

Tails and Trails 5K

Denton, Oct. 23, 2010

Results by Cadence Sports

Overall Female Open Winner

Place Name City Age Bib No Overall Time Pace

1 Annie Heffley 12 227 9 25:51.00 8:17/M

Age Group Results

Female 10 and under

Place Name City Age Bib No Overall Time Pace

1 * Addison Wagner 6 117 124 1:01:53.71 19:50/M

2 * Kieran Wagner 4 116 125 1:01:54.74 19:50/M

Female 11 to 17

Place Name City Age Bib No Overall Time Pace

1 * Jessica Kinney 16 90 24 29:39.99 9:30/M

2 * Candice Carradine 17 158 46 32:29.93 10:25/M

3 * Kaitlyn Rodgers 11 33 104 42:07.22 13:30/M

Female 18 to 24

Place Name City Age Bib No Overall Time Pace

1 * Jenni Hammer 22 79 20 28:55.93 9:16/M

2 * Sarah Maffey 24 166 35 31:02.92 9:57/M

3 * Michelle Elwood 24 9 69 35:07.67 11:15/M

4 Angela Brabon 24 232 75 36:16.13 11:37/M

5 Amy Berta 24 16 77 37:11.42 11:55/M

6 Meredith Box 22 2 79 37:26.33 12:00/M

7 Crystal Shepherd 24 50 94 40:16.93 12:54/M

Female 25 to 34

Place Name City Age Bib No Overall Time Pace

1 * Kelly Clasen 32 126 19 28:24.98 9:06/M

2 * Lauren Liikala 26 83 28 30:36.23 9:48/M

3 * Carey Vestal 33 97 29 30:38.22 9:49/M

4 Jennifer Huff Cedar Park 29 20 31 30:49.29 9:53/M

5 Sarah Eulert 30 21 37 31:18.37 10:02/M

6 Ashley Heslep 26 218 42 31:43.49 10:10/M

7 Laura Muhs 26 38 44 32:11.92 10:19/M

8 Alice Vazquez 30 233 52 33:16.65 10:40/M

9 Lauren Cavanaugh 26 170 57 34:01.53 10:54/M

10 Lindsay Baker 30 12 59 34:11.64 10:57/M
11 Jennifer Sheehan 31 240 62 34:21.18 11:01/M
12 Sherlyn Devoney 33 143 74 36:14.09 11:37/M
13 Heather Howrilka 30 75 84 37:54.66 12:09/M
14 Na'Stasna Manuel 26 151 86 38:57.23 12:29/M
15 Brandi Kohl Irving 31 78 92 39:59.07 12:49/M
16 Kathryn Graham 33 82 100 41:22.94 13:16/M
17 Sara Travis 28 150 111 44:56.33 14:24/M
18 Lori Carr 34 139 118 49:58.22 16:01/M

Female 35 to 44

Place Name City Age Bib No Overall Time Pace

1 * Kelly Polk 36 99 25 30:05.77 9:39/M
2 * Sulema Appelt 36 72 34 31:01.98 9:56/M
3 * Traci Patterson 40 58 36 31:14.76 10:01/M
4 Susan Sullivan Collierville 44 46 39 31:36.17 10:08/M
5 Lamar Muro 37 167 47 32:38.63 10:28/M
6 Bonnie Nelson 44 14 48 32:58.83 10:34/M
7 Sarah Rademacher 41 171 56 34:01.45 10:54/M
8 Kelly Hansen 42 17 63 34:29.44 11:03/M
9 Katie Rose Denton 38 121 65 34:57.10 11:12/M
10 Carmen Lipscomb 40 129 68 35:03.59 11:14/M
11 Jill Conley 37 237 83 37:47.03 12:07/M
12 Katie Hart Austin 35 225 89 39:37.90 12:42/M
13 Brigitte Simpson 37 156 90 39:40.13 12:43/M
14 Natalie Garcia 37 127 96 40:45.02 13:04/M
15 Norma Salazar 42 63 98 41:02.37 13:09/M
16 Michele Rodgers Dallas 38 32 106 42:07.48 13:30/M
17 Julie Barrera 37 137 107 43:22.71 13:54/M
18 Laurie Matney 39 5 112 45:14.55 14:30/M
19 Paige Hanks 43 110 113 45:18.70 14:31/M
20 Karen Gillingham 41 62 114 45:45.06 14:40/M
21 Dallas Magera 37 229 120 51:43.81 16:35/M
22 Marcy Taylor 38 172 121 52:36.62 16:52/M
23 Coeli Wagner Lantana 41 87 126 1:01:55.58 19:51/M

Female 45 and over

Place Name City Age Bib No Overall Time Pace

1 * Kathy Thoms 47 88 22 29:24.95 9:25/M

2 * Laura Wisdom 46 152 23 29:33.91 9:28/M
3 * Melinda Jevin 45 92 51 33:08.47 10:37/M
4 Kathleen McHargue 48 228 58 34:08.96 10:56/M
5 Lisa Syler 53 184 67 35:03.43 11:14/M
6 Joy Little 50 244 70 35:23.95 11:20/M
7 Diane Custy Denton 61 145 71 35:35.17 11:24/M
8 Linda Borunda 49 48 82 37:38.45 12:04/M
9 Carol Fichera 52 34 87 39:12.64 12:34/M
10 Sharon Betty 56 57 88 39:32.88 12:40/M
11 Kay Pitman 48 18 91 39:47.57 12:45/M
12 Nancy Kelly 45 40 101 41:35.57 13:20/M
13 Paula Czapko 62 104 108 43:36.76 13:58/M
14 Gretchen Gregg 52 25 123 52:58.98 16:59/M
15 Cheryl Ginunas 55 60 128 1:05:16.07 20:55/M

Overall Male Open Winner

Place Name City Age Bib No Overall Time Pace

1 Tyrone Johnson 24 249 1 19:56.88 6:23/M

Age Unknown

Place Name City Age Bib No Overall Time Pace

1 * Unknown Partic. 89 89 26 30:21.53 9:44/M
2 * Unknown Partic. 148 148 32 30:49.56 9:53/M
3 * Unknown Partic. 162 162 38 31:26.79 10:04/M
4 Unknown Partic. 122 122 45 32:19.71 10:21/M
5 Unknown Partic. 69 69 54 33:36.25 10:46/M
6 Unknown Partic. 29 29 64 34:40.78 11:07/M
7 Unknown Partic. 93 93 66 34:57.45 11:12/M
8 Unknown Partic. 47 47 73 35:54.48 11:30/M
9 Unknown Partic. 248 248 78 37:22.95 11:59/M
10 Unknown Partic. 26 26 85 38:43.28 12:25/M
11 Unknown Partic. 168 168 93 40:09.06 12:52/M
12 Unknown Partic. 42 42 102 41:36.21 13:20/M
13 Unknown Partic. 41 41 103 41:36.22 13:20/M
14 Unknown Partic. 43 43 115 46:47.65 15:00/M
15 Unknown Partic. 134 134 116 46:52.27 15:01/M
16 Unknown Partic. 74 74 117 49:14.28 15:47/M
17 Unknown Partic. 65 65 127 1:01:58.62 19:52/M

Male 10 and under**Place Name City Age Bib No Overall Time Pace**

1 * Logan Wagner 8 115 10 25:52.44 8:17/M
2 * Joe Heffley 9 226 18 28:04.21 9:00/M
3 * Trey Greg 9 27 122 52:55.67 16:58/M

Male 11 to 17**Place Name City Age Bib No Overall Time Pace**

1 * Tanner Caples 15 243 12 26:54.17 8:37/M
2 * Chase Miller Plano 13 147 110 43:49.81 14:03/M

Male 25 to 34**Place Name City Age Bib No Overall Time Pace**

1 * Adam Krawiec 34 149 5 23:44.53 7:36/M
2 * Jamie Stewart Waco 34 222 6 24:00.77 7:42/M
3 * Jodie Heggelund 33 77 8 25:46.15 8:16/M
4 Alex Fichera 26 35 11 26:40.36 8:33/M
5 Justin Shubert 28 71 21 29:06.49 9:20/M
6 Paul Box 25 3 33 30:51.83 9:53/M
7 Brandon Bauer 25 223 40 31:42.11 10:10/M
8 Christopher Heslep 31 219 41 31:43.33 10:10/M
9 Roger Hendrickson 27 39 43 32:11.85 10:19/M

Male 25 to 34**Place Name City Age Bib No Overall Time Pace**

10 Steve Hinkebein Humble 32 214 105 42:07.42 13:30/M

Male 35 to 44**Place Name City Age Bib No Overall Time Pace**

1 * Scott Heffley 41 220 2 22:42.13 7:17/M
2 * Corey Kohl 35 169 3 23:23.99 7:30/M
3 * James Bates 36 221 4 23:28.79 7:31/M
4 Eric Delegurd 43 185 7 25:45.51 8:15/M
5 David Shaver 37 103 14 27:19.21 8:45/M
6 Randy Sahm 43 49 16 27:29.82 8:49/M
7 Doug Hansen 43 19 27 30:33.33 9:48/M
8 Paul Polk 40 23 50 33:08.41 10:37/M
9 Peter Sheehan 36 241 60 34:19.38 11:00/M
10 Mark Graves 40 91 61 34:20.86 11:00/M
11 Harper Carr 38 138 72 35:47.82 11:28/M

12 Sean Zeigler 37 66 80 37:27.93 12:00/M
13 Steve Martinez 38 101 99 41:05.33 13:10/M
14 Jeff Miller Plano 40 230 119 51:43.63 16:35/M

Male 45 and over

Place Name City Age Bib No Overall Time Pace

1 * Don Dawson 54 85 13 27:14.44 8:44/M
2 * Lyle Atkinson 57 54 15 27:29.31 8:49/M
3 * Bill Sullivan 47 45 17 27:54.80 8:57/M
4 Lorenzo Armenta 50 224 30 30:47.45 9:52/M
5 Dewey Fambry The Colony 78 136 49 33:07.78 10:37/M
6 Richard Mabry 50 84 53 33:21.61 10:41/M
7 John Csapko 66 105 55 33:41.93 10:48/M
8 Jack Poeschl 67 128 76 36:34.73 11:43/M
9 Roger Farish 66 102 81 37:32.21 12:02/M
10 Steven Kniatt 57 123 95 40:28.38 12:58/M
11 Tom Kemp 67 56 97 40:54.45 13:07/M
12 David Stewart Austin 55 76 109 43:47.62 14:02/M
13 Karl Kaye 65 59 129 1:06:38.79 21:21/M

Results by Cadence Sports www.cadencesportsonline.com