

**2020 AAU Cross Country Nationals - 12/5/2020****Apalachee Regional Park****Results****Event 13 Women 19-24 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Women 19-24			
1 Ashley Walker	Gear	18:22.62	
2 Shanya Washington	Gear	20:40.47	
3 Neelyam Lugo Ramos	Power House	23:13.08	

**Event 13 Men 19-24 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Men 19-24			
1 Daniel Saxon	Freedom Flyers	16:15.22	
2 Zachary Fenton	Freedom Flyers	16:45.45	
3 Alexander Fernandez	Tri-Lakes Runners	17:10.43	
4 Kobe Latimer	Img Elite A	17:13.08	
5 Aidan Fullem	Unattached	19:29.40	

**Event 13 Women 25-29 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Women 25-29			
1 Ashley Laureano-Rosado	Quantum Elite A	18:48.31	

**Event 13 Women 30-34 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Women 30-34			
1 Kayla Bratcher	Hillsborough	20:41.38	
2 Nichole Brooke	Unattached	22:44.87	
-- Rebekah List	Unattached	DNS	

**Event 13 Men 30-34 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Men 30-34			
1 Andrew Simmons	Peak Perform	17:53.85	

**Event 13 Women 35-39 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Women 35-39			
-- Rachel Selkregg	Unattached	DNS	

**Event 13 Men 35-39 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Men 35-39			
1 Gregory King	Unattached	19:57.44	
2 Matthew Durkee	Sun City Harriers A	23:27.17	

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3	Dustin Sims	Unattached	23:55.36
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**Event 13 Women 40-44 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Women 40-44			
1	Margaret Shearer	Unattached	18:34.86
--	Clare Bickler	Havoc Track	DNS

**Event 13 Men 40-44 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Men 40-44			
1	Marc Johnson	Tri-Lakes Runners	16:51.05
2	Brian Semling	Unattached	19:00.56
3	Justin Gaddis	Unattached	20:29.70
4	James Johnson	Unattached	23:59.07

**Event 13 Women 45-49 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Women 45-49			
1	Sonja Friend-Uhl	Unattached	19:31.32
2	Connilee Walter	Unattached	20:21.22
3	Barbara Bass	Cape Fear Flyers	22:40.07
--	Debra Cane	Unattached	DNS

**Event 13 Men 45-49 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Men 45-49			
1	Josephus Le Roux	Unattached	17:59.67
2	Brian Shadrick	Bullseye Running A	19:49.95
3	Oluf Day	Unattached	20:11.02
--	Robert Bates Jr	Unattached	DNS
--	Thomas Brown	Hillsborough	DNS

**Event 13 Men 50-54 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Men 50-54			
1	Steven Wilcox	Hillsborough	18:14.65
2	Steven Kirwan	Unattached	20:34.24
3	Chuong Vu	Unattached	21:15.19
4	Tim Michaud	Unattached	21:52.98
5	Timothy Jock	Bullseye Running A	22:18.28

**2020 AAU Cross Country Nationals - 12/5/2020****Apalachee Regional Park****Results****Event 13 Women 55-59 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Women 55-59			
-- Michelle Allen	Angry Eagle	DNS	

**Event 13 Men 55-59 5000 Meter Run open/masters**

Name	Year Team	Finals	Points
Results - Men 55-59			
1 David Gierlak	Unattached	22:48.95	