

2024 HOWA 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	CARSON RENICKS		M: 1	5K	17	00:17:25.11	05:48	10.3mph	Overall Male Runner: 1
2	TYLAN PERRY	COKER, AL	M: 2	5K	87	00:19:14.45	06:24	9.4mph	Overall Male Runner: 2
3	CHRISTOPHER ALFORD	COTTONDALE, AL	M: 3	5K	80	00:19:34.82	06:31	9.2mph	Overall Male Runner: 3
4	HEYWARD GOULD		M: 4	RUNNER	281	00:19:42.76	06:34	9.1mph	Male Masters: 1
5	ELI BLINCHEVSKY	GREENSBORO, AL	M: 5	5K	9	00:20:15.05	06:45	8.9mph	Male 20 - 24: 1
6	BRANDON GUY	COTTONDALE, AL	M: 6	5K	48	00:20:35.54	06:51	8.7mph	Male 35 - 39: 1
7	JACKSON CORDER		M: 7	5K	37	00:20:51.88	06:57	8.6mph	Male 10 - 14: 1
8	DEREK EDWARDS	APT 728, AL	M: 8	5K	64	00:21:23.57	07:07	8.4mph	Male 25 - 29: 1
9	JOSH RUMORE	TUSCALOOSA, AL	M: 9	5K	200	00:21:30.77	07:10	8.4mph	Male 35 - 39: 2
10	BRODY LOGAN		M: 10	RUNNER	291	00:21:32.61	07:10	8.4mph	Male 10 - 14: 2
11	JAMES LEGRONE	NORTHPORT, AL	M: 11	5K	56	00:22:25.20	07:28	8.0mph	Male 25 - 29: 2
12	ELIJAH BELL		M: 12	RUNNER	299	00:23:35.59	07:51	7.6mph	Male 25 - 29: 3
13	EMMETT LORDREE		M: 13	RUNNER	289	00:23:53.38	07:57	7.5mph	Male Grand Masters: 1
14	PJ ENGLISH		M: 14	5K	99	00:24:33.81	08:11	7.3mph	Male 35 - 39: 3
15	MACKENZIE AMMONS	TUSCALOOSA, AL	M: 15	5K	61	00:24:44.46	08:14	7.3mph	Male 20 - 24: 2
16	TYLER HOLEMON	ELROD, AL	M: 16	5K	247	00:25:14.50	08:24	7.1mph	Male 30 - 34: 1
17	WILKES CORMIER	RALPH, AL	M: 17	5K	73	00:25:19.79	08:26	7.1mph	Male 10 - 14: 3
18	LANCE CORMIER	RALPH, AL	M: 18	5K	72	00:25:20.43	08:26	7.1mph	Male 40 - 44: 1
19	JOACHIM WEIGEL	NORTHPORT, AL	M: 19	5K	219	00:25:30.37	08:30	7.1mph	Male 50 - 54: 1
20	SKYE GUY	COTTONDALE, AL	F: 1	5K	257	00:25:44.87	08:34	7.0mph	Overall Female Runner: 1
21	CARSON PARK	NORTHPORT, AL	M: 20	5K	139	00:26:00.25	08:40	6.9mph	Male 10 - 14: 4
22	JT CORDER		M: 21	5K	29	00:26:16.85	08:45	6.8mph	Male 15 - 19: 1
23	CARSON MCCROSKEY		M: 22	5K	16	00:26:27.76	08:49	6.8mph	Male 15 - 19: 2
24	MIMI ALLEN		F: 2	5K	15	00:26:48.35	08:56	6.7mph	Overall Female Runner: 2
25	MELEI RENICKS		M: 23	5K	18	00:26:48.93	08:56	6.7mph	Male 45 - 49: 1
26	KAYLEE QUIMBY	GORDO, AL	F: 3	5K	250	00:26:50.15	08:56	6.7mph	Overall Female Runner: 3
27	TY BONNER		M: 24	RUNNER	292	00:27:22.01	09:07	6.6mph	Male 10 - 14: 5
28	HAROLD MCABEE	TUSCALOOSA, AL	M: 25	5K	145	00:27:29.71	09:09	6.5mph	Male 50 - 54: 2
29	BLAKE CORDER		M: 26	5K	31	00:28:16.52	09:25	6.4mph	Male 40 - 44: 2
30	AARON SINCROFT		M: 27	RUNNER	293	00:28:20.13	09:26	6.4mph	Male 50 - 54: 3
31	MALLORY BOOTH		F: 4	RUNNER	288	00:28:26.31	09:28	6.3mph	Female 30 - 34: 1
32	JACOB SUMMERS		M: 28	RUNNER	272	00:28:30.81	09:30	6.3mph	Male 35 - 39: 4
33	LORI TUBBS SANDERS	BESSEMER, AL	F: 5	5K	11	00:28:39.72	09:33	6.3mph	Female Masters: 1
34	BETHANY SEXTON	DUNCANVILLE, AL	F: 6	5K	236	00:28:45.82	09:35	6.3mph	Female 30 - 34: 2
35	CHRIS SEXTON	DUNCANVILLE, AL	M: 29	5K	235	00:28:46.69	09:35	6.3mph	Male 35 - 39: 5
36	CATHY LAVENDER	TUSCALOOSA, AL	F: 7	5K	86	00:28:54.28	09:38	6.2mph	Female 45 - 49: 1
37	KEYONTE' CROOM	BIRMINGHAM, AL	M: 30	5K	149	00:29:13.85	09:44	6.2mph	Male 25 - 29: 4
38	CALVIN HENRY		M: 31	RUNNER	275	00:29:15.27	09:45	6.2mph	Male 15 - 19: 3
39	GWENDOLYN CONNELLY	TUSCALOOSA, AL	F: 8	5K	117	00:29:34.37	09:51	6.1mph	Female 45 - 49: 2
40	DOWNEY MCGEE	CENTREVILLE, AL	M: 32	5K	184	00:29:46.71	09:55	6.0mph	Male Great Grand Masters: 1
41	CAITLIN BILLINGS	TUSCALOOSA, AL	F: 9	5K	244	00:30:27.13	10:09	5.9mph	Female 20 - 24: 1
42	TRAVIS DAVIS	BAY PINESGREENSBORO, AL	M: 33	5K	252	00:31:03.43	10:21	5.8mph	Male 45 - 49: 2
43	SHANNON DRUEN	TUSCALOOSA, AL	F: 10	5K	93	00:31:09.67	10:23	5.8mph	Female Grand Masters: 1
44	EMILY PIERCE	TUSCALOOSA, AL	F: 11	5K	71	00:31:21.07	10:27	5.7mph	Female 20 - 24: 2
45	STACEY HUDSON	TUSCALOOSA, AL	F: 12	5K	186	00:31:21.96	10:27	5.7mph	Female 30 - 34: 3
46	KAITLYN BEARDEN		F: 13	RUNNER	267	00:31:32.77	10:30	5.7mph	Female 10 - 14: 1
47	LAURA GLYNN	TUSCALOOSA, AL	F: 14	5K	88	00:31:34.78	10:31	5.7mph	Female 25 - 29: 1
48	PETER LUDOVIC	NORTHPORT, AL	M: 34	5K	185	00:31:35.58	10:31	5.7mph	Male 60 - 64: 1
49	WILL SMITH		M: 35	RUNNER	847	00:31:48.86	10:36	5.7mph	Male 10 - 14: 6
50	GREG BURROUGHS	TUSCALOOSA, AL	M: 36	5K	51	00:31:50.75	10:36	5.7mph	Male 55 - 59: 1
51	KIM WEST	NORTHPORT, AL	F: 15	5K	260	00:31:55.86	10:38	5.6mph	Female 45 - 49: 3
52	CHRIS LANIER	COKER, AL	M: 37	5K	204	00:31:59.16	10:39	5.6mph	Male 30 - 34: 2
53	COOPER CORDER		M: 38	5K	34	00:32:06.87	10:42	5.6mph	Male 15 - 19: 4
54	VICTORIA WINNINGHAM		F: 16	5K	96	00:32:13.99	10:44	5.6mph	Female 35 - 39: 1
55	CHRIS BEARDEN		M: 39	RUNNER	268	00:32:15.89	10:45	5.6mph	Male 40 - 44: 3
56	TODD WHINERY		M: 40	5K	98	00:32:22.07	10:47	5.6mph	Male 45 - 49: 3
57	LATRELLE HALLUM	VANCE, AL	F: 17	5K	38	00:32:23.39	10:47	5.6mph	Female 50 - 54: 1
58	DAKOTA HOLEMON		F: 18	5K	266	00:32:59.78	10:59	5.5mph	Female 30 - 34: 4
59	APRIL WALKER		F: 19	RUNNER	269	00:33:02.51	11:00	5.4mph	Female 40 - 44: 1
60	MELVIN GRIFFIN	TUSCALOOSA, AL	M: 41	5K	243	00:33:05.87	11:01	5.4mph	Male 60 - 64: 2
61	CHRISTINA POOLE		F: 20	RUNNER	280	00:33:06.26	11:02	5.4mph	Female 25 - 29: 2

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
62	KIM BYERS	NORTHPORT, AL	F: 21	5K	76	00:33:37.17	11:12	5.4mph	Female 45 - 49: 4
63	SANDRA DALY	TUSCALOOSA, AL	F: 22	5K	55	00:33:39.68	11:13	5.3mph	Female Great Grand Masters: 1
64	EMILY HICKS	TUSCALOOSA, AL	F: 23	5K	116	00:33:57.79	11:19	5.3mph	Female 25 - 29: 3
65	AUSTIN HICKS	TUSCALOOSA, AL	M: 42	5K	115	00:33:59.28	11:19	5.3mph	Male 20 - 24: 3
66	SHAMARIA BORDEN	TUSCALOOSA, AL	F: 24	5K	26	00:34:12.22	11:24	5.3mph	Female 30 - 34: 5
67	NATHAN LEMMON	TUSCALOOSA, AL	M: 43	5K	220	00:34:13.12	11:24	5.3mph	Male 70+: 1
68	KAYDEE HADDEN	NORTHPORT, AL	F: 25	5K	83	00:34:23.15	11:27	5.2mph	Female 15 - 19: 1
69	ROB HICKS	ODENVILLE, AL	M: 44	5K	108	00:34:23.84	11:27	5.2mph	Male 45 - 49: 4
70	SHARON ALLEN	TUSCALOOSA, AL	F: 26	5K	8	00:34:33.46	11:31	5.2mph	Female 55 - 59: 1
71	WAYNE BELL		M: 45	RUNNER	296	00:34:39.93	11:33	5.2mph	Male 55 - 59: 2
72	CHAD WRIGHT JR	TUSCALOOSA, AL	M: 46	5K	141	00:35:08.00	11:42	5.1mph	Male 20 - 24: 4
73	VIVIAN LONGINO	APT 531, AL	F: 27	5K	101	00:35:49.44	11:56	5.0mph	Female 20 - 24: 3
74	CHRISTIAN ARROYO	TUSCALOOSA, AL	M: 47	5K	152	00:35:50.94	11:56	5.0mph	Male 10 - 14: 7
75	DEIDRE RICHARDS	TUSCALOOSA, AL	F: 28	5K	82	00:36:01.34	12:00	5.0mph	Female 35 - 39: 2
76	VINCE DOOLEY	TUSCALOOSA, AL	M: 48	5K	124	00:36:49.65	12:16	4.9mph	Male 55 - 59: 3
77	BROOKE SCHWARTZ		F: 29	RUNNER	843	00:36:56.83	12:18	4.9mph	Female 35 - 39: 3
78	JIM BARRETT	TUSCALOOSA, AL	M: 49	5K	105	00:37:04.05	12:21	4.9mph	Male 60 - 64: 3
79	LASHUNDR MOORE	COLUMBUS, MS	F: 30	5K	177	00:37:42.18	12:34	4.8mph	Female 35 - 39: 4
80	PAULA WHITLEY	NORTHPORT, AL	F: 31	5K	259	00:37:42.87	12:34	4.8mph	Female 55 - 59: 2
81	JUSTIN SMITH	NORTHPORT, AL	M: 50	5K	208	00:37:43.79	12:34	4.8mph	Male 25 - 29: 5
82	PAULA CHANDLER	NORTHPORT, AL	F: 32	5K	81	00:37:51.18	12:37	4.8mph	Female 45 - 49: 5
83	BERTY ARROYO	TUSCALOOSA, AL	M: 51	5K	150	00:37:56.36	12:38	4.7mph	Male 0 - 9: 1
84	JEFFREY YEAGER	TUSCALOOSA, AL	M: 52	5K	84	00:37:57.11	12:39	4.7mph	Male 55 - 59: 4
85	MARY MCCOOL	TUSCALOOSA, AL	F: 33	5K	52	00:38:02.49	12:40	4.7mph	Female 65 - 69: 1
86	ALLISON LESLEY	TUSCALOOSA, AL	F: 34	5K	261	00:38:05.34	12:41	4.7mph	Female 50 - 54: 2
87	BROOKS BARKSDALE		M: 53	RUNNER	271	00:38:15.17	12:45	4.7mph	Male 50 - 54: 4
88	EMILY FRETWELL	TUSCALOOSA, AL	F: 35	5K	119	00:38:18.65	12:46	4.7mph	Female 20 - 24: 4
89	FINNLAY RAYHORN		F: 36	RUNNER	284	00:38:31.82	12:50	4.7mph	Female 15 - 19: 2
90	MASON RILEY	MOUNDEVILLE, AL	F: 37	5K	225	00:38:33.22	12:51	4.7mph	Female 25 - 29: 4
91	LANE BROWN	MOUNDEVILLE, AL	M: 54	5K	242	00:38:33.94	12:51	4.7mph	Male 25 - 29: 6
92	EDNA KAMPE		F: 38	5K	853	00:38:43.85	12:54	4.6mph	Female 55 - 59: 3
93	RAMIE GRACE	TUSCALOOSA, AL	F: 39	5K	232	00:39:00.95	13:00	4.6mph	Female 35 - 39: 5
94	GRACEN BELL		F: 40	RUNNER	300	00:39:27.78	13:09	4.6mph	Female 25 - 29: 5
95	LEAH MULLENIX	GORDO, AL	F: 41	5K	69	00:39:32.57	13:10	4.6mph	Female 20 - 24: 5
96	MADISON SHIVELY	TUSCALOOSA, AL	F: 42	5K	74	00:39:32.63	13:10	4.6mph	Female 15 - 19: 3
97	SANTANNA MARQUIS	TUSCALOOSA, AL	F: 43	5K	164	00:40:01.54	13:20	4.5mph	Female 20 - 24: 6
98	DORIS CLAYTON	COTTONDALE, AL	F: 44	5K	70	00:40:30.14	13:30	4.4mph	Female 60 - 64: 1
99	SARAH PEDERSON	TUSCALOOSA, AL	F: 45	5K	206	00:40:44.49	13:34	4.4mph	Female 40 - 44: 2
100	ALLISON RYAN		F: 46	5K	265	00:40:58.56	13:39	4.4mph	Female 20 - 24: 7
101	JAMYE RYAN	TUSCALOOSA, AL	F: 47	5K	172	00:41:01.40	13:40	4.4mph	Female 40 - 44: 3
102	DAVID LEA	NORTHPORT, AL	M: 55	5K	78	00:41:06.77	13:42	4.4mph	Male 55 - 59: 5
103	RACHEL ELMATTI	TUSCALOOSA, AL	F: 48	5K	1	00:41:09.11	13:43	4.4mph	Female 40 - 44: 4
104	ALYSON BAXTER	TUSCALOOSA, AL	F: 49	5K	143	00:41:09.18	13:43	4.4mph	Female 35 - 39: 6
105	MICHELLE LETANG	NORTHPORT, AL	F: 50	5K	131	00:41:12.98	13:44	4.4mph	Female 55 - 59: 4
106	AMBER BOOZER		F: 51	RUNNER	273	00:41:15.51	13:45	4.4mph	Female 45 - 49: 6
107	DONITA HICKS	ODENVILLE, AL	F: 52	5K	109	00:41:22.46	13:47	4.4mph	Female 45 - 49: 7
108	AMY HALLADAY		F: 53	RUNNER	277	00:41:37.80	13:52	4.3mph	Female 70+: 1
109	STEVE NELKO		M: 56	RUNNER	294	00:41:39.21	13:53	4.3mph	Male 70+: 2
110	JOHNNY LESLEY	TUSCALOOSA, AL	M: 57	5K	258	00:41:43.13	13:54	4.3mph	Male 60 - 64: 4
111	JUSTIN THOMAS	STONEBROOK CIRCLE, AL	M: 58	5K	103	00:41:52.44	13:57	4.3mph	Male 20 - 24: 5
112	MACY BURKES	TUSCALOOSA, AL	F: 54	5K	156	00:42:11.09	14:03	4.3mph	Female 15 - 19: 4
113	ASHLEY BURKES	TUSCALOOSA, AL	F: 55	5K	157	00:42:11.44	14:03	4.3mph	Female 20 - 24: 8
114	LANDRY PATRICK	NORTHPORT, AL	F: 56	5K	160	00:42:12.03	14:04	4.3mph	Female 15 - 19: 5
115	SHEILA CABANISS	NORTHPORT, AL	F: 57	5K	91	00:42:20.95	14:06	4.3mph	Female 65 - 69: 2
116	RYAN ALFORD	TUSCALOOSA, AL	M: 59	5K	85	00:42:23.18	14:07	4.2mph	Male 25 - 29: 7
117	JAYUANNA THOMAS	STONEBROOK CIRCLE, AL	M: 60	5K	104	00:42:23.47	14:07	4.2mph	Male 20 - 24: 6
118	KRISTIN DAVIS	TUSCALOOSA, AL	F: 58	5K	246	00:42:23.66	14:07	4.2mph	Female 45 - 49: 8
119	BRANDON JOHNSON		M: 61	5K	852	00:42:54.97	14:18	4.2mph	Male 15 - 19: 5
120	JENNI WHINERY		F: 59	5K	97	00:42:56.18	14:18	4.2mph	Female 40 - 44: 5
121	MIKE BULLOCK	TUSCALOOSA, AL	M: 62	5K	196	00:43:12.42	14:24	4.2mph	Male 65 - 69: 1
122	RICHARD WALLACE	FOSTERS, AL	M: 63	5K	43	00:43:12.66	14:24	4.2mph	Male 55 - 59: 6

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123	JEN WEIGEL	NORTHPORT, AL	F: 60	5K	218	00:43:27.04	14:29	4.1mph	Female 50 - 54: 3
124	JOSHUA MCNAIRY	TUSCALOOSA, AL	M: 64	5K	66	00:43:35.36	14:31	4.1mph	Male 25 - 29: 8
125	PAIGE TOMPKINS	STARKVILLE, MS	F: 61	5K	77	00:43:38.60	14:32	4.1mph	Female 60 - 64: 2
126	ROSLYN HOUSTON	TUSCALOOSA, AL	F: 62	5K	79	00:43:53.12	14:37	4.1mph	Female 25 - 29: 6
127	MACY FALLS	GORDOGORDO, AL	F: 63	5K	193	00:44:01.89	14:40	4.1mph	Female 25 - 29: 7
128	VIOLET YUMUL		F: 64	RUNNER	850	00:44:03.57	14:41	4.1mph	Female 0 - 9: 1
129	JACKIE YUMUL	TUSCALOOSA, AL	F: 65	5K	50	00:44:06.74	14:42	4.1mph	Female 40 - 44: 6
130	EDGAR YUMUL	TUSCALOOSA, AL	M: 65	5K	49	00:44:07.39	14:42	4.1mph	Male 45 - 49: 5
131	GRETA RUNDLES	NORTHPORT, AL	F: 66	5K	46	00:44:23.42	14:47	4.1mph	Female 55 - 59: 5
132	MARIAH HINTON	MOUNDEVILLE, AL	F: 67	5K	94	00:44:35.21	14:51	4.0mph	Female 30 - 34: 6
133	ALIX MCDONALD		F: 68	RUNNER	278	00:44:36.16	14:52	4.0mph	Female 30 - 34: 7
134	MONICA RHODES	TUSCALOOSA, AL	F: 69	5K	209	00:44:38.86	14:52	4.0mph	Female 50 - 54: 4
135	KETURAH MISLAP		F: 70	RUNNER	851	00:44:40.19	14:53	4.0mph	Female 25 - 29: 8
136	JULIANNA WEIGEL	NORTHPORT, AL	F: 71	5K	217	00:44:41.67	14:53	4.0mph	Female 10 - 14: 2
137	LEAH BREEDING	TUSCALOOSA, AL	F: 72	5K	239	00:44:42.15	14:54	4.0mph	Female 45 - 49: 9
138	KENLEY CHILDERS	COKER, AL	F: 73	5K	210	00:44:43.61	14:54	4.0mph	Female 10 - 14: 3
139	KETURAH MILSAP	TUSCALOOSA, AL	F: 74	5K	253	00:44:48.82	14:56	4.0mph	Female 25 - 29: 9
140	ZOE NELKO		F: 75	RUNNER	295	00:44:52.99	14:57	4.0mph	Female 10 - 14: 4
141	RAY BREEDING	TUSCALOOSA, AL	M: 66	5K	240	00:45:05.91	15:01	4.0mph	Male 50 - 54: 5
142	ROBIN THURSTON	NORTHPORT, AL	F: 76	5K	137	00:45:07.05	15:02	4.0mph	Female 40 - 44: 7
143	MARCO ARROYO	TUSCALOOSA, AL	M: 67	5K	151	00:45:08.21	15:02	4.0mph	Male 10 - 14: 8
144	JENNIFER PATRICK	NORTHPORT, AL	F: 77	5K	159	00:45:11.23	15:03	4.0mph	Female 45 - 49: 10
145	CARLA BURKES	TUSCALOOSA, AL	F: 78	5K	158	00:45:11.71	15:03	4.0mph	Female 50 - 54: 5
146	RODERICK ROLLINS	COTTONDALE, AL	M: 68	5K	57	00:45:17.40	15:05	4.0mph	Male 50 - 54: 6
147	SUSAN MORRIS	TUSCALOOSA, AL	F: 79	5K	174	00:45:28.48	15:09	4.0mph	Female 60 - 64: 3
148	CASE THURSTON	NORTHPORT, AL	M: 69	5K	135	00:45:34.35	15:11	3.9mph	Male 10 - 14: 9
149	JOHANNES WEIGEL	NORTHPORT, AL	M: 70	5K	216	00:45:34.78	15:11	3.9mph	Male 15 - 19: 6
150	NICK THURSTON	NORTHPORT, AL	M: 71	5K	136	00:45:35.27	15:11	3.9mph	Male 45 - 49: 6
151	STEPHEN WOMACK	TUSCALOOSA, AL	M: 72	5K	132	00:45:35.79	15:11	3.9mph	Male 55 - 59: 7
152	STEPHANIE COX		F: 80	RUNNER	844	00:45:40.31	15:13	3.9mph	Female 40 - 44: 8
153	LYDIA MCNEAL	TUSCALOOSA, AL	F: 81	5K	163	00:46:09.44	15:23	3.9mph	Female 40 - 44: 9
154	DONNIE RAY		M: 73	5K	28	00:46:22.38	15:27	3.9mph	Male 50 - 54: 7
155	KIM RAY		F: 82	5K	27	00:46:22.48	15:27	3.9mph	Female 45 - 49: 11
156	ASHLEY LIGHT	NORTHPORT, AL	F: 83	5K	106	00:46:29.27	15:29	3.9mph	Female 30 - 34: 8
157	ASHLEY WINN	TUSCALOOSA, AL	F: 84	5K	42	00:46:31.52	15:30	3.9mph	Female 30 - 34: 9
158	MIKE WILLINGHAM	TUSCALOOSA, AL	M: 74	5K	214	00:46:57.44	15:39	3.8mph	Male 60 - 64: 5
159	MEREDITH BOTELER	TUSCALOOSA, AL	F: 85	5K	189	00:47:09.35	15:43	3.8mph	Female 45 - 49: 12
160	HEATHER STANLEY	DUNCANVILLE, AL	F: 86	5K	198	00:47:16.48	15:45	3.8mph	Female 50 - 54: 6
161	CAROL PEARCE	TUSCALOOSA, AL	F: 87	5K	199	00:47:17.12	15:45	3.8mph	Female 70+: 2
162	MILLS CORDER		F: 88	5K	30	00:47:30.45	15:50	3.8mph	Female 10 - 14: 5
163	ADDIE CORDER		F: 89	5K	32	00:47:32.25	15:50	3.8mph	Female 10 - 14: 6
164	BETHANY SMITH	TUSCALOOSA, AL	F: 90	5K	153	00:47:44.13	15:54	3.8mph	Female 45 - 49: 13
165	BAILEY RAY	TUSCALOOSA, AL	F: 91	5K	154	00:47:44.85	15:54	3.8mph	Female 30 - 34: 10
166	PAM CHESNUTT	TUSCALOOSA, AL	F: 92	5K	118	00:47:47.49	15:55	3.8mph	Female 65 - 69: 3
167	KALLI CRISS	COKER, AL	F: 93	5K	120	00:47:49.93	15:56	3.8mph	Female 20 - 24: 9
168	CHARITA MCCARROL	TUSCALOOSA, AL	F: 94	5K	6	00:47:50.94	15:56	3.8mph	Female 55 - 59: 6
169	MICAH SMITH	TUSCALOOSA, AL	F: 95	5K	7	00:47:53.00	15:57	3.8mph	Female 25 - 29: 10
170	SHARON MULLENIX	GORDO, AL	F: 96	5K	134	00:48:27.75	16:09	3.7mph	Female 50 - 54: 7
171	MILES JONES	HATTIESBURG, MS	M: 75	5K	176	00:48:33.70	16:11	3.7mph	Male 20 - 24: 7
172	STACIE HOLLINGSWORTH	TUSCALOOSA, AL	F: 97	5K	175	00:48:34.46	16:11	3.7mph	Female 45 - 49: 14
173	BILL MCCULLOUGH	TUSCALOOSA, AL	M: 76	5K	166	00:48:35.04	16:11	3.7mph	Male 60 - 64: 6
174	MEREDITH ORTIZ	TUSCALOOSA, AL	F: 98	5K	191	00:48:35.71	16:11	3.7mph	Female 30 - 34: 11
175	SHARON BULLOCK	TUSCALOOSA, AL	F: 99	5K	197	00:49:36.81	16:32	3.6mph	Female 65 - 69: 4
176	JUDY MCLAUGHLIN	BROOKWOOD, AL	F: 100	5K	102	00:50:07.53	16:42	3.6mph	Female 50 - 54: 8
177	SCARLETT WALKER	NORTHPORT, AL	F: 101	5K	12	00:50:17.79	16:45	3.6mph	Female 70+: 3
178	MARLEE TURNIPSEED		F: 102	RUNNER	276	00:50:47.43	16:55	3.5mph	Female 30 - 34: 12
179	JESSICA MEGGS		F: 103	RUNNER	279	00:50:48.28	16:56	3.5mph	Female 35 - 39: 7
180	PAM SCOTT	TUSCALOOSA, AL	F: 104	5K	121	00:50:56.30	16:58	3.5mph	Female 50 - 54: 9
181	HALEY LEE	MOBILE, AL	F: 105	5K	254	00:51:30.55	17:10	3.5mph	Female 30 - 34: 13
182	JOE BOTELER	DUNCANVILLE, AL	M: 77	5K	122	00:51:37.59	17:12	3.5mph	Male 70+: 3
183	TIM ETHRIDGE	TUSCALOOSA, AL	M: 78	5K	167	00:51:57.07	17:19	3.5mph	Male 30 - 34: 3
184	RYAN MORGAN	TUSCALOOSA, AL	M: 79	5K	165	00:51:58.40	17:19	3.5mph	Male 30 - 34: 4

2024 HOWA 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
185	TUNISHA BLAIR	TUSCALOOSA, AL	F: 106	5K	110	00:52:49.42	17:36	3.4mph	Female 50 - 54: 10
186	NKECHI OZOJIOFOR	TUSCALOOSA, AL	F: 107	5K	111	00:52:55.89	17:38	3.4mph	Female 45 - 49: 15
187	JOELLE RICE	BUHL, AL	F: 108	5K	39	00:53:03.49	17:41	3.4mph	Female 0 - 9: 2
188	CHELSEA FAULKNER	NORTHPORT, AL	F: 109	5K	45	00:53:07.22	17:42	3.4mph	Female 25 - 29: 11
189	CHERYL FAULKNER		F: 110	RUNNER	290	00:53:17.65	17:45	3.4mph	Female 55 - 59: 7
190	AMANDA BERGERON	TUSCALOOSA, AL	F: 111	5K	201	00:53:19.09	17:46	3.4mph	Female 45 - 49: 16
191	MARSHA LEE	NORTHPORT, AL	F: 112	5K	181	00:53:35.37	17:51	3.4mph	Female 50 - 54: 11
192	KIMBERLY KELLEY	NORTHPORT, AL	F: 113	5K	107	00:53:36.35	17:52	3.4mph	Female 35 - 39: 8
193	JESSICA CHILDERS	COKER, AL	F: 114	5K	213	00:53:44.81	17:54	3.3mph	Female 40 - 44: 10
194	JUSTIN CHILDERS	COKER, AL	M: 80	5K	212	00:53:45.53	17:55	3.3mph	Male 40 - 44: 4
195	LANDEN WESTBROOK	COKER, AL	F: 115	5K	211	00:53:46.29	17:55	3.3mph	Female 15 - 19: 6
196	PATRICK CORDER		M: 81	5K	33	00:54:13.08	18:04	3.3mph	Male 10 - 14: 10
197	LYNN CORDER		F: 116	5K	36	00:54:39.56	18:13	3.3mph	Female 65 - 69: 5
198	MELINDA CORDER		F: 117	5K	35	00:55:19.94	18:26	3.3mph	Female 65 - 69: 6
199	AMY RAYHORN		F: 118	RUNNER	283	00:55:41.42	18:33	3.2mph	Female 50 - 54: 12
200	JENNIFER KANTARIK		F: 119	RUNNER	286	00:55:43.71	18:34	3.2mph	Female 50 - 54: 13
201	FERRAN RAYHORN		F: 120	RUNNER	285	00:55:45.71	18:35	3.2mph	Female 10 - 14: 7
202	BIANCE HOPSON		F: 121	RUNNER	282	00:55:47.44	18:35	3.2mph	Female 40 - 44: 11
203	BRIAN KANTARIK		M: 82	RUNNER	287	00:55:49.48	18:36	3.2mph	Male 60 - 64: 7
204	ANNEMARIE WHITFIELD	TUSCALOOSA, AL	F: 122	5K	229	00:55:50.96	18:36	3.2mph	Female 65 - 69: 7
205	PATRICK FERGUSON	NORTHPORT, AL	M: 83	5K	248	00:55:52.35	18:37	3.2mph	Male 70+: 4
206	DAVIDA ARNOLD	NORTHPORT, AL	F: 123	5K	148	00:55:58.04	18:39	3.2mph	Female 25 - 29: 12
207	LEIGH HARBIN	NORTHPORT, AL	F: 124	5K	147	00:55:59.05	18:39	3.2mph	Female 50 - 54: 14
208	ROBIN BAILEY	NORTHPORT, AL	F: 125	5K	13	00:56:05.51	18:41	3.2mph	Female 70+: 4
209	MARK COLLINS	TUSCALOOSA, AL	M: 84	5K	194	00:56:11.80	18:43	3.2mph	Male 70+: 5
210	ROSS SANDERS	BESSEMER, AL	M: 85	5K	10	00:56:27.24	18:49	3.2mph	Male 60 - 64: 8
211	JEFFERY NABORS		M: 86	5K	264	00:56:48.23	18:56	3.2mph	Male 45 - 49: 7
212	BRANDIE NABORS	NORTHPORT, AL	F: 126	5K	179	00:56:51.14	18:57	3.2mph	Female 45 - 49: 17
213	JACE RICE	BUHL, AL	M: 87	5K	40	00:57:32.44	19:10	3.1mph	Male 10 - 14: 11
214	CHASIDY RICE	BUHL, AL	F: 127	5K	41	00:57:32.80	19:10	3.1mph	Female 35 - 39: 9
215	JIM BURRELL		M: 88	RUNNER	274	00:57:45.72	19:15	3.1mph	Male 70+: 6
216	BLAKE BURGESS	TUSCALOOSA, AL	M: 89	5K	22	00:58:05.33	19:21	3.1mph	Male 20 - 24: 8
217	EVERLY AMMONS	TUSCALOOSA, AL	F: 128	5K	59	00:58:07.32	19:22	3.1mph	Female 20 - 24: 10
218	JASON LEWIS	TUSCALOOSA, AL	M: 90	5K	62	00:58:10.92	19:23	3.1mph	Male 45 - 49: 8
219	LACY AMMONS	TUSCALOOSA, AL	F: 129	5K	60	00:58:49.80	19:36	3.1mph	Female 25 - 29: 13
220	DAVID TOWNSEND	TUSCALOOSA, AL	M: 91	5K	202	00:58:50.11	19:36	3.1mph	Male 55 - 59: 8
221	KATHY CARPENTER	RALPHRALPH, AL	F: 130	5K	14	00:58:50.81	19:36	3.1mph	Female 65 - 69: 8
222	TRACIE TOWNSEND	TUSCALOOSA, AL	F: 131	5K	203	00:58:51.26	19:37	3.1mph	Female 55 - 59: 8
223	ANNA AMMONS	TUSCALOOSA, AL	F: 132	5K	23	00:58:51.84	19:37	3.1mph	Female 20 - 24: 11
224	ANNA CHAVEZ	BUHL, AL	F: 133	5K	180	00:59:12.04	19:44	3.0mph	Female 15 - 19: 7
225	LAURIE CHAVEZ	BUHL, AL	F: 134	5K	183	00:59:12.47	19:44	3.0mph	Female 50 - 54: 15
226	CASSANDRA MCCAIN	TUSCALOOSA, AL	F: 135	5K	2	00:59:13.53	19:44	3.0mph	Female 55 - 59: 9
227	PHYLLIS WOOD	NORTHPORT, AL	F: 136	5K	5	00:59:17.76	19:45	3.0mph	Female 65 - 69: 9
228	BRANDY LEWIS	TUSCALOOSA, AL	F: 137	5K	63	00:59:19.82	19:46	3.0mph	Female 45 - 49: 18
229	PAULA MACKLIN	NORTHPORT, AL	F: 138	5K	144	00:59:31.54	19:50	3.0mph	Female 55 - 59: 10
230	KATHY CHASTINE	TUSCALOOSA, AL	F: 139	5K	155	00:59:33.41	19:51	3.0mph	Female 60 - 64: 4
231	KATHY HOLLADAY	MARION, AL	F: 140	5K	68	01:00:48.96	20:16	3.0mph	Female 40 - 44: 12
232	GIN JOHNSON	BROOKWOOD, AL	F: 141	5K	92	01:00:59.73	20:19	3.0mph	Female 15 - 19: 8
233	SHANNON MARTIN	BROOKWOOD, AL	F: 142	5K	90	01:01:02.16	20:20	2.9mph	Female 35 - 39: 10
234	FRED KELLEY	NORTHPORT, AL	M: 92	5K	125	01:01:05.90	20:21	2.9mph	Male 65 - 69: 2
235	BRYAN MURPHY	CENTREVILLE, AL	M: 93	5K	256	01:01:14.01	20:24	2.9mph	Male 40 - 44: 5
236	TONY MURPHY	CENTREVILLE, AL	M: 94	5K	255	01:01:16.09	20:25	2.9mph	Male 45 - 49: 9
237	RICHARD EVANS	TUSCALOOSA, AL	M: 95	5K	123	01:01:28.95	20:29	2.9mph	Male 65 - 69: 3
238	HENRY EVANS	TUSCALOOSA, AL	M: 96	5K	100	01:01:32.42	20:30	2.9mph	Male 15 - 19: 7
239	MIKE RYAN	TUSCALOOSA, AL	M: 97	5K	171	01:01:43.71	20:34	2.9mph	Male 40 - 44: 6
240	AUSTIN RYAN	COTTONDALE, AL	M: 98	5K	169	01:01:44.91	20:34	2.9mph	Male 20 - 24: 9
241	MALLORY TURNER	COTTONDALE, AL	F: 143	5K	170	01:01:45.83	20:35	2.9mph	Female 25 - 29: 14
242	CONTESSA WILLINGHAM	TUSCALOOSA, AL	F: 144	5K	215	01:02:35.07	20:51	2.9mph	Female 60 - 64: 5
243	KAITLYN CHARLES		F: 145	RUNNER	841	01:04:39.17	21:33	2.8mph	Female 20 - 24: 12
244	HEATHER PERRY		F: 146	RUNNER	845	01:04:39.62	21:33	2.8mph	Female 35 - 39: 11
245	HARRISON CHARLES		M: 99	RUNNER	842	01:04:47.88	21:35	2.8mph	Male 20 - 24: 10
246	JENNIFER CHARLES		F: 147	RUNNER	846	01:04:55.48	21:38	2.8mph	Female 45 - 49: 19

2024 HOWA 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
247	LANDON CHARLES		M: 100	RUNNER	849	01:05:07.62	21:42	2.8mph	Male 20 - 24: 11
248	BRITTNEY SMITH		F: 148	RUNNER	848	01:05:08.90	21:42	2.8mph	Female 15 - 19: 9
249	CYNTHIA DANCY	TUSCALOOSA, AL	F: 149	5K	128	01:06:01.76	22:00	2.7mph	Female 55 - 59: 11
250	CARLISA SULLIVAN	TUSCALOOSA, AL	F: 150	5K	129	01:06:02.70	22:00	2.7mph	Female 40 - 44: 13
251	ASHTON BROWN	NEWBERN, AL	M: 101	5K	19	01:09:04.45	23:01	2.6mph	Male 10 - 14: 12
252	DYLAN TOWNSEND	NEWBERN, AL	M: 102	5K	20	01:09:16.93	23:05	2.6mph	Male 15 - 19: 8
253	GAYLE HOWELL	NORTHPORT, AL	F: 151	5K	162	01:09:23.16	23:07	2.6mph	Female 65 - 69: 10
254	JAMES BALLARD	NEWBERN, AL	M: 103	5K	21	01:12:02.04	24:00	2.5mph	Male 70+: 7
255	CERONE SULLIVAN	TUSCALOOSA, AL	M: 104	5K	130	01:14:03.42	24:41	2.4mph	Male 40 - 44: 7
256	LOU SULLIVAN	TUSCALOOSA, AL	F: 152	5K	126	01:14:04.33	24:41	2.4mph	Female 70+: 5
DQ	KIRSTEN WALLACE	FOSTERS, AL	F: 153	5K	44	00:30:46.10	10:15	5.9mph	:

2024 HOWA 5K

Overall Male Runner

Place	Bib #	Name	Time	Type	City
1	17	CARSON RENICKS	00:17:25.10	5K	
2	87	TYLAN PERRY	00:19:14.44	5K	Coker
3	80	CHRISTOPHER ALFORD	00:19:34.81	5K	Cottondale

Overall Female Runner

Place	Bib #	Name	Time	Type	City
1	257	SKYE GUY	00:25:44.86	5K	Cottondale
2	15	MIMI ALLEN	00:26:48.34	5K	
3	250	KAYLEE QUIMBY	00:26:50.14	5K	Gordo

Male Masters

Place	Bib #	Name	Time	Type	City
1	281	HEYWARD GOULD	00:19:42.75	Runner	

Female Masters

Place	Bib #	Name	Time	Type	City
1	11	LORI TUBBS SANDERS	00:28:39.71	5K	Bessemer

Female Grand Masters

Place	Bib #	Name	Time	Type	City
1	93	SHANNON DRUEN	00:31:09.66	5K	Tuscaloosa

Male Grand Masters

Place	Bib #	Name	Time	Type	City
1	289	EMMETT LORDREE	00:23:53.37	Runner	

Male Great Grand Masters

Place	Bib #	Name	Time	Type	City
1	184	DOWNEY MCGEE	00:29:46.70	5K	Centreville

Female Great Grand Masters

Place	Bib #	Name	Time	Type	City
1	55	SANDRA DALY	00:33:39.67	5K	Tuscaloosa

Male 0 - 9

Place	Bib #	Name	Time	Type	City
1	150	BERTY ARROYO	00:37:56.35	5K	Tuscaloosa

Female 0 - 9

Place	Bib #	Name	Time	Type	City
1	850	VIOLET YUMUL	00:44:03.56	Runner	
2	39	JOELLE RICE	00:53:03.48	5K	Buhl

Male 10 - 14

Place	Bib #	Name	Time	Type	City
1	37	JACKSON CORDER	00:20:51.87	5K	
2	291	BRODY LOGAN	00:21:32.60	Runner	
3	73	WILKES CORMIER	00:25:19.78	5K	Ralph

Female 10 - 14

Place	Bib #	Name	Time	Type	City
1	267	KAITLYN BEARDEN	00:31:32.76	Runner	
2	217	JULIANNA WEIGEL	00:44:41.66	5K	Northport
3	210	KENLEY CHILDERS	00:44:43.60	5K	Coker

Male 15 - 19

Place	Bib #	Name	Time	Type	City
1	29	JT CORDER	00:26:16.84	5K	
2	16	CARSON MCCROSKEY	00:26:27.75	5K	
3	275	CALVIN HENRY	00:29:15.26	Runner	

Female 15 - 19

Place	Bib #	Name	Time	Type	City
1	83	KAYDEE HADDEN	00:34:23.14	5K	Northport
2	284	FINNLAY RAYHORN	00:38:31.81	Runner	
3	74	MADISON SHIVELY	00:39:32.62	5K	Tuscaloosa

Male 20 - 24

Place	Bib #	Name	Time	Type	City
1	9	ELI BLINCHEVSKY	00:20:15.04	5K	Greensboro
2	61	MACKENZIE AMMONS	00:24:44.45	5K	Tuscaloosa
3	115	AUSTIN HICKS	00:33:59.27	5K	TUSCALOOSA

Female 20 - 24

Place	Bib #	Name	Time	Type	City
1	244	CAITLIN BILLINGS	00:30:27.12	5K	Tuscaloosa
2	71	EMILY PIERCE	00:31:21.06	5K	Tuscaloosa
3	101	VIVIAN LONGINO	00:35:49.43	5K	APT 531

Male 25 - 29

Place	Bib #	Name	Time	Type	City
1	64	DEREK EDWARDS	00:21:23.56	5K	Apt 728
2	56	JAMES LEGRONE	00:22:25.19	5K	Northport
3	299	ELIJAH BELL	00:23:35.58	Runner	

Female 25 - 29

Place	Bib #	Name	Time	Type	City
1	88	LAURA GLYNN	00:31:34.77	5K	Tuscaloosa
2	280	CHRISTINA POOLE	00:33:06.25	Runner	
3	116	EMILY HICKS	00:33:57.78	5K	Tuscaloosa

Male 30 - 34

Place	Bib #	Name	Time	Type	City
1	247	TYLER HOLEMON	00:25:14.49	5K	Elrod
2	204	CHRIS LANIER	00:31:59.15	5K	Coker
3	167	TIM ETHRIDGE	00:51:57.06	5K	Tuscaloosa

Female 30 - 34

Place	Bib #	Name	Time	Type	City
1	288	MALLORY BOOTH	00:28:26.30	Runner	
2	236	BETHANY SEXTON	00:28:45.81	5K	Duncanville
3	186	STACEY HUDSON	00:31:21.95	5K	Tuscaloosa

2024 HOWA 5K

Male 35 - 39

Place	Bib #	Name	Time	Type	City
1	48	BRANDON GUY	00:20:35.53	5K	Cottdale
2	200	JOSH RUMORE	00:21:30.76	5K	tuscaloosa
3	99	PJ ENGLISH	00:24:33.80	5K	

Female 35 - 39

Place	Bib #	Name	Time	Type	City
1	96	VICTORIA WINNINGHAM	00:32:13.98	5K	
2	82	DEIDRE RICHARDS	00:36:01.33	5K	Tuscaloosa
3	843	BROOKE SCHWARTZ	00:36:56.82	Runner	

Male 40 - 44

Place	Bib #	Name	Time	Type	City
1	72	LANCE CORMIER	00:25:20.42	5K	Ralph
2	31	BLAKE CORDER	00:28:16.51	5K	
3	268	CHRIS BEARDEN	00:32:15.88	Runner	

Female 40 - 44

Place	Bib #	Name	Time	Type	City
1	269	APRIL WALKER	00:33:02.50	Runner	
2	206	SARAH PEDERSON	00:40:44.48	5K	Tuscaloosa
3	172	JAMYE RYAN	00:41:01.39	5K	Tuscaloosa

Male 45 - 49

Place	Bib #	Name	Time	Type	City
1	18	MELEI RENICKS	00:26:48.92	5K	
2	252	TRAVIS DAVIS	00:31:03.42	5K	Bay PinesGreensboro
3	98	TODD WHINERY	00:32:22.06	5K	

Female 45 - 49

Place	Bib #	Name	Time	Type	City
1	86	CATHY LAVENDER	00:28:54.27	5K	Tuscaloosa
2	117	GWENDOLYN CONNELLY	00:29:34.36	5K	Tuscaloosa
3	260	KIM WEST	00:31:55.85	5K	Northport

Male 50 - 54

Place	Bib #	Name	Time	Type	City
1	219	JOACHIM WEIGEL	00:25:30.36	5K	Northport
2	145	HAROLD MCABEE	00:27:29.70	5K	Tuscaloosa
3	293	AARON SINCROFT	00:28:20.12	Runner	

Female 50 - 54

Place	Bib #	Name	Time	Type	City
1	38	LATRELLE HALLUM	00:32:23.38	5K	Vance
2	261	ALLISON LESLEY	00:38:05.33	5K	Tuscaloosa
3	218	JEN WEIGEL	00:43:27.03	5K	Northport

Male 55 - 59

Place	Bib #	Name	Time	Type	City
1	51	GREG BURROUGHS	00:31:50.74	5K	Tuscaloosa
2	296	WAYNE BELL	00:34:39.92	Runner	
3	124	VINCE DOOLEY	00:36:49.64	5K	Tuscaloosa

Female 55 - 59

Place	Bib #	Name	Time	Type	City
1	8	SHARON ALLEN	00:34:33.45	5K	Tuscaloosa
2	259	PAULA WHITLEY	00:37:42.86	5K	Northport
3	853	EDNA KAMPE	00:38:43.84	5K	

Male 60 - 64

Place	Bib #	Name	Time	Type	City
1	185	PETER LUDOVICE	00:31:35.57	5K	Northport
2	243	MELVIN GRIFFIN	00:33:05.86	5K	Tuscaloosa
3	105	JIM BARRETT	00:37:04.04	5K	Tuscaloosa

Female 60 - 64

Place	Bib #	Name	Time	Type	City
1	70	DORIS CLAYTON	00:40:30.13	5K	Cottdale
2	77	PAIGE TOMPKINS	00:43:38.59	5K	Starkville
3	174	SUSAN MORRIS	00:45:28.47	5K	Tuscaloosa

Male 65 - 69

Place	Bib #	Name	Time	Type	City
1	196	MIKE BULLOCK	00:43:12.41	5K	Tuscaloosa
2	125	FRED KELLEY	01:01:05.89	5K	Northport
3	123	RICHARD EVANS	01:01:28.94	5K	Tuscaloosa

Female 65 - 69

Place	Bib #	Name	Time	Type	City
1	52	MARY MCCOOL	00:38:02.48	5K	Tuscaloosa
2	91	SHEILA CABANISS	00:42:20.94	5K	Northport
3	118	PAM CHESNUTT	00:47:47.48	5K	Tuscaloosa

Male 70+

Place	Bib #	Name	Time	Type	City
1	220	NATHAN LEMMON	00:34:13.11	5K	Tuscaloosa
2	294	STEVE NELKO	00:41:39.20	Runner	
3	122	JOE BOTELER	00:51:37.58	5K	Duncanville

Female 70+

Place	Bib #	Name	Time	Type	City
1	277	AMY HALLADAY	00:41:37.79	Runner	
2	199	CAROL PEARCE	00:47:17.11	5K	Tuscaloosa
3	12	SCARLETT WALKER	00:50:17.78	5K	Northport