

2011 Fastest 5K and 10K times at Metroplex Road Races

This will be attempted to be updated each week, using times from Fort Worth-Dallas area races that are available on websites or sent to me via e-mail from race directors. If you've run a faster time in a D-FW race and it's not listed, please contact the race director and have him or her e-mail me the results at admin@clinesrunningcorner.com. If a person wins an Overall or Masters title, that time might or might not appear in the person's age-group ranking. It depends if the person's age is listed in the results. Some race results have no ages submitted in Overall, Masters and younger divisions, so some runners might not have their times recorded in their specific age division. Gun times will be used in the Overall and Masters divisions and those gun times will be used in the age division listings. Chip times, if available, will be used for all others in age-group divisions. Times will be rounded up in age-group divisions. For example, if a time is listed as 34:14.4, then the time will become 34:15. Each age division will include the Top 10 fastest times. There will be no repeats in age divisions; a person's fastest time will be recorded. If a runner moves up to a different age division during the year, it's possible he or she could be listed in both divisions. The fastest list will run from Jan. 1, 2011 to Dec. 31, 2011. If there are names misspelled or times wrong, please [e-mail](#) for corrections. Also, this list is dropped the Fastest Overall Winners list and will list just the Fastest 10 for males and females.

Note: Sometimes a 5K or 10K course might be short because of various reasons. If a course is determined to have been short, times from that race will not be counted.

Changes in Fastest format: The fastest winners in Fastest, Masters, Grand Masters and Seniors Masters have been eliminated and only the fastest in each division will be recorded. Also, time qualifications have been added to most age divisions. The 11-14 age division has been divided into 11-12 and 13-14. Listing only top 10 in each age division rather than top 15. ***Note about Fastest Times:** If there is a question as to whether a course was short, an asterisk will be placed beside names from that race. If it's proved that a course is short, those times won't count. An age division that has runners with asterisks might have more than 10 runners listed in that division. Also, remember this is not an "official" list of Fastest Times. That means that not all courses will be checked for accuracy. This feature was designed to be for fun and to give a general idea who the fastest runners are at D-FW races.

*-The Verizon Super Bowl course apparently was about 100 yards short, according to several runners. A certified course reportedly was used for the race, but the start line apparently was placed in the wrong place, they said. So, the previous times listed for that race won't be allowed. Some of the finishers listed in the Snowman Shuffle 10K apparently were in the 5K and their names and times have been deleted. Note about ages not listed in event's results: If an event's results do not include ages for the participants, none of the times will be listed even if the age divisions correspond to these. The reason; there might be no of knowing the ages of the overall and masters winners or some of those in divisions that don't correspond to these.

Updated: Feb. 7, 2011.

5K

Women

Fastest 10 (gun times): Kim Stark (SMS), 18:09.68; Kendall Howen (TXH), 18:13; Rexi Parcells (PFS), 19:01; Jayna Henstorf (HCH), 19:10; Kim Kirby (SMS), 19:12.16; Madison

Milhoan (SMS), 19:14.21; Kirsten Zeller (TCTH), 19:22; Caroline Erlington (MLK), 19:26; Cora Turner (RS), 19:34.6; Meredith Gleitz (SMS), 19:57.68.

Fastest 10 Masters (gun times): Note: 22:30 or faster to qualify -- Sheila Natho (MLK), 20:07; Laura Nelson (HVRR), 20:28.7; Angela Eusery (SMS), 20:43.64; Candace George (SMS), 22:12.17; Cathy Buchanan (BIC), 22:16.6; Frances McKissick (PFS), 22:26.8; Carole Holschuh (JB), 22:23.

Fastest Grand Masters 50-59 (when division is designated. Chip time when available.): No time qualifications -- Terry Gonzalez (PFS), 24:33.9; Julie Kendro (LBEN), 25:27.5.

Fastest Seniors Masters 60-older (when division is designated. Chip time when available): No time qualifications -- Carol Creech (CRC), 39:21.

10-younger: Katherine Roquebert (HVRR), 22:00; Anna Stock (HVRR), 22:36; Riley Mattingly (BIC), 22:57; Meredith St. John (GFT), 25:21; Erica Wilson (GFT), 25:34; Samantha Palma (LBEN), 25:46; Jamie McCarley (GFT), 27:05; Lauren Moran (TCTH), 27:28; Ashlyn Lerma (GFT), 28:45; Quincy Harper (BIC), 28:48.

11-12: Payton Brown (HVRR), 20:11; Maddy Reed (HVRR), 20:41; Jena Arnett (HVRR), 22:17; Valerie Hart (HVRR), 22:27; Kelly Dorn (HVRR), 22:42; Michiah Derenzo (HVRR), 22:45; Danielle Davidson (JB), 22:53; Madisyn Braun (JB), 23:30; Makenna Jonker (HVRR), 24:31; Madeline Brown (BIC), 25:02.

13-14: Natalie Rathjen (HCH), 19:19; Gairy Natividad (GFT), 20:29; Elizabeth Schattle (HVRR), 20:29; Beatrice Crump (HVRR), 21:14; Cecilia Crump (HVRR), 21:49; Melissa Morales (HVRR), 21:52; Hanah Nichol (TXH), 21:54; Joanna Gibbs (IAS), 22:56; Natasha Roquebert (HVRR), 23:29; Tiffany Stringer (BIC), 23:55.

15-19: Kendall Howen (TXH), 18:13; Rexi Parcels (PFS), 19:01; Kim Kirby (SMS), 19:13; Meghan Shea (TXH), 18:41; Carly Kitts (TXH), 18:48; Kaleigh Ervin (TXH), 18:54; Kimberly Kirby (TXH), 19:03; Sydney Brynn (TXH), 19:11; Madison Milhoan (SMS), 19:15; Kirsten Zeller (TCTH), 19:22.

20-24: Note: 22:15 or faster to qualify -- Caroline Erlington (MLK), 19:26; Megan Bomba (JB), 21:47.

25-29: Note: 22:45 or faster to qualify -- Melissa Orr (JB), 21:26; Amanda Troxel (HCH), 21:47; Amanda Burcham (HCH), 22:37.

30-34: Note: 23:30 or faster to qualify -- Jayna Henstorf (HCH), 19:10; Colleen Bdranowski (SMS), 20:28; Maria Martinez (SBS), 20:52; Magaly Soto (JB), 20:52; Melanie Hargrove (IAS), 21:39; Debbie Yatko (HCH), 22:37; April Reber (JB), 22:38; Shannon Brown (JB), 22:45; Amber High (JB), 23:08; Carissa Brunson (LBEN), 23:17.

35-39: Note: 24:00 or faster to qualify -- Kim Stark (IAS), 18:43; Kim Gray (MLK), 21:26; Vanessa Abraham (IAS), 22:27; Tiffany Hauerwas (IAS), 22:46; Marci Prather (JB), 23:18; Laura Goodon (TCTH), 23:22; Stephanie Fletcher (STR), 23:34; Emily O'Halloran (TCTH), 23:59.

40-44: Note: 24:30 or faster to qualify -- Cora Turner (RS), 19:34.6; Tonya Miller (IAS), 21:23; Candace George (SMS), 22:13; Teresa Yancy (JB), 23:45; Lisa Brown (TCTH), 24:18; Kristi Wynne (HCH), 24:27; Lizsette Wygle (BIC), 24:30.

45-49: Note: 24:45 or faster to qualify -- Sheila Natho (MLK), 20:07; Laura Nelson (CRC), 20:22; Fiona Green (MLK), 21:01; Cathy Buchanan (BIC), 22:17; Carole Holschuh (JB), 22:23; Frances McKissick (PFS), 22:27; Lisa Effren (HCH), 24:07; Shari Munoz (JB), 24:37; Michelle Liles (BIC), 24:39.

50-54: Note: 25:15 or faster to qualify -- Dawn Burke (SMS), 23:43; Teresa Sellers (HCH), 24:04; Priscilla Reese (LBEN), 24:23; Helene Walker (BIC), 24:45; Julie Kendro (JB), 24:50; Elaine Teves (HCH), 24:59; Annette French-Beardon (RS), 25:06; Marsha Thauwald (TCTH), 25:14.

55-59: Note: 25:45 or faster to qualify -- Linda Kelly (DRCF), 23:37; Kim Andres (SMS), 24:22; Terry Gonzalez (PFS), 24:34; Lorene England (MLK), 24:58; Carol Kisill (JB), 25:36.

60-64: Poksu Binger (MLK), 24:20; Brenda Curtis (TCTH), 26:04; Becky Sherstad (TCTH), 29:59; Karen Hanson (STR), 30:00; Pat Van Zandt (HCH), 30:32; Carmen Flores (:LBEN), 31:04; Toni McKenna (BIC), 31:48; Glenna Jennings (GFT), 33:04; Noriko Iijima (BIC), 33:24; Alice Ann Dixon (TCTH), 33:45.

65-69: Rae Mills (HCH), 29:00; Nancy Cole (DRCF), 32:15; Susan Fortin (MLK), 34:37; Jean Blackard (MLK), 35:59; Barbara Bowen (HCH), 36:50; Cora Macaluso (JB), 37:58; Cindy Crawford (HCH), 38:17; Carol Reyen (LBEN), 38:31; Nancy Lowden (SMS), 38:38; Jeri Haynes (JB), 38:46.

70-74: Note: No time qualifications -- Sherry Robinson (JB), 31:22; Mary Kaplan (MLK), 32:51; Bettye Haynes (DRCF), 39:28.

75-79: Note: No time qualifications -- Thelma Sellers (HCH), 49:52.

80-84: Note: No time qualifications -- Betty Bob Massey (LBEN), 53:04.

85-89: Note: No time qualifications --

90-94: Note: No time qualifications --

95-older: Note: No time qualifications --

5K

Men

Fastest 10 (gun times): Craig Lutz (HVRR), 15:01.5; Benson Osoro (TCTH), 15:49; Jeremy Essler (MLK), 16:17; Brandon Womack (IAS), 16:25; Cameron Gifford (SMS), 16:43.89; Cameron Jackson (HCH), 17:01; Jason Trevino (DRCF), 17:03; Jake Powers (RS), 17:15.8; Lane Cockrell (TCTH), 17:22; Robert Gribble (PFS), 17:27.9.

Fastest 10 Masters (gun times): James Jackson (HCH), 17:30; Jerry Young (PFS), 17:58.4; Todd Reynolds (MLK), 18:27; Mark Horstman (TCTH), 18:31; John Reed (HVRR), 18:32.7; Robert Reveal (TXH), 18:48; Ricky Cox (LBEN), 18:57.4; Chris Crawford (DRCF), 19:02; Froylan Franco (CRC), 19:17.73; Craig Miller (SMS), 19:27.98.

Fastest Grand Masters 50-59, (when division is designated; chip times when available): No time qualifications -- J J Jenkins, (PFS), 20:13.1; John Ball (CRC), 21:05; Brian Polansky (LBEN), 22:16.1.

Fastest Seniors Masters 60-older, (when division is designated; chip times when available): No time qualifications --

10-younger: Nicholas Williams (HVRR), 21:20; Luke Hambrick (HVRR), 21:21; Zachary Emery (MLK), 21:46; Barrett Bookout (HVRR), 21:54; Carter Reed (RS), 23:03; Tanner Patton (GFT), 23:25; Juan Pablo Rodriguez (GFT), 24:04; Mark Vassar (BIC), 24:08; Alex Johnson (GFT), 24:26; Kelton Vineyard (LBEN), 24:48.

11-12: Tyler Jennings (HVRR), 19:38; David Roquebert (HVRR), 19:38; Zach Vineyard (HVRR), 19:53; Evan Lerma (GFT), 20:13; Matthias Hambrick (HVRR), 20:21; Richard Bridgeman (GFT), 21:44; Alec Blair (GFT), 22:42; Nate Hoppe (GFT), 23:02; Zach Wharton (LBEN), 23:07; Collin Johnson (GFT), 23:15.

13-14: Logan Hendrix (HVRR), 17:08; Alonzo Pollum (RS), 17:46; Benjamin Reed (HVRR), 18:38; Drew Sanderson (HVRR), 18:55; Raied Makhamreh (TXH), 19:00; Brady Steele (HVRR), 19:19; Jackson Fountain (HVRR), 19:21; Sidharth Kapur (PFS), 19:33; Steven Coopman (PFS), 20:43; Evan Lerma (BIC), 21:07.

15-19: Note: 17:30 or faster to qualify -- Craig Lutz (HVRR), 15:02; Cameron Gifford (SMS), 16:44; Cameron Jackson (HCH), 17:01; Jake Powers (RS), 17:16; Joel Gibbs (IAS), 17:23; Robert Gribble (PFS), 17:28; Connor McClain (MLK), 17:28.

20-24: Note: 17:45 or faster to qualify -- Ivan Pinal (MLK), 16:20; Brandon Woman (IAS), 16:25; Kolin Styles (BIC), 16:53; Jason Trevino (DRCF), 17:03; Ben Munguin (SMS), 17:34.

25-29: Note: 18:00 or faster to qualify -- Lane Cockrell (TCTH), 17:22.

30-34: Note: 18:00 or faster to qualify -- Benson Osoro (TCTH), 15:49; Jeremy Essler (MLK), 16:17; Dane Batzel (MLK), 17:23; Ryan Kaiser (SMS), 17:37; Edgar Martinez (HCH), 17:39.

35-39: Note: 18:30 or faster to qualify -- Anthony Johnson (TCTH), 17:58; Markku Toiviainen (HVRR), 18:01; O'Neal Barnett (TCTH), 18:18.

40-44: Note: 18:45 or faster to qualify -- James Jackson (HCH), 17:30; Jerry Young (PFS), 17:59; Todd Reynolds (MLK), 18:27; Mark Horstman (TCTH), 18:31; John Reed (HVRR), 18:33; Froylan Franco (HVRR), 18:34; Brian Duffy (HVRR), 18:39

45-49: Note: 20:00 or faster to qualify -- Bill Stone (HVRR), 18:43; Robert Reveal (TXH), 18:48; Tommy Smith (PFS), 18:53; Chris Crawford (DRCF), 18:59; Craig Miller (SMS), 19:28.

50-54: Note: 20:30 or faster to qualify -- Art Reilly (HCH), 18:41; Chris Phelan (GFT), 18:48; Ricky Cox (LBEN), 18:58; Blade Norman (MLK), 19:32; Gabriel Sepien (DRCF), 19:42; Terry Marcott (CRC), 19:49; Dave Rowland (DRCF), 19:56; Eric Purcell (HVRR), 19:59; Cecilio Escamilla (SMS), 20:01.

55-59: Note: 21:45 or faster to qualify -- Anthony Colon (TCTH), 19:50; J.J. Jenkins (HCH), 20:01; John Ball (MLK), 20:30.

60-64: Skeeter Hogue (STR), 22:35; John Ross (MLK), 22:37; Rick Johnson (MLK), 23:01; Salomon Tristan (TCTH), 23:29; Kendall Black (MLK), 24:37; John Nance (CRC), 23:43; Jack Gilbert (BIC), 23:44; Phil Cisneros (SBS), 23:45; Robert Stites (LBEN), 24:19; Spareribs LaMothe (BIC), 24:19.

65-69: Bill Shaw (DRCF), 20:51; Bill Richardson (MLK), 21:53; Thomas Conway (DRCF), 22:47; Bill Shirley (SMS), 23:53; Gary Milburn (LBEN), 25:04; Alan Davis (DRCF), 29:03; Charles Clines (BIC), 29:48; Freddie Smith (PFS), 33:06; Tollie Bibb (RS), 31:08; John Byers (DRCF), 32:05.

70-74: Jim Sampson (PFS), 23:08; Victor Hegeman (PFS), 26:20; Will Ferson (SMS), 26:36; William Ashley (DRCF), 26:39; Larry McCarty (PFS), 26:44; Don Martin (SMS), 31:52; Nelson Spencer (DRCF), 32:26; Lloyd Hormell (PFS), 32:44; Patrick Greene (DRCF), 33:44; Larry Martin (TCTH), 33:49.

75-79: No time qualifications -- Dewey Fambry (PFS), 31:34; Robert Cunningham (MLK), 39:56.

80-84: No time qualifications -- Richard Widener (SMS), 34:23.

85-89: No time qualifications -- Howard Mayer (DRCF), 49:19.

90-94: No time qualifications --

95-older: No time qualifications --

10K

Male

Fastest 10 (gun times): Joshua Trevino (DRCF), 32:28; Joe Beisner (DRCF), 32:43; Benson Osoro (DRCF), 32:53; Jonathan Swiathocha (SMS), 33:32.58; Davy Swiathocha (SMS), 33:51.86; Walter Edstrom (PFS), 35:20; Jeff Stubblefield (DRCF), 35:21; Kenny Stice (SMS), 35:46.20; Todd Blancard (DRCF), 35:55; German Lopez (SMS), 36:04.84.

Fastest 10 Masters (gun times): Note: 40:00 or faster to qualify -- Todd Blancard (DRCF), 35:35; ; Joe Landry (DRCF), 35:35; Michael Held (PFS), 38:01.8; Nick Polito (HCH), 38:39.

Fastest Grand Masters 50-59 (when division is designated): No time qualifications -- Mike Picard (PFS), 49:06.6.

Fastest Seniors Masters 60-older (when division is designated): No time qualifications -- .

10-younger: No time qualifications --

11-12: No time qualifications -- Helm Donahue (HCH), 1:02:37; Jake Scheller (FWRCE), 1:07:15.

13-14: Note: 46:00 or faster to qualify --

15-19: Jonathan Swiatocha (SMS), 33:33; Davy Swiatocha (SMS), 33:52; Walter Edstrom (PFS), 35:20; Kenny Stice (SMS), 35:47; German Lopez (SMS), 36:05; Drew Megura (PFS), 37:10; Alex Berghorn (PFS), 37:19; Christian Guirguis (STR), 37:26; Gabriel Jordan (SMS), 37:43; Edwin Munoz (SMS), 38:13.

20-24: Note: 41:00 or faster to qualify -- Jeff Stubblefield (DRCF), 35:21; Ricardo Sanchez (HCH), 39:27; Galen Smith (DRCF), 39:22; James Royal (PFS), 40:34; Kiran Gyr (HCH), 40:51.

25-29: Note: 40:00 or faster to qualify -- Joshua Trevino (DRCF), 32:28; Josh Fife (SMS), 36:58; Paul Mungvia (DRCF), 38:52; Johura Turner (DRCF), 39:03; Read Hoffman (HCH), 39:20.

30-34: Note: 40:00 or faster to qualify -- Benson Osoro (DRCF), 32:53; Alberto Castro (DRCF), 37:59; Cy Armstrong (SMS), 39:08; Patrick Cruise (DRCF), 39:17; Ricardo Sanchez (HCH), 38:27; Mark Kerins (DRCF), 39:36; David Renfro (DRCF), 39:46.

35-39: Note: 40:15 or faster to qualify -- Chris Strait (PFS), 37:46; O'Neal Barnett (PFS), 38:02; Jeff Burrows (HCH), 38:26; Ryan Loehding (DRCF), 39:08.

40-44: Note: 41:30 or faster to qualify -- Todd Blancard (DRCF), 35:35; Joe Landry (DRCF), 37:25; Nick Polito (HCH), 38:39; Hector Delgado (STR), 40:48; James Lehman (DRCF), 40:49.

45-49: Note: 42:00 or faster to qualify -- Michael Held (PFS), 38:02; Ron Lambke (HCH), 40:01; Joe Davis (SMS), 40:28; Rick Johnson (DRCF), 40:54.

50-54: Note: 43:30 or faster to qualify -- Bob Smeby (PFS), 38:42; Mike Perkins (DRCF), 40:49; Dave Rowland (HCH), 41:04; Mark Westerheide (HCH), 41:21; Barry Ortner (HCH), 41:27; Victor Torres (DRCF), 43:09; Dennis Haietta (FWRCE), 43:18.

55-59: Note: 46:00 or faster to qualify -- Vince Abadie (DRCF), 41:02; Bob Wallace (HCH), 41:58; John Ball (FWRCE), 43:45; Bill Berenson (FWRCE), 44:58; Don Nelson (FWRCE), 45:04; Julio Loper (DRCF), 45:42; Jay Gartner (SMS), 45:54; Gregg Long (DRCF), 46:00.

60-64: Robert Benson (DRCF), 44:22; Mike Fields (DRCF), 45:11; John Ross (FWRCE), 46:30; John Nance (SMS), 46:35; Gregg Gornes (DRCF), 47:41; Richard Stern (DRCF), 51:00; Xinji Li (PFS), 51:13; Carl Weisbrod (DRCF), 51:34; Scott McKissick (HCH), 51:35; William Wilson (PFS), 53:50.

65-69: No time qualifications -- Bill Richardson (FWRCE), 45:30; Doug Gilpin (DRCF), 53:40; J. Higgs (DRCF), 54:07; Tom Vaughn (DRCF), 1:06:04; Bernard Marton (DRCF), 1:06:33; Jerry Stephens (HCH), 1:07:47.

70-74: No time qualifications -- Ken Brewer (FWRCE), 55:21; Al Angell (PFS), 1:02:32; Jerry Siedschlag (DRCF), 1:20:45.

75-79: No time qualifications -- Walter Nicks (DRCF), 55:29; Robert Cunningham (FWRCE), 1:23:17; Lee Sellers (HCH), 1:29:15.

Females 10K

Fastest 10 (gun times): Dawn Grunnagle (HCH), 35:34; Meghan Shea (SMS), 37:49.53; Alex Davis (SMS), 38:37.15; Carly Kitts (SMS), 38:51.04; Jackie Choucair (SMS), 40:14.88; Rachel Williams (SMS), 40:27.95; Elizabeth Oxford (SMS), 40:40.40; Wendy Ullrich (PFS), 42:56.2.

Fastest 10 Masters (gun times): Note: 50:00 or faster to qualify -- Sheila Natho (SMS), 41:05.36; Lisa Warechowski (HCH), 45:48; Yolanda Hopping (SMS), 46:38.84; Stacey Paddock (DRCF), 43:24; Leslie Smith (SMS), 47:12.44; Rachael Rothstein (SMS), 48:03.88.

Fastest Grand Masters 50-59 (when division is designated): No time qualifications --

Fastest Seniors 60-older (when division is designated): No time qualifications -- Jeanne Pitz (PFS), 1:02:26.

10-younger: No time qualifications --

11-12: No time qualifications -- Madison Johnston (HCH), 1:10:06.

13-14: Note: 55:00 or faster to qualify -- Laura Rathjen (HCH), 49:06; Reagan Black (HCH), 54:16; Elisabeth Berglund (HCH), 1:05:16; Kelsea Corley (HCH), 1:05:33; Caroline Jaimes (HCH), 1:05:34; Alison Long (HCH), 1:05:35.

15-19: Meghan Shea (SMS), 37:50; Alex Davis (SMS), 38:38; Carly Kitts (SMS), 38:52; Jackie Choucair (SMS), 40:15; Rachel Williams (SMS), 40:28; Aly Nielson (SMS), 42:16; Rachel Johnson (SMS), 45:04; Angela Dees (SMS), 45:55; Emily Ashby (HCH), 47:25; Joanna Kilgore (SMS), 48:07.

20-24: Note: 51:00 or faster to qualify -- Alexandra Sweeney (DRCF), 42:36; Allyson Gump (DRCF), 47:55; Courtney Lavey (DRCF), 48:43; Heather Rochelle (HCH), 49:25; Amanda Comrie (HCH), 50:12..

25-29: Note: 51:15 or faster to qualify -- Jennifer Berka (DRCF), 46:51; Linda Troung (FWRCE), 47:09; Emily Byrd (DRCF), 49:11; Kelly Lee (SMS), 49:51; Victoria Rogers (HCH), 50:07; Lauren Cureton (DRCF), 50:09; Elise Fang (DRCF), 51:09; Jennifer Samford (DRCF), 51:15.

30-34: Dawn Grunnagle (HCH), 35:34; Shizuko Watanabe (HCH), 41:53; Maria Martinez (FWRCE), 43:21; Andrea Schweitzer (SMS), 44:50; Lucy Gore (DRCF), 45:48; Grace Kao Ong (DRCF), 46:01; Dawn Mathis (SMS), 46:32; Kim Rogers-Tracy (DRCF), 46:52; Nicole Sims (HCH), 46:55; Sarah Hull (STR), 47:15.

35-39: Elizabeth Oxford (SMS), 40:41; Roxana Wroblewski (DRCF), 41:39; Christell Baum (DRCF), 43:50; Christina Hughes Babb (DRCF), 44:14; Christy Thomson (HCH), 44:32; Kim

Gray (FWRCE), 44:50; Lisa Huggins (SMS), 45:43; Karen Lee (HCH), 46:02; Beata Toth (HCH), 46:31; Barbara Anderson (HCH), 46:46.

40-44: Note: 50:50 or faster to qualify -- Wendy Ullrich (PFS), 42:57; Stacey Paddock (DRCF), 43:24; Lisa Warechowski (HCH), 45:48; Leslie Smith (DRCF), 47:44; Jayme Dennis (FWRCE), 49:54; Jennifer Siegrist (HCH), 50:00.

45-49: Note: 51:00 or faster to qualify -- Sheila Natho (SMS), 40:06; Laura Nelson (FWRCE), 42:24; Tammy Darlington (HCH), 46:35; Yolanda Hopping (SMS), 46:39; Frances McKissick (HCH), 46:45; Rachael Rothstein (SMS), 48:04; Bronwen Walsh (DRCF), 49:16.

50-54: Note: 52:00 or faster to qualify -- Noreen Jacobson (FWRCE), 45:14; Sarah Rathjen (HCH), 47:01; Nicole Borman (DRCF), 47:42; Elizabeth Dyer (HCH), 47:58; Jedonna Adams (DRCF), 48:23; Elaine Pendleton (HCH), 50:11; Priscilla Reese (FWRCE), 50:37; Nancy Damon (HCH), 52:00.

55-59: Note: 53:30 or faster to qualify -- Joyce Mah (DRCF), 50:15; Sunao Saito (DRCF), 51:20.

60-64: No time qualifications -- Linda Landrum (FWRCE), 55:33; Sharon Byrne (DRCF), 1:01:13; Jeanne Pitz (PFS), 1:02:26; Vicki Micheletto (STR), 1:02:53; Janice Snyder (PFS), 1:15:56; Carol Creech (PFS), 1:18:18; Mary Ann Mangano (HCH), 1:25:25.

65-69: No time qualifications -- Marylyn Patrick (HCH), 57:34; Mary Salter (DRCF), 1:13:44; Nancy Lowden (DRCF), 1:20:46.

70-74: No time qualifications -- Mary Ann Miller (DRCF), 1:33:00.

Legend: **BIC**=Bold In The Cold; **CRC**=Carrollton Runners Club; **HCH**=Hot Chocolate Run; **DRCF**=DRC Frigid 5K, 10K; **FWRCE**=FWRC Einstein Run; **GFT**=GHS Fillie Trot; **HVRR**=Highland Village Resolution Run; **IAS**=I Am Superman; **JB**=Jiggle Butt; **LBEN**=Lake Benbrook Half & 5K; **MLK**= MLK Day & Dream 5K; **PFS**=Plano Fresh Start; **RS**=Resolution Solution; **SMS**=Snowman Shuffle; **STR**=Stonebridge Resolution; **SBS**=Super Bowl Sunday 5000; **TCTH**=Too Cold To Hold; **TXH**=Texas Half & 5K; **VS**=Verizon Super Bowl