

Go The Extra Mile 5K
Nov. 9, 2019
Overall Results

Online Results

<https://runsignup.com/Race/Results/11024/#resultSetId-179053;perpage:10>

Place	Bib	First Name	Last Name	Gender	City	State	Time	Pace	Age	Div.	Place	Division
1	450	Henry	McKinney	M	Rutherfordton	NC	21:33.0	6:57	21	1	1	M Overall
2	495	Brett	Towery	M	Rutherfordton	NC	22:12.2	7:10	17	1	1	M 15-19
3	533	Kyle	Hankinson	M	Forest City	NC	22:12.9	7:10	41	1	1	M 40-44
4	413	Vanessa	Boris	F	Marion	NC	22:39.8	7:19	35	1	1	F Overall
5	520	Meredith	Greene	F	Rutherfordton	NC	23:01.5	7:26	38	1	1	F 35-39
6	456	James	Morrow	M	Ellenboro	NC	23:08.3	7:28	56	1	1	M 55-59
7	498	Timothy	Urbanic	M	Spindale	NC	23:27.0	7:34	27	1	1	M 25-29
8	524	Jason	Bedford	M			23:32.7	7:36	42	2	2	M 40-44
9	489	Bryce	Thompson	M	Mill Spring	NC	24:02.7	7:45	16	2	2	M 15-19
10	484	Thomas	Tarker	M	Hendersonville	NC	24:08.5	7:47	50	1	1	M 50-54
11	530	Ryan	Tours	M			24:18.1	7:50	17	3	3	M 15-19
12	453	Morgan	Miskell	M	Shelby	NC	24:21.5	7:51	51	2	2	M 50-54
13	528	Lauren	Bennett	F	Rutherfordton	NC	25:13.4	8:08	18	1	1	F 15-19
14	526	Chris	Eason	M	Gastonia	NC	25:34.1	8:15	57	2	2	M 55-59
15	531	Christopher	Allen	M			26:07.7	8:26	33	1	1	M 30-34
16	468	Wynne	Queen	F	Forest City	NC	26:19.8	8:30	39	2	2	F 35-39
17	521	Ed	Somerville	M			26:27.9	8:32	63	1	1	M 60-64
18	465	Nathan	Pier	M	Bostic	NC	26:37.9	8:35	23	1	1	M 20-24
19	494	Ben	Towery	M	Rutherfordton	NC	26:46.3	8:38	14	1	1	M 11-14
20	472	Lisa	Rome	F	Lake Lure	NC	26:47.7	8:39	55	1	1	F 55-59
21	425	Gary	Early	M	Ellenboro	NC	27:43.9	8:57	68	1	1	M 65-69
22	479	Denise	Strickland	F	Ellenboro	NC	27:46.3	8:58	56	2	2	F 55-59
23	457	Steven	Morrow	M	Forest City	NC	27:48.1	8:58	67	2	2	M 65-69
24	512	Rodney	Lattimore	M			27:51.0	8:59	17	4	4	M 15-19
25	478	T.	Sprouse	M	Shelby	NC	28:20.6	9:09	10	1	1	M 1-10
26	476	David	Smith	M	Spindale	NC	28:24.8	9:10	18	5	5	M 15-19
27	412	Donald	Blanton	M	Mooresboro	NC	28:29.5	9:11	53	3	3	M 50-54
28	403	Jon	Allen	M	Shelby	NC	28:36.8	9:14	35	1	1	M 35-39
29	519	Tina	Wolfe	F			29:04.1	9:23	52	1	1	F 50-54
30	446	Emily	Lyda	F	Hendersonville	NC	29:09.1	9:24	39	3	3	F 35-39

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31	480	Joey	Strickland	M	Ellenboro	NC	29:10.1	9:25	62	2	M 60-64	
32	518	Missy	Lovelace	F	Rutherfordton	NC	29:52.8	9:38	48	1	F 45-49	
33	427	Ashley	Greene	F	Ellenboro	NC	30:00.7	9:41	34	1	F 30-34	
34	482	Miriam	Sundell	F	Shelby	NC	30:11.1	9:44	21	1	F 20-24	
35	454	Ezra	Mohammed	M	Hendersonville	NC	30:11.9	9:44	14	2	M 11-14	
36	485	Maxine	Taylor	F	Rutherfordton	NC	30:12.1	9:45	54	2	F 50-54	
37	490	L.	Thompson	M	forest city	NC	30:13.0	9:45	12	3	M 11-14	
38	406	Isaac	Askin	M	Hendersonville	NC	30:18.5	9:47	13	4	M 11-14	
39	409	Sandy	Austin	F	Forest City	NC	30:20.1	9:47	64	1	F 60-64	
40	458	Chris	Moss	M	Mill Spring	NC	30:27.3	9:49	47	1	M 45-49	
41	525	Stephanie	Epley	F	Forest City	NC	30:30.0	9:50	43	1	F 40-44	
42	481	Anna	Sundell	F	Shelby	NC	30:37.5	9:53	15	2	F 15-19	
43	529	Jeff	Bennett	M	Rutherfordton	NC	30:39.4	9:53	57	3	M 55-59	
44	448	Cindy	McDaniel	F	Bostic	NC	30:41.7	9:54	50	3	F 50-54	
45	499	Jane	Weast	F	Rutherfordton	NC	30:52.7	9:58	50	4	F 50-54	
46	477	Sandra	Smith	F	Rutherfordton	NC	30:53.3	9:58	29	1	F 25-29	
47	471	Bruce	Rome	M	Lake Lure	NC	30:58.1	9:59	67	3	M 65-69	
48	475	Shannon	Simms	F	Forest City	NC	31:14.6	10:05	38	4	F 35-39	
49	437	Ellen	Jenkins	F	Shelby	NC	31:39.3	10:13	54	5	F 50-54	
50	432	I.	Hernandez	F	Ellenboro	NC	31:39.9	10:13	12	1	F 11-14	
51	451	Melissa	McKinney	F	Rutherfordton	NC	31:55.5	10:18	51	6	F 50-54	
52	463	Laurence	Penrose	M	Bostic	NC	32:12.5	10:23	78	1	M 75-99	
53	411	P.	Blake	M	Fletcher	NC	32:16.9	10:25	10	2	M 1-10	
54	407	Joanna	Askin	F	Hendersonville	NC	32:29.4	10:29	38	5	F 35-39	
55	402	Sarah	Alexander	F	Hendersonville	NC	32:39.9	10:32	27	2	F 25-29	
56	421	Mary Ann	Davis	F	Tryon	NC	32:40.7	10:32	32	2	F 30-34	
57	408	Keith	Atkins	M	Forest City	NC	35:02.1	11:18	56	4	M 55-59	
58	433	Marlene	Hernandez	F	Ellenboro	NC	35:03.0	11:18	41	2	F 40-44	
59	438	Theresa	Johnson	F	Bostic	NC	35:04.0	11:19	62	2	F 60-64	
60	467	J.	Queen	M	Forest City	NC	35:15.1	11:22	12	5	M 11-14	
61	447	S.	Lyda	M	Hendersonville	NC	35:17.2	11:23	9	3	M 1-10	

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62	404	A.	Askin	M	Hendersonville	NC	35:17.9	11:23	11	6	M 11-14	
63	500	Bre	Wilhelm	F	Belmont	NC	35:38.4	11:30	27	3	F 25-29	
64	428	Mike	Hager	M	Rutherfordton	NC	35:38.5	11:30	56	5	M 55-59	
65	410	lisa	barrett	F	Rutherfordton	NC	35:40.6	11:31	50	7	F 50-54	
66	445	E.	Lyda	F	Hendersonville	NC	35:41.2	11:31	12	2	F 11-14	
67	422	Jan	Deviney	F	Casar	NC	36:28.0	11:46	53	8	F 50-54	
68	426	Melissa Jill	Graudszus	F	Rutherfordton	NC	36:30.8	11:47	40	3	F 40-44	
69	486	Bradley	Tenpenny	M	Rutherfordton	NC	36:40.7	11:50	16	6	M 15-19	
70	415	Megan	Carpenter	F	Forest City	NC	36:47.7	11:52	26	4	F 25-29	
71	414	Katie	Carpenter	F	Forest City	NC	36:47.7	11:52	23	2	F 20-24	
72	405	E.	Askin	F	Hendersonville	NC	36:51.8	11:53	12	3	F 11-14	
73	559	Jennifer	OWEN	F			37:34.6	12:07	47	2	F 45-49	
74	440	Sandra	Lattimore	F	Forest City	NC	38:03.2	12:17	51	9	F 50-54	
75	460	Melissa	Owens	F	Rutherfordton	NC	38:06.3	12:18	38	6	F 35-39	
76	436	Ginger	Hutcherson	F	Columbus	NC	38:31.5	12:26	60	3	F 60-64	
77	493	Sheila	Toney	F	Forest City	NC	38:42.9	12:29	52	10	F 50-54	
78	439	Kristi	Kocher	F	Mill Spring	NC	38:55.7	12:33	37	7	F 35-39	
79	470	Angel	Roberts	F	Rutherfordton	NC	40:25.6	13:02	40	4	F 40-44	
80	442	Mitch	Leslie	M	Shelby	NC	40:28.2	13:03	61	3	M 60-64	
81	418	Bettina	Conn	F	Forest City	NC	40:37.2	13:06	59	3	F 55-59	
82	487	C.	Tenpenny	F	Rutherfordton	NC	40:43.9	13:08	12	4	F 11-14	
83	483	S.	Sundell	F	Shelby	NC	41:24.0	13:21	11	5	F 11-14	
84	502	Brian	Willette	M	Bostic	NC	41:32.5	13:24	64	4	M 60-64	
85	401	CHRIS	ALEXANDER	M	Rutherfordton	NC	41:49.5	13:30	54	4	M 50-54	
86	532	Lydia	Sundell	F			42:32.0	13:43	14	6	F 11-14	
87	469	Cassidy	Ramsey	F	Rutherfordton	NC	42:51.8	13:50	23	3	F 20-24	
88	488	McKinnley	Tenpenny	F	Rutherfordton	NC	42:55.3	13:51	20	4	F 20-24	
89	473	M.	Santi	F	Forest City	NC	43:09.8	13:55	12	7	F 11-14	
90	514	Bethany	Sheridan	F			43:29.7	14:02	15	3	F 15-19	
91	507	Elizabeth	Withrow	F	Ellenboro	NC	45:56.8	14:49	35	8	F 35-39	
92	466	I.	Queen	M	Forest City	NC	46:44.8	15:05	9	4	M 1-10	

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93	534	L.	Elkins	F			46:46.5	15:05	8		1	F 1-10
94	516	K.	Skipper	F			46:47.2	15:06	9		2	F 1-10
95	517	Patty	Skipper	F			46:47.3	15:06	33		3	F 30-34
96	429	Leigh	Harris	F	Ellenboro	NC	47:10.1	15:13	39		9	F 35-39
97	515	Mary	Skipper	F			47:13.1	15:14	67		1	F 65-69
98	462	Rachael	Palmeri	F	Rutherfordton	NC	48:24.3	15:37	20		5	F 20-24
99	508	Riley	Wood	M	Ellenboro	NC	48:25.0	15:37	25		7	M 15-19
100	455	Erika	Moore	F	Ellenboro	NC	48:41.1	15:42	28		5	F 25-29
101	434	E.	Hunsinger	M	Forest City	NC	48:50.6	15:45	11		7	M 11-14
102	435	Jason	Hunsinger	M	Forest City	NC	49:04.9	15:50			1	lo Age Given
103	522	Russell	Harper	M	Taylors	SC	49:08.2	15:51	49		2	M 45-49
104	441	Grace	Leslie	F	Shelby	NC	49:35.2	16:00	66		2	F 65-69
105	505	B.	Williams	M	Forest City	NC	50:43.1	16:22	9		5	M 1-10
106	491	David	Toney	M	Forest City	NC	50:49.5	16:24	54		5	M 50-54
107	496	J.	Trubey	M	Rutherfordton	NC	51:00.4	16:27	12		8	M 11-14
108	420	Donald	Crawford	M	Rutherfordton	NC	51:07.5	16:30	68		4	M 65-69
109	497	Michael	Trubey	M	Spruce Pine	NC	53:04.7	17:07	54		6	M 50-54
110	444	Morgan	Lovelace	F	ELLENBORO	NC	54:53.7	17:42	23		6	F 20-24
111	527	Valerie	Wiley	F			54:54.3	17:43	27		6	F 25-29
112	443	Anonymous	Participant	F			55:03.0	17:45	46		3	F 45-49
113	506	Jennifer	Wilson	F	Pickens	SC	55:04.1	17:46	38		10	F 35-39
114	501	A.	Willette	M	Bostic	NC	55:56.9	18:03	6		6	M 1-10
115	513	Sarah	Sheridan	F			02:16.5	20:05	17		4	F 15-19

Master's Academy Go the Extra Mile 5K

Oct. 20, 2018

Overall Results

Place	Bib	First Name	Last Name	Gender	City	State	Clock	Time	Pace	Age	Div.	Place	Division
1	416	Carson	Gilliam	M	Forest City	NC	20:59.9	20:59.9	6:46	15		1	M Overall
2	459	Bryce	Thompson	M	Mill Spring	NC	21:42.0	21:42.0	7:00	15		1	M 15-19
3	451	Gregory	Stearns	M	Rutherfordton	NC	22:19.5	22:19.5	7:12	31		1	M 30-34
4	483	Tyler	Champion	M			23:28.8	23:28.8	7:34	18		2	M 15-19
5	461	Benjamin	Urfer	M	Asheville	NC	23:52.5	23:52.5	7:42	44		1	M 40-44
6	473	Curtis	Beason	M			23:59.1	23:59.1	7:44	30		2	M 30-34
7	414	Emma	Deviney	F	Spindale	NC	24:09.7	24:09.7	7:48	15		1	F Overall
8	424	Sara	Hartman	F	Forest City	NC	24:13.1	24:13.1	7:49	38		1	F 35-39
9	409	Larry	Curtis	M	Forest City	NC	24:24.3	24:24.3	7:52	58		1	M 55-59
10	430	Timothy	Lovelace	M	Moorestown	NC	24:52.4	24:52.4	8:01	53		1	M 50-54
11	435	Morgan	Miskell	M	Shelby	NC	25:10.6	25:10.6	8:07	49		1	M 45-49
12	470	Steve	Collins	M			25:49.4	25:49.4	8:20	44		2	M 40-44
13	425	Barry	Hill	M	Bostic	NC	26:03.5	26:03.5	8:24	51		2	M 50-54
14	480	David	Bridges	M			26:09.1	26:09.1	8:26	58		2	M 55-59
15	448	Brad	Rudolph	M	Forest City	NC	26:26.3	26:26.3	8:32	43		3	M 40-44
16	418	Joey	Glenn	M	Ellenboro	NC	27:59.0	27:59.0	9:02	47		2	M 45-49
17	462	Terri	Wells	F	Rutherfordton	NC	28:11.0	28:11.0	9:05	52		1	F 50-54
18	446	Lisa	Rome	F	Lake Lure	NC	28:22.5	28:22.5	9:09	54		2	F 50-54
19	478	Paola	Buitago	F			28:49.1	28:49.1	9:18	41		1	F 40-44
20	452	Denise	Strickland	F	Ellenboro	NC	29:42.9	29:42.9	9:35	55		1	F 55-59
21	428	Kevin	Jones	M	Lake Lure	NC	29:52.1	29:52.1	9:38	43		4	M 40-44
22	449	Cameron	Rudolph	M	Forest City	NC	30:07.4	30:07.4	9:43	15		3	M 15-19
23	419	Joseph	Glenn	M	Ellenboro	NC	30:30.5	30:30.5	9:50	13		1	M 11-14
24	441	B.	Padgett	M	Fletcher	NC	30:46.1	30:46.1	9:56	9		1	M 1-10
25	432	Emily	Lyda	F	Hendersonville	NC	30:55.0	30:55.0	9:58	38		2	F 35-39
26	440	Ezra	Mohammed	M	Hendersonville	NC	31:43.6	31:43.6	10:14	13		2	M 11-14
27	404	Donald	Blanton	M	Moorestown	NC	31:55.2	31:55.2	10:18	52		3	M 50-54
28	456	Maxine	Taylor	F	Rutherfordton	NC	32:05.1	32:05.1	10:21	53		3	F 50-54
29	476	Laurence	Penrose	M	Bostic	NC	32:16.1	32:16.1	10:25	77		1	M 75-99
30	406	M.	Bumgarner	F	Shelby	NC	32:30.1	32:30.1	10:29	12		1	F 11-14
31	453	Joey	Strickland	M	Ellenboro	NC	32:38.8	32:38.8	10:32	61		1	M 60-64
32	401	Keith	Atkins	M	Forest City	NC	32:44.4	32:44.4	10:34	55		3	M 55-59
33	467	Steven	Norton	M			32:51.0	32:51.0	10:36	23		1	M 20-24
34	407	Stacey	Bumgarner	M	Shelby	NC	33:16.3	33:16.3	10:44	34		3	M 30-34

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35	454	Anna	Sundell	F	Shelby	NC	33:34.4	33:34.4	10:50	13		2	F 11-14
36	482	Jeff	Bennett	M			34:11.2	34:11.2	11:02	56		4	M 55-59
37	471	Matthew	Kramer	M			35:25.7	35:25.7	11:26	43		5	M 40-44
38	429	Kyliegh	Kite	F	Mooresboro	NC	36:03.4	36:03.4	11:38	34		1	F 30-34
39	417	J.	Glenn	M	Ellenboro	NC	36:11.8	36:11.8	11:41	12		3	M 11-14
40	405	Jamie	Brittain	F	Cherryville	NC	36:42.6	36:42.6	11:51	38		3	F 35-39
41	431	E.	Lyda	F	Hendersonville	NC	36:57.5	36:57.5	11:55	11		3	F 11-14
42	433	S.	Lyda	M	Hendersonville	NC	36:57.8	36:57.8	11:55	8		2	M 1-10
43	465	Jason	Willette	M	Bostic	NC	37:48.1	37:48.1	12:12	38		1	M 35-39
44	438	Jake	Mode	M	Forest City	NC	38:37.3	38:37.3	12:28	16		4	M 15-19
45	422	D.	Hannon	M	Forest City	NC	38:43.6	38:43.6	12:30	12		4	M 11-14
46	436	Caleb	Mode	M	Forest City	NC	39:27.3	39:27.3	12:44	14		5	M 11-14
47	485	m.	randolph	F			40:24.4	40:24.4	13:02	10		1	F 1-10
48	413	Norma	Devine	F	Rutherfordton	NC	40:36.3	40:36.3	13:06	58		2	F 55-59
49	426	Misty	Johnson	F	Ellenboro	NC	42:08.0	42:08.0	13:35	37		4	F 35-39
50	427	R.	Johnson	M	Ellenboro	NC	42:08.0	42:08.0	13:35	11		6	M 11-14
51	410	Lisa	Curtis	F	Forest City	NC	43:00.2	43:00.2	13:52	57		3	F 55-59
52	469	Lester	Copeland	M			43:06.2	43:06.2	13:54	78		2	
53	463	Brian	Willette	M	Bostic	NC	43:08.5	43:08.5	13:55	63		2	M 60-64
54	439	E.	Mohammed	F	Hendersonville	NC	43:13.6	43:13.6	13:57	10		2	F 1-10
55	403	Jimmy	Banner	M	Morganton	NC	43:53.7	43:53.7	14:10	72		1	M 70-74
56	477	Jason	Millwood	M			45:05.5	45:05.5	14:33	38		2	M 35-39
57	434	M.	Millwood	F	Forest City	NC	45:22.5	45:22.5	14:38	12		4	F 11-14
58	411	A.	Dellinger	M	Etowah	NC	45:38.5	45:38.5	14:43	9		3	M 1-10
59	412	Suzanna	Dellinger	F	Etowah	NC	45:38.6	45:38.6	14:43	35		5	F 35-39
60	450	Stanley	Schenkel	M	Mooresboro	NC	45:56.1	45:56.1	14:49	69		1	M 65-69
61	466	Elizabeth	Withrow	F	Ellenboro	NC	46:00.7	46:00.7	14:51	33		2	F 30-34
62	457	C.	Tenpenny	F	Rutherfordton	NC	46:02.2	46:02.2	14:51	11		5	F 11-14
63	484	o.	marlouee	F			46:02.2	46:02.2	14:51	11		6	F 11-14
64	421	Michelle	Greene	F	Rutherfordton	NC	46:05.7	46:05.7	14:52	51		4	F 50-54
65	445	Jacob	Petri	M	Bostic	NC	46:15.4	46:15.4	14:55	39		3	M 35-39
66	458	McKinnley	Tenpenny	F	Rutherfordton	NC	46:36.3	46:36.3	15:02	19		1	F 15-19
67	488	lydia	sundell	F			48:44.3	48:44.3	15:43	13		7	F 11-14
68	474	A.	Trubey	F			48:51.9	48:51.9	15:46	9		3	F 1-10

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Oct. 20, 2018

Overall Results

Place	Bib	First Name	Last Name	Gender	City	State	Clock	Time	Pace	Age	Div.	Place	Division
69	479	C.	Holingsworth Jr.	M			49:10.1	49:10.1	15:52	11		7	M 11-14
70	486	michael	randolph	M			49:23.7	49:23.7	15:56	41		6	M 40-44
71	423	L.	Hannon	M	Ellenboro	NC	49:44.7	49:44.7	16:03	11		8	M 11-14
72	464	Elba	Willette	F	Bostic	NC	50:16.9	50:16.9	16:13	40		2	F 40-44
73	472	Steve	Gilbert	M			51:25.4	51:25.4	16:35	66		2	M 65-69
74	420	S.	Glenn	F	Ellenboro	NC	52:08.6	52:08.6	16:49	9		4	F 1-10
75	487	Nickie	Arender	F	Forest City	NC	54:30.3	54:30.3	17:35	35		6	F 35-39
76	460	J.	Trubey	M	Harris	NC	56:14.8	56:14.8	18:09	11		9	M 11-14
77	468	Zoe	Digh	F			56:38.2	56:38.2	18:16	14		8	F 11-14
78	475	Michael	Trubey	M			58:55.0	58:55.0	19:00	53		4	M 50-54
79	481	Joshua	Drill	M			00:16.8	00:16.8	19:27	30		4	M 30-34
80	402	J. Scott	Banner	M	Morganton	NC	05:10.3	05:10.3	21:01	50		5	M 50-54
81	443	Matthew	Patito	M	Forest City	NC	06:09.8	06:09.8	21:21	34		5	M 30-34
82	442	Ash'Leigh	Patito	F	Forest City	NC	06:15.2	06:15.2	21:22	32		3	F 30-34