

### **5K Run**

Kim Hahnenkamp (W50-54) – 26:52.00

Cheryl Lisy (W60-64) – 24:35.00

Patricia Stoltenberg (W60-64) – 56:51.00

Colleen Ward (W70-74) – 33:37.00

Dave Lee (M55-59) – 19:28.10

Leo Vandervlugt (M 65-69) – 22:30.00

Dale Monroe-Cook (M 70-74) – 24:22.00

Don Pratt (M85-89) – 53:00.00

### **10K Run**

Kim Hahnenkamp (W50-54) – 54:57.00

Patricia Stoltenberg (W60-64) – 1:56:06.00

### **Power Walk 1 Mile**

Patricia Stoltenberg (W60-64) – 17:31.00

James Bentley (M55-59) – 12:00.00

Paul Brown (M65-69) – 19:19.00

Peter Bender (Run)(M65-69) – 6:34.00

Dale Shawgo (M70-74) – 14:09.00

### **Power Walk 5K**

Ann Emmrich (W60-64) – 48:18.50

Patricia Stoltenberg (W60-64) – 55:19.00

Carol Bennett (W65-69) – 48:17.00

### **Cycling 5K**

Pamela Stone (W 60-64) – 9:57.00

Patricia Stoltenberg (W 60-64) – 16:48.00, 32.08.00 (20K)

Patricia Beam (W80-84) – 10:42.00

Mark Kozlowski (M55-59) – 8:18.40

James Gajewski (M65-69) – 9:20.00

Gerald Beam (M85-89) – 12:20.00