

**Metro East Church of Christ  
UPLIFTING YOU 5K  
Jackson, Miss.  
January 23, 2010  
5K Run - Men**

**Overall:** Calvin Thigpen 16:42

**Masters:** Jody Ogletree 19:08

**Grand Masters:** Mark Lipking 19:41

**Senior Masters:** Bob Singletary 36:33

**1-14:** Grant Baker 24:25, Rowdy Bishop 26:37, Joseph Ogletree 29:29

**20-29:** Jeff Johnson 20:15, Luke Gatlin 21:56

**30-39:** Willie Gross 26:03, Bill Colvin 26:29, Todd Johnson 26:51

**40-49:** Scott Stringer 20:09, Elliott Nichols 23:02, Scott Sheppard 23:02

**50-59:** Charles Allred 21:30, Gary Thornton 24:02, Chuck Jackson 26:52

**60-69:** David Slone 36:46

**5K Run - Women**

**Overall:** Cora Cruz 19:41

**Masters:** Dawn Polo 24:50

**Grand Masters:** Karen Gaudet 33:01

**15-19:** Faith Spann 25:33

**20-29:** Christeen Hodge 24:31, Laurie Johnson 26:08, Jovalyn Johnson 29:52

**30-39:** Bridgett Jolly 22:14, Renna Morgan 30:52, Jillean Bishop 40:32

**40-49:** Linda Ballard 35:54

**50-59:** Dildred Womack 41:00, Bettie Hogue 41:05

**5K Walk - Men**

**Overall:** Bennett Randman 32:14

**Masters:** Gary Ballard 49:03

**Grand Masters:** Caesar Hamilton 34:53

**Senior Masters:** Larry Sykes 34:33

**50-59:** Charles Atkins 35:25, Jason Alexander 48:30

**70 & Over:** Jim Watts 41:51, Dewey Rainey 51:24

**5K Walk - Women**

**Overall:** Laurie Whitten 34:20

**Masters:** Martha Smith 37:56

**Grand Masters:** Regina Gorden 45:16

**Senior Masters:** Martha Keenum 39:17

**30-39:** Naomi Muhammed 44:27

**40-49:** Nancy Baker 43:07, Dody Ogletree 43:08, Eve Williams 47:58

**50-59:** Anna Weed 48:01, Ruby Dixon 48:40

**60-69:** Cheryl Pardue 48:41, Billie Joiner 49:01

**One Mile Fun Run - Male**

**Overall:** Joshua Huddleson 14:00

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**COMPLETE 5K RUN RESULTS**

Place	Name	Age	Time	Pace	Grade	
1	1	Calvin Thigpen	33M	16:42	5:24	16:31
2	1	Jody Ogletree	47M	19:08	6:11	17:09
3	1	Mark Lipking	51M	19:41	6:21	17:05
4	1	Cora Cruz	24F	19:41	6:21	19:41
5	2	Scott Stringer	43M	20:09	6:30	18:38
6	1	Jeff Johnson	29M	20:15	6:32	20:14
7	2	Charles Allred	51M	21:30	6:57	18:40
8	2	Luke Gatlin	29M	21:56	7:05	21:55
9	1	Bridget Jolly	35F	22:14	7:11	22:01
10	3	Elliott Nichols	45M	23:02	7:26	20:58
11	4	Scott Sheppard	43M	23:02	7:26	21:17
12	3	Gary Thornton	51M	24:02	7:46	20:52
13	1	Grant Baker	14M	24:25	7:53	22:12
14	2	Christeen Hodge	29F	24:31	7:55	24:31
15	1	Dawn Polo	46F	24:50	8:01	22:47
16	1	Faith Spann	17F	25:33	8:15	25:01
17	2	Willie Gross	31M	26:03	8:25	25:56
18	3	Laurie Johnson	27F	26:08	8:26	26:08
19	3	Bill Colvin	39M	26:29	8:33	25:13

20	2	Rowdy Bishop	14M	26:37	8:36	24:12
21	4	Todd Johnson	30M	26:51	8:40	26:47
22	4	Chuck Jackson	51M	26:52	8:40	23:19
23	5	Tony Bishop	36M	27:08	8:46	26:24
24	3	Joseph Ogletree	12M	29:29	9:31	25:35
25	4	Jovalyn Johnson	26F	29:52	9:39	29:52
26	5	Paul Williams	42M	30:04	9:42	28:00
27	2	Renna Morgan	37F	30:52	9:58	30:18
28	6	Scott Morgan	39M	30:53	9:58	29:25
29	5	Dawne Taylor	29F	32:18	10:26	32:18
30	4	Chance Bishop	10M	32:28	10:29	26:32
31	1	Karen Gaudet	51F	33:01	10:40	28:32
32	7	Julius Brocks	39M	33:42	10:53	32:06
33	2	Linda Ballard	44F	35:54	11:35	33:36
34	1	Bob Singletary	74M	36:33	11:48	25:19
35	1	David Slone	62M	36:46	11:52	29:04
36	3	Jillean Bishop	35F	40:32	13:05	40:07
37	2	Dildred Womack	52F	41:00	13:14	34:59
38	3	Betty Hogue	52F	41:05	13:16	35:03
39	5	Brice Bishop	11M	43:13	13:57	36:27

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**COMPLETE 5K WALK RESULTS**

Place	Name	Age	Time	Pace	Grade	
1	1	Bennett Randman	60M	32:14	10:24	25:56
2	1	Laurie Whitten	29F	34:20	11:05	34:20
3	1	Larry Sykes	65M	34:33	11:09	26:35
4	1	Caesar Hamilton	54M	34:53	11:16	29:32
5	2	Charles Atkins	53M	35:25	11:26	30:14
6	1	Martha Smith	48F	37:56	12:15	34:01
7	1	Martha Keenum	73F	39:17	12:41	24:31
8	1	Jim Watts	71M	41:51	13:30	30:16
9	2	Nancy Baker	45F	43:07	13:55	39:58
10	3	Dody Ogletree	49F	43:08	13:55	38:12
11	1	Naomi Muhammed	33F	44:27	14:21	44:15
12	1	Regina Jordan	53F	45:18	14:37	38:09
13	4	Eve Williams	41F	47:58	15:29	46:00
14	2	Anna Weed	52F	48:01	15:30	40:58
15	3	Jason Alexander	50M	48:30	15:39	42:26
16	3	Ruby Dixon	50F	48:40	15:42	42:35
17	2	Cheryl Pardue	66F	48:41	15:43	34:06
18	3	Billie Joiner	62F	49:01	15:49	36:28
19	1	Gary Ballard	48M	49:03	15:50	43:36
20	2	Dewey Rainey	84M	51:24	16:35	28:13