

2019 Southern Food Series

Shrimp 4K

April 6, 2019

Place	First	Last	Gender	Age	Time
1	Clint	Watkins	M	50	14:45
2	Casey	Mull	M	35	15:00
3	David	Beeland	M	50	15:11
4	Rick	Hayes	M	60	15:13
5	Paul	Johnson	M	48	16:28
6	Marybeth	Forwood	F	55	16:29
7	Harold	Benton	M	61	17:07
8	Sam	Mann	M	41	17:30
9	Amber	Mann	F	37	17:40
10	Herman	Sasser	M	74	17:50
11	Barbara	Nasworthy	F	69	18:17
12	Elaine	Dixon	F	58	18:17
13	Bo	Ryles	M	63	18:35
14	Sandra	Bethea	F	48	20:28
15	Carol	Bryan	F	47	20:38
16	Danny	Wall	M	75	21:10
17	Lauri	Johnson	F	48	21:09
18	Bill	Tweedell	M	74	21:10
19	Tammy	Miller	F	49	24:43
20	Heather	Sloan	F	48	25:09
21	Judy	Ledford	F	65	27:22
22	Mary	Pafford	F	66	27:22
23	Brenda	Wall	F	67	29:30
24	Roger	Keel	M	65	29:32

2019 Southern Food Series

Grits 4K

April 6, 2019

Place	First	Last	Gender	Age	Time
1	Clint	Watkins	M	50	16:21
2	David	Beeland	M	50	18:42
3	Casey	Mull	M	35	20:00
4	Rick	Hayes	M	60	20:33
5	Harold	Benton	M	61	21:27
6	Marybeth	Forwood	F	55	21:53
7	Paul	Johnson	M	48	21:58
8	Sam	Mann	M	41	23:54
9	Amber	Mann	F	37	25:23
10	Elaine	Dixon	F	58	25:58
11	Barbara	Nasworthy	F	69	26:27
12	Sandra	Bethea	F	48	26:46
13	Bo	Ryles	M	63	27:02
14	Bill	Tweedell	M	74	28:48
15	Herman	Sasser	M	74	31:18
16	Lauri	Johnson	F	48	31:40
17	Carol	Bryan	F	47	32:09
18	Danny	Wall	M	75	35:38
19	Judy	Ledford	F	65	38:15
20	Mary	Pafford	F	66	38:16
21	Heather	Sloan	F	48	40:57
22	Tammy	Miller	F	49	40:58
23	Brenda	Wall	F	67	41:49
24	Roger	Keel	M	65	41:50

2019 Southern Food Series
Peach Cobbler 4K
April 7, 2019

Place	First	Last	Gender	Age	Time
1	Clint	Watkins	M	50	15:37
2	David	Beeland	M	50	16:56
3	Casey	Mull	M	35	17:57
4	Rick	Hayes	M	60	18:04
5	Harold	Benton	M	61	18:40
6	Marybeth	Forwood	F	55	20:03
7	Sam	Mann	M	41	21:46
8	Amber	Mann	F	37	23:12
9	Elaine	Dixon	F	58	24:23
10	Herman	Sasser	M	74	24:30
11	Barbara	Nasworthy	F	69	24:34
12	Bo	Ryles	M	63	26:46
13	Bill	Tweedell	M	74	27:10
14	Danny	Wall	M	75	30:11
15	Tammy	Miller	F	49	30:21
16	Heather	Sloan	F	48	33:17
17	Judy	Ledford	F	65	35:56
18	Mary	Pafford	F	66	35:57
19	Brenda	Wall	F	67	38:53
20	Roger	Keel	M	65	40:19

2019 Southern Food Series

Ice Cream 4K

April 7, 2019

Place	First	Last	Gender	Age	Time
1	Clint	Watkins	M	50	16:22
2	David	Beeland	M	50	18:14
3	Rick	Hayes	M	60	21:04
4	Harold	Benton	M	61	21:15
5	Marybeth	Forwood	F	55	21:46
6	Sam	Mann	M	41	24:59
7	Amber	Mann	F	37	26:35
8	Barbara	Nasworthy	F	69	27:12
9	Elaine	Dixon	F	58	28:30
10	Bo	Ryles	M	63	29:01
11	Bill	Tweedell	M	74	29:03
12	Herman	Sasser	M	74	29:20
13	Casey	Mull	M	35	33:43
14	Danny	Wall	M	75	34:49
15	Mary	Pafford	F	66	38:16
16	Judy	Ledford	F	65	38:18
17	Heather	Sloan	F	48	40:29
18	Tammy	Miller	F	49	40:33
19	Brenda	Wall	F	67	43:18
20	Roger	Keel	M	65	43:19

Southern Food Series

R.E. Toast 4K

April 8, 2019

Place	First	Last	Gender	Age	Time
1	Rick	Hayes	M	60	18:05
2	Tommy	Dorminy	M	20	18:43
3	Casey	Mull	M	35	19:02
4	David	Beeland	M	50	19:44
5	Marybeth	Forwood	F	55	20:16
6	Jimmy	Worley	M	51	20:26
7	Melinda	Black	F	53	20:28
8	Harold	Benton	M	61	21:13
9	Jimmy	Miller	M	53	21:22
10	Mara	Nance	F	60	22:15
11	George	Southgate	M	72	23:47
12	Sam	Mann	M	41	24:02
13	Elaine	Dixon	F	58	24:35
14	Herman	Sasser	M	74	24:56
15	Rosie	Barber	F	51	25:19
16	Amber	Mann	F	37	25:29
17	Martha	Worley	F	50	25:34
18	David	Eckles	M	43	25:49
19	Doug	Barber	M	50	26:08
20	Barbara	Nasworthy	F	69	26:35
21	Roger	Keel	M	65	27:07
22	Bo	Ryles	M	63	27:54
23	Richard	Harrison	M	68	28:00
24	Bill	Tweedell	M	74	28:28
25	Larry	Lascody	M	75	28:47
26	William	Davis	M	70	29:20
27	Teresa	Dova	F	56	29:27
28	Vicky	Werner	F	66	30:32
29	Veronica	Doster	F	57	32:30
30	Randy	Booth	M	52	32:36
31	Kathy	Givens	F	70	33:11
32	Danny	Wall	M	75	33:21
33	Troy	Garland	M	47	33:47
34	Jim	Latimer	M	77	34:26
35	John	Dorminy	M	48	34:28
36	Tammy	Miller	F	49	35:29
37	Heather	Sloan	F	47	36:55
38	Steve	Strickland	M	66	37:12
39	Lisa	Vaughn	F	42	40:17
40	Chris	Scammon	M	74	40:25
41	Brenda	Wall	F	67	45:35
42	Luella	Ledford	F	71	47:30
43	Linda	Zeeman	F	74	53:20

2019 Southern Food Series

Butter 4K

April 9, 2019

Place	First	Last	Gender	Age	Time
1	Rick	Hayes	M	60	18:19
2	Harold	Benton	M	61	19:14
3	Marybeth	Forwood	F	55	19:36
4	Casey	Mull	M	35	20:11
5	Melinda	Black	F	53	20:25
6	Jimmy	Worley	M	51	20:32
7	David	Beeland	M	50	22:34
8	Jimmy	Miller	M	53	23:19
9	Mara	Nance	F	60	24:03
10	Sam	Mann	M	41	24:06
11	Herman	Sasser	M	74	24:10
12	David	Eckles	M	43	24:20
13	Elaine	Dixon	F	58	24:24
14	George	Southgate	M	72	24:35
15	Amber	Mann	F	37	25:21
16	Martha	Worley	F	50	26:12
17	Rosie	Barber	F	51	27:12
18	Doug	Barber	M	50	27:35
19	Barbara	Nasworthy	F	69	27:38
20	Richard	Harrison	M	68	27:46
21	Bo	Ryles	M	63	28:32
22	Larry	Lascody	M	75	28:36
23	Roger	Keel	M	65	28:50
24	William	Davis	M	70	28:55
25	Bill	Tweedell	M	74	29:36
26	Teresa	Dove	F	56	29:50
27	Vicky	Werner	F	66	31:46
28	Kathy	Givens	F	70	34:36
29	Jim	Latimer	M	77	34:50
30	Danny	Wall	M	75	34:55
31	Veronica	Doster	F	57	35:42
32	Randy	Booth	M	52	36:01
33	Troy	Garland	M	47	36:22
34	Tammy	Miller	F	49	37:42
35	Heather	Sloan	F	47	39:48
36	Steve	Strickland	M	66	40:00
37	Chris	Scammon	M	73	40:45
38	Lisa	Vaughn	F	42	42:43
39	Brenda	Wall	F	67	45:05
40	John	Dorminy	M	48	45:15
41	Luella	Ledford	F	71	49:30
42	Linda	Zeeman	F	74	55:47