

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

| Finish | Bib # | Name | Age | Min | Sec | Gender | Age Group |
|--------|-------|--------------------|-----|-----|-----|---------|------------|
| 1 | 8 | Sean Herring | 28 | 17 | 08 | Couples | Couples |
| 2 | 47 | Michael Patterson | 26 | 17 | 10 | Couples | Couples |
| 3 | 44 | Jake Eneix | 23 | 17 | 25 | Couples | Couples |
| 4 | 144 | Noah Lesser | 16 | 18 | 11 | M | 15-19 |
| 5 | 43 | Christopher Liatti | 23 | 18 | 28 | Couples | Couples |
| 6 | 127 | Lee Greene | 37 | 18 | 35 | M | 30-39 |
| 7 | 7 | Amelia Shea | 28 | 18 | 47 | Couples | Couples |
| 8 | 101 | Daniel Dmuchowski | 21 | 19 | 20 | M | 20-29 |
| 9 | 102 | Anthony Amroski | 23 | 19 | 20 | M | 20-29 |
| 10 | 150 | Jacob Mullen | 15 | 19 | 32 | M | 15-19 |
| 11 | 143 | Brayden Davis | 15 | 19 | 39 | M | 15-19 |
| 12 | 235 | Michaela Gammon | 18 | 19 | 44 | F | 15-19 |
| 13 | 152 | Tripp Berini | 19 | 19 | 53 | M | 15-19 |
| 14 | 48 | Rosie Cooper | 30 | 20 | 40 | Couples | Couples |
| 15 | 130 | Nicholas Cannon | 17 | 20 | 50 | M | 15-19 |
| 16 | 174 | Delanie Mellon | 13 | 21 | 03 | F | 11-14 |
| 17 | 153 | Robert Berini | 47 | 21 | 11 | M | 40-49 |
| 18 | 191 | Doreen McCormick | 42 | 21 | 24 | F | 40-49 |
| 19 | 53 | Meryl Switzer | 38 | 21 | 58 | Couples | Couples |
| 20 | 28 | Jacob Perez | 15 | 22 | 00 | Couples | Couples |
| 21 | 83 | Ryan Wilt | 37 | 22 | 20 | Couples | Couples |
| 22 | 154 | Austin Greene | 16 | 22 | 26 | M | 15-19 |
| 23 | 136 | Zach Nguyen | 15 | 22 | 42 | M | 15-19 |
| 24 | 18 | John Cottingham | 48 | 22 | 49 | Couples | Couples |
| 25 | 118 | Terry Giles | 40 | 22 | 57 | M | 40-49 |
| 26 | 135 | Son Nguyen | 54 | 23 | 32 | M | 50-59 |
| 27 | 126 | Chris Hemrick | 40 | 23 | 36 | M | 40-49 |
| 28 | 36 | Wesley Peterson | 26 | 23 | 48 | Couples | Couples |
| 29 | 232 | Gracie Stepanian | 15 | 23 | 52 | F | 15-19 |
| 30 | 239 | Olivia Humphrey | 17 | 23 | 53 | F | 15-19 |
| 31 | 134 | Jay Develin | 48 | 24 | 09 | M | 40-49 |
| 32 | 146 | Patrick Naaman | 15 | 24 | 12 | M | 15-19 |
| 33 | 236 | Hope Hembree | 16 | 24 | 28 | F | 15-19 |
| 34 | 133 | Chris Downing | 36 | 24 | 29 | M | 30-39 |
| 35 | 42 | Matthew Moore | 43 | 24 | 31 | Couples | Couples |
| 36 | 141 | Brenneman Thompson | 60 | 24 | 36 | M | 60-69 |
| 37 | 104 | Brian Metzner | 42 | 24 | 40 | M | 40-49 |
| 38 | 111 | Brady Rinkus | 12 | 24 | 44 | M | 11-14 |
| 39 | 131 | Kaden Stoddard | 14 | 24 | 44 | M | 11-14 |
| 40 | 116 | Jeff Penley | 54 | 24 | 57 | M | 50-59 |
| 41 | 105 | Finn Hassing | 74 | 25 | 05 | M | 70-79 |
| 42 | 137 | Steve Staley | 64 | 25 | 23 | M | 60-69 |
| 43 | 81 | Tyler Mutarelli | 27 | 25 | 29 | Couples | Couples |
| 44 | 142 | Tyler Gulliford | 16 | 25 | 30 | M | 15-19 |
| 45 | 176 | Monica Goedl | 15 | 25 | 41 | F | 15-19 |
| 46 | 63 | Bill Woods | 47 | 25 | 54 | Couples | Couples |
| 47 | 213 | Wendy McSwain | 40 | 25 | 58 | F | 40-49 |
| 48 | 10 | Perry Clark | 56 | 26 | 03 | Couples | Couples |
| 49 | 103 | Jason Oliphant | 44 | 26 | 07 | M | 40-49 |
| 50 | 217 | Patricia Robinson | 52 | 26 | 15 | F | 50-59 |
| 51 | 92 | Pearson Aebischer | 11 | 26 | 15 | Couples | Couples |
| 52 | 112 | Beckett Rinkus | 9 | 26 | 18 | M | 10 & Under |
| 53 | 27 | Sara Heath | 17 | 26 | 19 | Couples | Couples |

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

| | | | | | | | |
|-----|-----|----------------------|----|----|----|---------|------------|
| 54 | 225 | Jennifer Williams | 44 | 26 | 21 | F | 40-49 |
| 55 | 108 | Tim Hepler | 58 | 26 | 37 | M | 50-59 |
| 56 | 64 | Ashley Warren | 43 | 26 | 57 | Couples | Couples |
| 57 | 35 | Mary Kate Peterson | 26 | 27 | 04 | Couples | Couples |
| 58 | 106 | Kyle Farmer | 33 | 27 | 08 | M | 30-39 |
| 59 | 91 | Marta Aebischer | 46 | 27 | 10 | Couples | Couples |
| 60 | 166 | Shannon Rinkus | 43 | 27 | 11 | F | 40-49 |
| 61 | 51 | Andrew Kleiner | 48 | 27 | 16 | Couples | Couples |
| 62 | 84 | Jule Wilt | 36 | 27 | 33 | Couples | Couples |
| 63 | 203 | Melissa Cipriano | 45 | 27 | 42 | F | 40-49 |
| 64 | 120 | Brett Keeter | 43 | 27 | 51 | M | 40-49 |
| 65 | 41 | Amanda Moore | 43 | 28 | 05 | Couples | Couples |
| 66 | 212 | Lisa Taylor | 41 | 28 | 09 | F | 40-49 |
| 67 | 178 | Janeen Anderson | 54 | 28 | 10 | F | 50-59 |
| 68 | 37 | Emily Foley | 39 | 28 | 16 | Couples | Couples |
| 69 | 5 | Thomas Garrighan | 34 | 28 | 18 | Couples | Couples |
| 70 | 75 | Dawn Crytzer | 40 | 28 | 19 | Couples | Couples |
| 71 | 218 | Erin English | 32 | 28 | 23 | F | 30-39 |
| 72 | 107 | Blake Renegar | 33 | 28 | 45 | M | 30-39 |
| 73 | 113 | Arthur McAulay | 53 | 28 | 52 | M | 50-59 |
| 74 | 140 | Michael Timoney | 54 | 29 | 33 | M | 50-59 |
| 75 | 6 | Carmen Garrighan | 35 | 29 | 34 | Couples | Couples |
| 76 | 20 | Terry Watson | 34 | 29 | 36 | Couples | Couples |
| 77 | 19 | Brooklyn Watson | 10 | 29 | 37 | Couples | Couples |
| 78 | 149 | Ben Stoddard | 38 | 29 | 39 | M | 30-39 |
| 79 | 122 | Scott Tarut | 27 | 29 | 52 | M | 20-29 |
| 80 | 179 | Nancy Anderson | 59 | 30 | 00 | F | 50-59 |
| 81 | 226 | Marie McCann | 41 | 30 | 19 | F | 40-49 |
| 82 | 78 | Melanie Hudak | 36 | 30 | 23 | Couples | Couples |
| 83 | 77 | Jay Williamson | 42 | 30 | 25 | Couples | Couples |
| 84 | 9 | Karen Clark | 54 | 30 | 25 | Couples | Couples |
| 85 | 14 | Chris Cox | 49 | 30 | 27 | Couples | Couples |
| 86 | 13 | Sandy Austin | 52 | 30 | 27 | Couples | Couples |
| 87 | 54 | Jud Switzer | 40 | 30 | 33 | Couples | Couples |
| 88 | 183 | Alicia Fitzgerald | 47 | 30 | 38 | F | 40-49 |
| 89 | 21 | Michael Huffstickler | 49 | 30 | 42 | Couples | Couples |
| 90 | 128 | Drew Kleiner | 16 | 30 | 46 | M | 15-19 |
| 91 | 59 | Lori Cogan | 48 | 30 | 48 | Couples | Couples |
| 92 | 60 | John Brunner | 54 | 30 | 49 | Couples | Couples |
| 93 | 148 | Jay Chekansky | 37 | 31 | 00 | M | 30-39 |
| 94 | 237 | Jessica Eubank | 15 | 31 | 01 | F | 15-19 |
| 95 | 38 | Flint Foley | 39 | 31 | 33 | Couples | Couples |
| 96 | 233 | Sarah Morrison | 10 | 31 | 44 | F | 10 & Under |
| 97 | 76 | Kurtis Crytzer | 46 | 31 | 51 | Couples | Couples |
| 98 | 175 | Morgan Harper | 18 | 32 | 01 | F | 15-19 |
| 99 | 117 | Jacob Falter | 15 | 32 | 03 | M | 15-19 |
| 100 | 55 | Breanna Hartzell | 12 | 32 | 13 | Couples | Couples |
| 101 | 160 | Kari Lashmit | 33 | 32 | 28 | F | 30-39 |
| 102 | 167 | Ellie Rinkus | 14 | 32 | 41 | F | 11-14 |
| 103 | 204 | Lee Rice | 42 | 33 | 05 | F | 40-49 |
| 104 | 79 | Juanita Kindred | 34 | 33 | 10 | Couples | Couples |
| 105 | 56 | Jose Mayberry | 12 | 33 | 13 | Couples | Couples |
| 106 | 158 | Jenifer Metzner | 35 | 33 | 24 | F | 30-39 |
| 107 | 15 | Amanda LePage | 24 | 33 | 34 | Couples | Couples |

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

| | | | | | | | |
|-----|-----|--|----|----|----|---------|------------|
| 108 | 16 | Brandon Ivey | 24 | 33 | 35 | Couples | Couples |
| 109 | 22 | Janice Huffstickeler | 50 | 33 | 36 | Couples | Couples |
| 110 | 97 | Zoey Cauleer | ? | 33 | 39 | Couples | Couples |
| 111 | 96 | Seth Warlick | ? | 33 | 40 | Couples | Couples |
| 112 | 123 | Chris Moss | 47 | 34 | 09 | M | 40-49 |
| 113 | 164 | Cathy Bianchi | 62 | 34 | 11 | F | 60-69 |
| 114 | 172 | Emma Kay Lewis | 57 | 34 | 20 | F | 50-59 |
| 115 | 208 | Holly Andler | 38 | 34 | 26 | F | 30-39 |
| 116 | 17 | Allison Cottingham | 47 | 34 | 37 | Couples | Couples |
| 117 | 124 | Andrew Johnson | 49 | 34 | 53 | M | 40-49 |
| 118 | 40 | Ted Keopple | 30 | 34 | 58 | Couples | Couples |
| 119 | 39 | Danielle Clark | 27 | 34 | 58 | Couples | Couples |
| 120 | 197 | Amy Patterson | 46 | 35 | 04 | F | 40-49 |
| 121 | 147 | Trent Wilson | 81 | 35 | 06 | M | 80 & Above |
| 122 | 26 | Thomas Bush | 57 | 35 | 08 | Couples | Couples |
| 123 | 80 | Thomas Kindred | 42 | 35 | 10 | Couples | Couples |
| 124 | 173 | Marilee Giles | 47 | 35 | 13 | F | 40-49 |
| 125 | 119 | Marcus Giles | 9 | 35 | 14 | M | 10 & Under |
| 126 | | Did Not Turn Finish Card in at Results Table | | | | | |
| 127 | 165 | Brittany Oates | 31 | 35 | 18 | F | 30-39 |
| 128 | 201 | Stacy Newsome | 54 | 35 | 22 | F | 50-59 |
| 129 | 220 | Jessica Barnette | 36 | 35 | 23 | F | 30-39 |
| 130 | 115 | Ty Davis | 11 | 35 | 34 | M | 11-14 |
| 131 | 33 | Leeann Cruise | 35 | 35 | 40 | Couples | Couples |
| 132 | 180 | Debra Wisniewski | 56 | 35 | 47 | F | 50-59 |
| 133 | 221 | Ann Przygocki | 67 | 35 | 51 | F | 60-69 |
| 134 | 138 | Walt Przygocki | 71 | 35 | 52 | M | 70-79 |
| 135 | 61 | Bonnie Bradley | 36 | 36 | 25 | Couples | Couples |
| 136 | 62 | Stella Bradley | 10 | 36 | 26 | Couples | Couples |
| 137 | 110 | Michael Dunn | 71 | 36 | 43 | M | 70-79 |
| 138 | 68 | Mike Stroup | 51 | 36 | 55 | Couples | Couples |
| 139 | 238 | Kayla Stewart | 28 | 37 | 05 | F | 20-29 |
| 140 | 50 | Taross Thomas | 45 | 37 | 40 | Couples | Couples |
| 141 | 49 | Stephanie Vann | 43 | 37 | 40 | Couples | Couples |
| 142 | 25 | Dawn Davis | 42 | 37 | 48 | Couples | Couples |
| 143 | 187 | Gabby Parson | 11 | 38 | 01 | F | 11-14 |
| 144 | 89 | Amy Howland | 52 | 38 | 07 | Couples | Couples |
| 145 | 90 | Lori Howland | 56 | 38 | 08 | Couples | Couples |
| 146 | | Did Not Turn Finish Card in at Results Table | | | | | |
| 147 | 34 | Bill Cruise | 44 | 38 | 29 | Couples | Couples |
| 148 | 24 | Ryan Appleby | 35 | 39 | 25 | Couples | Couples |
| 149 | 23 | Nichole Appleby | 32 | 39 | 26 | Couples | Couples |
| 150 | 182 | Jennifer Engel | 30 | 39 | 52 | F | 30-39 |
| 151 | 69 | Melissa Trivettte | 41 | 40 | 06 | Couples | Couples |
| 152 | 70 | Eric Trivette | 51 | 40 | 06 | Couples | Couples |
| 153 | 224 | Jackie Layel | 49 | 40 | 20 | F | 40-49 |
| 154 | 202 | Melanie Hawkins | 49 | 40 | 23 | F | 40-49 |
| 155 | 200 | Melissa Poindexter | 34 | 40 | 24 | F | 30-39 |
| 156 | 205 | Dana Holland | 47 | 40 | 25 | F | 40-49 |
| 157 | 206 | Nickie Puckett | 28 | 40 | 27 | F | 20-29 |
| 158 | 192 | Mindy Carpenter | 39 | 40 | 27 | F | 30-39 |
| 159 | 185 | Jennifer Parks | 47 | 40 | 43 | F | 40-49 |
| 160 | 214 | Shelli Tijerina | 39 | 40 | 49 | F | 30-39 |
| 161 | 216 | Heather Rheinbolt | 39 | 40 | 49 | F | 30-39 |

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

| | | | | | | | |
|-----|-----|----------------------|----|----|----|---------|------------|
| 162 | 151 | Steele Annas | 10 | 42 | 39 | M | 10 & Under |
| 163 | 181 | Gabriella Wisniewski | 23 | 42 | 56 | F | 20-29 |
| 164 | 215 | Heidi Gould | 40 | 43 | 21 | F | 40-49 |
| 165 | 211 | Jessica Agrelius | 37 | 43 | 22 | F | 30-39 |
| 166 | 210 | Nichole Vasile | 41 | 43 | 22 | F | 40-49 |
| 167 | 29 | Meredith Eller | 39 | 43 | 23 | Couples | Couples |
| 168 | 30 | Tim Eller | 48 | 43 | 24 | Couples | Couples |
| 169 | 145 | David Nachamie | 77 | 43 | 27 | M | 70-79 |
| 170 | | Unregistered Runner | | | | | |
| 171 | 11 | Beth Noles | 37 | 44 | 25 | Couples | Couples |
| 172 | | Unregistered Runner | | | | | |
| 173 | 12 | Casey Noles | 37 | 44 | 35 | Couples | Couples |
| 174 | 31 | Beth Cain | 41 | 45 | 02 | Couples | Couples |
| 175 | | Unregistered Runner | | | | | |
| 176 | 129 | Zachary Wilt | 15 | 46 | 16 | M | 15-19 |
| 177 | 198 | Kaitlyn Wilt | 20 | 46 | 21 | F | 20-29 |
| 178 | 139 | Nicholas Cartner | 30 | 46 | 59 | M | 30-39 |
| 179 | 190 | Peggy Tschudin | 68 | 52 | 47 | F | 60-69 |
| 180 | 189 | Cindy Solberg | 60 | 52 | 48 | F | 60-69 |

Overall Female

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|-----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 235 | Michaela Gammon | 18 | 19 | 44 | F | 15-19 | 12 |

Overall Male

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|-------------|-----|-----|-----|--------|-----------|--------|
| 1 | 144 | Noah Lesser | 16 | 18 | 11 | M | 15-19 | 4 |

Female 10 & Under

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------|-----|-----|-----|--------|------------|--------|
| 1 | 233 | Sarah Morrison | 10 | 31 | 44 | F | 10 & Under | 96 |

Female 11-14

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 174 | Delanie Mellon | 13 | 21 | 03 | F | 11-14 | 16 |
| 2 | 167 | Ellie Rinkus | 14 | 32 | 41 | F | 11-14 | 102 |
| 3 | 187 | Gabby Parson | 11 | 38 | 01 | F | 11-14 | 143 |

Female 15-19

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 232 | Gracie Stepanian | 15 | 23 | 52 | F | 15-19 | 29 |
| 2 | 239 | Olivia Humphrey | 17 | 23 | 53 | F | 15-19 | 30 |
| 3 | 236 | Hope Hembree | 16 | 24 | 28 | F | 15-19 | 33 |
| 4 | 176 | Monica Goedl | 15 | 25 | 41 | F | 15-19 | 45 |
| 5 | 237 | Jessica Eubank | 15 | 31 | 01 | F | 15-19 | 94 |
| 6 | 175 | Morgan Harper | 18 | 32 | 01 | F | 15-19 | 98 |

Female 20-29

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 238 | Kayla Stewart | 28 | 37 | 05 | F | 20-29 | 139 |
| 2 | 206 | Nickie Puckett | 28 | 40 | 27 | F | 20-29 | 157 |
| 3 | 181 | Gabriella Wisniewski | 23 | 42 | 56 | F | 20-29 | 163 |
| 4 | 198 | Kaitlyn Wilt | 20 | 46 | 21 | F | 20-29 | 177 |

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

Female 30-39

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|--------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 218 | Erin English | 32 | 28 | 23 | F | 30-39 | 71 |
| 2 | 160 | Kari Lashmit | 33 | 32 | 28 | F | 30-39 | 101 |
| 3 | 158 | Jenifer Metzner | 35 | 33 | 24 | F | 30-39 | 106 |
| 4 | 208 | Holly Andler | 38 | 34 | 26 | F | 30-39 | 115 |
| 5 | 165 | Brittany Oates | 31 | 35 | 18 | F | 30-39 | 127 |
| 6 | 220 | Jessica Barnette | 36 | 35 | 23 | F | 30-39 | 129 |
| 7 | 182 | Jennifer Engel | 30 | 39 | 52 | F | 30-39 | 150 |
| 8 | 200 | Melissa Poindexter | 34 | 40 | 24 | F | 30-39 | 155 |
| 9 | 192 | Mindy Carpenter | 39 | 40 | 27 | F | 30-39 | 158 |
| 10 | 214 | Shelli Tijerina | 39 | 40 | 49 | F | 30-39 | 160 |
| 11 | 216 | Heather Rheinbolt | 39 | 40 | 49 | F | 30-39 | 161 |
| 12 | 211 | Jessica Agrelius | 37 | 43 | 22 | F | 30-39 | 165 |

Female 40-49

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|-------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 191 | Doreen McCormick | 42 | 21 | 24 | F | 40-49 | 18 |
| 2 | 213 | Wendy McSwain | 40 | 25 | 58 | F | 40-49 | 47 |
| 3 | 225 | Jennifer Williams | 44 | 26 | 21 | F | 40-49 | 54 |
| 4 | 166 | Shannon Rinkus | 43 | 27 | 11 | F | 40-49 | 60 |
| 5 | 203 | Melissa Cipriano | 45 | 27 | 42 | F | 40-49 | 63 |
| 6 | 212 | Lisa Taylor | 41 | 28 | 09 | F | 40-49 | 66 |
| 7 | 226 | Marie McCann | 41 | 30 | 19 | F | 40-49 | 81 |
| 8 | 183 | Alicia Fitzgerald | 47 | 30 | 38 | F | 40-49 | 88 |
| 9 | 204 | Lee Rice | 42 | 33 | 05 | F | 40-49 | 103 |
| 10 | 197 | Amy Patterson | 46 | 35 | 04 | F | 40-49 | 120 |
| 11 | 173 | Marilee Giles | 47 | 35 | 13 | F | 40-49 | 124 |
| 12 | 224 | Jackie Layel | 49 | 40 | 20 | F | 40-49 | 153 |
| 13 | 202 | Melanie Hawkins | 49 | 40 | 23 | F | 40-49 | 154 |
| 14 | 205 | Dana Holland | 47 | 40 | 25 | F | 40-49 | 156 |
| 15 | 185 | Jennifer Parks | 47 | 40 | 43 | F | 40-49 | 159 |
| 16 | 215 | Heidi Gould | 40 | 43 | 21 | F | 40-49 | 164 |
| 17 | 210 | Nichole Vasile | 41 | 43 | 22 | F | 40-49 | 166 |

Female 50-59

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|-------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 217 | Patricia Robinson | 52 | 26 | 15 | F | 50-59 | 50 |
| 2 | 178 | Janeen Anderson | 54 | 28 | 10 | F | 50-59 | 67 |
| 3 | 179 | Nancy Anderson | 59 | 30 | 00 | F | 50-59 | 80 |
| 4 | 172 | Emma Kay Lewis | 57 | 34 | 20 | F | 50-59 | 114 |
| 5 | 201 | Stacy Newsome | 54 | 35 | 22 | F | 50-59 | 128 |
| 6 | 180 | Debra Wisniewski | 56 | 35 | 47 | F | 50-59 | 132 |

Female 60-69

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 164 | Cathy Bianchi | 62 | 34 | 11 | F | 60-69 | 113 |
| 2 | 221 | Ann Przygocki | 67 | 35 | 51 | F | 60-69 | 133 |
| 3 | 190 | Peggy Tschudin | 68 | 52 | 47 | F | 60-69 | 179 |
| 4 | 189 | Cindy Solberg | 60 | 52 | 48 | F | 60-69 | 180 |

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

Male 10 & Under

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------|-----|-----|-----|--------|------------|--------|
| 1 | 112 | Beckett Rinkus | 9 | 26 | 18 | M | 10 & Under | 52 |
| 2 | 119 | Marcus Giles | 9 | 35 | 14 | M | 10 & Under | 125 |
| 3 | 151 | Steele Annas | 10 | 42 | 39 | M | 10 & Under | 162 |

Male 11-14

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 111 | Brady Rinkus | 12 | 24 | 44 | M | 11-14 | 38 |
| 2 | 131 | Kaden Stoddard | 14 | 24 | 44 | M | 11-14 | 39 |
| 3 | 115 | Ty Davis | 11 | 35 | 34 | M | 11-14 | 130 |

Male 15-19

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|-----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 150 | Jacob Mullen | 15 | 19 | 32 | M | 15-19 | 10 |
| 2 | 143 | Brayden Davis | 15 | 19 | 39 | M | 15-19 | 11 |
| 3 | 152 | Tripp Berini | 19 | 19 | 53 | M | 15-19 | 13 |
| 4 | 130 | Nicholas Cannon | 17 | 20 | 50 | M | 15-19 | 15 |
| 5 | 154 | Austin Greene | 16 | 22 | 26 | M | 15-19 | 22 |
| 6 | 136 | Zach Nguyen | 15 | 22 | 42 | M | 15-19 | 23 |
| 7 | 146 | Patrick Naaman | 15 | 24 | 12 | M | 15-19 | 32 |
| 8 | 142 | Tyler Gulliford | 16 | 25 | 30 | M | 15-19 | 44 |
| 9 | 128 | Drew Kleiner | 16 | 30 | 46 | M | 15-19 | 90 |
| 10 | 117 | Jacob Falter | 15 | 32 | 03 | M | 15-19 | 99 |
| 11 | 129 | Zachary Wilt | 15 | 46 | 16 | M | 15-19 | 176 |

Male 20-29

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|-------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 101 | Daniel Dmuchowski | 21 | 19 | 20 | M | 20-29 | 8 |
| 2 | 102 | Anthony Amroski | 23 | 19 | 20 | M | 20-29 | 9 |
| 3 | 122 | Scott Tarut | 27 | 29 | 52 | M | 20-29 | 79 |

Male 30-39

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 127 | Lee Greene | 37 | 18 | 35 | M | 30-39 | 6 |
| 2 | 133 | Chris Downing | 36 | 24 | 29 | M | 30-39 | 34 |
| 3 | 106 | Kyle Farmer | 33 | 27 | 08 | M | 30-39 | 58 |
| 4 | 107 | Blake Renegar | 33 | 28 | 45 | M | 30-39 | 72 |
| 5 | 149 | Ben Stoddard | 38 | 29 | 39 | M | 30-39 | 78 |
| 6 | 148 | Jay Chekansky | 37 | 31 | 00 | M | 30-39 | 93 |
| 7 | 139 | Nicholas Cartner | 30 | 46 | 59 | M | 30-39 | 178 |

Male 40-49

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 153 | Robert Berini | 47 | 21 | 11 | M | 40-49 | 17 |
| 2 | 118 | Terry Giles | 40 | 22 | 57 | M | 40-49 | 25 |
| 3 | 126 | Chris Hemrick | 40 | 23 | 36 | M | 40-49 | 27 |
| 4 | 134 | Jay Develin | 48 | 24 | 09 | M | 40-49 | 31 |
| 5 | 104 | Brian Metzner | 42 | 24 | 40 | M | 40-49 | 37 |
| 6 | 103 | Jason Oliphant | 44 | 26 | 07 | M | 40-49 | 49 |
| 7 | 120 | Brett Keeter | 43 | 27 | 51 | M | 40-49 | 64 |
| 8 | 123 | Chris Moss | 47 | 34 | 09 | M | 40-49 | 112 |
| 9 | 124 | Andrew Johnson | 49 | 34 | 53 | M | 40-49 | 117 |

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

Male 50-59

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|-----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 135 | Son Nguyen | 54 | 23 | 32 | M | 50-59 | 26 |
| 2 | 116 | Jeff Penley | 54 | 24 | 57 | M | 50-59 | 40 |
| 3 | 108 | Tim Hepler | 58 | 26 | 37 | M | 50-59 | 55 |
| 4 | 113 | Arthur McAulay | 53 | 28 | 52 | M | 50-59 | 73 |
| 5 | 140 | Michael Timoney | 54 | 29 | 33 | M | 50-59 | 74 |

Male 60-69

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|--------------------|-----|-----|-----|--------|-----------|--------|
| 1 | 141 | Brenneman Thompson | 60 | 24 | 36 | M | 60-69 | 36 |
| 2 | 137 | Steve Staley | 64 | 25 | 23 | M | 60-69 | 42 |

Male 70-79

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|----------------|-----|-----|-----|--------|-----------|--------|
| 1 | 105 | Finn Hassing | 74 | 25 | 05 | M | 70-79 | 41 |
| 2 | 138 | Walt Przygocki | 71 | 35 | 52 | M | 70-79 | 134 |
| 3 | 110 | Michael Dunn | 71 | 36 | 43 | M | 70-79 | 137 |
| 4 | 145 | David Nachamie | 77 | 43 | 27 | M | 70-79 | 169 |

Male 80 & Above

| Place | Bib # | Name | Age | Min | Sec | Gender | Age Group | Finish |
|-------|-------|--------------|-----|-----|-----|--------|------------|--------|
| 1 | 147 | Trent Wilson | 81 | 35 | 06 | M | 80 & Above | 121 |

Couples Division

| Place | Bib # | Name | Age | Min | Sec | Individual | Couples | Combined |
|-------|-------|--------------------|-----|-----|-----|------------|---------|----------|
| | | | | | | Finish | | Finish |
| 1 | 44 | Jake Eneix | 23 | 17 | 25 | 3 | Couples | 35:53 |
| 1 | 43 | Christopher Liatti | 23 | 18 | 28 | 5 | Couples | 35:53 |
| 2 | 8 | Sean Herring | 28 | 17 | 08 | 1 | Couples | 35:55 |
| 2 | 7 | Amelia Shea | 28 | 18 | 47 | 7 | Couples | 35:55 |
| 3 | 47 | Michael Patterson | 26 | 17 | 10 | 2 | Couples | 37:50 |
| 3 | 48 | Rosie Cooper | 30 | 20 | 40 | 14 | Couples | 37:50 |
| 4 | 28 | Jacob Perez | 15 | 22 | 00 | 20 | Couples | 48:19 |
| 4 | 27 | Sara Heath | 17 | 26 | 19 | 53 | Couples | 48:19 |
| 5 | 83 | Ryan Wilt | 37 | 22 | 20 | 21 | Couples | 49:53 |
| 5 | 84 | Jule Wilt | 36 | 27 | 33 | 62 | Couples | 49:53 |
| 6 | 36 | Wesley Peterson | 26 | 23 | 48 | 28 | Couples | 50:52 |
| 6 | 35 | Mary Kate Peterson | 26 | 27 | 04 | 57 | Couples | 50:52 |
| 7 | 53 | Meryl Switzer | 38 | 21 | 58 | 19 | Couples | 52:31 |
| 7 | 54 | Jud Switzer | 40 | 30 | 33 | 87 | Couples | 52:31 |
| 8 | 42 | Matthew Moore | 43 | 24 | 31 | 35 | Couples | 52:36 |
| 8 | 41 | Amanda Moore | 43 | 28 | 05 | 65 | Couples | 52:36 |
| 9 | 63 | Bill Woods | 47 | 25 | 54 | 46 | Couples | 52:51 |
| 9 | 64 | Ashley Warren | 43 | 26 | 57 | 56 | Couples | 52:51 |
| 10 | 92 | Pearson Aebischer | 11 | 26 | 15 | 51 | Couples | 53:25 |
| 10 | 91 | Marta Aebischer | 46 | 27 | 10 | 59 | Couples | 53:25 |
| 11 | 10 | Perry Clark | 56 | 26 | 03 | 48 | Couples | 56:28 |
| 11 | 9 | Karen Clark | 54 | 30 | 25 | 84 | Couples | 56:28 |
| 12 | 18 | John Cottingham | 48 | 22 | 49 | 24 | Couples | 57:26 |
| 12 | 17 | Allison Cottingham | 47 | 34 | 37 | 116 | Couples | 57:26 |
| 13 | 5 | Thomas Garrighan | 34 | 28 | 18 | 69 | Couples | 57:52 |
| 13 | 6 | Carmen Garrighan | 35 | 29 | 34 | 75 | Couples | 57:52 |
| 14 | 20 | Terry Watson | 34 | 29 | 36 | 76 | Couples | 59:13 |
| 14 | 19 | Brooklyn Watson | 10 | 29 | 37 | 77 | Couples | 59:13 |

Cowan's Ford Valentine's 5K / February 16, 2019 / Stanley, NC

| | | | | | | | | |
|-----|----|----------------------|----|----|----|-----|---------|-----------------|
| 15 | 37 | Emily Foley | 39 | 28 | 16 | 68 | Couples | 59:49 |
| 15 | 38 | Flint Foley | 39 | 31 | 33 | 95 | Couples | 59:49 |
| 16 | 75 | Dawn Crytzer | 40 | 28 | 19 | 70 | Couples | 60:10 |
| 16 | 76 | Kurtis Crytzer | 46 | 31 | 51 | 97 | Couples | 60:10 |
| 17 | 78 | Melanie Hudak | 36 | 30 | 23 | 82 | Couples | 60:48 |
| 17 | 77 | Jay Williamson | 42 | 30 | 25 | 83 | Couples | 60:48 |
| 18 | 14 | Chris Cox | 49 | 30 | 27 | 85 | Couples | 60:54 |
| 18 | 13 | Sandy Austin | 52 | 30 | 27 | 86 | Couples | 60:54 |
| 19 | 59 | Lori Cogan | 48 | 30 | 48 | 91 | Couples | 61:37 |
| 19 | 60 | John Brunner | 54 | 30 | 49 | 92 | Couples | 61:37 |
| 20 | 21 | Michael Huffstickler | 49 | 30 | 42 | 89 | Couples | 64:18 |
| 20 | 22 | Janice Huffstickler | 50 | 33 | 36 | 109 | Couples | 64:18 |
| 21 | 55 | Breanna Hartzell | 12 | 32 | 13 | 100 | Couples | 65:26 |
| 21 | 56 | Jose Mayberry | 12 | 33 | 13 | 105 | Couples | 65:26 |
| 22 | 15 | Amanda LePage | 24 | 33 | 34 | 107 | Couples | 67:09 |
| 22 | 16 | Brandon Ivey | 24 | 33 | 35 | 108 | Couples | 67:09 |
| 23 | 97 | Zoey Cauleer | ? | 33 | 39 | 110 | Couples | 67:19 |
| 23 | 96 | Seth Warlick | ? | 33 | 40 | 111 | Couples | 67:19 |
| 24 | 79 | Juanita Kindred | 34 | 33 | 10 | 104 | Couples | 68:20 |
| 24 | 80 | Thomas Kindred | 42 | 35 | 10 | 123 | Couples | 68:20 |
| 25 | 40 | Ted Keopple | 30 | 34 | 58 | 118 | Couples | 69:56 |
| 25 | 39 | Danielle Clark | 27 | 34 | 58 | 119 | Couples | 69:56 |
| 26 | 61 | Bonnie Bradley | 36 | 36 | 25 | 135 | Couples | 72:51 |
| 26 | 62 | Stella Bradley | 10 | 36 | 26 | 136 | Couples | 72:51 |
| 27 | 26 | Thomas Bush | 57 | 35 | 08 | 122 | Couples | 72:56 |
| 27 | 25 | Dawn Davis | 42 | 37 | 48 | 142 | Couples | 72:56 |
| 28 | 33 | Leeann Cruise | 35 | 35 | 40 | 131 | Couples | 74:09 |
| 28 | 34 | Bill Cruise | 44 | 38 | 29 | 147 | Couples | 74:09 |
| 29 | 50 | Taross Thomas | 45 | 37 | 40 | 140 | Couples | 75:20 |
| 29 | 49 | Stephanie Vann | 43 | 37 | 40 | 141 | Couples | 75:20 |
| 30 | 89 | Amy Howland | 52 | 38 | 07 | 144 | Couples | 76:15 |
| 30 | 90 | Lori Howland | 56 | 38 | 08 | 145 | Couples | 76:15 |
| 31 | 24 | Ryan Appleby | 35 | 39 | 25 | 148 | Couples | 78:51 |
| 31 | 23 | Nichole Appleby | 32 | 39 | 26 | 149 | Couples | 78:51 |
| 32 | 69 | Melissa Trivette | 41 | 40 | 06 | 151 | Couples | 80:12 |
| 32 | 70 | Eric Trivette | 51 | 40 | 06 | 152 | Couples | 80:12 |
| 33 | 29 | Meredith Eller | 39 | 43 | 23 | 167 | Couples | 86:47 |
| 33 | 30 | Tim Eller | 48 | 43 | 24 | 168 | Couples | 86:47 |
| 34 | 11 | Beth Noles | 37 | 44 | 25 | 171 | Couples | 89:00 |
| 34 | 12 | Casey Noles | 37 | 44 | 35 | 173 | Couples | 89:00 |
| n/a | 81 | Tyler Mutarelli | 27 | 25 | 29 | 43 | Couples | Only One Runner |
| n/a | 51 | Andrew Kleiner | 48 | 27 | 16 | 61 | Couples | Only One Runner |
| n/a | 68 | Mike Stroup | 51 | 36 | 55 | 138 | Couples | Only One Runner |
| n/a | 31 | Beth Cain | 41 | 45 | 02 | 174 | Couples | Only One Runner |

Fun Run

| Age | Gender | Name |
|------------|---------------|--------------|
| 6 | M | Silas Noles |
| 8 | M | Ethan Noles |
| 9 | F | Alivia Isaac |