

St. Patrick '07 10 km

West Des Moines, IA

March 25, 2007

73 degrees, 55% humidity, Wind 23 mph SW

Results by Michael Franke

[John Leonhart \(the Race Director\)](#) requests that if a participant won an award and didn't pick it up, please contact him at his home number 515-253-0143.

[2 Mile results](#)

[5 K results](#)

Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME
1	1	M30 Marty Dalton, 30, Stuart, IA	33:18
2	2	M30 John Gift, 30	33:58
3	1	M20 Michael Slowik, 26, Iowa City, IA	34:37
4	2	M20 Bobby Atkins, 26, Des Moines, IA	35:04
1	1	W30 Melinda Courage, 33*, Urbandale, IA	38:01
5	1	M40 Steve Feltz, 41, West Des Moines, IA	38:20
6	2	M40 Keith Fevold, 48, Johnston, IA	38:36
7	3	M30 Mike Morrison, 32, Urbandale, IA	38:40
8	1	JrM Derek Keast, 16, Altoona, IA	38:42
9	3	M20 Graham McGaffin, 23, Cedar Falls, IA	39:26
10	4	M30 Jacob Kaemmer, 30, Des Moines, IA	39:31
11	5	M30 Jason Halfpap, 31, Urbandale, IA	39:32
12	3	M40 Troy Zeleznik, 44, West Des Moines, IA	40:00
13	6	M30 Mark Solomon, 32, Pella, IA	40:08
14	7	M30 Mike Rieks, 39, Urbandale, IaÊ	40:31
15	4	M20 Brian Farrell, 24, Des Moines, IA	40:49
16	1	M50 Dave Fitz, 52, Ames, IA	41:03
17	8	M30 Louis Dewild, 33, Des Moines, IA	41:13
18	5	M20 Joe Aulwes, 26, Bondurant, IA	41:40
19	9	M30 John Anthofer, 34, Urbandale, IA	41:46
2	1	W20 Jana Severson, 29*, West Des Moines, IA	42:00
20	4	M40 Dave Vanderweide, 40, West Des Moines, IA	42:10
21	10	M30 Matthew Zepeda, 33, Waukee, IA	42:41
22	11	M30 John Lajoie, 39, Ankney, IA	42:46
23	12	M30 Todd Bindel, 39, West Des Moines, IA	42:48
24	5	M40 Brent Koch, 40, Waukee, IA	42:59
3	2	W30 Christine Price, 38*, Des Moines, IA	43:05
4	2	W20 Nicole Wendl, 25*, Des Moines, IA	43:07
25	6	M40 Kyle Weuve, 41, Urbandale, IA	43:20
26	6	M20 Mire McGinn, 26, Johnston, IA	43:21
27	13	M30 Jim Turner, 30, Urbandale, IA	43:23
28	7	M40 Don Cumings, 44, Ankney, IA	43:34
29	8	M40 Michael Gould, 44, West Des Moines, IA	43:53
30	9	M40 David Christens, 47, West Des Moines, IA	44:20
31	10	M40 Jeff Feder, 46, Norwalk, IA	44:23
5	1	W40 Melanie Lange, 44*, Clive, IA	44:40

32	7	M20 Ryan Gratz, 25, Stuart, IA	45:06
33	8	M20 Derek McChurch, 26, Des Moines, IA	45:07
34	14	M30 Dave Olsen, 34, West Des Moines, IA	45:10
35	11	M40 Pat Baldus, 41, West Des Moines, IA	45:16
36	1	M60 Mike Bender, 66, Des Moines, IA	45:28
37	15	M30 Mark Davis, 39, Urbandale, IA	45:29
38	12	M40 Jeff Kelly, 40, Urbandale, IA	45:31
39	16	M30 John Urban, 39, Johnston, IA	45:37
40	9	M20 Chad Marchant, 27, Ankeny, IA	45:46
41	17	M30 Chris Albright, 32, Norwalk, IA	45:47
42	13	M40 Michael Shumway, 46, West Des Moines, IA	46:05
43	14	M40 Dan Gustafson, 44, West Des Moines, IA	46:17
44	2	M50 Willie Lahart, 53, Newton, IA	46:28
45	3	M50 Chuck Clark, 56, Carroll, IA	46:29
46	15	M40 Bruce Drummond, 48, Johnston, IA	46:30
6	1	JrW Kelsey Mitchell, 17*, Des Moines, IA	46:32
47	18	M30 Reed Rinderknecht, 37, Clive, IA	46:34
48	16	M40 Mark Seaman, 47, West Des Moines, IA	46:35
7	1	W50 Nancy Hoegh, 54*, Clive, IA	46:37
49	17	M40 Wayne Lacher, 45, Stuart, IA	46:51
50	19	M30 Rob Hansen, 35, Des Moines, IA	46:56
51	10	M20 James Clevenger, 28, Urbandale, IA	47:06
52	20	M30 Jim Hagelie, 39, Waukee, IA	47:16
53	4	M50 Rick Snyder, 52, Winterset, IA	47:21
54	2	JrM Nathan Feltz, 19, West Des Moines, IA	47:23
55	5	M50 John Meyer, 51, West Des Moines, IA	47:25
56	18	M40 Joe Akers, 41, Grimes, IA	47:28
57	19	M40 Jeffrey Goodman, 48, West Des Moines, IA	47:40
8	3	W30 Stacie Couvillon, 33*, Des Moines, IA	47:41
58	6	M50 Kevin Cunningham, 55, Des Moines, IA	47:42
59	2	M60 Mike May, 60, Indianola, IA	47:52
9	3	W20 Tori Crum, 21*, Ames, IA	48:07
60	21	M30 Thomas Novotney, 31, Rockwell, IA	48:07
61	22	M30 Benjamin Lefever, 30, West Des Moines, IA	48:08
62	20	M40 Mike Casady, 45, Urbandale, IA	48:14
63	7	M50 Hank Manning, 51, Des Moines, IA	48:14
64	23	M30 Jason Wentworth, 36, Urbandale, IA	48:19
10	4	W20 Tiffany Ingersoll, 27*, Ankeny, IA	48:33
65	21	M40 Andrew Shipley, 40, West Des Moines, IA	48:34
11	2	JrW Sierra Hughes, 11*, Norwalk, IA	48:36
66	24	M30 Brent Monson, 38, Des Moines, IA	48:38
67	11	M20 Nicholas Wilwert, 27, Davenport, IA	48:40
12	5	W20 Emily Taylor, 24*, Cedar Falls, IA	48:48
13	4	W30 Angie Heim, 31*, Norwalk, IA	48:49
68	8	M50 Bob Overstreet, 56, Des Moines, IA	48:51
69	25	M30 Steve Heddinger, 37, West Des Moines, IA	48:52
70	3	JrM John Reding, 19, Algona, IA	48:54
71	26	M30 Todd Savage, 39, Altoona, IA	48:58
72	27	M30 Jason Hahn, 36, Des Moines, IA	49:05
73	9	M50 T A. Meyer, 54, Johnston, IA	49:05
74	22	M40 Chuck Fritz, 42, Clive, IA	49:07
14	5	W30 Shelley Bricker, 32*, Des Moines, IA	49:15
75	23	M40 David Jass, 44, Ankeny, IA	49:23
76	3	M60 Thomas Bachmann, 61, Grinnell, IA	49:26
15	2	W50 Jan Mohs, 55*, Urbandale, IaE	49:30
16	6	W30 Ami Bolles, 34*, Waukee, IA	49:33
77	12	M20 Pete Jones, 29, Urbandale, IA	49:36
78	24	M40 Brian Culich, 44, Des Moines, IA	49:43
79	28	M30 Jason Marcel, 32, Des Moines, IA	49:54
17	7	W30 Sara Bucknam, 32*, Mason City, IA	50:03
80	25	M40 Keith Gutschenritter, 47, West Des Moines, IA	50:04
81	10	M50 Mark Borseth, 51, Johnston, IA	50:07
82	29	M30 Joel Rinderknecht, 32, Waukee, IA	50:12
83	26	M40 Jeff Gust, 44, Clive, IA	50:18

84	27	M40 Mike Warren, 46, Marshalltown, IA	50:19
85	30	M30 John Fitzsimmons, 38, Ankeny, IA	50:28
18	3	JrW Amy Benes, 19*, Des Moines, IA	50:33
19	2	W40 Lisa Wink, 40*, Urbandale, IA	50:41
86	4	JrM Mitch Wink, 13, Urbandale, IA	50:42
87	28	M40 Ron Hankins, 48, Polk City, IA	50:59
88	31	M30 Steve Benz, 36, Udell, IA	51:00
89	13	M20 Michael Odonnell, 28, West Des Moines, IA	51:29
90	29	M40 Mike Pauk, 40, Dexter, IA	51:41
20	8	W30 Laurie Baker, 34*, Waukee, IA	51:42
91	11	M50 Joe Robinson, 55, Bondurant, IA	51:59
21	9	W30 Tara Brawner, 38*, Clive, IA	52:00
92	32	M30 Dan Buettner, 32, Des Moines, IA	52:07
22	10	W30 Jean Furler, 37*, Indianola, IA	52:26
23	3	W40 Heather Stilborn, 44*, Des Moines, IA	52:29
24	6	W20 Courtney Varley, 20*, Menlo, IA	52:37
25	11	W30 Jason Halfpap, 30*, Urbandale, IA	52:38
93	12	M50 Russ Lacznia, 50, Ames, IA	52:49
26	12	W30 Colleen Kelly, 30*, Des Moines, IA	52:53
27	13	W30 Krista Bartholomew, 32*, Des Moines, IA	52:59
28	7	W20 Michelle Ennis, 29*, West Des Moines, IA	53:01
29	14	W30 Shanda Abbott, 37*, Vam Meter, IA	53:12
94	4	M60 Joe Keefer, 60, Des Moines, IA	53:14
95	33	M30 Brayden Girdler, 31, Granger, IA	53:15
96	13	M50 Mike Clayton, 51, Ames, IA	53:16
30	4	W40 Sue Holden, 42*, Des Moines, IA	53:17
97	30	M40 Jeffrey Anderson, 46, Boone, IA	53:28
98	14	M50 Ronald Mowers, 58, Ames, IA	53:40
31	8	W20 Robyn Clevenger, 28*, Urbandale, IA	53:43
99	15	M50 Robert Meimann, 51, Nevada, IA	54:04
100	16	M50 T Gaffney, 53, West Des Moines, IA	54:04
101	34	M30 Jeff Bradshaw, 32, Ames, IA	54:08
102	17	M50 Gary Hoskins, 56, Roach, MO	54:17
32	9	W20 Tanya Poshusta, 27*, Fort Dodge, IA	54:32
33	5	W40 Sherri Huff, 44*, Winterset, IA	54:36
34	10	W20 Kacie Gilliland, 23*, Ames, IA	54:40
103	14	M20 Dan Evans Jr, 26, Windsor Heights, IA	54:46
35	15	W30 Kelsi Huseman, 31*, Clarinda, IA	54:52
104	35	M30 Matthew Paul, 38, Des Moines, IA	55:02
36	16	W30 Maria Ruhtenberg, 36*, Des Moines, IA	55:15
105	18	M50 Patrick Moriarity, 51, Pella, IA	55:17
106	15	M20 Mark Bennett, 27, Grimes, IA	55:31
37	17	W30 Melissa Hoskins, 35*, North Liberty, IA	55:33
38	11	W20 Cheryl Dralle, 29*, Des Moines, IA	55:36
39	12	W20 Amanda McDaniel, 23*, Pleasantville, IA	55:36
40	18	W30 Renee Fickbomm, 33*, Johnston, IA	55:47
41	13	W20 Lori Meyers, 29*, West Des Moines, IA	55:52
107	19	M50 John Roan, 50, West Des Moines, IA	55:53
108	36	M30 Brian Stewart, 35, West Des Moines, IA	56:31
42	19	W30 Kimberly Stewart, 38*, Des Moines, IA	56:32
109	16	M20 Mike Maraslo, 29, Des Moines, IA	56:46
110	37	M30 Ted Bolles, 36, Waukee, IA	56:55
43	3	W50 Susan Duoblys, 52*, Des Moines, IA	57:06
44	4	W50 Paula Dierenfeld, 52*, Johnston, IA	57:06
45	5	W50 Connie Robinson, 50*, Bondurant, IA	57:18
111	38	M30 Joseph Schmitt, 30, West Des Moines, IA	57:20
46	14	W20 Renae Schmitt, 28*, Ames, IA	57:27
47	20	W30 Melissa Perrin, 30*, Urbandale, IA	57:37
48	6	W40 Kelly Moore, 46*, Polk City, IA	57:41
112	20	M50 Joe Yamen, 58, Waukee, IA	57:48
49	6	W50 Nancy Standley, 50*, Urbandale, IA	57:54
113	39	M30 Tony Lovejoy, 34, Urbandale, IA	57:55
114	40	M30 Marc Pedersen, 32, Clive, IA	57:58
115	17	M20 Matt Moffitt, 29, Madrid, IA	58:13
116	41	M30 Koen Luinstra, 34, West Des Moines, IA	58:15

117	21	M50	Stuart Lehr, 57, West Des Moines, IA	58:20
50	21	W30	Katie Seidler, 30*, Winterset, IA	58:41
51	22	W30	Heather Brunk, 35*, Johnston, IA	58:42
118	18	M20	Adam Gudenkauf, 27, Ankeny, IA	59:01
119	42	M30	Clint Jones, 32, West Des Moines, IA	59:12
120	5	M60	Jack Matthews, 63, Stuart, IA	59:13
121	43	M30	Thomas Martin, 36, Waukee, IA	59:26
122	44	M30	Jason Webb, 31, Des Moines, IA	59:26
52	7	W40	Pamela Gallagher, 43*, Ankeny, IA	59:27
53	23	W30	Debra Scorpiniti, 39*, West Des Moines, IA	59:29
123	31	M40	Duncan Gallagher, 47, Ankeny, IA	59:31
54	15	W20	Joanna Steffen, 29*, Urbandale, IA	59:38
55	24	W30	Jessica Chandler, 30*, Windsor Heights, IA	59:38
124	45	M30	Chris Bart, 34, Clive, IA	59:39
56	25	W30	Brooke Lovelace, 36*, Newton, IA	59:44
57	8	W40	Connie Petersen, 42*, Elkhart, IA	1:00:07
58	26	W30	Rebecca Meis, 30*, West Des Moines, IA	1:00:08
125	19	M20	Mitchell Lake, 29, West Des Moines, IA	1:00:19
59	16	W20	Danielle Bonzer, 26*, Cedar Falls, IA	1:00:29
126	32	M40	Steve Shifflett, 48, Ames, IA	1:00:38
127	46	M30	Sean Sexton, 37, Des Moines, IA	1:00:49
60	27	W30	Jennifer Damge, 35*, Des Moines, IA	1:01:04
128	22	M50	Marty Dunn, 54, Des Moines, IA	1:01:05
61	17	W20	Jill Wiebers, 29*, West Des Moines, IA	1:01:08
62	18	W20	Amanda Doran, 27*, Yale, IA	1:01:11
129	6	M60	Arlo Van Diest, 65, Webster City, IA	1:01:18
130	23	M50	David Dickens, 59, Ankeny, IA	1:01:22
63	28	W30	Liz Bryant, 36*, West Des Moines, IA	1:01:22
131	47	M30	Brad Steffen, 35, Johnston, IA	1:01:25
64	19	W20	Michelle Capobianco, 26*, Urbandale, IA	1:01:27
65	7	W50	Dorothy Dickens, 52*, Ankeny, IA	1:01:29
66	9	W40	Debra Lindgren, 46*, West Des Moines, IA	1:01:46
67	29	W30	Karna Burzlaff, 30*, Ames, IA	1:02:01
132	48	M30	Bob Burnett, 36, Norwalk, IA	1:02:26
68	20	W20	Kate Sigmund, 25*, Grimes, IA	1:02:34
69	30	W30	Lindsey Cornwell, 30*, Johnston, IA	1:02:44
70	10	W40	Kimberly Taylor, 46*, West Des Moines, IA	1:03:02
71	11	W40	Michelle Cavanaugh, 47*, Des Moines, IA	1:03:12
72	8	W50	Liz Meimann, 52*, Nevada, IA	1:03:54
133	33	M40	Gary Young, 47, Johnston, IA	1:04:02
73	21	W20	Erin Gittins, 23*, West Des Moines, IA	1:04:08
74	31	W30	Laura Peters, 32*, Des Moines, IA	1:04:17
75	9	W50	Deb Miller, 50*, Perry, IA	1:04:19
76	32	W30	Shannon Maddy, 34*, Des Moines, IA	1:04:23
134	24	M50	Bill Lorenz, 58, Des Moines, IA	1:04:38
77	12	W40	Heather Myer-Davis, 42*, Des Moines, IA	1:04:48
78	33	W30	Jennifer Eubanks, 35*, Des Moines, IA	1:05:24
79	34	W30	Shannon Lucas, 37*, Ankeny, IA	1:05:47
80	10	W50	Annette Varley, 50*, Menlo, IA	1:05:51
81	35	W30	Darcy Stroinski, 32*, Ankeny, IA	1:05:51
135	7	M60	Gene Boldt, 64, Ankeny, IA	1:06:07
136	34	M40	Tom Day, 42, Ankeny, IA	1:06:08
82	36	W30	Katie Bradshaw, 33*, Ames, IA	1:06:58
137	25	M50	Jim Davis, 52, West Des Moines, IA	1:06:59
83	13	W40	Anne Blobaum, 40*, Des Moines, IA	1:07:00
84	37	W30	Greta Southall, 32*, Indianola, IA	1:07:15
85	4	JrW	Carolyn Evans, 12*, Urbandale, IA	1:07:17
86	38	W30	Beth Jebens, 32*, Des Moines, IA	1:07:37
87	22	W20	Suzette Reed, 29*, Clarinda, IA	1:07:53
138	20	M20	Quincy Beck, 27, Urbandale, IA	1:08:03
88	23	W20	Daphne Monson, 29*, Des Moines, IA	1:08:12
139	49	M30	Tom Harbaugh, 31, Ankeny, IA	1:08:18
89	39	W30	Tiffany Reese, 39*, Ankeny, IA	1:09:12
90	40	W30	Liat Paul, 33*, West Des Moines, IA	1:09:41
91	41	W30	Deanna Smith, 34*, Indianola, IA	1:09:58

92	5	JrW Lauren Link, 19*, Pleasant Hill, IA	1:10:14
140	50	M30 Eric Kisgen, 32, Des Moines, IA	1:10:34
93	11	W50 Sharon Novinger, 51*, Collins, IA	1:11:13
94	12	W50 Jan Huntington, 52*, West Des Moines, IA	1:11:18
141	8	M60 John Beamer, 67, Des Moines, IA	1:11:24
95	42	W30 Erin Frederick, 33*, Ankney, IA	1:11:36
142	26	M50 Harry Breaux, 58, Des Moines, IA	1:11:38
96	43	W30 Stephanie Gifford, 32*, Waukee, IA	1:12:09
143	21	M20 Ryan Bendickson, 27, West Des Moines, IA	1:12:59
97	14	W40 Kimberly Malloy, 44*, Des Moines, IA	1:13:02
98	15	W40 Anne Henter, 44*, Clive, IA	1:15:51
144	27	M50 Bruce Bennett, 56, West Des Moines, IA	1:17:15
99	16	W40 Brenda Brink, 49*, Huxley, IA	1:19:40
145	9	M60 Chuck Wolle, 71, Gardnerville, NV	1:21:26
100	13	W50 Saraleigh Monroe, 51*, Des Moines, IA	1:23:24
101	17	W40 Kathy Laczniak, 48*, Ames, IA	1:24:20
102	14	W50 Margaret Epplin, 57*, Ames, IA	1:24:21
103	18	W40 Ronda Bern, 40*, Urbandale, IA	1:28:44

"*" indicates females

4 finishers among Men 19 & Under

21 finishers among Men 20 - 29

50 finishers among Men 30 - 39

34 finishers among Men 40 - 49

27 finishers among Men 50 - 59

9 finishers among Men 60 & Up

5 finishers among Women 19 & Under

23 finishers among Women 20 - 29

43 finishers among Women 30 - 39

18 finishers among Women 40 - 49

14 finishers among Women 50 - 59

145 male finishers

103 female finishers

248 total finishers

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