

Fall 2003 HARRA Ironfeet

(finished all 5 individual events (volunteering at one event counts))

First Name	Last Name	sex	age	club	10mi time	20k time	25k time	30k time	mar. time
Darren	Aklestad	M	37	FLSC	1:16:45	1:31:50	1:57:55	2:17:41	3:56:02
Jorge	Alvarado	M	38	ALRC	1:02:22	1:14:38	1:34:55	1:56:41	3:08:39
Tonya	Arnold	F	39		1:28:21	1:49:50	2:15:21	2:48:53	3:57:28
Bonnie Jo	Barron	F	42	BCRR	1:16:57	1:36:54	2:01:50	2:27:10	3:29:09
Jesse	Berrospe	M	50	PTI	1:24:43	1:49:35	2:13:24	2:46:16	4:23:35
Tim	Bowler	M	55	HS	1:26:30	1:47:08	2:24:55	2:50:56	4:44:20
Robert	Brown, Jr.	M	45	BCRR	1:07:43	1:24:49	1:47:34	2:15:12	3:06:22
Edward	Castro	M	53	ALRC	1:09:52	1:27:32	1:48:23	2:13:43	3:09:51
Andrea	Chan	F	38	HS	1:59:47	VOL	3:04:50	3:41:15	5:31:30
Deb	Clifford	F	43	TTC	1:19:44	1:38:32	2:01:26	2:30:02	3:38:20
Yong	Collins	F	49	HS	1:17:14	1:36:35	2:04:02	2:27:05	3:51:21
Dusty	Cook	M	49	HS	1:28:12	1:47:26	2:22:46	2:59:05	4:48:57
Paul	Cooley	M	53	HMSA	1:15:52	1:31:41	VOL	2:33:59	3:37:28
Suzanne	Day	F	46	HH	1:08:57	1:26:13	1:49:53	2:13:58	3:13:26
Charles	Deeds	M	50	HS	1:42:09	VOL	3:02:59	3:04:28	4:54:29
Dan	Dick	M	55	TTC	1:19:38	1:36:19	1:55:59	2:19:02	3:24:44
Bonnie	Egbert	F	51	ALRC	1:47:48	2:12:17	VOL	3:44:17	4:54:17
Lajuan	Ellis-Thayer	F	37		1:45:30	2:07:13	2:34:50	3:18:32	4:53:19
Mark	Fraser	M	47	BCRR	1:05:57	1:25:47	1:43:08	VOL	3:12:20
Richard	Fredrich	M	46	TTC	1:02:57	1:16:05	1:36:40	1:57:51	2:48:35
Ben	Harvie	M	57	TTC	1:07:18	1:23:18	1:44:45	2:07:12	3:05:29
William	Hayes	M	52	HF	1:39:50	2:06:50	3:15:16	3:19:45	5:23:52
Robert	Hoekman	M	62	TTC	1:30:11	1:51:54	2:20:20	2:51:06	4:53:57
Stacy	Holden	F	27	ALRC	1:15:45	1:30:00	1:57:25	2:35:47	3:48:59
Robyn	Holloway	F	35	HF	1:33:31	1:54:49	2:28:27	3:08:58	4:32:29
Paul	Kennedy	M	37	HS	1:29:29	1:39:47	2:04:46	2:35:35	3:51:11
George	Killinger	M	55	HS	1:35:31	VOL	2:29:36	3:14:16	4:56:25
Thomas	King, Jr.	M	35	HS	1:04:26	1:17:54	1:38:45	1:59:46	2:52:50
John	Lauten	M	49	ALRC	1:05:24	1:24:06	2:03:02	2:10:25	3:09:34
Larry	Lindeen	M	63	BCRR	1:16:55	1:36:20	2:00:09	2:30:15	3:38:19
Jack	Lippincott	M	57	TTC	1:14:26	1:29:37	1:55:09	2:22:03	3:38:06
Eva	Luckey	F	49	HMSA	1:13:53	1:37:55	1:56:06	2:23:58	3:32:41
Brook	McClain	M	49	BCRR	1:41:26	2:10:52	2:42:26	3:11:20	4:28:29
Zee	Pardee	F	37		1:32:06	1:55:04	2:22:12	2:58:07	4:31:31
Mary	Patterson	F	41		1:59:49	2:21:14	2:53:13	3:44:05	5:02:31
Richard	Peoples, Jr.	M	44	ALRC	0:59:55	1:15:21	1:35:25	1:56:44	2:51:13
John	Phillips	M	53	BCRR	1:30:05	1:44:43	2:11:18	2:37:55	4:04:31
John	Polisini	M	50	ALRC	1:14:01	1:36:46	2:03:36	2:28:18	VOL
Thomas	Radosevich	M	50	BCRR	1:05:17	1:22:28	1:43:47	2:05:16	3:03:38
Chris	Rampacek	M	52	PTI	1:47:35	2:13:38	3:04:53	3:31:36	5:13:16
Kevin	Regis	M	44	TOR	1:03:39	1:18:00	1:38:21	1:59:30	2:55:51
Brett	Riley	M	32	HS	0:57:17	1:10:25	1:30:20	1:46:50	2:36:41
Paul	Roche	M	55		1:52:55	2:21:32	2:56:25	3:36:38	5:27:36
Kathy	Roldan	F	38		1:15:48	1:31:32	1:55:25	2:23:29	3:28:06
Rosemarie	Schmandt	F	41	BCRR	1:40:38	2:01:04	2:36:46	3:13:50	4:30:32
Cindy	Sosa	F	49	HH	1:29:59	1:53:34	2:15:28	2:44:35	4:06:28
Martin	Stupel	M	39		1:20:54	1:39:46	2:08:35	2:38:31	4:22:35
Julie	Ward	F	48	PTI	1:34:12	1:57:19	2:37:10	3:10:34	4:44:26
Kevin	Ward	M	51	PTI	1:31:41	1:56:57	2:39:14	3:10:35	4:44:26