

**Slow Poke 5K
Philadelphia, Miss.
August 1, 2009**

**In memory of Johnny Bradley
5K Run - Men**

Overall: Kevin Sheehan 18:10
Masters: Bryan Lagg 20:14
Grand Masters: Glen Crotwell 20:03
11-14: John Watts 20:45, Zach Shelly 23:02, Chase Bradley 37:05
15-19: Channing Stringer 18:48, Manuel Granados 19:57, Adam Ham 21:01
20-24: Edward Trinkl 28:15
25-29: Jess May 20:35, David Preston 20:58, Brandon Steltz 21:45
30-34: Lindon Ratliff 21:36, Nathan Tadlock 22:08, Hugh Rush 25:32
35-39: Ray Henderson 21:10, Norman Young 22:03, John McCallister 24:47
40-44: Paul Shelly 23:25, Joey Mayes 24:26, Joey Champion 25:05
45-49: Rex Baker 29:49, Doug Ishee 34:44
50-54: Gary Thornton 23:37, Chuck Lavender 24:58, Geoffrey Schmitt 27:14
55-59: Phillip Wedgeworth 21:48, Guy Nowel 25:22, Johnny Harrell 29:37
60-64: Louis Luby 26:01
70 & Over: James Lindsey 29:01, Jerry Parker 33:24

5K Run - Women

Overall: Bridgett Jolly 22:53
Masters: Vicki Alexander 23:15
Grand Masters: MiHyang Faulks 28:34
11-14: Lurn Cantey 26:10
15-19: Alexa Flaskamp 24:53, Kaitlyn Flaskamp 29:43, Blak Castle 34:43
25-29: Shancey Young 29:20, Evelyn Watkins 30:57, Kayla Atkinson 31:21
30-34: Mindy Bradley 32:50, Jennifer Marsh 34:34, Dancielle Yarbrough 36:23
35-39: J.J. Ball 26:31, Stacey Vowell 30:44, Annette Rigby 31:26
40-44: Kay Durant 29:25, Sharon Brown 32:37, Debra Miller 34:57

5K Walk - Men

Overall: Charles Atkins 35:33
Masters: Jim Jolly 39:00
Grand Masters: Lawrence Clark 35:35
10 & Under: Ryan Duneheew 45:04
11-14: Ray Nobles 44:52, Casper Pitts 1:05:01
15-19: Steven Pitts 48:34
35-39: Rod Stevens 35:48
55-59: Curtis Fancher 37:31
70 & Over: Bill Corpus 44:55, Willie Hamilton 48:41, Frank McRae 48:42

5K Walk - Women

Overall: Phyllis Nowicki 38:07
Masters: Pam Nazary 38:47
Grand Masters: Martha Keenum 39:17
10 & Under: Morris Ga'yu'cze 43:57
15-19: Jerlisa Brown 52:09
25-29: Monica Mitchell 43:35, Jessie Critz 45:33
30-34: Christen Bolce 43:04, Shelly Gogorth 45:51, Shauna Jackson 48:10
35-39: Jennifer Henderson 45:05
40-44: Angie Schwake 41:24, Shawn Bradley 47:44, Karensa Creel 48:10
45-49: Martha Smith 39:08, Tina Sumpter 41:27, Tena Welborn 44:53
50-54: Robin Foster 45:17
55-59: Jeanie McMillan

5K Run Teams

1. Family Fitness Run 1:12:05
Logan Coats, Dallas Schwake, Geoffrey Schmitt
2. Help Me Jesus! 1:41:36
Neil Marsh, Jennifer Marsh, Dinah Lachney, Blair Comans, Lynn Selman

5K Walk Teams

1. Family Fitness 1 2:10:16
Angie Schwake, Monica Mitchell, Robin Foster, Shelly Goforth
2. Family Fitness 2 2:17:47
Tina Sumpter, Angie Anderson, Karensa Creel, Shauna Jackson

One Mile Fun Run - Male

Overall: Stewart Ball 5:58
5 & Under: Cole Tadlock 11:28, Sam Durant 11:59, Jim Jolly 13:08
6-7: Skylar Nobles 8:32
8-9: Bo Henderson 6:47
10-11: Roper Ball 6:08, Carter Whinery 8:27, Matthew Thomas 11:28
12-13: Peyton Jones 6:10, Thomas Whinery 6:26, Austin McElhenney 10:22

One Mile Fun Run - Female

Overall: Jewel Jolly 7:30
5 & Under: Jaeden Wesley 13:40, Chloe Wesley 15:08
6-7: Jocelyn Wesley 8:27
8-9: Jena Jolly 8:00, Katelyn Durant 10:29
12-13: Bethany Thomas 7:52, Kaylan Gibson 9:00, Kaylan Duneheew 10:23

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Grade
1	Kevin Sheehan	19M	18:10	5:52	17:48
2	Channing Stringer	17M	18:48	6:04	17:58
3	Manuel Granados	16M	19:57	6:27	18:48
4	Glen Crotwell	55M	20:03	6:29	16:50
5	Bryan Lagg	41M	20:14	6:32	18:59
6	Jess May	28M	20:35	6:39	20:35
7	John Watts	14M	20:45	6:42	18:52
8	David Preston	29M	20:58	6:46	20:57
9	Adam Ham	15M	21:01	6:47	19:29
10	Ray Henderson	38M	21:10	6:50	20:19
11	Lindon Ratliff	33M	21:36	6:59	21:22
12	Brandon Steltz	25M	21:45	7:01	21:45
13	Phillip Wedgeworth	58M	21:48	7:02	17:51
14	Caleb May	27M	22:01	7:07	22:01
15	Norman Young	35M	22:03	7:07	21:35
16	Nathan Tadlock	30M	22:08	7:09	22:05
17	Logan Coats	18M	22:24	7:14	21:40
18	Dallas Schwake	15M	22:27	7:15	20:49
19	Bridgett Jolly	35F	22:53	7:23	22:39
20	Zach Shelly	13M	23:02	7:26	20:30
21	Sonny Rose	29M	23:09	7:29	23:08
22	Vicki Alexander	49F	23:15	7:30	20:36
23	Paul Shelly	42M	23:25	7:34	21:49
24	Gary Thornton	50M	23:37	7:38	20:40
25	Joey Mayes	42M	24:26	7:53	22:45
26	Joshua Tillman	28M	24:28	7:54	24:28
27	Ryan Crandill	15M	24:32	7:55	22:44
28	Colton Thorton	16M	24:32	7:55	23:07
29	John McCallister	38M	24:47	8:00	23:47
30	Alexa Flaskamp	17F	24:53	8:02	24:22
31	Chuck Lavender	50M	24:58	8:04	21:51
32	Joey Champion	41M	25:05	8:06	23:32
33	Bryan Norman	40M	25:19	8:10	23:56
34	Guy Nowel	56M	25:22	8:11	21:07
35	Jeremika John	25M	25:31	8:14	25:31
36	Hugh Rush	34M	25:32	8:15	25:08
37	Scotty Yarbrough	31M	25:46	8:19	25:39
38	Louis Luby	60M	26:01	8:24	20:56

39	1	Lurn Cantey	14F	26:10	8:27	24:39
40	2	J.J. Ball	36F	26:31	8:34	26:09
41	3	Geoffrey Schmitt	50M	27:14	8:48	23:50
42	8	Rob McArthur	27M	27:18	8:49	27:18
43	1	Edward Trinkl	21M	28:15	9:07	28:09
44	1	MiHyang Faulks	50F	28:34	9:13	25:00
45	1	James Lindsey	70M	29:01	9:22	21:15
46	9	Shancey Young	26F	29:20	9:28	29:20
47	1	Kay Durant	42F	29:25	9:30	28:00
48	9	Daxton Fairchild	16M	29:31	9:32	27:49
49	4	Johnny Harrell	56M	29:37	9:34	24:40
50	5	Jay Wesley	34M	29:40	9:35	29:12
51	2	Kaitlyn Flaskamp	16F	29:43	9:36	28:45
52	5	Ray Gildea	56M	29:45	9:36	24:46
53	1	Rex Baaker	47M	29:49	9:38	26:43
54	3	Stacey Vowell	39F	30:44	9:55	29:52
55	10	Evelyn Watkins	29F	30:57	10:00	30:57
56	11	Kayla Atkinson	25F	31:21	10:07	31:21
57	4	Annette Rigby	39F	31:26	10:09	30:32
58	6	Neil Marsh	34M	31:55	10:18	31:25
59	4	Karlton Bradley	39M	32:26	10:28	30:53
60	2	Sharon Brown	40F	32:37	10:32	31:30
61	1	Mindy Bradley	31F	32:50	10:36	32:48
62	5	Lori Busick	36F	32:51	10:36	32:24
63	2	Jerry Parker	77M	33:24	10:47	21:55
64	6	Jennifer Hardin	37F	33:38	10:51	33:01
65	12	Blair Comans	25F	33:58	10:58	33:58
66	13	Amanda Ellis	27F	34:12	11:02	34:12
67	2	Jennifer Marsh	34F	34:34	11:10	34:20
68	3	Blak Castle	16F	34:43	11:12	33:35
69	2	Doug Ishee	48M	34:44	11:13	30:53
70	3	Debra Miller	42F	34:57	11:17	33:16
71	14	Dinah Lackney	27F	35:07	11:20	35:07
72	6	Mahlon Smith	43M	35:52	11:35	33:09
73	3	Danielle Yarbrough	33F	36:23	11:45	36:13
74	4	Laura Merritt	43F	36:50	11:53	34:46
75	4	Holly Jones	33F	36:50	11:53	36:40
76	15	Brandy Stokes	29F	36:56	11:55	36:56
77	3	Chase Bradley	12M	37:05	11:58	32:11
78	7	Amy Heflin	36F	37:35	12:08	37:04
79	5	Lynn Selman	34F	39:36	12:47	39:19

COMPLETE 5K WALK RESULTS

Place	Name	Age	Time	Pace	Grade	
1	1	Charles Atkins	53M	35:33	11:29	30:21
2	1	Lawrence Clark	57M	35:35	11:29	29:23
3	1	Rod Simmons	35M	35:48	11:33	35:03
4	2	Curtis Fancher	57M	37:31	12:07	30:58
5	1	Phyllis Nowicki	50F	38:07	12:18	33:21
6	1	Pam Nazary	49F	38:47	12:31	34:21
7	1	Jim Jolly	41M	39:00	12:35	36:35
8	2	Martha Smith	48F	39:08	12:38	35:05
9	1	Martha Keenum	72F	39:17	12:41	24:57
10	1	Angie Schwake	42F	41:24	13:22	39:24
11	3	Tina Sumpter	45F	41:27	13:23	38:25
12	1	Christen Boler	30F	43:04	13:54	43:04
13	1	Monica Mitchell	29F	43:35	14:04	43:35
14	1	Morris Ga'yu'cze	10F	43:57	14:11	38:08
15	1	Ray Nobles	12M	44:52	14:29	38:56
16	4	Tena Welborn	45F	44:53	14:29	41:36
17	2	Bill Corpus	71M	44:55	14:30	32:29
18	1	Ryan Duneheew	10M	45:04	14:33	36:50
19	1	Jennifer Henderson	35F	45:05	14:33	44:38
20	2	Robin Foster	51F	45:17	14:37	39:07
21	2	Jessie Critz	27F	45:33	14:42	45:33
22	2	Shelly Goforth	33F	45:51	14:48	45:39
23	2	Shawn Bradley	41F	47:44	15:24	45:46
24	3	Karensa Creel	40F	48:10	15:33	46:30
25	3	Shauna Jackson	32F	48:10	15:33	48:03
26	1	Steven Pitts	16M	48:34	15:40	45:45
27	3	Willie Hamilton	73M	48:41	15:43	34:14

28	4	Frank McRae	72M	48:42	15:43	34:45
29	1	Jerlisa Brown	15F	52:09	16:50	49:49
30	1	Jeanie McMillan	59F	53:56	17:24	41:54
31	4	Angie Anderson	43F	62:01	20:01	58:32
32	2	Casper Pitts	13M	65:01	20:59	57:50

COMPLETE ONE MILE RUN RESULTS

Place	Name	Age	Time
1	1 Stewart Ball	13M	5:58
2	1 Roper Ball	10M	6:08
3	2 Peyton Jones	12M	6:10
4	3 Thomas Whinery	13M	6:26
5	1 Bo Henderson	9M	6:47
6	1 Jewel Jolly	9F	7:30
7	4 Bethany Thomas	12F	7:52
8	2 Jenna Jolly	8F	8:00
9	1 Jocelyn Wesley	6F	8:27
10	2 Carter Whinery	11M	8:27
11	1 Skylar Nobles	6M	8:32
12	5 Kaylan Gibson	13F	9:00
13	6 Austin McElhenney	13M	10:22
14	7 Kaylan Duneheew	13F	10:23
15	3 Katelyn Durant	9F	10:29
16	8 Nikayla Thomas	13M	11:25
17	3 Matthew Thomas	11M	11:28
18	1 Cole Tadlock	4M	11:48
19	2 Sam Durant	5M	11:59
20	3 Jim Jolly	4M	13:08
21	1 Jaeden Wesley	4F	13:40
22	4 Jesse Jolly	3M	14:24
23	2 Chloe Wesley	3F	15:08