee Mitchell	57:05	
8	David Burns	40:09	8 Erin Glover	57:47	
9	Kevin Glover	42:42	9 Sarah Chandler	59:44	
10	O'Neal Barnett	42:51	10 Sunao Saito	59:52	
Overall:	Felix Gonzalez	37:06	Overall:	Xiaolu Cui	47:50
Master:	Alberto Castro	37:09	Master:	Beth Nowell	49:37
Senior:	Michael Held	40:04	Senior:	Linda Kelly	51:15
10-14:	Kevin Glover	42:42			
	Devan Kathiravan	59:39			
			15-19:	Anushka Niranjana	56:59
25-29:	Gustavo Aguirre	37:15			
	Paul Wells	38:31			
30-34:	Seth Randall	50:49			
35-39:	Daniel Chang	43:02	35-39:	Erin Glover	57:47
				Sarah Chandler	59:44
				Jennifer Ma	1:00:01
40-44:	Greg Amerson	43:42	40-44:	Heather Zeiger	1:01:15
	Arvind Niranjana	56:59			
	David Zeiger	1:01:16			
45-49:	Francisco Adame	37:18			
	O'Neal Barnett	42:51			
	Pierre Lapointe	47:10			
50-54:	Jose Ramirez	37:51	50-54:	Debbie Riedner	1:09:40
	Johnny Chen	45:00			
	Daniele Vellani	47:03			

55-59:	Stephen Russo	45:01	55-59:	Renee Spratlen	53:56
	Alan Kaplan	52:53		Renee Mitchell	57:05
	Zunxuan Chen	1:08:04		Gowa Borzigin	1:03:26
60-64:	David Burns	40:09	60-64:	Dawn Burke	54:48
	Ronald Combs	49:08			
	James Drumm	54:44			
65-69:	Cary Sherf	49:52	65-69:	Sunao Saito	59:52
	Thomas Conlon	55:58			
	Ken Ashby	1:18:48			
80-ov:	Wally Capps	1:02:22			
	Al Angell	1:38:50			
Clydes:	John Kramer	1:39:10			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Andy Ma	5:17	1 Anna Szabo	5:36
2	Daniel Castro	6:56	2 Joy Johnson	5:59
BOYS 7-9		GIRLS 7-9		
1	Henry Nemcok	4:18	1 Annabelle Nowell	5:03
2	Jonah Nowell	4:30	2 Charlotte Booker	5:25
BOYS 10-12		GIRLS 10-12		
1	Danial Torabi	3:50	1 Julia Johnson	4:19
2	Kevin Glover	3:50		

Plano Pacers 5K Results---Saturday, March 26, 2022

			FinTime	Pace	5Keq	Score
1.	Blair Casey	35 m	16:48	5:24	16.8	91.0
2.	Bryan Eberhard	31 m	17:31	5:38	17.5	86.2
3.	Jim Dietz	61 m	17:48	5:44	17.8	102.1
4.	Rachael Sanchez	34 f	18:28	5:57	18.5	93.5
5.	Beck Fournet	14 m	18:37	6:00	18.6	88.5
6.	Derk Wadas	50 m	18:39	6:00	18.6	89.0
7.	Mani Alavi	43 m	18:57	6:06	18.9	83.8
8.	Guillermo Castro	21 m	18:59	6:07	19.0	79.9
9.	Shawn McCawley	45 m	19:42	6:20	19.7	81.6
10.	Alex Castro	39 m	19:45	6:21	19.7	78.8
11.	Mark Miller	44 m	20:30	6:36	20.5	77.9
12.	Hector Delgado	53 m	20:36	6:38	20.6	82.4
13.	Ethan Nemcok	11 m	20:59	6:45	21.0	84.9
14.	John Cosentino	59 m	21:14	6:50	21.2	84.0
15.	Sibley Garner	15 f	21:21	6:52	21.3	85.8
16.	Max Morgen	32 m	21:48	7:01	21.8	69.5
17.	Ron Wahlquist	64 m	22:04	7:06	22.1	84.8
18.	Manuel Houellemont	53 m	22:17	7:10	22.3	76.2
19.	Ethan Marschen	12 m	22:24	7:13	22.4	77.2
20.	Vijayan Nair	59 m	22:26	7:13	22.4	79.5
21.	Kherington Glover	12 f	22:26	7:13	22.4	87.3
22.	Ella Wertz	14 f	22:32	7:15	22.5	82.8
23.	Andrea Hudson Baldwin	62 f	22:45	7:19	22.7	91.4
24.	Chad Kaneshige	46 m	22:45	7:19	22.7	71.1
25.	Mark Chalkley	41 m	23:14	7:29	23.2	67.6
26.	Campbell Wertz	12 m	23:35	7:35	23.6	73.3
27.	Stephanie Bache	47 f	23:58	7:43	24.0	76.9
28.	Kenneth Posner	58 m	24:10	7:47	24.2	73.2
29.	Brady Amerson	14 m	25:00	8:03	25.0	65.9

30.	Samuel Nowell	10 m	25:01	8:03	25.0	73.8
31.	Delaney Burns	33 m	25:09	8:06	25.1	60.4
32.	Alberto Ramirez	61 m	25:18	8:09	25.3	71.8
33.	Rachel Grabow	38 f	25:19	8:09	25.3	69.3
34.	Rie Morgen	41 f	26:07	8:24	26.1	68.2
35.	Timothy Davis	60 m	26:22	8:29	26.4	68.3
36.	Tanishi Sagar	12 f	26:26	8:30	26.4	74.1
37.	Joshua Balakdner	11 m	26:30	8:32	26.5	67.2
38.	Joy McGowen	29 f	26:31	8:32	26.5	64.3
39.	Ted Roberts	63 m	27:07	8:44	27.1	68.3
40.	Leslie du Mars	55 f	27:30	8:51	27.5	71.0
41.	Song Wu	56 m	27:38	8:54	27.6	62.9
42.	Robert Cui	10 m	27:56	8:59	27.9	66.1
43.	Guillermo Toral	50 m	28:29	9:10	28.5	58.3
44.	Peter Matheney	7 m	28:35	9:12	28.6	74.0
45.	Joshua Matheney	32 m	28:36	9:12	28.6	52.9
46.	Eleanor Matheney	8 f	28:36	9:12	28.6	79.6
47.	Daniela Nemcok	44 f	28:48	9:16	28.8	62.9
48.	Harold Balatbat	39 m	28:54	9:18	28.9	53.8
49.	Deshi Fournet	14 f	29:05	9:22	29.1	64.2
50.	Abigail Leventhal	16 f	29:06	9:22	29.1	61.9
51.	Mike Zinn	74 m	29:24	9:28	29.4	71.4
52.	Sherri McCarter	56 f	29:28	9:29	29.5	66.9
53.	David Nemcok	46 m	29:32	9:30	29.5	54.7
54.	Mark Simon	56 m	30:21	9:46	30.3	57.3
55.	Terry Gonzalez	67 f	30:26	9:48	30.4	71.9
56.	Jon M Johnson	64 m	31:11	10:02	31.2	60.0
57.	Senthilkumar Krishnan	44 m	31:14	10:03	31.2	51.1
58.	Bill Shirley	78 m	32:53	10:35	32.9	67.4
59.	Enxi Huang	57 f	33:01	10:38	33.0	60.2
60.	Ryan Glover	38 m	33:05	10:39	33.1	46.8
61.	Jeanmarie Holm	60 f	33:18	10:43	33.3	61.3
62.	Kathiravan Balu	39 m	33:18	10:43	33.3	46.7
63.	Jess Vela	52 m	33:44	10:51	33.7	49.9
64.	Xinji Li	72 m	33:52	10:54	33.9	60.5
65.	Camilla Williamson	38 f	34:39	11:09	34.6	50.6
66.	Leon Williams	67 m	35:49	11:32	35.8	53.9
67.	Denise Roberts	59 f	35:51	11:32	35.8	56.4
68.	Angela Lara Gonzalez	50 f	35:57	11:34	35.9	52.3
69.	Andi Miner	77 f	36:23	11:43	36.4	68.1
70.	Deepika Sivakumar	35 f	36:30	11:45	36.5	47.5
71.	Debye Humphrey	67 f	36:31	11:45	36.5	60.0
72.	Alfred Wilkinson	74 m	36:49	11:51	36.8	57.0
73.	Alese Pantalion	57 f	37:04	11:56	37.1	53.6
74.	Sui Ruan	48 f	37:14	11:59	37.2	49.8
75.	Linzy McCawley	45 f	37:41	12:08	37.7	48.3
76.	Jerri Hixson	68 f	38:00	12:14	38.0	58.3
77.	Adelisa Grace Walker	61 f	38:41	12:27	38.7	53.2
78.	Melaine Nelson	48 f	39:01	12:33	39.0	47.6
79.	Ashley Ahn	44 f	39:02	12:34	39.0	46.4
80.	Yuanben Zhang	12 m	40:27	13:01	40.4	42.7
81.	Aparna Srinivasan	40 f	40:35	13:04	40.6	43.7
82.	Marcus Wertz	74 m	40:42	13:06	40.7	51.6
83.	Kara Boes	38 f	41:33	13:22	41.5	42.2
84.	Marcus Nelson	51 m	42:05	13:33	42.1	39.7
85.	Maxwell Nelson	6 m	42:05	13:33	42.1	53.2
86.	William Swafford	70 m	44:24	14:17	44.4	45.0
87.	Lynne Najera	64 f	45:00	14:29	45.0	47.1
88.	Timothy Kourounis	84 m	45:12	14:33	45.2	53.6
89.	Thomas Vaughn	76 m	46:55	15:06	46.9	45.9
90.	Cindy Engel	52 f	47:48	15:23	47.8	39.9
91.	Amirtha Gunasekaran	33 f	47:56	15:26	47.9	35.9
92.	Nancy Lowden	80 f	48:39	15:40	48.6	53.1

93.	Ed Humphrey	70 m	49:39	15:59	49.6	40.3
94.	Elizabeth Brown	61 f	52:46	16:59	52.8	39.0
95.	Monica Marino	58 f	52:47	16:59	52.8	38.0
96.	Nataly Gonzalez	12 f	53:42	17:17	53.7	36.5
97.	Katherine Matheney	33 f	53:58	17:22	54.0	31.9
98.	Sulabh Sharma	42 f	1:01:46	19:53	61.8	29.0
99.	Marylyn Patrick	78 f	1:15:50	24:24	75.8	33.1

Plano Pacers 10K Results---Saturday, March 26, 2022

			FinTime	Pace	5Keq	Score
1.	Felix Gonzalez	43 m	37:06	5:58	17.7	89.9
2.	Alberto Castro	41 m	37:09	5:59	17.7	88.8
3.	Gustavo Aguirre	29 m	37:15	6:00	17.7	84.8
4.	Francisco Adame	48 m	37:18	6:00	17.8	92.2
5.	Jose Ramirez	53 m	37:51	6:05	18.0	94.2
6.	Paul Wells	28 m	38:31	6:12	18.3	81.9
7.	Michael Held	56 m	40:04	6:27	19.1	91.1
8.	David Burns	60 m	40:09	6:28	19.1	94.2
9.	Kevin Glover	10 m	42:42	6:52	20.3	90.8
10.	O'Neal Barnett	47 m	42:51	6:54	20.4	79.7
11.	Daniel Chang	37 m	43:02	6:56	20.5	75.2
12.	Greg Amerson	42 m	43:42	7:02	20.8	75.9
13.	Johnny Chen	53 m	45:00	7:15	21.4	79.2
14.	Stephen Russo	58 m	45:01	7:15	21.4	82.5
15.	Daniele Vellani	52 m	47:03	7:34	22.4	75.2
16.	Pierre Lapointe	45 m	47:10	7:35	22.5	71.5
17.	Xiaolu Cui	39 f	47:50	7:42	22.8	77.4
18.	Ronald Combs	60 m	49:08	7:54	23.4	76.9
19.	Beth Nowell	43 f	49:37	7:59	23.6	76.2
20.	Cary Sherf	69 m	49:52	8:02	23.7	83.2
21.	Seth Randall	34 m	50:49	8:11	24.2	63.0
22.	Linda Kelly	70 f	51:15	8:15	24.4	92.8
23.	zhonghui zhang	54 m	52:15	8:25	24.9	68.7
24.	Alan Kaplan	58 m	52:53	8:31	25.2	70.2
25.	Stephen Flores	52 m	52:54	8:31	25.2	66.9
26.	Brian Boes	47 m	52:58	8:31	25.2	64.5
27.	Renee Spratlen	58 f	53:56	8:41	25.7	78.0
28.	James Drumm	63 m	54:44	8:49	26.1	71.1
29.	Dawn Burke	61 f	54:48	8:49	26.1	78.9
30.	Jeff Smith	61 m	55:18	8:54	26.3	69.0
31.	Jim Cavanaugh	62 m	55:55	9:00	26.6	68.9
32.	Thomas Conlon	69 m	55:58	9:00	26.7	74.1
33.	Day-Ruey Liu	63 m	56:21	9:04	26.8	69.0
34.	Arvind Niranjan	44 m	56:59	9:10	27.1	58.9
35.	Anushka Niranjan	16 f	56:59	9:10	27.1	66.4
36.	Renee Mitchell	57 f	57:05	9:11	27.2	73.1
37.	Erin Glover	37 f	57:47	9:18	27.5	63.5
38.	Devan Kathiravan	10 m	59:39	9:36	28.4	65.0
39.	Sarah Chandler	35 f	59:44	9:37	28.4	60.9
40.	Sunao Saito	67 f	59:52	9:38	28.5	76.8
41.	Jennifer Ma	38 f	1:00:01	9:40	28.6	61.4
42.	Heather Zeiger	41 f	1:01:15	9:51	29.2	61.1
43.	David Zeiger	40 m	1:01:16	9:52	29.2	53.6
44.	Wally Capps	81 m	1:02:22	10:02	29.7	77.9
45.	Shungo Saito	63 m	1:02:43	10:06	29.9	62.0
46.	Gowa Borzigin	56 f	1:03:26	10:13	30.2	65.2
47.	Zunxuan Chen	56 m	1:08:04	10:57	32.4	53.6
48.	Andy Beach	64 m	1:08:41	11:03	32.7	57.2
49.	Debbie Riedner	52 f	1:09:40	11:13	33.2	57.5
50.	Ronald A. Hamilton	62 m	1:13:42	11:52	35.1	52.3
51.	Ken Ashby	69 m	1:18:48	12:41	37.5	52.7
52.	Al Angell	82 m	1:38:50	15:54	47.1	49.9
53.	John Kramer	60 m	1:39:10	15:58	47.2	38.1

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, March 27, 2022

			FinTime	Pace	5Keq	Score
1.	Danial Torabi	11 m	3:50	6:10	22.7	78.7
2.	Kevin Glover	10 m	3:50	6:10	22.7	81.5
3.	Henry Nemcok	9 m	4:18	6:55	25.4	75.6
4.	Julia Johnson	11 f	4:19	6:57	25.5	79.2
5.	Jonah Nowell	8 m	4:30	7:15	26.6	75.6
6.	Oliver Chalkley	8 m	4:31	7:16	26.7	75.3
7.	Teddy Hendricks	8 m	4:45	7:39	28.1	71.6
8.	Joshua Ma	8 m	4:48	7:44	28.4	70.8
9.	Arthur LaPointe	7 m	5:00	8:03	29.5	71.6
10.	Annabelle Nowell	9 f	5:03	8:08	29.8	72.9
11.	Max Lemaev	7 m	5:13	8:24	30.8	68.6
12.	Andy Ma	5 m	5:17	8:30	31.2	76.4
13.	Gustavo Aguirre	7 m	5:24	8:41	31.9	66.3
14.	Charlotte Booker	7 f	5:25	8:43	32.0	74.9
15.	Jocelyn Johnson	8 f	5:26	8:45	32.1	70.9
16.	Anna Szabo	6 f	5:36	9:01	33.1	76.7
17.	Ethan Chang	7 m	5:49	9:22	34.4	61.5
18.	Joy Johnson	5 f	5:59	9:38	35.4	76.5
19.	Violet Boes	8 f	6:09	9:54	36.3	62.7
20.	Zoe Chalkley	5 f	6:11	9:57	36.5	74.0
21.	Grace Boes	6 f	6:23	10:16	37.7	67.3
22.	Jonathan Glover	8 m	6:48	10:57	40.2	50.0
23.	Daniel Castro	4 m	6:56	11:10	41.0	62.5
24.	Bobbi Hendricks	6 f	7:17	11:43	43.0	59.0
25.	Mia Kosanovic	4 f	7:37	12:16	45.0	64.5
26.	Savannah Nowell	6 f	8:12	13:12	48.5	52.4
27.	Isabella Aguirre	4 f	8:57	14:24	52.9	54.9
28.	James Grabow	3 m	9:18	14:58	55.0	50.3
29.	Sadie Glover	3 f	9:58	16:02	58.9	53.2
30.	EllaJoy Nowell	2 f	11:07	17:54	65.7	51.9
31.	Alondra Castro	2 f	13:31	21:45	79.9	42.7

New Records:

Jim Dietz, 5K Male 60-64, 17:48 (previous record: Jim Dietz, 18:01, 02/22)

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
 Robert Hendricks
 Chris Brewer
 Al Wilkinson
 Greg Amerson
 Ron Wahlquist