

## 29th Annual Run for Valley Haven was held May 7th.

Great shirt, great event, great food and helps a great cause.

Valley Haven is The Arc center for East Alabama

This 5K run was a lot of fun and almost everyone got a trophy.

28 5K runners participated.

### **The winners in the 5K Male:**

Overall Winner - <u>John Matheri</u>	18:24
Master Winner - <u>Mitchell Sinyard</u>	20:36
Age 0 - 19	1) <u>Corbin Hoats</u> 34:20
	2) <u>Collin Hoats</u> 50:00
Age 30 - 39	1) <u>Kermit Davis</u> 18:49
	2) <u>Andy Taylor</u> 18:57
	3) <u>Robin Kelley</u> 25:05
Age 40 - 49	1) <u>Marty Miller</u> 22:52
	2) <u>Timothy Bagley</u> 29:12
Age 50 - 59	1) <u>Roger Keel</u> 22:43
	2) <u>David Watkins</u> 26:38
	3) <u>Chris Scammon</u> 26:51
Age 60 - 69	1) <u>Roger McDonald</u> 24:59
	2) <u>Ron Landen</u> 26:40

### **The winners in the 5K Female:**

Overall Winner - <u>Kimberly Dorman</u>	19:12
Master Winner - <u>Rhonda Trainor</u>	26:38
Age 0 - 19	1) <u>Kim Waite</u> 24:38
Age 20 - 29	1) <u>Hannah Lydiate</u> 25:42
	2) <u>Casey Roberts</u> 35:53
Age 30 - 39	1) <u>Heather Hoats</u> 27:20
Age 40 - 49	1) <u>Elise Irwin</u> 35:53
Age 50 - 59	1) <u>Raeanne Watkins</u> 27:10
	2) <u>Kathy Givens</u> 38:52
Age 60 - 69	1) <u>Jackie Phillips</u> 30:21
	2) <u>Patricia Coveny</u> 38:52

The Run for Valley Haven is held every first Saturday or May.

For more information contact Tony Edmondson (334) 756-7801 or

E-mail at valleyhaven@charterinternet.com

This 10.5K run was a new course and again almost everyone got a trophy.

30 10.5K runners participated.

### **The winners in the 10.5K Male:**

Overall Winner - <u>Bob Evans</u>	41:35
Master Winner - <u>Mark Pumphrey</u>	43:35
Age 20 - 29	1) <u>Chad Harrison</u> 48:06
Age 30 - 39	1) <u>Kermit Davis</u> 42:26
	2) <u>Andy Taylor</u> 43:13
	3) <u>Larry McQuiston</u> 50:46
Age 40 - 49	1) <u>Mitchell Sinyard</u> 44:10
	2) <u>Marty Miller</u> 49:43
	3) <u>Timothy Bagley</u> 1:00:07
Age 50 - 59	1) <u>Roger Keel</u> 50:37
	2) <u>David Watkins</u> 1:01:27
	3) <u>Chris Scammon</u> 1:02:59
Age 60 - 69	1) <u>Roger McDonald</u> 55:50
	2) <u>Gerald Carter</u> 56:01
	3) <u>Ron Landen</u> 58:46

### **The winners in the 10.5K Female:**

Overall Winner - <u>Michelle Powell</u>	55:51
Master Winner - <u>Carolynn Blakney</u>	56:47
Age 0 - 19	1) <u>Kim Waite</u> 57:10
Age 40 - 49	1) <u>Rhonda Trainor</u> 1:02:45
Age 50 - 59	1) <u>Raeanne Watkins</u> 1:02:54
	2) <u>Kathy Givens</u> 1:28:20
Age 60 - 69	1) <u>Jackie Phillips</u> 1:07:24
	2) <u>Patricia Coveny</u> 1:25:40