

Lifestyle Centre Run/walk 2009 Lifestyle 5K

Age Group Results

June 27, 2009

Results By Morning Star Timing.

Men: [0-12](#) [13-18](#) [19-29](#) [30-39](#) [40-49](#) [50-59](#) [60-99](#)

Women: [0-12](#) [13-18](#) [19-29](#) [30-39](#) [40-49](#) [50-59](#) [60-99](#)

Overall Female Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tina Stoner		38	6	20:29.2	6:36/M

[Top](#)

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	Denise Suniga	Fort Collins CO	44	16	22:43.0	7:20/M

[Top](#)

Women 12 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kelli Hopper		0	101	33:09.2	10:42/M
2	Anna Davis		11	136	40:05.2	12:56/M
3	Emily Weant		11	145	47:47.7	15:25/M
4	Zoe Manning		6	162	1:08:21.3	22:03/M

[Top](#)

Women 13 to 18

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kaitlyn Nagel		13	60	28:52.9	9:19/M
2	Kalley Harriss		13	106	33:35.5	10:50/M

[Top](#)

Women 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sara Christensen		21	7	20:54.7	6:45/M
2	Brandi Broadley		23	12	22:07.6	7:08/M
3	Danielle Eldridge		22	22	24:24.4	7:52/M

4	Sarah Oliver			19	35	25:39.3	8:16/M
5	Tau Risuang	Fort Collins	CO	26	36	25:43.9	8:18/M
6	Elizabeth Huddle			20	38	25:53.6	8:21/M
7	Erica Andrews			26	45	27:29.5	8:52/M
8	Brittany Phebus			23	46	27:40.2	8:55/M
9	Mollie Carter			20	48	28:01.8	9:02/M
10	Michele Osborn			21	50	28:07.7	9:04/M
11	Cara Taber			22	51	28:08.7	9:05/M
12	Melanne Mondragon			29	52	28:14.7	9:06/M
13	Erin Hefley			27	58	28:42.2	9:15/M
14	John Clarken	Fort Collins	CO	26	64	29:13.6	9:25/M
15	Tiffany Novak			22	66	29:18.3	9:27/M
16	Ruth Woiwode	Fort Collins	CO	28	75	29:56.4	9:39/M
17	Susan Ernst	Fort Collins	CO	25	79	30:10.0	9:44/M
18	Caitlin Wacker	Fort Collins	CO	22	80	30:12.1	9:45/M
19	Rebecca Jonez			25	82	30:23.7	9:48/M
20	Rochelle Pettigrew	Fort Collins	CO	27	85	30:39.6	9:53/M
21	Halee Davis			22	88	31:09.6	10:03/M
22	Valarie Holman			29	89	31:11.1	10:04/M
23	Renee Clawson			29	92	31:35.1	10:11/M
24	Emily Sabin	Fort Collins	CO	23	98	32:33.4	10:30/M
25	Jennifer Cronholm			29	100	32:54.2	10:37/M
26	Jacquie Holt			20	108	34:07.5	11:00/M
27	Anna Bryant			26	114	34:52.8	11:15/M
28	Amanda Benson			28	117	35:11.3	11:21/M
29	Christine Alvarez			20	122	36:15.8	11:42/M
30	Stefanie Rittner			25	124	37:00.6	11:56/M
31	Sarah Brock			29	130	39:06.8	12:37/M
32	Quinha McBride			24	148	49:37.0	16:00/M
33	Laci Wallis			23	149	49:37.9	16:00/M
34	Mandi Hinson			29	155	55:45.7	17:59/M
35	Crystal Mcosker			19	160	59:13.4	19:06/M

[Top](#)

Women 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	
1	Tina Jones		37	17	23:11.4	7:29/M	
2	Annie Berg		35	27	24:49.8	8:00/M	
3	Carol Wilusz		39	39	26:08.7	8:26/M	
4	Gina DiGiallonardo		30	42	26:17.9	8:29/M	
5	Kristen Carr		36	49	28:04.1	9:03/M	
6	Kristina Kuskie		37	55	28:21.5	9:09/M	
7	Heidi Redmond		36	56	28:22.2	9:09/M	
8	Andi Schnell		36	57	28:22.7	9:09/M	
9	Brooke Gibbs		38	72	29:51.8	9:38/M	
10	Shanna Jamsay		35	78	30:09.1	9:44/M	
11	Stacy Spellerberg		37	81	30:15.1	9:45/M	
12	Julie Emery	Fort Collins	CO	36	87	30:50.8	9:57/M
13	Kerry Wicks		34	93	31:38.1	10:12/M	
14	Katie Nicholas		31	95	32:04.0	10:21/M	
15	Leslie Collins		32	99	32:50.5	10:35/M	
16	Amy Flachs		32	103	33:22.5	10:46/M	
17	Nicola Hein	Fort Collins	CO	30	107	34:05.7	11:00/M
18	Krista Benninger		35	113	34:49.3	11:14/M	
19	Caroline Wilson		35	119	35:19.0	11:24/M	
20	Jennifer Schelir		36	121	36:14.1	11:41/M	
21	Anne Bailey		31	128	38:41.1	12:29/M	
22	Carrie Severson		30	134	39:17.0	12:40/M	
23	April Rikhoff		33	135	39:19.6	12:41/M	
24	Tracy Lechman		31	139	43:13.7	13:56/M	

25	karah Klippert	Fort Collins	CO	30	141	45:10.9	14:34/M
26	Jen Manning			37	159	57:12.0	18:27/M
27	MEGAN MANNING	FORT COLLINS	CO	30	164	1:08:46.8	22:11/M

[Top](#)

Women 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	
1	Tracy Serreyn		45	20	23:57.8	7:44/M	
2	Wren Thornton		44	29	25:04.1	8:05/M	
3	Katherine Wilson		48	53	28:19.0	9:08/M	
4	Jennifer Huether		42	65	29:14.8	9:26/M	
5	Maxine Cohen	Fort Collins	CO	48	74	29:55.7	9:39/M
6	Heather Howe		40	86	30:40.5	9:54/M	
7	Stacey Dixon		40	90	31:25.1	10:08/M	
8	Tracy Oliver		47	91	31:29.6	10:09/M	
9	Dianne Perez		42	96	32:17.8	10:25/M	
10	Kathy Holscher		45	110	34:31.0	11:08/M	
11	Mara Davis		45	116	35:03.6	11:18/M	
12	Deanna Kluver		44	120	35:54.7	11:35/M	
13	Karole Peters		47	125	37:10.0	11:59/M	
14	Fran Zielske		48	127	38:30.6	12:25/M	
15	Barbara Cooper		44	131	39:09.4	12:38/M	
16	Teri Volk		46	140	43:43.1	14:06/M	
17	Gaylyn Weant		44	146	47:49.2	15:25/M	
18	Connie Lance		45	150	49:43.6	16:02/M	
19	Joni Martin		49	153	53:19.5	17:12/M	

[Top](#)

Women 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	
1	Mary Hanson		52	28	24:58.1	8:03/M	
2	Robyn Franklin		55	123	36:17.8	11:42/M	
3	Deb Tewell		59	133	39:13.3	12:39/M	
4	Jenny Wilcock		57	137	40:08.7	12:57/M	
5	Rita Brozka	Fort Collins	CO	51	138	41:29.3	13:23/M
6	Pam James		53	151	50:41.5	16:21/M	
7	khadya alwadda	Fort Collins	CO	56	158	56:57.9	18:22/M

[Top](#)

Women 60 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Claire Spelts		62	47	27:40.8	8:55/M
2	Irma Crump		63	62	28:59.3	9:21/M
3	Joyce Bilodeau		60	143	46:32.4	15:01/M

[Top](#)

Overall Male Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Gates		27	1	17:38.3	5:41/M

[Top](#)

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	Paul Serreyn		45	4	19:53.4	6:25/M

[Top](#)

Men 12 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Cameron Nagel		10	18	23:11.7	7:29/M
2	Tad Thornton		12	24	24:36.4	7:56/M
3	Keaton Schelir		11	25	24:36.7	7:56/M
4	Trevor Fielder		12	70	29:37.2	9:33/M
5	michael schmitt	Greeley CO	12	83	30:37.1	9:53/M
6	Micah Davis		10	111	34:43.4	11:12/M
7	Brad Harriss		0	144	47:39.6	15:22/M

[Top](#)

Male 13-18

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kyle Serreyn		18	3	19:40.8	6:21/M
2	Luke Sheesley		13	5	20:11.0	6:31/M
3	jesse Verma		17	9	21:51.8	7:03/M
4	Jeremy Serreyn		15	15	22:33.5	7:16/M
5	Max Kluver		16	21	23:59.9	7:44/M
6	Conner Horak		16	26	24:45.5	7:59/M
7	Alex Trock-Lundahl		14	63	28:59.9	9:21/M
8	Quentin volk		14	68	29:31.7	9:31/M
9	Nikola Lindgren		13	102	33:11.6	10:42/M
10	Jace Horak		14	165	1:20:44.7	26:03/M

[Top](#)

Male 19-29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bryson Eldridge		23	11	22:06.5	7:08/M
2	Gregory Ordemann		19	14	22:13.2	7:10/M
3	Adam Federer		28	30	25:17.8	8:09/M
4	Jay Harwick	Loveland CO	25	37	25:49.8	8:20/M
5	Zach Belcher		23	43	26:20.9	8:30/M
6	Ryan Alvarez		22	44	27:10.1	8:46/M
7	joshua wright	Everett WA	27	73	29:55.4	9:39/M
8	Phil Serchia		23	97	32:31.3	10:29/M
9	Gregory Rittner		27	109	34:08.1	11:01/M
10	Nathan Bryant		29	115	35:02.4	11:18/M
11	Peter Hefley		28	118	35:14.3	11:22/M
12	Nate Brock		28	129	38:49.9	12:31/M
13	Phil Daniel		27	161	1:01:42.6	19:54/M

[Top](#)

Men 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Steve Saleeby	Fort Collins CO	34	2	17:55.0	5:47/M

2	Brian Hansen	30	13	22:10.8	7:09/M
3	Rodney Gillespie	33	23	24:35.3	7:56/M
4	Sean Downey	33	32	25:26.8	8:12/M
5	Kurt Kuskie	36	54	28:21.1	9:09/M
6	Brent Rikhoff	33	67	29:28.9	9:30/M
7	Jimmy Indrawan	31	104	33:23.6	10:46/M
8	Aaron Hinson	30	126	37:58.2	12:15/M
9	Christopher Jones	39	154	54:15.9	17:30/M
10	Scott Manning	38	163	1:08:38.1	22:08/M

[Top](#)

Men 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	John Leiker		43	8	21:23.2	6:54/M
2	Chris Forte	Fort Collins CO	44	10	21:52.2	7:03/M
3	Craig Nagel		45	19	23:30.7	7:35/M
4	Scott Zielske		41	34	25:34.0	8:15/M
5	Jeffery Wilusz		49	40	26:08.9	8:26/M
6	Todd Horak		46	61	28:57.9	9:20/M
7	Daniel Volk		47	69	29:33.6	9:32/M
8	Michael Doran		49	76	29:58.5	9:40/M
9	Mike Schmitt		43	84	30:37.7	9:53/M
10	Mike Cooper		46	132	39:11.0	12:38/M
11	Dan Boland		44	152	51:58.0	16:46/M

[Top](#)

Men 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jerry Shorma		52	33	25:30.4	8:14/M
2	Craig Spellerberg		53	77	30:08.3	9:43/M
3	Rick Lance		50	94	31:47.5	10:15/M
4	Robert Villafranca		54	112	34:45.1	11:13/M
5	Brad Carrick		58	147	49:36.3	16:00/M

[Top](#)

Men 60 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ross Westley		72	31	25:19.8	8:10/M
2	John Lambert		67	41	26:10.3	8:26/M
3	Ron Pedersen		62	59	28:44.1	9:16/M
4	Dale Rushneck		71	71	29:49.5	9:37/M
5	Dave Herrick		61	105	33:28.0	10:48/M
6	Duncan Rollo		67	142	45:46.6	14:46/M
7	Bob Wilson		61	156	56:28.7	18:13/M
8	Michael Manwing		99	157	56:41.5	18:17/M

Software: The Race Director, Race Management Systems, <http://www.theracedirector.com>