

Frigid 2019  
Age Group Results

Frigid 5k

Female 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	KELBI PIERCE	DENVER NC	13	3917	3	31:16.1	6:15/K	
2	RILEY CORN	CHARLOTTE NC	14	3958	8	33:03.9	6:37/K	1:47.7
3	PIPER SHUSTER	CHARLOTTE NC	14	3953	9	33:04.5	6:37/K	1:48.4
4	MARY-HELEN MURDEN	CHARLOTTE NC	1	3999	14	35:10.1	7:02/K	3:53.9
5	RILEY MOORE	CHAPIN SC	12	4020	49	42:29.4	8:30/K	11:13.3
6	AVA THORNTON	HARRISBURG NC	14	6913	95	48:14.8	9:39/K	16:58.7
7	AVERY MOORE	CHAPIN SC	14	4177	122	51:51.1	10:22/K	20:34.9
8	KATIE WALKER	CRAMERTON NC	13	4074	125	52:19.0	10:28/K	21:02.9
9	ATHERTON WOLDING	HUNTERSVILLE NC	10	6921	140	58:07.5	11:37/K	26:51.4
10	RILEY BARTOS	MOORESVILLE NC	13	4127	143	59:20.9	11:52/K	28:04.8

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	MCKENNA CORN	CHARLOTTE NC	16	4026	13	35:04.3	7:01/K	
2	KRISTEN EVANS	CHARLOTTE NC	15	3998	17	36:55.5	7:23/K	1:51.1
3	DANIELLE AIELLO	MATTHEWS NC	17	4050	34	39:41.2	7:56/K	4:36.9
4	MACKENZIE HEARN	CHAPIN SC	19	4047	45	42:19.3	8:28/K	7:15.0
5	JENNIFER RADEBAUGH	LINCOLNTON NC	17	4095	48	42:23.9	8:29/K	7:19.6
6	JOANNA LEE	MATTHEWS NC	17	4130	108	49:53.0	9:59/K	14:48.7

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Dysen Neeb	Atlanta GA	23	6950	10	33:23.3	6:41/K	
2	COURTNEY CARROLL	CHARLOTTE NC	23	4034	11	34:02.3	6:48/K	0:39.0
3	ANGELA POLLEX	TROUTMAN NC	23	4029	16	36:30.3	7:18/K	3:07.0
4	SCARLETT LISTER	CHARLOTTE NC	21	4075	36	39:58.1	8:00/K	6:34.8
5	HANNAH SKIDMORE	CHARLOTTE NC	22	4068	39	41:34.7	8:19/K	8:11.4
6	JULIA VIZNYAK	BOILING SPRINGS SC	20	4098	41	41:51.5	8:22/K	8:28.2
7	KAREN SEMRAU	CHARLOTTE NC	22	6680	52	43:15.2	8:39/K	9:51.9
8	EMILY ADAMS	CHARLOTTE NC	24	4038	58	44:12.9	8:50/K	10:49.6
9	MARIANA TROY	MATTHEWS NC	24	6869	62	44:19.7	8:52/K	10:56.4
10	HANNAH WILKIE	CHARLOTTE NC	23	4148	74	45:31.3	9:06/K	12:08.0
11	ALISSA BLOCKER	FORT MILL SC	23	4062	76	45:37.5	9:07/K	12:14.2
12	KATHERINE SCHNEIDER	CHARLOTTE NC	23	6774	79	45:50.8	9:10/K	12:27.5
13	KATIE MORGAN	MONROE NC	24	6922	82	46:04.0	9:13/K	12:40.7
14	MARISA THORNTON	LEXINGOTN SC	21	6895	120	51:32.5	10:18/K	18:09.2
15	MARIA GARLAND	FORT MILL SC	23	6810	126	52:42.6	10:32/K	19:19.3
16	TAYLOR MILLICAN	GASTONIA NC	20	4158	145	59:22.2	11:52/K	25:58.9

\*Overall place within gender

Frigid 2019  
Age Group Results

**Frigid 5k**

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
17	Cara Goforth	Marshall NC	20	3504	154	1:03:26.0	12:41/K	30:02.7
18	TABITHA SIMS	BELMONT NC	23	6676	158	1:05:13.2	13:03/K	31:49.9

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	BRIDGET CONROY	CHARLOTTE NC	29	3992	1	29:03.6	5:49/K	
2	Laura Page	Acworth GA	27	6947	2	31:08.9	6:14/K	2:05.3
3	JAIME LEE KELLER	CHARLOTTE NC	28	3991	4	31:30.6	6:18/K	2:26.9
4	LAUREN MOPHETT	CHARLOTTE NC	29	3914	6	32:24.1	6:29/K	3:20.5
5	MOIRA DOLAN	CAHRLOTTE NC	26	4036	15	36:10.5	7:14/K	7:06.8
6	KRISTIN MOODY	CHARLOTTE NC	29	4184	32	39:19.6	7:52/K	10:16.0
7	COURTNEY WANGEN	CHARLOTTE NC	28	4023	33	39:40.9	7:56/K	10:37.2
8	BRITTANY TETLOW	CHARLOTTE NC	28	4056	37	40:20.9	8:04/K	11:17.2
9	DANIELLE STANISLAUS	CHARLOTTE NC	29	4076	43	42:02.5	8:24/K	12:58.8
10	DANIELLE EARNHARDT	LANDIS NC	26	4166	51	42:57.4	8:35/K	13:53.8
11	KATIE JONES	CHARLOTTE NC	27	6952	54	43:39.4	8:44/K	14:35.8
12	AUDREY CONNER	CHARLOTTE NC	27	4105	59	44:15.5	8:51/K	15:11.8
13	LAUREN MILLIGAN	MATTHEWS NC	29	6765	66	44:49.4	8:58/K	15:45.7
14	EMILY CRAFT	CHARLOTTE NC	27	4168	69	44:57.2	8:59/K	15:53.5
15	KATHERINE FRAY	WAXHAW NC	28	6858	71	45:17.1	9:03/K	16:13.5
16	KELSEY OVERBECK	ROCK HILL SC	27	4101	72	45:21.1	9:04/K	16:17.4
17	ASHMEY MINDA	CHARLOTTE NC	26	4132	75	45:31.6	9:06/K	16:27.9
18	ERIN JONES	CHARLOTTE NC	27	4055	77	45:38.8	9:08/K	16:35.2
19	KATHERINE BALLARD	MOORESVILLE NC	27	4142	78	45:44.1	9:09/K	16:40.4
20	MICHELLE SMITH	CHARLOTTE NC	28	4146	80	45:55.3	9:11/K	16:51.6
21	BRIANNE WHITLEY	CHARLOTTE NC	27	4187	81	46:01.8	9:12/K	16:58.2
22	KRISTEN DIGGS	CHARLOTTE NC	29	4118	84	46:25.2	9:17/K	17:21.5
23	TIFFANY CHAN	KERNERSVILLE NC	29	6675	85	46:32.8	9:18/K	17:29.2
24	KAYLA AITON	MOUNT PLEASANT	25	4160	86	46:33.8	9:19/K	17:30.2
25	EMILY MULLINS	GASTONIA NC	27	6865	89	46:56.4	9:23/K	17:52.8
26	Chelsea Ponzo	Mount Holly NC	27	6959	92	47:49.6	9:34/K	18:45.9
27	SARA HUNTER	MT. HOLLY NC	27	6912	96	48:18.4	9:40/K	19:14.8
28	MACKENZIE VIOLASSI	CHARLOTTE NC	25	4124	98	48:54.0	9:47/K	19:50.4
29	NIKKI CURLEY	GASTONIA NC	27	4188	99	49:03.5	9:49/K	19:59.9
30	TAYLOR KNIGHT	BELMONT NC	26	4179	101	49:24.4	9:53/K	20:20.8
31	SISSY SIMPSON	48067 NC	25	4196	107	49:52.8	9:58/K	20:49.2
32	ERIN LEWIS	CHARLOTTE NC	28	6940	110	50:07.9	10:01/K	21:04.3
33	SAMANTHA PAGE	HARRISBURG NC	26	6864	112	50:20.8	10:04/K	21:17.2
34	BRIENNA SCHROEDER	ROCK HILL SC	28	6679	116	50:38.9	10:08/K	21:35.2
35	CARLY EDGE	STANLEY NC	26	4144	117	50:45.7	10:09/K	21:42.1

\*Overall place within gender

Frigid 2019  
Age Group Results

**Frigid 5k**

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
36	VALERIE ROBLES	CHARLOTTE NC	27	6901	118	50:47.6	10:09/K	21:43.9
37	JULIANNA SEBADE	CHARLOTTE NC	26	6890	119	50:55.5	10:11/K	21:51.9
38	ALEXIS DRAGAN	CHARLOTTE NC	26	6673	124	51:57.5	10:23/K	22:53.9
39	JORDAN FORD	YORK SC	27	4156	128	52:53.9	10:35/K	23:50.2
40	ALI MCCRAW	HUNTERSVILLE NC	26	4071	131	53:43.7	10:45/K	24:40.0
41	WHITNEY STEELE	YORK SC	28	6925	147	1:00:31.6	12:06/K	31:28.0
42	EMILY SCRUGGS	CHARLOTTE NC	26	6878	151	1:02:05.4	12:25/K	33:01.8
43	EMILY DICKSON	GASTONIA NC	26	6886	152	1:03:05.7	12:37/K	34:02.0
44	VICTORIA KELLOUGH	GASTONIA NC	28	4141	159	1:05:14.5	13:03/K	36:10.9

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	KERRI VARDON	MATTHEWS NC	32	4109	12	34:06.4	6:49/K	
2	ALANNA HENSLEY	SHELBY NC	31	4059	24	37:31.9	7:30/K	3:25.4
3	WHITNEY FREIZE	GASTONIA NC	31	4058	25	37:33.6	7:31/K	3:27.1
4	ELIZABETH KUNZ	CHARLOTTE NC	30	3378	28	38:08.4	7:38/K	4:02.0
5	SHANTI PINTO	CHARLOTTE NC	33	4135	29	38:16.8	7:39/K	4:10.3
6	COREEN MACDONALD	FORT MILL SC	32	6958	30	38:26.5	7:41/K	4:20.0
7	MARGARET COLVIN	ROCK HILL SC	32	4176	53	43:16.2	8:39/K	9:09.7
8	KAMERON MOEBES	CHARLOTTE NC	31	4073	55	43:40.1	8:44/K	9:33.6
9	CANDICE VAN DER	CHARLOTTE NC	33	6546	56	43:48.5	8:46/K	9:42.0
10	BRITTNEY JOHNSON	CHARLOTTE NC	33	4139	57	44:08.6	8:50/K	10:02.1
11	EMILY HAWKINS	CHARLOTTE NC	33	4138	70	45:06.3	9:01/K	10:59.8
12	LOREN LOVELACE	MOUNT HOLLY NC	33	4150	87	46:47.1	9:21/K	12:40.6
13	ELYSE MILLER	CHARLOTTE NC	31	4162	88	46:56.3	9:23/K	12:49.8
14	EMILY MARROSO	CHARLOTTE NC	30	6859	100	49:14.6	9:51/K	15:08.1
15	SHELLEY LYTTLE	CHARLOTTE NC	33	3407	104	49:39.4	9:56/K	15:32.9
16	LINDSAY CASTELLOW	DURHAM NC	31	6882	111	50:19.5	10:04/K	16:13.0
17	ALEXANDRA BECKHAM	HUNTERSVILLE NC	34	4147	115	50:30.1	10:06/K	16:23.6
18	STEPHENIE MOSLEY	BLYTHEWOOD SC	30	6677	133	53:50.4	10:46/K	19:43.9
19	LAURA MILLER	FOUNTAIN INN SC	31	6889	137	56:18.6	11:16/K	22:12.1
20	BRITTANY LAFONTAINE	INDIAN TRAIL NC	33	6917	138	57:04.5	11:25/K	22:58.0
21	NATALIE DUNN	GASTONIA NC	30	6887	153	1:03:06.6	12:37/K	29:00.1
22	SANDRA SZEJDA	CLAYTON NC	33	6883	155	1:03:34.6	12:43/K	29:28.1
23	ANNA RENDON	MOUNT HOLLY NC	34	6898	160	1:05:15.6	13:03/K	31:09.1

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
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\*Overall place within gender

Race Date  
February 09, 2019

Frigid 2019  
Age Group Results

**Frigid 5k**

**Female 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Holly Lovelers	Matthews NC	35	6945	7	32:37.7	6:31/K	
2	NATALIE HARDEN	FORT MILL SC	38	4064	19	37:14.7	7:27/K	4:36.9
3	JAIME PAGE	FORT MILL SC	36	6936	20	37:18.8	7:28/K	4:41.0
4	JENNIFER DYER	FORT MILL SC	37	6937	21	37:18.9	7:28/K	4:41.2
5	LAURA BACIK	FORT MILL SC	36	4009	22	37:19.9	7:28/K	4:42.1
6	MELISSA COLOSI	CHARLOTTE NC	36	4108	23	37:22.6	7:28/K	4:44.9
7	JAMIE WALDRON	CHARLOTTE NC	38	4161	40	41:48.8	8:22/K	9:11.1
8	DARA METCALF	CHARLOTTE NC	36	6866	42	42:01.5	8:24/K	9:23.8
9	DIANA MARTINEZ	CHARLOTTE NC	38	4091	44	42:09.0	8:26/K	9:31.3
10	ERIN FILSINGER	FORT MILL SC	38	4178	60	44:16.8	8:51/K	11:39.1
11	WENDY KIMBALL	CHARLOTTE NC	39	6860	65	44:42.5	8:56/K	12:04.8
12	SHANNON SELLERS	BESSEMER CITY NC	38	4099	67	44:51.2	8:58/K	12:13.5
13	JILL STEVENS	CHARLOTTE NC	37	6911	73	45:23.5	9:05/K	12:45.7
14	BRONWYN ROBERTS	COLUMBIA SC	39	6888	97	48:22.6	9:40/K	15:44.8
15	ASHLEY CUNNINGHAM	GASTONIA NC	37	6593	103	49:33.4	9:55/K	16:55.7
16	KIERSTEN MALO	CHARLOTTE NC	37	6918	135	54:15.4	10:51/K	21:37.7
17	ALISHA TERRONES	CHARLOTTE NC	36	6924	144	59:21.8	11:52/K	26:44.0

**Female 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	MICHELLE TAYLOR	HUNTERSVILLE NC	43	4087	31	38:39.2	7:44/K	
2	MARIE MCCANN	BELMONT NC	41	4089	35	39:54.5	7:59/K	1:15.3
3	Kimberly Neeb	Charlotte NC	40	6949	50	42:38.7	8:32/K	3:59.5
4	CINDY STEWART	GASTONIA NC	41	4171	61	44:17.2	8:51/K	5:38.0
5	CHERI RUDOLF	CHARLOTTE NC	41	4173	91	47:23.2	9:29/K	8:44.0
6	DEANNE KISSINGER	CHARLOTTE NC	44	4117	93	48:04.5	9:37/K	9:25.3
7	AMY JOHNSON	CHARLOTTE NC	43	6674	102	49:24.7	9:53/K	10:45.5
8	LAURA DAVIS	VALE NC	40	4193	123	51:57.0	10:23/K	13:17.8
9	EMMA BAILEY	CLOVER SC	43	4126	129	53:31.8	10:42/K	14:52.6
10	RHONDA BROOM	CLOVER SC	44	6931	130	53:32.2	10:42/K	14:52.9
11	SUSIE WOLDING	HUNTERSVILLE NC	44	4088	141	58:08.1	11:38/K	19:28.9
12	REBECCA OBRYON	DALLAS NC	41	6885	161	1:18:34.8	15:43/K	39:55.6

**Female 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Daniela SCHUSTER	CHARLOTTE NC	47	6956	5	32:23.3	6:29/K	
2	MARIBEL BUNICH	CHARLOTTE NC	45	4163	46	42:21.8	8:28/K	9:58.5
3	JENNIFER RADEBAUGH	LINCOLNTON NC	47	4094	47	42:22.7	8:28/K	9:59.4

\*Overall place within gender

Frigid 2019  
Age Group Results

**Frigid 5k**

**Female 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
4	ROCHELLE RUPPE	BOILING SPRINGS SC	48	6877	83	46:05.7	9:13/K	13:42.4
5	JULIA WALTERS	MONROE NC	49	4140	90	47:20.7	9:28/K	14:57.4
6	TANYA SESSIONS	MOUNT HOLLY NC	47	4131	94	48:08.8	9:38/K	15:45.5
7	TIFFANY STEWART	MOUNT HOLLY NC	48	4122	106	49:49.3	9:58/K	17:26.0
8	BETH CASSEN	CHARLOTTE NC	47	4116	113	50:21.0	10:04/K	17:57.7
9	KERREY KNISLEY	CHARLOTTE NC	48	6862	114	50:21.5	10:04/K	17:58.2
10	REBECCA COX	LEESVILLE SC	49	6896	121	51:34.2	10:19/K	19:10.9
11	JUDY JOYE	CHARLOTTE NC	49	6879	132	53:44.7	10:45/K	21:21.4
12	SUSAN PITTINARO	MATTHEWS NC	48	6915	134	53:52.5	10:46/K	21:29.2
13	WENDY ADAMS	ROCK HILL SC	49	6540	136	56:09.5	11:14/K	23:46.2
14	APRIL WILLIAMS	WINSTON SALEM NC	45	6916	139	57:23.7	11:29/K	25:00.4
15	MARY ADAMS	WINSTON SALEM NC	47	4119	150	1:02:02.6	12:24/K	29:39.3
16	RACHEL GREENE	CHARLOTTE NC	49	6932	156	1:03:40.8	12:44/K	31:17.5

**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	SHILLINA REASER	ROCK HILL SC	52	4149	27	38:03.6	7:37/K	
2	JAMIE MORRIS-HALEY	CHARLOTTE NC	54	6894	109	50:00.4	10:00/K	11:56.8
3	KATHIE DUHON	GREENVILLE SC	54	6671	127	52:52.1	10:34/K	14:48.5
4	RUTH STEELE	YORK SC	51	6926	142	59:02.4	11:48/K	20:58.8
5	MARCIE JONES-WILSON	CHARLOTTE NC	50	6672	148	1:00:47.7	12:09/K	22:44.1
6	HEATHER SHORE	STALLINGS NC	51	6930	149	1:01:05.4	12:13/K	23:01.8
7	DONA WARSHAW	CHARLOTTE NC	51	6824	157	1:05:00.6	13:00/K	26:57.0

**Female 55 and Over**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Sharon Ruble	Tega Cay SC	58	6955	18	37:04.5	7:25/K	
2	CONNIE PARK	GASTONIA NC	56	4015	26	38:01.8	7:36/K	0:57.3
3	FLORENCE MORROW	COLUMBIA SC	59	4054	38	40:21.9	8:04/K	3:17.3
4	CYNTHIA HUDSON	ROCK HILL SC	59	6678	63	44:41.6	8:56/K	7:37.0
5	KARI HERNDON	CHARLOTTE NC	56	4181	64	44:41.6	8:56/K	7:37.1
6	JAYE MEYER	CHAPEL HILL NC	58	6838	68	44:55.7	8:59/K	7:51.1
7	Sheila Smiggen	Tega Cay SC	55	6954	105	49:45.8	9:57/K	12:41.2
8	LESLIE WOODRUFF	HUNTERSVILLE NC	55	6927	146	1:00:26.3	12:05/K	23:21.7

\*Overall place within gender

Frigid 2019  
Age Group Results

**Frigid 5k**

**Male No Age Provided**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Unknown Partic. 6939		0	6939	169	58:26.3	11:41/K	
2	Unknown Partic. 6929		0	6929	174	1:04:58.5	13:00/K	6:32.2

**Male 14 and Under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	RANGER GLASER	MOORESVILLE NC	14	3925	27	32:20.5	6:28/K	
2	TYLER JOHNSON	CHARLOTTE NC	14	4133	39	33:49.1	6:46/K	1:28.6
3	THEO RAMOS	MINT HILL NC	9	4039	63	36:08.9	7:14/K	3:48.4
4	CAIDEN SZEJDA	CLAYTON NC	10	6884	101	40:14.5	8:03/K	7:53.9
5	WILLIAM KIMBALL	CHARLOTTE NC	9	6861	128	44:38.7	8:56/K	12:18.2
6	CONRAD KNISLEY	CHARLOTTE NC	9	6863	129	44:41.5	8:56/K	12:21.0
7	JACK TENOLD	CLOVER SC	12	4183	157	52:19.1	10:28/K	19:58.5
8	LAWRENCE BULLOCK	MCLEAN VA	14	4113	177	1:37:02.2	19:24/K	1:04:41.

**Male 15 to 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	IAN WESSNER	DAVIDSON NC	18	3918	1	23:39.1	4:44/K	
2	RYAN HAMILTON	DAVIDSON NC	18	3909	2	25:18.7	5:04/K	1:39.5
3	Cooper Godwin	huntersville NC	18	6946	3	26:17.3	5:15/K	2:38.2
4	NOAH CARTER	GASTONIA NC	17	3916	6	27:36.1	5:31/K	3:57.0
5	CHARLES BLACK	MATTHEWS NC	17	3910	31	32:48.1	6:34/K	9:09.0
6	Elliott Diskin	Charlotte NC	16	6942	54	34:56.6	6:59/K	11:17.5
7	GRANT TURNER	VALDESE NC	19	6592	117	43:21.0	8:40/K	19:41.8
8	BRYSON SHORE	STALLINGS NC	15	6871	146	49:06.1	9:49/K	25:27.0
9	TEMUJIN BULLOCK	MCLEAN VA	19	4199	178	1:37:02.9	19:24/K	1:13:23.

**Male 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	JAKE REED	YORK SC	23	3922	18	31:08.5	6:14/K	
2	DAVID COX	COLUMBIA SC	21	1936	36	33:43.6	6:45/K	2:35.0
3	TRENTEN DUMAS	HUNTERSVILLE NC	24	4060	46	34:27.2	6:53/K	3:18.7
4	TAYLOR GUTIERREZ	CHARLOTTE NC	24	4115	62	35:41.4	7:08/K	4:32.8
5	PATRICK GIBBONS	CHARLOTTE NC	23	4093	93	39:01.2	7:48/K	7:52.7
6	JOE MORGAN	MONROE NC	24	4180	94	39:07.0	7:49/K	7:58.5
7	ZACHARY TALMADGED	MURFREESBORO TN	24	4012	107	41:04.5	8:13/K	9:55.9
8	PATRICK KANE	CHARLOTTE NC	23	4052	121	43:48.8	8:46/K	12:40.3

\*Overall place within gender

Frigid 2019  
Age Group Results

**Frigid 5k**

**Male 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
9	LUKE PTACEK	FORT MILL SC	22	4125	170	59:18.0	11:52/K	28:09.5
10	ALEX POWELL	CHARLOTTE NC	24	4041	176	1:17:32.5	15:30/K	46:24.0

**Male 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	LARS HAUGSTED	WAXHAW NC	25	3912	4	26:20.2	5:16/K	
2	JASON JASKIEWICZ	GASTONIA NC	29	3978	10	29:18.0	5:52/K	2:57.8
3	DAVID MCCUISTON	CHARLOTTE NC	27	3920	11	29:26.1	5:53/K	3:05.9
4	RUSH DICKSON	CHARLOTTE NC	28	3986	13	30:23.0	6:05/K	4:02.7
5	DAVID PAGE	HARRISBURG NC	29	3960	14	30:41.0	6:08/K	4:20.8
6	NATHAN VICKNAIR	CHARLOTTE NC	26	4000	16	30:58.4	6:12/K	4:38.1
7	CHRISTIAN GIBBENS	CHARLOTTE NC	26	4003	21	31:36.6	6:19/K	5:16.4
8	Justin Stolcs	Atlanta GA	26	6951	44	34:17.4	6:51/K	7:57.2
9	ZACK MARROSO	CHARLOTTE NC	29	4096	61	35:36.7	7:07/K	9:16.4
10	EMERSON HARRIS	CHARLOTTE NC	27	4042	65	36:11.0	7:14/K	9:50.8
11	TOM SWARTZ	CHARLOTTE NC	29	4136	66	36:18.0	7:16/K	9:57.8
12	TYLER LOWERY	CHARLOTTE NC	27	3997	67	36:23.6	7:17/K	10:03.3
13	CLINT MCMANUS	CHARLOTTE NC	28	4197	70	36:55.3	7:23/K	10:35.0
14	ALEX BREWSTER	CHARLOTTE NC	25	3994	71	36:57.9	7:23/K	10:37.6
15	PHILIPP RICKER	Charlotte NC	27	6935	76	37:34.4	7:31/K	11:14.1
16	HOLDEN RUDD	CHARLOTTE NC	27	6897	78	37:35.9	7:31/K	11:15.6
17	RYAN COLATRELLA	CHARLOTTE NC	28	3472	81	37:46.8	7:33/K	11:26.5
18	ZACHARY WHITLEY	CHARLOTTE NC	29	4032	82	37:48.1	7:34/K	11:27.8
19	ANDREW TROY	MATTHEWS NC	28	4106	84	37:53.9	7:35/K	11:33.7
20	BRANDON SCRUGGS	CHARLOTTE NC	29	6528	92	38:48.3	7:46/K	12:28.1
21	CHINTAN PATEL	CHARLOTTE NC	27	6892	95	39:39.5	7:56/K	13:19.2
22	WILLIAM WRIGHT	CHARLOTTE NC	27	4024	98	39:42.1	7:56/K	13:21.9
23	GREG HELLMAN	FORT MILL SC	29	4014	111	41:44.2	8:21/K	15:23.9
24	HIMANSHU AGARWAL	CHARLOTTE NC	27	4102	122	43:52.4	8:46/K	17:32.1
25	ANDREW SCHATNER	CHARLOTTE NC	29	6681	126	44:32.4	8:54/K	18:12.2
26	JOSHUA LESLIE	CHARLOTTE NC	25	4037	127	44:37.1	8:55/K	18:16.8
27	GARRETT TALMADGE	CHARLOTTE NC	26	4172	130	44:50.5	8:58/K	18:30.2
28	Chris Ralph	Charlotte NC	26	6943	139	47:41.9	9:32/K	21:21.7
29	THOMAS VAUGHAN	FORT MILL SC	28	6902	142	47:53.5	9:35/K	21:33.3
30	SPENCER SMITH	CHARLOTTE NC	29	6880	145	49:05.5	9:49/K	22:45.2
31	TIM WILLIAMS	CHARLOTTE NC	26	4198	148	49:53.1	9:59/K	23:32.8
32	BART CAVE	GREENSBORO NC	25	6820	154	51:35.9	10:19/K	25:15.6
33	RUSTY BOLDT	CONCORD NC	26	6906	163	54:00.8	10:48/K	27:40.6
34	TROY ZIMMERMANN	SAN ANTONIO TX	26	6909	165	54:24.5	10:53/K	28:04.3
35	JOHN ELMS	ROCK HILL SC	28	4186	168	55:46.4	11:09/K	29:26.1

\*Overall place within gender

Frigid 2019  
Age Group Results

Frigid 5k

Male 30 to 34

Place	Name	City	Age	Bib No	Overall*	Time	Pace	Time Back
1	BLAIN VANDERHOOF	CLOVER SC	32	3921	9	29:09.1	5:50/K	
2	WESLEY BENTON	MATTHEWS NC	31	4043	25	32:09.6	6:26/K	3:00.5
3	JONATHAN BELTZ	CHARLOTTE NC	31	4007	28	32:35.4	6:31/K	3:26.3
4	TROY KNIGHT	BELMONT NC	32	4022	50	34:48.8	6:58/K	5:39.6
5	MATTHEW LEMLEY	CHARLOTTE NC	31	4011	56	35:06.3	7:01/K	5:57.2
6	SCOTT HUFFARD	BEECH MOUNTAIN NC	33	4030	68	36:32.9	7:18/K	7:23.8
7	JACKSON SWITZER	CHARLOTTE NC	32	4080	72	36:59.7	7:24/K	7:50.5
8	JACK DAVIS	CORNELIUS NC	33	4066	74	37:21.3	7:28/K	8:12.2
9	CHASE HILDENBRAND	DENVER NC	33	4028	83	37:52.5	7:34/K	8:43.4
10	DAVE STEWART	CHARLOTTE NC	33	4070	99	39:44.2	7:57/K	10:35.0
11	BLAIR PROPERT	GASTONIA NC	31	4157	110	41:38.8	8:20/K	12:29.7
12	CHARLES WARNICK	CHARLOTTE NC	31	4104	114	42:06.6	8:25/K	12:57.5
13	CORY COLVIN	ROCK HILL SC	31	4175	116	43:14.7	8:39/K	14:05.6
14	WESLEY KNIGHT	CHARLOTTE NC	32	3965	119	43:39.9	8:44/K	14:30.8
15	ANDREW ROSENTHAL	HUNTERSVILLE NC	32	4151	120	43:43.7	8:45/K	14:34.6
16	PRESTON STANFORD	WINSTON SALEM NC	30	4137	123	44:15.9	8:51/K	15:06.7
17	KELLAN DAVIS	MOORE SC	31	4081	140	47:43.2	9:33/K	18:34.1
18	JOE DORE	CHARLOTTE NC	31	4167	143	48:16.7	9:39/K	19:07.5
19	KEVIN MILLER	BELMONT NC	30	6904	147	49:38.7	9:56/K	20:29.5
20	EDGAR GOMEZ	CHARLOTTE NC	32	6843	152	50:41.5	10:08/K	21:32.3
21	ANDREW SNIPES	CHARLOTTE NC	34	6899	158	52:22.8	10:28/K	23:13.7
22	JOSH JENKINS	STATESVILLE NC	30	6900	166	54:58.7	11:00/K	25:49.6

Male 35 to 39

Place	Name	City	Age	Bib No	Overall*	Time	Pace	Time Back
1	PETER DIXON	CHARLOTTE NC	37	1927	7	27:37.6	5:31/K	
2	BROCK GLASER	MOORESVILLE NC	39	3924	8	28:34.5	5:43/K	0:56.8
3	SHANE HARDEN	FORT MILL SC	38	3913	22	31:41.1	6:20/K	4:03.4
4	Kyle Lovelers	Matthews NC	35	6944	24	32:09.6	6:26/K	4:31.9
5	NICK TIDWELL	CLOVER SC	39	3995	32	32:50.3	6:34/K	5:12.6
6	MICHAEL FILSINGER	FORT MILL SC	39	4021	35	33:37.7	6:43/K	6:00.0
7	NATHAN KEATON	MOUNT HOLLY NC	37	4048	37	33:44.6	6:45/K	6:06.9
8	JOHN BURGER	CHARLOTTE NC	38	4010	41	33:53.6	6:47/K	6:15.9
9	BRETT GROLEAU	HUNTERSVILLE NC	35	4061	48	34:38.2	6:56/K	7:00.5
10	MATTHEW AUMAN	PINEVILLE NC	37	4044	55	35:02.4	7:00/K	7:24.7
11	LUKE NEILANS	CHARLOTTE NC	35	4082	59	35:24.4	7:05/K	7:46.7
12	AARON BACIK	FORT MILL SC	38	4049	88	38:29.6	7:42/K	10:51.9
13	JOE VALLATINI	BELMONT NC	38	4016	89	38:35.9	7:43/K	10:58.2
14	NOLAN PERKINS	MOORESVILLE NC	38	4129	103	40:20.2	8:04/K	12:42.5
15	RYAN COLOSI	CHARLOTTE NC	37	4107	105	40:39.8	8:08/K	13:02.1

\*Overall place within gender



Frigid 2019  
Age Group Results

**Frigid 5k**

**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
16	CLARENCE WHITE	WINSTON SALEM NC	35	4078	108	41:10.1	8:14/K	13:32.4
17	ROBERT DAVIS	SPARTANBURG SC	37	4097	113	42:05.8	8:25/K	14:28.1
18	ROBERT JOSEPH	CHARLOTTE NC	38	4191	118	43:30.9	8:42/K	15:53.2
19	NICOLE JOSEPH	CHARLOTTE NC	39	6870	124	44:23.8	8:53/K	16:46.1
20	KEVIN POHLMAN	TEGA CAY SC	37	4121	125	44:24.4	8:53/K	16:46.7
21	RAJ KUMAR	CHARLOTTE NC	36	4035	135	46:27.8	9:17/K	18:50.1
22	KARTHIK	FORT MILL SC	38	6961	138	47:23.3	9:29/K	19:45.6
23	MATT WALKOWIAK	CRAMERTON NC	38	4051	141	47:47.6	9:33/K	20:09.9
24	ASHISH PANDEY	FORT MILL SC	35	3981	149	50:13.5	10:03/K	22:35.8
25	RYAN LYTTLE	CHARLOTTE NC	35	6791	150	50:24.2	10:05/K	22:46.5
26	BRENDAN NEIBERGALL	HUNTERSVILLE NC	36	6881	153	50:53.5	10:11/K	23:15.8
27	JOHN DAVIS	VALE NC	37	4192	155	51:55.6	10:23/K	24:17.9
28	PETER HEARN	CHARLOTTE NC	35	6908	160	53:30.1	10:42/K	25:52.4
29	CHRIS BUNNEY	CHARLOTTE NC	36	6923	172	59:21.4	11:52/K	31:43.7
30	AVNEENDRA ARUN	FORT MILL SC	36	3984	175	1:08:15.5	13:39/K	40:37.8

**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	SERGEI ZHYK	CHARLOTTE NC	40	1895	5	27:25.4	5:29/K	
2	JUSTIN BROWN	HUNTERSVILLE NC	40	3990	20	31:31.9	6:18/K	4:06.5
3	CHAD DRAKE	KANNAPOLIS NC	43	3996	26	32:12.3	6:26/K	4:46.9
4	ZACK CARTER	DENVER NC	40	4027	29	32:35.6	6:31/K	5:10.2
5	MARK NEWMAN	CHARLOTTE NC	44	4045	30	32:47.8	6:33/K	5:22.3
6	AARON MAILLOUX	CHARLOTTE NC	44	4008	38	33:49.1	6:46/K	6:23.7
7	MARTIN LAMP	CHARLOTTE NC	42	4040	43	34:00.8	6:48/K	6:35.3
8	Mike Cunningham	Matthews NC	44	6938	45	34:21.0	6:52/K	6:55.5
9	ANDY MOORE	CHARLOTTE NC	42	4169	51	34:49.0	6:58/K	7:23.5
10	GREG MAY	HUNTERSVILLE NC	42	4001	64	36:09.1	7:14/K	8:43.7
11	BEN BROOM	CLOVER SC	43	4110	69	36:49.9	7:22/K	9:24.4
12	MATT VARNUM	HUNTERSVILLE NC	42	4165	73	37:03.3	7:25/K	9:37.9
13	TIM POLLARD	MOUNT HOLLY NC	42	4018	77	37:35.4	7:31/K	10:09.9
14	FERNANDO CUIS	HUNTERSVILLE NC	41	4065	85	38:05.7	7:37/K	10:40.3
15	BRANDON DRESCH	CHARLOTTE NC	40	3379	86	38:06.8	7:37/K	10:41.4
16	JOHN MOTTOLA	HUNTERSVILLE NC	43	4086	91	38:39.4	7:44/K	11:13.9
17	MICHAEL CARTER	GASTONIA NC	44	4002	96	39:40.0	7:56/K	12:14.5
18	RICHARD PRICE	MONROE NC	43	4120	97	39:41.4	7:56/K	12:15.9
19	ALEX MARTINEZ	CHARLOTTE NC	41	4090	106	40:57.4	8:11/K	13:31.9
20	TIM THORNTON	HARRISBURG NC	44	6914	109	41:13.1	8:15/K	13:47.6
21	KENNY SELLERS	BESSEMER CITY NC	42	4100	131	44:52.8	8:58/K	17:27.3
22	ARVIND VEDANTHAM	CHARLOTTE NC	44	4114	132	45:43.1	9:09/K	18:17.6

\*Overall place within gender

Race Date  
February 09, 2019

Frigid 2019  
Age Group Results

**Frigid 5k**

**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
23	JAY MILLER	MCADENVILLE NC	42	6857	144	49:02.5	9:48/K	21:37.1
24	ROBERT MARTINEZ	CONCORD NC	42	6910	164	54:24.2	10:53/K	26:58.7
25	BRYCE WOLFE	MOORESVILLE NC	44	4143	171	59:20.1	11:52/K	31:54.6

**Male 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Alex Neeb	Charlotte NC	47	6948	12	30:11.3	6:02/K	
2	SCOTT LEMOS	CHARLOTTE NC	47	3915	15	30:51.7	6:10/K	0:40.4
3	PETER NOSTROM	CHARLOTTE NC	47	6963	33	32:52.2	6:34/K	2:40.9
4	PHIL SCRUGGS	PLYMOUTH IN	45	4046	49	34:44.2	6:57/K	4:32.9
5	JARED RORRER	CHARLOTTE NC	45	3985	52	34:52.3	6:58/K	4:41.0
6	JIM THOMPSON	CHARLOTTE NC	48	4083	60	35:28.0	7:06/K	5:16.7
7	SCOTT BLACK	CHARLOTTE NC	48	4005	87	38:15.1	7:39/K	8:03.8
8	MIKE ENZWILER	HUNTERSVILLE NC	45	4128	90	38:37.3	7:43/K	8:26.0
9	Matt Smith	Charlotte NC	45	6933	104	40:36.6	8:07/K	10:25.3
10	RICHARD KING	DAVIDSON NC	49	4067	115	42:20.8	8:28/K	12:09.5
11	CRAIG VARNUM	HUNTERSVILLE NC	48	6779	133	46:01.6	9:12/K	15:50.3
12	ADAM ZECK	CHARLOTTE NC	48	6856	136	46:47.6	9:21/K	16:36.3
13	ROB SIMPSON	ROCK HILL SC	48	4134	137	46:58.4	9:24/K	16:47.1
14	CHUCK TENOLD	CLOVER SC	49	4182	156	52:18.9	10:28/K	22:07.6
15	BRYANT OWENS	CHARLOTTE NC	49	6928	159	52:58.9	10:36/K	22:47.6
16	Scott Rudolph	CHARLOTTE NC	48	4174	161	53:32.7	10:42/K	23:21.4
17	JOHN JOYE	WILMINGTON NC	47	6891	162	53:45.3	10:45/K	23:34.0
18	FRANKIE CARNS	CHARLOTTE NC	49	6893	173	1:02:53.3	12:35/K	32:42.0

**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	CHIP HULBERT	CHARLOTTE NC	54	3911	19	31:15.3	6:15/K	
2	Harry Shaw	Charlotte NC	50	6960	23	32:00.1	6:24/K	0:44.8
3	BRYAN PEIRCE	HUNTERSVILLE NC	51	4053	34	33:19.7	6:40/K	2:04.4
4	HOWARD SWEET	CHARLOTTE NC	53	3993	40	33:52.5	6:46/K	2:37.2
5	Phil Gibbons	Charlotte NC	52	6953	42	33:54.7	6:47/K	2:39.4
6	Brent Brewer	Gastonia NC	51	6957	47	34:30.3	6:54/K	3:15.0
7	DARIN BIRD	DENVER NC	50	4013	53	34:53.1	6:59/K	3:37.7
8	PETER DANCZEWSKI	CHARLOTTE NC	51	6542	102	40:19.2	8:04/K	9:03.9
9	GREGORY JACKSON	CLOVER SC	54	4123	112	41:54.5	8:23/K	10:39.2
10	ERIC MCKAIG	TRYON NC	52	6876	134	46:05.6	9:13/K	14:50.3
11	SRIDHAR VADLAPUDI	HUNTERSVILLE NC	50	4103	151	50:24.4	10:05/K	19:09.0

\*Overall place within gender

Race Date  
February 09, 2019

Frigid 2019  
Age Group Results

**Frigid 5k**

Male 55 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	BRENNEMAN	CHARLOTTE NC	60	3926	17	31:01.9	6:12/K	
2	PAUL HERNDON	CHARLOTTE NC	55	4025	57	35:15.3	7:03/K	4:13.4
3	TOM TORKILDSEN	MATTHEWS NC	63	4079	58	35:18.0	7:04/K	4:16.1
4	Tim Page	Acworth GA	59	6941	75	37:23.2	7:29/K	6:21.3
5	TIMOTHY RYAN	MATTHEWS NC	64	6934	79	37:43.7	7:33/K	6:41.8
6	Jeff Linson		62	6962	80	37:45.5	7:33/K	6:43.6
7	JAMESON WELLS	CHARLOTTE NC	62	4057	100	39:48.8	7:58/K	8:46.8
8	TOM KITRICK	CONCORD NC	62	6903	167	55:35.2	11:07/K	24:33.3

\*Overall place within gender