

# Family Guidance Center 2019

Race Date  
September 03, 2019

## Age Group Results

**5K**

### Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	Oliver Wells	Montgomery AL	522	30	1	18:45	18:45	6:02/M

### Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	Meredith Thompson	Prattville AL	516	41	3	20:38	20:40	6:38/M

### Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	Robert Tallman	Colorado Springs CO	530	54	6	25:08	25:30	8:05/M

### Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	Reeda Betts	Montgomery AL	509	47	28	31:18	31:25	10:04/M

### Male Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	John Cronin	Prattville AL	379	52	11	26:53	27:20	8:39/M

### Female Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	Cheryl Frith	Wetumpka AL	385	57	30	32:29	32:39	10:27/M

### Male Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	Roxy Wishum	Montgomery AL	434	65	32	32:51	32:57	10:34/M

### Female Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
-----Total-----								
1	Lawanna Wishum	Montgomery AL	435	64	78	46:51	47:13	15:04/M

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### Male 4 to 9

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Evan McNeil	Pike Road AL	344	9	10	27:05	27:11	8:42/M
2 *	Sam Scott	Prattville AL	353	9	56	41:04	41:24	13:12/M
3 *	Jeremy Griggs	Montgomery AL	521	8	57	41:23	41:25	13:18/M

### Female 4 to 9

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Lailah Laffitte	Montgomery AL	348	8	74	45:45	45:48	14:43/M
2 *	Rosette Molinari	Montgomery AL	506	5	82	47:40	48:14	15:19/M
3 *	Madeline McNeil	Pike Road AL	345	6	98	51:35	51:44	16:35/M

### Male 10 to 14

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Jude Rogers	Tallassee AL	341	12	44	38:56	38:57	12:31/M
2 *	Luc McNeil	Pike Road AL	343	11	87	48:52	48:54	15:43/M
3 *	Eli Martin Bowman	Montgomery AL	528	12	93	51:09	51:23	16:27/M

### Female 10 to 14

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Zoey Helms	Montgomery AL	351	12	27	31:01	31:19	9:58/M
2 *	Raeann Hammock	Prattville AL	354	10	55	41:04	41:24	13:12/M
3 *	Jennie Mae Pohm	Montgomery AL	350	10	61	41:38	41:54	13:23/M

### Male 15 to 19

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	James Haigler	Hayneville AL	396	19	5	24:26	24:32	7:51/M

### Female 15 to 19

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Zoe Barker	Montgomery AL	342	17	9	26:58	26:59	8:40/M
2 *	Jasmeen Hoque	Montgomery AL	346	15	16	29:02	29:04	9:20/M

### Male 20 to 24

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Travis Leigh	Fort Walton Beach FL	414	24	20	29:42	29:49	9:33/M
2 *	Devonte Carter	Montgomery AL	387	20	48	39:27	39:47	12:41/M

### Female 20 to 24

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Desiree Cober	Hampton VA	417	23	33	32:54	33:01	10:35/M
2 *	Brooke Noah	Montgomery AL	373	22	105	55:12	55:30	17:45/M
3 *	Lori Talley	Montgomery AL	384	21	106	55:13	55:31	17:45/M

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### Male 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Curtis Hoyne	Montgomery AL	421	28	2	18:46	18:46	6:02/M

### Female 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Kimberly Cain	Montgomery AL	404	25	75	45:46	45:49	14:43/M
2	* Casey Fike	Montgomery AL	408	27	113	1:01:39	1:02:08	19:49/M

### Male 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jarrett Williams	Montgomery AL	497	34	12	27:17	27:28	8:46/M
2	* Calvin Moore	Montgomery AL	369	33	38	35:36	35:43	11:27/M

### Female 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jennifer Cozza	Prattville AL	420	32	8	26:48	26:51	8:37/M
2	* Sarah Burcham	Montgomery AL	397	30	22	30:11	30:15	9:42/M
3	* Sarah Storm	Montgomery AL	416	33	26	30:20	30:47	9:45/M

### Male 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Dave King IV	Auburn AL	470	39	4	21:28	21:30	6:54/M
2	* Christopher Cantey	Pike Road AL	378	35	7	26:34	26:40	8:33/M
3	* Yusef Triche	Montgomery AL	501	36	17	29:03	29:16	9:20/M

### Female 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Lathan Bryant	Apo AP	401	35	14	27:36	27:39	8:52/M
2	* Hilary Foley	Montgomery AL	391	37	24	30:07	30:30	9:41/M
3	* Kristin Smith	Montgomery AL	433	38	37	35:11	35:35	11:19/M

### Male 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Robin Chapman	Montgomery AL	498	42	15	28:27	28:41	9:09/M
2	* Scott Meyers		507	40	21	29:51	29:55	9:36/M
3	* Keith Scissum	Montgomery AL	370	40	25	30:37	30:45	9:51/M

### Female 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jenny Reaves	Montgomery AL	502	43	62	41:46	41:58	13:26/M
2	* Tina Lawrence	Prattville AL	524	40	72	44:51	45:20	14:25/M
3	* Sheree Scott	Prattville AL	423	41	80	47:07	47:27	15:09/M

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### Male 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Chris Mills	Pike Road AL	419	47	46	39:18	39:21	12:38/M
2	* John Bowman	Montgomery AL	499	45	94	51:09	51:23	16:27/M

### Female 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Anita Brown	Pike Road AL	365	49	31	32:43	32:51	10:31/M
2	* Kim Chandler	Pike Road AL	493	49	66	42:48	43:16	13:46/M
3	* Cheryl Simmons	Montgomery AL	436	47	67	44:28	44:48	14:18/M

### Male 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Juan Hernandez	Montgomery AL	529	50	13	27:29	27:32	8:50/M
2	* Steve Dean	Tallassee AL	361	53	100	52:32	52:37	16:53/M

### Female 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Vivian Wilson	Tallassee AL	381	51	36	35:11	35:26	11:18/M
2	* Dia Fields	Montgomery AL	406	52	49	39:40	39:47	12:45/M
3	* Donna Hammock	Prattville AL	426	52	64	41:46	42:06	13:26/M

### Male 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Frederick Perkins	Montgomery AL	403	58	18	29:21	29:26	9:26/M
2	* Paul Barnes	Prattville AL	374	59	68	44:49	45:09	14:25/M

### Female 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Alice C Smith	Montgomery AL	424	59	60	41:34	41:50	13:22/M
2	* Joellen Kelly	Hope Hull AL	375	57	69	44:49	45:10	14:25/M
3	* Cheryl Henderson	Montgomery AL	418	56	71	45:10	45:18	14:31/M

### Male 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Butch Runyan	Montgomery AL	437	62	65	42:22	42:42	13:37/M

### Male 65 to 69

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Richard Takacs	Pike Road AL	495	65	40	36:29	36:48	11:44/M
2	* Neil Rice	Prattville AL	504	66	41	37:24	37:35	12:02/M
3	* Douglas Medcalf	Wetumpka AL	367	68	95	50:59	51:24	16:23/M

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### Female 65 to 69

				-----Total-----				
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Frances Watts	Montgomery AL	508	68	101	53:00	53:24	17:02/M

### Male 70 and over

				-----Total-----				
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Phillip Knieriem	Pike Road AL	494	73	45	39:12	39:18	12:36/M
2 *	West Marcus	Montgomery AL	380	80	53	40:53	41:05	13:09/M
3 *	Bill Gardner	Duluth GA	422	80	54	40:39	41:08	13:04/M

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## Age Group Results

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**10K**

### Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Derek Dowell	Baton Rouge LA	487	37	1	39:35	39:36	6:17/M

### Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Mia Gentle	Montgomery AL	515	46	4	48:16	48:26	7:40/M

### Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Joe Boros	Montgomery AL	445	56	14	53:12	53:16	8:27/M

### Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Jeanette Finstad	Montgomery AL	472	40	7	49:09	49:16	7:49/M

### Male Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Joel Dunphy	Gainesville FL	478	65	20	56:14	56:17	8:56/M

### Female Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Kaye Porter	Montgomery AL	481	50	11	51:26	51:29	8:11/M

### Male Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Wayne Morrow	Montgomery AL	443	68	28	1:02:35	1:02:40	9:57/M

### Female Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Chris Green	Wetumpka AL	456	73	46	1:21:05	1:21:15	12:53/M

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### Female 15 to 19

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Ella Beth Kirkland	Montgomery AL	447	16	50	1:24:34	1:24:55	13:27/M
2 *	Ashlyn Harris	Montgomery AL	486	15	51	1:24:35	1:24:55	13:27/M

### Male 20 to 24

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Aaron Plumey		533	22	17	54:41	54:42	8:42/M
2 *	Aaron Plumey		513	22	31	1:06:03	1:06:15	10:30/M

### Male 25 to 29

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Rj Volnoff	Prattville AL	465	29	44	1:11:53	1:11:56	11:26/M

### Female 25 to 29

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Rachel Stewart	Wetumpka AL	480	29	26	59:38	59:56	9:29/M
2 *	Brittney Soto	Pike Road AL	483	28	57	1:27:30	1:27:53	13:55/M

### Male 30 to 34

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Ryan Stanford	Montgomery AL	512	33	3	45:55	45:57	7:18/M
2 *	Adam Kureen		531	32	9	49:56	49:58	7:56/M
3 *	Eric Eaton	Montgomery AL	466	34	13	51:21	51:49	8:10/M

### Female 30 to 34

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Kristi Kurzen	Montgomery AL	477	32	5	48:28	48:30	7:42/M
2 *	Ashton Leckrone	Montgomery AL	475	32	6	48:50	48:51	7:46/M
3 *	Katie Lawson	Nashville TN	471	31	49	1:23:37	1:23:44	13:18/M

### Male 35 to 39

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Ryan Natalini		491	38	2	39:39	39:40	6:18/M
2 *	Jason Alonzo	Lorton VA	514	37	8	49:28	49:43	7:52/M
3 *	Lars Nilssen	Montgomery AL	473	39	12	51:14	51:43	8:09/M

### Female 35 to 39

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Kristian Keahi	Highland MD	464	39	34	1:06:06	1:06:19	10:30/M
2 *	Heather Phillips	Wetumpka AL	461	35	37	1:06:16	1:06:38	10:32/M
3 *	Danielle Dowell	Baton Rouge LA	488	36	38	1:06:44	1:06:48	10:37/M

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## Age Group Results

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10K

### Male 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Michael Sexton	Highland Home AL	438	41	29	1:04:26	1:04:49	10:15/M
2	* David Allman	Montgomery AL	485	41	43	1:10:57	1:11:14	11:17/M

### Female 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Michelle Rotton	Pike Road AL	474	40	10	50:42	50:44	8:04/M
2	* Shelley Clark	Prattville AL	463	43	25	59:47	59:56	9:30/M
3	* Erin White	Montgomery AL	469	40	42	1:10:14	1:10:29	11:10/M

### Male 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Greg Thomas	Montgomery AL	518	49	27	1:01:38	1:01:43	9:48/M
2	* Kerry Mawn	Oklahoma City OK	511	48	32	1:06:01	1:06:15	10:30/M
3	* Kyle McKinney	Montgomery AL	453	49	39	1:07:21	1:07:24	10:42/M

### Female 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Marsha Trotter	Montgomery AL	490	45	15	53:32	53:35	8:31/M
2	* Tracy Franasw	Montgomery AL	510	49	30	1:06:05	1:06:13	10:30/M
3	* Leanne Thompson	Prattville AL	457	46	45	1:12:58	1:13:02	11:36/M

### Male 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* John Porter	Montgomery AL	532	52	22	57:08	57:13	9:05/M
2	* Boris Pinsky	Montgomery AL	479	54	35	1:05:57	1:06:20	10:29/M

### Female 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Elisabeth Hailes	Montgomery AL	468	50	19	56:02	56:08	8:54/M
2	* Julie Oakes	Montgomery AL	484	51	40	1:07:59	1:08:10	10:48/M
3	* Lisa Free	Montgomery AL	448	54	41	1:08:38	1:08:54	10:55/M

### Female 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Sandy Deininger	Wetumpka AL	482	57	48	1:22:20	1:22:47	13:05/M
2	* Jewel Wilkinson	Prattville AL	460	58	54	1:25:50	1:26:12	13:39/M

### Female 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Pat Morrow	Montgomery AL	444	64	47	1:21:08	1:21:17	12:54/M



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## Age Group Results

**10K**

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	
1	* Dave Stever	Montgomery AL	462	66	36	1:06:17	1:06:33	10:32/M