

HEART OF MISSISSIPPI 5K**Carthage, Miss.****May 18, 2019****5K Run - Men****Overall:** Caleb Hammons 17:24**Leake County:** Craig Stevens 28:11**Masters:** Lex Davis 19:45**Grand Masters:** Mark Lipking 24:34**11-14:** Taité Edwards 28:45, Kameron McMillan 30:16**15-19:** Colby Walters 18:00**30-34:** Anthony Loper 29:19**35-39:** Donnie Lindsey 23:27**40-44:** Tom Rich 20:12, Kyle Beckham 27:49, Todd Parkison 28:37**45-49:** Clint Steele 27:25, Jon Edwards 27:41**50-54:** Sammy Lemonis 24:39, Craig Stevens 28:11, Don Ahshapanek 32:42**55-59:** Allen Ray 41:33**65 & Over:** Tom Shuff 33:41, Charlie Minor 33:53, Steve Murray 36:12**5K Run - Women****Overall:** Shannon Steele 23:16**Leake County:** Rachel Jones 31:02**Masters:** Miriam Allred 25:25**Grand Masters:** Ginger Sullivan 37:10**20-24:** Christine King 33:46**25-29:** Bobbie Mooney 33:45, Katie Loper 33:46, Amber Shepard 38:57**35-39:** Rachel Jones 31:02, Carrie Shepard 34:27**40-44:** Amber McKenzie 26:18, Angela Fulton 27:34, Chris Alexander 28:43**45-49:** Paula Davis 36:34**5K Walk - Men****Overall:** Steve Pranger 32:54**Masters:** Ron Roma 33:48**Grand Masters:** Bill Seabergh 34:08**50-59:** Word Strength 49:56**60-69:** Charles Atkins 38:55, Roger Wiseman 42:06**70 & Over:** Art Payne 37:28, Brad Heisler 41:19**5K Walk - Women****Overall:** Elizabeth Joyner 35:03**Masters:** Becky Bryant 35:24**Grand Masters:** Cindy Ables 35:59**19 & Under:** Juliana Johnston 56:52**30-39:** Tamara Hathorne 57:54**50-59:** Betty Eaves 38:45, Melissa Lindsey 41:51, Debbie Pierce 43:02**60-69:** Joyce Beacham 37:16**70 & Over:** Sheri Adamson 47:14, Sylvia Moore 49:59, Sylvia Rieger 57:58**One Mile - Male****Overall:** Gavine Frazier 6:55**6-7:** Khlandrick Hathorne 10:00**8-9:** Jeremiah McGruder 8:36, Olon Williams 9:53**10-11:** Alandrick Hathorne 7:44, Jake Newman 8:24, Bryant Jim 8:38**12-13:** Tajae Cook 8:53, Buford Billie 9:47, Titan Edwards 9:48**One Mile - Female****Overall:** Lania Willis 7:41**6-7:** Nylan Wilson 8:58, Lavani Williams 9:21**8-9:** Addy Newman 9:43**12-13:** Royleanna Jim 8:17, Katy Jo Newman 9:40**Run Teams****I. RUNable I:14:24**
Donnie Lindsey, Sammy Lemonis, Amber McKenzie, Chris Alexander, Opie Cooper**Walk Teams****I. ABCDE's I:42:05**
Steve Pranger, Bill Seabergh, Elizabeth Joyner, Cindy Ables, Art Payne

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Grade
1	Caleb Hammons	36M	17:24	5:37	16:56
2	Colby Walters	17M	18:00	5:49	17:12
3	Lex Davis	47M	19:45	6:23	17:42
4	Tom Rich	44M	20:12	6:31	18:32
5	Shannon Steele	50F	23:16	7:31	20:22
6	Donnie Lindsey	37M	23:27	7:34	22:40
7	Mark Lipking	60M	24:34	7:56	19:46
8	Sammy Lemonis	54M	24:39	7:58	20:52
9	Miriam Allred	56F	25:25	8:12	20:35
10	Amber McKenzie	43F	26:18	8:30	24:50
11	Clint Steele	48M	27:25	8:51	24:23
12	Angela Fulton	44F	27:34	8:54	25:48
13	Jon Newman	47M	27:41	8:56	24:48
14	Kyle Beckham	41M	27:49	8:59	26:06
15	Craig Stevens	53M	28:11	9:06	24:04
16	Todd Parkison	44M	28:37	9:14	26:15
17	Chris Alexander	40F	28:43	9:16	27:44
18	Taité Edwards	12M	28:45	9:17	24:57
19	Anthony Loper	31M	29:19	9:28	29:11
20	Kameron McMillan	13M	30:16	9:46	26:56
21	Rachel Jones	35F	31:02	10:01	30:43
22	Don Ahshapanek	53M	32:42	10:33	27:55
23	Tom Shuff	72M	33:41	10:52	24:02
24	Bobbie Mooney	27F	33:45	10:54	33:45
25	Katie Loper	28F	33:46	10:54	33:46
26	Christine King	24F	33:46	10:54	33:46
27	Charlie Minor	73M	33:53	10:56	23:50
28	Carrie Shepard	39F	34:27	11:07	33:28
29	Steve Murray	69M	36:12	11:41	26:48
30	Melanie Newman	40F	36:22	11:44	35:07
31	Paula Davis	48F	36:23	11:45	32:38
32	Rob Wilkerson	51M	36:55	11:55	32:02
33	Ginger Sullivan	53F	37:10	12:00	31:18
34	Opie Cooper	43M	38:15	12:21	35:21
35	Amber Shepard	26F	38:57	12:34	38:57
36	Allen Ray	55M	41:33	13:25	34:53

COMPLETE 5K WALK RESULTS

Place	Name	Age	Time	Pace	Grade
1	Steve Pranger	59M	32:54	10:37	26:42
2	Ron Roma	65M	33:48	10:55	26:00
3	Bill Seabergh	74M	34:08	11:01	23:38
4	Elizabeth Joyner	59F	35:03	11:19	27:14
5	Becky Bryant	62F	35:24	11:26	26:21
6	Cindy Ables	63F	35:59	11:37	26:23
7	Joyce Beacham	63F	37:16	12:02	27:19
8	Art Payne	72M	37:28	12:06	26:44
9	Betty Eaves	56F	38:45	12:30	31:22
10	Charles Atkins	63M	38:55	12:34	30:29
11	Brad Heisler	71M	41:19	13:20	29:53
12	Melissa Lindsey	58F	41:51	13:30	32:58
13	Roger Wiseman	64M	42:06	13:35	32:41
14	Debbie Pierce	56F	43:02	13:53	34:50
15	Martha Harroff	58F	43:17	13:58	34:06
16	Mary Dorsey	42F	43:46	14:08	41:39
17	Anne Craig	48F	43:46	14:08	39:15
18	Judy Fulghan	54F	46:01	14:51	38:15
19	Sheri Adamson	74F	47:14	15:15	28:58
20	Word Strength	50M	49:56	16:07	43:41
21	Ashley Strength	47F	49:57	16:07	45:19
22	Sylvia Moore	71F	49:59	16:08	32:17
23	Juliana Johnston	13F	52:52	17:04	49:00
24	Tamara Hathorne	34F	56:54	18:22	56:30
25	Sylvia Rieger	84F	57:58	18:42	28:22
26	Nancy Dykes	74F	57:59	18:43	35:33

COMPLETE ONE MILE RESULTS

Place	Name	Age	Time
1	Gavine Frazier	11M	6:55
2	Lania Willis	11F	7:41
3	Alandrick Hathorne	10M	7:44
4	Royleanna Jim	12F	8:17
5	Jake Newman	11M	8:24
6	Jeremiah McGruder	8M	8:36
7	Bryant Jim	10M	8:38
8	Tajae Cook	12M	8:53
9	Christopher Williams II	11M	8:56
10	Nylah Wilson	7F	8:58
11	Lavani Williams	6F	9:21
12	Katy Jo Newman	13F	9:40
13	Addy Newman	9F	9:43
14	Buford Billie	13M	9:47
15	Titan Edwards	13M	9:48
16	Olon Williams	8M	9:53
17	Khlandrick Hathorne	6M	10:00