

**2010 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>
<b>Female Overall</b>								
1	Genevieve Keogh	40	21:30.6	43:47.3	1:10:53.0	1:36:16.5	2:16:56.3	6:09:24
2	Amy Laughter	27	21:44.3	46:55.3	1:15:31.6	1:34:37.3	2:14:12.3	6:13:01
3	Heather Loughton	31	21:07.1	43:01.6	1:13:45.4	1:32:41.5	2:25:58.2	6:16:34
<b>Male Overall</b>								
1	Ben Vanbeekum	26	16:54.8	35:02.7	57:36.4	1:15:43.0	1:47:56.7	4:53:14
2	Stephen Anderson	41	17:32.2	37:01.3	1:00:36.9	1:15:48.9	1:52:57.6	5:03:57
3	Nathan Pollard	43	18:32.8	38:43.5	1:04:10.6	1:21:53.0	2:03:29.5	5:26:49
<b>Male 12 and Under</b>								
1	Addison Weeks	11	41:31.2	1:18:36.7	2:15:42.5	2:57:16.1	4:12:55.1	11:26:02
<b>Female 13 to 18</b>								
1	Kylie Grissom	16	24:32.8	53:09.4	1:27:22.1	1:54:54.3	2:56:07.3	7:36:06
<b>Male 13 to 18</b>								
1	Colton Stanger	14	22:32.6	45:50.6	1:17:01.5	1:43:28.9	3:26:16.7	7:35:10
2	Garrett Weeks	17	29:30.9	1:01:30.2	1:41:33.4	2:24:13.9	3:57:59.3	9:34:48
<b>Female 19 to 24</b>								
1	Camille Schultz	21	24:27.6	52:09.2	1:26:59.6	1:50:25.3	2:48:19.3	7:22:21
2	Kim Hancey	23	25:08.7	52:26.4	1:25:44.6	1:58:30.9	2:49:29.5	7:31:20
3	Lauren Halverson	19	25:55.6	54:11.2	1:28:18.1	1:53:15.2	2:50:36.0	7:32:16
4	Natalie Davis	20	26:17.0	53:38.2	1:30:35.1	1:59:39.9	2:57:21.1	7:47:31
5	Jenny Rosner	23	28:15.6	54:45.5	1:36:06.9	2:05:42.3	2:54:31.2	7:59:22
6	Ashley Reeves	19	32:47.4	54:35.0	1:33:34.8	2:07:29.9	2:53:55.2	8:02:22
7	Jennifer Ulrich	19	26:34.1	55:00.2	1:31:54.8	2:09:20.7	3:03:21.0	8:06:11
8	Brooke Nelsen	20	34:57.6	1:11:34.3	2:00:43.6	2:40:19.4	4:00:10.7	10:27:46
<b>Male 19 to 24</b>								
1	Jamey Price	24	20:12.7	44:12.3	1:12:29.1	1:34:54.9	2:17:36.5	6:09:25
2	Eric Okelberry	24	22:16.7	45:28.7	1:16:42.1	1:35:14.2	2:25:15.7	6:24:57
<b>Female 25 to 29</b>								
1	Julie Koncher	29	24:08.4	49:57.2	1:22:18.7	1:52:13.6	2:44:14.0	7:12:52
2	Melanie Conger	29	24:12.6	49:44.3	1:27:59.6	1:52:52.9	2:38:50.0	7:13:39
3	Sarah Johnston	25	27:13.1	52:48.2	1:29:23.7	1:53:11.2	2:59:12.1	7:41:48
4	Krissy Child	25	27:24.7	55:18.8	1:34:34.5	2:06:52.4	3:01:40.1	8:05:51
5	Breanne Johnston	27	28:32.2	58:52.7	1:34:56.8	2:07:00.2	3:03:50.6	8:13:12
6	Tarris Webber-Lowe	29	28:17.2	58:31.5	1:41:38.9	2:12:04.1	3:01:12.8	8:21:44
7	Janelle Harvey	29	28:56.2	58:21.6	1:39:50.8	2:09:55.6	3:10:19.7	8:27:24
8	Stephanie Dobucki	27	28:28.5	57:34.3	1:37:09.4	2:18:27.5	3:12:01.9	8:33:42
9	Jessi Mickelsen	27	32:56.0	1:08:39.5	1:54:20.1	2:30:55.8	3:35:15.5	9:42:07
10	Carlee Stanger	28	31:37.8	1:07:30.2	1:58:24.5	2:27:12.3	3:44:14.2	9:48:59

<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>
11	Jacque Voorhees	29	34:40.4	1:11:53.5	1:57:36.9	2:32:48.8	3:57:08.8	10:14:08
12	Mary Macias	28	32:27.5	1:04:41.5	1:48:11.2	2:34:26.7	4:20:21.5	10:20:08
<b>Male 25 to 29</b>								
1	Ryan Silva	26	20:43.5	42:47.1	1:10:18.6	1:32:03.6	2:13:32.6	5:59:25
2	Alan Madsen	29	22:39.4	48:58.9	1:17:14.7	1:39:29.4	2:26:28.3	6:34:51
3	Michael Strand	28	25:07.5	53:02.0	1:28:58.3	2:01:10.4	3:39:10.6	8:27:29
<b>Female 30 to 34</b>								
1	Natalie Anderson	33	22:28.2	46:19.4	1:15:50.4	1:39:04.3	2:22:57.2	6:26:39
2	Rebekah Miller	31	23:12.3	48:35.9	1:23:02.7	1:52:35.8	2:31:58.7	6:59:25
3	Katy McClelland	34	25:36.2	50:30.7	1:23:24.6	1:49:16.6	2:32:01.7	7:00:50
4	Melissa Smith	32	50:48.4	1:08:43.4	1:46:06.8	2:09:13.0	3:14:44.8	9:09:36
5	Michelle Esquivel	34	34:16.8	1:07:54.8	1:50:09.8	2:29:12.9	3:49:22.6	9:50:57
<b>Male 30 to 34</b>								
1	Matt Rowley	34	21:16.6	43:32.2	1:10:38.4	1:32:17.3	2:12:10.0	5:59:55
2	Russell Brantner	30	21:56.9	45:00.6	1:13:48.8	1:39:53.7	2:23:32.4	6:24:12
3	Mike Bastian	30	25:46.3	49:51.7	1:17:45.4	1:37:48.9	2:15:32.7	6:26:45
4	Mike Merrill	32	21:19.1	46:06.1	1:15:07.9	1:38:56.4	2:26:25.2	6:27:55
5	Stephen Marshall	30	22:58.4	45:59.2	1:14:57.1	1:38:33.9	2:28:01.2	6:30:30
6	Eric Jensen	34	21:22.6	46:13.9	1:14:25.0	1:48:31.3	2:31:10.4	6:41:43
7	Josh Robles	31	24:02.6	51:05.1	1:23:22.5	1:48:29.7	2:39:02.3	7:06:02
8	Matt Merrill	32	23:52.0	49:50.5	1:30:39.7	1:49:24.4	2:41:21.6	7:15:08
9	Cameron Child	31	24:50.5	51:30.2	1:26:28.6	1:50:34.2	2:43:43.7	7:17:07
10	Lon Lemmon	31	24:40.8	52:23.8	1:26:26.8	1:50:20.7	3:07:51.4	7:41:43
11	Brandon Arnell	34	26:32.4	54:41.9	1:31:48.9	1:53:09.6	3:00:03.3	7:46:16
12	Mike Wangemann	32	27:12.5	58:13.2	1:34:41.6	2:01:12.9	2:49:39.4	7:51:00
13	Cody Stanger	33	26:31.9	55:40.8	1:35:42.8	2:04:06.9	3:26:16.6	8:28:19
14	Todd Stanger	30	36:13.5	1:11:11.4	1:59:33.3	2:34:46.4	3:47:00.8	10:08:45
<b>Female 35 to 39</b>								
1	Nancy Shina	35	22:53.5	47:12.6	1:18:41.1	1:42:29.8	2:27:48.6	6:39:06
2	Allyson Jeppson	38	24:07.1	52:46.9	1:24:07.4	1:49:38.9	2:42:20.1	7:13:00
3	Mandee Orton	35	24:50.9	49:33.5	1:23:26.8	1:57:15.4	2:41:39.5	7:16:46
4	Nicole Udy	35	26:19.7	53:31.0	1:27:26.1	1:54:26.8	2:48:06.9	7:29:50
5	Joi Matsukawa	37	27:04.3	54:38.3	1:38:25.6	2:02:00.8	3:17:14.1	8:19:23
6	Carmen Harrison	35	29:03.5	58:20.6	1:37:10.2	1:59:50.3	3:21:35.5	8:26:00
7	Lisa Stott	37	31:06.2	1:04:51.1	1:48:38.8	2:21:29.4	2:53:45.7	8:39:51
8	Alyson Harrison	36	30:05.9	1:04:49.1	1:41:43.2	2:13:25.6	3:14:09.1	8:44:13
9	Julie Halsall	37	32:15.0	1:06:02.3	1:52:26.3	2:13:54.3	3:15:35.6	9:00:14
10	Lori Vigil	39	31:11.9	1:04:46.3	1:46:28.6	2:22:09.5	3:30:07.9	9:14:44
11	Rita Zimmerman	39	33:05.0	1:10:00.7	1:58:12.0	2:31:29.0	4:00:48.5	10:13:35
12	Danielle Janke-White	36	37:26.1	1:15:01.1	2:03:23.6	2:44:44.3	4:21:16.5	11:01:52

<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>
<b>Male 35 to 39</b>								
1	Ryan Richter	36	20:02.7	42:27.3	1:10:44.8	1:32:55.7	2:19:01.5	6:05:12
2	Cody Watson	35	21:09.9	44:04.4	1:14:05.6	1:38:03.9	2:23:59.7	6:21:23
3	Brett Wheeler	39	23:59.0	50:04.7	1:22:23.0	1:46:37.5	2:40:32.7	7:03:37
4	Brandon Roundy	38	23:51.3	49:03.3	1:21:45.5	1:48:02.4	2:45:00.6	7:07:43
5	Kurk Beesley	36	25:57.4	51:08.8	1:23:30.5	1:47:34.5	2:42:51.1	7:11:02
6	Troy Miller	37	24:40.6	51:07.5	1:25:05.7	1:56:11.8	2:50:04.2	7:27:10
7	Just Mclovin	39	24:49.4	51:30.8	1:24:22.1	1:56:10.3	2:54:20.8	7:31:13
8	Joe Hopkin	36	26:03.0	53:46.1	1:25:35.6	2:07:11.4	2:42:40.7	7:35:17
9	Carl Grimaud	36	26:09.2	54:11.5	1:28:07.9	2:02:45.5	2:54:43.4	7:45:58
10	Jon Udy	36	27:57.1	56:16.4	1:33:24.3	1:58:00.5	2:58:03.1	7:53:41
11	Scott Vigil	38	26:44.1	55:48.1	1:34:45.8	2:11:14.2	3:10:42.6	8:19:15
12	Jason Aurich	39	32:45.5	1:06:55.2	1:44:02.7	2:08:52.8	3:14:38.3	8:47:15
13	Mathew Watkins	36	28:36.1	1:01:57.7	1:39:12.5	2:09:41.6	3:34:40.4	8:54:08
14	Lance Harrison	37	29:08.1	58:13.8	1:33:14.1	2:27:36.8	3:26:20.0	8:54:33
<b>Female 40 to 44</b>								
1	Chris Perrins	40	22:13.5	45:09.6	1:14:44.8	1:41:08.8	2:26:25.1	6:29:42
2	Patti Grissom	41	24:39.6	51:51.7	1:26:16.2	1:48:20.0	2:38:24.0	7:09:31
3	Lisa Hayes	43	24:57.9	51:59.1	1:23:27.5	1:48:37.9	2:41:43.2	7:10:46
4	Annette Wood	41	25:11.8	52:47.1	1:31:06.3	1:51:37.7	2:48:05.1	7:28:48
5	Holly Halverson	44	26:36.7	55:11.1	1:32:11.5	1:58:50.8	2:55:56.1	7:48:46
6	Jeannine Ryder	40	26:12.3	53:52.5	1:30:18.2	1:58:24.9	3:04:56.6	7:53:45
7	Tara Low	40	27:53.5	56:22.7	1:33:38.4	2:05:24.7	2:57:14.5	8:00:34
8	Cindy Vineyard	41	27:19.5	56:05.8	1:33:29.6	2:03:01.0	3:01:27.2	8:01:23
9	Tammy Ulrich	44	27:21.1	56:11.8	1:36:07.8	2:05:30.4	3:10:47.8	8:15:59
10	Amy Ogren	41	30:05.9	1:02:01.2	1:38:26.1	2:08:58.1	3:05:45.7	8:25:17
11	Missy Nichols	42	27:49.0	58:37.1	1:34:06.4	2:21:23.8	3:10:44.8	8:32:41
12	Annette Streadbeck	40	30:14.9	59:32.0	1:36:34.4	2:11:31.7	3:19:00.2	8:36:53
13	Sheri Mosher	44	28:18.1	59:16.5	1:39:01.5	2:09:12.5	3:21:35.5	8:37:24
14	Jodee Rosenlund	40	31:10.1	1:04:33.7	1:42:34.0	2:09:12.8	3:21:35.6	8:49:06
15	Stacy Strong	42	29:52.8	1:03:27.3	1:44:45.4	2:21:31.3	3:10:48.4	8:50:25
16	Lisa Streadbeck	40	30:41.9	1:05:41.5	1:45:06.7	2:11:31.9	3:19:29.9	8:52:32
17	Tami Ketts	40	31:03.5	1:02:18.5	1:49:23.9	2:27:12.4	3:30:27.9	9:20:26
18	Lisa Greding	42	34:45.9	1:11:18.1	1:53:49.4	2:28:55.2	3:38:19.2	9:47:08
<b>Male 40 to 44</b>								
1	Tim McCall	44	21:38.5	44:06.8	1:13:58.2	1:35:13.0	2:15:51.4	6:10:48
2	Chad Pauling	43	22:44.8	46:30.1	1:17:08.9	1:38:57.1	2:25:34.3	6:30:55
3	Troy Vigil	41	22:00.4	47:40.7	1:17:48.1	1:41:54.8	2:26:22.5	6:35:46
4	Farrell Sam	40	22:33.9	47:21.0	1:17:49.0	1:42:04.2	2:26:32.0	6:36:20
5	Jayson Baker	40	22:03.0	46:31.5	1:20:44.0	1:43:48.4	2:57:35.6	7:10:42
6	Michael O'Neil	44	25:26.9	52:17.8	1:31:48.0	1:53:31.3	2:49:59.2	7:33:03
7	Jeff Gooch	41	30:17.2	59:55.1	1:35:29.5	2:08:36.5	2:54:28.3	8:08:47
8	Darin Vandehei	43	26:35.6	55:17.3	1:33:32.2	2:11:12.9	3:17:20.8	8:23:59
9	Stirlynn Mike	40	29:48.5	1:02:19.4	1:42:12.5	2:08:33.1	3:15:35.6	8:38:29
10	Roney Ketts	41	31:12.8	1:02:18.3	1:47:30.3	2:27:16.2	3:47:00.8	9:35:18
11	Matthew Weeks	41	24:42.7	1:18:37.5	2:15:43.2	2:57:17.5	4:12:55.2	11:09:16

<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>
<b>Female 45 to 49</b>								
1	Cynthia Beck	49	25:28.8	51:42.5	1:26:59.8	1:52:25.5	2:42:28.1	7:19:05
2	Robin Bushman	48	26:36.9	55:31.7	1:30:47.3	2:01:45.9	2:50:08.7	7:44:51
3	Laura Davis	45	27:24.1	56:18.0	1:33:12.5	2:02:14.9	2:57:38.9	7:56:48
4	Monika Serbinowska	45	30:28.6	1:02:35.2	1:34:19.2	2:06:17.5	3:05:15.6	8:18:56
5	Beth Bell	48	28:48.7	58:43.6	1:36:16.8	2:11:31.5	3:08:49.4	8:24:10
<b>Male 45 to 49</b>								
1	Steve Kirkland	46	20:24.1	41:45.7	1:08:57.2	1:31:34.6	2:17:58.7	6:00:40
2	Paul Stenquist	49	22:08.5	47:02.3	1:15:31.8	1:39:32.2	2:17:04.9	6:21:20
3	Kurt Halverson	46	23:55.8	48:57.3	1:17:30.8	1:43:00.1	2:28:08.1	6:41:32
4	Brian Currie	48	23:10.4	46:33.7	1:17:02.0	1:45:43.7	2:35:50.0	6:48:20
5	Troy Larkin	46	24:09.1	49:14.5	1:22:07.2	1:47:38.1	2:39:51.6	7:03:01
6	Michael Ulrich	45	25:00.0	49:58.0	1:23:42.4	1:48:59.3	2:40:38.5	7:08:18
7	Nate Herzog	48	25:09.1	55:34.4	1:28:48.9	1:58:49.4	2:43:26.0	7:31:48
8	Jerome Berg	46	30:35.7	55:23.1	1:30:55.9	1:56:32.9	2:44:32.0	7:38:00
9	Dan Stormont	48	27:45.4	55:48.8	1:30:08.7	1:57:57.9	2:48:40.7	7:40:21
10	Jon Scoleri	45	29:48.5	58:33.2	1:42:48.2	2:20:07.5	3:10:22.7	8:41:40
<b>Female 50 to 54</b>								
1	Kathy Bastian	52	25:46.0	53:05.4	1:30:04.6	1:52:15.9	2:41:48.0	7:23:00
<b>Male 50 to 54</b>								
1	Dan Kerns	52	18:27.6	40:07.8	1:08:48.3	1:30:54.8	2:09:35.3	5:47:54
2	Jim Skaggs	51	24:50.1	49:27.4	1:24:42.6	1:51:04.7	2:38:06.6	7:08:11
3	Paul Hulet	54	24:23.3	49:35.6	1:29:39.4	1:51:42.9	2:42:50.4	7:18:12
4	Marc Collman	51	25:11.0	53:15.6	1:30:04.5	1:51:11.0	2:39:47.4	7:19:29
5	Stan Child	54	28:38.2	1:01:04.1	1:39:57.1	2:11:49.4	3:06:11.3	8:27:40
6	Jeffery Seegmiller	52	31:30.3	1:10:19.7	1:57:52.0	2:31:35.2	3:37:22.6	9:48:40
<b>Female 55 to 59</b>								
1	Jayne Holt	58	24:54.2	51:03.5	1:23:11.1	1:48:33.6	2:30:02.9	6:57:45
2	Celeste Collman	56	24:49.8	52:06.9	1:25:55.1	2:01:51.3	2:51:48.7	7:36:32
3	Marlene Hadley	58	29:26.0	1:00:12.5	1:46:16.7	2:25:37.2	3:11:23.0	8:52:55
<b>Male 55 to 59</b>								
1	Bill Francis	57	22:29.6	46:13.8	1:18:38.8	1:38:55.5	2:18:59.5	6:25:17
2	Tom Rich	56	24:44.9	51:40.8	1:24:27.8	1:53:47.2	2:38:57.6	7:13:38
3	Bruce Nelson	56	24:51.7	52:21.9	1:24:22.9	1:53:04.4	2:45:15.6	7:19:56
4	Kaly Fadel	59	27:05.0	55:05.7	1:31:15.5	1:58:19.1	2:45:42.5	7:37:28
5	David Erickson	58	32:52.9	1:06:49.1	1:50:20.7	2:30:15.3	3:29:58.3	9:30:16
6	Jose Castro	55	32:48.7	1:09:39.9	1:56:26.5	2:31:48.7	4:06:26.5	10:17:10
<b>Female 60 to 64</b>								
1	Christy Flowers	63	33:05.1	1:08:34.4	1:51:08.1	2:30:04.9	3:24:02.4	9:26:55

<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>
<b>Male 60 to 64</b>								
1	Corky Esquivel	60	23:26.5	48:51.3	1:18:13.6	2:00:15.3	3:40:16.0	8:11:03
2	Dennis Wixom	61	28:55.6	1:00:20.8	1:38:15.3	2:10:09.5	3:16:56.6	8:34:38
3	Mike Rosner	64	26:38.1	56:41.8	1:55:16.4	2:09:25.0	3:14:45.0	8:42:46
4	Glen Koga	62	29:46.5	1:01:17.6	1:41:15.4	2:18:01.3	3:21:21.5	8:51:42
5	Sharon Esplia	60	31:09.4	1:05:51.4	1:47:25.0	2:12:43.2	3:16:49.4	8:53:58
<b>Male 65 to 69</b>								
1	Sherman Smith	65	25:20.4	50:28.7	1:23:23.8	1:50:05.7	2:42:19.4	7:11:38
2	Jeff Stowe	66	28:37.4	56:50.4	1:31:23.6	1:59:12.4	2:56:57.5	7:53:01
3	Rex Carter	68	28:00.3	58:07.5	1:35:26.6	1:57:41.4	2:58:09.1	7:57:25
4	Stephen Farr	65	28:59.9	1:00:48.5	1:21:13.3	2:11:21.5	3:01:53.5	8:04:17
5	Keith Carrigan	67	26:59.1	58:55.2	1:34:07.8	2:11:12.7	3:22:20.0	8:33:35