

Final Results
Urbandale July 4th, 2006 5K
William Courtney Memorial
Top Ten

Men				Women		
Place	Name	Age	Time	Name	Age	Time
1st	Chris Lawson	21	16:02	Melinda Carlberg	32	18:10*
2nd	Joe Hall	28	16:55	Stephanie Mundt	15	18:27
3rd	Loran Storts	41	17:26	Tami Prescott	39	20:52
4th	Joe Marshall	38	17:34	Steph Groathouse	24	21:09
5th	Jordan Seaberg	19	17:35	Courtney Zaharis	43	21:15
6th	Bill Ford	41	17:41	Katie Engquist	17	21:22
7th	Kyle Selsor	17	18:13	Nicole Wilson	17	21:36
8th	John Anthofer	34	18:26	Carolyn Evans	11	21:50
9th	Kent Carlson	27	18:29	Sami Steinmeyer	15	22:13
10th	Paul Sparks	47	18:30	Carla Stoner	43	22:17

*course record

Age Group Winners

Men			Women		
Elementary School					
Jerry Richards	9	26:39	Carolyn Evans	11	21:50
Middle School (12-13)					
Tyler Christians	13	19:18	Serena Goetzel	12	23:52
Ryan Miller	12	21:20			
High School (14-18)					
Kyle Selsor	17	18:13	Stephanie Mundt	15	18:27
Jake Sutton	15	18:36	Katie Engquist	17	21:22
19-29					
Chris Lawson	21	16:02	Melissa Gerrard	26	22:35
Joe Hall	28	16:55	Tara Hall	26	22:36
30-39					
Joe Marshall	38	17:34	Melinda Carlberg	32	18:10
John Anthofer	34	18:26	Tami Prescott	39	20:52
40-49					
Loren Storts	41	17:26	Courtney Zaharis	43	21:15
Bill Ford	41	17:41	Carla Stoner	43	22:17
50-59					
3Sticks McBride	50	19:02	Paula Dierenfeld	52	25:39
David Miller	54	20:31	Mary Gross	53	27:54
60 and up					
Jim Mathews	66	23:09	Breta Westlund	66	29:41
Gene Harding	75	28:05			