

ZOE POWER Run 5K - 5/18/2019**First Methodist Church****Rankings****Event 1 Mixed 5k Run RR**

Name	Age Team	Finals	Points
Overall Results Women 5000 Run			
1 McNeil, Sarah	W13 Hickory	25:02.41	
Overall Results Men 5000 Run			
1 Clarke, Alistar	M12 Hickory, NC	22:56.55	
12 & Under Results - Women 5000 Run			
1 Hata, Cate	W12 Hickory, NC	31:22.94	
2 Killian, Emory	W12 Hickory	32:37.29	
20-29 Results - Women 5000 Run			
1 Hanigofsky, Erin	W22 Hickory	31:27.30	
2 Ledford, Zoe	W20 Hickory, NC	32:10.57	
3 Waters, Lauren	W20 Granite Falls	38:14.67	
4 Hale, Alex	W24 Hickory	46:33.63	
30-39 Results - Women 5000 Run			
1 Plemmons, Stephanie	W30 Hickory	29:19.22	
2 Ritchey, Caroline	W30 Unattached	33:11.40	
3 Chappell, Amanda	W30 Hickory	34:31.55	
40-49 Results - Women 5000 Run			
1 Sherfey, Shannon	W40 Hickory	26:07.75	
2 Forrester, Jennifer	W42 Hickory	28:40.76	
3 Marley, Holly	W46 Hickory	33:26.54	
4 Thompson, Erin	W41 Hickory	33:41.85	
5 Carmichael, Erica	W40 Hickory, NC	49:41.55	
50-59 Results - Women 5000 Run			
1 Pressley, Kimberly	W50 Taylorsville, NC	39:08.61	
2 Mitchell, Mary	W59 Hickory	46:28.17	
3 Hale, Pam	W50 Hickory, NC	49:42.10	
4 Howard, Mary	W56 Hickory	52:01.67	
5 Hanigofsky, Wendy	W55 Hickory	52:02.50	
60-69 Results - Women 5000 Run			
1 Greer, Janet	W61 Hickory	33:31.77	
2 Roach, Rebecca	W67 Hickory	38:20.40	
3 Winstead, Betty	W60 Newton	44:57.69	
12 & Under Results - Men 5000 Run			
1 Melon, Ethan	M12 Hickory	25:43.27	
2 Garmon, Patrick	M12 Hickory	27:06.67	
3 Garmon, Benjamin	M12 Hickory	33:54.53	
4 Stevens, Noah	M12 Hickory, NC	38:57.56	
5 Thompson, Owen	M12 Hickory	38:59.49	
6 Fisher, Jack	M11 Hickory	48:38.43	
7 Thompson, Evan	M12 Hickory	48:55.31	
8 Page, Lucas	M9 Hickory	49:16.00	
13-19 Results - Men 5000 Run			
1 Cross, Lawson	M13 Hickory, NC	38:57.14	
2 Page, Connor	M14 Hickory	47:59.83	
3 Page, Tanner	M14 Hickory	58:01.09	
4 Kistler, Aiden	M13 Hickory, NC	58:09.05	
20-29 Results - Men 5000 Run			
1 Plemmons, Mitch	M20 Hickory	25:04.74	
2 Setliff, Luke	M28 Hickory	29:28.03	
3 Howell, Matthew	M20 Granite Falls	30:52.49	
4 Hale, Trey	M20 Hickory, NC	32:10.99	
40-49 Results - Men 5000 Run			
1 Geyer, Eric	M40 Hickory, NC	23:09.52	

ZOE POWER Run 5K - 5/18/2019**First Methodist Church****Rankings****....Event 1 Mixed 5k Run RR**

2	Dagenhardt, James	M46 Hickory	25:19.20
3	Page, Joshua	M41 Hickory	26:04.69
4	Fisher, Jeffrey	M41 Hickory	27:06.40
5	Sherfey, Josh	M40 Hickory	28:56.62
6	Carmichael, Jack	M40 Hickory, NC	30:05.19
7	Forrester, Robbie	M40 Hickory	32:59.32
8	May, Roger	M47 Hickory	48:43.64
50-59 Results - Men 5000 Run			
1	McNeil, Richard	M50 Hickory	26:04.32
2	Christy, John	M58 Hickory	34:09.12
3	Garmon, Scott	M50 Hickory	34:43.95
4	Fountain, Shawn	M50 Hickory, NC	39:18.99
5	Hale, Jeff	M50 Hickory, NC	52:10.92
60-69 Results - Men 5000 Run			
1	Greer, Steve	M62 Hickory	52:03.76
70+ Results - Men 5000 Run			
1	Motz, Fred	M70 Hickory	31:33.81
2	Cox, Jim	M70 Hickory	52:03.15