

Anchorage Running Club
Masters 5k and 10K Results
July 13, 2016

5k Men			
1	Daniel Folmar	18:07.8	40-49
2	Dan Baldwin	23:00.7	50-59
3	John Brewer	23:27.1	50-59
4	Dan Montoya	23:58.6	50-59
5	Timothy Johnson	24:30.0	50-59
6	Steve Teeter	24:49.5	60-69
7	Alan Parkinson	26:16.5	60-69
8	Todd Heverling	28:38.0	50-59
9	Paul Schrooten	28:43.9	60-69
10	Edward McComb	30:38.8	50-59
11	Brian Ross	31:32.2	40-49
12	Ricard Hull	35:25.7	80-89

5k Women			
1	Julie Michaels	24:49.5	40-49
2	Anna Maria Parkison	29:57.0	60-69
3	Monica Goupp	31:01.8	40-49
4	Kim Baldwin	31:21.2	50-59
5	Tracy Ross	31:32.1	40-49
6	Lisa Delaney	31:51.3	40-49
7	Suzanne Hull	32:24.6	40-49
8	Betsy McKitrick	33:13.8	40-49
9	Louanne Lum	34:13.1	50-59
10	Rebecca Garrett	35:13.0	50-59
11	Teresa Hull	35:25.7	70-79

10k Men			
1	Thomas Burton	45:36.8	50-59
2	Dan McCarthy	48:50.6	40-49
3	Stephen Crook	49:52.6	50-59
4	Toby Widdicombe	51:17.3	60-69
5	Michael Stahl	55:30.1	50-59
6	Keith Harvey	56:15.6	50-59
7	Frank Thomson	59:58.2	60-69
8	Jim Leonard	60:51.2	70-79
9	Jim Feaster	69:11.9	60-69

10k Women			
1	Cindy Freistone	47:32.8	50-59
2	Lynn Will	49:44.6	40-49
3	Cynthia Richie	49:47.4	50-59
4	Julie Harvey	61:48.1	50-59
5	Ayako McComb	63:43.0	40-49
6	Kim Lewis	66:02.8	50-59
7	Judy Krier	84:04.5	50-59