

11/12/2011 Flagstaff Sports Foundation Forest Highlands Footloose 5K					
Women					
1-18	Place	Last	First	Division	Time
	1	Huany,	Grace	W16	26:38.00
	2	Jackson,	Autumn	W11	29:11.00
	3	Kester,	Rachel	W15	31:02.00
19-39			Women		
	1	Marks,	Annie	W37	25:52.00
	2	Hullings,	Lisa	W23	26:59.00
	3	Shepard,	Yummi	W36	34:06.00
	4	Quick,	Susan	W39	35:45.00
	5	DelGiorgio,	Laura	W29	36:51.00
	6	Bennett,	Jessica	W37	39:28.00
40-59			Women		
	1	Mennell,	Betsey	W42	28:03.00
	2	McMillan,	Tracy	W41	28:58.00
	3	Pospishel,	Lisa	W46	33:56.00
	4	Bifano-Elzey,	Rajean	W49	37:14.00
	5	Isbell,	Nancy	W52	39:56.00
Men					
1-18					
	1	Hall,	Nicholas	M11	23:47.00
	2	Favron	Komadina, Ma	M14	28:14.0
	3	Acker,	Tommy	M10	31:13.00
	4	Bennett,	Parker	M10	31:58.00
	5	Bennett,	Mako	M12	39:26.00
19-39					
	1	Hall,	Benjamin	M39	24:00.00
	2	Bennett,	Kai	M39	24:10.00
	3	Ramsey,	Colby	M39	27:03.00
	4	White,	Josh	M27	28:27.00
	5	Shepard,	Michael	M39	34:07.00
40-59					
	1	Acker,	Tom	M48	31:13.00
	2	Allen,	Doug	M57	32:58.00
	3	Isbell,	Chris	M52	39:57.00
60-99					
	1	Tohe,	Robert	M63	28:16.00

Overall 5K	Last	First	Division	Time
1	Hall,	Nicholas	M11	23:47.00
2	Hall,	Benjamin	M39	24:00.00
3	Bennett,	Kai	M39	24:10.00
4	Marks,	Annie	W37	25:52.00
5	Huany,	Grace	W16	26:38.00
6	Hullings,	Lisa	W23	26:59.00
7	Ramsey,	Colby	M39	27:03.00
8	Mennell,	Betsey	W42	28:03.00
9	Favron	Komadina, Marc	M14	28:14.00
10	Tohe,	Robert	M63	28:16.00
11	White,	Josh	M27	28:27.00
12	McMillan,	Tracy	W41	28:58.00
13	Jackson,	Autumn	W11	29:11.00
14	Kester,	Rachel	W15	31:02.00
15	Acker,	Tommy	M10	31:13.00
16	Acker,	Tom	M48	31:13.00

17	Bennett,	Parker	M10	31:58.00
18	Allen,	Doug	M57	32:58.00
19	Pospishel,	Lisa	W46	33:56.00
20	Shepard,	Yummi	W36	34:06.00
21	Shepard,	Michael	M39	34:07.00
22	Quick,	Susan	W39	35:45.00
23	DelGiorgio,	Laura	W29	36:51.00
24	Bifano-Elzey,	Rajeane	W49	37:14.00
25	Bennett,	Mako	M12	39:26.00
26	Bennett,	Jessica	W37	39:28.00
27	Isbell,	Nancy	W52	39:56.00
28	Isbell,	Chris	M52	39:57.00

10K Division Results					
Women	Place	Last	First	Age	Time
1-18					
	1	Muller-Hisa,	Jasmine	W15	53:28.00
19-39					
	1	McKay,	Erica	W32	42:28.00
	2	Nichols,	Elizabeth	W20	56:08.00
	3	Speer,	Chrissy	W32	56:59.00
	4	Blackledge,	Sabrina	W26	58:20.00
	5	Woody,	Melissa	W36	1:00:13.00
	6	Brooke,	Nilson	W33	1:02:47.00
	7	Yazzie,	Jamie	W33	1:04:44.00
40-59					
	1	Lyle,	Janice	W43	42:58.00
	2	Hendricks,	Sarah	W46	53:43.00
	3	Favron,	Michele	W48	54:52.00
Men					
1-18					
	1	Tosi,	Dominic	M17	39:57.00
	2	Jacobs,	Andrew	M17	40:20.00
	3	Hall,	Jonathan	M15	41:12.00
	4	Schulz,	Nick	M15	41:22.00
	5	Griffen,	Keven	M16	49:23.00
19-39					
	1	Huiznga,	Jeff	M29	42:00.00
	2	Butler,	Larry	M35	42:29.00
	3	Stoddard,	Kyle	M21	51:31.00
	4	Bonny,	Tab	M38	59:50.00
	5	Pitcher,	Mark	M31	1:03:11.00
	6	Siyuja,	Manny	M33	1:06:31.00
40-59					
	1	Ryan,	Matt	M54	52:02.00
	2	Sisk,	Thomas	M50	55:26.00
	3	Hoffman,	Martos	M56	56:47.00
	4	Jacobs,	Steven	M59	1:01:23.00
60-99					
	1	Hendricks,	Al	M60	49:01.00

#### 10K Overall

1	Tosi,	Dominic	M17	39:57.00
2	Jacobs,	Andrew	M17	40:20.00
3	Hall,	Jonathan	M15	41:12.00
4	Schulz,	Nick	M15	41:22.00

5	Huiznga,	Jeff	M29	42:00.00
6	McKay,	Erica	W32	42:28.00
7	Butler,	Larry	M35	42:29.00
8	Lyle,	Janice	W43	42:58.00
9	Hendricks,	Al	M60	49:01.00
10	Griffen,	Keven	M16	49:23.00
11	Stoddard,	Kyle	M21	51:31.00
12	Ryan,	Matt	M54	52:02.00
13	Muller-Hisa,	Jasmine	W15	53:28.00
14	Hendricks,	Sarah	W46	53:43.00
15	Favron,	Michele	W48	54:52.00
16	Sisk,	Thomas	M50	55:26.00
17	Nichols,	Elizabeth	W20	56:08.00
18	Hoffman,	Martos	M56	56:47.00
19	Speer,	Chrissy	W32	56:59.00
20	Blackledge,	Sabrina	W26	58:20.00
21	Bonny,	Tab	M38	59:50.00
22	Woody,	Melissa	W36	1:00:13.00
23	Jacobs,	Steven	M59	1:01:23.00
24	Brooke,	Nilson	W33	1:02:47.00
25	Pitcher,	Mark	M31	1:03:11.00
26	Yazzie,	Jamie	W33	1:04:44.00
27	Siyuja,	Manny	M33	1:06:31.00