

PERSONAL BEST Performance
2011 Health and Fitness Run
5K (3.1 miles)
Results

Overall

| Place | Name | Time | Gender | Age |
|-------|--------------------|-------|--------|-----|
| 1 | Nathan Tousley | 18:29 | M | 20 |
| 2 | Scott Lambert | 22:16 | M | 51 |
| 3 | Kevin Ten Eyck | 22:24 | M | 33 |
| 4 | Paul Fuller | 22:29 | M | 29 |
| 5 | Amy Thorne | 24:13 | F | 48 |
| 6 | Stephen Thorne | 24:14 | M | 49 |
| 7 | Shannon Brown | 24:21 | F | 25 |
| 8 | Doug Allen | 25:01 | M | 11 |
| 9 | Ryan Nelson | 25:09 | M | 37 |
| 10 | Steve Dahms | 25:40 | M | 48 |
| 11 | Maren Hardsen | 26:29 | F | 14 |
| 12 | Josh Jaobsen | 26:30 | M | 35 |
| 13 | Bart Allen | 26:41 | M | 50 |
| 14 | Sarah Klepich | 27:13 | F | 17 |
| 15 | Ken Natali | 27:16 | M | 31 |
| 16 | Andy Andrus | 27:41 | M | 39 |
| 17 | Bailey Jones | 28:23 | F | 17 |
| 18 | Trisha Wheeler | 28:28 | F | 31 |
| 19 | Kim Croft | 29:25 | F | 47 |
| 20 | Jeff Hamilton | 29:29 | M | 22 |
| 21 | Ronald Goin | 29:42 | M | 74 |
| 22 | Elizabeth Sorensen | 30:05 | F | 40 |
| 23 | Mark Harrison | 30:07 | M | 44 |
| 24 | Julie Lang | 30:41 | F | 28 |
| 25 | Kyni Jo Decker | 30:47 | F | 23 |
| 26 | Kamarie Holland | 30:53 | F | 26 |
| 27 | Rex Thornley | 31:01 | M | 38 |
| 28 | Amy Hansen | 31:05 | F | 21 |
| 29 | Kara Sawyer | 31:05 | F | 22 |
| 30 | Cheryle Marley | 31:09 | F | 41 |
| 31 | Stan Randolph | 31:21 | M | 48 |
| 32 | Will Purser | 31:34 | M | 27 |
| 32 | Sharon Byron | 31:38 | F | 28 |
| 34 | Sonja Higley | 32:09 | F | 28 |
| 35 | Bryan Moore | 32:33 | M | 12 |
| 36 | Tammy Fletcher | 32:33 | F | 38 |
| 37 | Courtney Greenwood | 32:42 | F | 19 |
| 38 | Kathleen Michael | 32:42 | F | 49 |
| 39 | Emily Bolinder | 32:49 | F | 26 |
| 40 | Bill Townsen | 33:07 | M | 29 |
| 41 | Vickie Baker | 33:33 | F | 24 |
| 42 | Angie Miller | 33:43 | F | 37 |
| 43 | Faye Powell | 34:03 | F | 57 |
| 44 | Marci Bailey | 34:03 | F | 26 |
| 45 | Karlene Bowen | 34:07 | F | 42 |
| 46 | Candace Ancho | 34:10 | F | 51 |
| 47 | Mike Ancho | 34:10 | M | 51 |
| 48 | Matthew Watrous | 34:15 | M | 38 |
| 49 | Becca Morse | 34:39 | F | 20 |
| 50 | Troy Fackrell | 35:09 | M | 27 |
| 51 | Karen Hauser | 35:15 | F | 30 |
| 52 | Cort White | 35:17 | M | 30 |
| 53 | Sundee Wolfe | 35:19 | F | 24 |
| 54 | Carla Viceroy | 35:20 | F | 50 |
| 55 | McKenna Jones | 35:33 | F | 17 |
| 56 | Cali Storer | 36:00 | F | 33 |
| 57 | Nate Palmer | 36:11 | M | 26 |
| 58 | Brian Hayworth | 36:17 | M | 22 |
| 59 | Marc Lillifield | 36:21 | M | 21 |
| 60 | Susan Crawford | 36:36 | F | 31 |
| 61 | Phillip Walker | 37:02 | M | 29 |
| 62 | Parker Trowell | 37:07 | M | 28 |
| 63 | Carla Jones | 37:17 | F | 53 |
| 64 | Lane Virgin | 37:26 | M | 30 |
| 65 | Katy South | 37:39 | F | 34 |
| 66 | Nadine Wertz | 37:51 | F | 42 |
| 67 | Rob Stowell | 38:10 | M | 37 |
| 68 | Christie Harper | 38:11 | F | 22 |
| 69 | Pearl Sauer | 38:21 | F | 33 |
| 70 | Mitch Sewell | 39:00 | M | 22 |
| 71 | Lars Ingersoll | 39:14 | M | 26 |
| 72 | Susie Hampton | 39:16 | F | 28 |
| 73 | Iris Jenkins | 39:39 | F | 31 |
| 74 | Paula Mist | 39:41 | F | 39 |
| 75 | Tyler Thomas | 39:41 | M | 15 |
| 76 | Heidi Smith | 39:44 | F | 55 |
| 77 | Juliette Lars | 40:00 | F | 24 |
| 78 | Alan Lundeen | 40:12 | M | 50 |
| 79 | Jose Pade | 40:42 | M | 31 |
| 80 | Sarah Rydalch | 41:06 | F | 22 |
| 81 | Burt Dawson | 41:01 | M | 40 |
| 82 | Cooper Lawrence | 41:07 | M | 30 |
| 83 | Taylor Dillard | 41:21 | M | 21 |
| 84 | Mary Linderman | 41:41 | F | 48 |
| 85 | Dale Jones | 42:05 | M | 50 |
| 86 | Joyce Smith | 43:52 | F | 37 |
| 87 | Carson Peeler | 44:04 | M | 41 |
| 88 | Tami Whitehead | 44:04 | F | 41 |
| 89 | Issac Palmer | 44:12 | M | 19 |
| 90 | Cindy Cunningham | 44:41 | F | 54 |
| 91 | Edie Taylor | 45:12 | F | 10 |
| 92 | Edward Taylor | 45:12 | M | 36 |
| 93 | Sandie Taylor | 45:12 | F | 36 |
| 94 | Sandy Taylor | 45:12 | F | 12 |
| 95 | Steven Crow | 46:11 | M | 42 |
| 96 | Michael Karl | 46:12 | M | 41 |
| 97 | Marisa Jacobs | 48:01 | F | 20 |
| 98 | Jeremy Jacobs | 48:02 | M | 21 |
| 99 | Matt Cornell | 48:21 | M | 24 |

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|-----|--------------------|-------|---|----|
| 100 | Larry Mueller | 48:37 | M | 40 |
| 101 | Jonathan Miller | 48:49 | M | 36 |
| 102 | Opal Sorrell | 49:08 | F | 51 |
| 103 | Coy Layton | 49:21 | M | 19 |
| 104 | Dawn Morford | 49:51 | F | 29 |
| 105 | Heather Flaur | 50:03 | F | 49 |
| 106 | Boyd Petersen | 50:10 | M | 48 |
| 107 | Anthony Petersen | 50:12 | M | 47 |
| 108 | Cole Morris | 50:50 | M | 39 |
| 109 | Abe Stenon | 51:14 | M | 57 |
| 110 | Jay Sinclair | 51:43 | M | 41 |
| 111 | Julie Lawton | 51:50 | F | 32 |
| 112 | Ernst Tomlin | 52:21 | M | 47 |
| 113 | Matthew Farnsworth | 52:52 | M | 5 |
| 114 | Lyman Poulson | 53:51 | M | 50 |
| 115 | Amy Yarnes | 54:03 | F | 51 |
| 116 | McKinley Jewels | 55:05 | F | 16 |
| 117 | Brianna Allen | 55:06 | F | 18 |
| 118 | Charles Navie | 55:07 | M | 62 |
| 119 | Dennis Farnsworth | 55:48 | M | 69 |
| 120 | Mary Allen | 56:22 | F | 42 |
| 121 | Peter Billups | 58:51 | M | 53 |
| 122 | Oscar Petersen | 63:09 | M | 61 |
| 123 | Boyd Peterson | #### | M | 52 |

Division (Women's / Men's)

| Place | Name | Time | Gender | Age |
|-------|--------------------|-------|--------|-----|
| 1 | Amy Thorne | 24:13 | F | 48 |
| 2 | Shannon Brown | 24:21 | F | 25 |
| 3 | Maren Hardsen | 26:29 | F | 14 |
| 4 | Sarah Klepich | 27:13 | F | 17 |
| 5 | Bailey Jones | 28:23 | F | 17 |
| 6 | Trisha Wheeler | 28:28 | F | 31 |
| 7 | Kim Croft | 29:25 | F | 47 |
| 8 | Elizabeth Sorensen | 30:05 | F | 40 |
| 9 | Julie Lang | 30:41 | F | 28 |
| 10 | Kyni Jo Decker | 30:47 | F | 23 |
| 11 | Kamarie Holland | 30:53 | F | 26 |
| 12 | Amy Hansen | 31:05 | F | 21 |
| 13 | Kara Sawyer | 31:05 | F | 22 |
| 14 | Cheryle Marley | 31:09 | F | 41 |
| 15 | Sharon Byron | 31:38 | F | 28 |
| 16 | Sonja Higley | 32:09 | F | 28 |
| 17 | Tammy Fletcher | 32:33 | F | 38 |
| 18 | Courtney Greenwood | 32:42 | F | 19 |
| 19 | Kathleen Michael | 32:42 | F | 49 |
| 20 | Emily Bolinder | 32:49 | F | 26 |
| 21 | Vickie Baker | 33:33 | F | 24 |
| 22 | Angie Miller | 33:43 | F | 37 |
| 23 | Faye Powell | 34:03 | F | 57 |
| 24 | Marci Bailey | 34:03 | F | 26 |
| 25 | Karlene Bowen | 34:07 | F | 42 |
| 26 | Candace Ancho | 34:10 | F | 51 |
| 27 | Becca Morse | 34:39 | F | 20 |
| 28 | Karen Hauser | 35:15 | F | 30 |
| 29 | Sundee Wolfe | 35:19 | F | 24 |
| 30 | Carla Viceroy | 35:20 | F | 50 |
| 31 | McKenna Jones | 35:33 | F | 17 |
| 32 | Cali Storer | 36:00 | F | 33 |
| 33 | Susan Crawford | 36:36 | F | 31 |
| 34 | Carla Jones | 37:17 | F | 53 |
| 35 | Katy South | 37:39 | F | 34 |
| 36 | Nadine Wertz | 37:51 | F | 42 |
| 37 | Christie Harper | 38:11 | F | 22 |
| 38 | Pearl Sauer | 38:21 | F | 33 |
| 39 | Susie Hampton | 39:16 | F | 28 |
| 40 | Iris Jenkins | 39:39 | F | 31 |
| 41 | Paula Mist | 39:41 | F | 39 |
| 42 | Heidi Smith | 39:44 | F | 55 |
| 43 | Juliette Lars | 40:00 | F | 24 |
| 44 | Sarah Rydalch | 41:06 | F | 22 |
| 45 | Mary Linderman | 41:41 | F | 48 |
| 46 | Joyce Smith | 43:52 | F | 37 |
| 47 | Tami Whitehead | 44:04 | F | 41 |
| 48 | Cindy Cunningham | 44:41 | F | 54 |
| 49 | Edie Taylor | 45:12 | F | 10 |
| 50 | Sandie Taylor | 45:12 | F | 36 |
| 51 | Sandy Taylor | 45:12 | F | 12 |
| 52 | Marisa Jacobs | 48:01 | F | 20 |
| 53 | Opal Sorrell | 49:08 | F | 51 |
| 54 | Dawn Morford | 49:51 | F | 29 |
| 55 | Heather Flaur | 50:03 | F | 49 |
| 56 | Julie Lawton | 51:50 | F | 32 |
| 57 | Amy Yarnes | 54:03 | F | 51 |
| 58 | McKinley Jewels | 55:05 | F | 16 |
| 59 | Brianna Allen | 55:06 | F | 18 |
| 60 | Mary Allen | 56:22 | F | 42 |
| | | | | |
| Place | Name | Time | Gender | Age |
| 1 | Nathan Tousley | 18:29 | M | 20 |
| 2 | Scott Lambert | 22:16 | M | 51 |
| 3 | Kevin Ten Eyck | 22:24 | M | 33 |
| 4 | Paul Fuller | 22:29 | M | 29 |
| 5 | Stephen Thorne | 24:14 | M | 49 |
| 6 | Doug Allen | 25:01 | M | 11 |
| 7 | Ryan Nelson | 25:09 | M | 37 |
| 8 | Steve Dahms | 25:40 | M | 48 |
| 9 | Josh Jaobsen | 26:30 | M | 35 |
| 10 | Bart Allen | 26:41 | M | 50 |
| 11 | Ken Natali | 27:16 | M | 31 |
| 12 | Andy Andrus | 27:41 | M | 39 |
| 13 | Jeff Hamilton | 29:29 | M | 22 |
| 14 | Ronald Goin | 29:42 | M | 74 |
| 15 | Mark Harrison | 30:07 | M | 44 |

| | | | | |
|----|--------------------|-------|---|----|
| 16 | Rex Thornley | 31:01 | M | 38 |
| 17 | Stan Randolph | 31:21 | M | 48 |
| 18 | Will Purser | 31:34 | M | 27 |
| 19 | Bryan Moore | 32:33 | M | 12 |
| 20 | Bill Townsen | 33:07 | M | 29 |
| 21 | Mike Ancho | 34:10 | M | 51 |
| 22 | Matthew Watrous | 34:15 | M | 38 |
| 23 | Troy Fackrell | 35:09 | M | 27 |
| 24 | Cort White | 35:17 | M | 30 |
| 25 | Nate Palmer | 36:11 | M | 26 |
| 26 | Brian Hayworth | 36:17 | M | 22 |
| 27 | Marc Lillifield | 36:21 | M | 21 |
| 28 | Phillip Walker | 37:02 | M | 29 |
| 29 | Parker Trowell | 37:07 | M | 28 |
| 30 | Lane Virgin | 37:26 | M | 30 |
| 31 | Rob Stowell | 38:10 | M | 37 |
| 32 | Mitch Sewell | 39:00 | M | 22 |
| 33 | Lars Ingersoll | 39:14 | M | 26 |
| 34 | Tyler Thomas | 39:41 | M | 15 |
| 35 | Alan Lundeen | 40:12 | M | 50 |
| 36 | Jose Pade | 40:42 | M | 31 |
| 37 | Burt Dawson | 41:01 | M | 40 |
| 38 | Cooper Lawrence | 41:07 | M | 30 |
| 39 | Taylor Dillard | 41:21 | M | 21 |
| 40 | Dale Jones | 42:05 | M | 50 |
| 41 | Carson Peeler | 44:04 | M | 41 |
| 42 | Issac Palmer | 44:12 | M | 19 |
| 43 | Edward Taylor | 45:12 | M | 36 |
| 44 | Steven Crow | 46:11 | M | 42 |
| 45 | Michael Karl | 46:12 | M | 41 |
| 46 | Jeremy Jacobs | 48:02 | M | 21 |
| 47 | Matt Cornell | 48:21 | M | 24 |
| 48 | Larry Mueller | 48:37 | M | 40 |
| 49 | Jonathan Miller | 48:49 | M | 36 |
| 50 | Coy Layton | 49:21 | M | 19 |
| 51 | Boyd Petersen | 50:10 | M | 48 |
| 52 | Anthony Petersen | 50:12 | M | 47 |
| 53 | Cole Morris | 50:50 | M | 39 |
| 54 | Abe Stenon | 51:14 | M | 57 |
| 55 | Jay Sinclair | 51:43 | M | 41 |
| 56 | Ernst Tomlin | 52:21 | M | 47 |
| 57 | Matthew Farnsworth | 52:52 | M | 5 |
| 58 | Lyman Poulson | 53:51 | M | 50 |
| 59 | Charles Navie | 55:07 | M | 62 |
| 60 | Dennis Farnsworth | 55:48 | M | 69 |
| 61 | Peter Billups | 58:51 | M | 53 |
| 62 | Oscar Petersen | 63:09 | M | 61 |
| 63 | Boyd Peterson | #### | M | 52 |

Age-Groups

| Place | Name | Time | Gender | Age |
|-----------------|--------------------|-------|--------|-----|
| <i>Under 20</i> | | | | |
| 1 | Maren Hardsen | 26:29 | F | 14 |
| 2 | Sarah Klepich | 27:13 | F | 17 |
| 3 | Bailey Jones | 28:23 | F | 17 |
| 4 | Edie Taylor | 45:12 | F | 10 |
| 5 | Sandy Taylor | 45:12 | F | 12 |
| 6 | McKinley Jewels | 55:05 | F | 16 |
| <i>20-29</i> | | | | |
| 1 | Shannon Brown | 24:21 | F | 25 |
| 2 | Julie Lang | 30:41 | F | 28 |
| 3 | Kyni Jo Decker | 30:47 | F | 23 |
| 4 | Kamarie Holland | 30:53 | F | 26 |
| 5 | Amy Hansen | 31:05 | F | 21 |
| 6 | Kara Sawyer | 31:05 | F | 22 |
| 7 | Sharon Byron | 31:38 | F | 28 |
| 8 | Sonja Higley | 32:09 | F | 28 |
| 9 | Emily Bolinder | 32:49 | F | 26 |
| 10 | Vickie Baker | 33:33 | F | 24 |
| 11 | Marci Bailey | 34:03 | F | 26 |
| 12 | Sundee Wolfe | 35:19 | F | 24 |
| 13 | Christie Harper | 38:11 | F | 22 |
| 14 | Susie Hampton | 39:16 | F | 28 |
| 15 | Juliette Lars | 40:00 | F | 24 |
| 16 | Sarah Rydalch | 41:06 | F | 22 |
| 17 | Marisa Jacobs | 48:01 | F | 20 |
| 18 | Dawn Morford | 49:51 | F | 29 |
| <i>30-39</i> | | | | |
| 1 | Trisha Wheeler | 28:28 | F | 31 |
| 2 | Tammy Fletcher | 32:33 | F | 38 |
| 3 | Angie Miller | 33:43 | F | 37 |
| 4 | Karen Hauser | 35:15 | F | 30 |
| 5 | Cali Storer | 36:00 | F | 33 |
| 6 | Susan Crawford | 36:36 | F | 31 |
| 7 | Katy South | 37:39 | F | 34 |
| 8 | Pearl Sauer | 38:21 | F | 33 |
| 9 | Iris Jenkins | 39:39 | F | 31 |
| 10 | Paula Mist | 39:41 | F | 39 |
| 11 | Joyce Smith | 43:52 | F | 37 |
| 12 | Sandie Taylor | 45:12 | F | 36 |
| 13 | Julie Lawton | 51:50 | F | 32 |
| <i>40-49</i> | | | | |
| 1 | Amy Thorne | 24:13 | F | 48 |
| 2 | Kim Croft | 29:25 | F | 47 |
| 3 | Elizabeth Sorensen | 30:05 | F | 40 |
| 4 | Cheryle Marley | 31:09 | F | 41 |
| 5 | Kathleen Michael | 32:42 | F | 49 |
| 6 | Karlene Bowen | 34:07 | F | 42 |
| 7 | Nadine Wertz | 37:51 | F | 42 |
| 8 | Mary Linderman | 41:41 | F | 48 |
| 9 | Tami Whitehead | 44:04 | F | 41 |
| 10 | Heather Flaur | 50:03 | F | 49 |
| 11 | Mary Allen | 56:22 | F | 42 |
| <i>Masters</i> | | | | |

| 1 | Faye Powell | 34:03 | F | 57 |
|-----------------|--------------------|-------|--------|-----|
| 2 | Candace Ancho | 34:10 | F | 51 |
| 3 | Carla Viceroy | 35:20 | F | 50 |
| 4 | Carla Jones | 37:17 | F | 53 |
| 5 | Heidi Smith | 39:44 | F | 55 |
| 6 | Cindy Cunningham | 44:41 | F | 54 |
| 7 | Opal Sorrell | 49:08 | F | 51 |
| 8 | Amy Yarnes | 54:03 | F | 51 |
| | | | | |
| Place | Name | Time | Gender | Age |
| <i>Men's</i> | | | | |
| <i>Under 20</i> | | | | |
| 1 | Doug Allen | 25:01 | M | 11 |
| 2 | Bryan Moore | 32:33 | M | 12 |
| 3 | Tyler Thomas | 39:41 | M | 15 |
| 4 | Issac Palmer | 44:12 | M | 19 |
| 5 | Coy Layton | 49:21 | M | 19 |
| 6 | Matthew Farnsworth | 52:52 | M | 5 |
| <i>20-29</i> | | | | |
| 1 | Nathan Tousley | 18:29 | M | 20 |
| 2 | Paul Fuller | 22:29 | M | 29 |
| 3 | Jeff Hamilton | 29:29 | M | 22 |
| 4 | Will Purser | 31:34 | M | 27 |
| 5 | Bill Townsen | 33:07 | M | 29 |
| 6 | Troy Fackrell | 35:09 | M | 27 |
| 7 | Nate Palmer | 36:11 | M | 26 |
| 8 | Brian Hayworth | 36:17 | M | 22 |
| 9 | Marc Lillifield | 36:21 | M | 21 |
| 10 | Phillip Walker | 37:02 | M | 29 |
| 11 | Parker Trowell | 37:07 | M | 28 |
| 12 | Mitch Sewell | 39:00 | M | 22 |
| 13 | Lars Ingersoll | 39:14 | M | 26 |
| 14 | Taylor Dillard | 41:21 | M | 21 |
| 15 | Jeremy Jacobs | 48:02 | M | 21 |
| 16 | Matt Cornell | 48:21 | M | 24 |
| <i>30-39</i> | | | | |
| 1 | Kevin Ten Eyck | 22:24 | M | 33 |
| 2 | Ryan Nelson | 25:09 | M | 37 |
| 3 | Josh Jaobsen | 26:30 | M | 35 |
| 4 | Ken Natali | 27:16 | M | 31 |
| 5 | Andy Andrus | 27:41 | M | 39 |
| 6 | Rex Thornley | 31:01 | M | 38 |
| 7 | Matthew Watrous | 34:15 | M | 38 |
| 8 | Cort White | 35:17 | M | 30 |
| 9 | Lane Virgin | 37:26 | M | 30 |
| 10 | Rob Stowell | 38:10 | M | 37 |
| 11 | Jose Pade | 40:42 | M | 31 |
| 12 | Cooper Lawrence | 41:07 | M | 30 |
| 13 | Edward Taylor | 45:12 | M | 36 |
| 14 | Jonathan Miller | 48:49 | M | 36 |
| 15 | Cole Morris | 50:50 | M | 39 |
| <i>40-49</i> | | | | |
| 1 | Stephen Thorne | 24:14 | M | 49 |
| 2 | Steve Dahms | 25:40 | M | 48 |
| 3 | Mark Harrison | 30:07 | M | 44 |
| 4 | Stan Randolph | 31:21 | M | 48 |
| 5 | Burt Dawson | 41:01 | M | 40 |
| 6 | Carson Peeler | 44:04 | M | 41 |
| 7 | Steven Crow | 46:11 | M | 42 |
| 8 | Michael Karl | 46:12 | M | 41 |
| 9 | Larry Mueller | 48:37 | M | 40 |
| 10 | Boyd Petersen | 50:10 | M | 48 |
| 11 | Anthony Petersen | 50:12 | M | 47 |
| 12 | Jay Sinclair | 51:43 | M | 41 |
| 13 | Ernst Tomlin | 52:21 | M | 47 |
| <i>Masters</i> | | | | |
| 1 | Scott Lambert | 22:16 | M | 51 |
| 2 | Bart Allen | 26:41 | M | 50 |
| 3 | Ronald Goin | 29:42 | M | 74 |
| 4 | Mike Ancho | 34:10 | M | 51 |
| 5 | Alan Lundeen | 40:12 | M | 50 |
| 6 | Dale Jones | 42:05 | M | 50 |
| 7 | Abe Stenon | 51:14 | M | 57 |
| 8 | Lyman Poulson | 53:51 | M | 50 |
| 9 | Charles Navie | 55:07 | M | 62 |
| 10 | Dennis Farnsworth | 55:48 | M | 69 |
| 11 | Peter Billups | 58:51 | M | 53 |
| 12 | Oscar Petersen | 63:09 | M | 61 |
| 13 | Boyd Peterson | #### | M | 52 |