

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

at Bob Woodruff Park, Plano, TX  
Saturday March 27, 2021

## 5K TOP FINISHERS

MEN		WOMEN			
1	Gavin Gajraj	18:09	1	Elizabeth James	18:46
2	Joseph Uc	18:45	2	Valerie Witmer	19:29
3	Charles James	19:05	3	Andrea Hudson Baldwin	23:35
4	Danny Monistere	20:53	4	Sarina Bands	25:13
5	Shawn McCawley	21:13	5	Jie Wang	25:27
6	Scott Overmann	21:28	6	Maria Moore	25:33
7	Cristian Bedoya	21:38	7	Hongjian Li	25:45
8	Guillermo Toral	23:06	8	Alejandra Baeza	26:17
9	Fred Ellefson	23:23	9	Leslie Smith-Dumars	26:25
10	Marc Zimmerman	23:39	10	Morgan Johnson	26:28
Overall: Gavin Gajraj		18:09	Overall: Elizabeth James		18:46
Master: Danny Monistere		20:53	Master: Valerie Witmer		19:29
Senior: Fred Ellefson		23:23	Senior: Andrea Hudson Baldwin		23:35
			9-un: Grace Stclair		48:29
10-14:	Cristian Bedoya	21:38	10-14:	Sarina Bands	25:13
	Nathan Nguyen	30:15		Alina Nguyen	30:34
	Yuanben Zhang	38:27		Victoria Hernandez	31:58
15-19:	Joseph Uc	18:45	15-19:	Noelani Stclair	34:41
20-24:	Joseph Jonathan Hiponia	28:44	20-24:	Trinh Nguyen	30:32
			25-29: Morgan Johnson		26:28
			Claudia Lopez		30:24
			Kayla Curiel		33:25
30-34:	Charles James	19:05	30-34:	Andrea Lopez	29:35
	James Vo	26:28		Vanessa Balderas	31:19
35-39:	Anthony Curiel	33:24	35-39:	Anahi Alvarez	30:48
				Emily Haluska	34:41
				Cherie Marquez	37:01
40-44:	Shawn McCawley	21:13	40-44:	Alejandra Baeza	26:17
	Jonathan Stclair	48:31		Linzy McCawley	36:38
45-49:	Scott Overmann	21:28	45-49:	Jie Wang	25:27
	Guillermo Toral	23:06		Kiran Dasani	40:47
	Meng Zhao	25:26		Nancy Nguyen	42:42
			50-54: Leslie Smith-Dumars		26:25
			Tonya Brown		29:32
			Tammy Eppler		32:59
55-59:	Alan Kaplan	23:54	55-59:	Hongjian Li	25:45
	Vijayan Nair	25:22		Martha Kuhlman	40:15
	Song Wu	29:30		Emily Liu	44:53
60-64:	Marc Zimmerman	23:39	60-64:	Maria Moore	25:33
				Ginger Steinmetz	31:15
				Lynne Najera	43:33

65-69:	Bruce Brandeland Sigi Diaz Thomas Conlon	26:52 27:42 29:02	65-69:	Terry Gonzalez Jerri Hixson	30:24 34:22
70-74:	J. A. Brown Alfred Wilkinson Steve Shopoff	29:31 36:12 38:10	70-74:	Jeanne Pitz	1:08:24
75-79:	Bill Shirley Alan Davis James Gabhart	31:45 40:37 41:22	75-79:	Andi Miner Nancy Lowden	31:43 47:41
80-ov:	Will Ferson Charles Warner James Thruston	39:45 39:56 44:41	80-ov:	Bettye Haynes	47:57
Clydes:	Timothy Davis	29:58			

#### 10K TOP FINISHERS

MEN			WOMEN		
1	Jose Lopez	37:50	1	Tina-Mari Meyer	42:42
2	Felix Gonzalez	37:53	2	Marla Maupin	48:17
3	Francisco Adame	37:54	3	Linda Kelly	49:42
4	Derk Wadas	39:22	4	Xiaolu Cui	52:19
5	Joseph Cervantez	41:17	5	Heather Zeiger	1:00:40
6	Jason Bogardus	41:53	6	Sunao Saito	1:01:08
7	Mark Miller	42:59	7	Emily Wyatt	1:04:57
8	Rick Nguyen	44:29	8	Debbie Riedner	1:05:00
9	Johnny Chen	44:32	9	Gowa Borzigin	1:08:43
10	Michael Cagle	45:49	10	Tina Jasper	1:12:40
Overall:	Jose Lopez	37:50	Overall:	Tina-Mari Meyer	42:42
Master:	Felix Gonzalez	37:53	Master:	Marla Maupin	48:17
Senior:	Steve Russo	47:14	Senior:	Linda Kelly	49:42
15-19:	Wesley Liu	1:07:01			
25-29:	Paul Cheng Santhosh Pendkar	49:37 1:22:32			
35-39:	Joseph Cervantez	41:17	35-39:	Xiaolu Cui Emily Wyatt Fabiola Rodriguez	52:19 1:04:57 1:20:37
40-44:	Jason Bogardus Mark Miller Jonathan Szeto	41:53 42:59 56:02	40-44:	Heather Zeiger	1:00:40
45-49:	Francisco Adame Derk Wadas Rick Nguyen	37:54 39:22 44:29	45-49:	Chauncey Eastes Amy Long	1:35:56 1:35:58
50-54:	Johnny Chen Michael Cagle Pingshan Wen	44:32 45:49 49:53	50-54:	Debbie Riedner	1:05:00
55-59:	Tom Greenwald L Chen Jesse Puentes	47:44 52:00 56:12	55-59:	Gowa Borzigin Tina Jasper	1:08:43 1:12:40

60-64:	Day-Ruey Liu	54:54			
	Jeff Smith	57:09			
	Jon M Johnson	57:12			
65-69:	Cary Sherf	53:54	65-69:	Sunao Saito	1:01:08
				Debye Humphrey	1:17:52
70-74:	Mike Fields	51:17			
	Robert Benson	55:51			
	Michael Zinn	1:04:15			
Clydes:	Jay Robbins	48:06			
	Ed Humphrey	1:28:44			
	William Swafford	1:38:39			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6			
		1	Charlotte Booker	5:48	
		2	Ana Nguyen	7:40	
BOYS 7-9		GIRLS 7-9			
1	Max Davis	4:48	1	Olivia Booker	5:16
2	Luke Nguyen	5:38	2	McKinley Maupin	6:47
BOYS 10-12		GIRLS 10-12			

Plano Pacers 5K Results---Saturday, March 27, 2021

		FinTime	Pace	5Keq	Score	
1.	<a href="#">Gavin Gajraj</a>	18 m	18:09	5:51	18.1	85.5
2.	<a href="#">Joseph Uc</a>	15 m	18:45	6:02	18.7	86.2
3.	<a href="#">Elizabeth James</a>	31 f	18:46	6:02	18.8	91.2
4.	<a href="#">Charles James</a>	31 m	19:05	6:09	19.1	79.1
5.	<a href="#">Valerie Witmer</a>	44 f	19:29	6:16	19.5	92.9
6.	<a href="#">Danny Monistere</a>	56 m	20:53	6:43	20.9	83.2
7.	<a href="#">Shawn McCawley</a>	44 m	21:13	6:50	21.2	75.3
8.	<a href="#">Scott Overmann</a>	47 m	21:28	6:55	21.5	75.8
9.	<a href="#">Cristian Bedoya</a>	12 m	21:38	6:58	21.6	79.9
10.	<a href="#">Guillermo Toral</a>	49 m	23:06	7:26	23.1	71.4
11.	<a href="#">Fred Ellefson</a>	61 m	23:23	7:32	23.4	77.7
12.	<a href="#">Andrea Hudson Baldwin</a>	61 f	23:35	7:35	23.6	87.3
13.	<a href="#">Marc Zimmerman</a>	61 m	23:39	7:37	23.6	76.8
14.	<a href="#">Alan Kaplan</a>	57 m	23:54	7:42	23.9	73.3
15.	<a href="#">Sarina Bands</a>	13 f	25:13	8:07	25.2	75.7
16.	<a href="#">Vijayan Nair</a>	58 m	25:22	8:10	25.4	69.7
17.	<a href="#">Meng Zhao</a>	46 m	25:26	8:11	25.4	63.6
18.	<a href="#">Jie Wang</a>	46 f	25:27	8:11	25.4	72.0
19.	<a href="#">Maria Moore</a>	60 f	25:33	8:13	25.5	79.9
20.	<a href="#">Hongjian Li</a>	55 f	25:45	8:17	25.7	75.9
21.	<a href="#">Alejandra Baeza</a>	40 f	26:17	8:28	26.3	67.4
22.	<a href="#">Leslie Smith-Dumars</a>	54 f	26:25	8:30	26.4	73.4
23.	<a href="#">James Vo</a>	30 m	26:28	8:31	26.5	56.9
24.	<a href="#">Morgan Johnson</a>	25 f	26:28	8:31	26.5	64.3
25.	<a href="#">Bruce Brandeland</a>	67 m	26:52	8:39	26.9	71.9
26.	<a href="#">Sigi Diaz</a>	67 m	27:42	8:55	27.7	69.7
27.	<a href="#">Joseph Jonathan Hiponia</a>	21 m	28:44	9:15	28.7	52.8
28.	<a href="#">Thomas Conlon</a>	68 m	29:02	9:21	29.0	67.3
29.	<a href="#">Song Wu</a>	55 m	29:30	9:30	29.5	58.4
30.	<a href="#">J. A. Brown</a>	73 m	29:31	9:30	29.5	70.2
31.	<a href="#">Tonya Brown</a>	51 f	29:32	9:30	29.5	64.2
32.	<a href="#">Andrea Lopez</a>	31 f	29:35	9:31	29.6	57.9
33.	<a href="#">Timothy Davis</a>	59 m	29:58	9:39	30.0	59.5

34.	<a href="#">Nathan Nguyen</a>	13 m	30:15	9:44	30.2	55.7
35.	<a href="#">Claudia Lopez</a>	27 f	30:24	9:47	30.4	55.9
36.	<a href="#">Terry Gonzalez</a>	66 f	30:24	9:47	30.4	71.2
37.	<a href="#">Trinh Nguyen</a>	23 f	30:32	9:50	30.5	55.9
38.	<a href="#">Alina Nguyen</a>	12 f	30:34	9:50	30.6	64.1
39.	<a href="#">Anahi Alvarez</a>	38 f	30:48	9:55	30.8	57.0
40.	<a href="#">Ginger Steinmetz</a>	60 f	31:15	10:03	31.2	65.3
41.	<a href="#">Abhiman Hande</a>	46 m	31:18	10:04	31.3	51.7
42.	<a href="#">Vanessa Balderas</a>	33 f	31:19	10:05	31.3	55.0
43.	<a href="#">Andi Miner</a>	76 f	31:43	10:13	31.7	77.0
44.	<a href="#">Bill Shirley</a>	77 m	31:45	10:13	31.7	68.8
45.	<a href="#">Victoria Hernandez</a>	12 f	31:58	10:17	32.0	61.3
46.	<a href="#">Tammy Eppler</a>	54 f	32:59	10:37	33.0	58.8
47.	<a href="#">Anthony Curiel</a>	36 m	33:24	10:45	33.4	46.0
48.	<a href="#">Kayla Curiel</a>	27 f	33:25	10:45	33.4	50.9
49.	<a href="#">Jerri Hixson</a>	67 f	34:22	11:04	34.4	63.7
50.	<a href="#">Noelani Stclair</a>	17 f	34:41	11:10	34.7	51.3
51.	<a href="#">Emily Haluska</a>	35 f	34:41	11:10	34.7	50.0
52.	<a href="#">Scarlett Duke</a>	14 f	35:55	11:34	35.9	52.0
53.	<a href="#">Alfred Wilkinson</a>	73 m	36:12	11:39	36.2	57.3
54.	<a href="#">Stacy Dixon</a>	54 f	36:23	11:43	36.4	53.3
55.	<a href="#">Linzy McCawley</a>	44 f	36:38	11:47	36.6	49.4
56.	<a href="#">Cherie Marquez</a>	39 f	37:01	11:55	37.0	47.6
57.	<a href="#">Steve Shopoff</a>	74 m	38:10	12:17	38.2	55.0
58.	<a href="#">Yuanben Zhang</a>	11 m	38:27	12:23	38.4	46.3
59.	<a href="#">Aarush Dasani</a>	14 m	39:35	12:44	39.6	41.6
60.	<a href="#">Will Ferson</a>	81 m	39:45	12:48	39.7	58.2
61.	<a href="#">Charles Warner</a>	80 m	39:56	12:51	39.9	57.1
62.	<a href="#">Martha Kuhlman</a>	56 f	40:15	12:57	40.2	48.9
63.	<a href="#">Alan Davis</a>	76 m	40:37	13:04	40.6	53.1
64.	<a href="#">Alok Jena</a>	49 m	40:45	13:07	40.7	40.5
65.	<a href="#">Kiran Dasani</a>	46 f	40:47	13:08	40.8	44.9
66.	<a href="#">James Gabhart</a>	79 m	41:22	13:19	41.4	54.3
67.	<a href="#">Sophia Nguyen</a>	11 f	42:42	13:45	42.7	47.3
68.	<a href="#">Nancy Nguyen</a>	45 f	42:42	13:45	42.7	42.7
69.	<a href="#">Lynne Najera</a>	63 f	43:33	14:01	43.5	48.2
70.	<a href="#">James Thruston</a>	83 m	44:41	14:23	44.7	53.4
71.	<a href="#">Emily Liu</a>	58 f	44:53	14:27	44.9	44.6
72.	<a href="#">Ann Gadberry</a>	61 f	45:09	14:32	45.1	45.6
73.	<a href="#">Tina Compton</a>	50 f	45:10	14:32	45.2	41.7
74.	<a href="#">Ken Ashby</a>	68 m	45:16	14:34	45.3	43.2
75.	<a href="#">Nancy Lowden</a>	79 f	47:41	15:21	47.7	53.4
76.	<a href="#">Marvin Dubois</a>	74 m	47:45	15:22	47.7	44.0
77.	<a href="#">Bettye Haynes</a>	83 f	47:57	15:26	47.9	56.4
78.	<a href="#">Grace Stclair</a>	6 f	48:29	15:36	48.5	52.4
79.	<a href="#">Jonathan Stclair</a>	43 m	48:31	15:37	48.5	32.7
80.	<a href="#">Jeanne Pitz</a>	70 f	1:08:24	22:01	68.4	33.1

**Plano Pacers 10K Results---Saturday, March 27, 2021**

			<b>FinTime</b>	<b>Pace</b>	<b>5Keq</b>	<b>Score</b>
1.	<a href="#">Jose Lopez</a>	35 m	37:50	6:05	18.0	84.9
2.	<a href="#">Felix Gonzalez</a>	42 m	37:53	6:06	18.0	87.6
3.	<a href="#">Francisco Adame</a>	47 m	37:54	6:06	18.0	90.1
4.	<a href="#">Derk Wadas</a>	49 m	39:22	6:20	18.7	87.9
5.	<a href="#">Joseph Cervantez</a>	35 m	41:17	6:39	19.7	77.8
6.	<a href="#">Jason Bogardus</a>	43 m	41:53	6:44	19.9	79.6
7.	<a href="#">Tina-Mari Meyer</a>	33 f	42:42	6:52	20.3	84.6
8.	<a href="#">Mark Miller</a>	43 m	42:59	6:55	20.5	77.6
9.	<a href="#">Rick Nguyen</a>	48 m	44:29	7:10	21.2	77.3
10.	<a href="#">Johnny Chen</a>	52 m	44:32	7:10	21.2	79.4
11.	<a href="#">Michael Cagle</a>	54 m	45:49	7:22	21.8	78.4
12.	<a href="#">Steve Russo</a>	57 m	47:14	7:36	22.5	77.9
13.	<a href="#">Tom Greenwald</a>	58 m	47:44	7:41	22.7	77.8

14.	<a href="#">Jay Robbins</a>	49 m	48:06	7:44	22.9	72.0
15.	<a href="#">Marla Maupin</a>	48 f	48:17	7:46	23.0	80.7
16.	<a href="#">Paul Cheng</a>	28 m	49:37	7:59	23.6	63.6
17.	<a href="#">Linda Kelly</a>	69 f	49:42	8:00	23.7	94.6
18.	<a href="#">Chad Kaneshige</a>	45 m	49:43	8:00	23.7	67.9
19.	<a href="#">Pingshan Wen</a>	54 m	49:53	8:02	23.8	72.0
20.	<a href="#">Mike Fields</a>	70 m	51:17	8:15	24.4	81.9
21.	<a href="#">L Chen</a>	55 m	52:00	8:22	24.8	69.6
22.	<a href="#">Xiaolu Cui</a>	38 f	52:19	8:25	24.9	70.4
23.	<a href="#">Todd Griffith</a>	46 m	53:51	8:40	25.6	63.0
24.	<a href="#">Cary Sherf</a>	68 m	53:54	8:40	25.7	76.1
25.	<a href="#">Day-Ruey Liu</a>	62 m	54:54	8:50	26.1	70.2
26.	<a href="#">Robert Benson</a>	71 m	55:51	8:59	26.6	76.1
27.	<a href="#">Jonathan Szeto</a>	44 m	56:02	9:01	26.7	59.9
28.	<a href="#">Luoyi Zhang</a>	42 m	56:07	9:02	26.7	59.1
29.	<a href="#">Jesse Puentes</a>	57 m	56:12	9:03	26.8	65.5
30.	<a href="#">Jeff Smith</a>	60 m	57:09	9:12	27.2	66.1
31.	<a href="#">Jon M Johnson</a>	63 m	57:12	9:12	27.2	68.0
32.	<a href="#">Ray Makasi</a>	40 m	1:00:13	9:41	28.7	54.5
33.	<a href="#">Heather Zeiger</a>	40 f	1:00:40	9:46	28.9	61.3
34.	<a href="#">Sunao Saito</a>	66 f	1:01:08	9:50	29.1	74.4
35.	<a href="#">Shungo Saito</a>	62 m	1:02:25	10:03	29.7	61.7
36.	<a href="#">Michael Zinn</a>	73 m	1:04:15	10:20	30.6	67.8
37.	<a href="#">Emily Wyatt</a>	38 f	1:04:57	10:27	30.9	56.7
38.	<a href="#">Debbie Riedner</a>	51 f	1:05:00	10:28	31.0	61.2
39.	<a href="#">Wesley Liu</a>	19 m	1:07:01	10:47	31.9	48.2
40.	<a href="#">Gowa Borzigin</a>	55 f	1:08:43	11:04	32.7	59.7
41.	<a href="#">Andy Beach</a>	63 m	1:10:26	11:20	33.5	55.2
42.	<a href="#">Tina Jasper</a>	57 f	1:12:40	11:42	34.6	57.4
43.	<a href="#">Debye Humphrey</a>	66 f	1:17:52	12:32	37.1	58.4
44.	<a href="#">Bob Luchsinger</a>	71 m	1:17:52	12:32	37.1	54.6
45.	<a href="#">Fabiola Rodriguez</a>	37 f	1:20:37	12:58	38.4	45.5
46.	<a href="#">Santhosh Pendkar</a>	29 m	1:22:32	13:17	39.3	38.3
47.	<a href="#">Marcus Wertz</a>	73 m	1:23:30	13:26	39.8	52.1
48.	<a href="#">Ed Humphrey</a>	69 m	1:28:44	14:17	42.3	46.8
49.	<a href="#">Chauncey Eastes</a>	45 f	1:35:56	15:26	45.7	39.9
50.	<a href="#">Amy Long</a>	49 f	1:35:58	15:27	45.7	40.9
51.	<a href="#">William Swafford</a>	69 m	1:38:39	15:53	47.0	42.1

**Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, March 27, 2021**

			<b>FinTime</b>	<b>Pace</b>	<b>5Keq</b>	<b>Score</b>
1.	<a href="#">Max Davis</a>	8 m	04:48	7:44	28.4	70.8
2.	<a href="#">Olivia Booker</a>	7 f	5:16	8:29	31.1	77.0
3.	<a href="#">Luke Nguyen</a>	8 m	5:38	9:04	33.3	60.4
4.	<a href="#">Ian Davis</a>	8 m	5:46	9:17	34.1	59.0
5.	<a href="#">Charlotte Booker</a>	6 f	5:48	9:20	34.3	74.1
6.	<a href="#">McKinley Maupin</a>	7 f	6:47	10:55	40.1	59.8
7.	<a href="#">Ana Nguyen</a>	5 f	7:40	12:20	45.3	59.7

New Records:

None

**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  
Bettye Haynes  
Ron Wahlquist