

**2008 Striders Winter Racing Circuit
Cumulative Results**

<u>Place</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>5K Time</u>	<u>10K Time</u>	<u>10 Mile Time</u>	<u>Half Time</u>	<u>30K Time</u>	<u>Cumulative</u>
Female Overall									
1	Dana	Wicks	36	21:19.7	0:43:39	1:12:02	1:32:03	2:16:19	6:05:23
2	Amy	Laughter	25	23:40.7	0:50:15	1:18:39	1:36:08	2:24:29	6:33:12
3	Laura	DeVries	29	23:23.0	0:47:34	1:17:23	1:38:33	2:27:47	6:34:40
Female 13 - 18									
1	Jessica	Kemp	18	27:08.8	1:01:04	1:35:22	2:04:34	3:19:58	8:28:07
2	Saralyn	Goodspeed	17	32:24.6	1:04:57	1:41:44	2:08:25	3:19:56	8:47:27
Female 19 - 24									
1	Amanda	Slater	24	22:59.7	0:47:12	1:21:07	1:41:36	2:28:29	6:41:24
2	Elizabeth	Hall	24	26:58.9	0:54:41	1:33:18	1:53:04	2:54:46	7:42:48
3	Jessica	Rees	23	27:35.0	0:59:52	1:19:41	1:46:21	3:22:00	7:55:29
4	Heather	Spens	23	29:26.3	0:54:52	1:33:47	1:58:57	2:58:28	7:55:30
5	Annie	Spencer	19	27:47.1	0:55:28	1:41:44	1:58:28	3:02:14	8:05:41
6	Marcianne	Simkins	24	32:28.3	1:04:48	1:32:33	1:56:38	2:59:40	8:06:07
7	Cambria	Ellison	23	27:43.1	0:56:00	1:35:16	1:58:56	3:21:27	8:19:22
8	May	Bailey	23	32:29.2	1:04:52	1:57:42	2:27:46	3:27:20	9:30:09
Female 25 - 29									
1	Melanie	Conger	27	24:37.1	0:50:03	1:25:19	1:51:56	2:44:59	7:16:54
2	Amanda	Van Orden	25	29:35.5	0:57:57	1:40:14	1:56:54	2:52:38	7:57:18
3	Emilie	Davis	28	26:56.2	0:56:46	1:33:25	1:57:34	3:04:05	7:58:46
4	Kimberly	Routson	26	26:46.2	0:54:10	1:34:30	2:13:14	3:04:52	8:13:32
5	Sarah	Heilig	28	30:22.1	1:03:44	1:40:20	2:06:25	3:03:37	8:24:28
6	Jessica	Hobson	28	28:51.1	0:59:25	1:39:31	2:06:28	3:12:19	8:26:34
7	Tiffany	Swaner	27	28:17.6	0:55:09	1:37:28	2:01:07	3:27:45	8:29:47
8	Erica	Garner	28	31:20.5	1:06:31	1:47:21	2:13:05	2:52:19	8:30:36
9	Bonnie	Bailey	25	25:10.8	1:04:52	1:57:42	1:49:55	3:27:20	8:45:00
10	Jamie	Whetstone	28	28:52.1	1:01:16	1:45:00	2:14:32	3:17:49	8:47:29
11	Tasha	Lemmon	26	33:17.6	1:10:33	1:54:29	2:24:23	3:46:54	9:49:37
Female 30 - 34									
1	Melinda	Jones	34	23:25.4	0:49:43	1:21:43	1:39:55	2:31:19	6:46:05
2	Rebecca	Montgomery	34	24:11.5	0:49:55	1:21:47	1:43:21	2:33:40	6:52:55
3	Shae	Bitton	34	24:19.2	0:50:21	1:22:15	1:42:55	2:33:41	6:53:31
4	Angie	Hill	34	26:21.6	0:52:19	1:24:52	1:48:22	2:39:25	7:11:20
5	Alayna	Williamson	32	26:17.7	0:54:33	1:29:42	1:58:53	2:54:05	7:43:31
6	Kathryn	Ricks	32	27:56.8	0:58:55	1:37:08	1:59:48	2:55:31	7:59:19
7	Nicole	Udy	33	27:28.8	0:56:36	1:31:03	1:55:23	3:09:10	7:59:41
8	Daisy	Wilson	30	29:58.0	0:59:11	1:35:34	2:01:50	2:59:25	8:05:58
9	Jenn	Littrell	32	29:05.9	1:03:45	1:36:46	2:02:58	3:10:11	8:22:46
10	Krystal	Hawker	34	32:31.4	1:03:04	1:36:24	1:57:50	3:22:57	8:32:46
11	Adie	Mitchell	31	30:18.4	1:01:30	1:42:53	2:09:50	3:13:29	8:38:00
12	Keri	Richter	34	29:41.6	0:59:56	1:39:56	2:05:40	3:23:29	8:38:43
13	Stacy	Randall	34	33:35.4	1:10:33	1:54:06	2:28:37	3:42:40	9:49:31
Female 35 - 39									
1	Jenny	Cole	36	24:51.4	0:51:27	1:22:07	1:51:34	2:43:40	7:13:39
2	Julie	Archie	35	26:17.6	0:53:30	1:30:39	1:48:16	2:42:58	7:21:41
3	Heidi	Shaw	38	26:43.7	0:54:03	1:27:18	1:55:18	2:49:15	7:32:38
4	Tiffany	Gatten	39	25:48.8	0:52:42	1:27:45	2:01:28	2:45:25	7:33:09
5	Connie	Wilkinson	35	27:30.4	0:55:13	1:31:31	1:53:52	2:45:53	7:33:59
6	Jennifer	Frongner	37	28:02.0	0:54:48	1:29:08	1:50:58	2:54:23	7:37:19

<u>Place</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>5K Time</u>	<u>10K Time</u>	<u>10 Mile Time</u>	<u>Half Time</u>	<u>30K Time</u>	<u>Cumulative</u>
7	Brooke	Field	35	30:15.2	1:01:33	1:45:41	2:09:49	3:13:29	8:40:47
8	Susie	Hatch	38	29:50.4	1:02:50	1:43:50	2:15:11	3:15:34	8:47:15
9	JeaLeen	White	37	31:45.2	1:07:59	1:44:47	2:21:29	3:30:41	9:16:41
10	Pam	Lagerquist	38	33:20.3	1:07:24	1:47:14	2:21:56	3:35:21	9:25:15
11	Rita	Zimmerman	37	31:11.1	1:05:54	1:50:01	2:15:50	3:50:19	9:33:15
12	Stacy	Browning	39	32:58.5	0:48:43	1:54:48	2:39:26	3:47:18	9:43:13

Female 40 - 44

1	Lisa	Hayes	41	25:39.1	0:51:25	1:27:58	1:50:49	2:48:59	7:24:50
2	Holly	Ward	42	28:02.4	0:55:24	1:30:05	1:51:34	2:43:39	7:28:44
3	Missy	Nichols	40	26:36.1	0:54:06	1:29:11	1:51:21	2:55:59	7:37:13
4	Julie	Maurer	40	26:54.9	0:55:05	1:30:48	1:56:34	2:51:52	7:41:14
5	Lori	Metcalfe	44	27:32.2	0:54:36	1:30:36	1:57:21	2:58:28	7:48:33
6	Shelly	Stinson	40	26:44.9	0:56:50	1:31:27	1:56:26	3:08:02	7:59:30
7	Lisa	Stofferahn	40	26:50.7	0:55:23	1:33:27	1:59:59	3:06:38	8:02:18
8	Lisa	Frazier	42	33:56.8	1:09:23	2:01:35	1:52:42	3:57:04	9:34:41
9	Liz	Donaldson	41	39:53.5	1:19:06	1:45:32	2:18:32	3:34:25	9:37:28

Female 45 - 49

1	Kathy	Bastian	49	25:37.1	0:52:34	1:27:16	1:46:00	2:46:02	7:17:29
2	Mary	Mackay	45	29:51.9	1:02:14	1:46:33	2:13:25	3:09:52	8:41:56
3	Julie	Nelson	47	40:29.2	1:28:50	1:36:28	2:13:04	3:23:11	9:22:02
4	Pam	Bowker	45	40:58.3	1:24:00	2:17:22	2:56:44	4:33:49	11:52:53

Female 50 - 54

1	Celeste	Collman	54	24:19.1	0:49:49	1:38:45	1:45:45	2:38:46	7:17:24
2	Sue	Stoker	51	27:16.9	0:55:10	1:29:19	1:54:31	2:58:52	7:45:09
3	Joan	Nelson	52	29:21.0	1:01:02	1:39:07	2:07:57	3:07:10	8:24:37
4	Jean	Schlier	51	31:57.9	1:05:55	1:47:14	2:18:15	3:28:03	9:11:25
5	Eva	Crabb	54	36:24.5	1:15:10	2:09:58	2:51:25	4:21:56	11:14:53

<u>Place</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>5K Time</u>	<u>10K Time</u>	<u>10 Mile Time</u>	<u>Half Time</u>	<u>30K Time</u>	<u>Cumulative</u>
Male Overall									
1	Chad	Derum	35	17:54.0	0:36:33	1:00:43	1:16:17	1:53:10	5:04:37
2	Cody	Draper	27	18:00.5	0:36:49	1:01:21	1:17:25	1:55:03	5:08:39
3	Jonathan	Allen	29	17:57.6	0:36:46	0:59:52	1:20:55	2:00:39	5:16:10
Male 13 - 18									
1	Davis	Larkin	14	22:49.6	0:48:08	1:23:15	1:45:22	2:32:40	6:52:15
2	Conner	Knowlton	14	23:54.1	0:51:21	1:24:04	1:45:35	2:41:27	7:06:21
Male 19 - 24									
1	Ben	VanBeekum	24	17:53.6	0:37:22	1:01:55	1:18:48	2:05:28	5:21:27
2	Daniel	Phister	24	22:22.2	0:45:15	1:15:24	1:34:24	2:24:21	6:21:46
3	Joshua	Turner	22	26:59.3	0:56:11	1:36:27	2:00:23	3:48:03	8:48:03
Male 25 - 29									
1	Mike	Wojciechowski	27	25:22.5	0:52:14	1:25:05	1:43:45	2:38:11	7:04:37
2	Bryan	Rees	27	23:04.2	0:47:49	1:19:42	1:46:21	2:52:12	7:09:08
3	Nate	Wilcox	29	25:23.5	0:52:21	1:29:09	1:50:48	2:48:40	7:26:21
4	Charley	Moore	28	26:19.9	0:54:17	1:31:59	1:56:26	2:56:39	7:45:41
5	Jacob	Gulbransen	29	30:10.4	1:00:27	1:38:34	1:54:16	2:42:57	7:46:24
6	Justin	Oram	27	25:21.8	0:54:25	1:28:34	1:52:08	3:09:47	7:50:16
7	Jared	Ervin	27	24:57.2	0:54:35	1:38:46	2:00:11	2:54:21	7:52:50
8	Michael	Braun	29	27:35.4	0:55:47	1:34:25	1:58:45	3:00:13	7:56:45
9	Shane	Cooper	29	28:15.8	1:01:19	1:39:34	2:09:47	3:04:22	8:23:18
Male 30 - 34									
1	Jeff	MacArthur	34	19:22.0	0:38:59	1:05:28	1:21:35	2:00:26	5:25:50
2	Craig	DeVries	32	20:42.1	0:41:26	1:08:20	1:26:11	2:05:09	5:41:48
3	Jared	Richardson	31	20:00.7	0:41:34	1:08:12	1:25:56	2:10:50	5:46:33
4	Matthew	Malan	34	20:28.3	0:41:22	1:08:37	1:28:09	2:15:08	5:53:44
5	Jason	Forsgren	33	22:35.8	0:45:38	1:14:15	1:33:48	2:25:56	6:22:13
6	Eric	Jensen	32	21:45.4	0:45:29	1:15:34	1:35:28	2:31:00	6:29:16
7	Justin	Ipsen	32	25:42.1	0:52:22	1:24:45	1:45:57	2:46:16	7:15:02
8	Eric	Drake	34	25:25.0	0:52:51	1:27:40	1:52:53	2:45:14	7:24:03
9	Shawn	Carrigan	31	26:32.9	0:54:10	1:25:16	1:52:38	2:48:32	7:27:09
10	Jon	Udy	34	27:26.6	0:56:36	1:32:12	1:55:34	2:57:25	7:49:14
11	Brice	Mitchell	33	30:18.6	1:00:52	1:41:30	2:10:43	3:13:35	8:36:59
12	Joe	Hopkin	34	30:37.2	1:07:29	1:43:42	2:09:35	3:07:36	8:38:59
13	Brandon	Long	33	26:52.5	0:58:48	1:41:23	2:09:16	3:36:32	8:52:51
14	David	Reeder	30	29:13.4	1:02:28	1:52:34	2:14:32	3:28:40	9:07:27
Male 35 - 39									
1	Wade	Paskett	35	19:40.7	0:40:09	1:07:31	1:22:52	2:03:34	5:33:47
2	Ryan	Richter	34	20:19.3	0:41:02	1:06:35	1:26:05	2:22:21	5:56:22
3	Daniel	Stephenson	38	21:46.0	0:44:49	1:11:07	1:30:44	2:13:41	6:02:07
4	Rick	Nef	38	22:30.7	0:46:07	1:14:54	1:31:12	2:13:41	6:08:25
5	Troy	Williamson	35	21:40.3	0:46:02	1:16:31	1:36:07	2:23:19	6:23:39
6	Richard	Hickmon	38	22:50.7	0:46:54	1:17:07	1:38:12	2:27:34	6:32:38
7	Jayson	Baker	38	23:52.9	0:49:10	1:19:11	1:40:33	2:33:30	6:46:17
8	Mitch	Ward	35	24:37.4	0:50:03	1:21:44	1:44:24	2:28:19	6:49:07
9	Darin	Stratford	36	24:23.2	0:51:48	1:21:39	1:48:14	2:38:57	7:05:01
10	Fernando	Aquirre	36	26:05.9	0:53:56	1:29:33	1:48:59	2:47:30	7:26:04
11	Dewey	Lakey	36	27:13.6	0:54:51	1:28:52	1:55:10	2:54:18	7:40:25
12	Matthew	Harrison	39	25:29.7	0:51:11	1:24:15	1:44:58	3:15:48	7:41:42
13	Mathew	Watkins	35	30:39.2	0:57:14	1:31:42	1:57:25	2:49:01	7:46:01
14	Steve	Porter	38	28:05.8	0:56:59	1:31:20	2:03:00	2:52:58	7:52:23
15	Stirlynn	Mike	37	29:03.9	1:02:25	1:41:28	2:04:52	3:16:24	8:34:13

<u>Place</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>5K Time</u>	<u>10K Time</u>	<u>10 Mile Time</u>	<u>Half Time</u>	<u>30K Time</u>	<u>Cumulative</u>
Male 40 - 44									
1	Thom	Kuehls	44	20:51.8	0:42:07	1:09:12	1:26:44	2:11:18	5:50:13
2	Mike	Fresh	44	23:13.8	0:48:24	1:19:55	1:39:41	2:27:24	6:38:38
3	Troy	Anderson	41	23:10.7	0:48:05	1:19:36	1:40:05	2:29:29	6:40:26
4	Curt	Parke	41	23:29.8	0:48:22	1:19:11	1:42:16	2:28:19	6:41:38
5	Chad	Stoddard	40	23:56.8	0:49:49	1:18:32	1:39:04	2:31:57	6:43:19
6	James	Harrison	40	23:47.3	0:49:04	1:20:52	1:49:57	2:33:43	6:57:23
7	Troy	Larkin	44	23:55.0	0:50:49	1:23:15	1:48:28	2:32:51	6:59:18
8	Chad	Pauling	41	25:10.0	0:52:15	1:24:40	1:45:16	2:44:37	7:11:58
9	Ed	Frazier	41	23:35.6	0:50:10	1:24:23	1:43:58	2:52:12	7:14:19
10	Dave	Allison	43	26:09.1	0:51:42	1:26:50	1:51:00	2:42:04	7:17:45
11	Jeff	Roundy	41	25:47.4	0:52:28	1:29:16	1:52:12	2:53:51	7:33:34
12	Robert	Preator	43	26:51.7	1:00:42	1:31:37	1:54:24	2:50:27	7:44:02
13	D	Ballantyne	41	32:23.6	1:04:56	1:43:04	2:03:16	2:55:52	8:19:32
14	Ryan	Eckardt	42	30:35.4	1:04:30	1:47:21	2:09:17	3:37:19	9:09:02
15	Dale	Bowker	44	40:58.1	1:23:38	2:13:16	2:52:48	3:57:48	11:08:28
Male 45 - 49									
1	Tim	Maurer	47	21:45.2	0:43:44	1:11:14	1:31:34	2:16:06	6:04:23
2	Stephen	Haslam	49	21:24.6	0:43:14	1:12:09	1:32:06	2:16:02	6:04:56
3	Brent	Wilding	49	22:09.7	0:46:35	1:16:31	1:37:08	2:23:19	6:25:43
4	Chip	Fuller	46	23:33.5	0:46:18	1:16:02	1:36:53	2:23:55	6:26:41
5	Paul	Stenquist	47	23:12.7	0:48:19	1:20:40	1:37:16	2:25:41	6:35:09
6	Randy	Whetton	48	25:18.1	0:51:43	1:26:17	1:48:35	2:46:10	7:18:03
7	Randall	Steinfeldt	45	25:50.7	0:54:33	1:32:32	1:57:31	2:52:43	7:43:10
8	Steve	Stout	48	26:42.4	0:55:34	1:32:31	1:58:17	2:52:43	7:45:47
9	Jerry	Goodspeed	47	35:20.5	1:08:08	1:50:46	2:18:54	3:24:54	9:18:02
10	Dan	Stormont	46	34:27.0	1:07:29	1:56:30	2:14:31	3:32:09	9:25:06
11	James	Cutrubus	48	33:25.9	1:06:31	1:45:39	2:21:23	3:43:30	9:30:29
Male 50 - 54									
1	Dan	Kerns	50	19:52.2	0:41:13	1:07:05	1:24:49	2:08:31	5:41:30
2	David	Seedenburg	54	21:37.8	0:44:38	1:12:27	1:32:20	2:00:00	5:51:03
3	Paul	Hulet	52	24:02.8	0:48:39	1:20:11	1:43:42	2:33:50	6:50:25
4	Michael	Schlier	52	24:23.4	0:50:54	1:21:56	1:44:26	2:32:42	6:54:21
5	Tom	Rich	54	25:52.4	0:52:32	1:24:41	1:49:45	2:42:40	7:15:30
6	Brad	Beus	54	26:12.3	0:54:42	1:28:43	1:53:26	2:48:27	7:31:30
7	Jose	Castro	53	29:37.0	1:03:11	1:45:50	2:11:41	3:16:47	8:47:06
8	Don	Zanelli	53	26:10.2	0:56:23	1:48:58	2:13:29	3:37:44	9:02:44
Male 55 - 59									
1	Kaly	Fadel	57	24:57.8	0:51:41	1:27:02	1:49:08	2:47:14	7:20:03
2	Roger	Beutler	58	27:00.6	0:55:50	1:38:48	1:58:13	3:14:18	8:14:10
3	Gary	Naylor	55	28:24.7	0:59:54	1:41:08	2:13:09	3:16:19	8:38:55
Male 60 - 64									
1	Mike	Rosner	62	23:34.3	0:47:15	1:17:51	1:38:12	2:26:28	6:33:20
2	Gary	Dawson	62	24:03.8	0:50:58	1:27:00	1:53:48	2:50:56	7:26:46
3	Tony	Spanos	63	24:46.4	0:52:52	1:27:02	1:53:44	2:56:54	7:35:18
Male 65 - 69									
1	Rex	Carter	66	25:45.3	0:52:51	1:29:39	1:52:43	2:48:14	7:29:12
2	Keith	Carrigan	65	27:19.4	0:58:18	1:41:03	2:00:59	3:19:41	8:27:20