

# COWTOWN CAPITAL 5K STAMPEDE

(Held at Stephenville City Park, Stephenville, TX on 07/25/2009)

(Timed finishers: 52 Female; 38 Male)

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

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace per Mile (5K = 3.107 mls) (Mins. .Secs)	Place In Age Group	Place In Gender	Overall Place (All Finishers)
<b>Female Overall Winner</b>								
Cora	Turner	40	87	19.27	6.16		1	6
<b>Female Masters (40+) Winner</b>								
Laurie	Hughs	40	31	22.21	7.12		2	13
<b>Female 15 &amp; Under</b>								
Jaynelle	Nowell	14	39	26.11	8.26	1	10	29
Ashley	Pontwood	11	43	29.58	9.39	2	20	47
<b>Female 16-19</b>								
Kaitlin	Endley	16	20	24.04	7.45	1	6	23
Lacey	Goodson	19	97	37.37	12.06	2	43	77
<b>Female 20-24</b>								
Danielle	Hamilton	21	28	28.47	9.16	1	16	42
Lauren	Crabb	22	12	33.03	10.38	2	34	65
Kylie	Hunt	21	73	39.57	12.51	3	46	81
Kristi	Couger	22	11	40.00	12.52	4	47	82
Shelley	Day	22	15	40.01	12.53	5	48	83
<b>Female 25-29</b>								
Ashley	Morrison	25	57	23.39	7.37	1	5	21
Sommer	Pontwood	28	41	24.58	8.02	2	9	28
Victoria	Cochran	28	10	25.58	8.21	3	12	33
Lynn	Carroll	28	7	28.20	9.07	4	15	40
Crystal	Rose	28	48	29.45	9.35	5	18	45
Tisha	Gray	28	26	29.50	9.36	6	19	46
Megan	Schuelke	28	55	30.02	9.40	7	23	50
Dusry	Hancock	27	74	32.11	10.21	8	28	58
Tracy	Riggs	26	47	32.51	10.34	9	33	64
Alicia	Biagioni	28	77	34.35	11.08	10	37	69
Jacky	Anderea	28	76	34.35	11.08	11	38	70
Robyn	Ballew	29	1	38.18	12.20	12	44	78
<b>Female 30-34</b>								
Erin	Frazier	31	75	30.22	9.46	1	24	51
Vanessa	Berna	32	4	33.27	10.46	2	35	66

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					per Mile (5K = 3.107 mls) (Mins. .Secs)			
Betjamu	Riggs	31	46	34.20	11.03	3	36	68
Nicole	Jeffries	31	112	34.52	11.13	4	39	72
Deborah	Farnsworth	32	22	36.29	11.45	5	42	76
Elaine	Warren	34	67	39.49	12.49	6	45	80
<b>Female 35-39</b>								
Amy	Crew	35	14	23.17	7.30	1	4	20
Martha	Ramirez	35	45	24.15	7.48	2	7	25
Ellen	Wells	39	117	24.49	7.59	3	8	26
Karla	Swearingen	38	61	29.58	9.39	4	21	48
Jobey	Stone	36	59	29.59	9.39	5	22	49
Penny	Williams	39	69	31.12	10.03	6	25	54
Shawna	Slaughter	35	57	31.30	10.08	7	26	55
Cathy	Pontwood	36	42	32.47	10.33	8	31	62
Julie	Bonner	39	6	35.47	11.31	9	40	73
Angela	Sumlin	38	60	36.01	11.36	10	41	74
Sheila	Poston	36	44	41.27	13.20	11	50	85
<b>Female 40-44</b>								
Merry	Wolf	42	85	22.43	7.19	1	3	14
Denise	Nowell	42	38	25.55	8.20	2	11	32
Kelly	Elston	40	18	25.59	8.22	3	13	34
Yvette	Miller	42	36	26.14	8.27	4	14	35
Laura	Howard	40	93	28.54	9.18	5	17	43
Sue	Lewis	44	90	31.35	10.10	6	27	56
Tina	Crabb	42	13	32.25	10.26	7	30	61
Shannon	Bragg	41	91	40.17	12.58	8	49	84
<b>Female 45-49</b>								
Lori	Hurford	45	32	32.20	10.24	1	29	60
Donna	Hamilton	45	29	32.47	10.33	2	32	63
Cindy	Pietrzyhowshi	48	95	42.04	13.32	3	51	89
<b>Female 55-59</b>								
Judye	Cadle	56	114	43.14	13.55	1	52	90
<b>Male Overall Winner</b>								
Stephen	Ariga	35	86	15.06	4.52		1	1

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<b>Male Masters (50+) Winner</b>								
Ronnie	Fellers	57	24	19.50	6.23		6	7
<b>Male 15 &amp; Under</b>								
Hunter	Halcomb	12	27	34.49	11.12	1	33	71
<b>Male 16-19</b>								
Alex	Medrano	17	79	19.21	6.14	1	4	4
<b>Male 20-24</b>								
Lance	Uppercutt	22	64	16.47	5.24	1	2	2
Phillip	Thornton	23	63	20.19	6.32	2	8	9
<b>Male 25-29</b>								
Eddie	Castillo	25	83	18.45	6.02	1	3	3
Brad	Saunders	25	53	19.51	6.23	2	7	8
Wesley	Rose	28	49	22.00	7.05	3	10	11
John	Salinas	27	52	25.44	8.17	4	21	31
David	Morgan	28	96	31.04	9.60	5	29	53
<b>Male 30-34</b>								
Tanner	Ballew	32	2	25.25	8.11	1	20	30
Tony	Thompson	34	88	33.28	10.46	2	32	67
<b>Male 35-39</b>								
Scott	Rountree	38	51	21.42	6.59	1	9	10
Daren	Kirbo	39	92	22.44	7.19	2	12	15
Jeffrey	Farnsworth	35	23	36.29	11.45	3	34	75
<b>Male 40-44</b>								
Danny	Eoff	43	21	22.54	7.22	1	13	16
Cody	Wells	40	116	22.58	7.24	2	14	17
Steven	Howard	43	94	31.57	10.17	3	30	57
John	Bonner	42	5	38.35	12.25	4	35	79
<b>Male 45-49</b>								
David	Holtsford	47	30	19.24	6.15	1	5	5

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Brian	Holmes	49	118	22.14	7.09	2	11	12
Royce	Jesko	45	81	23.00	7.24	3	15	18
Gary	Reed	45	78	23.58	7.43	4	17	22
Jerry	Caudle	45	9	24.10	7.47	5	18	24
Oscar	Aparicio	45	89	27.05	8.43	6	23	37
Jim	Vergura	45	65	28.34	9.12	7	26	41
Charlie	Elston	46	16	41.28	13.21	8	37	87
Scotty	Elston	46	19	41.28	13.21	9	38	88
<b>Male 50-54</b>								
Danny	Bradford	54	113	27.08	8.44	1	24	38
Kenneth	Jachson	52	33	28.03	9.02	2	25	39
<b>Male 55-59</b>								
Glynn	Wilson	59	70	23.08	7.27	1	16	19
Gregory	Christiansen	55	8	29.10	9.23	2	27	44
Tom	Konz	57	34	32.15	10.23	3	31	59
<b>Male 60-64</b>								
John	Ross	62	50	24.52	8.00	1	19	27
Lloyd	Wolf	64	84	30.47	9.54	2	28	52
<b>Male 65-69</b>								
Gary	Milburn	67	115	26.18	8.28	1	22	36
<b>Male 70 &amp; Over</b>								
Edwin	Elston	70	17	41.27	13.20	1	36	86