

FAM TURKEY TROT 5K RUN 2023 - 11/23/2023**Raccoon River Park * WDM, IA****Results****Event 1 Women 16&U 5000 Meter Run**

Name	Age	Team	Avg Mile	Finals	Points
Results - Women 16 & Under					
1 Halley, Ella	12	Urbandale	8:35.6	26:41.80	
2 Humston, Clara	12	West Des Moines	8:36.4	26:44.40	
3 Schultz, Hadlee	13	Waukee	9:56.3	30:52.50	
4 Madison, Samantha	8	Johnston	10:34.4	32:50.90	
5 Lackey, Zelda	8	Des Moines	11:15.7	34:59.10	
6 Halaczkiwicz, Ian	10	Clive	11:39.7	36:13.60	
7 Schlehlein, Addison	11	Clive	12:13.5	37:58.80	
8 Crane, Cassidy	10	West Des Moines	12:23.6	38:30.20	
9 Halaczkiwicz, Annika	13	Clive	12:28.1	38:44.00	
10 Humston, Lydia	10	West Des Moines	12:57.4	40:15.00	
11 Wenz, Maria	12	Nevada	12:58.2	40:17.50	
12 Wenz, Ruth	8	Nevada	12:59.0	40:20.10	
13 Mendez, Ashley	10	West Des Moines	12:59.5	40:21.60	
14 Mathes, Eloise	6	Johnston	13:57.8	43:22.70	
15 Bingaman, Natalie	13	Urbandale	16:33.8	51:27.50	
16 Tvrzik, Josephine	9	Pleasant Hill	16:45.0	52:02.40	
17 Moser, Eleanor	6	Des Moines	17:31.7	54:27.20	
18 Tvrzik, Adeline	11	Pleasant Hill	17:55.1	55:39.90	
19 Garioto, Sofia	15	Broomfield	18:15.6	56:43.70	
20 Schultz, Piper	10	Waukee	18:19.2	56:55.00	
21 Schultz, Maddox	15	Waukee	18:19.4	56:55.60	
22 Moser, Lucy	8	Des Moines	19:09.2	59:30.20	
23 Karney, Ryan	8	Des Moines	19:46.4	1:01:25.90	
24 Jones, Kiara	16	Des Moines	20:13.9	1:02:51.20	
25 Jones, Lia	12	Des Moines	20:14.0	1:02:51.50	

Event 1 Men 16&U 5000 Meter Run

Name	Age	Team	Avg Mile	Finals	Points
Results - Men 16 & Under					
1 Chen, Landen	16	West Des Moines	6:49.2	21:11.30	
2 Halley, Caden	10	Urbandale	6:56.4	21:33.50	
3 Garioto, Nicholas	12	Broomfield	7:43.4	23:59.70	
4 Netherton, Landon	12	Urbandale	7:44.1	24:01.80	
5 Netherton, Mitchell	15	Urbandale	8:03.3	25:01.50	
6 Hurd, William	9	Purcellville	8:26.6	26:13.90	
7 Rafferty, Sebastian	9	Johnston	8:28.1	26:18.40	
8 Mathes, Elliot	10	Johnston	8:39.2	26:52.80	
9 Crane, Charles	15	West Des Moines	8:43.2	27:05.50	
10 Wenz, Elijah	10	Nevada	9:17.9	28:53.30	
11 Becker, Fulton	6	Ankeny	9:18.2	28:54.00	
12 Becker, Giorgio	7	Ankeny	9:23.6	29:10.80	
13 Lohmeier, Thomas	8	Clive	9:42.6	30:10.00	
14 Hurd, Joseph	12	Purcellville	10:40.3	33:09.10	
15 McIlwain, Will	7	Clive	10:58.1	34:04.60	
16 Mathes, Leo	8	Johnston	11:38.7	36:10.70	
17 Bryant, Brody	8	Urbandale	11:53.8	36:57.60	
18 Lipovac, Peyton	11	Norwalk	12:32.6	38:58.20	
19 Bingaman, Zach	15	Urbandale	16:33.8	51:27.40	
20 Tvrzik, Patrick	13	Pleasant Hill	16:33.8	51:27.50	
21 Hurd, Dedrik	6	Ames	18:57.6	58:54.30	

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22 Lackey, George	8 Des Moines	19:09.7	59:31.80
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Event 1 Women 17-25 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Women 17-25				
1 Halliwell, Meagan	25 West Des Moines	9:15.5	28:45.80	
2 McCoy, Maria	25 Warsaw	10:44.6	33:22.50	
3 Mendoza, Isabel	23 Grimes	11:11.5	34:46.00	
3 Mendoza, Tessa	25 Grimes	11:11.5	34:46.00	
5 Brazelton, Zoey	17 West Des Moines	13:58.4	43:24.80	
6 Bartman, Marin	22 West Des Moines	14:21.4	44:36.20	
7 Jackson, Kaylee	25 Grimes	14:47.2	45:56.40	
8 Warner, Brittany	24 Ankeny	14:47.3	45:56.50	
9 Hurd, Lynette	24 Gilbert	16:59.2	52:46.30	
10 Lowe, Emily	17 West Des Moines	18:19.1	56:54.70	

Event 1 Men 17-25 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Men 17-25				
1 Bingaman, Xander	17 Urbandale	7:52.4	24:27.50	
2 Hurd, Hendrik	20 Roland	7:59.0	24:48.20	
3 Greteman, Ryan	18 West Des Moines	8:01.7	24:56.60	
3 Greteman, Will	21 West Des Moines	8:01.7	24:56.60	
5 Champion, Luke	19 Des Moines	9:43.0	30:11.30	
6 Brown, Adrion	19 Ankeny	10:14.2	31:48.10	
7 Madison, Noah	19 Johnston	10:34.5	32:51.10	
8 Warner, Dakota	25 Ankeny	12:20.7	38:21.10	
9 Lutz, Andrew	22 West Des Moines	12:54.6	40:06.60	
10 Rose, Jeff	18 West Des Moines	13:58.5	43:25.00	
11 Roby, Brooke	19 Knoxville	15:52.0	49:17.50	
12 Hurd, Garek	23 Roland	16:13.4	50:24.10	

Event 1 Women 26-35 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Women 26-35				
1 Diemer, Rebecca	30 Adel	6:14.0	19:21.70	
2 Becker, Julia	32 Ankeny	9:20.6	29:01.50	
3 Hurd, Kimberly	31 Ames	9:33.8	29:42.60	
4 Hurd, Lindsay	35 Purcellville	10:44.2	33:21.40	
5 Sternquist, Zoey	28 Ankeny	13:09.9	40:53.90	
6 Swartz, Brittney	28 Knoxville	15:54.6	49:25.70	
7 Moser, Michelle	34 Des Moines	19:09.2	59:30.30	

Event 1 Men 26-35 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Men 26-35				
1 Myers, Colton	28 Warsaw	8:19.8	25:52.70	

FAM TURKEY TROT 5K RUN 2023 - 11/23/2023**Raccoon River Park * WDM, IA****Results****....Event 1 Men 26-35 5000 Meter Run**

2	Roby, Otis	27	Knoxville	9:08.8	28:25.00
3	Swartz, Trevor	28	Knoxville	9:47.6	30:25.50
4	Becker, Robert	33	Waukee	10:06.8	31:25.10
5	Panek, Jake	34	West Des Moines	10:17.7	31:58.90
6	Smith, Reed	28	Ankeny	11:17.5	35:04.90
7	Mathes, Jay	35	Johnston	11:38.8	36:11.10
8	Diemer, Sean	28	Ankeny	13:03.2	40:33.10
9	Findlay, Caleb	31	Adel	13:11.4	40:58.70
10	Hurd, Colin	33	Ames	14:12.1	44:07.20
11	Niederhauser, Tyler	34	Waukee	17:42.8	55:01.90
12	Diemer, Ryan	32	West Des Moines	19:34.6	1:00:49.20

Event 1 Women 36-45 5000 Meter Run

Name	Age	Team	Avg Mile	Finals	Points
Results - Women 36-45					
1	Halley, Gretchen	41	Urbandale	7:35.1	23:33.80
2	Shannon, Ann	37	Grimes	8:09.6	25:21.10
3	Hart, Jill	42	West Des Moines	9:17.2	28:51.00
4	Lohmeier, Laura	37	Clive	9:49.8	30:32.40
5	Humston, Anna	45	West Des Moines	9:51.2	30:36.60
6	Gerritsen, Sydney	38	West Des Moines	10:33.3	32:47.60
7	Freeburg, Jill	42	Johnston	10:39.1	33:05.40
8	McIlwain, Rachel	37	Clive	11:04.1	34:23.10
9	Crimings, Libby	40	Des Moines	11:24.8	35:27.60
10	Bryant, Lisa	37	Urbandale	11:53.9	36:57.90
11	Hopkins, Danielle	38	Grimes	12:21.7	38:24.10
12	Lipovac, Melissa	40	Norwalk	12:42.2	39:27.90
13	Strim, Tiffany	43	Des Moines	13:42.2	42:34.40
14	Mathes, Ashley	38	Johnston	13:57.6	43:22.10
15	Sanchez, Kalista	42	Coralville	14:19.8	44:31.30
16	Wenz, Betsy	39	Nevada	16:07.4	50:05.40
17	Brown, Jennifer	44	Ankeny	16:14.9	50:28.60
18	Karney, Laura	39	Des Moines	17:56.5	55:44.30
19	Christianson, Lindsey	38	Altoona	19:55.7	1:01:54.60
20	Rafferty, Katherine	38	Johnston	20:06.3	1:02:27.80
21	Brenton, Victoria	40	Des Moines	20:07.4	1:02:31.00

Event 1 Men 36-45 5000 Meter Run

Name	Age	Team	Avg Mile	Finals	Points
Results - Men 36-45					
1	Mathes, Scott	40	Johnston	6:18.5	19:35.70
2	Becker, James	36	Ankeny	6:25.1	19:56.30
3	Crimmings, Joe	40	Des Moines	6:39.1	20:39.80
4	Moser, Lane	36	Des Moines	7:05.1	22:00.70
5	Creighton, Travis	38	Des Moines	7:07.4	22:07.70
6	Netherton, Shane	43	Urbandale	7:14.6	22:30.00
7	Holtgrewe, Jared	40	Clive	7:25.5	23:04.00
8	Shannon, Nathan	38	Grimes	7:29.6	23:16.60
9	Spedding, Joel	37	Des Moines	8:13.9	25:34.40
10	Wenz, Luke	40	Nevada	9:17.9	28:53.30
11	Lohmeier, Ben	40	Clive	9:49.9	30:32.60

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12 Hoque, Mohammad	41 Des Moines	14:31.9	45:08.80
13 Jefferson, Durell	38 Des Moines	15:36.9	48:30.60
14 Hurd, Anders	39 Purcellville	16:57.5	52:41.20
15 Karney, Daniel	41 Des Moines	19:48.1	1:01:31.20
16 Rafferty, David	38 Johnston	20:06.4	1:02:27.90
17 Lackey, Adam	41 Des Moines	20:07.4	1:02:31.10
18 Christianson, Mike	43 Altoona	20:14.9	1:02:54.40

Event 1 Women 46-55 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
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Results - Women 46-55

1 Garioto, Carrie	46 Broomfield	9:10.7	28:30.70
2 Defebaugh, Beth	55 Des Moines	9:42.4	30:09.40
3 Burgner, Triniti	47 Scottsbluff	9:54.0	30:45.50
4 Ajiri, Marion	52 Urbandale	10:11.9	31:41.00
5 Halackzkiewicz, Pete	46 Clive	11:46.9	36:36.10
6 Bingaman, Amy	49 Urbandale	12:39.5	39:19.50
7 Mendez, Heidi	52 West Des Moines	13:04.6	40:37.60
8 Champion, Jamie	52 Des Moines	13:24.8	41:40.30
9 Bolles, Cheryl	51 Waukee	14:59.8	46:35.50
10 Bartman, Andrea	50 West Des Moines	15:28.3	48:03.90
11 Steinlicht, Suzie	51 Des Moines	17:04.5	53:03.00
12 Heubner, Carla	54 Des Moines	17:20.4	53:52.10
13 Tvrdik, Meg	47 Pleasant Hill	17:56.9	55:45.70

Event 1 Men 46-55 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
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Results - Men 46-55

1 Riley, Patrick	50 Des Moines	6:08.6	19:05.10
2 Garioto, Michael	50 Broomfield	7:18.5	22:42.10
3 Halley, Jason	46 Urbandale	7:32.5	23:25.70
4 Brown, Terry	48 Ankeny	8:30.6	26:26.20
5 Ajiri, KD	52 Urbandale	10:12.0	31:41.30
6 Burgner, Ryan	47 Scottsbluff	11:35.9	36:01.90
7 Roby, David	55 Knoxville	13:27.3	41:48.00
8 Bartman, John	50 West Des Moines	14:21.5	44:36.30
9 Tvrdik, Steve	47 Pleasant Hill	16:45.0	52:02.40
10 Mitchell, Clayton	54 Des Moines	17:20.3	53:51.80

Event 1 Women 56+ 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
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Results - Women 56+

1 Clark, Tina	57 Corydon	10:00.2	31:04.60
2 Hurd, Susan	66 Roland	11:06.1	34:29.50
3 Mendoza, Barb	57 Grimes	13:17.7	41:18.30
4 Myers, Liz	59 West Des Moines	13:42.7	42:36.00
5 Hoyng, Becky	61 Clive	15:26.1	47:57.20
6 Griggs, Jennifer	58 Bixby	15:36.7	48:30.20
7 Wenz, Judy	70 West Des Moines	16:07.5	50:05.70

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8	Karney, Robin	66	Des Moines	17:15.0	53:35.60
9	Wertz, Laurie	61	Waukee	17:47.6	55:16.90
10	Sinnwell, Nancy	65	West Des Moines	18:10.0	56:26.20
11	Holtgrewe, Jean	68	Waukee	18:47.1	58:21.60
12	Diemer, Mary	60	West Des Moines	19:34.3	1:00:48.20

Event 1 Men 56+ 5000 Meter Run

Name	Age	Team	Avg Mile	Finals	Points
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Results - Men 56+

1	Sandor, Jim	57	West Des Moines	8:15.8	25:40.20
2	Halliwell, Jim	59	West Des Moines	8:53.6	27:37.70
3	Myers, Darrin	58	West Des Moines	10:21.4	32:10.40
4	Owens, Mike	61	Mount Pleasant	12:38.0	39:15.00
5	Becicka, Daryl	57	West Des Moines	13:04.6	40:37.60
6	Farris, George	65	West Des Moines	15:03.5	46:46.80
7	Diemer, Thomas	63	West Des Moines	15:22.5	47:46.10
8	Hoyng, Doug	61	Clive	15:26.2	47:57.30
9	Griggs, Stacy	61	Bixby	15:37.3	48:31.90
10	Mendoza, Emilio	62	Grimes	16:23.8	50:56.30
11	Smith, Conroy	69	Des Moines	16:25.9	51:02.90
12	Sinnwell, Larry	66	West Des Moines	18:10.1	56:26.60
13	Holgrewe, Kim	68	Waukee	18:10.3	56:27.40
14	Wertz, Phil	63	Waukee	18:17.8	56:50.50
15	Karney, Peter	67	Des Moines	19:52.9	1:01:46.10