

# Shake and Bake 5K

## Age Group Results

5K

Race Date  
August 04, 2018

### Female Overall Winners

		-----Total-----					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>
1	Stephanie Ridgway	Birmingham AL	661	31	5	20:12.3	20:23.1

### Female Masters Winners

		-----Total-----					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>
1	Diana Massey	Birmingham AL	646	57	40	28:42.4	28:54.3

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## Female No Age Provided

							-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	
1	Rachelle Graham		933	0	13	23:21.2	23:33.7	
2	Mary Noel Sellers		939	0	47	29:50.3	30:11.1	

## Female 19 and Under

							-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	
1	Cady McPhail	Birmingham AL	651	13	19	24:35.3	24:46.4	
2	Leah not given		712	12	39	28:33.7	28:49.5	
3	Morgan Williamson	Chelsea AL	680	17	48	29:50.6	30:06.4	
4	Samantha Kennedy	Birmingham AL	636	14	58	32:40.0	32:52.5	
5	Rachel not given		734	17	85	38:12.1	38:27.4	
6	Carly Stansell		944	7	115	51:51.9	52:21.4	

## Female 20 to 29

							-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	
1	Jenny Aguilar	Birmingham AL	687	29	8	21:28.6	21:40.3	
2	Rachel Pritchett	Odenville AL	681	22	33	27:35.7	28:00.7	
3	Kaitlin Frando	Birmingham AL	628	26	38	28:33.4	28:49.7	
4	Melissa Morris		715	25	49	29:55.6	30:09.1	
5	Jennifer Carpenter		941	28	51	30:52.3	31:22.1	
6	Hannah Pearson	Birmingham AL	655	24	53	31:06.4	31:42.2	
7	Candyce Bell		927	24	55	31:27.0	31:50.0	
8	Bridget Toffel	Birmingham AL	684	28	59	32:44.7	33:00.4	
9	Madison Craft	Birmingham AL	620	23	73	36:32.4	37:10.4	
10	Emily Adams		936	21	77	36:56.0	37:17.3	
11	Laiken Pearson	Birmingham AL	657	21	106	44:07.6	44:44.3	
12	Isabelle Sager	Birmingham AL	664	20	108	46:34.6	47:10.0	

## Female 30 to 39

							-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	
1	Christin Woodard		731	31	11	22:32.2	22:42.7	
2	Greta Carter	Birmingham AL	614	36	14	23:38.2	23:52.1	
3	Michelle Tollett	Helena AL	673	32	26	25:58.0	26:17.4	
4	Katie Flenny		940	30	57	32:14.0	32:44.0	
5	Angie Vail	Helena AL	675	39	62	33:13.1	33:40.0	
6	Amanda Kennedy	Helena AL	634	39	63	33:14.2	33:40.4	
7	Melissa Collins		733	38	64	33:32.7	34:04.2	
8	Stacy Wade		723	38	69	35:49.3	36:16.6	
9	Caroline Johnson		717	32	87	38:21.6	38:57.2	
10	Leslie Jackson	Birmingham AL	631	33	101	42:30.9	43:08.8	
11	Jeannette Martin	Birmingham AL	645	36	102	42:32.3	43:09.0	
12	Sarah Fay		713	30	103	42:40.3	43:15.8	
13	Alyssa Kram	Birmingham AL	638	31	104	42:44.0	43:03.4	
14	Sara Miller	Sugar Land TX	652	31	105	42:44.8	43:03.4	
15	Yasmine Reid	Hoover AL	660	30	114	50:53.6	51:25.3	

## Female 40 to 49

							-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	
1	Julie Sailors	Chelsea AL	666	46	45	29:15.9	29:35.5	
2	Jade Wade		724	41	68	35:49.0	36:16.6	
3	Allison Spensley	Birmingham AL	670	45	78	37:19.3	37:44.6	
4	Laura Pearson	Birmingham AL	658	45	79	37:22.1	38:01.2	
5	Diana Heuer	Birmingham AL	686	42	82	37:30.3	37:45.7	
6	Rachel Harris		937	44	83	37:37.0	37:59.1	
7	Suzanne Kramer	Helena AL	640	43	100	41:57.2	42:19.1	
8	Jamie Catterton	Hoover AL	617	40	107	45:42.4	46:08.1	

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Female 50 and Over

							-----Total-----	
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	
1	Catherine Jared	Alabaster AL	632	53	56	32:02.2	32:19.8	
2	Lisa Huffman	Alabaster AL	630	52	70	36:05.9	36:32.0	
3	Eugenia Brawley		719	61	88	38:23.3	38:57.4	
4	Susie Schor	Birmingham AL	667	60	91	38:36.7	39:05.2	
5	Lauren Forbes	Birmingham AL	627	55	96	40:11.2	40:38.8	
6	Dalene Waterson	Helena AL	677	65	97	40:35.7	41:06.5	
7	Becky Sager	Birmingham AL	663	55	109	46:35.0	47:10.0	
8	Christa Webb	Birmingham AL	678	52	110	47:20.9	47:48.0	

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### Male Overall Winners

		-----Total-----					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>
1	Zach Ridgway	Birmingham AL	662	31	1	17:23.7	17:34.3

### Male Masters Winners

		-----Total-----					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>
1	Shane Buchanan	Birmingham AL	611	47	10	22:26.4	22:39.7

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## Male No Age Provided

		-----Total-----					
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time
1	Cliff Myers		720	0	22	24:56.5	25:15.4
2	Dan Basik		932	0	29	26:12.9	26:31.4
3	Alex Barlow		945	0	34	27:36.4	28:13.8
4	Matt Cash		935	0	36	28:12.8	28:39.0
5	Ann Johnson Johnson		804		86	38:20.2	38:53.3
6	Bo Johnson		897	0	89	38:28.2	38:51.7
7	Unknown Partic. 718		718		90	38:29.2	38:53.4
8	Darius Allen		725	0	112	50:16.2	50:48.9
9	Morgan Stansell		943	0	116	51:52.3	52:21.4

## Male 19 and Under

		-----Total-----					
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time
1	Dane Buck	Birmingham AL	612	19	7	20:21.5	20:33.8
2	Cole Kennedy	Birmingham AL	635	15	9	22:16.1	22:28.3
3	Miles Emmerson	Birmingham AL	623	10	20	24:42.6	24:55.1
4	Sam Catlin	Princeton NJ	616	8	41	28:48.0	28:59.7
5	Oliver Griffin		709	9	93	38:56.2	39:09.6

## Male 20 to 29

		-----Total-----					
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time
1	k.c. horne		730	21	12	22:57.8	23:11.1
2	Scott Marhe		716	25	28	26:04.0	26:15.4
3	Randall Toffel	Birmingham AL	683	27	35	28:10.5	28:23.3
4	Talon Ramsey	Birmingham AL	682	21	37	28:29.2	28:43.8
5	Evan Ball	Birmingham AL	610	26	52	31:03.3	31:19.0
6	Hunter Kennedy		942	22	66	34:57.3	35:17.7
7	Ben Craft	Birmingham AL	619	24	71	36:10.8	36:51.3
8	Cole Pearson	Birmingham AL	654	24	80	37:23.2	38:00.7

## Male 30 to 39

		-----Total-----					
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time
1	Tyler Woodard		732	33	2	18:16.7	18:27.4
2	Chris Dollar	Birmingham AL	931	37	3	19:13.3	19:24.9
3	Sebastian Hudd	Birmingham AL	629	38	4	19:38.3	19:52.4
4	Zeb Stuart		929	37	6	20:20.1	20:34.0
5	Josh Torres	Birmingham AL	930	39	17	24:29.7	24:40.8
6	Blane McPeake	Hoover AL	650	30	24	25:43.9	26:01.0
7	Matthew Sheffield	Birmingham AL	668	32	25	25:54.1	26:08.0
8	Shelby Tollett	Helena AL	674	31	30	26:22.3	26:42.7
9	Devon Reid	Hoover AL	659	31	43	29:02.9	29:34.5
10	Matt Shell	Birmingham AL	669	35	50	30:08.9	30:32.2
11	Bob Carter	Birmingham AL	613	36	54	31:21.8	31:36.6
12	Jared Chaffin		721	36	67	34:58.7	35:24.4
13	Stuart Griffin		710	39	92	38:55.8	39:09.5
14	Mark Catlin	Princeton NJ	615	36	94	39:04.7	39:34.0

## Male 40 to 49

		-----Total-----					
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time
1	Ryan Wilson		714	49	15	23:44.5	24:00.0
2	Chris Lenoir	Calera AL	642	44	16	24:28.7	24:45.1
3	Harry Pearson	Birmingham AL	656	46	18	24:35.2	24:46.5
4	Steve Spensley	Birmingham AL	671	42	23	25:41.5	25:59.8
5	Tim Harris		938	45	31	26:26.8	26:44.9
6	Paul Wilson		934	48	32	27:08.5	27:36.9
7	Henry Pearson		946	40	72	36:18.6	36:57.4
8	Paul Anderson	Hoover AL	609	47	75	36:49.0	37:15.2

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### Male 40 to 49

		-----Total-----					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>
9	Andrew Kramer	Helena AL	639	43	99	41:56.5	42:19.0

### Male 50 and Over

		-----Total-----					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>
1	Tim Sager	Birmingham AL	665	53	21	24:56.1	25:15.7
2	Mike Parks	Birmingham AL	653	51	27	26:01.0	26:14.7
3	Ray Emmerson	Birmingham AL	624	54	42	28:57.1	29:07.9
4	Mario Reyes		722	54	44	29:05.9	29:29.4
5	Jeff Locke	Birmingham AL	644	61	46	29:37.3	29:53.3
6	Glenn Massey	Birmingham MD	647	60	60	32:47.2	33:04.2
7	Michael Heuer	Birmingham AL	685	51	61	33:01.4	33:16.8
8	Jerry O. Smith	Birmingham AL	688	71	65	33:54.9	34:18.6
9	Dan Newell		726	61	74	36:44.3	36:57.8
10	Tony Junkin	Gordo AL	633	66	76	36:49.3	37:11.9
11	Reginald Bell		928	55	81	37:29.6	38:09.9
12	Bart Wilkerson	Birmingham AL	679	64	84	37:38.4	38:08.8
13	David Lea	Northport AL	641	51	95	39:21.7	39:43.7
14	Robert Lenoir	Birmingham AL	643	67	98	41:03.4	41:22.1
15	Jay Wilson		744	67	111	48:54.4	49:14.2
16	Bob Cosby		711	72	113	50:27.3	50:46.1
17	Mike McEachern	Birmingham AL	648	69	117	52:44.8	53:15.8