

# Steps of Success 5K

## Results by Category: 5K Run/Walk

Date: 10 Sep 2022

Pos	No	Name	From	Gun Time	Net Time
<b>Male : Overall</b>					
1	.267	Brendon Tate	Nashville, TN	00:20:37	00:20:30
<b>Female : Overall</b>					
1	504	Meghan Linvill Mcnab	Gallatin, TN	00:20:37	00:20:29
<b>Male : Masters</b>					
1	378	Steven Dagg	Franklin, TN	00:21:37	00:21:34
<b>Female : Masters</b>					
1	545	Nikki Edney	Clarksville, TN	00:22:48	00:22:48
<b>Male : Grand Masters</b>					
1	404	Robert Cathey	Folsom, CA	00:21:57	00:21:53
<b>Female : Grand Masters</b>					
1	405	Nadine Cathey	Folsom, CA	00:28:38	00:28:27
<b>Male : Ages 9 &amp; Under</b>					
1	449	Elias Jenkins	Mount Juliet, TN	00:26:07	00:26:05
2	205	Maliky Frame	,SD	00:39:11	00:39:09
3	201	Christopher Webber	,SD	01:00:39	01:00:39
<b>Male : Ages 10-14</b>					
1	223	Kingston Elizalde	,SD	00:54:43	00:51:02
2	219	Isaiah Moorer	,SD	00:54:44	00:51:02
<b>Female : Ages 10-14</b>					
1	231	Vona Wright	,SD	00:42:02	00:38:22
2	227	Malaysia Sparks	,SD	00:58:48	00:55:07
3	217	Sophia Nunez	,SD	01:02:24	00:58:43
4	222	Hadessa Elizalde	,SD	01:02:24	00:58:42
<b>Male : Ages 15-19</b>					
1	208	Julius Turnipseed Iv	,SD	00:21:08	00:21:08
2	213	Markell Wheeler	,SD	00:23:18	00:23:18
3	540	Jeffrey Farmer	Mount Juliet, TN	00:25:25	00:25:25
4	209	Erran Haynes-Overton	,SD	00:25:25	00:25:25
5	284	Somtochukwu	Nashville, TN	00:37:41	00:30:58
6	534	Rodrigo Leanza	Ponce, SD	00:46:36	00:46:11
7	316	Adetoro Akinola	Nashville, TN	00:47:16	00:46:37
8	537	Alejandro Picker	Ponce, SD	00:49:32	00:48:45
9	361	Jacob Thompson	Nashville, TN	00:50:08	00:49:42
10	202	Dhime Gullege	,SD	01:00:37	01:00:37

Pos	No	Name	From	Gun Time	Net Time
-----	----	------	------	----------	----------

### Female : Ages 15-19

1	308	Aryana Derritt	Nashville, TN	00:30:25	00:30:14
2	342	Jada Bell	Nashville, TN	00:34:10	00:33:57
3	322	Kyran Clopton	Chicago, IL	00:36:22	00:36:22
4	232	Aniyah Simmons	, SD	00:42:02	00:38:23
5	305	Hawan Akech	Nashville, TN	00:58:50	00:57:08
6	309	Chloe Santos	Pickerington, OH	00:58:52	00:57:11
7	411	Rishan Gully	, SD	01:00:45	01:00:45
8	465	Zoue Eke	, SD	01:00:46	01:00:46
9	292	Esther Ogundele	Nashville, TN	01:01:21	01:01:21
10	288	Ayomide Adewale	Nashville, TN	01:01:23	01:01:23
11	547	Taylor Harp	Clarksville, TN	01:03:27	01:01:51
12	337	Jailan Magee	Nashville, TN	01:04:46	01:04:35
13	373	Kai Kellam	, SD	01:09:28	01:09:28
14	467	Talaja Taylor	, SD	01:10:49	01:10:49
15	464	Tristan Cyrus	, SD	01:10:49	01:10:49
16	462	Lauryn Fowler	, SD	01:10:57	01:10:57
17	409	Alainna Toombs	, SD	01:10:58	01:10:58
18	304	Darla Spencer	Fairview Heights, IL	01:11:35	01:11:35

### Male : Ages 20-24

1	375	Evan Landry	Nashville, TN	00:25:44	00:25:00
2	397	Noah Tubbs	Jackson, TN	00:26:37	00:26:33
3	271	Ahmad Muhammad	Nashville, TN	00:26:42	00:26:34

### Female : Ages 20-24

1	398	Madison Walker	Franklin, TN	00:26:37	00:26:34
2	341	Orneilia Campbell	Nashville, TN	00:38:32	00:38:32
3	445	Jess Floyd	Lewisburg, TN	00:39:24	00:39:13
4	338	Kyla Newman	Carmel, IN	00:45:38	00:44:20
5	333	Treasure Eiland	Nashville, TN	00:46:05	00:46:05
6	323	Camryn Johnson	Nashville, TN	00:52:47	00:51:04
7	330	Kayla Willis	Nashville, TN	00:53:51	00:53:51
8	301	Jayla Williams	Nashville, TN	00:57:27	00:53:25
9	410	Lauren Arnao	, SD	01:00:44	01:00:44
10	312	Jordan Smith	Fairburn, GA	01:11:35	01:11:35

### Male : Ages 25-29

1	386	James Mcginnity	Brentwood, TN	00:24:38	00:24:35
2	458	Christian Buitron	Nashville, TN	00:25:49	00:25:39
3	509	Mitch Head	Goodlettsville, TN	00:26:04	00:25:58
4	394	Christian Collis	Calera, AL	00:27:07	00:26:19
5	441	Tucker Leikse	Brentwood, TN	00:27:46	00:26:25
6	440	Blake Schunk	Brentwood, TN	00:27:47	00:26:24
7	565	Jon Nemcek	Nashville, TN	00:29:42	00:29:22
8	567	Zachary Jenkins	Nashville, TN	00:40:01	00:38:32
9	438	Lamar Allen	Antioch, TN	00:52:47	00:52:30
10	272	Anthony Walker	Nashville, TN	00:55:12	00:55:04

### Female : Ages 25-29



Pos	No	Name	From	Gun Time	Net Time
1	347	Ali Summers	Nashville, TN	00:20:53	00:20:45
2	418	Bailey Creager	Nashville, TN	00:26:19	00:26:10
3	524	Hannah Savinar	Nashville, TN	00:28:40	00:28:30
4	379	Rochelle Smith	Nashville, TN	00:28:48	00:28:35
5	388	Nicole Malofsky	Nashville, TN	00:29:48	00:29:38
6	562	Kerry Lynn Regan	Nashville, TN	00:30:11	00:29:49
7	560	Erin Shuffett	Nashville, TN	00:30:12	00:29:51
8	385	Taylor Banister	La Vergne, TN	00:31:18	00:30:51
9	536	Palmer Griffith	Nashville, TN	00:36:23	00:36:03
10	412	Natalie Nelson	Nashville, TN	00:39:36	00:38:53

### Male : Ages 30-34

1	434	Ryan Gilreath	Thompsons Station, TN	00:20:42	00:20:38
2	446	Aaron Bender	Nashville, TN	00:21:02	00:21:01
3	541	Justin Hinds	Mount Juliet, TN	00:21:05	00:21:05
4	533	Marcus Terrell	Nashville, TN	00:21:47	00:21:45
5	393	Mark Manning	Antioch, TN	00:23:04	00:23:01
6	551	Jason Potter	Old Hickory, TN	00:23:51	00:23:08
7	424	Daniel Ritter	Nashville, TN	00:25:59	00:25:51
8	543	Craig Leanza	Nashville, TN	00:26:30	00:26:06
9	417	Apollo Ellington	Calera, AL	00:30:59	00:30:11
10	384	Ty Banister	Clarksville, TN	00:31:18	00:30:51
11	390	Shabir Bhegani	Nashville, TN	00:38:41	00:38:41
12	508	James Bunch	Mount Juliet, TN	00:57:27	00:56:42
13	456	Kevin Bazile	Nashville, TN	01:10:20	01:09:59

### Female : Ages 30-34

1	399	Nicole Muldowney	Nashville, TN	00:21:25	00:21:24
2	210	Nancy Hammel	, SD	00:26:52	00:26:47
3	427	Whitney Phillips	Hendersonville, TN	00:27:02	00:26:34
4	381	Katie Bliss	Hendersonville, TN	00:27:25	00:26:57
5	561	Elizabeth Mayo	Nashville, TN	00:30:13	00:29:50
6	367	Brit Culver	Nashville, TN	00:30:19	00:30:09
7	491	Emily Steiner	Lebanon, TN	00:31:12	00:31:01
8	436	Melody Bryant	Nashville, TN	00:35:24	00:34:58
9	538	Rebecca Midkiff	Hermitage, TN	00:36:03	00:35:21
10	570	Simone Parke	Spring Hill, TN	00:45:47	00:45:08
11	402	Jade Bazile	Nashville, TN	01:09:14	01:08:53

### Male : Ages 35-39

1	516	Benjamin Bergstrom	Nashville, TN	00:21:32	00:21:25
2	522	Nathan Paulk	Chattanooga, TN	00:21:37	00:21:35
3	482	Phillip Tucker	Alcoa, TN	00:23:31	00:23:26
4	442	Jay Salato	Nashville, TN	00:24:27	00:24:22
5	523	Patrick Atwater	Brentwood, TN	00:25:10	00:25:04
6	530	Brian Fisher	Nashville, TN	00:33:24	00:33:08

### Female : Ages 35-39

1	366	Meghann Booth	Nashville, TN	00:26:19	00:26:11
2	505	Jennifer Docherty	Nashville, TN	00:26:41	00:26:32
3	396	Eliza Williams	Antioch, TN	00:27:59	00:27:58

Pos	No	Name	From	Gun Time	Net Time
4	532	Carmen Morgan	Nashville, TN	00:28:29	00:28:21
5	497	Anna Burnett	Nashville, TN	00:37:22	00:36:52
6	425	Justine Chen	Nashville, TN	00:39:47	00:39:24
7	499	Rachael Black	Nashville, TN	00:40:07	00:39:37
8	542	Stephanie Powell	Smyrna, TN	00:42:10	00:41:41
9	358	Anna D'andrea	Nashville, TN	00:43:23	00:43:04
10	461	Katara Grissom	,SD	00:43:28	00:39:30
11	476	Kimberly Snipes	Smyrna, TN	00:45:47	00:45:20

#### Male : Ages 40-44

1	454	Antonio Gray	Nashville, TN	00:22:15	00:22:00
2	470	Raymond Nichols	Hendersonville, TN	00:27:12	00:27:08
3	535	Pedro Leanza	Ponceponce, SD	00:51:38	00:51:09
4	544	Randy Mclellan	Nashville, TN	00:58:45	00:57:55
5	478	Bryan Castleberry	Auburn Hills, MI	01:05:00	01:04:20

#### Female : Ages 40-44

1	501	Teri Akovenko	Brentwood, TN	00:23:44	00:23:38
2	503	Brooke Barrett	Spring Hill, TN	00:31:38	00:31:25
3	374	Jessica Johnson	Nashville, TN	00:35:50	00:35:25
4	451	Kelly Cortesi	Nashvillenashville, TN	00:37:25	00:36:54
5	455	Nakeisha Wright	Nashville, TN	00:41:51	00:41:33
6	566	Miranda Huffman	Nashville, TN	00:44:56	00:44:17
7	362	Jessica Ditto	Nashville, TN	00:45:07	00:44:38
8	408	Jovonna Palmer	Antioch, TN	00:52:54	00:52:01
9	472	Jen Austin	Minneapolis, MN	00:55:13	00:54:31
10	521	Hayley Hovious	Nashville, TN	00:57:25	00:56:39
11	539	Princess Galloway	Auburn Hills, MI	01:04:45	01:04:08

#### Male : Ages 45-49

1	512	Bill McCleskey	Nashville, TN	00:22:57	00:22:55
2	494	Duane Clayton	Little Rock, AR	00:23:08	00:23:04
3	430	Shannon Chisenga	Bartlett, TN	00:24:18	00:24:15
4	514	Geoff Hart	Brentwood, TN	00:25:49	00:25:36
5	450	Jamie Jenkins	Mount Juliet, TN	00:26:08	00:26:06
6	477	Darryell Randle	Clinton Township, MI	00:40:25	00:40:13
7	258	Tony Varnell	,SD	01:01:48	01:01:11
8	480	Michael Stinson	Willingboro, NJ	01:05:01	01:04:33

#### Female : Ages 45-49

1	500	Stacey Baker	Franklin, TN	00:23:42	00:23:40
2	392	Stephanie Cummings	Murfreesboro, TN	00:25:04	00:24:58
3	529	Melissa Hixson	Brentwood, TN	00:25:12	00:25:04
4	549	Lisa Zorn	Fraser, CO	00:25:20	00:25:14
5	433	Heather Dean	Brentwood, TN	00:29:52	00:29:46
6	502	Hope Ray	Gallatin, TN	00:35:04	00:34:39
7	492	Tracy Vaughn	Kingston Springs, TN	00:35:24	00:35:08
8	526	Kathleen Gant	Nashville, TN	00:38:11	00:37:37
9	457	Latamera Woodley	Antioch, TN	00:46:25	00:45:59
10	262	Loni Crawley	,SD	00:47:20	00:46:36
11	511	Nicole Donaldson	Murfreesboromurfreesboro, T	00:48:06	00:47:48



Pos	No	Name	From	Gun Time	Net Time
12	493	Jennifer Varden	Fairview,TN	00:48:29	00:47:43
13	518	Kimberly Barnes	Mount Juliet,TN	00:50:34	00:50:15
14	550	Jamie Sexton	Concord,NC	00:51:03	00:50:58
15	346	Katrina Burns	La Vergne,TN	00:51:22	00:50:53
16	435	Cherra Smith	Nashville,TN	01:10:13	01:09:19
17	350	Selena Cook	Como,MS	01:10:14	01:09:21

#### Male : Ages 50-54

1	368	Dean Ives	Hendersonville,TN	00:24:53	00:24:43
2	357	Walter Harris lii	Nashville,TN	00:26:29	00:26:28
3	431	Milton Davis	Cordova,TN	00:28:00	00:27:53
4	389	Jawanza Keita	Wallingford,PA	00:33:36	00:33:36
5	413	Tim Mcshane	Minneapolis,MN	00:33:59	00:33:14
6	400	Shawn Johnson	Goodlettsville,TN	00:35:13	00:35:13
7	525	Alfonzo Alexander	Nolensville,TN	00:35:59	00:35:58
8	487	David Franklin	Pflugerville,TX	00:39:10	00:39:10
9	484	Romero Hardy	Eastpointe,MI	00:39:12	00:39:10
10	414	Jeff Austin	Minneapolis,MN	00:41:20	00:40:38
11	559	Web Webster	Franklin,TN	00:41:36	00:41:09
12	552	Gaetano Meanza	York,SC	00:49:38	00:48:52

#### Female : Ages 50-54

1	513	Susan Hart	Brentwood,TN	00:30:44	00:30:29
2	359	Kelley Marshall	Old Hickory,TN	00:30:55	00:30:31
3	387	Adrienne Gooch	Hendersonville,TN	00:31:00	00:30:35
4	351	Arnetta Clark	Batesville,MS	00:36:54	00:36:04
5	429	Cathy Smith	Springfield,TN	00:37:52	00:37:21
6	520	Angie Barnes	Franklin,TN	00:37:53	00:37:30
7	443	Terese Muschar	Brentwood,TN	00:38:07	00:37:49
8	471	Lori Osterdyk	Minneapolis,MN	00:42:12	00:41:28
9	349	Tracy Carter	Nashville,TN	00:48:01	00:47:10
10	510	Vickie Green	Nashville,TN	00:48:07	00:47:49
11	568	Michelle Jones	York,SC	00:49:36	00:48:49
12	444	Kay Williams	Lewisburg,TN	00:49:59	00:49:28
13	517	Theresa Costonis	Nashville,TN	00:50:02	00:49:32
14	460	Bonita Payne	Antioch,TN	00:52:49	00:51:55
15	519	Kelly Viveiros	Gallatin,TN	00:54:00	00:53:11
16	473	Annemarie Rein	Minneapolis,MN	00:55:10	00:54:30
17	426	Jennie Van Ochten	Nashville,TN	00:56:36	00:56:05
18	416	Lisa L Tropez-Arceneaux	New Orleans,LA	01:09:21	01:08:59
19	348	Kimberly Christian	Murfreesboro,TN	01:10:15	01:09:19

#### Male : Ages 55-59

1	496	William Mora	La Vergne,TN	00:22:18	00:22:16
2	365	David Padgett	Brentwood,TN	00:24:14	00:24:13
3	360	Andrew Harris	Old Hickory,TN	00:29:02	00:28:49
4	515	Ivan Russell	Murfreesboro,TN	00:31:37	00:31:24
5	364	Scott Tierno	Nashville,TN	00:32:01	00:31:51
6	423	Anthony Wilson	Nashville,TN	00:32:34	00:32:03
7	479	James Hale	Lithia Springs,GA	00:38:32	00:38:15



Pos	No	Name	From	Gun Time	Net Time
-----	----	------	------	----------	----------

### Female : Ages 55-59

1	452	Gwen Reese	Franklin, TN	00:31:58	00:31:56
2	380	Fairrae Fields	Nashville, TN	00:36:10	00:35:46
3	448	Carolyn Bowlds	Hermitage, TN	00:41:16	00:40:57
4	356	Veronica Williams	Nashville, TN	00:41:47	00:41:29
5	383	Andrea Perkins	Hendersonville, TN	00:44:48	00:44:23
6	439	Wendy Schunk	Brentwood, TN	00:48:34	00:47:44
7	355	Kathy Waggoner	Franklin, TN	00:54:01	00:53:11
8	421	Latonya Thompson	Nashville, TN	00:59:52	00:59:26
9	486	Madis Walker	Nashville, TN	00:59:54	00:59:28

### Male : Ages 60+

1	495	Alfredo Jesus Sequera	La Vergne, TN	00:23:10	00:23:09
2	506	Abraham Cervantes	Antioch, TN	00:24:05	00:24:04
3	527	Brian Hassett	Nashville, TN	00:27:20	00:27:16
4	395	Mark Hayon	Nashville, TN	00:28:48	00:28:44
5	363	Daniel Borsos	Nashville, TN	00:31:15	00:31:04
6	437	Richard Donnell	Nashville, TN	00:37:11	00:36:41
7	475	Alan Noel	South Orange, NJ	00:37:47	00:37:35
8	498	Ira Baxter	Nashville, TN	00:48:06	00:47:45
9	354	Dennis Waggoner	Franklin, TN	00:49:33	00:48:44
10	428	John Alexander	Nashville, TN	00:53:27	00:52:46
11	352	Chester Schmidt	Nashville, TN	01:02:26	01:01:39
12	507	Allen Hovious	Nashville, TN	01:02:27	01:01:41

### Female : Ages 60+

1	490	Lynn Patterson	Brentwood, TN	00:28:55	00:28:48
2	488	Ronda Etheridge	Nashville, TN	00:32:08	00:32:02
3	344	Lolita Bryant	Smyrna, TN	00:34:18	00:33:53
4	489	Kathy Lafever	Franklin, TN	00:37:16	00:36:57
5	569	Jane Stumpf	Nashville, TN	00:43:20	00:43:10
6	447	Kim Waltman	Mount Juliet, TN	00:47:15	00:46:43
7	432	Lynn Taylor	Nashville, TN	00:48:57	00:48:27
8	406	Carol Mcdonough	Nashville, TN	00:56:15	00:55:44
9	353	Carolyn Schmidt	Nashville, TN	00:57:23	00:56:38
10	548	Tanya Davis	Antioch, TN	01:03:25	01:03:25
11	474	Susanne Tropez-Sims	Brentwood, TN	01:10:21	01:09:58

### Male : Unknown

1	239	Roderick Johnson	,SD	00:29:54	00:29:48
2	254	Bradley Sowell	,SD	00:42:52	00:42:45
3	235	Jamarius Williams	,SD	00:44:51	00:41:11
4	234	Dave Barnum	,SD	00:44:52	00:41:09
5	252	Aj Powell	,SD	00:48:37	00:48:27
6	263	Zion Byars	,SD	01:01:46	01:01:09
7	256	Dallas Powell	,SD	01:01:48	01:01:32
8	255	Brian Giddens	,SD	01:01:48	01:01:10
9	248	Devin McClendon	,SD	01:01:49	01:01:09
10	241	Jerrold Brown	,SD	01:01:50	01:01:15
11	246	Tavarious Olstein	,SD	01:01:53	01:01:13

Pos	No	Name	From	Gun Time	Net Time
12	244	Lamontae Fitts	,SD	01:03:13	01:02:34
13	242	Jayden Murphy	,SD	01:04:04	01:03:27
14	249	Derrick Kenner	,SD	01:04:42	01:04:06
15	253	Tavares Buchanan	,SD	01:04:44	01:04:24
16	264	Kemori Hobson	,SD	01:04:44	01:04:28
17	257	Ricky Scott	,SD	01:08:45	01:08:29
18	247	Devin King	,SD	01:08:56	01:08:40

**Female : Unknown**

1	237	Izzy Perkinson	,SD	00:38:06	00:34:26
2	233	Tanisha Stenson	,SD	01:02:42	00:59:05