

# No Frills All Thrills 5 Mile Trail Run 5 Mile

## Age Group Results

March 20, 2010

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Results By Gary Olsen

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### Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Melissa Sundermann	198	39	9	35:30	7:06/M

### Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Adam Dohm	125	27	1	27:58	5:36/M

### Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tammy McCullough	42	44	12	36:29	7:18/M

### Overall Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Todd Kelly	196	48	2	33:23	6:41/M

### Female 14 & Under

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mia Rose	126	10	207	1:04:51	12:58/M

### Male 14 & Under

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jack Walsh	209	12	43	39:52	7:58/M

### Female 15 - 19

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amanda Higgins	165	15	28	38:07	7:37/M
2	Aubrey Higgins	166	17	36	39:27	7:53/M
3	Emily Dunn	191	18	117	46:12	9:14/M
4	Carrie Warner	190	19	155	51:41	10:20/M
5	Kieara Carroll	67	17	208	1:05:04	13:01/M

### Male 15 - 19

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jamal Fakih	151	17	19	37:07	7:25/M
2	Josh Herbeck	132	18	55	40:56	8:11/M
3	Jacob Deaven	102	15	121	46:37	9:19/M

### Female 20 - 24

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ana Buia	21	22	18	36:52	7:22/M
2	Elizabeth Olenzek	104	21	90	42:57	8:35/M
3	Jill Piasecki	223	24	181	55:56	11:11/M
4	Diana Hilton	34	24	186	56:44	11:21/M
5	Ashlee Crawford	65	24	198	1:00:14	12:03/M
6	Katie Johns	123	24	204	1:02:59	12:36/M

### Male 20 - 24

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Philip Corun	200	23	80	42:28	8:30/M

## Female 25 - 29

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stefanie Perri	140	25	31	38:46	7:45/M
2	Jessica Murray	162	25	64	41:52	8:22/M
3	Julie Anderson	144	27	99	43:40	8:44/M
4	Sarah Prochaska	117	29	139	49:31	9:54/M
5	Heather Haarala	228	29	148	51:03	10:13/M
6	Kimberly Ake	47	28	158	51:54	10:23/M
7	Jacqueline Szalanski	112	29	172	54:27	10:53/M
8	Kristen Hamilton	122	29	173	54:33	10:55/M
9	Mia Chilman	29	27	174	54:36	10:55/M

## Male 25 - 29

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joe Jankowski	22	27	6	33:49	6:46/M
2	Christopher Roper	139	27	24	37:40	7:32/M
3	David Clark	221	25	25	37:50	7:34/M
4	Tosin Akinmusuru	60	29	29	38:25	7:41/M
5	Mike Woods	127	26	35	39:22	7:52/M
6	Guy Diakow	147	28	44	39:55	7:59/M
7	Joshua Johnson	90	29	46	39:59	8:00/M
8	Chris Potterpin	50	27	83	42:40	8:32/M
9	Dustin Bosscher	211	29	100	43:51	8:46/M
10	Joel Nagel	150	29	101	43:52	8:46/M
11	Ryan Vickers	230	28	138	49:30	9:54/M

## Female 30 - 34

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stephanie Kapanowski	177	31	32	38:47	7:45/M
2	Sarah Cookinham	197	34	65	41:53	8:23/M
3	Karleen Kudej	63	33	86	42:50	8:34/M
4	Jill Adams	131	32	96	43:16	8:39/M
5	Amelia Moshier	62	30	98	43:35	8:43/M
6	Sarah Townsend	159	31	107	44:31	8:54/M
7	Andrea Kong	58	33	109	44:40	8:56/M
8	Sharon Terlep	142	31	110	45:11	9:02/M
9	Melissa Laine	25	33	112	45:33	9:07/M
10	Jennifer Onofray	178	31	125	47:04	9:25/M
11	Jodie Haberkorn	135	33	129	47:58	9:36/M
12	Suzy Francoeur	105	32	132	48:15	9:39/M
13	Erin Zahnow	137	30	145	50:25	10:05/M
14	Meghann Bruder	146	31	159	52:09	10:26/M
15	Jamie Pirochta	219	30	167	53:59	10:48/M
16	Mary Stoinski	106	33	168	54:06	10:49/M
17	Allison Larson	213	33	176	55:06	11:01/M
18	Danielle Campbell	15	30	191	57:36	11:31/M

## Male 30 - 34

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Matt Carpenter	116	32	3	33:40	6:44/M
2	Dan McGuire	69	34	4	33:45	6:45/M
3	David Tatti	55	30	7	33:50	6:46/M
4	Bruce Mayrand	64	30	16	36:49	7:22/M
5	Nicholas Deren	118	32	22	37:38	7:32/M
6	Bruce Anderson	119	32	26	37:54	7:35/M
7	Adam Haberkorn	136	34	33	38:51	7:46/M
8	Nick Minnick	100	34	52	40:36	8:07/M
9	Jeffrey Conway	107	34	53	40:40	8:08/M
10	Zachary Branigan	8	32	62	41:30	8:18/M
11	Daniel McCully	212	34	68	42:02	8:24/M
12	Michael Onofray	179	32	72	42:10	8:26/M
13	Ryan McKindles	141	31	124	46:55	9:23/M
14	Brent Pirochta	164	30	140	49:36	9:55/M
15	Chuck Zahnow	138	33	144	50:24	10:05/M
16	Francis Kern	23	32	157	51:50	10:22/M
17	Jeff Burton	130	32	205	1:03:00	12:36/M

## Female 35 - 39

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nachiko Hirato	70	38	39	39:33	7:55/M
2	Ahnie Jacobson	129	35	45	39:57	7:59/M
3	Stephanie Beckhorn	86	39	51	40:26	8:05/M
4	Elaine Hodder	207	39	59	41:14	8:15/M
5	Mechelle Kuchar	156	36	75	42:12	8:26/M
6	Lea Vanamberg	43	39	92	43:03	8:37/M
7	Kelly Fedele	180	39	108	44:35	8:55/M

8	Denise Dashner	183	39	114	45:36	9:07/M
9	Dayle O'Keefe	224	36	115	46:04	9:13/M
10	Sara Johnson	226	36	119	46:29	9:18/M
11	Paula Vander muss	77	36	126	47:14	9:27/M
12	Melanie Cattermole	114	39	156	51:43	10:21/M
13	Danielle Gonzalez	35	35	162	52:43	10:33/M
14	Debbie Higgins	168	39	163	52:53	10:35/M
15	Annie Brockschmidt	145	39	193	58:21	11:40/M
16	Sandy Law	184	35	194	58:23	11:41/M
17	Lenice Antoinette	13	39	197	59:14	11:51/M
18	Natalie Catt	57	36	206	1:04:36	12:55/M
19	Heidi Ernst	84	38	212	1:08:10	13:38/M

### Male 35 - 39

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hugh Smallwood	28	39	15	36:38	7:20/M
2	Brian Perron	208	37	27	38:04	7:37/M
3	Neil Humann	148	36	37	39:29	7:54/M
4	Owen Keaton	193	36	41	39:38	7:56/M
5	Larry Laverty	24	37	49	40:10	8:02/M
6	Phillip Kozlowski	39	39	57	41:00	8:12/M
7	Dave McCall	80	37	94	43:10	8:38/M
8	Brian Lassaline	36	36	95	43:14	8:39/M
9	Jim Meldrum	163	36	131	48:14	9:39/M
10	James Parkhust	6	35	143	50:10	10:02/M
11	Greg Gray	160	38	150	51:07	10:13/M

### Female 40 - 44

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Colleen Deaven	103	44	76	42:14	8:27/M
2	Lori Lindstrom	41	44	160	52:20	10:28/M
3	Michelle Madden	26	43	164	52:53	10:35/M
4	Maria Gistingier	172	42	175	54:51	10:58/M
5	Lori Garner	214	42	177	55:07	11:01/M
6	Nina Whittle	9	40	182	56:24	11:17/M
7	Gloria Guerra-Biegen	17	41	183	56:29	11:18/M
8	Maria Jasinski	128	44	190	57:26	11:29/M
9	Heather Soenksen	124	40	192	57:59	11:36/M
10	Meegan McRoberts	92	43	199	1:00:47	12:09/M
11	Terri Salas	48	42	200	1:00:48	12:10/M
12	Theresa Rosenbrook	40	42	210	1:05:35	13:07/M
13	Patti Crowley-Harpenau	32	41	213	1:15:05	15:01/M

### Male 40 - 44

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mark Viergutz	72	41	11	36:09	7:14/M
2	Mike Larson	216	41	40	39:37	7:55/M
3	Richard Sudz	33	40	42	39:40	7:56/M
4	Rich Marr	194	40	50	40:11	8:02/M
5	John McRoberts	91	42	82	42:39	8:32/M
6	Steve Jordan	97	42	84	42:40	8:32/M
7	Bill McEvoy	109	40	97	43:17	8:39/M
8	Russ Nuffer	54	40	128	47:37	9:31/M
9	Mike Argue	78	40	134	49:02	9:48/M
10	Harold Higgins	167	42	142	50:09	10:02/M
11	Nickolas Butkevich	31	43	152	51:16	10:15/M
12	Paul Bays	152	42	161	52:22	10:28/M

### Female 45 - 49

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Krys Brish	218	46	13	36:30	7:18/M
2	Sandy Haras	206	48	30	38:40	7:44/M
3	Diane Gonzales	134	45	69	42:03	8:25/M
4	Kathy Bohnsack	199	48	73	42:10	8:26/M
5	Patricia Thornburg	170	47	78	42:21	8:28/M
6	Kathleen Erz	11	45	111	45:29	9:06/M
7	Lisa Reilly	96	45	135	49:12	9:50/M
8	Carol Peterson	189	48	178	55:12	11:02/M
9	Mieko Inaba	155	45	180	55:44	11:09/M
10	Debra Malcom	203	46	184	56:31	11:18/M
11	Jannie Teitelbaum	10	49	185	56:33	11:19/M
12	Christina Harris	81	45	187	56:56	11:23/M
13	Virginia Carroll	66	45	209	1:05:04	13:01/M
14	Dawn Cuddie	75	45	211	1:08:09	13:38/M

### Male 45 - 49

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Anthony Noxon	154	47	5	33:47	6:45/M
2	Andrew Weeks	169	46	10	35:51	7:10/M
3	Dave McMillan	88	49	14	36:33	7:19/M
4	Billy Tanner	56	48	21	37:34	7:31/M
5	Dave Berkey	101	46	47	40:00	8:00/M
6	Kevin Mason	83	45	54	40:48	8:10/M
7	Dave Potter	143	45	60	41:16	8:15/M
8	Roy Gomizawa	220	46	63	41:38	8:20/M
9	Michael Connolly	89	47	66	41:54	8:23/M
10	Todd Wilson	98	46	67	42:01	8:24/M
11	Greg Blastic	68	47	79	42:26	8:29/M
12	Marc Cuddie	76	46	87	42:51	8:34/M
13	Art Kubert	202	48	93	43:09	8:38/M
14	Chris Kolarik	37	48	102	43:56	8:47/M
15	Scott McCuaig	210	45	103	43:58	8:48/M
16	Jeff Madden	27	48	118	46:22	9:16/M
17	Robert Johnson	14	45	127	47:35	9:31/M
18	Joseph Hansen	52	46	188	56:57	11:23/M
19	Brad Zimmerman	51	45	203	1:02:55	12:35/M

## Female 50 - 54

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Wanda Gunderson	222	51	38	39:32	7:54/M
2	Mimi Pakami	192	50	56	40:57	8:11/M
3	Kathleen Spillane	173	53	61	41:17	8:15/M
4	Maura Gatkowski	205	51	88	42:53	8:35/M
5	Kim Meisenholder	59	51	91	43:01	8:36/M
6	Janis Clay	71	52	104	44:13	8:51/M
7	Lori Vecchioni	85	52	113	45:35	9:07/M
8	Karin Corun	201	53	120	46:31	9:18/M
9	Jennifer Murray	161	54	122	46:44	9:21/M
10	Colleen Krieg	53	51	153	51:18	10:16/M
11	Jill Winegar	215	51	170	54:10	10:50/M
12	Mary Schlaff	204	54	179	55:14	11:03/M
13	Beth Wagner	185	51	189	57:12	11:26/M
14	Theresa Wall	186	52	195	58:42	11:44/M
15	Pam Lee-Campbell	174	51	196	58:54	11:47/M

## Male 50 - 54

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ray Jeffery	61	50	8	34:29	6:54/M
2	Matt Daly	217	53	23	37:39	7:32/M
3	John Bukoffsky	93	50	48	40:09	8:02/M
4	Jeff Kerr	30	51	81	42:34	8:31/M
5	Marvin Guitar	153	53	85	42:42	8:32/M
6	John King	188	53	123	46:53	9:23/M
7	Domingo Valadez	182	50	136	49:14	9:51/M
8	David Best	225	54	146	50:30	10:06/M
9	Robert Florka	18	52	149	51:05	10:13/M
10	Doug Herron	108	54	166	53:48	10:46/M

## Female 55 - 59

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Linda Jurkiewicz	187	58	165	53:21	10:40/M

## Male 55 - 59

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Steven Edwards	176	56	20	37:09	7:26/M
2	Tom Villagomez	82	55	34	38:55	7:47/M
3	Michael Hrischuk	7	56	58	41:12	8:14/M
4	John Gialanella	44	58	77	42:16	8:27/M
5	Brad Borgeson	149	58	116	46:06	9:13/M
6	Myron Sedman	113	59	133	48:36	9:43/M
7	Pierre Lavalard	120	58	137	49:16	9:51/M
8	Gil Martinez	110	58	141	49:52	9:58/M
9	James Debene	229	55	154	51:38	10:20/M
10	Richard Porte	171	58	169	54:08	10:50/M
11	Larry Cherven	79	57	171	54:18	10:52/M

## Female 60 & Over

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Melodie Maxfield	95	61	130	48:05	9:37/M
2	Sandy Weston	45	63	201	1:02:35	12:31/M

## Male 60 & Over

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ron Carpenter	115	60	17	36:51	7:22/M
2	Thomas Claflin	133	62	70	42:07	8:25/M
3	Harlan Van Blaricum	20	69	71	42:09	8:26/M
4	Michael Curtis	175	60	74	42:11	8:26/M
5	Gregory Maxfield	94	60	89	42:54	8:35/M
6	David Campbell	195	63	105	44:25	8:53/M
7	David Potter	111	63	106	44:28	8:54/M
8	Richard Weston	181	68	147	50:52	10:10/M
9	James Katakowski	227	60	151	51:10	10:14/M
10	Larry Weston	46	64	202	1:02:36	12:31/M

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