

**Pump IT UP 5K - 11/17/2019**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

**Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	2253	Tanui, Aron	M17 Kingston College	16:09.00
2	2472	Francis, Javon	M19 G Foster College	16:11.00
3	2249	Dawkins, Kirk	M17 Kingston College	16:12.00
4	2251	Henry, Gianni	M16 Kingston College	16:34.00
5	2252	Henry, Giovounni	M16 Kingston College	16:36.00
6	2275	Davy, Jevanne	M21 Excelsior Com Coll	16:39.00
7	2460	Green, Thaleetio	M21 Utech	16:47.00
8	2475	Henry, Akeem	M20 G Foster College	17:01.00
9	2471	Gordon, Royale	M20 G Foster College	17:03.00
10	2250	Beadle, Amos	M18 Kingston College	17:18.00
11	2456	Campbell, Fabian	M19 Utech	17:52.00
12	2447	Gutzmore, Andrew	M53 Jamaica Elite Masters Ath	17:55.00
13	2279	Rodney, Daniel	M Excelsior Com Coll	18:01.00
14	2289	Crispus, Atukwatse	M17 Kingston College	18:17.00
15	2278	Gardner, Martin	M20 Excelsior Com Coll	18:38.00
16	2497	Foster, Duvonte	M16 ST Andrew Tech High	18:40.00
17	2254	Richards, Raheem	M15 Kingston College	18:42.00
18	2276	Fairweather, Tavio	M21 Excelsior Com Coll	18:43.00
19	2277	Marsh, Sadiki	M20 Excelsior Com Coll	18:49.00
20	2194	Simmonds, Garfield	M21 Uct Steppas	18:49.00
21	2256	Campbell, Ainsley	M15 Kingston College	18:53.00
22	2455	Stewart, Delroy	M19 Utech	18:55.00
23	2448	Pennington, Troy	M34 Jamaica Elite Masters Ath	18:59.00
24	2623	Mills, Janeil	M19	19:13.00
25	2260	Cole, Josiah	M16 Kingston College	19:32.00
26	2258	Gayle, Daniel	M13 Kingston College	20:22.00
27	2661	Waite, Kuwayne	M23 Rodgers	20:22.00
28	2560	Sherling, Keotae	M19	20:22.00
29	2530	Martin, Stanley	M57	20:39.00
30	2635	Brown, Marcovich	M20 Buxton	20:49.00
31	2647	Greenwood, Jahmain	M19	21:08.00
32	2663	Grey, Rameich	M18 Lushington	21:15.00
33	2444	Audley, Oral	M57 Jamaica Elite Masters Ath	21:18.00
34	2609	Sweeney, AL	M19 Lushington	21:21.00
35	2449	Beckford, Alan	M56 Becka Sport	21:25.00
36	2461	Carr, Ashantia	M20 Utech	21:28.00
37	2469	Lewis, Chris-Ann	W19 G Foster College	21:47.00
38	2274	Harrion, Zwandi	W18 Wolmers Girls	21:56.00
39	2213	Dobson, Damali	W16	21:59.00
40	2290	Tyrell, Markey	M15 Kingston College	22:09.00
41	2291	Hyde, Michka-Mae	W18 ST Andrew High	22:12.00
42	2296	Miller, Tori-Ann	W15 ST Andrew High	22:13.00
43	2488	Reid, Keron	M22 Bishop	22:21.00
44	2462	Newman, Candice	W22 Utech	22:43.00
45	2212	Blake, Amanda	W14	22:46.00
46	2654	Ferron, Romario	M22 Bishop	23:14.00
47	2630	Bryan, Dean	M19 Bishop	23:26.00
48	2657	Ferron, Amario	M22 Rodgers	23:27.00

**Pump IT UP 5K - 11/17/2019**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

**....Mixed 5k Run RR**

49	2502	Wallace, Nadesha	W21		23:53.00
50	2626	Rochester, Olivier	W20	Arthur Grant	23:55.00
51	2527	McGlashiong, Jermaine	M26		23:55.00
52	2481	Lyn, Lauren	M34		23:59.00
53	2616	Huntley, Devaughn	M20	Bishop	24:01.00
54	2239	Forbes, Cajay	M21		24:03.00
55	2269	Gardener, Mickayla	W14	Wolmers Girls	24:04.00
56	2583	Pryce, Robert	M		24:20.00
57	2231	Douglas, Mario	M25		24:21.00
58	2262	Marshall, Tiana	W12	Wolmers Girls	24:22.00
59	2468	Bailey, Keiffer	M20	G Foster College	24:38.00
60	2284	Rowe, Nicholas	M21		24:39.00
61	2459	Brwn, Crystal	W19	Utech	24:52.00
62	2264	Roberts, Jordanne	W12	Wolmers Girls	24:54.00
63	2263	Carby, Rihanna	W12	Wolmers Girls	24:55.00
64	2268	Scarlett, Mikaila	W14	Wolmers Girls	24:56.00
65	2668	Doodnaughtsingh, Marco	M23		24:58.00
66	2644	Henry, Paul	M21		25:00.00
67	2476	Francis, Alexander	M20	Mico Foundation	25:01.00
68	2486	Davis, Alicks	M21	Mico Foundation	25:05.00
69	2501	Lovelace, Jamelia	W20		25:05.00
70	2580	Brooks, Renae	W20	Rodgers	25:05.00
71	2608	Thompson, Chris-Ann	W20	Lushington	25:07.00
72	2529	Padaroski, Garth	M62		25:18.00
73	2464	Spaulding, Amanda	W17	Convent OF Mercy Alpha	25:19.00
74	2463	Allen, Kristina	W16	Convent OF Mercy Alpha	25:23.00
75	2261	Campbell, Danielle	W12	Wolmers Girls	25:37.00
76	2265	Mohan, Micah	W14	Wolmers Girls	25:37.00
77	2295	Royal, Justine	W14	ST Andrew High	25:39.00
78	2292	Watt, Abigail	W15	ST Andrew High	25:44.00
79	2601	Arcscott, Rodaine	M19	Excelsior Com Coll	25:45.00
80	2638	Curtis, David	M22	Rodgers	25:46.00
81	2603	Thomas, Jahvaughn	M20	Lushington	26:30.00
82	2633	Duncan, Romaro	M20	Rodgers	26:31.00
83	2643	Reader, Brain	M21	Rodgers	26:31.00
84	2218	Samuels, Kevington	M17		26:32.00
85	2294	Chambers, Ruth-Ann	W17	ST Andrew High	27:01.00
86	2592	Gordon, Caulton	M69	Train Fit	27:03.00
87	2595	Myers, Marlon	M45	Train Fit	27:08.00
88	2446	Green, Eric	M59	Jamaica Elite Masters Ath	27:29.00
89	2273	Shaw, Shevelle	W18	Wolmers Girls	27:29.00
90	2466	Henry, Halyncia	W13	Convent OF Mercy Alpha	27:41.00
91	2445	Edwards, Janette	W58	Jamaica Elite Masters Ath	27:41.00
92	2192	Graham, Barrington	M45		27:41.00
93	2247	Williams, Ajani	M17		29:23.00
94	2543	McPherson, Andre	M19		29:29.00
95	2480	Lyn, David	M51		29:37.00
96	2665	Burke, Annisha	W20		29:40.00
97	2270	Wright, Adriana	W15	Wolmers Girls	29:47.00

**Pump IT UP 5K - 11/17/2019**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

98	2637	Hall, Jamele	M20	Lushington	29:56.00
99	2631	Miller, Maleke	M21	Buxton	29:59.00
100	2558	Smith, Abbi Gay	W18		30:23.00
101	2581	Smith, Kristoff	M		30:23.00
102	2664	Carpenter, Anthony	M20		30:32.00
103	2573	Rose, Jamari	M23	Arthur Grant	30:33.00
104	2667	Gordon, Malik	M22		30:39.00
105	2227	Alexander, Thyann	W22		30:49.00
106	2605	Jerrery, Dawit	M27		31:16.00
107	2479	Buchanan, Myesha	W24	Lushington	31:17.00
108	2478	Bryant, Andrew	M23	Lushington	31:20.00
109	2547	Martin, Kimberley	W34		31:24.00
110	2232	Benjamin, Albert	M51		31:24.00
111	2645	McNeil, Omar	M26		31:30.00
112	2520	Thomas, Rounwell	M19	Mico Teachers College	31:54.00
113	2552	Grandison, Trey	M20		32:06.00
114	2499	Freckleton, Abdull	M33	Buxton	32:11.00
115	2622	Jerffery, Sanque	W24		32:39.00
116	2656	Jackson, Malike	M19		32:41.00
117	2589	Matthew, Tyrese	M16		32:42.00
118	2571	Greyson, Cliue	M56		33:02.00
119	2539	Bryian, Denniston	M21		33:03.00
120	2259	Jackson, Jordan	M13	Kingston College	33:14.00
121	2226	Brooks, Nickeshia	W		33:37.00
122	2506	James, Tiffany	W22	Arthur Grant	33:42.00
123	2554	Peart, Tyrone	M29		33:45.00
124	2532	Green, Kenneal	M22		33:45.00
125	2597	Slack, Michelle	W48	Train Fit	33:46.00
126	2244	Henry, Shemar	M19		33:47.00
127	2503	Card, Devar	M22	Buxton	33:52.00
128	2489	Henry, Deandra	W22	Arthur Grant	34:00.00
129	2531	Vanhorne, Adrian	M		34:06.00
130	2606	Smith, Xavier	M12		34:11.00
131	2465	Pellington, Amelia	W		34:11.00
132	2632	Pennant, Romarlo	M25	Rodgers	34:11.00
133	2550	Grant, Akeilia	W19		34:13.00
134	5095	White, Ajaue	M19	Buxton	34:30.00
135	2572	Dunn, Anyanwu	W12	Ardenne	35:10.00
136	2594	Hanson, Dianne	W56	Train Fit	35:52.00
137	2660	Bullock, Okeeno	M19		35:53.00
138	2526	Ffrench, Tarose	W17	Ardenne	36:05.00
139	2634	Whyte, Raheem	M20	Rodgers	36:38.00
140	2621	Pinnock, Asbur	M53		36:41.00
141	2528	Smith, Dionne	W44		37:00.00
142	2655	Bell, Cleon	M24		37:02.00
143	2659	Williams, Dahjae	M18		37:41.00
144	2625	Green, Aneilla	W17	Ardenne	37:52.00
145	2185	Bartlett, Jessie	W21		37:54.00
146	2670	Henry, Shannakay	W25		37:56.00

**Pump IT UP 5K - 11/17/2019**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

147	2570	Cross, Paula	W44		38:11.00
148	2649	Blake, Kwame	M21		38:31.00
149	2544	Mills, Jenelle	W19		38:43.00
150	2576	Benjamin, Sashana	W26		39:28.00
151	2596	Distant, Charmaine	W58	Train Fit	39:33.00
152	2561	Marstory, Britney	W20		39:35.00
153	2673	Phillips, Sean	M22		40:01.00
154	2613	Hylton, Joni-Kaye	W19	Arthur Grant	40:37.00
155	2662	Headley, Keneva	W20		40:37.00
156	2575	Smith, Nathan	M16		40:38.00
157	2517	Adman, Adrian	M30		40:42.00
158	2285	Nicholas, Deighton	M24		40:48.00
159	2483	Ashman, Huntley	M59		40:58.00
160	2671	Miller, Taseka	W23		41:42.00
161	2599	Campbell, Shereen	W35	Train Fit	41:49.00
162	2598	Creary, Venetta	W56	Train Fit	42:55.00
163	2593	Gauntlett, Andree	W41	Train Fit	42:58.00
164	2505	Walker, Abigail	W21	Buxton	43:22.00
165	2522	Montique, Ranaldo	M21	Uct Steppas	43:50.00
166	2658	Jackson, Malika	W19		44:10.00
167	2229	Nelson, Nathan	M20		44:18.00
168	2504	Edwards, Chevelle	W22	Rodgers	44:22.00
169	2666	McKenzie, Kayla	W18		44:25.00
170	2507	Yorke, Elicia	W21		44:57.00
171	2582	Irving, Daniel	M		44:58.00
172	2650	Haynes, Tywana	W22		45:05.00
173	2584	Myrte, Yemeah	W18		46:08.00
174	2191	Cunningham, Amanda	W30		46:18.00
175	2498	Freckleton, Aaron	M10	Buxton	46:27.00
176	2524	Williams, Asheka	W28		46:36.00
177	2521	Hunter, Devano	M23	Mico Teachers College	46:40.00
178	2500	Wilson, Phillip	M62		46:40.00
179	2627	Watson, Denise	W25	Arthur Grant	46:43.00
180	2223	Spence, Patrina	W23		46:48.00
181	2585	Hamilton, Chamalle	W19		47:08.00
182	2492	Johnson, Anikie	W17	Bishop	47:16.00
183	2236	Wright, Shaday	W16		47:32.00
184	5091	Beckford, Fioanna	W21	Arthur Grant	47:33.00
185	2238	Malcolm, Tasheika	W18		47:45.00
186	2237	Samuels, Imani	W17		47:47.00
187	2477	Lawrence, Shantel	W23	Arthur Grant	47:48.00
188	2653	Finlayter, Nicole	W21		47:55.00
189	2652	Madden, Navisha	W25		48:07.00
190	2588	Morgan, Davany	M21		48:10.00
191	2467	Francis, Javardi	M19	Buxton	48:59.00
192	2604	Sutherland, Fabion	M24	Bishop	48:59.00
193	2246	Evans, Christopher	M25		49:13.00
194	2484	Brown, Nicholai	M25	Buxton	49:13.00
195	2636	Johnson, Jerval	M25	Arthur Grant	49:13.00

**Pump IT UP 5K - 11/17/2019**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

196	2607	Allen, Keneil	M28	Lushington	49:13.00
197	2563	Vassell, Tafari	M22		49:14.00
198	2651	Sobers, Monica	W21	Rodgers	49:14.00
199	2577	Gordon, Queen-Rasadie	W20		49:14.00
200	2482	Samuels, Candice	W23	Buxton	49:18.00
201	2541	Beadle, Nathalia	W23		49:20.00
202	2221	Shawn, Merrick	M23		49:50.00
203	2672	Kelly, Hannah	W20		49:56.00
204	2523	Morrison, Trudyann	W22		50:09.00
205	2222	Williams, Miguel	M22		50:30.00
206	2508	Williams, Dorraine	W30		50:31.00
207	5093	Williams, Alex	M19	Rodgers	50:33.00
208	2200	Heslop, Danielle	W21		50:44.00
209	2628	Thompson, Garian	W18	Arthur Grant	51:30.00
210	2590	Baker, Shiri	W19		51:30.00
211	2578	Grant, Daine-Lee	W19		52:22.00
212	2642	Corney, Oraine	M24		52:23.00
213	2640	Luringstone, Lajoin	M19		52:31.00
214	2518	Blake, Demoy	M23	Mico Teachers College	52:32.00
215	2618	Ascott, Carlene	W		52:41.00
216	2282	Leith, Keshan	M21		52:46.00
217	2457	Titus, Lance	M28	Rodgers	52:47.00
218	2190	Murdock, Rahzgheem	M30		52:48.00
219	2591	Bentley, Albert	M28		53:01.00
220	2568	Brown, Rashelle	W22		53:04.00
221	2534	Johnson, Jodalee	W20		53:15.00
222	2629	Roberts, Horesha	W18	Rodgers	53:19.00
223	2491	Pryce, Avery	W21	Mico Foundation	53:40.00
224	2648	Duncanson, Nastassia	W19	Buxton	54:10.00
225	2641	Manning, Moyah	W21	Buxton	54:30.00
226	2619	Smith, Lamar	M14		54:43.00
227	2617	Smith, Fred	M61		54:43.00
228	2624	Seymour, Sashanna	W	The Squad	55:28.00
229	2234	Henry, Mickehlia	W21		55:30.00
230	2458	Kelly, Duvaughn	M24	Buxton	56:23.00
231	2574	Johnson, Shevanese	W21	Uct Steppas	56:47.00
232	2646	Jones, Ashanty	W17	Lushington	59:33.00
233	2230	Green, Christopher	M23		1:03:51.00
234	2553	Stephenson, Malique	M20		1:03:55.00
235	2669	Williams, Jaskia	W20	Buxton	1:03:55.00
236	2562	Edwards, Thea	W22		1:04:05.00
237	5958	Tracy, Yanique	W		1:04:05.00

**Pump IT UP 5K - 11/17/2019**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

**Mixed 5k Race Walk RR**

Comp#	Name	Team	Time	Points
1	5970 Allen, Duwell	M30 Creation Foods Ltd	25:25.00	
2	5954 Clarke, Akeim	M22	33:24.00	
3	5980 Morgan, Alex	M18 Mico Grad School	34:21.00	
4	5790 Gayle, Oswy	M41 Uct Steppas	34:30.00	
5	5074 Reid, Rhoneil	M19 Arthur Grant	34:48.00	
6	5995 Fletcher, Shemar	M19 Buxton	35:00.00	
7	5791 Kitson, Devon	M58 Uct Steppas	35:02.00	
8	5787 Ashman, Shawn	W43 Uct Steppas	35:32.00	
9	5979 Brown, Michael	M18 Mico Grad School	39:12.00	
10	5959 Griffiths, Amoy	W18 Bishop	39:45.00	
11	5927 Dobson Lewis, Michael Antho	M48	40:04.00	
12	5984 Edwards, Sharon	W53	41:36.00	
13	5083 Thompson, Heron	M64	42:50.00	
14	5793 Davis, Carlene	W64 Uct Steppas	44:45.00	
15	5794 Hall, Isharmer	W21	44:46.00	
16	5796 Stevens, Delano	M21	45:00.00	
17	5961 Smikle, Brian	M23	45:23.00	
18	5090 Henry, Nicholas	M22 Arthur Grant	45:32.00	
19	5785 Hardware Thomas, Jean	W60 Uct Steppas	46:11.00	
20	5960 Samuda, Nichola	W23	46:37.00	
21	5094 Stoddart, Jeffery	M22 Buxton	46:45.00	
22	5978 Collins, Rabito	M20 Mico Grad School	46:46.00	
23	5795 Martin, Michael	M21 Buxton	46:50.00	
24	5100 Mattheson, Rona	W22 Bishop	47:46.00	
25	5085 Neita, Marjorie	W60	47:49.00	
26	5786 Nosworthy, Angela	W77 Uct Steppas	48:15.00	
27	5084 McNeish, Shanell	W24 Lushington	49:00.00	
28	5968 Davis, Maicone	M19	49:50.00	
29	5096 Cassell, Leslie	M22 Bishop	49:57.00	
30	5788 Newsome, Nadene	W45 Uct Steppas	50:20.00	
31	5962 Cameron, Kenroy	M23	50:21.00	
32	5966 Hall, Antonio	M19	50:23.00	
33	5988 Goldbourne, Shamikie	W18	50:27.00	
34	5974 Panton, Richard	M35	50:39.00	
35	5990 Samules, Paula	W20	50:56.00	
36	5088 Edwards-Hall, Shaunette	W33 Rodgers	51:39.00	
37	5798 Beckford, Lincoln	M20	52:19.00	
38	5932 Kudzai, Tederera	M30	52:20.00	
39	5992 Bookal, Abigail	W21	52:26.00	
40	5989 Fears, Kereen	W19	52:44.00	
41	5092 Allen, Roderick	M23 Lushington	52:53.00	
42	5099 Wilson Hunter, Marissa	W27	52:54.00	
43	5983 Hinds, Andrew	M26	53:14.00	
44	5087 Brown, Travoe	M23	54:22.00	
45	5082 Wilsom, Peta-Gay	W40 Arthur Grant	54:23.00	
46	5098 McLean, Kimanie	W17 Rodgers	56:23.00	
47	5097 Keisha, Bailey	W21 Arthur Grant	56:34.00	
48	5797 Barrett, Carlene	W30	56:46.00	

**Pump IT UP 5K - 11/17/2019**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

49	5089	Jeffrey, Kemoya	W24	Lushington	57:10.00
50	5799	Grant, Camillia		W	58:45.00
51	5101	Clayton, Carlene		W34	58:47.00
52	5986	Lindsay, Sandukor		M42	59:07.00
53	5072	Williams, Rhonda		W43	59:55.00
54	5976	Cornwall, Samantha		W23	1:00:49.00
55	5080	Goodrih, Orane		M22	1:00:50.00
56	5081	Powell, Venice		W21	1:03:49.00
57	5076	Jarman, Ashley		W21	1:03:50.00
58	5086	Barnes, Davion		M22	1:03:55.00
59	5955	Williams, Rashada		W22	1:03:56.00
60	5982	Whyte, Celina		W22	1:03:58.00