

Heels and Hills \$5 5K

Irving, June 28, 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>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Natalie Merrill		79	24	3	20:53.2	20:55.4	0:02.1	6:44/M

Overall Female Masters 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	Tracy Joseph	Carrollton TX	59	45	11	24:33.7	24:39.8	0:06.0	7:55/M

Female 19 and under

<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	Sarah Dyer		134	13	17	25:43.6	25:50.4	0:06.7	8:18/M
2	Carolyn Oliver		85	14	27	29:59.3	30:09.5	0:10.2	9:40/M
3	Megan Bareis	Plano TX	4	10	34	31:31.8	31:37.5	0:05.7	10:10/M
4	Monica Oliver		86	9	59	41:34.5	41:43.6	0:09.1	13:25/M
5	Cassidy McCullough		133	9	68	46:38.7	46:55.9	0:17.1	15:03/M

Female 20 to 24

<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	Ali Wheat	Bedford TX	123	24	13	25:17.4	25:20.9	0:03.5	8:09/M
2	Bethany Nord		81	22	16	25:40.3	25:44.7	0:04.4	8:17/M
3	Jackie Reitz		97	24	73	49:40.2	49:58.8	0:18.6	16:01/M

Female 25 to 29

<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	Lindsay Compton		131	25	7	23:31.0	23:33.5	0:02.5	7:35/M
2	Caroline Edsell		35	27	8	23:31.3	23:34.2	0:02.9	7:35/M
3	Adri Perry		92	26	19	26:00.4	26:16.3	0:15.9	8:23/M
4	Lauren Holcombe		55	28	38	33:00.9	33:12.4	0:11.4	10:39/M
5	Katie Wendt		121	29	51	36:19.3	36:31.9	0:12.5	11:43/M
6	Suzann McLemore	Irving TX	78	29	52	36:48.2	37:05.6	0:17.4	11:52/M
7	Sarah Teague		113	26	62	42:05.7	42:15.2	0:09.5	13:35/M

Female 30 to 34

<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	Christianne Edlund		33	31	5	22:53.9	22:57.0	0:03.1	7:23/M
2	Jill Norman		135	32	10	24:25.9	24:30.6	0:04.6	7:53/M
3	Anna Thompson		114	32	23	27:32.7	27:48.9	0:16.2	8:53/M
4	Mindy Desario		27	34	30	30:20.8	30:31.7	0:10.9	9:47/M
5	Idalie Beyer		8	30	32	30:44.6	30:59.2	0:14.6	9:55/M
6	Natalia Reyna		100	32	40	33:18.5	33:24.2	0:05.6	10:45/M
7	Jennifer Dutko		31	32	61	42:04.4	42:14.0	0:09.6	13:34/M
8	Margaret Wendell		120	30	65	45:38.9	46:00.2	0:21.2	14:43/M
9	Kristina Pool		93	34	70	47:09.9	47:31.0	0:21.0	15:13/M
10	Cheryl Brunke		11	30	74	49:41.2	49:59.7	0:18.4	16:02/M

Female 35 to 39

<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	Andleeb Dombrowski		29	35	18	25:53.5	25:55.8	0:02.3	8:21/M
2	Lorrie Gray		44	37	28	30:10.9	30:18.3	0:07.4	9:44/M
3	Catherine Foreman	Allen TX	39	37	33	31:27.0	31:32.3	0:05.3	10:09/M
4	Shannon Barron		6	39	50	36:10.4	36:18.6	0:08.2	11:40/M
5	Pamela Buie		13	36	56	39:51.9	55:16.2	15:24.3	12:51/M
6	Andrea Edmondson		34	36	64	43:10.7	43:25.1	0:14.3	13:55/M
7	Amy Lee-Moses	Grand Prairie TX	72	39	66	46:05.5	46:21.3	0:15.8	14:52/M
8	Kristi McCullough		76	36	67	46:34.3	46:51.7	0:17.4	15:01/M
9	Jennifer Elvington		37	35	71	48:43.1	49:06.0	0:22.9	15:43/M
10	Veronica Mayer	Arlington TX	75	36	75	51:02.4	51:24.1	0:21.6	16:28/M

Female 40 to 44

<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	Rachel Sandoval		106	40	29	30:11.4	30:18.6	0:07.2	9:44/M
2	Pamela Nourvle		83	40	39	33:03.3	33:18.6	0:15.3	10:40/M
3	Kathy Griffin		45	41	41	33:39.2	33:44.4	0:05.1	10:51/M
4	Candace Gray		43	41	42	34:06.3	34:19.2	0:12.8	11:00/M
5	Monica Bareis	Plano TX	5	42	44	34:14.8	34:21.5	0:06.7	11:03/M
6	Stephanie Smith		110	43	53	37:19.0	37:30.0	0:11.0	12:02/M
7	Mandy Hedgpeth		52	42	54	38:28.8	38:34.2	0:05.3	12:25/M
8	Nancy Oliver		87	42	60	41:34.7	41:44.4	0:09.6	13:25/M
9	Margot Reviel	Irving TX	98	43	72	49:28.2	49:32.1	0:03.8	15:57/M

Female 45 to 49

<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	Mary Lessor		73	47	15	25:32.6	25:40.2	0:07.6	8:14/M
2	Ginger Blazek		9	47	21	27:14.3	27:22.8	0:08.5	8:47/M
3	Jamie Smith		109	48	22	27:27.3	27:39.6	0:12.3	8:51/M
4	Brenda Cummings	The Colony TX	26	45	31	30:39.2	30:45.4	0:06.1	9:53/M
5	Tammy Reyes	Carrollton TX	99	46	43	34:13.1	34:20.5	0:07.4	11:02/M
6	Melinda Kincaid	Dallas TX	62	49	46	34:28.5	34:52.7	0:24.1	11:07/M
7	Brenda Lawson	Flower Mound TX	71	49	47	34:29.4	34:53.5	0:24.0	11:07/M
8	Cheryl Kelly		60	49	57	41:12.1	41:24.0	0:11.8	13:17/M
9	Cindy Sims		136	45	69	46:38.8	46:43.2	0:04.3	15:03/M

Female 50 to 54

<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	Tamara Adamson		1	51	36	32:42.6	33:01.9	0:19.2	10:33/M
2	Louise Lamothe		69	53	49	35:56.7	36:04.9	0:08.2	11:35/M
3	Nerissa Miller	Burleson TX	80	50	77	51:30.3	51:53.8	0:23.5	16:37/M

Female 55 to 59

<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	Diane Proud		95	57	14	25:18.6	25:25.2	0:06.5	8:10/M
2	Jeanne O'Brien	Arlington TX	84	59	76	51:29.6	51:52.6	0:23.0	16:36/M

Female 60 to 64

<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	Janice Snyder	Dallas TX	111	62	45	34:16.9	34:33.9	0:16.9	11:03/M

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Joe Beisner		132	36	1	16:34.8	16:36.6	0:01.7	5:21/M

Overall Male Masters 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	Jack Hase		51	48	2	20:05.0	20:07.1	0:02.1	6:29/M

Male 19 and under

<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	Austin Bareis	Plano TX	3	11	26	29:16.9	29:23.9	0:07.0	9:26/M

Male 30 to 34

<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	Conrad Harrison	Richardson TX	50	32	35	32:29.7	32:43.3	0:13.6	10:29/M

2	Leroy Capasso		14	30	37	32:53.0	32:57.5	0:04.5	10:36/M
3	Zach Roberts	Dallas TX	102	32	48	34:37.0	34:50.7	0:13.6	11:10/M

Male 35 to 39

<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	Ivan Freire		40	38	6	23:12.8	23:23.2	0:10.3	7:29/M
2	Bert Buie		12	37	55	39:50.9	55:15.3	15:24.3	12:51/M
3	Todd Yells		129	35	63	42:05.7	42:15.4	0:09.7	13:35/M

Male 40 to 44

<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	Tim Oliver		88	43	24	28:44.3	28:56.2	0:11.8	9:16/M

Male 45 to 49

<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	Mark Dyer	Irving TX	32	45	4	22:35.1	22:38.9	0:03.8	7:17/M
2	David S. Sharpe II		107	46	9	23:41.7	23:51.9	0:10.2	7:38/M
3	Jose Vega		116	46	12	24:49.8	24:52.9	0:03.1	8:00/M

Male 50 to 54

<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	Ron Kelly		130	52	58	41:25.5	41:25.5		13:22/M

Male 55 to 59

<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	Ew Walter		118	55	25	29:02.9	29:14.9	0:12.0	9:22/M

Male 60 to 64

<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	Spareribs Lamothe		70	62	20	26:56.7	27:04.8	0:08.1	8:41/M
