

**Lake Grapevine RAW Double Trouble 5K**

**Grapevine, October 10, 2009**

*Results By Heels and Hills, Inc.*

**Overall Female Open Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Molly Tucker		72	13	8	19:31.5	6:18/M

**Overall Female Masters Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Elizabeth Rudy		41	51	17	21:05.1	6:48/M

**Overall Female Grandmasters Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kim Andres	Irving TX	343	56	34	24:00.8	7:45/M

**Female 13 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Maureen McKeown		155		56	26:25.8	8:31/M
2	Julie Tiller		234	10	127	47:10.0	15:13/M

**Female 14 to 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kenady Shope		159	14	93	31:50.5	10:16/M

**Female 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kimberly Palmer-Contrer		32	24	28	23:13.7	7:29/M
2	Kelly Newton		200	22	49	25:53.5	8:21/M
3	Sarah Johnson		251	22	52	26:00.3	8:23/M

**Female 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Britt Darwin-Looney		223	29	15	20:58.7	6:46/M
2	Jessica Hanson		153	28	27	23:13.6	7:29/M
3	Beth Hyland		213	29	48	25:53.0	8:21/M
4	Randa Foster		119	29	55	26:16.5	8:28/M
5	Melissa Walters		196	29	64	27:34.1	8:54/M
6	Laura Banda		36	25	68	28:08.6	9:05/M
7	Janice Golz		228	27	87	30:50.0	9:57/M
8	Kacy Mitchell		187	25	92	31:35.8	10:11/M
9	Virginia Flusche		169	29	98	32:15.7	10:24/M
10	Rachel Dunham		44	25	99	32:20.5	10:26/M

**Female 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kathy Krell		128	34	69	28:19.8	9:08/M
2	Brooke White		214	34	78	29:42.1	9:35/M
3	Michelle Newton		106	33	88	30:54.1	9:58/M
4	Regina Kristyn		345	32	96	32:04.8	10:21/M
5	Becky Dewaters		138	32	108	33:52.3	10:55/M
6	Kimberlee Davila		191	30	123	42:28.0	13:42/M

**Female 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rebecca Edgeworth		212	35	22	21:37.0	6:58/M
2	Deborah Harris		117	35	31	23:53.1	7:42/M

3	Christine Cleary	Grapevine TX	19	36	60	26:55.5	8:41/M
4	Heidi Wilson		118	38	72	28:27.8	9:11/M
5	Staci Pope		215	38	75	29:01.4	9:22/M
6	Christina Fisher		126	36	95	32:02.1	10:20/M
7	Marci Sims		97	37	115	37:11.8	12:00/M
8	Debbie Miller	Tyler TX	217	35	117	38:49.2	12:31/M
9	Sherrie Lopez		346	36	118	38:49.3	12:31/M
10	Crystal Marten		164	37	119	39:09.4	12:38/M
11	Jennifer Molaison		10	36	126	46:15.0	14:55/M
12	Veronica Mayer	Arlington TX	24	36	128	49:03.0	15:49/M

#### Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Laura Nelson		144	43	19	21:13.6	6:51/M
2	Nancy Garrett		103	44	41	25:06.8	8:06/M
3	Cindy Thomas		195	42	44	25:27.9	8:13/M
4	Anne Somerfeld		122	42	45	25:39.9	8:16/M
5	Paula Shope		158	42	94	31:50.5	10:16/M
6	Melissa Smith		193	43	103	33:05.5	10:40/M
7	Alecia Fiscus		347	43	105	33:09.8	10:42/M
8	Lisa Noell		133	41	124	42:46.0	13:48/M

#### Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Cathy Buchanan		112	47	33	23:59.7	7:44/M
2	Beverly Ellis		177	47	47	25:47.7	8:19/M
3	Ann McCarley		132	46	57	26:46.4	8:38/M
4	Maria Dauphinais		45	45	63	27:19.3	8:49/M
5	Tammy Reyes	Carrollton TX	161	46	73	28:33.5	9:13/M
6	Steven D Leeke		35	47	77	29:38.0	9:34/M
7	Carol Wise		134	48	79	29:55.0	9:39/M
8	Karen Hurtado		16	49	84	30:08.7	9:43/M
9	Patricia Wessant	Carrollton TX	167	48	90	31:18.1	10:06/M
10	Cheryl M Rehberg		34	48	104	33:09.8	10:42/M
11	Julie Zuefeldt		165	48	106	33:20.0	10:45/M
12	Laura G Swenson		12	47	107	33:50.3	10:55/M

**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Priscilla Reese		27	51	38	24:41.8	7:58/M
2	Dee Romans		94	51	46	25:41.1	8:17/M
3	Jenny Williams	Grapevine TX	11	53	89	31:11.7	10:04/M
4	Patrice Coulter		185	51	91	31:35.5	10:11/M
5	Sue Adams		237	54	110	34:05.3	11:00/M

**Female 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Doris Lodics		46	57	51	26:00.2	8:23/M
2	Gayle Roux		227	58	109	33:57.0	10:57/M
3	Courtney Ridings	Grand Prairie TX	147	55	122	42:07.0	13:35/M

**Female 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Marisa Quinones		229	60	85	30:27.4	9:49/M
2	Karin Martin		246	64	112	34:30.0	11:08/M
3	Peggy Chesnutt	Irving TX	21	61	120	39:54.3	12:52/M

**Female 65 to 69**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Barbara Bowen	Dallas TX	4	65	111	34:14.9	11:03/M

**Overall Male Open Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jose Lopez		190	24	1	17:21.7	5:36/M

**Overall Male Masters Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Richard Neill		219	53	2	17:27.2	5:38/M

**Overall Male Grandmasters Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Terry Marcott		1	52	5	19:23.2	6:15/M

**Male 13 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Connor Chase		250	0	29	23:42.3	7:39/M
2	Andrew Agius		230	8	66	27:55.8	9:00/M
3	Joseph Tiller		233	8	80	29:58.2	9:40/M
4	Matteo Agius		231	9	82	30:08.4	9:43/M

**Male 14 to 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joseph Hale		344	16	4	18:36.8	6:00/M

**Male 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Aaron Blake Contreras		31	24	6	19:26.6	6:16/M

**Male 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rick Hanson		154	33	3	17:45.9	5:44/M
2	Steve Cox		194	31	18	21:12.4	6:50/M
3	Scott Taft		216	34	40	25:00.6	8:04/M
4	Brian Beach		207	30	43	25:20.0	8:10/M
5	Jeff Russell		170	30	50	25:58.2	8:23/M

**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sean Shope		157	39	7	19:27.5	6:16/M
2	Steven Zinecker		183	39	9	20:09.3	6:30/M
3	Kuang-Hung Huang		238	36	12	20:35.9	6:38/M
4	Matt Riley	Denton TX	188	35	37	24:34.5	7:55/M
5	Scott Miller	Grapevine TX	210	37	42	25:19.9	8:10/M
6	Peter Zanella		160	39	53	26:06.0	8:25/M
7	Doug Shingler		37	35	70	28:20.0	9:08/M
8	Chris Hongola		243	39	76	29:02.0	9:22/M
9	Frankie Agius		9	36	83	30:08.4	9:43/M

**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	David Chase		87	44	10	20:13.7	6:31/M
2	Jose Muniz		5	44	11	20:27.1	6:36/M
3	Doug Noell		58	40	16	21:03.8	6:47/M
4	Carlos Gracia		239	44	30	23:49.0	7:41/M
5	Tom Murray		53	43	36	24:29.2	7:54/M
6	Mark Dooly		20	40	71	28:20.8	9:08/M
7	Maury Tiller		235	40	81	29:59.4	9:40/M

**Male 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Leo Vassar		6	45	20	21:17.2	6:52/M
2	Brad Liles		68	46	23	22:05.8	7:07/M
3	Bart Bybee		176	48	25	22:22.0	7:13/M
4	Marty Metzger		150	48	26	23:05.8	7:27/M
5	Jim Roach		98	49	39	24:50.4	8:01/M
6	Todd Richmond		109	46	59	26:53.9	8:40/M
7	Danny Walters		180	46	67	28:03.0	9:03/M

**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Masahiro Fukuda		84	54	74	28:50.2	9:18/M
2	Michael Norman		222	51	97	32:12.8	10:23/M
3	Michael Smith	Flint TX	192	51	102	33:03.0	10:40/M

**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Doug Hinds		254	55	13	20:44.5	6:41/M
2	John Ball		209	57	14	20:53.5	6:44/M
3	Kenny Gardner		220	57	21	21:22.9	6:54/M
4	Matthew McCorey		142	55	35	24:12.4	7:48/M
5	Vern Lumbert		115	55	54	26:08.2	8:26/M
6	Mike Catt		245	55	58	26:52.3	8:40/M
7	Norman Dunham		43	55	101	32:42.5	10:33/M
8	Michael McKenna		121	55	113	35:55.7	11:35/M
9	Jim Richardson		152	57	116	38:04.0	12:17/M
10	Roy Lange		244	56	125	42:46.0	13:48/M

**Male 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dale Mauger		143	62	32	23:59.0	7:44/M

2	Ev Barnes		56	61	61	27:15.9	8:47/M
3	Tom Buckman		23	62	65	27:35.2	8:54/M
4	Charles Riley	Denton TX	189	60	86	30:40.0	9:54/M
5	Michael Cope		240	62	114	36:31.0	11:47/M

**Male 65 to 69**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Wallace Capps		156	69	24	22:19.5	7:12/M
2	Don Krell		127	65	62	27:17.1	8:48/M
3	John Dalri		168	68	100	32:33.5	10:30/M

**Male 70 and over**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bill Toy		236	74	121	40:25.3	13:02/M