

# Tonia Waring

Completed the 5K at the Race For Warmth in

**53:12.2**

**January 25, 2026**

Overall: **686/1185**

Bib No: **1802**

Div Place: **50/96**

Division: **F50-54**

Sex Place: **390/946**

Pace: **17:08.0**