

Race Date  
October 28, 2017

Tulsa Run 15K  
Age Group Results

USATF

Male Overall Winners

<u>Place</u>			<u>-----5K Split -----</u>					<u>----- 10K -----</u>			<u>Total</u>	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	1	Kevin Castille	45	118	1	15:16.00	4:54	1	30:41.00	4:56	46:36.00	5:00/M
2	2	John Gardiner	45	116	3	16:20.00	5:15	2	32:56.00	5:18	50:03.00	5:22/M
3	3	David Angell	41	133	2	16:20.00	5:15	3	33:07.00	5:19	50:25.00	5:24/M

Female Overall Winners

<u>Place</u>			<u>-----5K Split -----</u>					<u>----- 10K -----</u>			<u>Total</u>	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	30	Fiona Bayly	50	109	2	19:31.00	6:16	1	38:56.00	6:15	58:46.00	6:18/M
2	37	Melissa Gacek	41	129	1	19:31.00	6:16	2	39:12.00	6:18	59:43.00	6:24/M
3	38	Michelle Paxton	40	136	3	19:39.00	6:19	3	39:21.00	6:19	59:59.00	6:26/M

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## Age Group Results

### USATF

#### M 40-44

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	3	David Angell	41	133	2	16:20.00	5:15	3	33:07.00	5:19	50:25.00	5:24/M
2	4	Randy Wasinger	42	169	1	16:49.00	5:24	1	34:02.00	5:28	51:27.00	5:31/M
3	10	Brantley Lutz	42	153	3	17:18.00	5:33	2	34:46.00	5:35	52:55.00	5:40/M
4	11	Ryan Regnier	41	130	2	17:16.00	5:33	3	34:46.00	5:35	53:10.00	5:42/M
5	12	Jacob Kaemmer	40	135	4	17:19.00	5:34	4	35:13.00	5:40	54:03.00	5:47/M
6	15	Ben Sandy	42	127	5	17:28.00	5:37	5	36:15.00	5:50	55:28.00	5:57/M
7	21	Charles Smith	42	125	6	19:04.00	6:08	6	37:50.00	6:05	56:51.00	6:05/M
8	34	Jason Schmaderer	44	123	9	19:20.00	6:13	8	39:06.00	6:17	59:27.00	6:22/M
9	39	Josh McCleary	41	128	8	19:14.00	6:11	9	39:13.00	6:18	1:00:03.0	6:26/M
10	41	Matthew Schmidt	44	122	7	19:09.00	6:09	7	39:01.00	6:16	1:00:09.0	6:27/M
11	65	Shawn Smith	42	165	10	20:52.00	6:42	10	42:13.00	6:47	1:04:53.0	6:57/M

#### F 40-44

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	37	Melissa Gacek	41	129	1	19:31.00	6:16	2	39:12.00	6:18	59:43.00	6:24/M
2	38	Michelle Paxton	40	136	3	19:39.00	6:19	3	39:21.00	6:19	59:59.00	6:26/M
3	53	Michelle Schmidt	41	131	1	20:42.00	6:39	1	41:06.00	6:36	1:02:24.0	6:41/M
4	62	Amy McCracken	43	124	2	20:47.00	6:41	2	42:01.00	6:45	1:03:56.0	6:51/M
5	79	Laura Webb	41	132	3	21:44.00	6:59	3	43:59.00	7:04	1:07:34.0	7:14/M
6	88	Sandra Anderson	42	138	4	22:21.00	7:11	4	45:15.00	7:16	1:09:49.0	7:29/M
7	99	Vanessa Lordi	40	134	5	24:10.00	7:46	5	48:04.00	7:44	1:12:25.0	7:46/M

#### M 45-49

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	1	Kevin Castille	45	118	1	15:16.00	4:54	1	30:41.00	4:56	46:36.00	5:00/M
2	2	John Gardiner	45	116	3	16:20.00	5:15	2	32:56.00	5:18	50:03.00	5:22/M
3	5	Jason Ryf	46	162	2	17:03.00	5:29	1	34:15.00	5:30	51:47.00	5:33/M
4	8	Jason Butler	45	119	1	17:01.00	5:28	2	34:33.00	5:33	52:38.00	5:38/M
5	18	Brad Slavens	48	164	4	18:12.00	5:51	4	36:44.00	5:54	56:15.00	6:02/M
6	19	Darryl Jewell	49	111	5	18:20.00	5:53	5	37:04.00	5:57	56:38.00	6:04/M
7	20	Thomas Woods	46	115	3	17:40.00	5:41	3	36:31.00	5:52	56:43.00	6:05/M
8	23	Brad Wobig	49	170	6	18:45.00	6:01	6	37:55.00	6:06	57:32.00	6:10/M
9	25	Brian Schmidt	48	114	7	18:53.00	6:04	7	37:58.00	6:06	57:35.00	6:10/M
10	29	Chuck Engle	46	172	9	19:27.00	6:15	9	38:44.00	6:13	58:40.00	6:17/M
11	31	Jonathan May	48	112	8	19:00.00	6:06	8	38:22.00	6:10	58:49.00	6:18/M

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F 45-49

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	98	Heather Meehan	45	120	1	23:55.00	7:41	1	47:29.00	7:38	1:11:38.0	7:41/M

M 50-54

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	7	Kent Lemme	50	151	2	17:19.00	5:34	2	34:46.00	5:35	52:26.00	5:37/M
2	9	Christian Cushing-Murray	50	106	1	17:04.00	5:29	1	34:35.00	5:33	52:50.00	5:40/M
3	14	Robert Arsenault	51	100	3	18:12.00	5:51	3	36:14.00	5:49	54:39.00	5:51/M
4	22	Matthew Underwood	51	102	4	18:47.00	6:02	4	37:44.00	6:04	57:26.00	6:09/M
5	24	Alejandro Heuck	52	147	5	19:04.00	6:08	5	38:06.00	6:07	57:35.00	6:10/M
6	26	Thomas Schumann	52	99	7	19:38.00	6:18	7	39:01.00	6:16	58:28.00	6:16/M
7	28	Ron Lombardi	53	152	6	19:24.00	6:14	6	38:55.00	6:15	58:37.00	6:17/M
8	35	Troy Krause	53	97	8	19:45.00	6:21	8	39:26.00	6:20	59:33.00	6:23/M
9	40	Jeff Hansen	53	96	9	19:47.00	6:21	9	39:34.00	6:22	1:00:05.0	6:26/M
10	51	Dave Hurd	51	103	11	20:18.00	6:31	10	40:39.00	6:32	1:01:55.0	6:38/M
11	58	Kevin Burke	53	95	12	20:43.00	6:39	12	41:45.00	6:43	1:03:18.0	6:47/M
12	63	Charles Land	51	104	10	20:13.00	6:30	11	41:29.00	6:40	1:04:20.0	6:54/M
13	64	Brett Daugherty	54	93	13	20:49.00	6:41	13	41:49.00	6:43	1:04:33.0	6:55/M

F 50-54

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	30	Fiona Bayly	50	109	2	19:31.00	6:16	1	38:56.00	6:15	58:46.00	6:18/M
2	44	Tania Fischer	51	101	1	19:46.00	6:21	1	39:56.00	6:25	1:01:02.0	6:32/M
3	50	Kathleen Cushing-Murray	52	98	2	20:02.00	6:26	2	40:16.00	6:28	1:01:26.0	6:35/M
4	69	Mary Lynch	51	154	3	21:42.00	6:58	3	43:32.00	7:00	1:05:59.0	7:04/M
5	76	Cindy Blakeley-Cameron	53	141	4	22:03.00	7:05	4	44:14.00	7:07	1:07:03.0	7:11/M
6	109	Susan Pilgram	50	107	5	25:49.00	8:18	6	51:51.00	8:20	1:18:20.0	8:24/M
7	110	Deb Zalokar	50	108	6	26:00.00	8:21	5	51:46.00	8:19	1:18:24.0	8:24/M

M 55-59

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	6	Nat Larson	55	91	1	17:19.00	5:34	1	34:46.00	5:35	52:20.00	5:36/M
2	13	Iain Mickle	56	157	2	18:11.00	5:50	2	36:14.00	5:49	54:39.00	5:51/M
3	16	Roger Sayre	59	75	3	18:23.00	5:54	3	36:36.00	5:53	55:29.00	5:57/M

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### USATF

#### M 55-59

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
4	17	William Moore	55	159	4	18:27.00	5:56	4	36:49.00	5:55	55:42.00	5:58/M
5	27	Fred Zalokar	57	83	5	18:45.00	6:01	5	38:21.00	6:10	58:34.00	6:17/M
6	32	Craig Christians	56	86	6	19:22.00	6:13	7	38:56.00	6:15	58:53.00	6:19/M
7	33	Jeff Haertel	55	90	7	19:31.00	6:16	6	38:55.00	6:15	59:01.00	6:19/M
8	42	Brian Kelley	58	79	8	19:31.00	6:16	8	39:38.00	6:22	1:00:47.0	6:31/M
9	49	Beau Atwater	59	139	9	19:51.00	6:23	9	40:02.00	6:26	1:01:16.0	6:34/M
10	52	Michael Anderson	59	76	10	19:55.00	6:24	10	40:37.00	6:32	1:01:58.0	6:38/M
11	55	Kevin Cooper	58	78	11	20:24.00	6:33	11	40:58.00	6:35	1:02:41.0	6:43/M
12	71	Curtis Stautz	58	166	12	21:26.00	6:53	12	43:13.00	6:57	1:06:06.0	7:05/M
13	106	Marc Harrison	58	146	13	25:10.00	8:05	13	50:17.00	8:05	1:16:21.0	8:11/M

#### F 55-59

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	57	Doreen McCoubrie	55	92	1	20:26.00	6:34	1	41:18.00	6:38	1:03:12.0	6:46/M
2	61	Terri Cassel	56	88	2	20:50.00	6:42	2	41:54.00	6:44	1:03:52.0	6:51/M
3	80	Mary Swan	56	89	4	22:10.00	7:07	3	44:37.00	7:10	1:07:35.0	7:15/M
4	95	Mary Mikkelson	56	158	5	23:40.00	7:36	5	47:09.00	7:35	1:11:04.0	7:37/M
5	111	Deborah Torneden	56	85	3	21:05.00	6:46	4	44:57.00	7:13	1:18:53.0	8:27/M

#### M 60-64

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	36	Michael Young	60	171	2	19:46.00	6:21	1	39:35.00	6:22	59:40.00	6:24/M
2	45	Brian Nelson	60	69	1	19:38.00	6:18	2	39:45.00	6:23	1:01:06.0	6:33/M
3	46	Kyle Hubbart	61	148	5	20:24.00	6:33	5	40:40.00	6:32	1:01:07.0	6:33/M
4	47	John Blaser	60	142	7	20:31.00	6:35	4	40:36.00	6:31	1:01:12.0	6:33/M
5	48	John Holcomb	63	61	3	19:55.00	6:24	3	40:16.00	6:28	1:01:15.0	6:34/M
6	54	Fred Torneden	60	71	8	21:05.00	6:46	6	41:06.00	6:36	1:02:33.0	6:42/M
7	56	Heath Hibbard	64	58	4	20:19.00	6:32	7	41:12.00	6:37	1:03:10.0	6:46/M
8	66	Stan McCormack	60	155	6	20:26.00	6:34	8	42:07.00	6:46	1:05:06.0	6:59/M
9	67	George Braun	63	62	9	21:14.00	6:49	9	42:33.00	6:50	1:05:19.0	7:00/M
10	70	Eduardo Matsuo	64	60	10	21:46.00	7:00	10	43:31.00	7:00	1:06:03.0	7:05/M
11	77	John Ferguson	61	66	11	22:04.00	7:05	11	44:15.00	7:07	1:07:23.0	7:13/M
12	81	Gene Jensen	63	149	12	22:27.00	7:13	12	44:40.00	7:11	1:07:36.0	7:15/M
13	83	Kerry McDermott	60	72	13	22:47.00	7:19	13	45:27.00	7:18	1:08:52.0	7:23/M
14	93	Aaron Pratt	63	63	14	23:00.00	7:23	14	46:39.00	7:30	1:10:43.0	7:35/M
15	112	Byron Baker	62	140	15	24:44.00	7:57	15	50:27.00	8:06	1:19:03.0	8:28/M

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F 60-64

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	85	Andriette Wickstrom	62	64	1	22:27.00	7:13	1	45:07.00	7:15	1:09:00.0	7:24/M
2	94	Ann Ringlein	60	73	2	22:30.00	7:14	2	45:46.00	7:21	1:10:54.0	7:36/M
3	105	Joanna Harper	60	74	3	24:43.00	7:57	3	49:42.00	7:59	1:16:01.0	8:09/M
4	120	Janet Hansen	62	65	4	32:10.00	10:20	4	1:05:11.0	10:29	1:38:30.0	10:33/M
5	123	Janet Richard	61	173	5	32:46.00	10:32	5	1:08:19.0	10:59	1:47:57.0	11:34/M

M 65-69

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	43	Thomas Bernhard	66	48	1	20:17.00	6:31	1	40:24.00	6:30	1:00:47.0	6:31/M
2	59	Chuck Smead	66	50	2	20:30.00	6:35	2	41:22.00	6:39	1:03:23.0	6:48/M
3	60	Peter Mullin	66	160	3	20:36.00	6:37	3	41:33.00	6:41	1:03:30.0	6:48/M
4	68	Perry Forrester	65	55	4	20:55.00	6:43	4	42:46.00	6:52	1:05:51.0	7:03/M
5	73	Lloyd Hansen	69	45	7	22:10.00	7:07	7	44:33.00	7:10	1:06:46.0	7:09/M
6	74	John Hirschberger	65	56	6	21:51.00	7:01	6	44:07.00	7:05	1:06:58.0	7:11/M
7	75	Jerry Learned	69	43	5	21:51.00	7:01	5	44:06.00	7:05	1:06:58.0	7:11/M
8	86	Jeff Salzman	66	49	9	23:18.00	7:29	8	45:46.00	7:21	1:09:05.0	7:24/M
9	90	Wally Hayes	66	51	8	22:45.00	7:19	9	46:02.00	7:24	1:10:08.0	7:31/M
10	96	William Sumner	69	42	10	23:23.00	7:31	10	46:42.00	7:30	1:11:26.0	7:39/M
11	107	Donald Cavanaugh	66	143	11	25:48.00	8:17	11	51:12.00	8:14	1:17:09.0	8:16/M

F 65-69

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	78	Sabra Harvey	68	47	1	22:23.00	7:12	1	44:37.00	7:10	1:07:24.0	7:13/M
2	82	Edie Stevenson	68	167	2	22:27.00	7:13	2	44:38.00	7:10	1:08:26.0	7:20/M
3	84	Suzanne Ray	65	57	3	22:36.00	7:16	3	45:22.00	7:17	1:08:59.0	7:24/M
4	91	Jeannie Rice	69	44	4	22:39.00	7:17	4	45:51.00	7:22	1:10:09.0	7:31/M
5	103	Jeanette Groesz	68	46	6	24:28.00	7:52	5	48:52.00	7:51	1:14:07.0	7:57/M
6	104	Coreen Steinbach	66	52	5	24:21.00	7:49	6	49:04.00	7:53	1:14:53.0	8:01/M
7	126	Dr Annie Goolsby	68	145	7	50:57.00	16:23	7	1:44:25.0	16:47	2:37:52.0	16:55/M

M 70-74

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	72	Dave Glass	71	38	1	21:28.00	6:54	1	43:30.00	6:59	1:06:15.0	7:06/M

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**USATF**

**M 70-74**

<b>Place</b>			<b>-----5K Split -----</b>					<b>----- 10K -----</b>			<b>Total</b>	
<b>Place</b>	<b>Overall</b>	<b>Name</b>	<b>Age</b>	<b>Bib No</b>	<b>Rnk</b>	<b>Time</b>	<b>Pace</b>	<b>Rnk</b>	<b>Time</b>	<b>Pace</b>	<b>Time</b>	<b>Pace</b>
2	87	Bill Dunn	70	39	2	22:40.00	7:17	2	45:31.00	7:19	1:09:06.0	7:24/M
3	89	Robert Hendrick	74	27	3	22:41.00	7:17	3	45:42.00	7:21	1:10:02.0	7:30/M
4	92	Paul Carlin	72	33	4	22:43.00	7:18	4	46:14.00	7:26	1:10:36.0	7:34/M
5	97	Gene French	71	35	5	23:16.00	7:29	5	46:57.00	7:33	1:11:29.0	7:40/M
6	101	Richard Kutzner	74	26	7	24:08.00	7:45	7	48:14.00	7:45	1:13:31.0	7:53/M
7	102	Jan Frisby	73	30	6	23:48.00	7:39	6	48:05.00	7:44	1:13:54.0	7:55/M
8	108	Curtis Walker	70	41	8	25:15.00	8:07	8	51:03.00	8:12	1:17:50.0	8:20/M
9	113	Frank White	72	32	9	26:58.00	8:40	9	54:23.00	8:44	1:22:55.0	8:53/M
10	114	David Cohen	74	28	10	27:10.00	8:44	10	54:49.00	8:49	1:23:07.0	8:54/M
11	116	Joseph Lenahan	71	36	12	27:41.00	8:54	11	55:10.00	8:52	1:23:39.0	8:58/M
12	117	William Shaffer	71	37	11	27:26.00	8:49	12	56:57.00	9:09	1:30:18.0	9:41/M
13	119	Morris Williams	72	34	13	29:17.00	9:25	13	59:56.00	9:38	1:32:07.0	9:52/M

**F 70-74**

<b>Place</b>			<b>-----5K Split -----</b>					<b>----- 10K -----</b>			<b>Total</b>	
<b>Place</b>	<b>Overall</b>	<b>Name</b>	<b>Age</b>	<b>Bib No</b>	<b>Rnk</b>	<b>Time</b>	<b>Pace</b>	<b>Rnk</b>	<b>Time</b>	<b>Pace</b>	<b>Time</b>	<b>Pace</b>
1	121	Judy Bomer	74	137	1	32:08.00	10:20	1	1:04:01.0	10:17	1:38:40.0	10:34/M
2	122	Irene Terronez	73	31	2	33:00.00	10:36	2	1:05:50.0	10:35	1:39:03.0	10:37/M

**M 75-79**

<b>Place</b>			<b>-----5K Split -----</b>					<b>----- 10K -----</b>			<b>Total</b>	
<b>Place</b>	<b>Overall</b>	<b>Name</b>	<b>Age</b>	<b>Bib No</b>	<b>Rnk</b>	<b>Time</b>	<b>Pace</b>	<b>Rnk</b>	<b>Time</b>	<b>Pace</b>	<b>Time</b>	<b>Pace</b>
1	100	John Ouweleen	77	21	1	23:32.00	7:34	1	47:40.00	7:40	1:13:28.0	7:52/M
2	115	Charlie Patterson	75	24	2	27:14.00	8:45	2	54:54.00	8:49	1:23:13.0	8:55/M
3	118	Andrew Sherwood	77	22	3	29:43.00	9:33	3	59:43.00	9:36	1:31:49.0	9:50/M
4	124	Malcolm Cohen	75	25	4	35:39.00	11:27	4	1:15:09.0	12:05	1:55:46.0	12:24/M
5	125	Al Swan	77	168	5	36:53.00	11:51	5	1:17:00.0	12:23	1:59:17.0	12:47/M