

Rock & Run 10k Trail Run

Age Group Results

January 31, 2009

Results By Zoomers Running Club

10k

Overall Female Overall Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------|-------------|------------|----------------|-------------|-------------|
| 1 | Kasey Snyder | | 33 | 11 | 46:53.0 | 7:34/M |

Overall Male Overall Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|---------------|-------------|------------|----------------|-------------|-------------|
| 1 | Ricardo Lomas | | 42 | 1 | 38:17.7 | 6:10/M |

Overall Female Masters Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Sunny L'Heureux | | 49 | 27 | 56:14.7 | 9:04/M |

Overall Male Masters Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------|-------------|------------|----------------|-------------|-------------|
| 1 | Mark Stueve | | 52 | 2 | 40:27.6 | 6:31/M |

Overall Female Grand Masters Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------|-------------|------------|----------------|-------------|-------------|
| 1 | June Allen | | 58 | 29 | 56:57.1 | 9:11/M |

Overall Male Grand Masters Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------|-------------|------------|----------------|-------------|-------------|
| 1 | John Peacock | | 55 | 5 | 42:46.7 | 6:54/M |

Overall Female Senior Grand Masters Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------------|-------------|------------|----------------|-------------|-------------|
| 1 | Lucia Schatteleyn | | 63 | 37 | 1:02:25.1 | 10:04/M |

Overall Male Senior Grand Masters Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------|-------------|------------|----------------|-------------|-------------|
| 1 | Guy Ealey | | 68 | 17 | 49:56.4 | 8:03/M |

Female 15 to 19

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Bailee McGinnis | | 17 | 43 | 1:05:38.0 | 10:35/M |

Male 15 to 19

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|-------------|------------|----------------|-------------|-------------|
| 1 | Danny Duncan | | 16 | 4 | 42:45.9 | 6:54/M |
| 2 | James Kieck | | 15 | 6 | 43:06.9 | 6:57/M |
| 3 | Chris Eaton | | 18 | 9 | 45:02.1 | 7:16/M |
| 4 | Nick Romanko | | 16 | 14 | 47:36.1 | 7:41/M |
| 5 | James Mills | | 19 | 33 | 59:04.9 | 9:32/M |
| 6 | Raymund Reyes | | 16 | 44 | 1:06:21.1 | 10:42/M |
| 7 | Adam Kosianowski | | 15 | 45 | 1:06:40.7 | 10:45/M |

Female 20 to 24

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Miranda Wrobel | | 23 | 19 | 52:07.0 | 8:24/M |

Female 25 to 29

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Andrea Vigil | | 26 | 48 | 1:10:11.4 | 11:19/M |
| 2 | Kimberly Davis | | 27 | 53 | 1:28:13.2 | 14:14/M |

Male 25 to 29

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------------|-------------|------------|----------------|-------------|-------------|
| 1 | Chris George | | 27 | 3 | 42:29.9 | 6:51/M |
| 2 | Shaun Garner | | 28 | 25 | 55:57.6 | 9:01/M |
| 3 | Louis Van Der Veen | | 27 | 54 | 1:28:14.5 | 14:14/M |

Female 30 to 34

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------------|-------------|------------|----------------|-------------|-------------|
| 1 | Bettina Korte-Alex | | 32 | 32 | 58:24.1 | 9:25/M |
| 2 | Shelley La Pean | | 34 | 39 | 1:02:57.7 | 10:09/M |
| 3 | Stephanie Dunda | | 30 | 46 | 1:06:43.1 | 10:46/M |

Male 30 to 34

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|----------------|-------------|-------------|
| 1 | John Mills | | 32 | 18 | 51:28.1 | 8:18/M |
| 2 | Paul Cernansky | | 32 | 22 | 54:33.2 | 8:48/M |

Female 35 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Joanne Magley | | 37 | 34 | 59:15.7 | 9:33/M |
| 2 | Gabrielle Brady | | 38 | 42 | 1:04:17.5 | 10:22/M |

Male 35 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|---------------|-------------|------------|----------------|-------------|-------------|
| 1 | Joe Cellamare | | 38 | 8 | 44:28.0 | 7:10/M |
| 2 | Brad Tanner | | 35 | 13 | 47:29.4 | 7:40/M |
| 3 | Eric Ogden | | 38 | 23 | 55:06.9 | 8:53/M |
| 4 | Keith Magley | | 38 | 35 | 1:02:05.5 | 10:01/M |

Female 40 to 44

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Lisa Fields | | 41 | 47 | 1:06:58.8 | 10:48/M |
| 2 | Allyson Burnett | | 43 | 49 | 1:11:13.3 | 11:29/M |
| 3 | Kathy Tushaus | | 44 | 52 | 1:24:12.6 | 13:35/M |
| 4 | Susan Caudill | | 42 | 57 | 1:39:29.0 | 16:03/M |

Male 40 to 44

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Jamey Myers | | 43 | 7 | 43:07.8 | 6:57/M |
| 2 | Nickolas Store | | 41 | 38 | 1:02:39.4 | 10:06/M |

Female 45 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Joyce Fenhaus | | 45 | 28 | 56:41.8 | 9:09/M |
| 2 | Yulinar Sproat | | 46 | 50 | 1:12:28.0 | 11:41/M |

Male 45 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|----------------|-------------|-------------|
| 1 | William Gorman | | 45 | 12 | 47:23.7 | 7:39/M |
| 2 | Robert Reed | | 47 | 15 | 47:36.7 | 7:41/M |
| 3 | Jim Quinn | | 47 | 16 | 48:00.6 | 7:45/M |
| 4 | David Nurse | | 49 | 24 | 55:42.3 | 8:59/M |

Female 50 to 54

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Jamie Beckstead | | 51 | 36 | 1:02:19.1 | 10:03/M |
| 2 | Eileen Forest | | 50 | 56 | 1:39:28.0 | 16:03/M |

Male 50 to 54

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|----------------|-------------|-------------|
| 1 | Timothy Cochran | | 53 | 21 | 54:03.9 | 8:43/M |
| 2 | Jeffrey Allen | | 51 | 30 | 56:59.2 | 9:11/M |

Female 55 to 59

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|-------------|------------|----------------|-------------|-------------|
| 1 | Stephanie Burger | | 57 | 40 | 1:02:58.5 | 10:09/M |
| 2 | Barbara McNulty | | 59 | 41 | 1:03:35.4 | 10:15/M |

Male 55 to 59

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|----------------|-------------|-------------|
| 1 | George Anderson | | 57 | 10 | 45:48.9 | 7:23/M |

Male 60 to 64

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------|-------------|------------|----------------|-------------|-------------|
| 1 | DANIEL COLE | | 61 | 26 | 55:59.7 | 9:02/M |

Female 65 to 69

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------|-------------|------------|----------------|-------------|-------------|
| 1 | Theo Carroll | | 65 | 51 | 1:17:31.2 | 12:30/M |

Male 65 to 69

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|---------------|-------------|------------|----------------|-------------|-------------|
| 1 | Ed Morgan | | 65 | 20 | 52:11.8 | 8:25/M |
| 2 | DONALD FIALKA | | 67 | 31 | 58:15.5 | 9:24/M |

Male 70 and over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|---------------|-------------|------------|----------------|-------------|-------------|
| 1 | Donald McBain | | 76 | 55 | 1:28:25.9 | 14:16/M |
