

2016 Palmetto200 Results

Overall Winner - Van On The Run - 23:10

Full Team Mixed Winner - Clemson Thundercats - 23:43

Full Team All Male - F3 Ramble 9 - 26:07

Full Team All Female - Team Run Happy - 30:20

Ultra Team Winner - F3 Your Pace or Mine - 26:22

Ultra Team Mixed - Relay Roulette - 31:12

Ultra Team All Male - F3 Columbia 6 - 26:53

Ultra Team All Female - Kickin'Assphalt - 30:36

Division Results Below Full Results

Full Results

<u>Place</u>	<u>Team Name</u>	<u>Type</u>	<u>Category</u>	<u>Duration</u>	<u>Pace</u>
1	Van On the Run (Brian Clyburn)	Full	Mixed	23:10:36	6:46
2	Clemson Thundercats (Scott Shelton)	Full	Mixed	23:43:15	6:55
3	Sole Asylum (Paul Reardon)	Full	Mixed	25:00:15	7:18
4	The Banditos (Paige Lester-Niles)	Full	Mixed	25:09:33	7:20
5	F3 Ramble 9 (Scott Timmons)	Full	All Male	26:07:18	7:37
6	F3 Your Pace or Mine (Davis Hyde)	Ultra	All Male	26:22:30	7:42
7	F3 Lake Murray Ready or Not. Beer We Come (Jason Clayton)	Full	All Male	26:46:40	7:49
8	F3 Columbia 6 (Mark Tibshrary)	Ultra	All Male	26:53:28	7:51
9	F3 Team #UnicornSlaughterhouseDeathmatch (james webb)	Full	All Male	26:59:00	7:52
10	Average Joe's (Josh Baynard)	Full	All Male	27:08:00	7:55
11	F3 Stumble (Raymond Hrin)	Full	All Male	27:15:42	7:57
12	F3 Sixth Sense (Lance McAlister)	Ultra	All Male	27:15:55	7:57
13	F3 Altered States (Sofa Kings)	Full	All Male	27:26:40	8:00
14	F3 The Fort - Ultra #1 (Justin LaRoche)	Ultra	All Male	27:31:51	8:02
15	F3 FloTown Flyers (Ken Flowers)	Full	All Male	27:38:49	8:04
16	F3 Charleston Ultra (Mark Scheurer)	Ultra	All Male	27:54:20	8:09
17	Southern Stride (Brandon Jeffcoat)	Full	Mixed	28:01:00	8:11
18	The Cropdusters (Chris Ardis)	Full	Mixed	28:09:39	8:13
19	GHS Triathlon Team (Clint Grant)	Full	Mixed	28:11:29	8:13
20	F3 Hartsville (Herbert Nicholson)	Full	All Male	28:16:30	8:15
21	F3 Hickory (Phillip Reynolds)	Full	All Male	28:17:20	8:15
22	F3 Lexington FastFellas (Josh Sadler)	Full	All Male	28:24:17	8:17

23	The Fast and the Odorous (Travis Bole)	Full	Mixed	28:25:50	8:18
24	I Found Your Shoe (Paul Wuerslin)	Full	Mixed	28:27:12	8:18
25	F3 MOB (Mark Berglind)	Full	All Male	28:33:40	8:20
26	F3 Hickory Ultra (John Johnson)	Ultra	All Male	28:47:10	8:24
27	True Grit (David Waller)	Full	All Male	28:54:24	8:26
28	Oops! We're in it again! (Charles McDonald)	Full	Mixed	29:01:20	8:28
29	Fitwits (Daniel Katuzienski)	Full	Mixed	29:06:40	8:30
30	Southern Stride II (Crystal Smith)	Full	Mixed	29:07:18	8:30
31	Scrambled Legs (Krista Leopold)	Full	Mixed	29:10:30	8:31
32	Bad Intentions (KEVIN BUICE)	Full	All Male	29:12:00	8:31
33	SEAMON WHITESIDE ORANGE (Landon Messal)	Full	Mixed	29:12:42	8:31
34	F3 Rock Hill - The Patriots (Phillip Thorne)	Full	All Male	29:13:17	8:32
35	F3 HeBrews 12 (Chris Long)	Full	All Male	29:19:34	8:33
36	F3 Scramble (Jason Lockhart)	Full	All Male	29:22:20	8:34
37	Team Tort-Us (Ashley Koon)	Full	Mixed	29:26:00	8:35
38	F3 Summerville Ultra(1)	Ultra	All Male	29:26:39	8:35
39	F3 Swamp Rabbit (Cameron Blackwell)	Full	All Male	29:30:00	8:37
40	F3 Charleston Bridge Trolls (Mark Scheurer)	Full	All Male	29:30:38	8:37
41	Charlotte F3 Ultra (George Crump)	Ultra	All Male	29:32:00	8:37
42	F3 The Herd (Blake Buchanan)	Full	All Male	29:33:40	8:37
43	F3 Charleston Team Gloom (Mark Scheurer)	Full	All Male	29:38:40	8:39
44	12 PAX (Brian Mullen)	Full	All Male	29:42:31	8:40
45	Mt. Horeb Flames (Craig Farmer)	Full	Mixed	29:45:30	8:41
46	F3 Summerville Full (David Moore)	Full	All Male	29:48:07	8:42
47	F3 The Fort - 9 Man #2 (Roger Metz)	Full	All Male	29:48:18	8:42
48	F3 Prowl (Craig Rummel)	Full	All Male	30:02:10	8:46
49	F3 LMAO3 (NICK HAIGLER)	Full	All Male	30:03:20	8:46
50	Hop Stout and Run (James Freeman)	Full	Mixed	30:07:40	8:47
51	Run Junkies (Austin Thornton)	Full	Mixed	30:12:40	8:49
52	F3 the Fort Premature Acceleration (Eddie Dowling)	Full	All Male	30:14:00	8:49
53	Southern Discomfort (Craig Giles)	Full	Mixed	30:18:24	8:51
54	Keep it Movin (Jennifer Kalb)	Full	Mixed	30:20:38	8:51
55	Team Run Happy (Patricia Turner)	Full	All Female	30:20:40	8:51
56	Call Me A Cab Full 2 (Heath Kinsland)	Full	Mixed	30:21:30	8:51
57	SEAMON WHITESIDE GREEN (CODY WHITESIDE)	Full	Mixed	30:23:40	8:52
58	Running Under the Influence (Matt Havens)	Full	Mixed	30:26:00	8:53
59	Seldom Tire'd of Running (Jim Sicking)	Full	Mixed	30:26:42	8:53
60	F3 Lake Murray Speedtrap (Bryan Mayer)	Full	All Male	30:28:30	8:54
61	Never Tire'd of Running (Tim Rogers)	Full	Mixed	30:32:00	8:55
62	F3 Lexington 9 - Respect Your Elders (Barry Morgan)	Full	All Male	30:32:25	8:55
63	JCB (Jason Middleton)	Full	Mixed	30:32:35	8:55

64	Kickin' Assphalt (Tracey OKelley)	Ultra	All Female	30:36:00	8:56
65	The Association of Overweight Kenyan Albinos (Will Sirmon)	Ultra	All Male	30:37:03	8:56
66	787-200 (Angela Allenspach)	Full	Mixed	30:43:50	8:58
67	Testosterone Sprinkles (Jill Bradley)	Full	Mixed	30:54:29	9:01
68	Rum Runners (Joy Beckwith)	Full	All Female	30:59:23	9:03
69	F3 Stumble 12 (Paul Gillam)	Full	All Male	31:06:02	9:05
70	Relay Roulette (Jeremy Thomason)	Ultra	Mixed	31:12:11	9:06
71	Toenail are for Sissies (Michael Williamson)	Full	Mixed	31:15:30	9:07
72	FiA Wine and Nine (Sabrina Gandy)	Full	All Female	31:23:10	9:10
73	F3 Summerville Ultra(2)	Ultra	All Male	31:26:39	9:10
74	Quads of Fury (Michael Jensen)	Full	Mixed	31:32:54	9:12
75	And We Run (Kirk Patton)	Full	Mixed	31:33:42	9:12
76	I Thought This Was a 5K! (Heather Cumbie)	Full	All Female	31:54:40	9:19
77	Honda Fools Speed Ahead (Paula Lintz)	Full	Mixed	31:55:06	9:19
78	Decks Out (Mitch Kelly)	Full	All Male	31:55:35	9:19
79	run. run. run. together. (James Duncan)	Full	Mixed	31:59:00	9:20
80	F3 FartSack Heroes (Daniel Woodard)	Full	All Male	32:13:12	9:24
81	Easier Said Than Run (Rob Brown)	Full	Mixed	32:17:35	9:25
82	Resurgent (Dennis Jefferson)	Full	Mixed	32:18:56	9:26
83	Mike Wazowski (Erica Elbery)	Full	Mixed	32:21:00	9:27
84	Full Sass Half Squatch (FiA)	Full	All Female	32:23:40	9:27
85	Are We There Yet (Lee Phillips)	Full	Mixed	32:23:57	9:27
86	F3 LMAO2 (NICK HAIGLER)	Full	All Male	32:24:03	9:27
87	Defending Champions (Jeff Mosher)	Ultra	Mixed	32:31:14	9:29
88	Chicks With Kicks (Miranda Byrd)	Full	All Female	32:33:50	9:30
89	Heather Made Me Do It (Heather Thompson)	Full	Mixed	32:39:20	9:32
90	F3 LMAO1 (Nick Haigler)	Full	All Male	32:42:20	9:33
91	Tri-ing to find our bikes (Sandy O'Keefe)	Full	All Female	32:43:10	9:33
92	Achin' Peoplechase (Scott Lettrich)	Full	Mixed	32:45:30	9:34
93	F3 Lexington Island of Misfit Runners (Jay Smith)	Full	All Male	32:45:40	9:34
94	F3 The Fort - 11 Men and a Maybe (Jim Eubanks)	Full	All Male	32:46:47	9:34
95	FiA - Because B***hes Be Crazy (Natascha Truong)	Full	All Female	32:48:46	9:34
96	FiA Lexington (Anna Owens)	Full	All Female	32:53:00	9:36
97	FiA Lexington Ladies2 (Anna Owens)	Full	All Female	32:53:00	9:36
98	Spartan Fairies (Wendi Lilly-Bare)	Ultra	Mixed	33:03:50	9:39
99	Feets Don't Fail Me Now (Kent Steger)	Full	Mixed	33:05:38	9:39
100	FiA Ms Fits (Fiona Lofton)	Full	All Female	33:14:00	9:42
101	Crossfit Summerville (Aaron Benne)	Full	Mixed	33:14:17	9:42
102	The Slack-A-Letes (Amber McKenzie)	Full	Mixed	33:21:50	9:44
103	Squirrely Mountain Savages (Tom Crespo)	Full	Mixed	33:25:14	9:45
104	Call Me A Cab (Heath Kinsland)	Full	Mixed	33:34:00	9:48

105	Ocean's 12 (Niche Faulkner)	Full	All Female	33:34:40	9:48
106	Skaters With A Running Problem (Kristin Cannon)	Full	All Female	33:42:08	9:50
107	You Better Catch It (Ashley Meenaghan)	Full	Mixed	33:49:33	9:52
108	Cirque du Sore Legs (Toni Lawrimore)	Full	Mixed	33:54:10	9:54
109	BSC Mixers (Derek Hubbard)	Full	Mixed	34:15:23	10:00
110	Dazed and Confused (Sue Crance)	Full	Mixed	34:34:10	10:05
111	FiA Lowcountry (Jillian Weatherford)	Full	All Female	34:48:20	10:09
112	One Foot In... (Teresa Darnell)	Full	Mixed	34:50:20	10:10
113	River Rats (Paul Hinson)	Full	Mixed	34:55:07	10:12
114	Three stooges (James Boyd)	Ultra	All Male	41:04:00	11:59

Full Team Mixed

Place	Team Name	Duration	Pace
1	Van On the Run (Brian Clyburn)	23:10:36	6:46
2	Clemson Thundercats (Scott Shelton)	23:43:15	6:55
3	Sole Asylum (Paul Reardon)	25:00:15	7:18
4	The Banditos (Paige Lester-Niles)	25:09:33	7:20
5	Southern Stride (Brandon Jeffcoat)	28:01:00	8:11
6	The Cropdusters (Chris Ardis)	28:09:39	8:13
7	GHS Triathlon Team (Clint Grant)	28:11:29	8:13
8	The Fast and the Odorous (Travis Bole)	28:25:50	8:18
9	I Found Your Shoe (Paul Wuerslin)	28:27:12	8:18
10	Oops! We're in it again! (Charles McDonald)	29:01:20	8:28
11	Fitwits (Daniel Katuziowski)	29:06:40	8:30
12	Southern Stride II (Crystal Smith)	29:07:18	8:30
13	Scrambled Legs (Krista Leopold)	29:10:30	8:31
14	SEAMON WHITESIDE ORANGE (Landon Messal)	29:12:42	8:31
15	Team Tort-Us (Ashley Koon)	29:26:00	8:35
16	Mt. Horeb Flames (Craig Farmer)	29:45:30	8:41
17	Hop Stout and Run (James Freeman)	30:07:40	8:47
18	Run Junkies (Austin Thornton)	30:12:40	8:49
19	Southern Discomfort (Craig Giles)	30:18:24	8:51
20	Keep it Movin (Jennifer Kalb)	30:20:38	8:51
21	Call Me A Cab Full 2 (Heath Kinsland)	30:21:30	8:51
22	SEAMON WHITESIDE GREEN (CODY WHITESIDE)	30:23:40	8:52
23	Running Under the Influence (Matt Havens)	30:26:00	8:53
24	Seldom Tire'd of Running (Jim Sicking)	30:26:42	8:53
25	Never Tire'd of Running (Tim Rogers)	30:32:00	8:55
26	JCB (Jason Middleton)	30:32:35	8:55
27	787-200 (Angela Allenspach)	30:43:50	8:58
28	Testosterone Sprinkles (Jill Bradley)	30:54:29	9:01

29	Toenail are for Sissies (Michael Williamson)	31:15:30	9:07
30	Quads of Fury (Michael Jensen)	31:32:54	9:12
31	And We Run (Kirk Patton)	31:33:42	9:12
32	Honda Fools Speed Ahead (Paula Lintz)	31:55:06	9:19
33	run. run. run. together. (James Duncan)	31:59:00	9:20
34	Easier Said Than Run (Rob Brown)	32:17:35	9:25
35	Resurgent (Dennis Jefferson)	32:18:56	9:26
36	Mike Wazowski (Erica Elbery)	32:21:00	9:27
37	Are We There Yet (Lee Phillips)	32:23:57	9:27
38	Heather Made Me Do It (Heather Thompson)	32:39:20	9:32
39	Achin' Peoplechase (Scott Lettrich)	32:45:30	9:34
40	Feets Don't Fail Me Now (Kent Steger)	33:05:38	9:39
41	Crossfit Summerville (Aaron Benne)	33:14:17	9:42
42	The Slack-A-Letes (Amber McKenzie)	33:21:50	9:44
43	Squirrely Mountain Savages (Tom Crespo)	33:25:14	9:45
44	Call Me A Cab (Heath Kinsland)	33:34:00	9:48
45	You Better Catch It (Ashley Meenaghan)	33:49:33	9:52
46	Cirque du Sore Legs (Toni Lawrimore)	33:54:10	9:54
47	BSC Mixers (Derek Hubbard)	34:15:23	10:00
48	Dazed and Confused (Sue Crance)	34:34:10	10:05
49	One Foot In... (Teresa Darnell)	34:50:20	10:10
50	River Rats (Paul Hinson)	34:55:07	10:12

Full Team All Male

<u>Place</u>	<u>Team Name</u>	<u>Duration</u>	<u>Pace</u>
1	F3 Ramble 9 (Scott Timmons)	26:07:18	7:37
2	F3 Lake Murray Ready or Not. Beer We Come (Jason Clayton)	26:46:40	7:49
3	F3 Team #UnicornSlaughterhouseDeathmatch (james webb)	26:59:00	7:52
4	Average Joe's (Josh Baynard)	27:08:00	7:55
5	F3 Stumble (Raymond Hrin)	27:15:42	7:57
6	F3 Altered States (Sofa Kings)	27:26:40	8:00
7	F3 FloTown Flyers (Ken Flowers)	27:38:49	8:04
8	F3 Hartsville (Herbert Nicholson)	28:16:30	8:15
9	F3 Hickory (Phillip Reynolds)	28:17:20	8:15
10	F3 Lexington FastFellas (Josh Sadler)	28:24:17	8:17
11	F3 MOB (Mark Berglind)	28:33:40	8:20
12	True Grit (David Waller)	28:54:24	8:26
13	Bad Intentions (KEVIN BUICE)	29:12:00	8:31
14	F3 Rock Hill - The Patriots (Phillip Thorne)	29:13:17	8:32
15	F3 HeBrews 12 (Chris Long)	29:19:34	8:33

16	F3 Scramble (Jason Lockhart)	29:22:20	8:34
17	F3 Swamp Rabbit (Cameron Blackwell)	29:30:00	8:37
18	F3 Charleston Bridge Trolls (Mark Scheurer)	29:30:38	8:37
19	F3 The Herd (Blake Buchanan)	29:33:40	8:37
20	F3 Charleston Team Gloom (Mark Scheurer)	29:38:40	8:39
21	12 PAX (Brian Mullen)	29:42:31	8:40
22	F3 Summerville Full (David Moore)	29:48:07	8:42
23	F3 The Fort - 9 Man #2 (Roger Metz)	29:48:18	8:42
24	F3 Prowl (Craig Rummel)	30:02:10	8:46
25	F3 LMAO3 (NICK HAIGLER)	30:03:20	8:46
26	F3 the Fort Premature Acceleration (Eddie Dowling)	30:14:00	8:49
27	F3 Lake Murray Speedtrap (Bryan Mayer)	30:28:30	8:54
28	F3 Lexington 9 - Respect Your Elders (Barry Morgan)	30:32:25	8:55
29	F3 Stumble 12 (Paul Gillam)	31:06:02	9:05
30	Decks Out (Mitch Kelly)	31:55:35	9:19
31	F3 FartSack Heroes (Daniel Woodard)	32:13:12	9:24
32	F3 LMAO2 (NICK HAIGLER)	32:24:03	9:27
33	F3 LMAO1 (Nick Haigler)	32:42:20	9:33
34	F3 Lexington Island of Misfit Runners (Jay Smith)	32:45:40	9:34
35	F3 The Fort - 11 Men and a Maybe (Jim Eubanks)	32:46:47	9:34

Full Team All Female

<u>Place</u>	<u>Team Name</u>	<u>Duration</u>	<u>Pace</u>
1	Team Run Happy (Patricia Turner)	30:20:40	8:51
2	Rum Runners (Joy Beckwith)	30:59:23	9:03
3	FiA Wine and Nine (Sabrina Gandy)	31:23:10	9:10
4	I Thought This Was a 5K! (Heather Cumbie)	31:54:40	9:19
5	Full Sass Half Squatch (FiA)	32:23:40	9:27
6	Chicks With Kicks (Miranda Byrd)	32:33:50	9:30
7	Tri-ing to find our bikes (Sandy O'Keefe)	32:43:10	9:33
8	FiA - Because B***hes Be Crazy (Natascha Truong)	32:48:46	9:34
9	FiA Lexington (Anna Owens)	32:53:00	9:36
10	FiA Lexington Ladies2 (Anna Owens)	32:53:00	9:36
11	FiA Ms Fits (Fiona Lofton)	33:14:00	9:42
12	Ocean's 12 (Niche Faulkner)	33:34:40	9:48
13	Skaters With A Running Problem (Kristin Cannon)	33:42:08	9:50
14	FiA Lowcountry (Jillian Weatherford)	34:48:20	10:09

Ultra Overall

<u>Place</u>	<u>Team Name</u>	<u>Category</u>	<u>Duration</u>	<u>Pace</u>
1	F3 Your Pace or Mine (Davis Hyde)	All Male	26:22:30	7:42
2	F3 Columbia 6 (Mark Tibshrary)	All Male	26:53:28	7:51
3	F3 Sixth Sense (Lance McAlister)	All Male	27:15:55	7:57
4	F3 The Fort - Ultra #1 (Justin LaRoche)	All Male	27:31:51	8:02
5	F3 Charleston Ultra (Mark Scheurer)	All Male	27:54:20	8:09
6	F3 Hickory Ultra (John Johnson)	All Male	28:47:10	8:24
7	F3 Summerville Ultra(1)	All Male	29:26:39	8:35
8	Charlotte F3 Ultra (George Crump)	All Male	29:32:00	8:37
9	Kickin' Assphalt (Tracey OKelley)	All Female	30:36:00	8:56
10	The Association of Overweight Kenyan Albinos (Will Sirmon)	All Male	30:37:03	8:56
11	Relay Roulette (Jeremy Thomason)	Mixed	31:12:11	9:06
12	F3 Summerville Ultra(2)	All Male	31:26:39	9:10
13	Defending Champions (Jeff Mosher)	Mixed	32:31:14	9:29
14	Spartan Fairies (Wendi Lilly-Bare)	Mixed	33:03:50	9:39
15	Three stooges (James Boyd)	All Male	41:04:00	11:59

Ultra Mixed

<u>Place</u>	<u>Team Name</u>	<u>Duration</u>	<u>Pace</u>
1	Relay Roulette (Jeremy Thomason)	31:12:11	9:06
2	Defending Champions (Jeff Mosher)	32:31:14	9:29
3	Spartan Fairies (Wendi Lilly-Bare)	33:03:50	9:39

Ultra Team All Male

<u>Place</u>	<u>Team Name</u>	<u>Duration</u>	<u>Pace</u>
1	F3 Your Pace or Mine (Davis Hyde)	26:22:30	7:42
2	F3 Columbia 6 (Mark Tibshrary)	26:53:28	7:51
3	F3 Sixth Sense (Lance McAlister)	27:15:55	7:57
4	F3 The Fort - Ultra #1 (Justin LaRoche)	27:31:51	8:02
5	F3 Charleston Ultra (Mark Scheurer)	27:54:20	8:09
6	F3 Hickory Ultra (John Johnson)	28:47:10	8:24
7	F3 Summerville Ultra(1)	29:26:39	8:35
8	Charlotte F3 Ultra (George Crump)	29:32:00	8:37
9	The Association of Overweight Kenyan Albinos (Will Sirmon)	30:37:03	8:56
10	F3 Summerville Ultra(2)	31:26:39	9:10
11	Three stooges (James Boyd)	41:04:00	11:59

Ultra Team All Female

<u>Place</u>	<u>Team Name</u>	<u>Duration</u>	<u>Pace</u>
1	Kickin' Assphalt (Tracey OKelley)	30:36:00	8:56