

**2009 Striders Winter Racing Circuit
Cumulative Results**

<u>Place</u>	<u>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	Sariah Long	23	18:50.3	38:42.7	1:03:01.2	1:22:58.2	2:06:51.6	5:30:24
2	Merrilee Blackham	31	21:12.4	43:59.5	1:11:25.6	1:30:59.7	2:20:41.8	6:08:19
3	Amy Laughter	26	21:43.1	45:58.3	1:14:16.3	1:34:48.0	2:11:48.9	6:08:35
Female 13 - 18								
1	Tamra Harris	18	27:57.3	1:00:47.3	1:52:00.2	2:14:50.0	3:19:53.7	8:55:28
2	Rachael Gauss	18	29:18.7	1:06:43.9	1:43:03.2	2:25:34.5	3:20:19.9	9:05:00
Female 19 - 24								
1	Lesley Harvey	23	20:39.7	44:39.4	1:15:02.5	1:47:22.8	2:15:24.3	6:23:09
2	Camille Schultz	20	24:21.7	51:18.8	1:24:03.8	1:45:53.6	2:43:05.6	7:08:43
3	Sarah Johnston	24	26:12.9	54:28.5	1:31:09.7	1:58:47.6	2:45:12.2	7:35:51
4	Annie Spencer	20	28:44.5	59:35.5	1:41:39.6	2:12:50.1	3:15:29.2	8:38:19
Female 25 - 29								
1	Melanie Conger	28	24:16.5	49:38.3	1:22:27.8	1:47:17.2	2:33:39.8	6:57:20
2	Cristina Pebley	27	24:13.3	51:56.6	1:21:28.4	1:44:45.5	2:40:41.3	7:03:05
3	Angella Lopez	28	26:03.7	52:11.4	1:25:57.2	1:51:52.7	2:44:27.0	7:20:32
4	Tiffany Swaner	28	26:49.4	58:28.0	1:29:23.7	1:59:00.4	2:55:51.5	7:49:33
5	Rebecca Brimhall	26	26:26.7	53:21.6	1:30:51.8	1:56:50.9	3:03:01.3	7:50:32
6	Amy Moyes	29	29:55.8	1:03:18.7	1:38:57.3	2:05:26.6	3:05:48.6	8:23:27
7	Melissa Smithing	27	25:55.0	53:29.3	1:28:18.9	2:08:17.8	3:54:07.0	8:50:08
8	Ashley Archibald	26	30:30.4	1:02:08.5	1:42:16.9	2:20:28.2	3:22:30.9	8:57:55
9	Jessi Mickelsen	26	32:56.7	1:09:53.9	1:58:21.1	2:32:36.5	3:47:08.6	10:00:57
10	Patricia Dexter	25	39:39.8	1:16:30.5	2:10:59.8	2:54:58.9	4:35:42.6	11:37:52
Female 30 - 34								
1	Heather Loughton	30	21:46.7	45:05.2	1:12:50.6	1:35:51.8	2:23:15.3	6:18:50
2	Nancy Shina	34	23:04.8	47:20.1	1:17:08.8	1:42:54.7	2:31:15.2	6:41:44
3	Emily Rodriguez	32	22:48.0	47:02.9	1:17:58.1	1:41:39.9	2:33:29.3	6:42:58
4	Rachel Ward	33	23:26.2	48:06.4	1:19:08.8	1:46:14.4	2:30:56.0	6:47:52
5	Krislyn Willden	31	24:49.5	50:49.2	1:21:56.2	1:50:47.0	2:41:04.8	7:09:27
6	Mandee Orton	34	24:54.5	50:40.3	1:22:09.7	1:45:48.0	2:57:23.1	7:20:56
7	Alayna Williamson	33	25:19.4	54:31.7	1:26:40.4	1:52:52.7	2:52:05.6	7:31:30
8	Sherri Parks	34	26:22.6	56:36.4	1:29:52.1	1:54:13.4	2:47:14.1	7:34:19
9	Carmen Harrison	34	28:26.5	57:23.2	1:33:50.7	1:59:50.4	2:59:15.6	7:58:46
10	Carrie Hansen	30	27:09.4	56:04.8	1:31:48.8	2:01:53.2	3:06:02.4	8:02:59
11	Heather Ellis	34	27:09.2	56:04.7	1:31:49.0	2:01:53.2	3:06:02.7	8:02:59
12	Rachel Hawkins	32	27:12.3	57:45.4	1:31:46.1	2:05:55.3	3:09:27.0	8:12:06
13	RandiLyn Jacobs	32	29:21.7	57:20.0	1:36:44.4	2:07:47.0	3:09:21.6	8:20:35
14	Breein Clark	32	28:25.5	59:36.3	1:35:49.2	2:02:02.9	3:15:02.1	8:20:56
15	Katie Edwards	30	27:59.3	1:00:59.9	1:39:02.0	2:09:33.1	3:04:46.3	8:22:21
16	Lindsey Wadsworth	34	27:31.7	58:42.4	1:37:36.1	2:11:15.2	3:13:22.8	8:28:28
17	Stacy McCaig	32	29:49.5	1:03:26.1	1:42:42.0	2:13:41.7	3:25:23.3	8:55:03
18	Rhonda Boren	34	31:49.1	1:05:21.9	1:44:45.9	2:17:40.0	3:35:52.8	9:15:30
19	Andrea Rumsey	34	30:14.9	1:02:11.0	1:46:51.5	2:22:10.2	3:38:36.7	9:20:04
20	Kirsten Rasmussen	32	40:42.2	1:11:54.4	1:51:51.2	2:26:31.1	3:39:03.9	9:50:03
21	Jeanette Dexter	33	35:40.1	1:10:32.3	1:55:33.5	2:35:23.7	4:16:28.6	10:33:38
22	Angelina Lingelback	33	36:29.5	1:12:26.3	2:10:34.2	2:57:27.3	4:13:36.4	11:10:34

<u>Place</u>	<u>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 35 - 39								
1	Joanne Chournos	36	21:57.4	44:49.2	1:16:11.7	1:36:53.5	2:23:53.2	6:23:45
2	Cherilee Hunsaker	35	23:56.5	49:05.4	1:19:22.6	1:46:03.9	2:45:51.3	7:04:20
3	Michelle Loghry	39	23:53.4	50:53.7	1:25:40.3	1:52:10.5	2:41:26.5	7:14:04
4	Melinda Sheridan	36	26:03.5	53:05.0	1:27:25.9	1:48:50.8	2:42:13.7	7:17:39
5	Jenny Cole	37	24:39.6	51:27.7	1:23:49.8	1:52:56.8	2:46:31.8	7:19:26
6	Heather Jensen	37	25:23.2	52:06.8	1:25:06.4	1:55:18.1	2:45:41.3	7:23:36
7	Heidi Rich	38	28:54.2	1:00:30.0	1:38:51.0	2:11:15.3	3:11:33.3	8:31:04
8	Jenn Littrell	35	30:46.0	1:01:28.5	1:40:43.9	2:08:53.4	3:19:39.5	8:41:31
9	Laura D'Hulst	36	34:43.0	1:08:23.9	1:44:43.3	2:34:23.3	3:09:45.9	9:11:59
10	Rita Zimmerman	38	31:28.2	1:08:45.3	1:53:36.7	2:27:03.6	3:23:24.8	9:24:19
11	Brooke Field	36	27:35.4	1:04:56.8	1:59:41.1	2:22:57.6	3:39:01.7	9:34:13
12	Pam Lagerquist	39	32:22.2	1:07:15.8	1:49:37.3	2:29:42.1	3:44:43.6	9:43:41
13	Jealeen White	38	33:58.5	1:09:56.2	2:00:16.9	2:23:37.2	3:41:20.3	9:49:09
14	Stacy Randall	35	32:53.5	1:10:03.2	1:54:18.3	2:25:55.6	3:46:38.4	9:49:49
Female 40 - 44								
1	Patti Grissom	40	25:52.3	50:18.1	1:25:44.0	1:49:16.9	2:50:25.6	7:21:37
2	Linda Matheson	42	24:59.3	52:21.6	1:27:16.8	1:53:15.9	2:53:49.5	7:31:43
3	Lisa Hayes	42	25:48.2	53:06.9	1:26:56.0	2:00:52.1	2:52:18.3	7:39:02
4	Holly Halverson	43	26:17.8	54:41.6	1:30:51.8	1:58:03.6	2:50:23.4	7:40:18
5	Tiffany Gatten	40	25:36.0	52:24.4	1:27:27.6	2:04:27.5	2:53:41.4	7:43:37
6	Starla Stanley	41	26:42.3	55:19.6	1:29:24.6	1:56:54.1	3:00:09.7	7:48:30
7	Shelly Stinson	41	29:13.9	58:33.6	1:31:43.1	1:57:18.2	2:54:26.3	7:51:15
8	Missy Nichols	41	26:27.9	54:47.4	1:29:46.9	1:57:12.4	3:03:25.9	7:51:40
9	Julie Maurer	41	27:25.6	56:40.4	1:32:56.9	2:02:32.4	3:06:48.1	8:06:23
10	Sheri Mosher	43	28:26.6	58:08.6	1:34:36.2	2:07:15.1	3:06:25.8	8:14:52
11	Cindy Vineyard	40	28:35.0	1:00:53.4	1:37:23.3	2:06:59.5	3:15:10.9	8:29:02
12	Lisa Greding	41	30:25.5	1:00:38.4	1:38:14.2	2:04:46.1	3:26:39.2	8:40:43
13	Michelle Johnson	43	35:23.3	1:14:23.7	2:09:08.9	2:50:12.5	4:12:57.2	11:02:06
Female 45 - 49								
1	Becky Burnett	47	22:03.0	45:33.9	1:13:51.8	1:37:22.9	2:23:47.1	6:22:39
2	Teresa Odekirk	47	26:22.6	54:49.2	1:29:37.3	1:57:07.1	3:03:26.2	7:51:22
3	Lori Metcalf	45	29:14.0	1:01:17.8	1:40:07.8	2:01:20.5	2:57:00.2	8:09:00
4	Robin Bushman	47	30:08.1	57:47.5	1:34:13.1	2:03:16.7	3:05:12.9	8:10:38
Female 50 - 54								
1	Kathy Bastian	50	25:08.0	52:33.9	1:28:36.4	1:52:07.8	2:47:00.5	7:25:27
2	Marty Smith	50	27:07.5	59:22.2	1:32:46.6	1:56:36.1	2:59:58.6	7:55:51
Female 55 - 59								
1	Celeste Collman	55	25:03.6	51:00.8	1:26:24.5	1:55:04.3	2:48:20.1	7:25:53
2	Shauna Heisler	58	26:04.5	55:09.0	1:28:52.7	1:54:59.3	3:04:02.3	7:49:08
3	Carol Fletcher	55	31:32.5	1:16:24.4	1:58:24.2	2:24:32.3	4:17:24.9	10:28:18
Female 60 - 64								
1	Carol Johnson	64	31:56.7	1:07:04.7	1:45:08.8	2:28:51.7	3:27:49.9	9:20:52

<u>Place</u>	<u>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	Walter Brown	37	18:19.0	36:55.2	59:35.2	1:17:41.7	1:51:46.0	5:04:17
2	Tim Wight	35	17:57.7	36:59.2	1:02:00.4	1:16:58.2	1:54:12.2	5:08:08
3	Jeff MacArthur	35	18:00.5	37:34.1	1:02:10.7	1:18:59.2	1:56:33.5	5:13:18
Male 13 - 18								
1	Conner Knowlton	15	23:44.0	50:14.5	1:21:04.4	1:44:01.7	2:43:12.3	7:02:17
2	Abe Weeks	14	26:58.0	53:13.3	1:10:55.5	1:36:41.8	3:02:19.5	7:10:08
3	Davis Larkin	15	21:49.8	46:11.1	1:45:47.4	1:50:24.7	2:32:28.0	7:16:41
Male 19 - 24								
1	Cameron Harvey	24	19:17.3	43:25.2	1:09:32.8	1:32:03.9	2:11:09.9	5:55:29
Male 25 - 29								
1	Russell Brantner	29	20:33.1	41:54.3	1:08:16.6	1:32:08.7	2:33:06.6	6:15:59
2	Mike Bastian	29	23:41.9	46:54.4	1:15:48.0	1:36:33.0	2:31:21.2	6:34:19
3	Johnathan Pena	28	23:13.4	46:30.9	1:15:40.2	1:35:27.9	2:34:43.2	6:35:36
4	Michael Strand	27	23:50.6	49:10.0	1:24:54.1	1:53:38.5	2:43:53.2	7:15:26
5	Jared Ervin	28	24:43.9	53:43.9	1:30:56.9	1:56:14.7	2:56:21.6	7:42:01
Male 30 - 34								
1	Kyle Kofoed	33	20:40.6	45:32.0	1:12:20.3	1:31:59.7	2:13:23.8	6:03:56
2	Michael Loughton	31	20:42.7	43:16.1	1:12:50.5	1:30:57.0	2:20:16.2	6:08:02
3	Cameron Jefferies	34	21:24.4	45:11.5	1:12:28.3	1:35:18.7	2:18:41.2	6:13:04
4	Quentin Carter	34	22:16.7	45:16.0	1:14:12.3	1:38:06.7	2:28:21.7	6:28:13
5	Shawn Carrigan	32	23:46.2	48:38.3	1:18:59.8	1:45:06.8	2:34:15.9	6:50:47
6	Justin Ipsen	33	24:10.2	51:22.2	1:20:25.2	1:40:51.3	2:35:55.5	6:52:44
7	Stuart Grover	31	23:10.1	47:37.2	1:20:14.1	1:49:51.2	2:32:11.4	6:53:04
8	Travis Lopez	30	24:46.8	49:32.0	1:21:16.4	1:53:04.2	2:50:36.2	7:19:16
9	Matthew Ricks	31	22:06.9	45:50.1	1:12:21.4	1:43:31.2	3:22:28.1	7:26:18
10	Brandon Arnell	33	26:17.4	1:00:43.0	1:29:16.1	1:54:09.9	2:55:18.4	7:45:45
11	Cody Stanger	32	29:41.8	1:00:39.0	1:44:01.0	2:05:02.5	3:18:13.9	8:37:38
12	Shane Cooper	30	28:54.5	1:00:40.7	1:33:59.7	2:07:31.9	3:26:53.3	8:38:00
13	Ryan Snarr	30	30:40.4	1:02:04.1	1:42:27.8	2:13:34.1	3:32:39.1	9:01:25
14	Michael Dyer	32	30:18.7	1:05:09.2	1:47:04.2	2:34:28.0	3:32:04.5	9:29:05
15	Peter Litster	31	43:36.2	1:30:08.3	1:35:42.3	2:48:21.5	5:10:10.2	11:47:58
Male 35 - 39								
1	Jared Preston	38	19:53.7	41:41.9	1:08:06.6	1:27:32.5	2:10:06.9	5:47:22
2	Chad Allen	35	21:48.8	44:28.6	1:14:09.5	1:36:26.3	2:21:57.6	6:18:51
3	Todd Kelly	36	22:36.3	46:45.0	1:17:20.9	1:36:34.1	2:23:56.0	6:27:12
4	Troy Williamson	36	22:10.0	48:36.9	1:15:15.3	1:42:40.4	2:32:07.0	6:40:50
5	Mitch Ward	36	23:21.8	47:24.9	1:18:28.9	1:46:14.8	2:31:39.3	6:47:10
6	Richard Hickmon	39	23:01.7	48:57.0	1:18:44.4	1:41:53.5	2:37:10.9	6:49:47
7	Shane Tidwell	35	25:53.9	53:22.9	1:23:45.0	1:46:36.9	2:36:15.6	7:05:54
8	Darin Stratford	37	23:33.9	49:56.0	1:21:22.5	1:51:03.7	2:48:27.2	7:14:23
9	Ryan Wicke	35	31:08.8	1:01:27.2	1:31:07.9	1:48:09.8	2:38:33.1	7:30:27
10	Just McLovin	38	26:28.6	54:27.2	1:26:30.2	1:58:32.8	2:49:29.5	7:35:28
11	Mathew Watkins	35	26:33.7	55:28.2	1:32:38.7	2:10:17.9	2:50:36.1	7:55:35
12	Dewey Lakey	37	25:32.7	53:14.6	1:32:17.3	2:04:02.9	3:25:36.9	8:20:44
Male 40 - 44								
1	Nathan Pollard	42	18:11.2	39:08.5	1:04:12.6	1:22:37.0	2:00:40.9	5:24:50
2	Richard Otterstrom	40	20:37.3	42:47.0	1:11:48.6	1:34:28.2	2:20:04.3	6:09:45
3	Rick Gatten	43	22:19.8	46:02.3	1:14:06.3	1:39:18.7	2:30:01.0	6:31:48
4	Reed Neubert	44	22:25.2	46:01.8	1:15:38.2	1:41:28.2	2:26:37.4	6:32:11
5	Richard Fiet	40	23:26.9	46:11.4	1:17:35.6	1:36:44.0	2:29:19.3	6:33:17
6	Troy Anderson	42	22:13.4	46:10.2	1:15:44.2	1:41:09.7	2:30:51.8	6:36:09
7	Craig Nichols	43	22:08.5	46:43.2	1:20:09.1	1:45:59.4	2:32:27.0	6:47:27

<u>Place</u>	<u>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>
8	James Harrison	41	23:10.9	49:48.0	1:20:11.8	1:41:15.1	2:33:02.0	6:47:28
9	Ross Klobuchar	40	21:41.5	46:32.6	1:17:09.7	1:44:04.9	2:53:35.6	7:03:04
10	Chad Pauling	42	24:56.0	52:45.7	1:26:55.7	1:49:26.2	2:46:52.2	7:20:56
11	Kevin Charles	41	26:43.2	54:55.3	1:30:45.0	1:59:09.6	2:53:47.6	7:45:21
12	Jeff Gooch	40	27:46.0	56:38.5	1:30:33.0	1:57:56.6	2:53:23.8	7:46:18
13	Matthew Weeks	40	23:52.5	50:50.4	1:32:03.3	1:56:58.2	3:02:49.0	7:46:33
14	Michael Ulrich	44	25:42.2	52:27.6	1:30:54.1	1:57:08.9	3:09:55.1	7:56:08
15	Dave Allison	44	26:50.4	56:15.9	1:30:25.7	2:03:08.2	3:04:49.3	8:01:29
16	Brad Steinfeldt	43	26:38.0	54:03.4	1:29:10.2	2:00:18.8	3:11:59.8	8:02:10
17	Timothy Gill	40	23:04.3	48:18.4	1:24:55.3	2:18:07.8	3:10:46.7	8:05:12
18	Darin Vandehei	42	28:30.7	59:13.4	1:33:15.7	2:10:47.4	3:00:25.7	8:12:13
19	Daryl Ballantyne	42	31:33.4	1:02:12.7	1:41:32.4	1:59:02.4	2:58:01.2	8:12:22
20	Michael O'Neil	43	26:11.4	56:36.6	1:30:47.1	1:57:00.5	3:25:34.3	8:16:10
21	Jess Hopkin	42	30:28.4	1:13:17.2	1:51:13.0	2:26:02.9	3:34:53.6	9:35:55
22	Roney Ketts	40	37:31.8	1:20:41.0	2:08:30.6	2:59:40.4	4:35:27.4	11:41:51

Male 45 - 49

1	Thom Kuehls	45	19:43.2	40:44.2	1:07:24.4	1:28:20.5	2:09:33.2	5:45:46
2	Steve Kirkland	45	20:56.2	43:23.1	1:10:54.2	1:29:57.0	2:20:22.6	6:05:33
3	Russ Bennett	48	21:29.9	46:47.4	1:13:42.1	1:35:33.1	2:13:59.8	6:11:32
4	Jerome Berg	45	23:07.4	49:18.4	1:24:12.1	1:44:19.4	2:31:05.9	6:52:03
5	Timothy Maurer	48	21:04.5	44:26.4	1:13:28.9	2:02:32.1	2:32:44.3	6:54:16
6	Brian Currie	47	22:55.7	47:07.6	1:19:39.0	1:48:48.2	2:41:51.5	7:00:22
7	Terry Foust	46	25:19.5	52:23.3	1:25:27.4	1:47:00.9	2:44:56.5	7:15:08
8	Troy Larkin	45	24:01.7	49:45.0	1:45:47.6	1:44:32.7	2:35:37.7	7:19:45
9	Randall Steinfeldt	46	24:19.5	51:02.4	1:24:59.6	1:55:52.6	2:52:26.4	7:28:41
10	Dan Frey	49	25:37.5	55:00.0	1:32:16.1	1:55:19.8	3:01:06.5	7:49:20
11	Rick Burnett	47	27:36.4	58:16.7	1:36:48.4	2:03:20.5	3:07:21.4	8:13:23
12	Dan Stormont	48	32:38.9	1:06:35.3	1:44:32.7	2:10:05.6	3:06:41.9	8:40:34
13	Dale Bowker	45	37:19.8	1:10:29.1	1:47:35.7	2:09:36	3:15:49.3	9:00:50

Male 50 - 54

1	Dan Kerns	51	19:59.4	41:23.0	1:09:03.3	1:26:14.8	2:09:33.1	5:46:14
2	Steve Haslam	50	21:21.5	44:41.4	1:14:26.3	1:36:40.6	2:28:21.9	6:25:32
3	Paul Hulet	53	23:09.8	48:35.8	1:18:51.1	1:48:09.7	2:39:49.2	6:58:36
4	Boyd Hawkins	50	25:50.3	52:13.1	1:26:16.2	1:48:17.0	2:37:50.2	7:10:27
5	Robert Stillwell	50	25:23.3	54:12.8	1:27:25.0	1:53:25.7	2:54:11.5	7:34:38
6	Stan Child	53	28:40.8	1:04:25.2	1:43:23.7	2:06:21.4	3:08:56.1	8:31:47
7	Ernie Felix	53	31:24.2	1:05:08.6	1:50:21.7	2:28:24.7	3:38:59.0	9:34:18
8	Jose Castro	54	31:00.8	1:09:47.9	1:55:55.9	2:27:51.3	3:53:44.6	9:58:21

Male 55 - 59

1	Bruce Nelson	55	23:59.5	50:46.9	1:23:36.7	1:48:00.3	2:39:51.1	7:06:14
2	Corky Esquivel	59	27:09.6	53:36.1	1:28:09.2	1:53:59.8	2:42:54.1	7:25:49
3	Tom Rich	55	25:22.0	54:39.5	1:27:00.5	1:54:15.8	2:54:11.3	7:35:29
4	Kaly Fadel	58	27:29.7	55:32.7	1:30:48.1	1:58:22.0	2:57:03.2	7:49:16
5	Sharon Esplin	59	29:46.8	1:00:18.0	1:36:39.6	2:10:39.2	3:18:12.2	8:35:36

Male 60 - 64

1	Tony Spanos	64	23:54.1	49:43.7	1:24:06.5	1:48:40.0	3:18:04.8	7:44:29
2	Glen Koga	61	30:37.4	1:04:38.4	1:41:02.8	2:10:53.2	3:05:57.8	8:33:10
3	Dennis Wixom	60	28:30.5	58:54.6	1:42:39.2	2:20:04.6	3:15:52.5	8:46:01

Male 65 - 69

1	Rex Carter	67	25:43.5	53:53.6	1:28:36.2	1:54:26.9	2:55:20.6	7:38:01
2	William Sneddon	69	26:48.0	54:48.7	1:29:47.8	1:59:29.5	2:56:35.1	7:47:29
3	Keith Carrigan	66	29:00.5	59:46.0	1:39:15.6	2:04:36.8	3:11:20.1	8:23:59