

FOREVER YOUNG RACES – 2015

Albuquerque Road Runners Club

Placitas, NM

Sunday, April 12, 2015

3 MILE

AWARD WINNERS

MALE

FEMALE

		age	time		age	time
OVERALL	Noda Kazuki	24	15:34	Caroline King	24	21:46
YOUTH	Rafael Colon	17	42:54	Rachel Grueber	22	23:07
0-29	Juan Beltram	17	42:54	Mayumi Kanai	26	24:22
				Isabella Rudolfo	12	45:24
MASTERS	Evan Blackstone	39	30:56	Johnette Sanchez	30	26:40
30-39	Michael Smith	34	56:34	Melissa Sousa	32	26:45
	Jason Weaks	35	57:07	Justine Fox-Young	36	30:55
GRAND MASTERS	Cornelius Puiulet	42	17:29	Jennifer Pontzer	45	22:13
40-49	Michael Haranzo	46	20:02	Wendy Wiggins	45	26:24
	Gary Jaramillo	43	22:16	Paula Baca	40	33:09
SENIORS	David Dunlap	58	35:45	Carole Roybal	50	29:22
50-59	Marty Deford	57	50:21	Kathy Daly	57	32:49
	Martin Haagmans	57	56:31	Marsha Dunlap	59	35:45
GEEZERS 60+	Chuck Fuller	68	24:32	Nadine Mahres	65	40:30
	Arthur Glassman	73	26:17	Lucy Fox	62	45:43
	Steve Rospopo	63	42:33	Leonora Forslund	64	47:37

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			age	time				age	time	
1	Noda Kazuki	24	15:34	M	36	Isabella Rudolfo	12	45:24	F	
2	Cornelius Puiulet	42	17:29	M	37	Edwina Quintana	37	45:37	F	
3	Michael Haranzo	46	20:02	M	38	Lucy Fox	62	45:43	F	
4	Caroline King	24	21:46	F	39	Lindy Lanford	41	45:44	F	
5	Jennifer Pontzer	45	22:13	F	40	Leonora Forslund	64	47:37	F	
6	Gary Jaramillo	43	22:16	M	41	Dennis Gromelski	48	48:45	M	
7	Rachel Grueber	22	23:07	F	42	Aleli Colon	46	48:51	F	
8	Mayumi Kanai	26	24:22	F	43	Maria Rudolfo	45	48:53	F	
9	Chuck Fuller	68	24:32	M	44	Marty Deford	57	50:21	M	
10	Arthur Glassman	73	26:17	M	45	Sara Lister	38	53:31	F	
11	Wendy Wiggins	45	26:24	F	46	Erin Thompson	44	53:32	F	
12	Johnette Sanchez	30	26:40	F	47	Paul Kennedy	56	54:06	M	
13	Melissa Sousa	32	26:45	F	48	Pamela Kennedy	65	54:07	F	
14	Carole Roybal	50	29:22	F	49	Marta Lucas	60	54:24	F	
15	Justine Fox-Young	36	30:55	F	50	Cara Paul	45	54:32	F	
16	Evan Blackstone	39	30:56	M	51	Ingrid Truemper	43	54:38	F	
17	Courtney Weaks	32	32:16	F	52	Cindy Deford	49	55:32	F	
18	Kathy Daly	57	32:49	F	53	Susan Seligman	64	56:11	F	
19	Paula Baca	40	33:09	F	54	Richard Seligman	67	56:27	M	
20	Marsha Dunlap	59	35:45	F	55	Martin Haagmans	57	56:31	M	
21	David Dunlap	58	35:45	M	56	Michael Smith	34	56:34	M	
22	Crystal Sanchez	37	35:53	F	57	John Fugedy	59	56:56	M	
23	Bethany Grow	33	37:01	F	58	Carla Martinez	44	57:06	F	
24	Brian Colon	45	38:43	M	59	Jason Weaks	35	57:07	M	
25	Emeterio Rudolfo	47	38:44	M	60	Amber Martinez	6	57:08	F	
26	Laura Maclay	58	39:24	F	61	Dana Howarth	25	58:06	F	
27	Ronnie Martinez	49	39:50	M	62	Sara Mulder	29	58:09	F	
28	Nadine Mahres	65	40:30	F	63	Lauryn Spohn	36	58:11	F	
29	Stephanie Tsosie	54	41:38	F	64	Darryl Ackley	36	59:31	M	
30	Steve Rospopo	63	42:33	M	65	Rafe Ackley	13	59:33	M	
31	Leandra Binder	32	42:41	F	66	Africa Quiroga	25	59:50	F	
32	Rafael Colon	17	42:54	M	67	Kenna Ackley	10	59:52	F	
33	Juan Beltram	17	42:54	M	68	Rosanna Manzanares	29	59:56	F	
34	Lillian Quintana	31	44:44	F	69	Lisa Ackley	39	1:00:03	F	
35	Earl Roenfranz	84	45:08	M						

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6 MILE

AWARD WINNERS

MALE

FEMALE

		age	time		age	time
OVERALL	Todd Nickerson	26	38:00	Shawna Winnegar	24	40:11
YOUTH	Byron Yepa	23	54:20	Kellie Nickerson	29	43:35
0-29	Keith Toshewana	27	58:08	Paige Kinucan	29	50:06
	Byron Tafoya	25	1:08:55	Melissa Watson	25	50:47
MASTERS	Mark Ruggiero	38	43:37	Anna Hoard	35	52:28
30-39	Dave Doyle	39	48:02	Rachel Kinney	30	52:47
				Amy McQuitty	34	52:49
GRAND MASTERS	Ruben Martinez	43	46:31	Kerri Dankocsik	42	47:02
40-49				Shannon Zanelli	43	51:14
				Christy Dafter	44	52:46
SENIORS	Bill West	59	41:57	Kristy Ott-Meyer	57	55:50
50-59	Steven Nickerson	56	47:09	Carol Rogers	51	1:00:59
	Larry Barela	57	51:06	Linda Cage	55	1:03:38
GEEZERS 60+	Jeff Rienstra	60	45:25	Linda Stiles	64	1:00:07
	Richard Knapp	62	47:45	Catherine Kirkwood	65	1:06:57
	Dan Tallon	60	49:35	Irene Terronez	71	1:09:07

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1	Todd Nickerson	26	38:00	M	35	Melacia Fragua	24	57:17	F
2	Shawna Winnegar	24	40:11	F	36	Keith Toshewana	27	58:08	M
3	Bill West	59	41:57	M	37	Erin Lanford	39	58:39	M
4	Kellie Nickerson	29	43:35	F	38	Julia Anderson	25	59:34	F
5	Mark Ruggiero	38	43:37	M	39	Barry Field	69	59:35	M
6	Jeff Rienstra	60	45:25	M	40	Linda Stiles	64	1:00:07	F
7	Ruben Martinez	43	46:31	M	41	Celeste Rudolfo	14	1:00:59	F
8	Kerri Dankocsik	42	47:02	F	42	Carol Rogers	51	1:00:59	F
9	Steven Nickerson	56	47:09	M	43	Suzette Williams	46	1:02:31	F
10	Richard Knapp	62	47:45	M	44	Gwen Walker	31	1:02:36	F
11	Dave Doyle	39	48:02	M	45	Jessica Dennis	35	1:02:37	F
12	Dan Tallon	60	49:35	M	46	Roxie Carpenter	51	1:02:41	F
13	Paige Kinucan	29	50:06	F	47	Coreen Romero	37	1:02:42	F
14	Melissa Watson	25	50:47	F	48	Linda Cage	55	1:03:38	F
15	Bill Blankenship	65	50:48	M	49	Julie Hotz	51	1:03:43	F
16	Larry Barela	57	51:06	M	50	Serena Lyons	37	1:04:56	F
17	Shannon Zanelli	43	51:14	F	51	Kelly Bowles	54	1:05:10	F
18	Anna Hoard	35	52:28	F	52	John DeBuck	57	1:05:15	M
19	Natalie Oliphant	29	52:29	F	53	Catherine Kirkwood	65	1:06:57	F
20	Kurt Coonrod	54	52:41	M	54	Byron Tafoya	25	1:08:55	M
21	Christy Dafter	44	52:46	F	55	Beth Bailey	52	1:08:59	F
22	Rachel Kinney	30	52:47	F	56	Irene Terronez	71	1:09:07	F
23	Amy McQuitty	34	52:49	F	57	Danielle Bishop	35	1:09:28	F
24	Kacey Bielek	24	53:13	F	58	Erin Quinn	33	1:10:16	F
25	Ella Bredthauer	39	53:29	F	59	Imelda Waquiu	44	1:11:34	F
26	Dennis Muirhead	74	53:40	M	60	Fred Bonnell	74	1:12:33	M
27	Nina Harrell	34	53:42	F	61	Dan Vortolomei	54	1:15:14	M
28	Byron Yepa	23	54:20	M	62	Craig Anderson	68	1:15:28	M
29	Julie Augustine	33	54:58	F	63	Perky Garcia	49	1:16:55	F
30	Kristy Ott-Meyer	57	55:50	F	64	Karen Godinez	50	1:17:33	F
31	Aleeca Forsberg	38	55:59	F	65	Shirley Muncy	50	1:18:55	F
32	Elizabeth Chaplin	36	56:09	F	66	Joanna Johnston	34	1:19:29	F
33	John Fugedy	59	56:56	M	67	Ted Williams	67	1:29:54	M
34	Alva Gachupin	26	57:09	F	68	Katherine Wilson	70	1:33:00	F