

# FOGGY BOTTOM MILK RUN (2011~2020)

By "Bill Daniel" <drd4462@att.net>

## 4 Mile (2011~2020) (CERTIFIED COURSE)

### BOYS 2 - 10

1 Jackson Sandell	29:17 (15)
2 Eoin McGoldrick	29:32 (19)
3 Damian Dinan	30:43 (16)
4 Nate Silva	30:55 (15)
5 Ryder Bullman	31:09 (19)

### BOYS 11 - 14

1 Brandon Kelsey	23:16 (13)
1 RJ Richard	23:16 (11)
3 Kellen O'Niell	23:17 (13)
4 Aaron Shapiro	25:40 (20)
5 Ocean Walker	27:13 (20)

### BOYS 15 - 19

1 Eric Cota	21:59 (15)
2 Kellen O'Neill	23:14 (14)
3 Nicholas Brichta	23:23 (14)
4 Jared Hilligoss	24:10 (11)
5 Oscar Carson	24:52 (12)

### MEN 20 - 24

1 Brian Quilty	20:54 (13)
2 Jesse Cronin	22:05 (13)
3 Shane Cawelti	25:09 (19)
4 Matthew Guerrero	25:40 (15)
4 Pieter Gustavson	25:54 (11)

### MEN 25 - 29

1 Hunter Daniel	21:01 (13)
2 Jason Lewis	21:11 (13)
3 Thomas Nolan	22:10 (20)
4 Matthew Guerrero	24:13 (19)
5 Patrick Kertz	24:22 (13)

### MEN 30 - 34

1 Cody Thompson	23:06 (11)
2 Optimus Prime	23:07 (12)
3 Jason Lewis	23:47 (16)
4 Jeff Gutierrez	23:54 (15)
5 Casey Ales	26:55 (15)

### MEN 35 - 39

1 Cody Thompson	22:32 (12)
2 Matthew Kidwell	22:46 (20)
3 Andrew Jones	23:39 (15)
4 Spencer Rogers	24:34 (15)
5 James Defenbaugh	25:09 (11)

### MEN 40 - 44

1 Reed Richard	23:19 (11)
2 Matt Creason	23:36 (18)
3 Manute Bol	23:59 (14)
4 Marcus Appy	24:45 (15)
5 James Robbins	24:52 (13)

### MEN 45 - 49

1 Brian Hudgens	24:33 (20)
2 James Robbins	24:59 (14)
3 Greg Goldsmith	25:01 (11)
4 Phil Rouse	26:28 (15)
5 Ed Coppini	27:49 (15)

### MEN 50 - 54

1 Greg Goldsmith	25:53 (14)
2 Thomas Guyer	28:13 (12)
3 Michael Chapman	28:34 (14)
4 Paul Kraus	29:17 (11)
5 Robert Ayers	29:21 (11)

### MEN 55 - 59

1 Yoshi Uemura	25:54 (12)
2 Mike Wood	26:58 (19)
3 Alan Grau	27:31 (12)
4 Bruce McFarland	27:58 (11)
5 Mike Pigg	28:19 (19)

### MEN 60 - 64

### GIRLS 2 - 10

1 Lily Richard	31:01 (11)
2 Faith Tsarnas	34:17 (12)
3 Kyla Huneke	34:39 (15)
4 Anika Sundeen	35:28 (13)
5 Karsen Coelho	35:49 (12)

### GIRLS 11 - 14

1 Chloe Pigg	24:03 (11)
2 Mya Alves	29:12 (12)
3 Madison Trieu	29:19 (20)
4 Ai-Lan McGoldrick	29:37 (18)
5 Amelia Sanchez	29:54 (20)

### GIRLS 15 - 19

1 Michaela Barros	28:38 (14)
2 Emma Radley	31:09 (15)
3 Elizabeth Gent	32:38 (11)
4 Tonia Olea Herrera	32:47 (20)
5 Willow Smith	33:42 (15)

### WOMEN 20 - 24

1 Caitie Richards	26:35 (13)
2 Liliana Herrera	27:56 (15)
3 Jenna Lee	28:11 (11)
4 Molly Lesser	28:15 (13)
5 Joanna Wyllie	31:40 (12)

### WOMEN 25 - 29

1 Karissa Hall	27:51 (20)
2 Rachel Cardoza	27:56 (15)
3 Catherine Sundquist	28:04 (13)
4 Monica Mays	28:55 (11)
5 Colleen Bones	30:09 (12)

### WOMEN 30 - 34

1 Pamela Hutchinson	25:56 (11)
2 Kamila Larripa	27:18 (11)
3 Monica Mays	27:51 (16)
4 Steve Hoffman	28:02 (12)
5 Rachel Cardoza	28:29 (18)

### WOMEN 35 - 39

1 Pamela Naylor	27:03 (18)
2 Karen Kidwell	28:58 (20)
3 Alicia Smith	29:11 (16)
4 Megan Collenberg	29:30 (20)
5 Sarah Hallowell	29:42 (11)

### WOMEN 40 - 44

1 Laura McNulty	24:06 (11)
2 Pamela Naylor	25:46 (20)
3 Melanie Richard	27:34 (13)
4 Alicia Smith	29:17 (19)
5 Sarah Hallowell	30:05 (13)

### WOMEN 45 - 49

1 Laura McNulty	24:10 (14)
2 Robyn Petrusha	29:30 (13)
3 Kathleen Brubaker	29:34 (12)
4 Denise Walker-Brown	30:44 (20)
5 Terri Vroman-Little	31:22 (11)

### WOMEN 50 - 54

1 Robyn Petrusha	27:16 (18)
2 Holly Enzler	27:19 (15)
3 Laura Chapman	28:03 (13)
4 Liz Black	29:32 (13)
5 Liz Webb	30:24 (20)

### WOMEN 55 - 59

1 Robyn Petrusha	29:05 (20)
2 Lanore Bergenske	29:16 (17)
3 Liz Black	29:47 (15)
4 Michaela Whiteley	32:48 (17)
5 Candee Mooslin	33:03 (18)

### WOMEN 60 - 64

1 John Zinselmeir	24:45 (12)
2 Mike Wood	26:57 (20)
3 Yoshi Uemura	27:37 (15)
4 Barry Milender	29:19 (15)
5 Jack West	29:33 (14)

### **MEN 65 - 69**

1 Cyril Carl	29:54 (15)
2 Bob Peck	31:42 (18)
3 Bob Beede	32:55 (18)
4 Rick Park	34:06 (11)
5 Randy Emenaker	35:45 (16)

### **MEN 70 - 74**

1 Cyril Carl	29:57 (17)
2 Jurgen Giessel	35:27 (11)
3 Robert Meyer	36:04 (15)
4 Robert Bliss	36:53 (19)
5 Rick Park	37:27 (16)

### **MEN 75 - 79**

1 Jurgen Giessel	37:45 (13)
2 Jerry Fowler	57:26 (14)
3 Frank Benko	1:03:46 (17)

### **MEN 80 - 84**

1 Jurgen Giessel	48:44 (19)
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### **MEN 85 - 89**

1 John Norberg	59:02 (15)
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### **MEN 90 - 94**

1 John Norberg	1:18:44 (18)
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## **10 Mile (2011~2020) (CERTIFIED COURSE)**

### **BOYS - 14**

1 Will Barbee	1:11:31 (16)
2 Ryder Bullman	1:11:33 (20)
3 Connor Trump	1:18:02 (12)
4 Aaron Hammond	1:22:15 (15)
5 Ryan Littleton	1:26:19 (15)

### **BOYS 15 - 19**

1 Dustyn Salomon	1:00:31 (14)
2 Zephir Lennox	1:05:08 (14)
3 Tom Scrutton	1:06:39 (19)
4 Brandon Kelsey	1:08:11 (15)
5 George Gensaw	1:17:16 (13)

### **MEN 20 - 24**

1 Joe Ostini	0:55:19 (14)
2 Robert Gustas	0:57:40 (13)
3 Leon Medina	0:58:11 (13)
4 Kenneth Pocasangre	1:00:01 (15)
5 Bradley Bogdan	1:01:53 (13)

### **MEN 25 - 29**

1 Austin Huff	0:55:22 (15)
2 Aaron Campbell	0:55:25 (19)
3 Nico Arguelles	0:56:00 (13)
4 Kenneth Pocasangre	0:59:53 (20)
5 James Lonegan	1:04:02 (11)

### **MEN 30 - 34**

1 Brandon Day	0:55:56 (15)
2 Samuel Dannenbring	0:56:13 (20)
3 Matthew Kidwell	1:00:55 (15)
4 Trevor Carlson	1:01:23 (14)
5 Gregg Hein	1:05:30 (14)

### **MEN 35 - 39**

1 Christopher Wehan	0:58:30 (19)
2 Trevor Carlson	0:58:40 (15)
3 Optimus Prime	1:02:12 (16)
4 Ben Davenport	1:02:15 (14)
5 Matthew Kidwell	1:03:57 (19)

### **MEN 40 - 44**

1 Reed Richard	1:02:05 (13)
2 Ben Davenport	1:02:11 (16)
3 Morgen Lanning	1:03:12 (18)

1 Mary Wells	32:05 (17)
2 Ellie Bustin	34:49 (17)
3 Cathy Larripa	35:13 (15)
4 Michaele Whiteley	36:32 (20)
5 Lisa Hemphill	38:25 (19)

### **WOMEN 65 - 69**

1 Mary Wells	31:31 (20)
2 Diane Muthart	37:07 (20)
3 Lorraine Dillon	40:43 (17)
4 Stacy Antoniadis	41:22 (19)
5 Donna Ayres	41:47 (15)

### **WOMEN 70 - 74**

1 Carolyn Ward	37:57 (12)
2 Marge Dunlap	38:29 (11)
3 Portia Matheson	50:37 (19)
4 Loretta Davidson	53:12 (15)
5 Donna Ayres	57:14 (20)

### **WOMEN 75 - 79**

1 Lynn Lawrence	54:55 (11)
2 Myrna Weburg	59:59 (15)
3 Barbara Manson	1:01:38 (12)
4 Sharon Colson	1:16:00 (20)

### **WOMEN 80 - 84**

1 Lynn Lawrence	59:39 (14)
2 Barbara Manson	1:04:29 (17)
3 Myrna Weburg	1:07:15 (20)

### **WOMEN 85 - 89**

### **WOMEN 90 - 94**

### **GIRLS - 14**

1 Annie Lanning	1:34:44 (18)
2 Alyssa Paynton	1:41:06 (12)
3 Julie Lanning	1:53:01 (18)
4 Sam Maritzen	2:06:13 (18)

### **GIRLS 15 - 19**

1 Chloe Pigg	1:06:13 (16)
2 Dana Lester	1:21:47 (11)
3 Christina Smith	1:24:01 (20)
4 Jodi Grinsell	1:24:32 (11)
5 Lydia Zewalda	1:25:30 (12)

### **WOMEN 20 - 24**

1 Nina Carson	1:08:59 (14)
2 Greta Macey	1:10:50 (13)
3 Angelica Aubrey	1:12:31 (16)
4 Corrina Kamoroff	1:15:05 (14)
5 Chelsea Reed	1:20:02 (19)

### **WOMEN 25 - 29**

1 Nina Carson	1:08:15 (16)
2 Devon Kelsey	1:09:01 (15)
3 Angela Grytness	1:12:16 (20)
4 Angelica Aubrey	1:14:38 (19)
5 Sasha Sinkevich	1:16:54 (20)

### **WOMEN 30 - 34**

1 Cedar Smith	1:03:01 (12)
2 Pamela Hutchens	1:09:11 (13)
3 Courtney Ladika	1:09:34 (15)
4 Jennifer Dannenbring	1:10:09 (20)
5 Kristal Mendez	1:10:47 (16)

### **WOMEN 35 - 39**

1 Cherie Lawrence	1:05:59 (11)
2 Cedar Smith	1:07:11 (20)
3 Kristal Mendez	1:11:59 (18)
4 Courtney Ladika	1:14:54 (20)
5 Rachele Gundlach	1:14:56 (13)

### **WOMEN 40 - 44**

1 Tasha Souza	1:12:51 (13)
2 Jennifer Heidmann	1:14:06 (11)
3 Sadie Alves	1:15:48 (19)

4 Merlin Gooden  
5 Sean Campbell

1:06:00 (11)  
1:07:47 (14)

### **MEN 45 - 49**

1 Reed Richard  
2 Sean Johnson  
3 Bryan Spinus  
4 Ed Coppini  
5 Chris Schinke

1:01:20 (14)  
1:08:45 (16)  
1:09:19 (20)  
1:10:29 (13)  
1:11:04 (19)

### **MEN 50 - 54**

1 Greg Goldsmith  
2 Loren Cannon  
3 Dale Bagley  
4 Sean Johnson  
5 Greg Jenkins

1:05:19 (12)  
1:08:47 (14)  
1:11:09 (11)  
1:12:29 (20)  
1:13:34 (13)

### **MEN 55 - 59**

1 Dave Ryan  
2 Jeff Haag  
3 Barry Milender  
4 Paul Kinsey  
5 Loren Cannon

1:09:19 (17)  
1:12:39 (15)  
1:13:00 (13)  
1:15:38 (14)  
1:16:17 (19)

### **MEN 60 - 64**

1 John Zinselmeir  
2 Dave Ryan  
3 Michael Mulderig  
4 Jeff Haag  
5 Alan Grau

1:05:24 (11)  
1:07:28 (18)  
1:13:02 (13)  
1:14:24 (20)  
1:14:28 (14)

### **MEN 65 - 69**

1 John Zinselmeir  
2 Bob Peck  
3 Alan Grau  
4 Bob Thompson  
5 Stephen Buck

1:07:48 (13)  
1:19:30 (15)  
1:19:38 (19)  
1:25:39 (16)  
1:31:40 (18)

### **MEN 70 - 74**

1 Bob Peck  
2 Ron Dunlap  
3 Ken Young  
4 Jack Tipple III  
5 Jerry Fowler

1:25:57 (19)  
1:29:28 (11)  
1:37:29 (13)  
2:08:57 (18)  
2:26:02 (11)

### **MEN 75 - 79**

1 Ken Young  
2 Jib Ray  
3 Jerry Fowler

1:52:29 (17)  
1:58:43 (18)  
2:39:35 (15)

### **MEN 80 - 84**

1 Jerry Fowler

2:53:34 (19)

### **MEN 85 - 89**

1 John Norberg

2:46:46 (12)

4 Suzei Pearl-Reed  
4 Rachele Gundlach

1:20:44 (15)  
1:20:44 (19)

### **WOMEN 45 - 49**

1 Laura McNulty  
2 Tami Beall  
3 Kim Coelho  
4 Terri Vroman Little  
5 Amy Ziegler

1:07:05 (15)  
1:10:15 (17)  
1:15:13 (12)  
1:23:22 (12)  
1:29:36 (12)

### **WOMEN 50 - 54**

1 Tami Beall  
2 Laura McNulty  
3 Lanore Bergenske  
4 Robyn Petrusa  
5 Terri Vroman Little

1:09:20 (18)  
1:16:11 (19)  
1:16:40 (12)  
1:19:02 (15)  
1:25:44 (15)

### **WOMEN 55 - 59**

1 Lanore Bergenske  
2 Caroline Carson  
3 Chris Hamer  
4 Mary Wells  
5 Laurie Clendenen

1:10:06 (13)  
1:19:01 (20)  
1:21:23 (12)  
1:22:02 (13)  
1:26:08 (15)

### **WOMEN 60 - 64**

1 Lanore Bergenske  
2 Mary Wells  
3 Cindy McGihon  
4 Chris Hamer  
5 Eileen Burger

1:16:05 (18)  
1:22:51 (15)  
1:23:51 (19)  
1:30:20 (20)  
1:35:37 (19)

### **WOMEN 65 - 69**

1 Jessie Stratton  
2 Portia Matheson  
3 Carolyn Ward  
4 Susan Roberts

1:27:37 (12)  
1:42:08 (16)  
1:44:53 (11)  
1:55:15 (13)