

# Pilot Knob 10K, October 19, 2019

Nathan Bedford Forrest State Park, Eva, TN

Frostbite Running Club

79 finishers. Lisa Bell, Race Director

| Place                  | First    | Last Name | Gndr | Age | Ovl | Time           |
|------------------------|----------|-----------|------|-----|-----|----------------|
| <b>Overall Winner</b>  |          |           |      |     |     |                |
| Male                   | Jesse    | Sewell    | M    | 33  | 1   | <b>38.54</b>   |
| Female                 | Meg      | Guy       | F    | 39  | 2   | <b>47.30</b>   |
| <b>Overall Masters</b> |          |           |      |     |     |                |
| Male                   | Noriyoki | Horiuchi  | M    | 59  | 3   | <b>48.07</b>   |
| Female                 | Holly    | Barrett   | F    | 45  | 6   | <b>49.08</b>   |
| <b>Age Groups</b>      |          |           |      |     |     |                |
| <b>F 25-29</b>         |          |           |      |     |     |                |
| 1                      | Erica    | Taylor    | F    | 29  | 41  | <b>1.13.57</b> |
| <b>F 30-34</b>         |          |           |      |     |     |                |
| 1                      | Ellie    | Sewell    | F    | 30  | 8   | <b>50.26</b>   |
| 2                      | Nicole   | Hosford   | F    | 30  | 18  | <b>56.05</b>   |
| 3                      | Rachel   | Roberson  | F    | 31  | 58  | <b>1.27.45</b> |
| 4                      | Holly    | Ward      | F    | 30  | 65  | <b>1.35.15</b> |
| <b>F 35-39</b>         |          |           |      |     |     |                |
| 1                      | Katrina  | Schenk    | F    | 37  | 11  | <b>51.10</b>   |
| 2                      | Tami     | Anderson  | F    | 39  | 13  | <b>54.16</b>   |
| 3                      | Ruth     | Thompson  | F    | 36  | 55  | <b>1.27.36</b> |
| 4                      | Christy  | Campbell  | F    | 37  | 57  | <b>1.27.39</b> |
| <b>F 40-44</b>         |          |           |      |     |     |                |
| 1                      | Heather  | Hartman   | F    | 40  | 9   | <b>50.37</b>   |
| 2                      | Kristy   | Shumake   | F    | 43  | 34  | <b>1.05.28</b> |
| 3                      | Brandy   | Kennedy   | F    | 41  | 42  | <b>1.14.25</b> |
| 4                      | Amber    | McDonald  | F    | 40  | 79  | <b>2.06.55</b> |
| <b>F 45-49</b>         |          |           |      |     |     |                |
| 1                      | Jill     | Johnson   | F    | 45  | 40  | <b>1.10.56</b> |
| <b>F 50-54</b>         |          |           |      |     |     |                |
| 1                      | Sharon   | Cruse     | F    | 51  | 22  | <b>58.38</b>   |
| 2                      | Kimberly | Turner    | F    | 54  | 32  | <b>1.03.22</b> |
| 3                      | Susan    | Bakaitis  | F    | 54  | 48  | <b>1.23.04</b> |
| 4                      | Sheilla  | Deaton    | F    | 53  | 51  | <b>1.24.13</b> |
| 5                      | Melissa  | Roberson  | F    | 51  | 54  | <b>1.25.55</b> |
| <b>F 55-59</b>         |          |           |      |     |     |                |
| 1                      | Bonnie   | Elam      | F    | 55  | 36  | <b>1.06.10</b> |

|                |          |            |   |    |    |                |
|----------------|----------|------------|---|----|----|----------------|
| 2              | Dorothy  | Galloway   | F | 57 | 63 | <b>1.33.34</b> |
| 3              | Tammy    | Carter     | F | 59 | 66 | <b>1.36.01</b> |
| 4              | Pauline  | Bullard    | F | 56 | 73 | <b>1.40.14</b> |
| <b>F 60-64</b> |          |            |   |    |    |                |
| 1              | Gisele   | Goldstein  | F | 61 | 16 | <b>55.31</b>   |
| 2              | Alice    | Thompson   | F | 63 | 33 | <b>1.04.19</b> |
| 3              | Cathy    | Garner     | F | 61 | 38 | <b>1.07.44</b> |
| 4              | Lee      | Simmons    | F | 60 | 56 | <b>1.27.40</b> |
| 5              | Debbie   | Campbell   | F | 64 | 62 | <b>1.30.10</b> |
| 6              | Janet    | Tummins    | F | 64 | 68 | <b>1.37.32</b> |
| 7              | Mary     | Kay        | F | 61 | 75 | <b>1.40.38</b> |
| <b>F 65-69</b> |          |            |   |    |    |                |
| 1              | Wrenae   | Shabel     | F | 69 | 43 | <b>1.14.48</b> |
| 2              | Shirley  | Earley     | F | 69 | 74 | <b>1.40.30</b> |
| <b>F 70-74</b> |          |            |   |    |    |                |
| 1              | Helen    | Fussell    | F | 70 | 47 | <b>1.17.43</b> |
| 2              | Lynda    | de Paulis  | F | 73 | 50 | <b>1.23.48</b> |
| 3              | Jan      | Woods      | F | 71 | 60 | <b>1.28.42</b> |
| 4              | Linda    | Brewer     | F | 71 | 71 | <b>1.39.00</b> |
| <b>F 75-79</b> |          |            |   |    |    |                |
| 1              | Amelia   | Wallace    | F | 78 | 45 | <b>1.15.16</b> |
| 2              | Glenda   | Tetley     | F | 76 | 64 | <b>1.33.48</b> |
| 3              | Marie    | Threadgill | F | 78 | 77 | <b>1.48.20</b> |
| <b>M 10-14</b> |          |            |   |    |    |                |
| 1              | Slyaden  | Hosford    | M | 11 | 10 | <b>50.59</b>   |
| 2              | Caleb    | Duncan     | M | 10 | 49 | <b>1.23.43</b> |
| 3              | Bryson   | Roberson   | M | 12 | 70 | <b>1.38.28</b> |
| <b>M 30-34</b> |          |            |   |    |    |                |
| 1              | Raymond  | Morrow     | M | 32 | 20 | <b>57.15</b>   |
| 2              | Zach     | Duncan     | M | 34 | 53 | <b>1.25.40</b> |
| 3              | Josh     | Roberson   | M | 31 | 59 | <b>1.27.46</b> |
| <b>M 35-39</b> |          |            |   |    |    |                |
| 1              | Andy     | Duncan     | M | 37 | 7  | <b>49.49</b>   |
| 2              | Daniel   | Bullion    | M | 39 | 12 | <b>53.06</b>   |
| 3              | Thomas   | Campbell   | M | 37 | 17 | <b>56.01</b>   |
| 4              | Jonathan | Wingate    | M | 35 | 28 | <b>1.01.06</b> |
| <b>M 40-44</b> |          |            |   |    |    |                |
| 1              | David    | Thayer     | M | 44 | 21 | <b>57.53</b>   |
| 2              | Ture     | Goins      | M | 43 | 67 | <b>1.36.02</b> |

**M 45-49**

|          |         |         |   |    |    |                |
|----------|---------|---------|---|----|----|----------------|
| <b>1</b> | Darby   | Futrell | M | 47 | 26 | <b>59.37</b>   |
| <b>2</b> | Matthew | Ferrier | M | 46 | 76 | <b>1.44.13</b> |

**M 50-54**

|          |       |         |   |    |    |                |
|----------|-------|---------|---|----|----|----------------|
| <b>1</b> | David | Earley  | M | 50 | 4  | <b>48.36</b>   |
| <b>2</b> | Bob   | Shumake | M | 53 | 14 | <b>55.16</b>   |
| <b>3</b> | Kem   | Cruse   | M | 54 | 15 | <b>55.26</b>   |
| <b>4</b> | Gregg | Hardman | M | 51 | 35 | <b>1.05.34</b> |
| <b>5</b> | Mike  | Bell    | M | 51 | 72 | <b>1.39.40</b> |

**M 55-59**

|          |       |         |   |    |    |                |
|----------|-------|---------|---|----|----|----------------|
| <b>1</b> | Terry | Quillen | M | 57 | 5  | <b>48.59</b>   |
| <b>2</b> | Dave  | Hacker  | M | 59 | 29 | <b>1.02.17</b> |

**M 60-64**

|          |         |          |   |    |    |                |
|----------|---------|----------|---|----|----|----------------|
| <b>1</b> | Alex    | Leithner | M | 61 | 23 | <b>58.41</b>   |
| <b>2</b> | Richard | Hokirk   | M | 63 | 24 | <b>59.01</b>   |
| <b>3</b> | Greg    | Tummins  | M | 62 | 44 | <b>1.15.06</b> |

**M 65-69**

|          |         |           |   |    |    |                |
|----------|---------|-----------|---|----|----|----------------|
| <b>1</b> | Guy     | Giles     | M | 68 | 19 | <b>56.36</b>   |
| <b>2</b> | Gwin    | Anderson  | M | 66 | 27 | <b>59.40</b>   |
| <b>3</b> | Paul    | Vondohlen | M | 67 | 30 | <b>1.02.23</b> |
| <b>4</b> | David   | Wood      | M | 67 | 39 | <b>1.10.25</b> |
| <b>5</b> | Michael | McWaters  | M | 66 | 61 | <b>1.29.16</b> |
| <b>6</b> | Danny   | Duncan    | M | 66 | 69 | <b>1.38.08</b> |

**M 70-74**

|          |     |         |   |    |    |                |
|----------|-----|---------|---|----|----|----------------|
| <b>1</b> | Bob | Hardin  | M | 73 | 25 | <b>59.32</b>   |
| <b>2</b> | Joe | Fussell | M | 72 | 37 | <b>1.06.43</b> |

**M 75-79**

|          |       |           |   |    |    |                |
|----------|-------|-----------|---|----|----|----------------|
| <b>1</b> | Larry | Nelson    | M | 75 | 31 | <b>1.02.40</b> |
| <b>2</b> | Tomas | de Paulis | M | 76 | 46 | <b>1.17.09</b> |
| <b>3</b> | Bob   | Pierce    | M | 75 | 52 | <b>1.25.33</b> |

**M 80+**

|          |         |        |   |    |    |                |
|----------|---------|--------|---|----|----|----------------|
| <b>1</b> | Stephen | Khleif | M | 84 | 78 | <b>1.48.20</b> |
|----------|---------|--------|---|----|----|----------------|

Timing and results by Mike Bell