

# Sally's Friends 5K Results

SALLY'S FRIENDS 5K  
 March 20th, 2010  
 Windover Farms, Melbourne, Florida  
 Race Management: Running Zone  
 www.runningzone.com  
 Questions: info@runningzone.com

## OVERALL MALE CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	1	1317 Luke Rudito	15	Melbourne	FL	18:19.5	5:54
2	2	1307 Shane Streufert	38	Viera	FL	18:22.7	5:55
3	3	1355 Brian Lail	40		FL	20:10.6	6:30

## MALE MASTERS CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	4	1349 Michael Slomins	54		FL	20:43.8	6:41

## AGE-GROUP RESULTS

### MALE AGE GROUP: 01 - 08

Place	O'All No.	Name	Age	City	St	Time	Pace
1	51	1342 Trey Lake	06		FL	36:25.7	11:44
2	56	505 John Eaton	08	Melbourne	FL	37:40.0	12:08
3	62	1369 Braden Spurlock	08		FL	39:04.5	12:35

### MALE AGE GROUP: 09 - 11

Place	O'All No.	Name	Age	City	St	Time	Pace
1	35	1326 Thomas O'Connor	13	Melbourne	FL	29:40.5	9:34

### MALE AGE GROUP: 12 - 14

Place	O'All No.	Name	Age	City	St	Time	Pace
1	15	1359 Tyler Teurlings	16		FL	25:13.9	8:08

### MALE AGE GROUP: 15 - 19

Place	O'All No.	Name	Age	City	St	Time	Pace
1	41	1331 Matthew McDougal	20	Rockledge	FL	30:59.9	9:59
2	65	1328 Jeremy Austin	23	Merritt Island	FL	40:03.7	12:54

### MALE AGE GROUP: 20 - 24

Place	O'All No.	Name	Age	City	St	Time	Pace
1	6	1345 Carl Busby	28		FL	21:39.2	6:59
2	23	1362 Justin Pittman	25		FL	27:10.9	8:45
3	36	1211 Bradley Griffin	28	St. Cloud	FL	29:43.4	9:34

### MALE AGE GROUP: 25 - 29

Place	O'All No.	Name	Age	City	St	Time	Pace
1	21	1330 Jose Acosta	32	Cocoa	FL	26:48.8	8:38
2	24	1335 Dan Dietel	30		FL	27:33.1	8:53
3	44	1368 John Prudot	32		FL	32:30.9	10:28

### MALE AGE GROUP: 30 - 34

Place	O'All No.	Name	Age	City	St	Time	Pace
1	33	1372 Brian Krause	39		FL	29:19.6	9:27

### MALE AGE GROUP: 35 - 39

Place	O'All No.	Name	Age	City	St	Time	Pace
1	13	1309 Chis Brown	44	Satellite Beach	FL	24:10.0	7:47

### MALE AGE GROUP: 40 - 44

Place	O'All No.	Name	Age	City	St	Time	Pace
1	13	1309 Chis Brown	44	Satellite Beach	FL	24:10.0	7:47

2	34	1252	Steve Osborne	43	Floyds Knobs	IN	29:21.4	9:27
3	54	1353	Paul Treadway	43		FL	36:28.6	11:45

MALE AGE GROUP: 45 - 49

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	16	1308	Scott Jecmen	46	Rockledge	FL	25:28.4	8:12
2	43	1361	Gary McArthur	49		FL	32:12.4	10:22

MALE AGE GROUP: 50 - 54

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	11	1329	Naweed Akram	54	Viera	FL	23:50.3	7:41
2	12	1315	Haskell Walker	52	Melbourne	FL	23:55.1	7:42
3	64	1367	Gail Sterling	50		FL	39:54.8	12:51
4	75	1305	Harry Ericson	50	Melbourne	FL	49:46.2	16:02

MALE AGE GROUP: 55 - 59

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	5	1334	Don Dore	57		FL	21:28.0	6:55
2	8	1357	Ted Amgott	57		FL	22:22.1	7:12
3	60	1348	Randy Dalrymple	56		FL	38:32.9	12:25

MALE AGE GROUP: 60 - 64

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	10	1310	Jim Schroeder	62	Indialantic	FL	23:47.3	7:40
2	84	1324	Richard Thissen	64	Cocoa Beach	FL	1:16:24.0	24:36

MALE AGE GROUP: 65 - 69

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	30	507	Gerry Fahey	67	Lake Mary	FL	28:55.4	9:19

MALE AGE GROUP: 70 - 74

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	17	1333	Ron Hoar	71		FL	25:44.9	8:18

MALE AGE GROUP: 75 - 99

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	52	1312	Ed Hardy	77	Indian Harbour Beach	FL	36:26.2	11:44

OVERALL FEMALE CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	7	1360	Candice McNaughton	20		FL	21:43.9	7:00
2	9	1239	Lori Kruger	47	Indialantic	FL	23:03.6	7:26
3	14	528	Davina Friese	36	W. Melbourne	FL	24:44.2	7:58

FEMALE MASTERS CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	25	1338	Kelly Martin	45		FL	27:49.7	8:58

AGE-GROUP RESULTS

FEMALE AGE GROUP: 01 - 08

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	42	1341	Abigail Lake	08		FL	31:54.8	10:17
2	45	1340	Magnolia Lake	08		FL	32:47.8	10:34
3	69	1325	Soleil Schmidt	06	Melbourne	FL	44:04.6	14:12

FEMALE AGE GROUP: 09 - 11

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	53	1352	Julie Murphy	10		FL	36:27.1	11:44

FEMALE AGE GROUP: 12 - 14

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	28	1358	Tess Teurlings	13		FL	28:08.9	9:04
2	46	1322	Tiffany Flom	13	Cocoa Beach	FL	34:00.9	10:57
3	47	1374	Rachel Akram	13		FL	34:44.4	11:11
4	48	1350	Nora Glover	14		FL	35:07.3	11:19

5	79	1351	Teresa McGurk	13	FL	51:23.3	16:33
FEMALE AGE GROUP: 15 - 19							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
FEMALE AGE GROUP: 20 - 24							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	26	1346	Erin O'Brien	24	FL	27:59.7	9:01
2	38	1343	Renee Brinks	20	FL	30:27.7	9:49
3	39	1366	Ashley Balester	22	FL	30:34.8	9:51
4	40	1365	Rachel Lackey	21	FL	30:35.0	9:51
FEMALE AGE GROUP: 25 - 29							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	19	1303	Kimberly Yates	28	Merritt Island	FL	26:18.2 8:28
2	22	1301	Jessica Smith	29	Palm Bay	FL	26:55.9 8:41
3	37	1302	Christa Waddy	25	Rockledge	FL	29:51.2 9:37
4	68	1371	Nicole Nofry	25		FL	41:32.6 13:23
FEMALE AGE GROUP: 30 - 34							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	18	1314	Jessicah Nichols	31	Melbourne	FL	25:56.4 8:21
2	29	1282	Kelly Semenko	32	Melbourne	FL	28:34.4 9:12
3	32	1363	Lauren Sicoli	32		FL	29:17.2 9:26
FEMALE AGE GROUP: 35 - 39							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	20	1306	Brittany Streufert	37	Viera	FL	26:40.2 8:36
2	27	1364	Daryl Davenport	39		FL	28:01.0 9:02
3	31	1292	Dee Singleton	37	Floyds Knobs	IN	29:00.3 9:21
4	63	1370	Tina Descovich	35		FL	39:18.5 12:40
5	73	1339	Kendra Lake	35		FL	48:24.2 15:35
FEMALE AGE GROUP: 40 - 44							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	57	502	Susan Eaton	41	Melbourne	FL	37:40.1 12:08
2	58	1206	Brooke Goldfarb	40	Indialantic	FL	37:48.5 12:11
3	59	1327	Bonnie Klein	40	Melbourne	FL	37:48.6 12:11
4	66	1356	Denise Teurlings	44		FL	41:12.8 13:16
5	67	1316	Gail Bantugan	43	Melbourne	FL	41:32.3 13:23
6	70	1373	Sandra Schmidt	44		FL	44:04.7 14:12
7	71	1318	Lisa O'Brien	42	Melbourne	FL	44:57.1 14:29
8	72	1321	Elizabeth Flom	40	Cocoa Beach	FL	45:19.0 14:36
9	78	1354	Lisa Bames	42		FL	51:23.3 16:33
10	81	1213	Vanessa Hagans	42	Melbourne	FL	57:46.3 18:36
FEMALE AGE GROUP: 45 - 49							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	49	1311	Candy Thomas	49	Melbourne	FL	35:30.0 11:26
2	50	1332	Karen Speed	48		FL	35:41.8 11:30
3	74	1344	Lisa Kane	49		FL	48:24.4 15:35
4	80	1245	Thelma Liburd	48	Palm Bay	FL	57:46.0 18:36
FEMALE AGE GROUP: 50 - 54							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	61	1320	Sherrri Shamet	50	Palm Bay	FL	38:33.0 12:25
2	76	1304	Susan Ericson	51	Melbourne	FL	49:46.4 16:02
3	77	1347	Elaine Dalrymple	53		FL	51:12.8 16:30
FEMALE AGE GROUP: 55 - 59							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
FEMALE AGE GROUP: 60 - 64							
Place	O'All	No.	Name	Age	City	St Time	Pace
=====							
1	83	1323	Patsy Heinitz	63	Cocoa Beach	FL	1:16:24.0 24:36
FEMALE AGE GROUP: 65 - 69							
Place	O'All	No.	Name	Age	City	St Time	Pace
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FEMALE AGE GROUP: 70 - 74
Place O'All No.   Name                               Age City           St Time           Pace
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FEMALE AGE GROUP: 75 - 99
Place O'All No.   Name                               Age City           St Time           Pace
=====
  1    55  1313 Annette Hardy           77 Indian Harbour Beach FL   37:29.6 12:05
  2    82  1265 Roberta Osterling      75 Satellite Beach     FL   59:55.3 19:18
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