

## 5K Results

Spring 2023

| #  | First name | Last name  | Bib | Team name       | City               | Age | Time  | Pace      |
|----|------------|------------|-----|-----------------|--------------------|-----|-------|-----------|
| 1  | Wendy      | Shaver     | 869 | Cheetah NC      | Council            | 35  | 30:07 | 09:42 /mi |
| 2  | Colette    | DeThomas   | 239 | Cheetah SC      | Longs              | 66  | 30:55 | 09:58 /mi |
| 3  | Alissa     | Miller     | 248 | Cheetah SC      | Carolinda Shores   | 32  | 31:13 | 10:04 /mi |
| 4  | Courtney   | Beck       | 865 | Cheetah NC      | Ocean Isle Beach   | 45  | 32:13 | 10:23 /mi |
| 5  | Patrice    | Giammanco  | 874 | Fox NC          | Ash                | 41  | 32:59 | 10:38 /mi |
| 6  | Michell    | Cosen      | 866 | Cheetah NC      | Supply             | 50  | 34:37 | 11:09 /mi |
| 7  | Jennifer   | Carroll    | 275 | Fox SC          | North Myrtle Beach | 45  | 34:47 | 11:13 /mi |
| 8  | Marleen    | Hession    | 242 | Cheetah SC & NC | Ocean Isle Beach   | 63  | 34:51 | 11:14 /mi |
| 9  | Jule       | Carper     | 898 | Panther NC      | Calabash           | 64  | 35:34 | 11:28 /mi |
| 10 | Susan      | Quinn      | 292 | Fox SC          | Myrtle Beach       | 56  | 36:11 | 11:40 /mi |
| 11 | Kathy      | Smith      | 258 | Cheetah SC      | Longs              | 66  | 36:34 | 11:47 /mi |
| 12 | Devin      | Tice       | 259 | Cheetah SC      | Longs              | 16  | 36:51 | 11:53 /mi |
| 13 | Mary       | Johnson    | 246 | Cheetah SC      | North Myrtle Beach | 69  | 36:55 | 11:54 /mi |
| 14 | Dawn       | Lee        | 247 | Cheetah SC      | North Myrtle Beach | 57  | 37:05 | 11:57 /mi |
| 15 | Cris       | Best       | 226 | Cheetah SC      | Little River       | 55  | 37:05 | 11:57 /mi |
| 16 | Isla       | Yarnell    | 260 | Cheetah SC      | Florence           | 64  | 37:36 | 12:07 /mi |
| 17 | Christy    | Byles      | 269 | Fox SC          | Myrtle Beach       | 45  | 37:36 | 12:07 /mi |
| 18 | Ashleigh   | Milligan   | 868 | Cheetah NC      | Shallotte          | 44  | 38:04 | 12:16 /mi |
| 19 | Dana       | Corley     | 276 | Fox SC          | Myrtle Beach       | 64  | 38:32 | 12:25 /mi |
| 20 | Jill       | Sullivan   | 296 | Fox SC          | Little River       | 52  | 38:41 | 12:28 /mi |
| 21 | Pat        | Mahoney    | 885 | Gazelle NC      | Sunset Beach       | 57  | 38:50 | 12:31 /mi |
| 22 | Wendy      | Peristein  | 249 | Cheetah SC      | North Myrtle Beach | 55  | 39:12 | 12:38 /mi |
| 23 | Cathy      | Harris     | 240 | Cheetah SC      | Little River       | 63  | 39:34 | 12:45 /mi |
| 24 | Frankie C  | Jones      | 290 | Fox SC          | North Myrtle Beach | 68  | 40:44 | 13:08 /mi |
| 25 | Cindy      | Vidal      | 300 | Fox SC          | Little River       | 62  | 40:46 | 13:09 /mi |
| 26 | Jeannine   | Saylor     | 317 | Gazelle SC      | North Myrtle Beach | 52  | 41:09 | 13:16 /mi |
| 27 | Ellen      | Turner     | 297 | Fox SC          | Little River       | 59  | 41:54 | 13:31 /mi |
| 28 | Mary Beth  | Johnson    | 883 | Gazelle NC      | Oak Island         | 67  | 42:44 | 13:46 /mi |
| 29 | Amber      | Tice       | 318 | Gazelle SC      | Longs              | 39  | 42:44 | 13:46 /mi |
| 30 | Anna       | Sullivan   | 295 | Fox SC          | Little River       | 60  | 42:58 | 13:51 /mi |
| 31 | Marleen    | McDonald   | 761 | Lynx SC         | North Myrtle Beach | 61  | 43:59 | 14:10 /mi |
| 32 | Claire     | Carroll    | 270 | Fox SC          | North Myrtle Beach | 15  | 44:03 | 14:12 /mi |
| 33 | Barbara    | Windish    | 301 | Fox SC          | North Myrtle Beach | 71  | 44:57 | 14:30 /mi |
| 34 | Collette   | Davis      | 306 | Gazelle SC      | Little River       | 54  | 45:51 | 14:47 /mi |
| 35 | Jackie     | Rauh       | 807 | Lynx SC         | Longs              | 61  | 45:52 | 14:47 /mi |
| 36 | Sue        | Ashton     | 267 | Fox SC          | Calabash           | 68  | 46:34 | 15:01 /mi |
| 37 | Barbara    | Paul       | 313 | Gazelle SC      | Myrtle Beach       | 63  | 46:57 | 15:08 /mi |
| 38 | Shirley    | Miller     | 312 | Gazelle SC      | Longs              | 72  | 47:01 | 15:10 /mi |
| 39 | Pat        | Robinson   | 314 | Gazelle SC      | Longs              | 72  | 47:04 | 15:10 /mi |
| 40 | Barbara    | Miller     | 291 | Fox SC          | Conway             | 68  | 47:19 | 15:15 /mi |
| 41 | Elissa     | Cahn       | 304 | Gazelle SC      | Longs              | 60  | 47:19 | 15:15 /mi |
| 42 | Carroll    | Stratton   | 294 | Fox SC          | Conway             | 58  | 47:38 | 15:21 /mi |
| 43 | Pam        | Eversole   | 277 | Fox SC          | Surfside Beach     | 70  | 47:38 | 15:21 /mi |
| 44 | Jenny      | Compton    | 505 | Lynx SC         | Little River       | 62  | 47:55 | 15:27 /mi |
| 45 | Leigh      | Clark      | 880 | Gazelle NC      | Shallotte          | 52  | 48:16 | 15:34 /mi |
| 46 | Jean       | King       | 897 | Panther NC      | Ash                | 62  | 48:19 | 15:34 /mi |
| 47 | Deborah    | Swanerbury | 813 | Lynx SC         | Longs              | 69  | 48:20 | 15:35 /mi |
| 48 | Wendy      | Clark      | 238 | Cheetah SC      | Myrtle Beach       | 56  | 48:28 | 15:37 /mi |
| 49 | Liz        | Rogers     | 808 | Lynx SC         | Little River       | 68  | 48:41 | 15:42 /mi |

May 17, 2023

## 5K Results

Spring 2023

| #  | First name | Last name    | Bib | Team name  | City               | Age | Time  | Pace      |
|----|------------|--------------|-----|------------|--------------------|-----|-------|-----------|
| 50 | Merilyn    | Chicknaorian | 305 | Gazelle SC | Little River       | 69  | 48:57 | 15:47 /mi |
| 51 | Judy       | Beckwith     | 324 | Lynx SC    | North Myrtle Beach | 65  | 49:06 | 15:50 /mi |
| 52 | Sheila     | Clause       | 461 | Lynx SC    | Longs              | 80  | 49:27 | 15:57 /mi |
| 53 | Susan      | Nicolosi     | 832 | Panther SC | Longs              | 65  | 50:34 | 16:18 /mi |
| 54 | Det        | Whedon       | 320 | Gazelle SC | Myrtle Beach       | 60  | 50:36 | 16:19 /mi |
| 55 | Deborah    | Boyd         | 302 | Gazelle SC | Little River       | 64  | 50:38 | 16:19 /mi |
| 56 | Lesa       | Langlais     | 311 | Gazelle SC | Longs              | 60  | 50:55 | 16:25 /mi |
| 57 | Melissa    | Viasaty      | 858 | Panther SC | Galivants Ferry    | 49  | 50:57 | 16:25 /mi |
| 58 | Sharon     | Proulx       | 803 | Lynx SC    | Little River       | 70  | 51:25 | 16:34 /mi |
| 59 | Deborah    | Weist-Hill   | 319 | Gazelle SC | Loris              | 71  | 51:27 | 16:35 /mi |
| 60 | Shirlene   | Jacobs       | 825 | Panther SC | Longs              | 59  | 51:34 | 16:37 /mi |
| 61 | Mikki      | McSherry     | 900 | Panther NC | Southport          | 62  | 52:12 | 16:49 /mi |
| 62 | Patricia   | Saukel       | 810 | Lynx SC    | Longs              | 67  | 52:20 | 16:52 /mi |
| 63 | Lynda      | Landis       | 756 | Lynx SC    | Conway             | 68  | 52:46 | 17:01 /mi |
| 64 | Tricia     | Van Riper    | 857 | Panther SC | Myrtle Beach       | 50  | 53:35 | 17:16 /mi |
| 65 | Karen      | Keeler       | 722 | Lynx SC    | Little River       | 57  | 53:47 | 17:21 /mi |
| 66 | Cathy      | Okeefe       | 839 | Panther SC | Little River       | 67  | 53:53 | 17:22 /mi |
| 67 | Ann        | Mercado      | 826 | Panther SC | Little River       | 65  | 54:02 | 17:25 /mi |
| 68 | Joanna     | Muller       | 789 | Lynx SC    | North Myrtle Beach | 46  | 54:18 | 17:30 /mi |
| 69 | Lynn       | Clinton      | 816 | Panther SC | Little River       | 60  | 54:31 | 17:35 /mi |
| 70 | Emily      | Smith        | 856 | Panther SC | Longs              | 41  | 54:32 | 17:35 /mi |
| 71 | Linda      | Improta      | 821 | Panther SC | North Myrtle Beach | 70  | 54:34 | 17:36 /mi |
| 72 | Lynn       | Moratz       | 828 | Panther SC | Longs              | 68  | 54:50 | 17:40 /mi |
| 73 | Sally      | Cappelli     | 894 | Panther NC | Southport          | 61  | 55:03 | 17:45 /mi |
| 74 | Kristyna   | Savard       | 846 | Panther SC | Calabash           | 31  | 55:21 | 17:51 /mi |
| 75 | Mary       | Garner       | 685 | Lynx SC    | North Myrtle Beach | 61  | 55:40 | 17:57 /mi |
| 76 | Pamela     | Millen       | 827 | Panther SC | Little River       | 70  | 55:56 | 18:02 /mi |
| 77 | Sherri     | Sell         | 854 | Panther SC | Little River       | 63  | 55:56 | 18:02 /mi |
| 78 | Kenzie     | Mahan        | 758 | Lynx SC    | North Myrtle Beach | 26  | 56:18 | 18:09 /mi |
| 79 | Linda      | Savard       | 847 | Panther SC | Little River       | 65  | 56:27 | 18:12 /mi |
| 80 | Terry      | Haman        | 710 | Lynx SC    | Little River       | 65  | 56:40 | 18:16 /mi |
| 81 | Kim        | Hayes        | 872 | Lynx SC    | North Myrtle Beach | 58  | 56:50 | 18:19 /mi |
| 82 | Stephanie  | Poranski     | 793 | Lynx SC    | Conway             | 56  | 57:31 | 18:33 /mi |
| 83 | Lucile     | Crocker      | 604 | Lynx SC    | Sunset Beach       | 64  | 58:46 | 18:57 /mi |
| 84 | Maureen    | Hiley        | 820 | Panther SC | Little River       | 64  | 59:20 | 19:08 /mi |

| FODDER:     |             |
|-------------|-------------|
| 84          | Finishers   |
| 58          | Average Age |
| 47:37       | Median Time |
| 15:21/mi    | Median Pace |
| 13          | Brunsko     |
| 71          | NMB         |
| 15-80 years | Age Range   |