

JDFR Rock the Park 5K  
5K Road Race

\*\*\*\*\* AWARDS LIST \*\*\*\*\*

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1 259 Natalie Mahlberg 28 22:59 23:00

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1 249 Cody Livengood 20 19:18 19:18

\*\*\*\*\* FEMALE MASTERS RESULTS \*\*\*\*\*

\*\*\*\*\* MALE MASTERS RESULTS \*\*\*\*\*

MALE AGE GROUP 1 - 8

FEMALE AGE GROUP 1 - 8

FEMALE AGE GROUP 9 - 14

MALE AGE GROUP 9 - 14

1 19 226 Will Moore 11 28:15:00 28:15:00

2 40 273 Tanner Hart 13 36:14:00 36:23:00

FEMALE AGE GROUP 15 - 19

1 10 242 Amberlee Hawley 17 25:41:00 25:42:00

MALE AGE GROUP 15 - 19

1 41 272 Corey Hart 19 36:26:00 36:36:00

FEMALE AGE GROUP 20 - 29

1 25 239 Janette Sandoval 28 29:09:00 29:11:00

2 29 235 Lisa Sudbrink 25 32:16:00 32:28:00

3 30 247 Amanda Morris 27 32:17:00 32:28:00

4 42 267 Lacey Bolton 25 37:22:00 37:33:00

5 46 281 Emily Fager 24 42:32:00 42:44:00

MALE AGE GROUP 20 - 29

1 17 282 Daniel Wagner 27 28:00:00 28:12:00

FEMALE AGE GROUP 30 - 39

1 13 243 Annie Garmon 33 26:44:00 26:46:00

2 15 264 Sarah James 32 27:51:00 27:53:00

3 16 246 Paige Storlie 39 27:59:00 28:01:00

4 18 236 Sarah Beukelman 30 28:09:00 28:16:00

5 20 252 Kira Mullins 35 28:20:00 28:25:00

6 21 263 Rebecca Scott 38 28:56:00 29:00:00

7 22 280 Leslie Lusby 34 28:58:00 29:02:00

8 33 224 Tashi Haley 31 33:02:00 33:10:00

9 36 231 Melissa Fogg 32 34:32:00 34:41:00

10 38 244 Sarah White 36 35:42:00 35:48:00

11 48 275 Carese Wood 32 42:51:00 42:54:00

12 49 225 Chelsey Scales 31 42:51:00 42:54:00

MALE AGE GROUP 30 - 39

1 3 255 Rob Vartabedian 35 22:16 22:17

2 5 277 Tim Williams 32 23:11 23:19

3	6	256 Brent Artho	37	23:29	23:32
4	8	238 Robert Martin	34	25:00:00	25:00:00
5	9	258 Cullen Hopkins	39	25:31:00	25:38:00
6	11	262 Eric Haley	31	25:52:00	26:00:00
7	23	237 Jared Beukelman	34	28:59:00	29:01:00
8	24	274 George Barnett	37	29:00:00	29:06:00
9	28	257 Aaron Davis	35	31:45:00	31:49:00
10	37	222 Blaize Justice	31	34:46:00	34:47:00

FEMALE AGE GROUP 40 - 49

1	32	228 Tami Moore	41	33:00:00	33:02:00
2	34	268 Tanya Deleon	46	33:09:00	33:12:00
3	39	227 Cherra Lafleur	46	35:53:00	36:03:00
4	44	271 Annette Hart	44	40:23:00	40:33:00

MALE AGE GROUP 40 - 49

1	2	266 Tom Abbruscato	44	21:59	22:04
2	7	245 Brian Reyes	43	23:46	23:48
3	14	260 Mike Sheffield	44	27:36:00	27:43:00
4	35	269 Tony Deleon	43	33:15:00	33:17:00
5	43	261 Dale Culver	41	37:46:00	37:56:00
6	45	270 Michael Hart	42	40:23:00	40:33:00

FEMALE AGE GROUP 50 - 59

1	47	221 Sue Jenkins	53	42:44:00	42:44:00
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MALE AGE GROUP 50 - 59

FEMALE AGE GROUP 60 - 69

MALE AGE GROUP 60 - 69

1	12	230 Phillip Ward	60	26:23:00	26:25:00
2	31	276 Phil Massie	67	32:43:00	32:49:00

FEMALE AGE GROUP 70 - 99

MALE AGE GROUP 70 - 99

JDFR Rock the Park 5K

5K Road Race

Place	Name	Age	Gender	Net Time	Gun Time	Pace
1	249 Cody Livengood		20 M	19:18	19:18	6:13
2	266 Tom Abbruscato		44 M	21:59	22:04	7:06
3	255 Rob Vartabedian		35 M	22:16	22:17	7:11
4	259 Natalie Mahlberg		28 F	22:59	23:00	7:24
5	277 Tim Williams		32 M	23:11	23:19	7:30
6	256 Brent Artho		37 M	23:29	23:32	7:35
7	245 Brian Reyes		43 M	23:46	23:48	7:40
8	238 Robert Martin		34 M	25:00:00	25:00:00	8:03
9	258 Cullen Hopkins		39 M	25:31:00	25:38:00	8:15
10	242 Amberlee Hawley		17 F	25:41:00	25:42:00	8:17
11	262 Eric Haley		31 M	25:52:00	26:00:00	8:22
12	230 Phillip Ward		60 M	26:23:00	26:25:00	8:30

13	243 Annie Garmon	33 F	26:44:00	26:46:00	8:37
14	260 Mike Sheffield	44 M	27:36:00	27:43:00	8:55
15	264 Sarah James	32 F	27:51:00	27:53:00	8:59
16	246 Paige Storlie	39 F	27:59:00	28:01:00	9:01
17	282 Daniel Wagner	27 M	28:00:00	28:12:00	9:05
18	236 Sarah Beukelman	30 F	28:09:00	28:16:00	9:06
19	226 Will Moore	11 M	28:15:00	28:15:00	9:06
20	252 Kira Mullins	35 F	28:20:00	28:25:00	9:09
21	263 Rebecca Scott	38 F	28:56:00	29:00:00	9:20
22	280 Leslie Lusby	34 F	28:58:00	29:02:00	9:21
23	237 Jared Beukelman	34 M	28:59:00	29:01:00	9:21
24	274 George Barnett	37 M	29:00:00	29:06:00	9:22
25	239 Janette Sandoval	28 F	29:09:00	29:11:00	9:24
26	278 Female Unknown		29:45:00	29:47:00	9:35
27	229 Autumn Ward	F	31:05:00	31:08:00	10:02
28	257 Aaron Davis	35 M	31:45:00	31:49:00	10:15
29	235 Lisa Sudbrink	25 F	32:16:00	32:28:00	10:27
30	247 Amanda Morris	27 F	32:17:00	32:28:00	10:27
31	276 Phil Massie	67 M	32:43:00	32:49:00	10:34
32	228 Tami Moore	41 F	33:00:00	33:02:00	10:38
33	224 Tashi Haley	31 F	33:02:00	33:10:00	10:41
34	268 Tanya Deleon	46 F	33:09:00	33:12:00	10:42
35	269 Tony Deleon	43 M	33:15:00	33:17:00	10:43
36	231 Melissa Fogg	32 F	34:32:00	34:41:00	11:10
37	222 Blaize Justice	31 M	34:46:00	34:47:00	11:12
38	244 Sarah White	36 F	35:42:00	35:48:00	11:32
39	227 Cherra Lafleur	46 F	35:53:00	36:03:00	11:36
40	273 Tanner Hart	13 M	36:14:00	36:23:00	11:43
41	272 Corey Hart	19 M	36:26:00	36:36:00	11:47
42	267 Lacey Bolton	25 F	37:22:00	37:33:00	12:05
43	261 Dale Culver	41 M	37:46:00	37:56:00	12:13
44	271 Annette Hart	44 F	40:23:00	40:33:00	13:03
45	270 Michael Hart	42 M	40:23:00	40:33:00	13:03
46	281 Emily Fager	24 F	42:32:00	42:44:00	13:46
47	221 Sue Jenkins	53 F	42:44:00	42:44:00	13:46
48	275 Carese Wood	32 F	42:51:00	42:54:00	13:49
49	225 Chelsey Scales	31 F	42:51:00	42:54:00	13:49