

Spring 2003 HARRA Ironfeet

First Name	Last Name	age	club	10k time	8k time	5k time	LP miles
Serai	Abraham	51	TTC	0:46:29	0:37:44	0:21:56	4.46
Russell	Allen	64	ALRC	0:56:24	0:43:13	0:26:41	3.07
Luis	Armenteros	30	HH	0:31:52	0:25:54	0:15:33	6.45
Bonnie Jo	Barron	41	BCRR	0:45:35	0:34:27	0:21:27	4.69
Jesse	Berrospe	49	PTI	0:51:09	0:40:48	0:24:02	4.18
Karen	Bowler	53	HS	0:45:21	0:35:16	0:22:03	1.49
Tim	Bowler	54	HS	0:49:26	0:38:52	0:23:35	4.23
Andrea	Broom	51	BCRR	0:50:22	0:39:25	0:23:32	4.04
Robert	Brown, Jr	44	BCRR	0:42:44	0:32:57	0:20:00	4.79
Darrin	Caramonta	37		0:44:23	0:36:14	0:21:00	4.66
Loyd	Carey	60	BCRR	0:39:04	0:30:57	0:18:45	5.11
Samantha	Cayton	38	ALRC	0:53:53	0:42:10	0:25:52	3.85
Andrea	Chan	38	HS	1:22:28	0:54:33	0:32:39	3.20
Hope	Clark	56	BCRR	V	0:49:12	0:28:49	3.56
Irma	Conran	50	BCRR	1:11:55	0:50:46	0:30:57	2.75
Dusty	Cook	48	HS	1:00:32	0:45:51	0:27:12	3.75
Lori	Cope	47	HMSA	0:57:05	0:44:09	0:28:38	3.77
Bill	Crich	45	BCRR	0:43:14	0:33:09	0:19:52	4.77
Suzanne	Day	46	HH	0:43:09	0:34:12	0:20:58	4.80
Charles	Deeds	50	HS	1:08:19	0:45:24	0:26:48	3.71
Sharron	Devere-Fisherman	57	TTC	1:01:27	0:49:07	0:29:19	V
Michael	Dishberger	45	TTC	0:52:43	0:43:28	0:24:35	4.09
Michael	Doyle	45	TTC	0:38:54	0:31:02	0:18:19	5.41
Angelina	Felsing	38	TTC	0:44:12	0:35:32	0:21:24	4.60
Gregg	Felts	47	TOR	0:41:44	0:32:45	0:20:07	4.85
Ann	Ferguson	60	TTC	0:47:21	0:37:18	0:23:04	V
Bill	Fisherman	60	HMSA	1:01:27	0:55:56	0:34:36	V
Mark	Fraser	46	BCRR	0:41:04	0:31:53	0:18:53	5.10
Edward	Fry	47	HMSA	0:37:19	0:29:53	0:18:10	5.51
David	Holloway	50	HMSA	0:41:55	0:32:46	0:19:49	4.80
H.L.	Jensen	64	BCRR	0:58:32	0:45:07	0:27:12	3.77
Jack	Lippincott	56	TTC	0:41:50	0:32:57	0:20:36	4.86
Jo Ann	Luco	64	HMSA	1:28:29	0:57:01	0:35:02	3.00
Felix	Lugo	47	MPRC	1:04:11	0:39:29	0:24:41	3.86
Kathleen	Mahon	48	BCRR	0:59:41	0:47:18	0:29:17	3.50
Eddie	Mitchell	46	BCRR	0:53:40	0:42:38	0:25:51	3.96
Gina	Monteith	46	BCRR	0:49:44	0:39:14	0:23:09	4.38
Bertie Jo	Moore	72	BCRR	1:28:51	1:08:45	0:42:31	2.42
Libby	Myers	45	HMSA	1:14:45	0:40:53	0:25:10	4.14
Ian	Newsham	36	BCRR	0:43:51	0:33:48	0:20:37	4.75
Tuan	Nguyen	41	HMSA	0:35:58	0:29:25	0:17:30	5.62
Chris	Plopper	53	HMSA	0:40:09	0:31:56	0:19:21	5.08
Leno	Rios	32	TOR	0:37:27	0:29:53	0:18:49	5.53
Jaime	Rodriguez	42	TOR	0:43:50	0:33:04	0:19:44	5.05
Bernie	Rogers	71	ALRC	1:02:17	0:47:25	0:28:22	3.51
Gail	Sabanosh	47	TTC	V	0:39:23	0:23:40	4.35
Joe	Sellers	39	BCRR	V	0:44:39	0:26:19	3.76
J.R.	Shannon	77	ALRC	1:23:43	1:02:48	0:39:08	2.54
Daniel	Steiner	37	ALRC	0:36:16	0:29:34	0:17:33	5.64
Jim	Sumruld	40	BCRR	0:49:58	0:39:18	0:23:27	4.38
Art	Townsend	46	TOR	0:42:22	0:31:55	0:20:06	5.13
John	Wacasey	43	BCRR	0:44:51	0:35:21	0:21:58	4.48
Gary	Wood	61	BCRR	0:43:47	0:34:23	0:20:44	4.69
Ramona	Zamudio	40	TOR	0:51:21	0:44:51	0:26:03	3.94