

Results Courtesy of
Dave Fleishman, Atascadero Running Club

Lighthouse 5K - 6/3/2017
Pomar Junction Winery, Templeton, CA

F 12-UNDER

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Hannah Freygang	F 12-Under	11	26:30.83
2 Riley Jo George	F 12-Under	12	29:36.11
3 Lilly Thompson	F 12-Under	9	31:08.83
4 Celeste Cunningham	F 12-Under	10	37:58.05
5 Niyah Tidwell	F 12-Under	8	43:05.08
6 Eliana Cunningham	F 12-Under	11	44:07.86
7 Brooke Clark	F 12-Under	9	58:45.67

M 12-UNDER

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Kieran Dolan	M 12-Under	10	24:37.02
2 Ulysses Kaul	M 12-Under	9	31:21.49
3 Mattix Tidwell	M 12-Under	12	36:15.58
4 Maddox Vanderwielen	M 12-Under	11	36:20.70
5 Tyler Lasslett	M 12-Under	11	44:15.61
6 Nathan Okas	M 12-Under	6	1:03:28.58

F 13-19

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Morgan Schimmelpfenni	F 13-19	15	38:32.95
2 Morgan Lasslett	F 13-19	15	47:19.14
3 Paige Autry	F 13-19	16	50:00.55
4 Emma Ioppini	F 13-19	15	53:43.80
5 Molly Ioppini	F 13-19	18	57:08.27

M 13-19

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Johnathan Dolan	M 13-19	15	18:52.42
2 Kameron Schmidt	M 13-19	13	19:49.92
3 Kyle Pericic	M 13-19	14	22:32.05
4 Dylan Clark	M 13-19	13	31:13.02
5 Andrew Pericic	M 13-19	14	31:13.42
6 Garrett Freygang	M 13-19	14	36:20.95

7 Ethan Watt M 13-19 14 46:59.08

F 20-29

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Angenette Tiffin	F 20-29	26	27:09.74
2 Paige Jespersen	F 20-29	26	29:55.11
3 Kellyn Finegan	F 20-29	29	33:42.33
4 Alexis Lourenco	F 20-29	27	34:01.30
5 Hillary Tish	F 20-29	27	36:51.64
6 Molly Mercer	F 20-29	22	43:50.86
7 Christine Soto	F 20-29	26	44:07.55
8 Alison Rivas	F 20-29	22	44:40.83
9 Karla Kidd	F 20-29	25	48:49.05
10 Kelsey Harris	F 20-29	29	49:24.21
11 Katie Anselmi	F 20-29	23	51:33.83
12 Lindsay Bentz	F 20-29	27	52:17.99
13 Angela Ramirez	F 20-29	23	54:13.52
14 Isamary Maganda	F 20-29	20	54:14.86
15 Lexi Tidwell	F 20-29	28	58:46.42

M 20-29

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Pepe Gonzales	M 20-29	24	18:03.02
2 Tavin Boynton	M 20-29	21	21:28.49
3 Tom Razo	M 20-29	29	26:28.58
4 Gunnar Jespersen	M 20-29	27	29:54.83
5 Dustin Kingma	M 20-29	29	36:28.52
6 Forrest Ingram	M 20-29	28	43:08.02
7 Drew Bentz	M 20-29	27	52:19.24
8 Troy Tidwell	M 20-29	28	59:58.77

F 30-39

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Alison Borgsmiller	F 30-39	35	24:30.89
2 Mariika Tidwell	F 30-39	32	24:55.17
3 Leah Gordon	F 30-39	38	30:57.58
4 Amy Holder	F 30-39	34	32:56.33
5 Kaite Mervin	F 30-39	36	33:33.77
6 Genevieve Lidoff	F 30-39	32	34:05.21
7 Melissa Bright	F 30-39	37	34:22.52
8 Madelyn Grassi	F 30-39	32	34:50.27
9 Jennifer Monteath	F 30-39	32	34:51.52
10 Jodie Cohen	F 30-39	38	35:22.36
11 Cindy Vanderwielen	F 30-39	36	36:21.64
12 Veronica Negrete	F 30-39	30	36:28.24
13 Brittany McGill	F 30-39	32	38:00.55

14	Valerie Gilliss	F 30-39	31	44:13.61
15	Holl-lee Lawrence	F 30-39	30	49:25.45
16	Misty Aronsen	F 30-39	37	50:07.86
17	Brittany Pigeon	F 30-39	32	50:26.89
18	Kristi Sarver	F 30-39	39	50:38.08
19	Carrie Hansen	F 30-39	30	54:10.05
20	Jaime Christensen	F 30-39	38	54:35.55
21	Meggie DeQuattro	F 30-39	32	57:09.14
22	Jamie Fazio	F 30-39	32	57:09.89
23	Anna Rodriguez	F 30-39	35	57:18.11
24	Marta Block	F 30-39	37	57:33.24
25	Margie Chiamonte	F 30-39	38	1:01:48.92

M 30-39

Mixed 5000 Meter Run

Name	Age Group	Age	Time	
1	Eric Jette	M 30-39	30	25:36.92
2	Doug Vanderwielen	M 30-39	35	26:28.33
3	J.O. Thompson	M 30-39	39	31:09.67
4	Matthew Zoerb	M 30-39	34	31:44.33
5	Steven Finegan	M 30-39	30	33:41.95
6	Matthew Gilliss	M 30-39	33	44:13.21
7	Leo Tidwell, III	M 30-39	38	44:36.67
8	Kurtis Kidd	M 30-39	31	45:14.55
9	Kurtis Kidd	M 30-39	31	47:57.05
10	Chad Clark	M 30-39	31	52:20.27
11	Jon Hansen	M 30-39	31	54:11.33
12	Benjamin Dore	M 30-39	38	58:43.24
13	Peter Okas	M 30-39	37	1:03:29.89

F 40-49

Mixed 5000 Meter Run

Name	Age Group	Age	Time	
1	Shauna Cunningham	F 40-49	40	24:19.67
2	Emily Coombes	F 40-49	47	28:06.80
3	Jennifer George	F 40-49	43	29:36.42
4	Melissa Silva	F 40-49	48	31:11.86
5	Emily Cappellano	F 40-49	49	32:39.33
6	Kim Clark	F 40-49	43	33:34.27
7	Rebecca Korpi	F 40-49	49	34:09.08
8	Michelle Kaul	F 40-49	43	34:35.58
9	Kellie Avila	F 40-49	40	35:25.67
10	Melanie Tucker	F 40-49	40	35:25.99
11	Corinne Lehr	F 40-49	46	36:23.42
12	Shauna Schimmelpfenni	F 40-49	47	41:24.52
13	Heather Moreno	F 40-49	49	41:45.52
14	Debbie Mensing	F 40-49	49	42:16.83
15	Julie DesJardins	F 40-49	46	49:58.27
16	Lora Gray	F 40-49	47	50:02.33
17	Carrie Autry	F 40-49	41	52:13.58
18	TYMEKA IOPPINI	F 40-49	46	53:42.52
19	Peggy Toole	F 40-49	41	54:40.39

20	Karen Chilina	F 40-49	40	54:40.92
21	Susan Clark	F 40-49	45	58:43.55
22	Kindra Okas	F 40-49	45	1:03:37.11
23	Maria Maganda	F 40-49	43	1:04:03.17

M 40-49

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Kenneth King	M 40-49	42	22:50.17
2 Dale Dolan	M 40-49	46	25:10.80
3 Gregory Chilina	M 40-49	44	31:11.11
4 Michael Gray	M 40-49	48	36:51.36
5 Jeff Mervin	M 40-49	41	52:21.27
6 Pelon Maganda	M 40-49	45	54:15.36
7 Chris Balogh	M 40-49	47	57:33.61

F 50-59

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Deborah Nottenkamper	F 50-59	52	28:50.42
2 Christine Dubach	F 50-59	55	29:05.86
3 Christine Scott	F 50-59	58	38:00.89
4 Celia Moses	F 50-59	53	43:04.74
5 ERIN GROCOTT	F 50-59	59	43:47.14
6 Julie Mercer	F 50-59	58	44:05.92
7 Nancy Pushea	F 50-59	56	44:41.77
8 Cindy McGee	F 50-59	53	44:57.89
9 Cassie Foster	F 50-59	55	50:38.49
10 Natalie Traverso	F 50-59	51	52:26.99
11 Nancy McWhorter	F 50-59	58	52:28.30
12 Corinne Yozamp	F 50-59	58	54:11.89
13 Carolyn Alonso	F 50-59	53	55:12.61
14 Trish MacDonald	F 50-59	57	55:28.58
15 Cindy Ioimo	F 50-59	59	55:42.58
16 Julie Martignoni	F 50-59	51	55:44.36
17 Tammy McJunkins	F 50-59	54	57:05.80
18 Nancy Findlay	F 50-59	58	58:00.05
19 Leigh Ormonde	F 50-59	55	58:36.30
20 Tami Tidwell	F 50-59	57	1:00:36.42

M 50-59

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Robert Hendricks	M 50-59	58	27:25.21
2 Joe Allen	M 50-59	53	27:51.21
3 Neil Tootill	M 50-59	59	30:15.39
4 Brian Betti	M 50-59	50	31:39.61
5 Dean Harrell	M 50-59	59	32:22.42
6 P Cappellano	M 50-59	51	36:24.08

7	Tim McGee	M 50-59	55	44:59.08
8	Gregg McWhorter	M 50-59	58	52:28.70
9	Leo Tidwell, Jr	M 50-59	58	1:00:00.89
10	Bob Meyers	M 50-59	57	1:07:11.77

F 60+

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Liz Byrnes	F 60+	60	28:57.02
2 Gena Molina	F 60+	61	44:39.27
3 Sandra Short	F 60+	71	45:14.80
4 Patty Huffman	F 60+	61	48:52.89
5 Ellen Castellanos	F 60+	65	50:38.80
6 Petra Patterson	F 60+	66	52:13.86
7 Linda Cooper	F 60+	68	54:08.99
8 Maggie Saporita	F 60+	60	57:10.74
9 Deborah Bowers	F 60+	60	58:31.05
10 Zsuzsi Hegedus	F 60+	64	1:01:48.17
11 Kim Lacey	F 60+	60	1:06:48.95
12 Beverly Tidwell	F 60+	76	1:07:20.08

M 60+

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 John Tiffin	M 60+	70	26:01.21
2 Doug Monteath	M 60+	67	33:55.24
3 Michael Axelrod	M 60+	68	34:53.70
4 Brian Patterson	M 60+	66	52:15.55
5 Steve Saporita	M 60+	64	57:16.42
6 Rolfe Nelson	M 60+	69	57:37.24
7 Scott Findlay	M 60+	62	57:39.27
8 Dave Ormonde	M 60+	61	58:37.02
9 Daniel Graham	M 60+	70	1:06:50.21

No Age Listed

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Naomi Yamagata	F	NA	58:02.33

Mixed 5000 Meter Run

Name	Age Group	Age	Time
1 Dimitri Voytilla	M	NA	21:28.89
2 Jonah Yamagata	M	NA	52:16.83