

HEART OF MISSISSIPPI 5K**Carthage, Miss.****May 21, 2022****5K Run - Men****Overall:** Caleb Hammons 16:24**14 & Under:** Evan Hallford 17:44, Cullom Crowe

21:29, Aaron Boatner 34:23

15-19: Abel Rojas 21:29**20-29:** John Luke Gross 30:20**30-39:** Jeffrey Rogers 19:39, Brandon Rhinewalt 22:22,

Thomas Carpenter 23:12

50-59: Don Ahshapanek 37:02**60 & Over:** Mark Lipking 23:32, Douglas Weaver

24:20, Adolph Vivians 34:56

5K Run - Women**Overall:** Gemma Bristow 30:09**14 & Under:** Ryleigh Grace Brown 31:13**20-29:** Emily Gross 30:20, Hannah Peoples 31:57**30-39:** Chantay Frazier 31:28, Elyse Willis 36:57,

Sydney Carpenter 42:58

40-49: Diana Alex 33:17, Carrie Shepard 38:08**50-59:** Leigh Ann Goolsby 38:20, Loriann Ahshapanek

40:46, Tina Scott 42:43

60 & Over: Charlene Priester 34:26, Betty Dodd

45:33

5K Walk - Men**Overall:** Steve Pranger 32:48**20-29:** Diago Arvizu 55:10**40-49:** Marcus Monger 34:39**50-59:** Word Strength 41:47, Greg Beard 49:27, James

Purvis 1:04:43

60 & Over: Charles Atkins, Jr. 39:33**5K Walk - Women****Overall:** Ashley Strength 44:14**20-29:** Kate Fredrick 49:00**50-59:** Annette Stev 55:10, LaToya King-Andrews

1:04:31, Barbara Smith 1:04:45

60 & Over: Gay Lynn Shearer 49:00, Linda Green

1:04:30

COMPLETE 5K RUN RESULTS

Place	Name	Age	Time	Pace	Grade
1	Caleb Hammons	39M	16:24	5:18	15:37
2	Evan Hallford	14M	17:44	5:44	16:08
3	Jeffrey Rogers	39M	19:39	6:21	18:43
4	Cullom Crowe	12M	21:29	6:56	18:39
5	Abel Rojas	15M	21:29	6:56	19:55
6	Brandon Rhinewalt	31M	22:22	7:13	22:16
7	Thomas Carpenter	38M	23:12	7:30	22:16
8	Mark Lipking	63M	23:32	7:36	18:26
9	Douglas Weaver	61M	24:20	7:51	19:24
10	Hillman McCann	31M	29:24	9:30	29:16
11	Gemma Bristow	36F	30:09	9:44	29:44
12	Emily Gross	26F	30:20	9:48	30:20
13	John Luke Gross	29M	30:20	9:48	30:19
14	Ryleigh Grace Brown	9F	31:13	10:05	26:20
15	Chantay Frazier	34F	31:28	10:10	31:15
16	Hannah Peoples	27F	31:57	10:19	31:57
17	Diana Alex	43F	33:17	10:45	31:25
18	Aaron Boatner	12M	34:23	11:06	29:50
19	Charlene Priester	70F	34:26	11:07	22:37
20	William Brown	11M	34:46	11:13	29:20
21	Adolph Vivians	64M	34:56	11:17	27:07
22	Christopher Hudson	38M	35:21	11:25	33:55
23	Elyse Willis	38F	36:57	11:56	36:06
24	Don Ahshapanek	57M	37:02	11:57	30:35
25	Carrie Shepard	42F	38:08	12:19	36:18
26	Leigh Ann Goolsby	52F	38:20	12:22	32:42
27	Loriann Ahshapanek	55F	40:46	13:10	33:27
28	Tina Scott	53F	42:43	13:47	35:59
29	Sydney Carpenter	31F	42:58	13:52	42:56

30	5	Amy Edwards	37F	43:35	14:04	42:47
31	4	Steve Murray	72M	44:17	14:18	31:36
32	2	Betty Dodd	62F	45:33	14:42	33:54

COMPLETE 5K WALK RESULTS

Place	Name	Age	Time	Pace	Grade
1	Steve Pranger	62M	32:48	10:35	25:56
2	Marcus Monger	41M	34:39	11:11	32:31
3	Charles Atkins, Jr.	66M	39:33	12:46	30:09
4	Word Strength	53M	41:47	13:29	35:40
5	Ashley Strength	50F	44:14	14:17	38:42
6	Kate Fredrick	26F	49:00	15:49	49:00
7	Gay Lynn Shearer	62F	49:00	15:49	36:28
8	Greg Beard	56M	49:27	15:58	41:10
9	Diago Arvizu	19M	55:10	17:48	54:01
10	Annette Stev	57F	55:10	17:48	44:03
11	Linda Green	65F	1:04:30	20:49	45:53
12	LaToya King-Andrews	50F	1:04:31	20:49	56:26
13	James Purvis	54M	1:04:43	20:53	54:47
14	Barbara Smith	50F	1:04:45	20:54	56:39