

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****Boys 4&U 5000 Meter Run**

Name	Age Team	Finals	H#	Points
Results - Men 4 & Under				
1 Tracey***, Jacob	2 Second Street	38:23.76	15	
36.50 (36.50)	38:23.76 (37:47.26)			
2 Blair***, Jace'ion	3 Youth Runnin	48:26.69	23	
44.98 (44.98)	48:26.69 (47:41.71)			
3 James, Ryan	4 Second Street	52:29.90	24	
43.58 (43.58)	52:29.90 (51:46.32)			
4 Floyd***, Rhylen Yrfg	3 Second Street	56:26.82	26	
31.19 (31.19)	56:26.82 (55:55.63)			
5 Rexroat***, Jackson	2 Second Street	56:27.21	26	
38.79 (38.79)	56:27.21 (55:48.42)			
6 Floyd***, Raylen Yrfg	3 Second Street	56:27.92	26	
32.65 (32.65)	56:27.92 (55:55.27)			
7 Parker***, K'Narii	2 Youth Runnin	57:55.50	28	
50.91 (50.91)	57:55.50 (57:04.59)			
8 Graves***, Ryan Jr.	4 Youth Runnin	1:00:51.25	29	
29.99 (29.99)	1:00:51.25 (1:00:21.26)			
9 McPherson***, Syeed	3 Youth Runnin	1:01:11.64	29	
30.55 (30.55)	1:01:11.64 (1:00:41.09)			

Girls 4&U 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Women 4 & Under				
1 Tracey***, Caroline	4 Second Street	38:24.07	15	
36.27 (36.27)	38:24.07 (37:47.80)			
2 Perry***, Harper	3 Second Street	39:52.46	16	
30.62 (30.62)	39:52.46 (39:21.84)			
3 Coleman***, Dylan	2 Youth Runnin	45:58.96	21	
44.87 (44.87)	45:58.96 (45:14.09)			
4 Washington, Tanyla	4 Youth Runnin	56:04.61	26	
29.47 (29.47)	56:04.61 (55:35.14)			
5 Smith, Tia	3 Youth Runnin	56:28.52	27	
24.49 (24.49)	56:28.52 (56:04.03)			
6 Aldridge***, Lindsey	3 Youth Runnin	59:53.40	29	
47.61 (47.61)	59:53.40 (59:05.79)			

Boys 5-9 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Men 5-9				
1 Jones, Ke Aaron	8 Second Street	30:13.08	6	
30:12.59 (30:12.59)	30:13.0888 (0.51)			
2 Washington***, Toma	9 Youth Runnin	30:16.63	7	
30:15.79 (30:15.79)	30:16.6368 (0.85)			
3 Jones, Aaron	9 Second Street	31:16.78	7	
31:16.02 (31:16.02)	31:16.7128 (0.70)			
4 Bryan, Beckett	7 Second Street	31:25.77	8	
2.33 (2.33)	31:25.77 (31:23.44)			

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5	Tracy, Kaleb	9 Second Street	32:38.84	8
	2.15 (2.15)	32:38.84 (32:36.69)		
6	Rose***, Tiondrie	Yrfg 8 Peaks Mill	34:43.74	10
	21.11 (21.11)	34:43.74 (34:22.63)		
7	McDonald, Logan	8 Second Street	34:56.87	10
	34:56.47 (34:56.47)	34:56.8748 (0.41)		
8	Clark, Avery	9 Second Street	35:37.48	11
	35:36.93 (35:36.93)	35:37.4268 (0.50)		
9	Courtland***, Jathan	7 Second Street	35:41.07	11
	35:39.92 (35:39.92)	35:41.0728 (1.16)		
10	Salzer***, Aaron Tyler	8 Elkhorn Elem.	35:49.68	11
	46.77 (46.77)	35:49.68 (35:02.91)		
11	Owens, Jayson	7 Second Street	36:21.09	11
	2.44 (2.44)	36:21.09 (36:18.65)		
12	Thompson, Leland	7 Second Street	36:22.62	12
	2.56 (2.56)	36:22.62 (36:20.06)		
13	Peters, Reed	9 Second Street	36:23.91	12
	11.32 (11.32)	36:23.91 (36:12.59)		
14	Cubert***, Cameron	Yr 8 Second Street	37:24.31	13
	37:23.88 (37:23.88)	37:24.3188 (0.45)		
15	Floyd***, Rajon	Yrfg 8 Second Street	37:31.20	13
	28.53 (28.53)	37:31.20 (37:02.67)		
16	Atha***, Malachi	Yrfg 9 Westridge	37:34.03	13
	37:33.73 (37:33.73)	37:34.0328 (0.31)		
17	Weaver***, Kaycen	Yrfg 8 Second Street	37:35.90	13
	28.66 (28.66)	37:35.90 (37:07.24)		
18	Johnson, Kamdyn	7 Second Street	39:19.53	15
	33.40 (33.40)	39:19.53 (38:46.13)		
19	Camden, Jonah	7 Second Street	39:20.34	16
	32.88 (32.88)	39:20.34 (38:47.46)		
20	Looney***, Lachlan	6 Second Street	39:35.11	16
	29.58 (29.58)	39:35.11 (39:05.53)		
21	Coleman, Noah	Yrfg 8 Second Street	40:48.26	17
	40:46.52 (40:46.52)	40:48.2648 (1.75)		
22	Cambron***, Drake	5 Unattached	40:49.86	17
	3.92 (3.92)	40:49.86 (40:45.94)		
23	Riley, Gavin	9 Second Street	41:24.25	17
	8.24 (8.24)	41:24.25 (41:16.01)		
24	Crocker, Cam	8 Second Street	43:05.74	18
	43:04.77 (43:04.77)	43:05.7468 (0.98)		
25	Matzke***, Shane	Yrfg 6 Early Learni	43:07.48	19
	15.80 (15.80)	43:07.4308 (42:51.64)		
26	Pratt***, Kingston	Yrf 5 Early Learni	44:36.32	20
	27.29 (27.29)	44:36.32 (44:09.03)		
27	Renz***, Tobias	5 Second Street	44:39.47	20
	12.29 (12.29)	44:39.47 (44:27.18)		
28	Rexroat***, Thomas	5 Second Street	45:23.42	21
	21.56 (21.56)	45:23.42 (45:01.86)		
29	Back***, Will	8 Second Street	46:01.90	21
	46:01.41 (46:01.41)	46:01.9028 (0.50)		
30	Hodge, Anderson	8 Second Street	46:47.28	22
	46:46.39 (46:46.39)	46:47.2948 (0.91)		
31	Linville***, Ethan	Yrf 7 Elkhorn Elem.	47:50.95	22
	46.68 (46.68)	47:50.95 (47:04.27)		

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****....Boys 5-9 5000 Meter Run**

32 Marshall, Myles	5 Second Street	48:47.53	23
11.71 (11.71)	48:47.53 (48:35.82)		
33 Bueno-Brown***, Gabe	7 Second Street	49:03.09	24
33.57 (33.57)	49:03.09 (48:29.52)		
34 Smith, Zachary Yrfg	9 Hearn	53:51.76	25
22.45 (22.45)	53:51.76 (53:29.31)		
35 Montgomery***, Joseph	8 Westridge	57:55.85	28
48.85 (48.85)	57:55.85 (57:07.00)		

Girls 5-9 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Women 5-9				
1 Mitchell, Emery	7 Second Street	31:54.72	8	
31:54.02 (31:54.02)	31:54.7208 (0.71)			
2 Dye, Autumn Yrfg	8 Peaks Mill	34:42.58	10	
34:41.80 (34:41.80)	34:42.5428 (0.75)			
3 Gannone, Gianna	8 Second Street	35:25.61	10	
4.16 (4.16)	35:25.61 (35:21.45)			
4 Russak, Parker	8 Second Street	36:17.70	11	
1.92 (1.92)	36:17.70 (36:15.78)			
5 Bates, Charley	7 Second Street	36:24.73	12	
40.53 (40.53)	36:24.73 (35:44.20)			
6 Sanders***, Alana	6 Second Street	37:53.98	14	
37:53.38 (37:53.38)	37:53.9508 (0.58)			
7 Walker, Alexia	9 Second Street	38:36.68	15	
2.67 (2.67)	38:36.68 (38:34.01)			
8 Nitz, Caroline	7 Unattached	40:55.46	17	
22.21 (22.21)	40:55.46 (40:33.25)			
9 Sanford, Jennifer	5 Westridge	42:28.99	18	
13.65 (13.65)	42:28.99 (42:15.34)			
10 Rodgers***, Ember	9 Second Street	44:51.18	20	
1.82 (1.82)	44:51.18 (44:49.36)			
11 Dearing***, Natalie	7 Hearn	48:44.92	23	
20.64 (20.64)	48:44.92 (48:24.28)			
12 Awa***, Emma	6 Second Street	48:52.50	23	
2.64 (2.64)	48:52.50 (48:49.86)			
13 Rose***, Ebony Yrfg	8 Elkhorn Elem.	48:54.19	23	
27.55 (27.55)	48:54.19 (48:26.64)			
14 Owen, Mikyla	7 Youth Runnin	53:52.51	25	
20.92 (20.92)	53:52.51 (53:31.59)			
15 Fowler-Robinson, Raenyia	7 Youth Runnin	54:04.77	25	
20.67 (20.67)	54:04.77 (53:44.10)			
16 Carter, Janiya Yrfg	8 Second Street	56:53.14	27	
33.97 (33.97)	56:53.14 (56:19.17)			
17 Thompson***, Felicity	5 Second Street	57:15.67	28	
38.48 (38.48)	57:15.67 (56:37.19)			
18 Carter, Laila Yrfg	6 Second Street	57:57.51	28	
44.68 (44.68)	57:57.51 (57:12.83)			
19 Langley-Wilson, Isabella	7 Second Street	59:56.94	29	
14.02 (14.02)	59:56.94 (59:42.92)			

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****Boys 10-14 5000 Meter Run**

Name	Age Team	Finals	H#	Points
Results - Men 10-14				
1 Jones, Matthias	13 Bondurant	20:53.29	1	
20:52.91 (20:52.91)	20:53.2968 (0.39)			
2 Bryan, Stanton	10 Second Street	23:16.55	2	
1.81 (1.81)	23:16.55 (23:14.74)			
3 Shanks, Tyler	10 Good Shepherd	24:42.44	3	
7.47 (7.47)	24:42.44 (24:34.97)			
4 Marshall, Eli	10 Second Street	31:43.87	8	
11.81 (11.81)	31:43.87 (31:32.06)			
5 Harp, Aidan	10 Second Street	32:58.45	9	
2.36 (2.36)	32:58.45 (32:56.09)			
6 Hockensmith, Ethan	Yrf 13 Elkhorn Middle	33:58.32	9	
7.09 (7.09)	33:58.32 (33:51.23)			
7 Bielby***, Spencer	10 Second Street	34:28.15	10	
3.79 (3.79)	34:28.15 (34:24.36)			
8 Cunningham, Aiden	10 Second Street	36:23.32	12	
2.71 (2.71)	36:23.32 (36:20.61)			
9 Camden, Jayden	10 Second Street	37:14.06	13	
31.49 (31.49)	37:14.06 (36:42.57)			
10 Marshall, Jack	10 Second Street	41:42.71	18	
8.49 (8.49)	41:42.71 (41:34.22)			
11 Riley, Ethan	11 Second Street	41:45.88	18	
24.51 (24.51)	41:45.88 (41:21.37)			
12 Tillman***, Elijah	Yrf 13 Elkhorn Middle	54:09.52	25	
23.19 (23.19)	54:09.52 (53:46.33)			
13 Moormar***, Kaeden	Yrf 14 Second Street	56:55.69	27	
33.63 (33.63)	56:55.69 (56:22.06)			
14 Davis***, Brandon	Yrfg 10 Bridgeport	57:10.38	28	
57:09.84 (57:09.84)	57:10.3648 (0.53)			

Girls 10-14 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Women 10-14				
1 Moore, Emme	11 Second Street	21:36.16	1	
21:35.79 (21:35.79)	21:36.1628 (0.38)			
2 Carter, Kiera	14 Unattached	23:24.55	2	
3.36 (3.36)	23:24.55 (23:21.19)			
3 Moore, Claire	14 Second Street	25:40.61	3	
2.65 (2.65)	25:40.61 (25:37.96)			
4 Starkey, Maddie	11 Second Street	26:34.47	4	
2.51 (2.51)	26:34.47 (26:31.96)			
5 Riddell, Holland	12 Bondurant	27:23.27	5	
1.72 (1.72)	27:23.27 (27:21.55)			
6 Schweickart, Emily	10 Second Street	28:00.28	5	
2.78 (2.78)	28:00.28 (27:57.50)			
7 Miklavcic, Emily	11 Second Street	28:18.94	6	
2.94 (2.94)	28:18.94 (28:16.00)			
8 Matzke, Raenn	Yrfg 12 Elkhorn Middle	30:29.77	7	
3.51 (3.51)	30:29.77 (30:26.26)			

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9 Monroe, Julie-Anne	11 Second Street	31:08.21	7
7.79 (7.79)	31:08.21 (31:00.42)		
10 Young, Annabel	13 Good Shepherd	31:09.20	7
6.75 (6.75)	31:09.20 (31:02.45)		
11 Harp, Addison	10 Second Street	32:48.87	9
2.49 (2.49)	32:48.87 (32:46.38)		
12 Looney, Cate	11 Collins Lane	35:47.83	11
28.55 (28.55)	35:47.83 (35:19.28)		
13 Washington***, Kaliyah	10 Second Street	37:09.68	12
7.28 (7.28)	37:09.68 (37:02.40)		
14 Dye, Summer Yrfg	10 Peaks Mill	37:37.31	14
37:35.03 (37:35.03)	37:37.3128 (2.29)		
15 Mitchell, Grace	14 Second Street	37:53.42	14
6.52 (6.52)	37:53.42 (37:46.90)		
16 Masters Yrfg, Brookl	11 Elkhorn Middle	38:12.58	14
38:10.54 (38:10.54)	38:12.5468 (2.01)		
17 Melvihill, Emma	14 Crossfit Frankfort	38:30.26	15
15.09 (15.09)	38:30.26 (38:15.17)		
18 Hiles***, Addison	10 Second Street	38:37.37	15
38:36.90 (38:36.90)	38:37.3768 (0.48)		
19 Cambron***, Savannah	10 Second Street	39:59.08	16
39:58.49 (39:58.49)	39:59.0268 (0.54)		
20 Schoolfield, Hadley	11 Second Street	44:06.56	19
2.85 (2.85)	44:06.56 (44:03.71)		
21 Brown, Olivia	10 Second Street	44:09.34	20
1.86 (1.86)	44:09.34 (44:07.48)		
22 Linville***, Taytum Yr	14 Elkhorn Middle	46:50.73	22
48.21 (48.21)	46:50.73 (46:02.52)		
23 Cobham***, Railynn	10 Youth Runnin	46:51.48	22
46:51.08 (46:51.08)	46:51.4808 (0.41)		
24 Isaacs, Laney	11 Second Street	51:02.57	24
24.56 (24.56)	51:02.57 (50:38.01)		
25 Dye, Courtney Yrfg	11 Elkhorn Middle	54:50.14	26
48.44 (48.44)	54:50.14 (54:01.70)		
26 Tillman***, Alaysia	13 Elkhorn Middle	1:00:07.39	29
22.97 (22.97)	1:00:07.39 (59:44.42)		

Men 15-19 5000 Meter Run

Name	Age Team	Finals	Points
Results - Men 15-19			
1 Sweger, Chase	15 Second Street	19:28.34	
19:28.04 (19:28.04)	19:28.3408 (0.31)		

Women 15-19 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Women 15-19				
1 Stigers, Molly	17 Franklin Co. High	19:55.10	1	
3.14 (3.14)	19:55.10 (19:51.96)			
2 Gillis, Riley	15 Youth Runnin	23:26.63	2	
3.61 (3.61)	23:26.63 (23:23.02)			

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****....Women 15-19 5000 Meter Run**

3	Jones, Sara	16	Western Hills	23:45.44	2
	4.08 (4.08)	23:45.44	(23:41.36)		
4	Orange, Caroline	19	Collins Lane	28:42.00	6
	7.69 (7.69)	28:42.00	(28:34.31)		
5	Sanderson, Kayleigh	16	Second Street	37:59.79	14
	7.55 (7.55)	37:59.79	(37:52.24)		
6	Washington, Alexis	18	Youth Runnin	48:27.21	23
	44.66 (44.66)	48:27.21	(47:42.55)		
7	Tillman***, Deja Yrfg	15	Franklin Co. High	54:13.15	26
	23.08 (23.08)	54:13.15	(53:50.07)		
8	Owens, Ciarah Yrfg	18	Frankfort High	57:57.00	28
	44.93 (44.93)	57:57.00	(57:12.07)		

Men 20-24 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Men 20-24					
1 Johnson, Logan	24	Unattached	24:59.44	3	
	6.12 (6.12)	24:59.44	(24:53.32)		
2 Schell, Chase	23	Unattached	25:49.81	3	
	4.83 (4.83)	25:49.81	(25:44.98)		
3 Mackey***, Samuel	22	Planet Fitness	25:54.08	4	
	10.04 (10.04)	25:54.08	(25:44.04)		
4 Wohlrab***, Josh	23	Planet Fitness	41:38.19	18	
	9.56 (9.56)	41:38.19	(41:28.63)		
5 Doss, Cody	21	Youth Runnin	56:43.28	27	
	46.23 (46.23)	56:43.2008	(55:56.98)		

Women 20-24 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Women 20-24					
1 Taylor, Sadie	20	Planet Fitness	21:59.23	2	
	6.69 (6.69)	21:59.23	(21:52.54)		
2 Harney, Nicole	24	Unattached	37:27.89	13	
	19.45 (19.45)	37:27.89	(37:08.44)		
3 May, Brittany	20	Unattached	37:52.57	14	
	9.36 (9.36)	37:52.57	(37:43.21)		
4 Davis, Amanda	22	Unattached	37:55.95	14	
	15.43 (15.43)	37:55.95	(37:40.52)		
5 Jaeger***, Rebecca	24	Planet Fitness	38:44.06	15	
	9.02 (9.02)	38:44.06	(38:35.04)		
6 Ferriell, Sarah	21	Second Street	39:46.26	16	
	30.43 (30.43)	39:46.26	(39:15.83)		
7 Brown***, Shanae	24	Youth Runnin	56:27.31	26	
	29.73 (29.73)	56:27.31	(55:57.58)		

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****Men 25-29 5000 Meter Run**

Name	Age	Team	Finals	H#	Points
Results - Men 25-29					
1 O'Brien, Lyle	27	Unattached	20:07.72	1	
3:42.76 (3:42.76)	20:07.72 (16:24.96)				
2 Eggemeier, Patrick	27	Unattached	23:19.50	2	
1.78 (1.78)	23:19.50 (23:17.72)				
3 Miracle***, Bryan	27	Unattached	27:56.50	5	
4.21 (4.21)	27:56.50 (27:52.29)				
4 James, Kevin	28	Second Street	44:20.84	20	
3.00 (3.00)	44:20.84 (44:17.84)				
5 Robinson, Tyler	26	Youth Runnin	56:45.95	27	
25.34 (25.34)	56:45.95 (56:20.61)				

Women 25-29 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Women 25-29					
1 Wolfe, Claire	27	Unattached	24:32.88	3	
7.13 (7.13)	24:32.88 (24:25.75)				
2 Wallace, Victoria	26	Unattached	30:42.43	7	
14.23 (14.23)	30:42.43 (30:28.20)				
3 Morden, Ashley	29	Unattached	34:47.44	10	
22.27 (22.27)	34:47.44 (34:25.17)				
4 Dronamrajui, Tyo	27	Crossfit Frankfort	36:42.05	12	
13.76 (13.76)	36:42.05 (36:28.29)				
5 Johnson, Samantha	25	Unattached	37:18.06	13	
17.25 (17.25)	37:18.06 (37:00.81)				
6 Lowe***, Rebecca	26	Unattached	39:10.79	15	
14.99 (14.99)	39:10.79 (38:55.80)				
7 Fletcher***, Michelle	26	Planet Fitness	41:38.05	17	
8.78 (8.78)	41:38.05 (41:29.27)				
8 Bostan***, Karisha Yrf	29	Bridgeport	44:58.89	20	
48.71 (48.71)	44:58.89 (44:10.18)				
9 Brown***, Shanice	26	Youth Runnin	46:18.23	22	
32.41 (32.41)	46:18.23 (45:45.82)				
10 James, Lindsey	28	Second Street	52:30.10	25	
43.01 (43.01)	52:30.10 (51:47.09)				
11 May***, Alexandria	28	Unattached	52:46.43	25	
8.35 (8.35)	52:46.43 (52:38.08)				
12 Dickerson, Dana	28	Second Street	56:25.77	26	
34.82 (34.82)	56:25.77 (55:50.95)				
13 Brown***, Sheree	26	Youth Runnin	56:28.10	26	
32.34 (32.34)	56:28.10 (55:55.76)				
14 Owen, Caitlin	29	Youth Runnin	56:46.52	27	
25.49 (25.49)	56:46.52 (56:21.03)				
15 McPherson, Syetta	27	Youth Runnin	1:01:11.72	29	
30.34 (30.34)	1:01:11.72 (1:00:41.38)				

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****Men 30-34 5000 Meter Run**

Name	Age	Team	Finals	H#	Points
Results - Men 30-34					
1 Owens, Daniel	32	Unattached	21:38.75	1	
1.95 (1.95)	21:38.75	(21:36.80)			
2 Smith, Macon	31	Unattached	22:02.32	2	
1.61 (1.61)	22:02.32	(22:00.71)			
3 McDanell, Kyle	34	Unattached	26:26.22	4	
17.84 (17.84)	26:26.22	(26:08.38)			
4 Stinnett***, Matthew	34	Unattached	32:44.75	9	
17.54 (17.54)	32:44.75	(32:27.21)			
5 Sanford, Tim	31	Westridge	37:06.17	12	
13.03 (13.03)	37:06.17	(36:53.14)			
6 Coleman, Quentin	31	Youth Runnin	42:35.92	18	
45.01 (45.01)	42:35.92	(41:50.91)			
7 Rexroat***, Jacob	33	Second Street	45:24.14	21	
21.32 (21.32)	45:24.14	(45:02.82)			
8 Kiper, Emmanuel Yrfg	31	Elkhorn Middle	56:41.38	27	
22.29 (22.29)	56:41.38	(56:19.09)			

Women 30-34 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Women 30-34					
1 McGuire, Kimberly Yrfg	32	Hearn	27:56.00	5	
2.95 (2.95)	27:56.00	(27:53.05)			
2 Miracle, D'Ann	31	Unattached	27:56.46	5	
4.12 (4.12)	27:56.46	(27:52.34)			
3 Michels, Rebecca	30	Unattached	34:14.54	9	
8.26 (8.26)	34:14.54	(34:06.28)			
4 Wooldridge, Megan	31	Unattached	41:58.00	18	
25.73 (25.73)	41:58.00	(41:32.27)			
5 Tracey, Megan	34	Second Street	43:06.51	19	
40.30 (40.30)	43:06.51	(42:26.21)			
6 Rajguru***, Harshada	33	Unattached	43:11.84	19	
6.79 (6.79)	43:11.84	(43:05.05)			
7 Coleman, Amber	31	Youth Runnin	45:58.74	21	
43.83 (43.83)	45:58.74	(45:14.91)			
8 Jain, Nupur	32	Unattached	46:11.44	21	
6.46 (6.46)	46:11.44	(46:04.98)			
9 Dunn***, Erica	32	Second Street	48:54.26	23	
5.43 (5.43)	48:54.26	(48:48.83)			
10 Rexroat***, Lisha	33	Second Street	56:28.48	27	
39.87 (39.87)	56:28.4368	(55:48.57)			
11 Atha***, Skyler	30	Youth Runnin	56:56.54	27	
33.77 (33.77)	56:56.54	(56:22.77)			
12 Washington***, Whitney	32	Youth Runnin	57:55.47	28	
48.53 (48.53)	57:55.47	(57:06.94)			
13 Salyer***, Alexia	30	Youth Runnin	59:53.38	29	
47.48 (47.48)	59:53.38	(59:05.90)			

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****Men 35-39 5000 Meter Run**

Name	Age	Team	Finals	H#	Points
Results - Men 35-39					
1 Buffin, Chad	37	Unattached	21:52.41	1	
5.23 (5.23)	21:52.41 (21:47.18)				
2 Michels, Adam	36	Unattached	24:39.86	3	
8.32 (8.32)	24:39.86 (24:31.54)				
3 McDonald, Taylor	36	Second Street	25:53.91	4	
5.20 (5.20)	25:53.91 (25:48.71)				
4 Murphy, Ryan	38	Unattached	25:58.60	4	
4.45 (4.45)	25:58.60 (25:54.15)				
5 Orange, Edwin	39	Collins Lane	27:03.51	4	
7.09 (7.09)	27:03.51 (26:56.42)				
6 Hopkins, Charlie	36	Unattached	29:33.58	6	
10.45 (10.45)	29:33.58 (29:23.13)				
7 Marshall, Taylor	38	Second Street	31:44.45	8	
12.48 (12.48)	31:44.45 (31:31.97)				
8 Maynard, Luke	36	Unattached	32:44.53	9	
11.09 (11.09)	32:44.53 (32:33.44)				
9 Bielby***, Erik	39	Second Street	34:28.17	10	
2.93 (2.93)	34:28.17 (34:25.24)				
10 Keyes, Jordan	36	Unattached	35:28.89	11	
23.05 (23.05)	35:28.89 (35:05.84)				
11 Tracey, Michael	35	Second Street	38:24.04	15	
36.04 (36.04)	38:24.04 (37:48.00)				
12 Hiles, Greg	36	Second Street	38:37.10	15	
3.25 (3.25)	38:37.10 (38:33.85)				
13 Cambron, Jon	38	--, --	40:50.22	17	
4.14 (4.14)	40:50.22 (40:46.08)				
14 Nitz, Nathan	39	Unattached	40:54.93	17	
22.38 (22.38)	40:54.93 (40:32.55)				
15 Clark, John	36	Second Street	43:25.54	19	
26.61 (26.61)	43:25.54 (42:58.93)				
16 Renz, Travis	36	Second Street	44:39.80	20	
12.25 (12.25)	44:39.80 (44:27.55)				
17 Hodge, James	37	Second Street	46:47.07	22	
28.65 (28.65)	46:47.07 (46:18.42)				
18 Coleman, Chad	39	Unattached	50:22.68	24	
28.35 (28.35)	50:22.6188 (49:54.28)				

Women 35-39 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Women 35-39					
1 Columbia, Laura	38	Capital Day	24:07.37	3	
4.81 (4.81)	24:07.37 (24:02.56)				
2 McDonald, Morgan	36	Second Street	27:21.34	4	
10.31 (10.31)	27:21.34 (27:11.03)				
3 Schweickart, Casy	38	Second Street	28:00.58	5	
9.44 (9.44)	28:00.58 (27:51.14)				
4 Burgin, Sarah	38	Unattached	28:04.00	5	
5.75 (5.75)	28:04.00 (27:58.25)				

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****....Women 35-39 5000 Meter Run**

5	Orange, Lindsay	39	Collins Lane	30:29.38	7
	9.55 (9.55)	30:29.38	(30:19.83)		
6	Maynard, Amy	38	Unattached	33:59.28	9
	11.07 (11.07)	33:59.28	(33:48.21)		
7	Pitsiladis, Courtney	36	Crossfit Frankfort	35:40.42	11
	13.04 (13.04)	35:40.42	(35:27.38)		
8	Starkey, Stephanie	38	Second Street	36:24.97	12
	4.19 (4.19)	36:24.97	(36:20.78)		
9	Rathore***, Vandana	35	Unattached	43:09.55	19
	6.80 (6.80)	43:09.55	(43:02.75)		
10	Clark, Abby	36	Second Street	43:25.88	19
	27.18 (27.18)	43:25.88	(42:58.70)		
11	Zinner, Rachel	37	Unattached	44:14.43	20
	26.32 (26.32)	44:14.43	(43:48.11)		
12	Marshall, Natalie	37	Second Street	48:50.17	23
	11.79 (11.79)	48:50.17	(48:38.38)		
13	Hodge, Lesa	37	Second Street	48:56.83	24
	40.33 (40.33)	48:56.83	(48:16.50)		
14	Crocker, Katie	37	Second Street	48:57.68	24
	40.32 (40.32)	48:57.68	(48:17.36)		
15	Murphy, Sarah	38	Unattached	51:33.83	24
	19.82 (19.82)	51:33.83	(51:14.01)		
16	Bryan, Bethany	36	Second Street	57:54.98	28
	37.06 (37.06)	57:54.98	(57:17.92)		

Men 40-44 5000 Meter Run

=====					
Name	Age	Team	Finals	H#	Points
=====					
Results - Men 40-44					
1	Schaffner, Adam	41	Unattached	17:03.09	1
	17:02.40 (17:02.40)	17:03.09	28 (0.70)		
2	Moore, Zachary	40	Second Street	21:04.08	1
	21:03.14 (21:03.14)	21:04.05	28 (0.92)		
3	Gannone, Jason	42	Crossfit Frankfort	25:06.81	3
	12.06 (12.06)	25:06.81	(24:54.75)		
4	Melvihill, Danny	43	Crossfit Frankfort	25:28.52	3
	14.36 (14.36)	25:28.52	(25:14.16)		
5	Pitsiladis, Rob	42	Crossfit Frankfort	28:10.92	6
	12.97 (12.97)	28:10.92	(27:57.95)		
6	Wenning, Amzie	42	Unattached	31:17.17	7
	6.34 (6.34)	31:17.17	(31:10.83)		
7	Looney, Matt	42	Collins Lane	36:00.12	11
	27.70 (27.70)	36:00.12	(35:32.42)		
8	Columbia, Adam	41	Capital Day	36:02.31	11
	11.98 (11.98)	36:02.31	(35:50.33)		
9	Kademakki, Sharath	40	Unattached	52:45.11	25
	11.45 (11.45)	52:45.11	(52:33.66)		

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****Women 40-44 5000 Meter Run**

Name	Age	Team	Finals	H#	Points
Results - Women 40-44					
1 Shanks, Katie	40	Good Shepherd	26:08.30	4	
7.55 (7.55)	26:08.30	(26:00.75)			
2 Kennedy, Laura	43	Unattached	26:59.81	4	
5.58 (5.58)	26:59.81	(26:54.23)			
3 Wenning, Destiny	40	Unattached	28:05.92	5	
6.96 (6.96)	28:05.92	(27:58.96)			
4 Munson, Karoline	42	Second Street	28:47.39	6	
6.02 (6.02)	28:47.39	(28:41.37)			
5 Polson, Suzette	43	Good Shepherd	30:34.43	7	
9.03 (9.03)	30:34.43	(30:25.40)			
6 Marshall, Lindsay	40	Second Street	31:45.17	8	
11.69 (11.69)	31:45.17	(31:33.48)			
7 Cinnamon, Mary	43	Bondurant	32:18.31	8	
9.33 (9.33)	32:18.31	(32:08.98)			
8 Harp, Allison	41	Second Street	33:10.14	9	
13.73 (13.73)	33:10.14	(32:56.41)			
9 Bielby, Heather	41	Second Street	35:21.57	10	
13.60 (13.60)	35:21.57	(35:07.97)			
10 Fannin, Julianna	41	Unattached	37:43.12	14	
14.66 (14.66)	37:43.12	(37:28.46)			
11 Stomberg, Shannon	42	Planet Fitness	38:20.40	14	
9.77 (9.77)	38:20.40	(38:10.63)			
12 Gill, Carly	42	Second Street	40:18.66	16	
21.61 (21.61)	40:18.66	(39:57.05)			
13 Melvihill, Carol	43	Crossfit Frankfort	41:37.56	17	
15.13 (15.13)	41:37.56	(41:22.43)			
14 Back, Melissa	42	Second Street	45:33.02	21	
20.50 (20.50)	45:33.02	(45:12.52)			
15 Liguori, Stacy	43	Unattached	48:00.38	22	
38.38 (38.38)	48:00.38	(47:22.00)			
16 Bates, Tonya	44	Second Street	48:02.08	23	
42.39 (42.39)	48:02.1008	(47:19.72)			
17 Brown***, Nikki	42	Second Street	48:51.52	23	
41.40 (41.40)	48:51.52	(48:10.12)			

Men 45-49 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Men 45-49					
1 Sweger, Brent	48	Second Street	21:31.94	1	
21:31.37 (21:31.37)	21:31.9448	(0.58)			
2 Emerson, Eric	46	Unattached	25:15.67	3	
6.69 (6.69)	25:15.67	(25:08.98)			
3 Kelly, Anthony	49	Unattached	27:43.04	5	
18.38 (18.38)	27:43.04	(27:24.66)			
4 Gill, Anthony	45	Second Street	29:32.34	6	
21.25 (21.25)	29:32.34	(29:11.09)			
5 Pandy, Rajkumar	49	Unattached	37:11.74	13	
10.63 (10.63)	37:11.74	(37:01.11)			

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****....Men 45-49 5000 Meter Run**

6 Vasudevan, Vasu	48 Collins Lane	37:13.50	13
11.84 (11.84)	37:13.50 (37:01.66)		
7 Looney, Paul	45 Second Street	39:41.81	16
29.54 (29.54)	39:41.81 (39:12.27)		
8 Jones, Thomas	49 Bondurant	43:14.68	19
12.85 (12.85)	43:14.68 (43:01.83)		
9 Guarneri***, David	47 Second Street	48:56.30	24
14.75 (14.75)	48:56.3048 (48:41.56)		

Women 45-49 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Women 45-49				
1 Kabaiku, Charity	47 Go365	23:03.47	2	
23:02.64 (23:02.64)	23:03.4768 (0.84)			
2 Wasson, DJ	48 Unattached	29:41.14	6	
20.49 (20.49)	29:41.14 (29:20.65)			
3 Buckley, Rachel	47 Good Shepherd	34:34.87	10	
23.81 (23.81)	34:34.87 (34:11.06)			
4 Edelen, Anne	49 Unattached	37:24.94	13	
12.28 (12.28)	37:24.94 (37:12.66)			
5 Perry, Jacqueline	45 Second Street	39:52.50	16	
30.76 (30.76)	39:52.50 (39:21.74)			
6 Roederer, Ericka	47 Youth Runnin	44:35.41	20	
27.57 (27.57)	44:35.41 (44:07.84)			
7 Seitz, Misty	47 Youth Runnin	47:12.15	22	
36.94 (36.94)	47:12.15 (46:35.21)			
8 Stigers, Sandy	46 Unattached	54:07.11	25	
24.64 (24.64)	54:07.1148 (53:42.48)			
9 Wilson, Jean	45 Unattached	56:07.16	26	
15.91 (15.91)	56:07.16 (55:51.25)			
10 Doss, Shonda	48 Youth Runnin	1:03:15.51	29	
41.21 (41.21)	1:03:15.51 (1:02:34.30)			

Men 50-54 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Men 50-54				
1 Smith, Tim	50 Franklin Co. High	23:46.34	2	
5.00 (5.00)	23:46.34 (23:41.34)			
2 Paramasivam, Balajivenka	51 Unattached	45:37.06	21	
11.16 (11.16)	45:37.06 (45:25.90)			
3 Bates, James	50 Second Street	46:25.44	22	
43.86 (43.86)	46:25.44 (45:41.58)			

Women 50-54 5000 Meter Run

Name	Age Team	Finals	H#	Points
Results - Women 50-54				
1 Hickman, Tonia	50 Bondurant	30:16.44	6	
14.78 (14.78)	30:16.44 (30:01.66)			

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****....Women 50-54 5000 Meter Run**

2	Smith, Jennifer	53	Franklin Co. High	37:51.24	14
	18.19 (18.19)	37:51.24	(37:33.05)		
3	Cunningham, Curt	52	Second Street	40:44.69	17
	26.48 (26.48)	40:44.69	(40:18.21)		
4	May***, Veronica	53	Unattached	48:01.36	22
	8.73 (8.73)	48:01.36	(47:52.63)		
5	Carey, Gina	51	Unattached	50:21.32	24
	27.73 (27.73)	50:21.32	(49:53.59)		
6	Singleton, Deborah	52	Unattached	56:30.92	27
	26.34 (26.34)	56:30.92	(56:04.58)		

Men 55-59 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Men 55-59					
1	Smith, Harper	58	Unattached	22:01.42	2
	3.17 (3.17)	22:01.42	(21:58.25)		
2	Brannon, Jimmy	58	Unattached	28:14.62	6
	27.20 (27.20)	28:14.62	(27:47.42)		
3	Barnes, Greg	59	Unattached	36:24.10	12
	10.68 (10.68)	36:24.10	(36:13.42)		

Women 55-59 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Women 55-59					
1	Brewer, Lisa	59	Collins Lane	30:54.20	7
	8.18 (8.18)	30:54.20	(30:46.02)		
2	Harney, Linda	56	Unattached	40:42.76	16
	19.82 (19.82)	40:42.76	(40:22.94)		
3	Stephens, Wendy	57	Unattached	40:46.79	17
	18.04 (18.04)	40:46.79	(40:28.75)		
4	Brown, Rebecca	55	Youth Runnin	45:58.94	21
	45.71 (45.71)	45:58.94	(45:13.23)		

Men 60-64 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Men 60-64					
1	Marcus, Sam	62	Unattached	26:40.25	4
	5.89 (5.89)	26:40.25	(26:34.36)		
2	Mason***, Rick	63	Unattached	27:47.84	5
	5.73 (5.73)	27:47.84	(27:42.11)		
3	Lines***, Stuart	60	Planet Fitness	36:30.34	12
	10.30 (10.30)	36:30.34	(36:20.04)		
4	Baker, Sam	64	Unattached	44:00.76	19
	18.65 (18.65)	44:00.76	(43:42.11)		
5	Douglas, Don	60	Unattached	52:32.39	25
	20.50 (20.50)	52:32.39	(52:11.89)		

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****Women 60-64 5000 Meter Run**

Name	Age	Team	Finals	H#	Points
Results - Women 60-64					
1 Sweasy, LaJuan	64	Unattached	31:31.00	8	
10.16 (10.16)	31:31.00 (31:20.84)				
2 Harrod, Annette	63	Good Shepherd	34:35.11	10	
23.42 (23.42)	34:35.11 (34:11.69)				
3 Crawford, Debra	62	Unattached	42:24.56	18	
25.65 (25.65)	42:24.56 (41:58.91)				
4 Flowers, Laura	64	Unattached	43:00.53	18	
24.04 (24.04)	43:00.53 (42:36.49)				
5 Voisard, Vicki	63	Unattached	45:05.78	20	
20.39 (20.39)	45:05.78 (44:45.39)				
6 Wallace, Trina	61	Unattached	56:58.64	28	
16.80 (16.80)	56:58.64 (56:41.84)				

Men 65-69 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Men 65-69					
1 Wilson, Ambrose	68	Unattached	31:50.08	8	
6.54 (6.54)	31:50.08 (31:43.54)				

Women 65-69 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Women 65-69					
1 Rodgers, Audie	67	Hearn	39:47.92	16	
8.16 (8.16)	39:47.92 (39:39.76)				
2 Baker, Martha	67	Unattached	45:13.09	21	
19.47 (19.47)	45:13.09 (44:53.62)				
3 Mitchell, Marilyn	68	Unattached	54:06.33	25	
24.80 (24.80)	54:06.33 (53:41.53)				
4 Cook, Karen	67	Unattached	56:58.64	28	
17.00 (17.00)	56:58.64 (56:41.64)				
5 Bryant***, Diane	65	Youth Runnin	1:03:18.78	29	
23.10 (23.10)	1:03:18.7828 (1:02:55.69)				

Men 70-74 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Men 70-74					
1 Cleveland, Murray	70	Unattached	33:33.37	9	
11.18 (11.18)	33:33.37 (33:22.19)				

Women 70-74 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Women 70-74					

13th Annual Pro.Active 5K - 5/10/2019**Not Your Every Day 5K****Frankfort, Kentucky****Results - Pro-Active 5K****....Women 70-74 5000 Meter Run**

1	Foody, Terry	71	Unattached	32:14.94	8
	3.92 (3.92)	32:14.94	(32:11.02)		
2	Payton, Carol	73	Bondurant	33:34.08	9
	15.67 (15.67)	33:34.08	(33:18.41)		
3	West, Cathleen	71	Capital Day	41:41.13	18
	26.18 (26.18)	41:41.13	(41:14.95)		
4	Perkins, Trisha	70	Unattached	43:39.83	19
	6.02 (6.02)	43:39.83	(43:33.81)		
5	Jacques, Mondy	73	Youth Runnin	1:00:37.50	29
	32.14 (32.14)	1:00:37.50	(1:00:05.36)		

Men 80-99 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Results - Men 80-99					
1 McMillen, Leo	82	Good Shepherd	49:15.22	24	
	17.24 (17.24)	49:15.2208	(48:57.99)		