

Have A Heart 2017 results.htmTEXTpppp(°ÖufÖÖufÓ ÿà

5th Have A Heart 5 km

Raccoon River Park, West Des Moines, IA**June 25, 2017**

59 degrees, sunny

Results by Michael Franke

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

Last updated June 25, 2017 11:14 AM

PLACE	CLASS PLACE	FINISHER	TIME
1	1 M20	Patrick Davis, 29, Urbandale, IA	16:56
2	1 M40	Patrick Riley, 44, Des Moines, IA	17:00
3	1 JrM	Jon Flaws, 16, Carlisle, IA	18:29
4	1 M30	Mark Moore, 31, Clive, IA	19:11
1	1 W30	Sara Hendrickson, 30*, Altoona, IA	19:56
5	2 JrM	Chirstopher Martin, 14, West Des Moines, IA	20:47
6	2 M30	John Brees, 36, West Des Moines, IA	21:00
7	2 M20	Steven Canizales, 25, Des Moines, IA	22:41
8	2 M40	Bill Hunter, 42, Des Moines, IA	23:37
9	3 JrM	Ian Gredell, 11, West Des Moines, IA	24:33
10	1 M50	Dave Yuska, 51, Grimes, IA	25:04
2	1 W20	Norma Canizales, 23*, Des Moines, IA	25:38
3	1 W40	Nikki Thies, 41*, West Des Moines, IA	25:58
4	1 JrW	Sofia Manzano, 14*, West Des Moines, IA	26:22
5	2 W30	Kristy Volesky, 36*, Polk City, IA	26:57
11	4 JrM	Zachary Schwarte, 11, West Des Moines, IA	27:32
12	5 JrM	Jerand Chase, 9, West Des Moines, IA	27:38
6	1 W50	Janelle Holmes, 53*, Des Moines, IA	27:41
7	2 JrW	Kate Kelly, 13*, West Des Moines, IA	27:54
13	3 M40	Rocky Sposato, 43, Des Moines, IA	28:21
8	2 W40	Kendra Kelly, 45*, West Des Moines, IA	28:23
9	3 W30	Shannon Crownover, 39*, Clive, IA	28:24
14	6 JrM	Andrew Crownover, 10, Clive, IA	28:25
15	7 JrM	Riley McElroy, 13, West Des Moines, IA	28:27
10	3 W40	Danielle Pippert, 45*, Johnston, IA	28:28
11	3 JrW	Jordyn Loder, 14*, West Des Moines, IA	28:31
16	4 M40	Patrick Young, 40, West Des Moines, IA	28:32
12	4 JrW	Catherine Reggs, 14*, Windsor Heights, IA	28:34
17	3 M30	Jeremiah Chase, 37, Des Moines, IA	28:38
18	2 M50	Matt Dolan, 50, West Des Moines, IA	28:42
13	4 W40	Todd Hoskins, 44*, West Des Moines, IA	28:49
19	3 M50	Rod Warren, 53, Clive, IA	28:51
20	4 M50	Tim Cook, 56, West Des Moines, IA	29:27
14	4 W30	Josie Schrad, 36*, Des Moines, IA	30:06
15	5 W40	Michele Loder, 42*, West Des Moines, IA	30:14
21	5 M40	Jason Loder, 43, West Des Moines, IA	30:16
16	6 W40	Lisa Schwarte, 46*, West Des Moines, IA	30:26
17	5 W30	Kelly Petersen, 39*, Norwalk, IA	30:30
18	2 W20	Tori Hale, 27*, Ankeny, IA	30:32
19	3 W20	Courtney Warren, 22*, Clive, IA	30:37
20	6 W30	Sarah Bull, 38*, Norwalk, IA	31:03
22	6 M40	Bryce Linkvis, 49, West Des Moines, IA	31:11

21	5 JrW	Lexi Thies, 14*, West Des Moines, IA	31:14
22	7 W30	Christine Olerich, 38*, Norwalk, IA	32:59
23	8 JrM	Aj Sposato, 9, Des Moines, IA	33:26
23	8 W30	Dawn Sposato, 39*, Des Moines, IA	33:37
24	9 W30	Shelley Leiser, 31*, Clive, IA	35:46
24	7 M40	Jeff Frederick, 47, Des Moines, IA	35:48
25	6 JrW	Gabriel Thies, 8*, West Des Moines, IA	37:34
25	8 M40	Brian Thies, 42, West Des Moines, IA	37:35
26	7 JrW	Maddie McElroy, 12*, West Des Moines, IA	38:05
27	8 JrW	Sammy Loder, 12*, West Des Moines, IA	38:06
28	7 W40	Deborah Gredell, 45*, West Des Moines, IA	38:51
29	10 W30	Elizabeth Wulf, 34*, West Des Moines, IA	38:52
26	9 JrM	Mason Thies, 11, West Des Moines, IA	39:08
30	2 W50	Lisa Scheppmann, 52*, West Des Moines, IA	39:10
31	1 W60	Fonda Hall, 65*, West Des Moines, IA	39:14
32	2 W60	Diane Clark, 64*, West Des Moines, IA	39:30
33	9 JrW	Lajren McCoy, 9*, Des Moines, IA	39:56
34	11 W30	Amy McCoy, 38*, Des Moines, IA	40:07
35	12 W30	Amanda Woods, 37*, Johnston, IA	41:25
27	4 M30	Ryan Woods, 38, Johnston, IA	41:26
36	10 JrW	Caitlin Webb, 12*, Des Moines, IA	46:16
37	4 W20	Samantha Banzhaf, 28*, Ankeny, IA	53:08
38	13 W30	McKenzie Elmquist, 31*, Ankeny, IA	53:10
39	14 W30	Jenna Cline, 31*, Adel, IA	53:11
40	11 JrW	MacKenna Woods, 8*, Johnston, IA	55:14
41	12 JrW	Alliison Gonyo, 10*, West Des Moines, IA	55:16
42	5 W20	Britney Flaws, 29*, Pleasantville, IA	55:27
43	3 W50	Colleen Flaws, 56*, Pleasantville, IA	55:29
28	5 M30	Justin Flaws, 33, Des Moines, IA	55:30
29	5 M50	Jay Flaws, 58, Carlisle, IA	55:33
30	6 M30	Jordan Flaws, 30, Pleasantville, IA	55:33
44	13 JrW	Sloane Brees, 7*, West Des Moines, IA	55:34
31	1 M60	Ernest Brees, 67, Polk City, IA	57:43
32	2 M60	Marty McCoy, 62, Toledo, IA	57:46
33	10 JrM	Adler Brees, 5, West Des Moines, IA	58:35
45	15 W30	Annie Brees, 34*, West Des Moines, IA	58:36
34		#91	58:37
46	4 W50	Gail Yuska, 53*, Council Bluffs, IA	1:01:06
47	14 JrW	Olivia App, 13*, Sheridan, IA	1:01:15
48	16 W30	Brandy App, 39*, Sheridan, IA	1:01:16

* indicates females

1 finishers among Males (no age given)

10 finishers among Men Under 20

2 finishers among Men 20 - 29

6 finishers among Men 30 - 39

8 finishers among Men 40 - 49

5 finishers among Men 50 - 59

2 finishers among Men 60 & Up

14 finishers among Women Under 20

5 finishers among Women 20 - 29

16 finishers among Women 30 - 39

7 finishers among Women 40 - 49

4 finishers among Women 50 - 59

2 finishers among Women 60 & Up

34 male finishers

48 female finishers

82 total finishers

PLACE	CLASS	FINISHER	TIME
Open Men			
1	1 M20	Patrick Davis, 29, Urbandale, IA	16:56
2	2 M40	Patrick Riley, 44, Des Moines, IA	17:00
3	3 JrM	Jon Flaws, 16, Carlisle, IA	18:29

4	4 M30	Mark Moore, 31, Clive, IA	19:11
Open Women			
1	1 W30	Sara Hendrickson, 30, Altoona, IA	19:56
2	2 W20	Norma Canizales, 23, Des Moines, IA	25:38
3	3 W40	Nikki Thies, 41, West Des Moines, IA	25:58
4	4 JrW	Sofia Manzano, 14, West Des Moines, IA	26:22

PLACE	CLASS PLACE	FINISHER	TIME
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Men Under 20

3	1	Jon Flaws, 16, Carlisle, IA	18:29
5	2	Christopher Martin, 14, West Des Moines, IA	20:47
9	3	Ian Gredell, 11, West Des Moines, IA	24:33

Men 20 - 29

1	1	Patrick Davis, 29, Urbandale, IA	16:56
7	2	Steven Canizales, 25, Des Moines, IA	22:41

Men 30 - 39

4	1	Mark Moore, 31, Clive, IA	19:11
6	2	John Brees, 36, West Des Moines, IA	21:00
17	3	Jeremiah Chase, 37, Des Moines, IA	28:38

Men 40 - 49

2	1	Patrick Riley, 44, Des Moines, IA	17:00
8	2	Bill Hunter, 42, Des Moines, IA	23:37
13	3	Rocky Sposato, 43, Des Moines, IA	28:21

Men 50 - 59

10	1	Dave Yuska, 51, Grimes, IA	25:04
18	2	Matt Dolan, 50, West Des Moines, IA	28:42
19	3	Rod Warren, 53, Clive, IA	28:51

Men 60 & Up

31	1	Ernest Brees, 67, Polk City, IA	57:43
32	2	Marty McCoy, 62, Toledo, IA	57:46

PLACE	CLASS PLACE	FINISHER	TIME
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Women Under 20

4	1	Sofia Manzano, 14, West Des Moines, IA	26:22
7	2	Kate Kelly, 13, West Des Moines, IA	27:54
11	3	Jordyn Loder, 14, West Des Moines, IA	28:31

Women 20 - 29

2	1	Norma Canizales, 23, Des Moines, IA	25:38
18	2	Tori Hale, 27, Ankeny, IA	30:32
19	3	Courtney Warren, 22, Clive, IA	30:37

Women 30 - 39

1	1	Sara Hendrickson, 30, Altoona, IA	19:56
5	2	Kristy Volesky, 36, Polk City, IA	26:57
9	3	Shannon Crownover, 39, Clive, IA	28:24

Women 40 - 49

3	1	Nikki Thies, 41, West Des Moines, IA	25:58
8	2	Kendra Kelly, 45, West Des Moines, IA	28:23
10	3	Danielle Pippert, 45, Johnston, IA	28:28

Women 50 - 59

6	1	Janelle Holmes, 53, Des Moines, IA	27:41
30	2	Lisa Scheppmann, 52, West Des Moines, IA	39:10

43	3	Colleen Flaws, 56, Pleasantville, IA	55:29
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Women 60 & Up

31	1	Fonda Hall, 65, West Des Moines, IA	39:14
32	2	Diane Clark, 64, West Des Moines, IA	39:30

Return to [home page](#).