

FEMALE 10K RESULTS

2011 Winter Sun 10k Run

Moab, UT December 3, 2011 10:00 am Partly Sunny, 35-40 degrees.

Directed by: Moab Half Marathon

Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
1.	2	3	Megan Lund-Lizotte	BASALT	CO	27	F	36:57	5:57
2.	73	3	Robin Blankenbaker	FLAGSTAFF	AZ	47	F	42:39	6:52
3.	276	3	Ilana Stern	DURANGO	CO	48	F	43:06	6:57
4.	312	3	Nankeith Frates	FRUITA	CO	51	F	43:19	6:59
5.	28	3	Karah Lively-Rinaldi	GRAND JUNCTION	CO	38	F	43:33	7:01
6.	623	3	Dr. Annie Reece	GRAND JUNCTION	CO	27	F	43:56	7:05
7.	669	3	Shannon Koch	GRAND JUNCTION	CO	37	F	44:15	7:08
8.	352	3	Michelle Akcar	GRAND JUNCTION	CO	39	F	44:56	7:14
9.	416	3	Coni Horndli	SALT LAKE CITY	UT	33	F	45:04	7:16
10.	624	3	Maia Wittenbrook	SLC	UT	28	F	45:14	7:17
11.	569	3	Chantry Dasaro	TELLURIDE	CO	32	F	46:36	7:30
12.	526	3	Judy Tatton	WEST JORDAN	UT	31	F	46:43	7:31
13.	135	3	Ashley Powell	CODY	WY	25	F	46:52	7:33
14.	538	3	Lee Sheets	MOAB	UT	34	F	47:06	7:35
15.	266	3	Megan Crowley	DURANGO	CO	28	F	47:17	7:37
16.	541	3	Stacy Antonucci	GRAND JUNCTION	CO	41	F	47:18	7:37
17.	537	3	Jenna Woodbury	MOAB	UT	38	F	47:32	7:39
18.	424	3	Quinn Cooper	GRAND JUNCTION	CO	22	F	47:45	7:42
19.	548	3	Chelsea Cox	MONTROSE	CO	28	F	47:49	7:42
20.	388	3	Shauna Bevis	GRAND JUNCTION	CO	27	F	48:11	7:46
21.	485	3	Julie Gillis	GRAND JUNCTION	CO	51	F	48:29	7:49
22.	246	3	Anna Bollinger	NUCLA	CO	28	F	48:47	7:51
23.	228	3	Catrina Johnson	BICKNELL	UT	16	F	49:01	7:54
24.	53	3	Rhonda Cowern	MOAB	UT	40	F	49:06	7:55
25.	377	3	Jeanie Grooms	FRUITA	CO	55	F	49:08	7:55
26.	303	3	Wendy Child	SALT LAKE CITY	UT	46	F	49:17	7:56
27.	286	3	Meghan Flynn	MOAB	UT	29	F	49:26	7:58
28.	402	3	Elizabeth Schnittker	GRAND JUNCTION	CO	42	F	49:29	7:58
29.	60	3	Katie Cassiday	OGDEN	UT	40	F	49:34	7:59
30.	464	3	Krystal Ryan	GRAND JUNCTION	CO	25	F	49:35	7:59
31.	473	3	Ann Taylor	SALT LAKE CITY	UT	44	F	49:41	8:00
32.	353	3	Tracey Frescino	OGDEN	UT	42	F	49:54	8:02
33.	520	3	Samantha Lefevre	DELTA	UT	20	F	49:56	8:03
34.	610	3	Julia Whitmore	PALISADE	CO	41	F	50:00	8:03
35.	89	3	Tina Andersen	BICKNELL	UT	45	F	50:03	8:04
36.	403	3	Shaula Palmer	DURANGO	CO	29	F	50:05	8:04
37.	161	3	Melody Blomquist	HEBER	UT	48	F	50:22	8:07
38.	589	3	Julie Johnson	MOAB	UT	30	F	50:23	8:07
39.	128	3	Tamara Olsen	CHANDLER	AZ	39	F	50:25	8:07
40.	273	3	Alison Gromme	CANON CITY	CO	44	F	50:28	8:08
41.	459	3	Loralie Jensen	GRAND JUNCTION	CO	45	F	50:31	8:08
42.	137	3	Charla Saunders	MOAB	UT	33	F	50:43	8:10
43.	671	3	Amy Paul	GRAND JUNCTION	CO	44	F	50:46	8:11
44.	656	3	Karen Pramenko	GRAND JUNCTION	CO	41	F	50:46	8:11
45.	29	3	Amber Niesen	MOAB	UT	30	F	50:47	8:11
46.	529	3	Sondra Preston	SUNNYSIDE	UT	43	F	50:48	8:11
47.	592	3	Lana Bailey	PROVO	UT	39	F	51:09	8:14
48.	455	3	Amy Hand	GRAND JUNCTION	CO	41	F	51:10	8:14
49.	44	3	Mary Ward	SALT LAKE CITY	UT	37	F	51:12	8:15
50.	285	3	Laetitia Linard	GRAND JUNCTION	CO	31	F	51:19	8:16
51.	422	3	Amy Walling	MOAB	UT	39	F	51:27	8:17
52.	293	3	Amber Williams	MOAB	UT	28	F	51:31	8:18
53.	231	3	Clarissa Johnson	BICKNELL	UT	16	F	51:33	8:18
54.	650	3	Courtney Ewing	MOAB	UT	30	F	51:34	8:18
55.	157	3	Amy Dziedzic	FRUITA	CO	35	F	51:47	8:20
56.	333	3	Ann Welshko	MOAB	UT	45	F	51:59	8:22
57.	270	3	Karen Skelly	RIFLE	CO	55	F	52:02	8:23
58.	546	3	Carmen Rickard	GRAND JUNCTION	CO	28	F	52:02	8:23
59.	460	3	Lilley Powell	IGNACIO	CO	33	F	52:17	8:25
60.	523	3	Paige Stuart	MOAB	UT	32	F	52:22	8:26
61.	621	3	Rebecca Britter	SALT LAKE CITY	UT	38	F	52:52	8:31
62.	94	3	Jessica Walker	BLANDING	UT	11	F	52:57	8:32
63.	383	3	Sharon Poling	GRAND JUNCTION	CO	54	F	52:59	8:32
64.	41	3	Esther Godson	DURANGO	CO	30	F	53:12	8:34
65.	542	3	Eve Donegan	RIDGWAY	CO	25	F	53:32	8:37

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Directed by: Moab Half Marathon

Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
66.	349	3	Tammy Jensen	HELPER	UT	41	F	53:36	8:38
67.	250	3	Sonja Davidson	OGDEN	UT	33	F	53:58	8:41
68.	517	3	Kelly Evans	MOAB	UT	31	F	54:01	8:42
69.	57	3	Nancy Reinisch	GLENWOOD SPRINGS	CO	58	F	54:13	8:44
70.	637	3	Kira Simpson	BLUFF	UT	15	F	54:20	8:45
71.	185	3	Lindsay Hyde	FRUITA	CO	18	F	54:24	8:46
72.	257	3	Valerie Krebs	GRAND JUNCTION	CO	38	F	54:26	8:46
73.	111	3	Susan Doucette	NORTH LOGAN	UT	51	F	54:31	8:47
74.	579	3	Meaghan Henson	TELLURIDE	CO	28	F	54:35	8:47
75.	549	3	Saundra Smith	ENGLEWOOD	CO	44	F	54:51	8:50
76.	109	3	Angela Johnson	FRUITA	CO	37	F	54:52	8:50
77.	193	3	Linda Peterson	WEST HAVEN	UT	44	F	54:55	8:51
78.	359	3	Carol Lyle	SILVERTHORNE	CO	44	F	55:01	8:52
79.	63	3	Cheri Medlin	GLENDALE	UT	53	F	55:03	8:52
80.	561	3	Codi Ramsey	EPHRAIM	UT	26	F	55:09	8:53
81.	165	3	Angela Amans	GRAND JUNCTION	CO	39	F	55:11	8:53
82.	300	3	Heidi Hinckley	SPANISH FORK	UT	29	F	55:21	8:55
83.	110	3	Jan Kiehl	WESTMINSTER	CO	57	F	55:26	8:56
84.	425	3	Melissa Edge	MOAB	UT	36	F	55:36	8:57
85.	274	3	Corey Hinman	FRUITA	CO	36	F	55:36	8:57
86.	385	3	Kelly Garner	GRAND JUNCTION	CO	23	F	55:38	8:58
87.	170	3	Morgan Meadows	SARATOGA SPRINGS	UT	30	F	55:41	8:58
88.	465	3	Leanne Evans	CARBONDALE	CO	29	F	55:41	8:58
89.	581	3	Amy Hansen	NORTH SALT LAKE	UT	44	F	55:43	8:58
90.	651	3	Donna Metzler	MOAB	UT	45	F	55:49	8:59
91.	396	3	Josi Child	NORTH OGDEN	UT	21	F	55:51	9:00
92.	511	3	Crystal Moore	MONTROSE	CO	33	F	56:03	9:02
93.	272	3	Wendy Newman	MOAB	UT	51	F	56:09	9:03
94.	195	3	Kari Pugh	BLANDING	UT	36	F	56:11	9:03
95.	395	3	Jami Ascherman	GLADE PARK	CO	47	F	56:21	9:05
96.	150	3	Jerri Hahnenebrg	GRAND JUNCTION	CO	59	F	56:25	9:05
97.	245	3	Kerri Cosby	MIDVALE	UT	32	F	56:35	9:07
98.	506	3	Heather Litster	MIDVALE	UT	31	F	56:36	9:07
99.	339	3	Elissa Pastuzyn	SALT LAKE CITY	UT	24	F	56:37	9:07
100.	494	3	Emily Box	SLC	UT	47	F	56:37	9:07
101.	39	3	Tami Fraser	BASALT	CO	50	F	56:40	9:08
102.	173	3	Cydney Brown	BASALT	CO	47	F	56:40	9:08
103.	140	3	Sheryl Strole	MONTROSE	CO	50	F	56:42	9:08
104.	275	3	Laura Henderson	DELTA	UT	49	F	56:45	9:08
105.	282	3	Jody Hale	DRAPER	UT	48	F	56:46	9:08
106.	513	3	Kirbi Fuchs	WEST VALLEY CITY	UT	30	F	56:47	9:09
107.	47	3	Jocelyn Kearl	DRAPER	UT	39	F	56:48	9:09
108.	600	3	Susie Knudsen	CEDAR CITY	UT	34	F	56:52	9:10
109.	294	3	Dora Benally	CORTEZ	CO	45	F	56:54	9:10
110.	451	3	Jennifer Taylor	GRAND JUNCTION	CO	33	F	56:55	9:10
111.	553	3	Sandra Mallory	GRAND JUNCTION	CO	52	F	57:00	9:11
112.	12	3	Jennifer Filby	KEARNS	UT	53	F	57:04	9:11
113.	661	3	Helene Rohr	MOAB	UT	43	F	57:15	9:13
114.	622	3	Kim Sandbach	WOODY CREEK	CO	13	F	57:16	9:13
115.	331	3	Renee Sandbach	WOODY CREEK	CO	50	F	57:19	9:14
116.	22	3	Stacey Taylor	HEBER CITY	UT	37	F	57:27	9:15
117.	355	3	Connie Haycock	MOAB	UT	58	F	57:30	9:16
118.	534	3	Valori Miles	SYRACUSE	UT	37	F	57:34	9:16
119.	443	3	Chloe Ruebeck	SALT LAKE CITY	UT	25	F	57:35	9:16
120.	528	3	Judie Chrobak-Cox	MOAB	UT	55	F	57:42	9:18
121.	258	3	Lori Cressler	DELTA	CO	39	F	57:43	9:18
122.	474	3	Jenae Boren	LEHI	UT	28	F	57:47	9:18
123.	649	3	Christa Green	MOAB	UT	30	F	57:54	9:19
124.	515	3	Katie Rainer	LEHI	UT	29	F	57:56	9:20
125.	573	3	Wyndi Henson	TELLURIDE	CO	29	F	58:14	9:23
126.	183	3	Gabrielle Thomas	SALT LAKE CITY	UT	56	F	58:15	9:23
127.	587	3	Laura Sanders	PALISADE	CO	32	F	58:19	9:24
128.	147	3	Carie Ruggiano	PROVO	UT	37	F	58:21	9:24
129.	70	3	Lauren Axelrod	HENDERSON	CO	40	F	58:23	9:24
130.	657	3	Bryony Chamberlain	MOAB	UT	32	F	58:24	9:24

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Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
131.	470	3	Lynn Lickers	GRAND JUNCTION	CO	53	F	58:25	9:25
132.	501	3	Betsy Deichmeister	GRAND JUNCTION	CO	52	F	58:26	9:25
133.	341	3	Serah Mead	MOAB	UT	26	F	58:29	9:25
134.	372	3	Ginette Speed	SALT LAKE CITY	UT	54	F	58:30	9:25
135.	462	3	Justtheletterd Plunkett	GRAND JUNCTION	CO	47	F	58:37	9:26
136.	454	3	Wendy Young	MOAB	UT	35	F	58:56	9:30
137.	535	3	Elissa Stafford	GRAND JUNCTIO	CO	29	F	59:00	9:30
138.	232	3	Susan Woods	SOUTH JORDAN	UT	33	F	59:07	9:31
139.	153	3	Bev Guo	SALT LAKE CITY	UT	33	F	59:09	9:32
140.	531	3	Allyson Oconnor	MOAB	UT	26	F	59:11	9:32
141.	491	3	Annie Hull	FARR WEST	UT	29	F	59:26	9:34
142.	450	3	Susan Kishegyi	GRAND JUNCTION	CO	39	F	59:27	9:35
143.	508	3	Heidi Blake	MOAB	UT	26	F	59:32	9:35
144.	536	3	Alies Keogh	MOAB	UT	39	F	59:35	9:36
145.	480	3	Kris Hackney	MOAB	UT	39	F	59:35	9:36
146.	615	3	Jamie Carter	MOAB	UT	31	F	59:36	9:36
147.	533	3	Michele Hill	MOAN	UT	50	F	59:44	9:37
148.	177	3	Patti Ackley	GRAND JUNCTION	CO	53	F	59:48	9:38
149.	220	3	Pamela Anderson	GRAND JUNCTION	CO	42	F	59:49	9:38
150.	401	3	Jillian Sutherland	GLENWOOD SPRINGS	CO	27	F	59:56	9:39
151.	414	3	Bobbie Day	MOAB	UT	54	F	59:57	9:39
152.	234	3	Teresa Ryan	DE BEQUE	CO	41	F	59:59	9:40
153.	278	3	Shaunna Sanders	MOAB	UT	37	F	1:00:13	9:42
154.	672	3	Marianne Suarez	SALT LAKE CITY	UT	48	F	1:00:15	9:42
155.	189	3	Angela Larsen	PRICE	UT	30	F	1:00:18	9:43
156.	200	3	Brittney Madsen	DELTA	CO	29	F	1:00:18	9:43
157.	503	3	Laura Berube	SANDY	UT	45	F	1:00:23	9:43
158.	76	3	Amy Mohler	GRAND JUNCTION	CO	41	F	1:00:29	9:44
159.	440	3	Nan Lichty	GRAND JUNCTION	CO	56	F	1:00:48	9:47
160.	121	3	Jami Shaffer	SPRINGVILLE	UT	43	F	1:00:51	9:48
161.	350	3	Jordan Guckert	SALT LAKE CITY	UT	21	F	1:00:53	9:48
162.	64	3	Emily Girdwood	CRESTED BUTTE	CO	30	F	1:01:02	9:50
163.	468	3	Teri Shecter	GRAND JUNCTION	CO	56	F	1:01:05	9:50
164.	79	3	Stacey Moseley	GRAND JUNCTION	CO	32	F	1:01:06	9:50
165.	602	3	Wendi Gechter	GRAND JUNCTION	CO	32	F	1:01:06	9:50
166.	129	3	Nancy Banner	CONIFER	CO	52	F	1:01:08	9:51
167.	267	3	Emily Larsen	PROVO	UT	21	F	1:01:10	9:51
168.	532	3	Karisa Larsen	MOAB	UT	32	F	1:01:13	9:52
169.	665	3	Kate Hart	GRAND JUNCTION	CO	33	F	1:01:14	9:52
170.	80	3	Cassandra Butters	LYMAN	WY	24	F	1:01:19	9:53
171.	525	3	Kathy Lacy	MOAB	UT	48	F	1:01:21	9:53
172.	678	3	Carrie Alexander	MOAB	UT	35	F	1:01:21	9:53
173.	490	3	Diana Seegmiller	MENAN	ID	41	F	1:01:26	9:54
174.	149	3	Marci Jenks	MIDVALE	UT	36	F	1:01:28	9:54
175.	166	3	Emily Swogger-Reaves	SARATOGA SPRINGS	UT	34	F	1:01:32	9:55
176.	493	3	Dina Wise	PRICE	UT	44	F	1:01:33	9:55
177.	463	3	Teri Ryan	GRAND JUNCTION	CO	50	F	1:01:35	9:55
178.	106	3	Debra Davis	HELPER	UT	53	F	1:01:43	9:56
179.	214	3	Melissa Wennergren	SALT LAKE CITY	UT	27	F	1:01:46	9:57
180.	203	3	Brittany Shields	BLANDING	UT	28	F	1:01:47	9:57
181.	8	3	Deanna Baranyi	ARVADA	CO	36	F	1:01:47	9:57
182.	197	3	Mary Young	GRAND JUNCTION	CO	68	F	1:01:51	9:58
183.	187	3	Gina Herzog	COMMERCE CITY	CO	30	F	1:01:53	9:58
184.	213	3	Mindy Kaiser	SALT LAKE CITY	UT	29	F	1:02:00	9:59
185.	361	3	Myrth McDonald	SILVERTHORNE	CO	35	F	1:02:01	9:59
186.	75	3	Joann Graham	SURPRISE	AZ	70	F	1:02:10	10:01
187.	198	3	Cari Fitzwater	HOOPER	UT	51	F	1:02:14	10:01
188.	429	3	Leanne Brumage	PLEASANT GROVE	UT	39	F	1:02:25	10:03
189.	65	3	Chelsea Tippetts	NORTH SALT LAKE	UT	27	F	1:02:30	10:04
190.	431	3	Beata Gavaller	TELLURIDE	CO	43	F	1:02:37	10:05
191.	144	3	Angie Workman	MAPLETON	UT	37	F	1:02:44	10:06
192.	45	3	Ann Mansell	SANDY	UT	33	F	1:02:49	10:07
193.	354	3	Deborah Shank	MOAB	UT	60	F	1:02:51	10:07
194.	78	3	Mandie Birchem	DENVER	CO	31	F	1:03:14	10:11
195.	221	3	Chelsea Johnson	KAMAS	UT	29	F	1:03:21	10:12

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Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
196.	256	3	Sandra Miller	FRUITA	CO	62	F	1:03:27	10:13
197.	9	3	Kathan Hartle	GRAND JUNCTION	CO	52	F	1:03:33	10:14
198.	97	3	Jess Smith	SLC	UT	38	F	1:03:35	10:14
199.	336	3	Patricia Larson	FRUITA	CO	54	F	1:03:42	10:15
200.	630	3	Randee Bergen	GRAND JUNCTION	CO	45	F	1:04:02	10:19
201.	280	3	Anna Bruno	MOAB	UT	35	F	1:04:28	10:23
202.	413	3	Michelle Merrill	SALT LAKE CITY	UT	30	F	1:04:28	10:23
203.	445	3	Martha Teien	EAGLE	CO	49	F	1:04:32	10:24
204.	446	3	Sarah Uminski	FLAGSTAFF	AZ	47	F	1:04:35	10:24
205.	175	3	Chris Moffet	VAIL	CO	52	F	1:04:38	10:24
206.	365	3	Trina Pugmire	SALT LAKE CITY	UT	28	F	1:04:39	10:25
207.	141	3	Linda McMillin	PARK CITY	UT	53	F	1:04:40	10:25
208.	218	3	Angee Gardiner	KAYSVILLE	UT	34	F	1:04:49	10:26
209.	219	3	Julie Christianson	GRAND JUNCTION	CO	48	F	1:04:51	10:27
210.	390	3	Rachelle Nelson	ROOSEVELT	UT	31	F	1:04:53	10:27
211.	617	3	Blythe Rusling	FRUITA	CO	42	F	1:04:57	10:28
212.	559	3	Lisa Kelly	MOAB	UT	53	F	1:04:57	10:28
213.	263	3	Sheryl Douglas	GRAND JUNCTION	CO	60	F	1:05:02	10:28
214.	378	3	Chastity Vigil	GRAND JUNCTION	CO	38	F	1:05:15	10:30
215.	351	3	Jeanie Wilson	HELPER	UT	39	F	1:05:17	10:31
216.	126	3	Rena Cole	DURANGO	CO	48	F	1:05:17	10:31
217.	551	3	Lj Kennedy	MOAB	UT	51	F	1:05:34	10:34
218.	180	3	Mary Thomas	FRUITA	CO	48	F	1:05:53	10:37
219.	389	3	Amy Carpenter	SALT LAKE CITY	UT	34	F	1:05:55	10:37
220.	367	3	Anne White	NEW CASTLE	CO	49	F	1:06:00	10:38
221.	235	3	Katie Soden	CARBONDALE	CO	48	F	1:06:00	10:38
222.	254	3	Sue Sternberg	MOAB	UT	49	F	1:06:14	10:40
223.	519	3	Delite Primus	MOAB	UT	32	F	1:06:36	10:43
224.	518	3	Ann Perri	MOAB	UT	33	F	1:06:36	10:43
225.	421	3	Sharlyn Hall	SPRINGVILLE	UT	50	F	1:06:45	10:45
226.	522	3	Jessica Retka	MOAB	UT	24	F	1:06:46	10:45
227.	521	3	Kate Heath	MOAB	UT	25	F	1:06:47	10:45
228.	342	3	Ariana Brocious	PAONIA	CO	26	F	1:06:47	10:45
229.	586	3	Rosalie Renteria	GRAND JUNCTION	CO	50	F	1:06:59	10:47
230.	186	3	Laura Haley	MOAB	UT	27	F	1:07:00	10:47
231.	227	3	Adrianna Costello-Martin	SALT LAKE CITY	UT	40	F	1:07:02	10:48
232.	43	3	Jaime Horton	SALT LAKE CITY	UT	35	F	1:07:03	10:48
233.	594	3	Katelyn Grinder	RIVERTON	UT	26	F	1:07:04	10:48
234.	368	3	Helle Abildso	SALT LAKE CITY	UT	38	F	1:07:20	10:51
235.	509	3	Nancy Turley	MONTROSE	CO	53	F	1:07:24	10:51
236.	633	3	Melanie Tackett	LAYTON	UT	50	F	1:07:28	10:52
237.	599	3	Jennifer Tougher	TELLURIDE	CO	34	F	1:07:50	10:55
238.	277	3	Jana Boies	GRAND JUNCTION	CO	32	F	1:07:57	10:56
239.	116	3	Kelli Washburn	LAYTON	UT	30	F	1:08:47	11:05
240.	340	3	Amy Hamilton	GRAND JUNCTION	CO	37	F	1:08:49	11:05
241.	305	3	Kristine Pankow	SALT LAKE CITY	UT	43	F	1:08:56	11:06
242.	151	3	Austin Cowan	PRICE	UT	28	F	1:09:11	11:08
243.	17	3	Roxana Wolcott	GRAND JUNCTION	CO	53	F	1:09:12	11:09
244.	659	3	Marcellina Dennison	SHIPROCK	NM	40	F	1:09:33	11:12
245.	133	3	Cathy Hutton	CODY	WY	51	F	1:09:42	11:14
246.	539	3	Bonita Rich	HESPERUS	CO	60	F	1:09:44	11:14
247.	472	3	Amanda Rich	PALISADE	CO	32	F	1:09:45	11:14
248.	628	3	Sandra Dvorscak	GRAND JUNCTION	CO	50	F	1:09:54	11:15
249.	627	3	Michelle Erwin	DRIGGS	ID	29	F	1:09:54	11:15
250.	314	3	Catherine Tuhy	MOAB	UT	59	F	1:09:57	11:16
251.	575	3	Susan Baroffio	GRAND JUNCTION	CO	53	F	1:10:00	11:16
252.	46	3	Melissa Fischer	MOAB	UT	41	F	1:10:07	11:17
253.	311	3	Emmeline Heywood	MOAB	UT	10	F	1:10:09	11:18
254.	439	3	Shea Faux	SPRINGVILLE	UT	31	F	1:10:14	11:19
255.	625	3	Tina Nackos	SPRINGVILLE	UT	38	F	1:10:15	11:19
256.	130	3	Shamar Lejardi	SALT LAKE CITY	UT	30	F	1:10:19	11:19
257.	674	3	Heidi Brickey	SALT LAKE CITY	UT	42	F	1:10:31	11:21
258.	7	3	Janis Koscielniak	DURANGO	CO	47	F	1:10:40	11:23
259.	476	3	Nancy Harris	LOMA	CO	63	F	1:11:08	11:27
260.	619	3	Margy Baker	MOAB	UT	47	F	1:11:09	11:27

FEMALE 10K RESULTS

2011 Winter Sun 10k Run

Moab, UT December 3, 2011 10:00 am Partly Sunny, 35-40 degrees.

Directed by: Moab Half Marathon

Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
261.	255	3	Stephanie Milner	DURANGO	CO	29	F	1:11:18	11:29
262.	507	3	Marie Andrews	SANDY	UT	59	F	1:11:26	11:30
263.	512	3	Samantha Harris	SANDY	UT	30	F	1:11:27	11:30
264.	268	3	Jan Cox	PRICE	UT	53	F	1:11:28	11:31
265.	136	3	Candace Horne	SUNSET	UT	33	F	1:11:41	11:33
266.	158	3	Penny Frankhouser	GRAND JUNCTION	CO	62	F	1:11:47	11:34
267.	653	3	Tracy Lee Davis	MOAB	UT	44	F	1:11:47	11:34
268.	516	3	Emily Niehaus	MOAB	UT	33	F	1:11:48	11:34
269.	207	3	Sally Beagley	WEST VALLEY CITY	UT	55	F	1:11:58	11:35
270.	212	3	Shelley Beagley	PROVO	UT	47	F	1:11:59	11:35
271.	556	3	Amy Collins	SUNNYSIDE	UT	32	F	1:12:07	11:37
272.	492	3	Barbara Walker	IGNACIO	CO	69	F	1:12:10	11:37
273.	482	3	Melissa Gibbs	RIVERTON	UT	35	F	1:12:26	11:40
274.	327	3	Melissa Calton	WEST VALLEY CITY	UT	35	F	1:12:47	11:43
275.	647	3	Angela Weeks	CARBONDALE	CO	31	F	1:12:54	11:44
276.	557	3	Jill Lynch	MT. PLEASANT	UT	52	F	1:12:58	11:45
277.	497	3	Amy Hughes	PALISADE	CO	47	F	1:13:11	11:47
278.	400	3	Brooke Raby	SOUTH JORDAN	UT	34	F	1:13:22	11:49
279.	123	3	Alexa Humes	OREM	UT	16	F	1:13:36	11:51
280.	132	3	Kari Wood	OREM	UT	42	F	1:13:38	11:51
281.	438	3	Shlisa Hughes	GREEN RIVER	UT	38	F	1:13:57	11:55
282.	432	3	Danielle Hansen	GREEN RIVER	UT	38	F	1:13:58	11:55
283.	379	3	Carrie Hinds	GRAND JUNCTION	CO	51	F	1:14:05	11:56
284.	444	3	Jenifer Jones	FRANCIS	UT	40	F	1:14:07	11:56
285.	164	3	Kathy Hays	GRAND JUNCTION	CO	52	F	1:14:29	12:00
286.	381	3	Nancy Kendrick	GRAND JUNCTION	CO	52	F	1:14:36	12:01
287.	323	3	Bethany Goodwin	NUCLA	CO	29	F	1:15:04	12:05
288.	670	3	Angela Manzanares	GRAND JUNCTION	CO	36	F	1:15:12	12:07
289.	433	3	Myrinda Barnes	SPANISH FORK	UT	38	F	1:15:39	12:11
290.	307	3	Shirley Jackson	GRAND JUNCTION	CO	47	F	1:15:43	12:12
291.	84	3	Beverly Feraco	TAYLORSVILLE	UT	59	F	1:15:53	12:13
292.	251	3	Kelly Mattson	GRAND JUNCTION	CO	56	F	1:16:32	12:19
293.	677	3	Gwen Clemens	TELLURIDE	CO	31	F	1:17:19	12:27
294.	206	3	Michelle Cardinal	SAN FRANCISCO	CA	40	F	1:17:21	12:27
295.	288	3	Lisa Carter	MOAB	UT	28	F	1:17:34	12:29
296.	124	3	Apryl Bradford	SPANISH FORK	UT	26	F	1:17:58	12:33
297.	434	3	Dawn Ibis	TELLURIDE	CO	43	F	1:18:19	12:37
298.	606	3	Heidi Hoffmann	ASPEN	CO	63	F	1:18:31	12:39
299.	83	3	Janis White	MAGNA	UT	44	F	1:18:33	12:39
300.	370	3	Kathleen Fehr	SALT LAKE CITY	UT	30	F	1:19:28	12:48
301.	262	3	Jennifer Hancewicz	MOAB	UT	38	F	1:19:53	12:52
302.	35	3	Linda Unsicker	FAIRBANKS	AK	63	F	1:19:59	12:53
303.	30	3	Carly Delbridge	HEBER CITY	UT	12	F	1:19:59	12:53
304.	639	3	Janelle Bauer	SANDY	UT	36	F	1:20:33	12:58
305.	382	3	Bobbi Jean Brewer	AUSTIN	CO	28	F	1:22:07	13:13
306.	427	3	Angie Nielsen	SLC	UT	27	F	1:22:12	13:14
307.	69	3	Susan Stevens	MOAB	UT	53	F	1:22:35	13:18
308.	430	3	Hilary Patchett	SPANISH FORK	UT	31	F	1:22:59	13:22
309.	138	3	Katy Seely	SANDY	UT	33	F	1:23:30	13:27
310.	102	3	Kathi Hennebry	SANDY	UT	51	F	1:23:30	13:27
311.	62	3	Michelle Madrigal	PRICE	UT	49	F	1:23:34	13:27
312.	67	3	Susan Etzel	WELLINGTON	UT	59	F	1:23:34	13:27
313.	467	3	Kathy Viglianco	GRAND JUNCTION	CO	48	F	1:23:39	13:28
314.	224	3	Jodie Atchley	GRAND JUNCTION	CO	47	F	1:23:40	13:28
315.	211	3	Aimee Brown	GRAND JUNCTION	CO	45	F	1:23:41	13:28
316.	279	3	Toni George	MOAB	UT	45	F	1:24:06	13:33
317.	347	3	Lynda Strate	ELY	NV	50	F	1:24:07	13:33
318.	261	3	Stephanie Haycock	MOAB	UT	34	F	1:24:19	13:35
319.	199	3	Kim Sloots	ROY	UT	47	F	1:24:44	13:39
320.	192	3	Cindy Sears	ROY	UT	52	F	1:24:44	13:39
321.	23	3	Nina Heidepriem	HEBER CITY	UT	16	F	1:25:08	13:43
322.	583	3	Barbara Roberts	WHITewater	CO	58	F	1:25:37	13:47
323.	107	3	Kathryn Humes	OREM	UT	12	F	1:26:00	13:51
324.	134	3	Jodi Humes	OREM	UT	38	F	1:26:01	13:51
325.	571	3	Janeen Torres	MOAB	UT	62	F	1:26:28	13:55

FEMALE 10K RESULTS

2011 Winter Sun 10k Run

Moab, UT December 3, 2011 10:00 am Partly Sunny, 35-40 degrees.

Directed by: Moab Half Marathon

Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
326.	66	3	Weber Knickerbocker	SALT LAKE CITY	UT	63	F	1:26:55	14:00
327.	122	3	Sara Williams	FRUTIA	CO	28	F	1:27:00	14:00
328.	328	3	Jane Dougherty	GRAND JUNCTION	CO	42	F	1:27:32	14:06
329.	15	3	Linda O'Rourke	CLIFTON	CO	52	F	1:28:29	14:15
330.	626	3	Tracy Kelly	RIVERTON	UT	44	F	1:28:30	14:15
331.	558	3	Jennifer Wall	MYTON	UT	39	F	1:28:30	14:15
332.	449	3	Holly Perry	FRUITA	CO	42	F	1:28:34	14:16
333.	105	3	Kari Colombo	FRUITA	CO	52	F	1:28:42	14:17
334.	411	3	Judy Copeland	MOAB	UT	51	F	1:28:43	14:17
335.	471	3	Debby Selitrennikoff	MOAB	UT	61	F	1:29:17	14:23
336.	85	3	Ellen Horton	MURRAY	UT	62	F	1:29:21	14:23
337.	48	3	Lisa Killpack	DRAPER	UT	41	F	1:29:21	14:23
338.	570	3	Maureen Nuckols	CARBONDALE	CO	67	F	1:30:17	14:32
339.	244	3	Emery Blanchard	SALT LAKE CITY	UT	30	F	1:32:48	14:56
340.	247	3	Sarah Heil	PHOENIXVILLE	PA	40	F	1:32:48	14:56
341.	239	3	Mary Gordon	SALT LAKE CITY	UT	46	F	1:32:48	14:57
342.	114	3	Christine Delbridge	HEBER CITY	UT	47	F	1:33:22	15:02
343.	230	3	Samantha Vande Sluis	TAYLORSVILLE	UT	30	F	1:33:30	15:03

Jan-04-2012 10:12:56pm

343 records processed.