

Wellness Resolution Run
Jan. 6, 2024
West Monroe, LA

4-Mile

MALE

Overall:

1 Dwain McDuffie 23:53

19 & under:

1 Holland McDuffie 25:29
2 Braxton Welch 36:14
3 Cheston Gulledge 40:38

20 - 29:

1 Luke Hodnett 28:55
2 Ethan Swanner 41:13

30 - 39:

1 Zach Foreman 35:21
2 Tyler Farnell 40:01
3 Stephen Jester 42:24

40 - 49:

1 Kurt Mayes 31:08
2 Jeremy Roberts 38:08

50 - 59:

1 Paul Kitchens 32:07
2 Clint Coleman 34:07
3 Rick Parnell 35:28

60 - 69:

1 Jeff Butler 30:45
2 John Wilson 37:52
3 Paul Baldwin 38:17

70 & over:

1 Don Brown 32:18
2 Joe Haller 38:20
3 Brad Borth 49:52

FEMALE

Overall:

1 Cynthia Travis 31:57

19 & under:

1 Alec Williams 49:10

20 - 29:

1 Rylie Balias 35:34
2 Sally Swanner 41:02
3 Tabatha Merritt 42:51

30 - 39:

1 Hannah Mayes 33:03
2 Allyson Aulds 34:22
3 Erica Johnson 34:23

40 - 49:

1 Corey Cannon 46:26
2 Dawn Stafford 46:27
3 Jennifer Reese 48:16

50 - 59:

1 Kathy Wilson 39:37
2 Tammy Coleman 40:53
3 Laine McDougal 43:07

60 - 69:

1 Alisa Greene 1:04:28
2 Virginia Scott 1:04:31
3 Jennifer Bostick 1:06:36

70 & over:

1 Betty Armstrong 40:49
2 Lola Kavanaugh 41:39
3 Cynthia Farmer 1:05:34

8-Mile

MALE

Overall:

1 Austin Engen 55:15

19 & under:

1 John Sims 1:05:06

20 - 29:

1 Brad Gregg 1:13:14

2 Mitchell Merritt 1:13:55

3 Linus Paragas 1:27:52

30 - 39:

1 Jacob Davis 1:14:43

2 Quinan Beebe 1:16:53

40 - 49:

1 Andy Bloxham 58:23

2 Anthony Goodwin 58:49

50 - 59:

1 Tim Spencer 1:00:46

2 Jeff Thomas 1:01:55

60 - 69:

1 Kevin Johnston 1:01:16

2 Troy Bostick 1:02:20

FEMALE

Overall:

1 Leigha Roark 1:02:26

20 - 29:

1 Ann-Marie Mahgoub 1:09:30

2 Taylor Mashaw 1:16:15

3 Allison Smith 1:23:06

30 - 39:

1 Laura Riley 1:10:54

2 Melanie Beebe 1:16:53

3 Damaris Tanner 1:21:35

40 - 49:

1 Erin Beckley 1:30:46

2 Z.Z. Wilson 1:31:29

3 Amie Akers 1:32:46

50 - 59:

1 Lea Goodell 1:34:28

60 - 69:

1 Jonette Anderson 1:14:56