

Flat Out 5K & 1 Mile

Timing by East Carolina Road Racing, www.ecrun.org
Greenville, NC June 27, 2009

1. 1:01:05 East Carolina University Running Club (20:22)

1 18:43 74 Moore Phillips
2 19:50 38 Damarius Hayes
3 22:32 50 Tiffany Lee
4 (23:08) 64 Andrew Morehead
5 (23:27) 104 Geoffrey Walker
6 (24:49) 54 Patrick Masina
7 (25:27) 40 Jason Honeycutt

2. 1:03:18 Viquest (21:06)

1 19:45 51 Josh Lewis
2 20:45 205 Ben Olson
3 22:48 91 Emery Smith
4 (23:04) 25 Neal Fox
5 (24:28) 58 Lauren Melton
6 (25:14) 57 John McLean
7 (25:52) 84 Marvin Riggs

3. 1:09:02 Snap Fitness (23:01)

1 21:52 22 James Elliott
2 23:23 75 Thomas Phillips, Jr.
3 23:47 28 Chuck Guard
4 (23:48) 88 Nathan Sams
5 (23:51) 12 Ryan Cobey
6 (25:50) 101 Chris Turner
7 (25:53) 67 Michael Newman

4. 1:19:03 MEN OF STANDARD (26:21)

1 24:07 151 Sheldon McLain
2 24:59 187 Andre Perkins
3 29:57 226 Rashan Underwood

5. 1:22:00 Yada Yada Yada (27:20)

1 22:51 94 Darrell Swing
2 28:21 49 Jennifer Lanier
3 30:48 3 Diane Barnes
4 (32:09) 87 Rita Roy

- 5 (34:45) 93 Lisa Swing
- 6 (39:49) 16 Kathy Curran
- 7 (40:35) 76 Courtney Pruett

6. 1:34:45 Team Discovery (31:35)

- 1 27:51 78 Jon Rennie
- 2 32:58 21 Heather Dunnigan
- 3 33:56 80 Jake Rennie
- 4 (35:12) 79 Zach Rennie
- 5 (35:36) 207 Christina Kogut
- 6 (40:47) 77 Valerie Rennie
- 7 (46:36) 34 Josh Hansen

7. 2:05:38 Co WALKers (41:53)

- 1 40:16 86 Ruth Robertson
- 2 41:31 71 David Parrish
- 3 43:51 70 Charles Parker
- 4 (44:00) 105 Stephanie Wall
- 5 (52:01) 69 Tina Parker