

# COW TX RUNNING SCARED 5K Run/Walk

## (Held at Community Center, Watauga, TX on 10/30/2010)

*(Benefits Sertoma of Watauga for Shoes for Kids & Watauga Public Schools.)*

**(Timed finishers: 74 Female; 55 Male; 2 Unknown Gender)**

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name Last Name	Gender	Age	Age Grp	Bib #	Finish Time (Mins. .Secs)	Avg Pace		Place In Age Group	Place In Gender	Overall Place (All Finishers)
						per Mile (5K = 3.107 mls) (Mins. .Secs)				
<b>Female Overall Winner</b>										
Fiona Green	F	46	45-49	767	20.47	6.41		1		8
<b>Female Masters Winner</b>										
Kristin Chlup	F	41	40-44	913	24.19	7.50		4		18
Jennifer Roberts	F	9	0-9	787	38.16	12.19	1	49		90
Aubrey Soto	F	13	10-13	821	26.22	8.29	1	8		28
Monica McCarson	F	13	10-13	909	37.03	11.55	2	46		87
Ivana Egenti	F	10	10-13	973	43.26	13.59	3	60		114
Carrisa Zwerg	F	11	10-13	946	43.43	14.04	4	61		115
Claudia Zaldiva	F	14	14-16	496	32.10	10.21	1	24		60
Casey Daniel	F	24	17-24	966	23.10	7.27	1	3		11
Alana Snediker	F	23	17-24	955	27.26	8.50	2	9		33
Sydney McCandless	F	24	17-24	999	28.37	9.13	3	14		41
Rochelle Hayden	F	24	17-24	754	41.29	13.21	4	57		110
Jessica Clark	F	28	25-29	931	31.12	10.03	1	22		54
Melissa Brown	F	29	25-29	900	31.51	10.15	2	23		59
Lainie Dandridge	F	27	25-29	962	37.44	12.09	3	47		88
Allie Stephens	F	25	25-29	819	42.15	13.36	4	59		113
Taylor Rutz	F	27	25-29	888	47.38	15.20	5	71		126
Jessica Smith	F	33	30-34	934	21.08	6.48	1	2		9
Rebecca Boneau	F	32	30-34	954	27.46	8.56	2	11		37
Shanie Cain	F	31	30-34	321	28.51	9.17	3	15		43
Rebecca Barnett	F	34	30-34	948	29.08	9.23	4	16		44
April Aultman	F	32	30-34	953	30.28	9.48	5	19		51
Kelly Petruso	F	31	30-34	867	32.34	10.29	6	27		63
Crystal Graham	F	32	30-34	779	32.51	10.34	7	29		66
Alejandra Jimenez	F	31	30-34	865	33.02	10.38	8	30		67
Gina Hansen	F	34	30-34	998	34.06	10.59	9	35		72
Melissa Perez	F	33	30-34	989	34.55	11.14	10	39		77
Adrienne Seeton	F	32	30-34	878	38.59	12.33	11	51		94
Amy Guy	F	31	30-34	764	40.29	13.02	12	54		107

First Name	Last Name	Gender	Age	Age Grp	Bib #	Finish Time (Mins. .Secs)	Avg Pace	Place In Age Group	Place In Gender	Overall Place (All Finishers)
							per Mile (5K = 3.107 mls) (Mins. .Secs)			
Jaime	Sather	F	34	30-34	872	45.44	14.43	13	66	121
Victoria	Block	F	34	30-34	950	46.08	14.51	14	68	123
Kim	McKnley	F	32	30-34	979	51.35	16.36	15	73	130
Angela	Ferguson	F	33	30-34	982	51.35	16.36	16	74	131
Michelle	Castillo	F	37	35-39	864	26.19	8.28	1	7	27
Melanie	Earles	F	38	35-39	491	28.07	9.03	2	13	39
Jennifer	Sheppard	F	39	35-39	772	29.37	9.32	3	18	47
Gina	Nelson	F	38	35-39	868	32.25	10.26	4	26	62
Courtney	Nelson	F	39	35-39	899	32.50	10.34	5	28	65
Kristina	Kane	F	35	35-39	757	33.30	10.47	6	32	69
Diana	Alcorta	F	39	35-39	996	33.52	10.54	7	33	70
Kristen	Soto	F	35	35-39	871	34.53	11.14	8	38	76
Kim	Roberts	F	38	35-39	991	35.35	11.27	9	41	79
Andrea	Roundtree	F	35	35-39	875	36.42	11.49	10	45	84
Andrea	Kerwin Armstrong	F	36	35-39	893	39.42	12.47	11	52	99
Kathy	Leone	F	43	40-44	881	24.59	8.02	1	5	20
Casey	Jones	F	43	40-44	935	30.33	9.50	2	20	52
Robyn	Davis	F	43	40-44	949	30.43	9.53	3	21	53
Cheryl	McCarson	F	41	40-44	908	33.55	10.55	4	34	71
Lynda	Parra	F	44	40-44	997	34.17	11.02	5	36	73
Angie	Bynum	F	43	40-44	898	34.18	11.02	6	37	74
Karen	Clark	F	44	40-44	976	35.37	11.28	7	42	80
Mary	Guerra	F	42	40-44	889	37.52	12.11	8	48	89
Patricia	Kitka	F	44	40-44	968	41.32	13.22	9	58	111
LaDonna	Roper	F	41	40-44	994	44.39	14.22	10	65	119
Tammie	Lozano	F	42	40-44	769	45.47	14.44	11	67	122
Amy	Lucas	F	45	45-49	763	27.29	8.51	1	10	34
Henrietta	Egenti	F	46	45-49	971	33.12	10.41	2	31	68
Denise	Cooper	F	47	45-49	956	35.29	11.25	3	40	78
Paulette	Clark	F	48	45-49	940	36.41	11.48	4	44	83
Rhonda	Schwartz	F	47	45-49	939	39.58	12.52	5	53	103
Kathryn	Noah	F	49	45-49	879	40.45	13.07	6	55	108
Sandra	Zweg	F	45	45-49	947	44.29	14.19	7	62	116
Jeanne	Biala	F	45	45-49	995	44.38	14.22	8	64	118
Dawn	Luyster	F	51	50-54	959	25.10	8.06	1	6	21
Diane	Brown	F	51	50-54	942	27.51	8.58	2	12	38
Jennifer	Bosley	F	50	50-54	765	32.17	10.23	3	25	61
Jeanine	Suazo	F	50	50-54	960	38.35	12.25	4	50	92
Karen	Lieber	F	54	50-54	861	44.31	14.20	5	63	117
Shelly	Watkins	F	50	50-54	992	46.09	14.51	6	69	124
Diane	Allison	F	59	55-59	884	29.24	9.28	1	17	46
Betty	King	F	57	55-59	922	35.47	11.31	2	43	82

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Alice	Johnson	F	57	<b>55-59</b>	755	41.28	13.21	3	56	109
Georgia	Geher	F	58	<b>55-59</b>	773	46.54	15.06	4	70	125
Sue	Schmadebeck	F	60	<b>60-64</b>	903	51.31	16.35	1	72	127

### Male Overall Winner

Edgar	Medina	M	17	<b>17-24</b>	863	18.00	5.48		1	1
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### Male Masters Winner

Sergio	Flores	M	43	<b>40-44</b>	495	18.55	6.05		3	3
Timothy	Zwerg	M	9	<b>0-9</b>	945	39.45	12.48	1	46	100
Kyle	Pipkin	M	8	<b>0-9</b>	965	40.12	12.56	2	49	104
Harlan	Guy	M	8	<b>0-9</b>	766	40.17	12.58	3	51	106
Nate	Hoppe	M	11	<b>10-13</b>	887	23.38	7.36	1	10	13
Austin	Lerber	M	13	<b>10-13</b>	860	25.20	8.09	2	17	23
Ethan	Lozano	M	12	<b>10-13</b>	768	38.48	12.29	3	41	93
Emmanuel	Egenti	M	12	<b>10-13</b>	972	39.46	12.48	4	47	101
Doug	Brown	M	13	<b>10-13</b>	943	39.52	12.50	5	48	102
John	Guerra	M	12	<b>10-13</b>	890	42.09	13.34	6	52	112
Sergio	Flores	M	14	<b>14-16</b>	494	26.09	8.25	1	20	26
Ulises	Robles	M	17	<b>17-24</b>	493	18.36	5.59	1	2	2
Wren	Ludlow	M	17	<b>17-24</b>	825	19.49	6.23	2	6	6
Jason	McCandless	M	19	<b>17-24</b>	870	24.06	7.45	3	12	15
Brett	Oleksy	M	18	<b>17-24</b>	926	27.18	8.47	4	23	31
Ryan	Johnson	M	24	<b>17-24</b>	320	27.20	8.48	5	24	32
Sara	McCandless	M	24	<b>17-24</b>	859	28.37	9.13	6	28	42
Casey	Brown	M	23	<b>17-24</b>	897	39.18	12.39	7	44	97
Darren	Cooper	M	25	<b>25-29</b>	957	27.45	8.56	1	26	36
David	Mitchell	M	28	<b>25-29</b>	874	29.14	9.25	2	29	45
Brandon	Graham	M	30	<b>30-34</b>	780	22.51	7.21	1	8	10
David	Helton	M	34	<b>30-34</b>	936	31.39	10.11	2	35	57
Corey	Seeton	M	30	<b>30-34</b>	877	39.00	12.33	3	42	95
Jeff	Hudak	M	32	<b>30-34</b>	818	45.19	14.35	4	53	120
Roskop	Lee	M	37	<b>35-39</b>	762	19.04	6.08	1	4	4
Ryan	Helton	M	35	<b>35-39</b>	830	24.34	7.54	2	15	19
Steven	Roberts	M	38	<b>35-39</b>	792	38.16	12.19	3	40	91
Steve	Ferguson	M	39	<b>35-39</b>	984	51.34	16.36	4	55	129

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Scott Fritchen	M	43	<b>40-44</b>	756	19.16	6.12	1	5	5	
Paul Pena	M	42	<b>40-44</b>	760	20.45	6.41	2	7	7	
Paul Luyster	M	43	<b>40-44</b>	958	23.15	7.29	3	9	12	
Paul Leone	M	44	<b>40-44</b>	882	27.44	8.56	4	25	35	
Grant McCarson	M	41	<b>40-44</b>	906	28.17	9.06	5	27	40	
Ray Pilgrim	M	41	<b>40-44</b>	974	29.51	9.36	6	30	48	
Tina McDonald	M	42	<b>40-44</b>	761	30.13	9.44	7	32	50	
Mike Rudd	M	41	<b>40-44</b>	937	31.40	10.12	8	36	58	
Travis Pipkin	M	40	<b>40-44</b>	924	40.13	12.57	9	50	105	
Greg Bucknell	M	45	<b>45-49</b>	933	24.12	7.47	1	13	16	
John Clark	M	45	<b>45-49</b>	975	24.13	7.48	2	14	17	
Eddie Ozirilla	M	48	<b>45-49</b>	490	25.53	8.20	3	19	25	
Russell Zwerg	M	47	<b>45-49</b>	944	39.06	12.35	4	43	96	
Keith Castiano	M	54	<b>50-54</b>	759	24.03	7.44	1	11	14	
Scott Brown	M	51	<b>50-54</b>	941	25.32	8.13	2	18	24	
Mark McCandless	M	51	<b>50-54</b>	869	27.15	8.46	3	21	29	
Ken Cary	M	50	<b>50-54</b>	862	27.16	8.47	4	22	30	
Bert Cooper	M	50	<b>50-54</b>	895	30.05	9.41	5	31	49	
Jim Straub	M	50	<b>50-54</b>	919	31.26	10.07	6	33	55	
Frank Hopp	M	53	<b>50-54</b>	891	35.42	11.29	7	39	81	
Ralph Gehcki	M	58	<b>55-59</b>	778	25.17	8.08	1	16	22	
Danny Ogle	M	63	<b>60-64</b>	771	32.47	10.33	1	37	64	
Ron Kerwin	M	60	<b>60-64</b>	896	34.43	11.10	2	38	75	
Bob Schmadebeck	M	60	<b>60-64</b>	904	51.33	16.35	3	54	128	
Alan English	M	71	<b>65-99</b>	758	31.33	10.09	1	34	56	
Jerardo Garra	M	78	<b>65-99</b>	876	39.39	12.46	2	45	98	
NoName			<b>No Age</b>		36.50	11.51	1		85	
NoName			<b>No Age</b>		37.00	11.55	2		86	