

Heels and Hills and Him 5K

Irving, September 27, 2009

Results By Heels and Hills, Inc.

Awards are based on gun time. Race results are considered final 10 days after the event.

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Abby Perone	Colleyville TX	2261	24	2	18:42.7	18:43.0	0:00.2	6:02/M
2	Sandra Ricaud	Irving TX	2266	45	3	19:08.0	19:08.0		6:10/M
3	Michelle Brooks	San Diego CA	2144	39	8	22:28.5	22:57.8	0:29.3	7:15/M
4	Stephanie Boone	Stephenville TX	2287	24	12	24:11.5	24:15.2	0:03.6	7:48/M
5	Judy Fetter	Plano TX	2002	29	13	24:55.1	26:22.1	1:26.9	8:02/M
6	Dawnya Navarro	Lewisville TX	2280	26	14	24:58.1	25:18.4	0:20.2	8:03/M
7	Linda Truong	San Diego CA	2180	26	15	25:06.2	25:37.8	0:31.5	8:06/M
8	Jennifer Vancleave	Dallas TX	2201	26	16	25:08.6	25:09.5	0:00.8	8:06/M
9	Angelica Garred	San Diego CA	2168	32	17	25:11.1	25:12.4	0:01.3	8:07/M
10	Danielle Bickelmann	Arlington TX	2193	24	18	25:16.7	25:25.3	0:08.5	8:09/M

Female 0-99

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Cherie Mazurowski	Fort Worth TX	2108	29	20	25:35.9	25:52.1	0:16.1	8:15/M
2	Megan Bareis	Plano TX	2057	10	22	26:48.8	27:30.1	0:41.2	8:39/M
3	Loan Hy	San Diego CA	2182	27	24	26:58.3	27:42.9	0:44.5	8:42/M
4	Zoraida Trejo	Dallas TX	2275	13	26	27:05.1	27:14.2	0:09.1	8:44/M
5	Jennifer Caplinger	Van Alstyne TX	2219	34	28	27:53.4	29:20.1	1:26.6	9:00/M
6	Robyn Garrett	San Diego CA	2152	32	29	27:55.2	27:55.2		9:00/M
7	Chau Floyd	Wylie TX	2217	38	30	28:16.2	29:48.8	1:32.5	9:07/M
8	Jodie Gibson	Highland Village TX	2140	35	33	28:25.2	28:46.5	0:21.2	9:10/M
9	Lauren Hensley	Dallas TX	2128	24	34	28:26.8	29:44.5	1:17.6	9:10/M
10	Amanda Tran	Frisco TX	2143	18	36	28:34.8	28:55.6	0:20.7	9:13/M

11	Catherine Mahoney	Lantana TX	2129	39	37	28:35.1	30:15.2	1:40.0	9:13/M
12	Christie Weir	Denton TX	2260	24	38	28:50.3	29:36.2	0:45.8	9:18/M
13	Emily Seidel	Fort Worth TX	2248	30	39	28:56.4	30:14.5	1:18.0	9:20/M
14	Kirbie Allen	Denton TX	2231	24	40	28:59.3	30:23.2	1:23.8	9:21/M
15	Jill Olson	San Diego CA	2154	31	43	29:13.2	29:13.2		9:25/M
16	Victoria Bennison	Irving TX	2074	35	44	29:22.0	30:06.8	0:44.7	9:28/M
17	Brandy Gidney	Fort Worth TX	2075	24	45	29:23.9	30:02.1	0:38.1	9:29/M
18	Lisa Williamson	San Diego CA	2147	31	47	29:42.1	30:13.9	0:31.7	9:35/M
19	Angela Whiteman	Kaufman TX	2133	37	48	29:47.9	32:59.2	3:11.2	9:36/M
20	Leah Killebrew	Dallas TX	691	23	50	30:01.8	31:24.5	1:22.6	9:41/M
21	Karla Barcena	San Diego CA	2185	30	51	30:43.6	31:15.4	0:31.7	9:55/M
22	Jessica Tannheimer	Grand Prairie TX	2192	24	52	30:49.0	30:58.1	0:09.0	9:56/M
23	Carmen Goff	Dallas TX	2244	33	55	31:00.0	31:45.6	0:45.5	10:00/M
24	Debra Worley	The Colony TX	2206	39	56	31:01.0	31:37.0	0:36.0	10:00/M
25	Amber Mees	San Diego CA	2149	35	57	31:02.9	31:35.6	0:32.6	10:01/M
26	Megan Heaney	Dallas TX	2055	29	58	31:27.4	31:27.4		10:09/M
27	Kindra Hunsaker	Lewisville TX	2060	36	59	31:37.5	31:58.9	0:21.3	10:12/M
28	Christine Slabich-Revil	Arlington TX	2242	40	61	32:06.0	32:57.5	0:51.4	10:21/M
29	April Morgan	Dallas TX	2247	39	62	32:07.1	33:04.4	0:57.2	10:22/M
30	Jennifer Sando	San Diego CA	2176	27	64	32:44.2	34:30.4	1:46.1	10:34/M
31	Jaclyn Thorp	San Diego CA	2175	30	65	32:44.2	34:31.0	1:46.7	10:34/M
32	Kellie Lusk	Flower Mound TX	2104	34	68	32:50.4	32:53.9	0:03.4	10:35/M
33	Melissa James	Lewisville TX	2251	29	71	33:04.4	33:36.1	0:31.6	10:40/M
34	Judith Blevins	Woodlands TX	2051	53	72	33:15.3	33:46.9	0:31.5	10:44/M
35	Griselda Solorzano	Dallas TX	2271	12	73	33:23.2	33:33.1	0:09.9	10:46/M
36	Amy Marlett	Mansfield TX	2237	35	74	34:00.2	34:00.2		10:58/M
37	Allie Dean	The Colony TX	2089	14	75	34:21.3	34:32.0	0:10.6	11:05/M
38	Renee Gaytan	Lewisville TX	2226	42	77	34:28.0	35:00.2	0:32.1	11:07/M
39	Alice Yauger	San Diego CA	2145	30	78	34:41.7	35:18.7	0:36.9	11:11/M
40	Casie Waters	San Diego CA	2146	29	79	34:44.5	35:17.6	0:33.0	11:12/M
41	Griselda Calderon	Flower Mound TX	2254	29	80	34:51.2	34:51.2		11:15/M
42	Kendra Rowan	Justin TX	2142	29	83	35:11.4	35:58.2	0:46.7	11:21/M
43	Barbara Bowen	Dallas TX	725	65	84	35:14.0	35:33.7	0:19.6	11:22/M
44	Leslie Martinez	San Diego CA	2148	27	85	35:27.1	35:59.8	0:32.6	11:26/M
45	Xiao Hill	Irving TX	2010	38	86	35:45.2	36:30.9	0:45.7	11:32/M
46	Mandy Gribble	Carrollton TX	2282	29	87	35:58.0	35:58.0		11:36/M
47	Deborah Ritter	Marshall TX	319	55	88	35:58.4	35:58.4		11:36/M
48	Brenda Allen	Arlington TX	2268	29	89	36:11.8	36:45.7	0:33.8	11:40/M
49	Sara Getting	Irving TX	2255	30	90	36:21.1	37:06.7	0:45.6	11:44/M
50	Lainey Sidebottom	Lewisville TX	2035	33	91	36:41.0	36:41.0		11:50/M
51	Caroline Oquin	Dallas TX	2073	37	92	37:00.1	37:45.1	0:44.9	11:56/M
52	Cecile Leclerc	Dallas TX	2277	12	93	37:04.8	38:49.2	1:44.3	11:57/M

53	Lisa Rodriguez	Grandprairie TX	2015	32	94	37:05.1	38:18.5	1:13.3	11:58/M
54	Phoebe Tinney	Lewisville TX	2036	33	95	37:05.2	37:05.2		11:58/M
55	Cindy Ackerson	McKinney TX	2136	32	96	37:08.9	38:36.1	1:27.2	11:59/M
56	Casey Farrell	McKinney TX	2135	28	97	37:08.9	38:35.4	1:26.4	11:59/M
57	Michele Valencia	Grand Prairie TX	2009	38	98	37:20.8	38:27.1	1:06.2	12:03/M
58	Brenda Lawson	Flower Mound TX	2064	50	99	37:22.0	37:22.0		12:03/M
59	Hollan Gibson	Dallas, Tx TX	2203	34	100	37:55.8	37:55.8		12:14/M
60	Elaine Hillis	Rowlett TX	2227	32	101	37:58.1	38:15.4	0:17.2	12:15/M
61	Karen Wales	Carrollton TX	2194	39	102	38:09.9	39:36.2	1:26.2	12:18/M
62	Rosalinda Cazarez	Dallas TX	2029	27	103	38:16.7	39:15.6	0:58.8	12:21/M
63	Wanda Meyers	Plano TX	2053	61	105	38:27.6	38:27.6		12:24/M
64	Tj Douglas	Eules TX	2076	40	106	38:40.2	39:32.1	0:51.8	12:28/M
65	Mary Sutton	Arlington TX	2235	51	107	38:42.0	40:32.5	1:50.4	12:29/M
66	Debbie Demita	Arlington TX	2236	50	108	38:45.1	40:35.8	1:50.6	12:30/M
67	Victoria MacIas	Lewisville TX	2117	51	109	38:51.9	39:25.4	0:33.4	12:32/M
68	Lauren Ratner	Irving TX	2122	25	110	39:07.7	39:50.7	0:42.9	12:37/M
69	Kathryn Kubala	Plano TX	2225	39	111	39:10.8	39:10.8		12:38/M
70	Debi Alston	Plano TX	2039	43	112	39:16.1	40:15.2	0:59.0	12:40/M
71	April Mobley	The Colony TX	2116	32	113	39:55.0	40:29.7	0:34.7	12:53/M
72	Kristin Whitney	Irving TX	2083	27	114	40:01.1	40:58.7	0:57.5	12:55/M
73	Michelle Duskey	Arlington TX	2138	44	115	40:08.3	41:50.0	1:41.7	12:57/M
74	Michael Duskey	Arlington TX	2139	50	116	40:08.8	41:50.9	1:42.1	12:57/M
75	Lauren Corell	Trophy Club TX	2290	54	117	40:28.6	40:45.6	0:16.9	13:03/M
76	Christina Pines	Frisco TX	2264	29	118	40:37.5	41:09.7	0:32.1	13:06/M
77	Leonora Dean	The Colony TX	2090	44	119	40:54.2	41:06.5	0:12.3	13:12/M
78	Francine Collins	Rockwall TX	2243	37	120	41:06.1	53:23.2	12:17.0	13:15/M
79	Alyssa Dean	The Colony TX	2091	10	122	41:13.2	41:25.0	0:11.7	13:18/M
80	Nicolle Mueller	Carrollton TX	2092	32	125	41:30.7	42:00.1	0:29.3	13:23/M
81	Kim McFadden	Rowlett TX	2195	43	126	43:26.1	44:15.6	0:49.4	14:01/M
82	Caren Cooper	Bedford TX	2131	43	127	43:26.4	44:16.0	0:49.5	14:01/M
83	Leah Blevins	Woodlands TX	2052	26	128	45:11.2	45:42.6	0:31.3	14:35/M
84	Nancy Parrish	Fort Worth TX	2249	41	129	45:37.1	46:53.4	1:16.2	14:43/M
85	Linda Chancellor	Kaufman TX	2096	54	130	45:40.5	46:30.3	0:49.8	14:44/M
86	Laura Dougherty	Kaufman TX	2223	49	131	45:41.8	46:31.4	0:49.5	14:44/M
87	Erin Overstreet	Flower Mound TX	2257	32	132	46:12.5	47:39.8	1:27.2	14:54/M
88	Beverly Dorney	Plano TX	2032	55	133	46:30.1	46:30.1		15:00/M
89	Julieta Calderon	Irving TX	2284	34	134	46:30.7	46:30.7		15:00/M
90	Ana Calderon	Irving TX	2283	39	135	46:30.9	46:30.9		15:00/M
91	Hsin-Hua Chien	Irving TX	2238	36	136	46:31.3	46:31.3		15:00/M
92	Cristina Doss	Rockwall TX	2267	34	137	47:00.8	47:00.8		15:10/M
93	Jade Szczepanski	Grapevine TX	2099	37	138	47:05.6	47:05.6		15:11/M
94	Jackie Scimeca	Irving TX	2088	19	139	47:23.4	47:45.3	0:21.8	15:17/M

95	Dee Scimeca	Irving TX	2086	51	140	47:30.1	47:52.1	0:21.9	15:19/M
96	Brigid Greenberg	San Diego CA	2158	43	141	48:28.3	49:37.0	1:08.6	15:38/M
97	Sara Gibbons	San Diego CA	2156	30	142	48:32.5	49:41.2	1:08.6	15:39/M
98	Shalayne Stinson	San Diego CA	2161	35	143	48:34.3	49:44.8	1:10.4	15:40/M
99	Elizabeth Garber	Cleburne TX	2044	50	144	48:38.0	50:25.5	1:47.4	15:41/M
100	Lisa Gray	San Diego CA	2166	37	145	48:49.9	49:23.2	0:33.2	15:45/M
101	Traci Jells	San Diego CA	2167	34	146	48:51.8	49:26.5	0:34.6	15:45/M
102	Stephanie Kyle	San Diego CA	2162	24	147	48:54.8	49:28.7	0:33.8	15:46/M
103	Rita Claytor	San Diego CA	2164	26	148	48:58.9	49:35.9	0:36.9	15:48/M
104	Angela Moore	Plano TX	747	50	149	49:00.2	49:00.2		15:48/M
105	Linda Stevenson	Plano TX	2210	49	150	49:34.6	50:34.3	0:59.6	15:59/M
106	Jenifer Jimenez	Little Elm TX	2042	32	151	49:36.7	50:28.8	0:52.0	16:00/M
107	Shelby Epling	Carrollton TX	2041	41	152	49:37.5	50:29.3	0:51.7	16:00/M
108	Gina Franks	Irving TX	2278	24	153	50:02.1	50:02.1		16:08/M
109	Genee McFadden	Longview TX	2034	62	154	50:06.4	50:06.4		16:10/M
110	Eyvonne Carter	Cedar Park TX	724	54	155	50:20.3	50:20.3		16:14/M
111	Karie Lewis	Grapevine TX	2197	36	156	50:22.8	50:40.2	0:17.3	16:15/M
112	Susan Perone	Colleyville TX	2196	54	157	50:24.0	50:40.9	0:16.8	16:15/M
113	Janet Hood Hanchey	Dallas TX	2013	60	158	50:37.8	50:37.8		16:20/M
114	Mi Lee	San Diego CA	2184	29	159	50:50.8	51:35.9	0:45.0	16:24/M
115	Margarita Martinez	Irving TX	2258	20	160	50:51.3	50:51.3		16:24/M
116	Casimira Martinez	Irving TX	2259	50	161	50:51.8	50:51.8		16:24/M
117	Melissa Levitt	San Diego CA	2188	46	162	50:56.6	50:56.6		16:26/M
118	Danielle Levitt	San Diego CA	2186	22	163	50:56.8	50:56.8		16:26/M
119	Karen Huang	San Diego CA	2189	22	164	50:57.3	50:57.3		16:26/M
120	Andrea Bell	San Diego CA	2187	23	165	50:57.7	50:57.7		16:26/M
121	Becky Ard	San Diego CA	2153	32	166	51:25.0	51:25.0		16:35/M
122	Tiffany Lamb	San Diego CA	2150	31	167	51:30.2	51:30.2		16:37/M
123	Laura Teneyck	San Diego CA	2151	44	168	51:31.0	51:31.0		16:37/M
124	Kay McFerrin	Irving TX	2063	60	171	54:47.2	59:20.2	4:33.0	17:40/M
125	Alondra Barron	Dallas TX	2021	35	172	55:01.0	55:01.0		17:45/M
126	Jennifer Mammeli	Dallas TX	2022	25	173	55:04.3	55:04.3		17:46/M
127	Alicia Thornton	Irving TX	2202	31	174	55:49.0	56:45.0	0:55.9	18:00/M
128	Jennifer Seldana		2306	39	175	56:18.1	56:18.1		18:10/M
129	Andrea Gales	Garland TX	2127	27	176	56:20.2	56:20.2		18:10/M
130	Kara Etheridge	Garland TX	2207	26	177	56:21.3	56:21.3		18:11/M
131	Nichole Shepherd	Irving TX	2241	29	179	57:03.0	57:03.0		18:24/M
132	Brandy Tyson	Arlington TX	2222	28	180	57:35.8	57:35.8		18:35/M
133	Kathy Draper	Lewisville TX	2077	48	181	58:42.7	58:42.7		18:56/M
134	Christina Stevens	Irving TX	2232	30	183	59:43.9	59:43.9		19:16/M
135	Pat Hay	Irving TX	2233	58	184	59:45.7	59:45.7		19:16/M
136	Amy Martin	North Richland Hill	2124	39	185	1:03:50.4	1:05:21.2	1:30.7	20:35/M

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Michael Trejo	Dallas TX	2274	15	1	18:39.7	18:42.0	0:02.2	6:01/M
2	Christian Bowen	The Colony TX	2115	25	4	19:22.3	19:33.2	0:10.8	6:15/M
3	Brett Bartlett	Dallas TX	2262	33	5	19:54.0	19:54.0		6:25/M
4	Jim Davis	Watauga TX	2291	34	6	21:40.3	21:40.3		6:59/M
5	Rick Mann	Dallas TX	2028	39	7	22:18.9	22:22.7	0:03.7	7:12/M
6	Jeffrey Millers	Keller TX	2141	27	9	22:38.8	23:10.0	0:31.1	7:18/M
7	Patrick Lemmons	Denton TX	2221	23	10	23:56.9	23:56.9		7:43/M
8	Jonathan Crouch	Dallas TX	2211	32	11	24:09.7	24:10.7	0:01.0	7:47/M
9	Scott McKissick	Irving TX	2050	61	19	25:32.4	25:35.1	0:02.6	8:14/M
10	Alexandra Solorzano	Dallas TX	2270	8	21	26:06.0	26:15.4	0:09.3	8:25/M

Male 0-99

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Thomas Garcia	Irving TX	2263	13	23	26:53.0	26:53.0		8:40/M
2	Clay Dumas	Dripping Springs TX	2208	10	25	26:58.4	27:00.5	0:02.0	8:42/M
3	Mike MacKey	Dallas TX	2025	46	27	27:38.5	27:42.7	0:04.1	8:55/M
4	Eli Cooper	Rockwall TX	2220	37	31	28:16.3	29:30.4	1:14.0	9:07/M
5	Richard Cassilas	Dallas TX	2276	15	32	28:24.8	28:35.7	0:10.8	9:10/M
6	Jordan Yaker	Irving TX	2123	28	35	28:30.6	29:13.6	0:42.9	9:12/M
7	Adam Bragg	Lewisville TX	2224	17	41	29:05.3	29:26.1	0:20.7	9:23/M
8	Tyler Markert	Irving TX	2200	16	42	29:08.1	30:17.6	1:09.4	9:24/M
9	Brian Lewis	Dallas TX	2199	42	46	29:39.6	30:49.0	1:09.3	9:34/M
10	Craig Endert	Colleyville TX	2234	47	49	29:53.7	30:13.7	0:19.9	9:38/M
11	Austin Bareis	Plano TX	2056	12	53	30:52.9	31:34.8	0:41.8	9:57/M
12	Ronnie Arnold	Bedford TX	2230	45	54	30:54.1	32:35.4	1:41.2	9:58/M
13	Mike Urrutia	Colleyville TX	2018	41	60	31:51.9	33:12.0	1:20.1	10:16/M
14	David Vaultz	San Diego CA	2179	33	63	32:44.1	34:30.2	1:46.0	10:34/M
15	Tim Hatcher	San Diego CA	2177	31	66	32:45.0	34:31.8	1:46.7	10:34/M
16	Tom Hart	Lampasas TX	2049	52	67	32:46.0	33:40.6	0:54.5	10:34/M
17	Kevin Solorzano	Dallas TX	2272	7	69	32:57.5	33:07.9	0:10.3	10:38/M
18	Chris Wu	Dallas TX	2293	23	70	33:00.7	33:00.7		10:39/M

19	Charlie Brockett	Eules TX	2033	51	76	34:23.2	34:33.0	0:09.7	11:05/M
20	Seth Turner	Flower Mound TX	2279	33	81	34:52.3	34:52.3		11:15/M
21	William Dumas	Dripping Springs TX	2209	12	82	35:06.6	35:09.9	0:03.2	11:19/M
22	Jose Leonides	Dallas TX	2026	28	104	38:22.5	39:21.4	0:58.8	12:23/M
23	Tony Farmer	Irving TX	2239	49	121	41:10.1	41:10.1		13:17/M
24	Michael Luu	San Diego CA	2181	25	123	41:13.2	41:46.2	0:32.9	13:18/M
25	Mike Pines	Frisco TX	2265	34	124	41:16.3	41:16.3		13:19/M
26	Brad Koettel	San Diego CA	2155	35	169	51:31.6	51:31.6		16:37/M
27	Zachary Zimmermann	Coppell TX	2081	10	170	53:46.7	53:46.7		17:21/M
28	James Graham	Dallas TX	2269	**	178	56:30.3	56:40.1	0:09.7	18:14/M
29	David Draper	Lewisville TX	2078	49	182	58:43.5	58:43.5		18:56/M
