

# Friendly Sons of St. Patrick 10 km

West Des Moines, IA

March 21, 2004

31 Degrees

Results by Michael Franke

[2 Mile results here](#)

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

PLACE	CLASS PLACE	FINISHER	TIME
1	1 M20	Marty Dalton, 27, Earlham, IA	32:07
2	2 M20	Julius Rotich, 28, West Des Moines, IA	32:56
3	1 M30	Chad Witt, 31, West Des Moines, IA	35:01
4	2 M30	Matt Zinno, 32, Ankeny, IA	35:11
5	1 M40	Kevin Muilenburg, 43, Waukee, IA	35:20
6	3 M30	Roger Scott, 39, Clive, IA	35:35
7	2 M40	Keith Fevold, 45, Des Moines, IA	35:41
8	3 M20	Jeff Decker, 25, West Des Moines, IA	36:01
9	4 M20	Tony Ekmon, 22, Des Moines, IA	36:14
10	1 JrM	Davis Linden, 18, Grinnell, IA	37:18
11	4 M30	Todd Christensen, 34, Altoona, IA	37:52
12	5 M30	Steve Pohlmeier, 38, Urbandale, IA	38:03
13	3 M40	3Sticks McBride, 48, Des Moines, IA	38:27
1	1 W30	Robyn Friedman, 31*, Lambs Grove, IA	39:09
14	4 M40	Dave Fitz, 49, Ames, IA	39:19
15	5 M40	Rob Lotz, 41, North Liberty, IA	39:20
16	5 M20	James Clevenger, 25, Urbandale, IA	39:36
17	6 M40	Shinji Yoda, 40, West Des Moines, IA	39:58
18	7 M40	Rob Mosher, 40, West Des Moines, IA	40:00
19	6 M20	Conrad Hanson, 28, Urbandale, IA	40:07
2	2 W30	Kathy Hale, 39*, Bondurant, IA	40:26
20	8 M40	David Christensen, 44, West Des Moines, IA	40:40
21	9 M40	Terry Lingner, 41, Grimes, IA	40:56
22	1 M50	Joe Robinson, 52, Bondurant, IA	41:16
23	6 M30	Carl Noftsgger, 30, Altoona, IA	41:29
24	2 JrM	Brian Wall, 14, Des Moines, IA	41:44
3	3 W30	Christine Price, 35*, Des Moines, IA	41:45
25	10 M40	Jeff Feder, 43, Des Moines, IA	41:57
4	4 W30	Gretchen Lawyer, 30*, Marion, IA	42:01
26	7 M30	Andrew Shipley, 37, West Des Moines, IA	42:22
27	7 M20	Jon Beeman, 26, West Des Moines, IA	42:26
28	8 M30	Jeff Heckroth, 39, Grimes, IA	42:29
5	1 W20	Jana Severson, 26*, West Des Moines, IA	42:35
29	9 M30	Michael Rieks, 36, West Des Moines, IA	42:39
30	11 M40	Dan Gustafson, 41, West Des Moines, IA	42:43
31	12 M40	Stewart Baldner, 43, Dallas Center, IA	42:47
32	2 M50	Roy Ney, 55, Des Moines, IA	42:49
33	13 M40	Mike Warren, 43, Marshalltown, IA	42:50
34	3 M50	Randall Wilson, 54, Des Moines, IA	43:26
35	14 M40	Hank Manning, 48, Urbandale, IA	44:03
36	8 M20	Rick Urso, 28, West Des Moines, IA	45:38

37	1	M60	Gene Peterson, 60, Des Moines, IA	45:41
38	4	M50	T A. Meyer, 51, Johnston, IA	45:44
39	9	M20	Aaron Wiat, 27, Des Moines, IA	46:12
40	15	M40	Kent Kelderman, 44, Clive, IA	46:17
6	5	W30	Tara Brawner, 35*, Clive, IA	46:18
41	10	M30	Shawn Corbin, 32, Clive, IA	46:31
42	10	M20	Andrew Luymes, 25, Iowa City, IA	46:55
43	16	M40	David McClung, 48, Des Moines, IA	46:57
44	11	M30	Mark Davis, 36, Urbandale, IA	47:01
7	6	W30	Laurie Baker, 31*, Waukee, IA	47:22
8	1	JrW	McKelle Lacher, 14*, Menlo, IA	47:25
45	17	M40	Wayne Lacher, 42, Menlo, IA	47:25
46	11	M20	Todd Lemley, 24, Des Moines, IA	47:29
47	12	M20	Erich Baker, 27, Ankeny, IA	47:33
48	5	M50	Bob Overstreet, 53, Des Moines, IA	47:39
49	6	M50	Kevin Cunningham, 52, Des Moines, IA	47:40
50	12	M30	Joe Hrdlicka, 38, Des Moines, IA	47:50
51	13	M30	Ted Miller, 36, West Des Moines, IA	47:50
52	14	M30	Matthew Davenport, 39, Altoona, IA	47:57
53	15	M30	Jason Hahn, 33, Des Moines, IA	48:26
9	7	W30	Lori Devries, 31*, Johnston, IA	48:43
54	18	M40	Steve Vaught, 46, Des Moines, IA	48:44
55	19	M40	Michael O'Brien, 40, Des Moines, IA	48:51
56	7	M50	John Ytzen, 50, Creston, IA	49:00
57	16	M30	Steve Heddinger, 34, West Des Moines, IA	49:05
58	20	M40	Chuck Wellman, 46, West Des Moines, IA	49:06
59	17	M30	Jim O'Halloran, 35, West Des Moines, IA	49:27
10	8	W30	Laura Ludwig, 32*, Des Moines, IA	49:28
11	1	W50	Nancy Harvey, 50*, Ankeny, IA	49:29
12	2	W50	Mary Madup, 51*	49:34
60	8	M50	Jim Tiedemann, 54, Iowa City, IA	49:40
61	18	M30	Chris Barfels, 33, West Des Moines, IA	50:21
62	3	JrM	Derek Keast, 13, Altoona, IA	50:28
13	2	W20	Jessica Fink, 21*, Oskaloosa, IA	50:30
63	21	M40	Jon Leinen, 45, Des Moines, IA	50:47
14	3	W20	Jill Logsdon, 21*, Ames, IA	50:51
15	4	W20	Anne Marsch, 23*, Des Moines, IA	50:58
16	3	W50	Jane Wickman, 50*, Kellogg, IA	51:02
64	19	M30	Jason Wulf, 31, Des Moines, IA	51:06
65	13	M20	Dan Evans, 23, West Des Moines, IA	51:08
66	14	M20	Michael O'Donnell, 25, West Des Moines, IA	51:08
67	20	M30	Tim Pepper, 37, Indianola, IA	51:19
68	22	M40	Kent Weeden, 42, Des Moines, IA	51:19
69	21	M30	John Streff, 36, Urbandale, IA	51:37
17	9	W30	Melissa Seivert, 39*, Granger, IA	51:43
70	22	M30	Eric Stotts, 34, Urbandale, IA	51:46
71	15	M20	Brandon Hufford, 28, West Des Moines, IA	51:47
72	16	M20	Bret Dillon, 29, Des Moines, IA	51:50
18	5	W20	Stacy Dietch, 27*, Des Moines, IA	51:50
73	9	M50	Steve Anderson, 52, Webster City, IA	51:52
19	1	W40	Sherri Geneser, 43*, Granger, IA	51:58
20	6	W20	Jennifer Reiter, 24*, Urbandale, IA	51:58
74	17	M20	Sean Smith, 27, Iowa City, IA	51:59
75	10	M50	Gary Hoskins, 53, Ankeny, IA	52:03
76	11	M50	Michael McEnroe, 52, West Des Moines, IA	52:08
77	23	M40	Jon Croft, 49, Des Moines, IA	52:12
78	24	M40	Graem Armstrong, 45, West Des Moines, IA	52:19
79	23	M30	David Larson, 32, West Des Moines, IA	52:27
21	7	W20	Angie Heim, 28*, West Des Moines, IA	52:47
22	8	W20	Melinda Hill, 28*, Des Moines, IA	52:47
23	9	W20	Rachel Parks, 22*, Ankeny, IA	53:02
80	25	M40	Michael Beumer, 43, Urbandale, IA	53:03
24	10	W20	Jessica Ney, 24*, Ankeny, IA	53:05
81	24	M30	Scott Sales, 34, Des Moines, IA	53:11
82	18	M20	Scott Pogatchnik, 25, Pella, IA	53:11

25	11	W20	Robyn Buddin, 25*, Urbandale, IA	53:14
26	10	W30	Amy Wallman, 30*, Des Moines, IA	53:19
27	2	W40	Linda Koele, 45*, Urbandale, IA	53:25
83	25	M30	Jason Kleini, 30, Des Moines, IA	53:29
28	4	W50	Connie Robinson, 52*, Bondurant, IA	53:40
29	11	W30	Brooke Lovelace, 33*, Des Moines, IA	53:41
30	12	W20	Kelly Benda, 23*, North Liberty, IA	53:46
84	26	M30	Dave Daniels, 35, Des Moines, IA	53:50
85	26	M40	John McDonald, 42, Norwalk, IA	53:57
86	12	M50	Clarence Hudson, 53, Urbandale, IA	54:03
87	27	M40	Jesse Gonzalez, 43, Clive, IA	54:06
31	13	W20	Tracy Deutmeyer, 28*, West Des Moines, IA	54:08
32	3	W40	Kristy Cain, 44*, Urbandale, IA	54:10
33	12	W30	Rachelle Peterson, 34*, Carlisle, IA	54:17
88	28	M40	John Degen, 43, Rockwell, IA	54:31
34	13	W30	Heather Behrends, 35*, West Des Moines, IA	54:51
89	29	M40	David Kozlowski, 45, West Des Moines, IA	55:11
90	27	M30	Jason Hansen, 30, Des Moines, IA	55:15
91	2	M60	John Beamer, 64, Des Moines, IA	55:31
92	30	M40	Jeff Thompson, 42, Des Moines, IA	55:32
35	4	W40	Catherine Dreiss, 42*, Des Moines, IA	55:39
93	28	M30	Brian Stewart, 32, West Des Moines, IA	55:40
36	14	W30	Kimberly Stewart, 35*, Des Moines, IA	55:42
37	15	W30	Kristy Potter, 33*, West Des Moines, IA	55:43
38	16	W30	Kathy Nettleton, 35*, Des Moines, IA	55:51
94	29	M30	Matt Hoskins, 35, New Providence, IA	55:52
39	17	W30	Shelly Hollwager, 36*, Des Moines, IA	55:52
40	14	W20	Katherine Hansen, 27*, Des Moines, IA	55:53
95	13	M50	Bill Lorenz, 56, Carlisle, IA	55:58
96	30	M30	John Carlson, 34, Des Moines, IA	56:11
41	5	W50	Sandy Sparks, 51*, Norwalk, IA	56:26
97	31	M40	Joel Laird, 41, Guthrie Center, IA	56:40
42	5	W40	Kim Taylor, 43*, West Des Moines, IA	56:43
98	32	M40	Jon Kuperus, 43, Ankeny, IA	56:50
99	33	M40	Chuck Deatsch, 48, Centerville, IA	56:53
100	34	M40	Jim Chambers, 45, Elk Horn, IA	57:06
101	3	M60	Gene Harding, 73, Des Moines, IA	57:07
43	15	W20	Melissa Perrin, 27*, Urbandale, IA	57:11
102	14	M50	Gregory Reeves, 53, Kansas City, MO	57:11
44	18	W30	Shelly Law, 31*, Des Moines, IA	57:13
45	19	W30	Conni Crees, 37*, Des Moines, IA	57:13
103	35	M40	Dave Hedding, 43, West Des Moines, IA	57:18
46	20	W30	Ann Shelton, 36*, Urbandale, IA	57:19
104	36	M40	Terry Benningsdorf, 44, Altoona, IA	57:19
105	37	M40	Dennis Rustad, 48, Des Moines, IA	57:35
47	21	W30	Rhonda Bishop, 34*, Indianola, IA	57:40
48	6	W40	Liz Deatsch, 48*, Centerville, IA	57:50
106	38	M40	Thomas McCauley, 43, Des Moines, IA	58:00
49	7	W40	Brenda Beumer, 43*, Urbandale, IA	58:20
107	31	M30	Trevor Myers, 36, Des Moines, IA	58:39
108	15	M50	Gerald Dewald, 54, West Des Moines, IA	58:44
109	39	M40	Steve Shifflett, 45, Ames, IA	58:54
110	40	M40	Steve Ponsetto, 45, Ankeny, IA	58:59
50	22	W30	Betty Berends, 37*, Altoona, IA	59:16
111	41	M40	Paul Christiansen, 40, Urbandale, IA	59:23
51	16	W20	Melissa Stowe, 26*, Grimes, IA	59:27
52	23	W30	Tiffany Reese, 36*, West Des Moines, IA	59:36
53	8	W40	Deb Miller, 48*, Perry, IA	59:38
54	24	W30	Lisa Klinkefus, 31*, Ankeny, IA	1:00:11
112	19	M20	Matthew Watters, 29, Ankeny, IA	1:00:12
113	16	M50	Tom Wilson, 53, West Des Moines, IA	1:00:15
114	4	M60	Tom Buroker, 62, Des Moines, IA	1:00:19
115	42	M40	Gary Young, 44, Johnston, IA	1:00:20
116	32	M30	Alan Brawner, 38, Clive, IA	1:00:21
117	17	M50	Steve Wacht, 54, Indianola, IA	1:00:30

55	25	W30	Kim O'Brien, 39*, Des Moines, IA	1:00:36
56	26	W30	Jill Youmans, 30*, Indianola, IA	1:00:58
57	27	W30	Lisa Harms, 31*, Indianola, IA	1:00:59
58	17	W20	Sarah Deatsch, 23*, Des Moines, IA	1:01:10
118	33	M30	Richard Bangma, 33, Pella, IA	1:01:14
119	43	M40	Andrew Stroud, 45, Des Moines, IA	1:01:32
59	9	W40	Kelli Nelsen, 41*, West Des Moines, IA	1:01:41
60	28	W30	Colleen Capehart, 39*, Ankeny, IA	1:02:03
120	44	M40	Jim Davis, 49, West Des Moines, IA	1:02:19
61	10	W40	Connie Brophy, 40*, Byron, MN	1:02:28
62	11	W40	Michelle Cavanaugh, 44*, Des Moines, IA	1:02:33
63	12	W40	Stacy Clark, 42*, Des Moines, IA	1:03:16
64	13	W40	Lisa Beh, 43*, Des Moines, IA	1:03:16
121	20	M20	Mani Balignasky, 24, West Des Moines, IA	1:03:18
65	29	W30	Megan Crowley, 32*, West Des Moines, IA	1:03:21
66	14	W40	Karen Safris, 44*, Des Moines, IA	1:03:45
122	34	M30	Arnold Powers, 39, Des Moines, IA	1:03:45
67	30	W30	Jill Monson, 34*, Ankeny, IA	1:03:49
68	31	W30	Dawn Johnson, 39*, Indianola, IA	1:03:49
123	18	M50	Tom Ostrem, 51, Norwalk, IA	1:04:16
124	19	M50	Patrick Hoyer, 51, West Des Moines, IA	1:04:42
125	4	JrM	Jarrad Souder, 13, Churchville, IA	1:05:14
69	15	W40	Charlinn Reeves, 43*, Ankeny, IA	1:05:44
126	20	M50	Dennis Krueger, 56, West Des Moines, IA	1:05:45
127	5	M60	Bob Johansen, 63, Ankeny, IA	1:05:50
128	45	M40	Robert Hummel, 49, Mitchellville, IA	1:06:02
70	18	W20	Erin Klein, 29*, Ames, IA	1:06:15
71	32	W30	Melissa Shuman, 37*, West Des Moines, IA	1:06:24
129	46	M40	Joseph Butz, 40, West Des Moines, IA	1:06:25
72	33	W30	Dawn Farrell, 30*, Urbandale, IA	1:06:25
73	19	W20	Teresa Balduchi, 27*, Des Moines, IA	1:06:25
130	35	M30	Jason Faidley, 31, Newton, IA	1:06:48
74	16	W40	Rhonda Gallou, 44*, Knoxville, IA	1:07:04
75	6	W50	Luanne Dezwarte, 50*, Knoxville, IA	1:07:12
76	17	W40	Diane Cummings, 47*, West Des Moines, IA	1:07:38
131	47	M40	Ravi Vemulapalli, 41, Clive, IA	1:07:50
77	34	W30	Chris McDaniel, 31*, Bondurant, IA	1:08:43
78	18	W40	Wendy Camden, 43*, Knoxville, IA	1:10:30
79	35	W30	Megan Amelse, 34*, West Des Moines, IA	1:11:40
80	2	JrW	Amanda Souder, 17*, Churchville, IA	1:11:50
132	21	M50	David Brown, 57, Des Moines, IA	1:28:51

"\*" indicates females

4 finishers among Men 19 & Under

20 finishers among Men 20 - 29

35 finishers among Men 30 - 39

47 finishers among Men 40 - 49

21 finishers among Men 50 - 59

5 finishers among Men 60 & Up

2 finishers among Women 19 & Under

19 finishers among Women 20 - 29

35 finishers among Women 30 - 39

18 finishers among Women 40 - 49

6 finishers among Women 50 - 59

132 male finishers

80 female finishers

212 total finishers

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