



34th Annual

*** Cave Spring 5K & 1Mi. ***

06-12-21



OVERALL 5K RESULTS

Timing by

Overall	Athlete	Time	Age	Sex	City	State	Pace	Bib#
1	Ryan Shrum	0:18:21.6	53	M	Chickamauga	GA	5:55	1194
2	Dalton Benefield	0:19:26.1	16	M	Cedartown	GA	6:15	1242
3	Dennison Strickland	0:19:34.4	48	M	Dallas	GA	6:18	1201
4	Knox James	0:19:52.6	14	M	Cedartown	GA	6:24	1158
5	Bekah Houston	0:19:54.1	26	F	Dalton	GA	6:24	1235
6	Jesus Martinez	0:20:42.4	17	M	Rome	GA	6:40	1168
7	Eli Moon	0:21:05.5	16	M	RomeRome	GA	6:47	1177
8	Mark Hannah	0:21:13.9	48	M	Rome	GA	6:50	1146
9	Amanda Frayeh	0:21:44.3	35	F	Minneapolis	MN	7:00	1244
10	Daniel Sun	0:22:01.2	14	M	Cedartown	GA	7:05	1253
11	Brad Thomas	0:22:05.5	37	M	Cincinnati	OH	7:07	1205
12	Jonathan Urquhart	0:22:08.3	34	M	Cave Spring	GA	7:08	1210
13	Ken Pharoah	0:22:47.9	59	M	Rome	GA	7:20	1185
14	Mason Molidor	0:23:03.0	14	M	Cedartown	GA	7:25	1175
15	Tommy Lewis	0:23:11.4	50	M	Centre	AL	7:28	1241
16	Preston Ledford	0:23:55.7	27	M	Ringgold	GA	7:42	1165
17	Zach Tatum	0:24:02.0	16	M	Cave Spring	GA	7:44	1226
18	Lisa Deaton	0:24:09.3	56	F	Charleston	SC	7:46	1122
19	Randy Stroud	0:24:14.5	66	M	Acworth	GA	7:48	1202
20	Tricia Smith	0:25:06.1	35	F	Rome	GA	8:05	1198
21	Kevin Ayers	0:25:29.9	51	M	Bremen	GA	8:12	1105
22	Anthony Yandow	0:25:41.9	36	M	Cedartown	GA	8:16	1218
23	Jim Upton	0:26:09.8	77	M	Albertville	AL	8:25	1208
24	Mike Matte	0:26:14.0	58	M	Euharlee	GA	8:27	1170
25	Jason McCumbers	0:26:42.2	46	M	Rockmart	GA	8:36	1173
26	John Dillard	0:26:42.7	66	M	Rome	GA	8:36	1124
27	Sharon Baxter	0:26:46.1	56	F	Tennga	GA	8:37	1106
28	Jennifer Coleman	0:26:48.1	58	F	Rome	GA	8:38	1120
29	Luis Rabelo	0:26:52.4	42	M	Dalton	GA	8:39	1188
30	Ryan Rush	0:27:00.0	10	M	Rome	GA	8:41	1191
31	Randy Land	0:27:12.0	61	M	Rome	GA	8:45	1164
32	Mary Hartman	0:27:15.8	50	F	Rome	GA	8:47	1147
33	Anne Cook	0:27:25.5	58	F	Lyerly	GA	8:50	1233
34	Alanna Beck	0:27:29.1	34	F	Centre	AL	8:51	1230
35	Kristi Rose	0:27:53.5	47	F	Cartersville	GA	8:59	1190
36	Wendy Houston	0:28:04.0	55	F	Rocky Face	GA	9:02	1234
37	Meredith Head	0:28:04.5	32	F	Cartersville	GA	9:02	1149
38	Anthony Yandow	0:28:16.1	13	M	Cedartown	GA	9:06	1219
39	Shyanne Gentry	0:28:37.9	44	F	Cartersville	GA	9:13	1136

40	Mike Brown	0:28:38.7	67	M	Cave Spring	GA	9:13	1115
41	Julie Harris	0:28:39.4	55	F	Rome	GA	9:13	1237
42	Jonna Massey	0:28:50.6	15	F	Cave Spring	GA	9:17	1250
43	Tyler Tirrell	0:28:55.8	27	M	Cartersville	GA	9:19	1206
44	David Campbell	0:29:02.4	48	M	Calhoun	GA	9:21	1243
45	Tammie Taylor	0:29:08.4	44	F	Rome	GA	9:23	1228
46	Christie Parker	0:29:14.6	41	F	Acworth	GA	9:25	1184
47	Chuck Brendle	0:29:15.3	43	M	Adairsville	GA	9:25	1114
48	Kevin King	0:29:37.9	39	M	Cedartown	GA	9:32	1162
49	Chris King	0:29:49.2	58	M	Centre	AL	9:36	1161
50	William Campbell	0:30:08.3	61	M	Rome	GA	9:42	1249
Overall	Athlete	Time	Age	Sex	City	State	Pace	Bib#
51	Cleveland Jackson	0:30:18.6	30	M	Cave Spring	GA	9:45	1156
52	George Southgate	0:30:28.7	74	M	Calhoun	GA	9:49	1199
53	Howard Jones	0:31:02.0	60	M	Cave Spring	GA	9:59	1236
54	Jenny Hawkins	0:31:09.2	39	F	Lindale	GA	10:02	1148
55	Stan Watson	0:31:18.0	63	M	Cave Spring	GA	10:05	1215
56	Susie Lackey	0:31:23.1	68	F	Cartersville	GA	10:06	1163
57	John Earwood	0:31:26.2	61	M	Marietta	GA	10:07	1126
58	Julie McAlister	0:31:34.2	57	F	Rockmart	GA	10:10	1172
59	Jennifer Bledsoe	0:31:44.4	53	F	Euharlee	GA	10:13	1109
60	Jacob Yandow	0:31:44.5	10	M	Cedartown	GA	10:13	1221
61	Amy Hakala	0:31:53.7	48	F	Rome	GA	10:16	1145
62	Scott Shores	0:32:01.4	47	M	Rome	GA	10:18	1193
63	Kelsey Jackson	0:32:03.8	28	F	Cave Spring	GA	10:19	1227
64	Leslie Jackson	0:32:33.2	58	F	Cave Spring	GA	10:29	1157
65	David Presley	0:32:36.9	66	M	Fort Oglethorpe	GA	10:30	1239
66	Michelle Castellanos	0:32:41.6	27	F	Rome	GA	10:31	1118
67	Scott Elliott	0:32:53.7	48	M	Pell City	AL	10:35	1131
68	Rachel Earwood	0:32:58.8	26	F	Marietta	GA	10:37	1127
69	Ginni Poole	0:33:09.8	37	F	Rome	GA	10:41	1186
70	Dora Dixon	0:33:16.8	44	F	Cave Spring	GA	10:43	1125
71	Donna Osborne	0:33:31.3	57	F	HiramHiram	GA	10:47	1182
72	Sarah Grimes	0:33:40.8	31	F	Rome	GA	10:50	1142
73	Angela Groves	0:33:45.9	54	F	Rome	GA	10:52	1143
74	Brad Bradley	0:34:12.1	52	M	Franklin	GA	11:01	1238
75	Meghann Henderson	0:34:26.2	34	F	Adairsville	GA	11:05	1150
76	Rafe Hankey	0:34:46.3	14	M	Ford City	PA	11:12	1246
77	Gibson Hicks	0:34:48.3	20	M	Cave Spring	GA	11:12	1154
78	Ben Baltolvio	0:34:57.4	14	M	Ford City	PA	11:15	1248
79	Laura Hicks	0:35:12.7	51	F	Cave Spring	GA	11:20	1152
80	Lindsey Sprewell	0:35:13.5	26	F	Carrollton	GA	11:20	1200
81	Jerriann Nelson	0:35:21.8	49	F	Lindale	GA	11:23	1180
82	Julie Burton	0:36:28.4	51	F	Cave Spring	GA	11:44	1116
83	Jeremy Johnson	0:36:42.7	41	M	Cedar Bluff	AL	11:49	1159
84	Lily Urquhart	0:36:51.8	8	F	Cave Spring	GA	11:52	1212
85	Laurie Urquhart	0:36:52.5	35	F	Cave Spring	GA	11:52	1209

86	Steven Powers	0:37:28.1	34	M	Rome	GA	12:04	1187
87	Caroline Anthony	0:37:35.4	34	F	Cave Spring	GA	12:06	1104
88	Ted Hegenbarth	0:38:16.2	79	M	Gadsden	AL	12:19	1232
89	Cody Watson	0:38:25.8	22	M	Wetumpka	AL	12:22	1247
90	Wendell Hicks	0:38:26.3	60	M	Cave Spring	GA	12:22	1153
91	Nancy McKelvey	0:38:28.1	55	F	Acworth	GA	12:23	1174
92	Lance Estes	0:38:35.8	27	M	Centre	AL	12:25	1133
93	Jamie Estes	0:38:36.7	35	F	Centre	AL	12:26	1132
94	Macy Edwards	0:38:50.0	26	F	Rome	GA	12:30	1128
95	Ericka Coleman	0:38:50.2	26	F	Summerville	GA	12:30	1119
96	Barbara Morris	0:38:57.7	59	F	Cedartown	GA	12:33	1178
97	Greta Flaherty	0:39:11.1	51	F	Rome	GA	12:37	1134
98	Adam Yandow	0:40:10.7	11	M	Cedartown	GA	12:56	1220
99	Amy Bowman	0:40:23.4	24	F	Carrollton	GA	13:00	1111
100	Jackson Urquhart	0:40:25.4	11	M	Cave Spring	GA	13:01	1211
Overall	Athlete	Time	Age	Sex	City	State	Pace	Bib#
101	Sue Turnquist	0:40:31.6	54	F	Rome	GA	13:03	1207
102	Kenneth Shannon	0:41:38.3	57	M	Rome	GA	13:24	1192
103	Amy Simmons	0:42:09.1	47	F	Rome	GA	13:34	1195
104	Shannon Boatner	0:42:21.6	50	F	Cedartown	GA	13:38	1110
105	Lewis Copeland	0:42:37.0	84	M	Rome	GA	13:43	1121
106	Abby Moon	0:44:10.0	13	F	RomeRome	GA	14:13	1176
107	Mary Gresham	0:44:37.9	62	F	Rome	GA	14:22	1141
108	Michael Leibowitz	0:45:48.2	68	M	Charleston	SC	14:45	1166
109	Tina Richardson	0:47:07.9	56	F	Rockmart	GA	15:10	1189
110	Janice Stroud	0:48:03.2	66	F	Acworth	GA	15:28	1203
111	Edna Jennings	0:49:29.0	85	F	Centre	AL	15:56	1229
112	Pam Dillard	0:51:10.4	66	F	Rome	GA	16:28	1123
113	Tim Groves	0:51:12.0	53	M	Rome	GA	16:29	1144
114	Dottie Taylor	0:51:17.1	64	F	Rome	GA	16:31	1204
115	Heather Tatum	0:52:03.7	50	F	Cave Spring	GA	16:46	1225
116	Robin Boyd	0:55:43.6	62	F	Cave Spring	GA	17:56	1112
117	Marie Parish	0:55:43.8	51	F	Cave Spring	GA	17:57	1183
118	Phyllis Allee	0:56:05.1	55	F	Rome	GA	18:03	1102
119	Terry Allee	0:56:05.4	54	M	Rome	GA	18:03	1101
120	Anna Watson	1:02:53.5	27	F	Cave Spring	GA	20:15	1214
Overall	Athlete	Time	Age	Sex	City	State	Pace	Bib#



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