

USA XC ST. LOUIS, MO 02-11-2012

Forest Park

Overall Results - Masters Women - 8k

Place No.	Name	Age	City	Finish	Pace	Affiliation
1	770 JOANNA ZEIGER	41	BOULDER CO	30:04.3	6:03	RUNNING REPUBLIC OF BOULDER
2	603 JODY HAWKINS	45	BLOOMING GROVE TX	30:20.7	6:07	UNATTACHED
3	582 DONNA GARCIA	43	MARIETTA GA	30:26.5	6:08	UNATTACHED
4	505 MARY ALICO	48	BROOMFIELD CO	31:39.2	6:23	RUNNING REPUBLIC OF BOULDER
5	541 CHERYL COLLINS-GATONS	45	GREENSBURG PA	31:44.7	6:24	UNATTACHED
6	594 NOELLE GREEN	47	ERIE CO	31:48.3	6:24	IN STEP REAL WOMEN REAL FAST
7	536 CANDACE CAVENY	42	FAIRVIEW HEIGHTS IL	33:03.4	6:39	ST. LOUIS TRACK CLUB
8	561 LYDIA DISSLY	44	BOULDER CO	33:37.4	6:46	RUNNING REPUBLIC OF BOULDER
9	652 KATHRYN MARTIN	60	NORTHPORT NY	33:43.8	6:48	NORTHPORT RUNNING CLUB
10	626 DAWN KING	48	BOULDER CO	33:49.8	6:49	IN STEP REAL WOMEN REAL FAST
11	558 PAMELA DI GUISEPPE	44	BRENTWOOD MO	34:05.4	6:52	ST. LOUIS TRACK CLUB
12	734 NANCY TAUBE	51	COLUMBIA MO	34:23.7	6:56	COLUMBIA TRACK CLUB
13	624 DEBBIE KERBER	47	CHESTERFIELD MO	34:47.0	7:00	ST. LOUIS TRACK CLUB
14	600 JOANNA HARPER	55	PORTLAND OR	35:41.2	7:11	TEAM RED LIZARD
15	694 SUSAN RACETTE	46	ST. LOUIS MO	35:46.6	7:12	ST. LOUIS TRACK CLUB
16	504 HELEN ALEXANDER	49	ST. LOUIS MO	35:54.6	7:14	ST. LOUIS TRACK CLUB
17	762 CHRISTINE WILLIAMS	46	ST. LOUIS MO	36:12.9	7:18	ST. LOUIS TRACK CLUB
18	776 HELEN VANCURA	40	BOULDER CO	37:54.8	7:38	IN STEP REAL WOMEN REAL FAST
19	637 LIZ KYGER	52	OLDFIELD MO	38:53.1	7:50	KANSAS CITY SMOKE
20	690 CAROL PRATT	52	VARNA IL	39:02.8	7:52	UNATTACHED
21	514 TRACEY BERNETT	56	NIWOT CO	39:25.2	7:56	IN STEP REAL WOMEN REAL FAST
22	741 STEPHANIE TODD	55	ST. LOUIS MO	39:54.8	8:02	ST. LOUIS TRACK CLUB
23	542 DEBORAH CONLEY	46	BOULDER CO	40:36.7	8:11	IN STEP REAL WOMEN REAL FAST
24	562 SHARON DOLAN	70	WESTPHALIA MI	42:56.8	8:39	PLAYMAKERS ELITE/NEW BALANCE
25	735 RUTH THELEN	67	ST. JOHNS MI	44:31.4	8:58	PLAYMAKERS ELITE/NEW BALANCE

MASTERS WOMEN'S 8K - 40+ DIVISION TEAM RESULTS

1.	8	RUNNING REPUBLIC OF BOULDER	(	31:48	1:35:23	3:33)
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1	1	JOANNA ZEIGER	41	30:05		
2	2	MARY ALICO	48	31:40		
3	5	LYDIA DISSLY	44	33:38		
2.	19	ST. LOUIS TRACK CLUB	(	33:59	1:41:57	1:43)
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1	4	CANDACE CAVENY	42	33:04		

2	7	PAMELA DI GUISEPPE	44	34:06
3	8	DEBBIE KERBER	47	34:47
4	( 9)	SUSAN RACETTE	46	35:47
5	( 10)	CHRISTINE WILLIAMS	46	36:13

3. 20 IN STEP REAL WOMEN REAL FAST ( 34:32 1:43:34 6:06)

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1	3	NOELLE GREEN	47	31:49
2	6	DAWN KING	48	33:50
3	11	HELEN VANCURA	40	37:55
4	( 12)	TRACEY BERNETT	56	39:26
5	( 13)	DEBORAH CONLEY	46	40:37

Results - Masters Women - Age Group

**FEMALE AGE GROUP 40 - 44**

1	1	JOANNA ZEIGER	41	BOULDER CO	30:04.3	RUNNING REPUBLIC OF BOULDER
2	3	DONNA GARCIA	43	MARIETTA GA	30:26.5	UNATTACHED
3	7	CANDACE CAVENY	42	FAIRVIEW HEIGHTS IL	33:03.4	ST. LOUIS TRACK CLUB
4	8	LYDIA DISSLY	44	BOULDER CO	33:37.4	RUNNING REPUBLIC OF BOULDER
5	11	PAMELA DI GUISEPPE	44	BRENTWOOD MO	34:05.4	ST. LOUIS TRACK CLUB
6	18	HELEN VANCURA	40	BOULDER CO	37:54.8	IN STEP REAL WOMEN REAL FAST

**FEMALE AGE GROUP 45 - 49**

1	2	JODY HAWKINS	45	BLOOMING GROVE TX	30:20.7	UNATTACHED
2	4	MARY ALICO	48	BROOMFIELD CO	31:39.2	RUNNING REPUBLIC OF BOULDER
3	5	CHERYL COLLINS-GATONS	45	GREENSBURG PA	31:44.7	UNATTACHED
4	6	NOELLE GREEN	47	ERIE CO	31:48.3	IN STEP REAL WOMEN REAL FAST
5	10	DAWN KING	48	BOULDER CO	33:49.8	IN STEP REAL WOMEN REAL FAST
6	13	DEBBIE KERBER	47	CHESTERFIELD MO	34:47.0	ST. LOUIS TRACK CLUB
7	15	SUSAN RACETTE	46	ST. LOUIS MO	35:46.6	ST. LOUIS TRACK CLUB
8	17	CHRISTINE WILLIAMS	46	ST. LOUIS MO	36:12.9	ST. LOUIS TRACK CLUB
9	23	DEBORAH CONLEY	46	BOULDER CO	40:36.7	IN STEP REAL WOMEN REAL FAST

**FEMALE AGE GROUP 50 - 54**

1	12	NANCY TAUBE	51	COLUMBIA MO	34:23.7	COLUMBIA TRACK CLUB
2	19	LIZ KYGER	52	OLDFIELD MO	38:53.1	KANSAS CITY SMOKE
3	20	CAROL PRATT	52	VARNA IL	39:02.8	UNATTACHED

**FEMALE AGE GROUP 55 - 59**

1	14	JOANNA HARPER	55	PORTLAND OR	35:41.2	TEAM RED LIZARD
2	21	TRACEY BERNETT	56	NIWOT CO	39:25.2	IN STEP REAL WOMEN REAL FAST
3	22	STEPHANIE TODD	55	ST. LOUIS MO	39:54.8	ST. LOUIS TRACK CLUB

**FEMALE AGE GROUP 60 - 64**

1 9 KATHRYN MARTIN 60 NORTHPORT NY 33:43.8 NORTHPORT RUNNING CLUB

**FEMALE AGE GROUP 65 - 69**

1 26 RUTH THELEN 67 ST. JOHNS MI 44:31.4 PLAYMAKERS ELITE/NEW BALANCE

**FEMALE AGE GROUP 70 - 74**

1 25 SHARON DOLAN 70 WESTPHALIA MI 42:56.8 PLAYMAKERS ELITE/NEW BALANCE

Results - Masters Women - Age Graded

Place No.	Name	Age	City	Finish	Agegrade	Affiliation
1 652	KATHRYN MARTIN	60	NORTHPORT NY	33:43.8	92.25	NORTHPORT RUNNING CLUB
2 603	JODY HAWKINS	45	BLOOMING GROVE TX	30:20.7	85.19	UNATTACHED
3 562	SHARON DOLAN	70	WESTPHALIA MI	42:56.8	84.37	PLAYMAKERS ELITE/NEW BALANCE
4 505	MARY ALICO	48	BROOMFIELD CO	31:39.2	84.14	RUNNING REPUBLIC OF BOULDER
5 582	DONNA GARCIA	43	MARIETTA GA	30:26.5	83.44	UNATTACHED
6 770	JOANNA ZEIGER	41	BOULDER CO	30:04.3	83.30	RUNNING REPUBLIC OF BOULDER
7 594	NOELLE GREEN	47	ERIE CO	31:48.3	82.85	IN STEP REAL WOMEN REAL FAST
8 600	JOANNA HARPER	55	PORTLAND OR	35:41.2	81.50	TEAM RED LIZARD
9 541	CHERYL COLLINS-GATONS	45	GREENSBURG PA	31:44.7	81.43	UNATTACHED
10 734	NANCY TAUBE	51	COLUMBIA MO	34:23.7	80.29	COLUMBIA TRACK CLUB
11 626	DAWN KING	48	BOULDER CO	33:49.8	78.73	IN STEP REAL WOMEN REAL FAST
12 735	RUTH THELEN	67	ST. JOHNS MI	44:31.4	77.56	PLAYMAKERS ELITE/NEW BALANCE
13 536	CANDACE CAVENY	42	FAIRVIEW HEIGHTS IL	33:03.4	76.28	ST. LOUIS TRACK CLUB
14 561	LYDIA DISSLY	44	BOULDER CO	33:37.4	76.19	RUNNING REPUBLIC OF BOULDER
15 624	DEBBIE KERBER	47	CHESTERFIELD MO	34:47.0	75.76	ST. LOUIS TRACK CLUB
16 558	PAMELA DI GUISEPPE	44	BRENTWOOD MO	34:05.4	75.14	ST. LOUIS TRACK CLUB
17 504	HELEN ALEXANDER	49	ST. LOUIS MO	35:54.6	75.05	ST. LOUIS TRACK CLUB
18 514	TRACEY BERNETT	56	NIWOT CO	39:25.2	74.75	IN STEP REAL WOMEN REAL FAST
19 694	SUSAN RACETTE	46	ST. LOUIS MO	35:46.6	72.91	ST. LOUIS TRACK CLUB
20 741	STEPHANIE TODD	55	ST. LOUIS MO	39:54.8	72.87	ST. LOUIS TRACK CLUB
21 762	CHRISTINE WILLIAMS	46	ST. LOUIS MO	36:12.9	72.03	ST. LOUIS TRACK CLUB
22 637	LIZ KYGER	52	OLDFIELD MO	38:53.1	71.92	KANSAS CITY SMOKE
23 690	CAROL PRATT	52	VARNA IL	39:02.8	71.63	UNATTACHED
24 776	HELEN VANCURA	40	BOULDER CO	37:54.8	65.63	IN STEP REAL WOMEN REAL FAST
25 542	DEBORAH CONLEY	46	BOULDER CO	40:36.7	64.23	IN STEP REAL WOMEN REAL

FAST