

## Shapes Total Fitness Iron Girl 5K

Age Place	Name	Race #	Age	Place	Gender Place	Official Time	Hometown
<b>****WOMEN -- OPEN****</b>							
1	MARIA GHIZZONI	6	38	1	1	17:50	ST. PETERSBURG, FL
<b>WOMEN -- 14 AND UNDER</b>							
1	GRACE VENDEGRIFT	393	12	4	4	20:53	
2	TIA COOKE	351	14	25	25	25:12	
3	NATALIE RATERMAN	331	9	53	53	27:54	
4	LAUREN BALSLEY	283	14	105	105	31:39	HUDSON, FL
5	SOPHIA RATERMAN	332	7	158	158	36:50	
6	MADISON PARKER	341	7	164	164	37:06	
7	LINDSEY GIANCOLA	297	14	184	184	41:02	TARPON SPRINGS, FL
8	ALEX GIANCOLA	298	10	186	186	41:37	TARPON SPRINGS, FL
9	CHLOE NUCCIO	387	12	199	199	43:12	
10	SABRINA OLIVIER	311	9	220	220	50:26	TAMPA, FL
<b>WOMEN -- 15 THROUGH 19</b>							
1	HEATHER DAVIS	237	19	86	86	30:12	TAMPA, FL
2	NICOLE BRASFIELD	147	15	113	113	32:13	NEW PORT RICHEY, FL
<b>WOMEN -- 20 THROUGH 24</b>							
1	ANDREA STOLL	342	24	6	6	21:25	
2	DEVIN MURPHY	115	22	11	11	23:14	TAMPA, FL
3	SHANNON MILEY	367	20	15	15	24:22	
4	ELLE MURRAY	277	20	23	23	25:05	LAKELAND, FL
5	KELLY MACDONALD	178	24	27	27	25:28	TAMPA, FL
6	MARTHA PALMER	400	24	28	28	25:35	
7	TIFFANY BRUSS	138	24	33	33	26:12	TEMPLE TERRACE, FL
8	ERIKA RICH	275	21	41	41	26:42	LAKELAND, FL
9	HEIDI STOUDE	391	24	45	45	27:13	
10	ASHLEIGH BATTON	316	24	54	54	27:59	TAMPA, FL
11	LESLIE EARP	279	20	82	82	30:00	LAKELAND, FL
12	ALICIA BARRERA	159	20	84	84	30:09	TAMPA, FL
13	BRANDY WAY	24	23	92	92	30:54	NEW PORT RICHEY, FL
14	DENISE PRINCE	84	23	95	95	31:09	TEMPLE TERRACE, FL
15	MELISSA RAY	132	24	98	98	31:19	WESLEY CHAPEL, FL
16	LAUREN KELLEY	374	20	116	116	32:33	
17	KRISTYN CHAPMAN	267	20	117	117	32:34	ST. PETERSBURG, FL
18	SAVANAH HARTE	266	20	118	118	32:34	OVIEDO, FL
19	KACEY WALTON	278	21	126	126	33:32	LAKELAND, FL
20	MEGAN WILLIAMS	310	22	133	133	34:19	BRANDON, FL
21	MIKI SKINNER	204	21	135	135	34:22	BRANDON, FL
22	ASHLEY ALEX	307	22	141	141	34:55	VALRICO, FL

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23	KARA CAIN	269	22	142	142	34:56	TAMPA, FL
24	JAHEE MOON	334	21	153	153	35:40	
25	KIM YANEY	308	22	160	160	36:57	WESLEY CHAPEL, FL
26	JULIE LAYNOR	49	24	163	163	37:05	ODESSA, FL
27	SUSIE HELTON	276	20	170	170	38:25	LAKELAND, FL
28	LUCIANA DIODATI	355	23	212	212	47:56	
29	SARAH MOHLER	193	23	213	213	47:57	WASHINGTON, DC
30	AMBER GONZALES	200	21	218	218	48:49	VALRICO, FL

### WOMEN -- 25 THROUGH 29

1	CAROLYN LYNN	378	25	3	3	20:52	
2	JESSICA WRIGHT	128	27	8	8	22:13	TAMPA, FL
3	SANDY KASTER	299	28	16	16	24:25	BRANDON, FL
4	MARIAPAZ PENALOZA	142	27	18	18	24:33	TAMPA, FL
5	JENNIFER MATYSCZAK	221	28	20	20	24:40	BRANDON, FL
6	GRACIE WIEDEMAN	143	27	31	31	25:48	BRADENTON, FL
7	TIFFANY SOUTHWELL	260	26	32	32	26:08	TAMPA, FL
8	NAYDA HAWKINS	63	29	48	48	27:36	LUTZ, FL
9	AMANDA SHRUM	129	26	50	50	27:36	OLDSMAR, FL
10	KARA MONTMINY	10	29	52	52	27:47	ZEPHYRHILLS, FL
11	ANNA SMITH	376	28	62	62	28:32	
12	JESSICA DYRLI	312	28	69	69	28:56	TAMPA, FL
13	FELICIA CUEBAS	343	29	80	80	29:57	
14	MEGHAN CAMPBELL	380	26	81	81	29:59	
15	AMY GERARDO	161	27	94	94	31:09	ST. PETERSBURG, FL
16	SHAWN BAGGERLY	373	25	99	99	31:19	
17	REBECCA CROSS	362	28	106	106	31:40	
18	BETH NIEC	361	28	107	107	31:40	
19	JASMINE VITOSH	81	25	108	108	31:43	TAMPA, FL
20	JAIME SHARITZ	124	28	110	110	31:47	RIVERVIEW, FL
21	KIM RICHARDSON	111	27	111	111	32:02	TAMPA, FL
22	LACEY MAZZEI	110	27	112	112	32:02	TAMPA, FL
23	PAIGE WULFERT	107	28	121	121	32:50	CLEARWATER, FL
24	KELLEY CARTER	348	29	122	122	32:50	
25	COLLEEN MANGAN	280	26	136	136	34:33	LAKELAND, FL
26	AMANDA PAGE	139	26	146	146	35:06	ST. PETERSBURG, FL
27	ELIZABETH BAKER	162	25	154	154	36:00	SAINT PETERSBURG, FL
28	JOI REYES	163	29	155	155	36:24	LUTZ, FL
29	AMANDA WALKER	4	25	159	159	36:57	RIVERVIEW, FL
30	MELISSA WALLER	126	26	162	162	37:03	RIVERVIEW, FL
31	JODI FELIX	364	29	171	171	38:35	
32	ALEXIS FATOLITIS	15	27	181	181	40:14	TAMPA, FL
33	TIFFANY TODD	170	27	191	191	42:01	MASARUKTOWN, FL
34	MAGGIE JOHNS	176	25	209	209	47:40	PALM HARBOR, FL

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35	JO MAISLY MARTINEZ	366	29	211	211	47:54	
36	LISA WHIDDEN	354	25	214	214	48:10	
37	MEIGHAN MELSHEIMER	225	28	223	223	58:05	LUTZ, FL
38	SARAH TAURMAN	153	29	225	225	1:13:04	TAMPA, FL

### WOMEN -- 30 THROUGH 34

1	BETH OLD	192	31	2	2	18:55	ST. PETERSBURG, FL
2	HEATHER LAYNOR	137	31	24	24	25:11	TAMPA, FL
3	LEAH FORERO	399	32	29	29	25:36	
4	CLAUDINE MARSH	188	34	38	38	26:38	NEW PORT RICHEY, FL
5	MYRA DRADA	344	31	40	40	26:42	
6	CANDICE PANICHI	284	31			28:05	ALBANY, NY
7	KRISTEN HART	235	30	63	63	28:32	ST PETERSBURG, FL
8	DELILAH WILSON	16	34	76	76	29:46	BRANDON, FL
9	COURTNEY BLUM	46	30	90	90	30:38	TAMPA, FL
10	SALLY WINSHIP	130	31	91	91	30:39	NEEW PORT RICHE, FL
11	TRACY RICH	53	32	100	100	31:27	VALRICO, FL
12	TRACI MURPHY	242	33	125	125	33:12	TAMPA, FL
13	DEANNA DOHENY	287	34	128	128	33:43	LARGO, FL
14	KIMBERLY SANOCKI	155	34	131	131	34:09	TAMPA, FL
15	ALICIA PAREKH	245	30	132	132	34:17	TAMPA, FL
16	JANELLE WEEDEN	158	34	134	134	34:21	OLDSMAR, FL
17	KELLI CRESWELL	347	30	143	143	34:56	
18	KELLY WASMER	359	30	145	145	34:59	
19	SLOAN SIZEMORE	315	34	148	148	35:17	TAMPA, FL
20	MELISSA KURTZ	384	34	149	149	35:23	
21	AGNIESZKA RADZIK	56	30	169	169	37:44	SARASOTA, FL
22	BARBARA WINER	368	34	172	172	38:35	
23	CHRISTINA HEINDEL	288	31	180	180	39:57	LAND O LAKES, FL
24	CHERIE SKAGGS	360	34	188	188	41:50	
25	NICOLE MEDURI	219	30	194	194	42:14	NEW PORT RICHEY, FL
26	TINA LAFOE	19	30	195	195	42:23	TAMPA, FL
27	GINGER COUDEN	244	34	207	207	45:58	SEFFNER, FL
28	TERESA PAIGE	379	33	219	219	49:30	
29	DEANN PROITT	215	30	226	226	1:13:14	ST. PETERSBURG, FL

### WOMEN -- 35 THROUGH 39

1	TRACY PARKER	340	35	5	5	21:05	
2	CAROL ANN	357	35	9	9	22:18	
3	ERIN DEMANNES	328	36	10	10	22:32	
4	VIRGINIA EDMONDS	241	38	14	14	24:05	SAINT PETERSBUR, FL
5	KAREN SMITH	205	38	17	17	24:30	TAMPA, FL
6	DAWN LISENBY	141	37	19	19	24:36	FLAGER BEACH, FL
7	DEBBI PIKE	389	37	26	26	25:19	
8	PAULA MALONE	247	37	30	30	25:37	VERO BEACH, FL

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9	BECKY MUSCO	230	36	46	46	27:16	WESLEY CHAPEL, FL
10	LAURA LEON	358	35	47	47	27:34	
11	CHRIS WOOD	397	35	49	49	27:36	
12	DAWN BARRETT	134	36	64	64	28:32	PALM HARBOR, FL
13	STEPHANIE THORESEN	326	38	71	71	29:14	DUNEDIN, FL
14	GENNIFFER GUNN	337	36	75	75	29:42	
15	FLORI FERRERA	345	37	78	78	29:54	
16	KIMBERLY COLLINS	157	36	83	83	30:08	TAMPA, FL
17	NORA SOMEILLAN	238	39	87	87	30:16	ST. PETERSBURG, FL
18	ISABEL LOPEZ	42	39	93	93	31:07	TAMPA, FL
19	GINA CAREY	156	37	96	96	31:11	ST.PETERSBURG, FL
20	NICKI HOLLMAN	365	36	101	101	31:29	
21	MARYBETH THOMPSTONE	133	39	103	103	31:35	PALM HARBOR, FL
22	TALYA HOWARD	304	36	104	104	31:36	ST. PETERSBURG, FL
23	LISA PEREZ	392	35	109	109	31:47	
24	CHAR POISALL	30	39	115	115	32:25	TAMPA, FL
25	JANET GANNON	234	39	120	120	32:49	SARASOTA, FL
26	TRACY COOKE	350	37	127	127	33:32	
27	DEBBIE BRITCH	131	39	130	130	34:02	VALRICO, FL
28	KARI KIMBROUGH	166	35	138	138	34:35	BROOKSVILLE, FL
29	GINA COCKRUM	109	35	139	139	34:44	TAMPA, FL
30	DONNA MILLS	28	36	147	147	35:17	TAMPA, FL
31	ELLEN CANNON	70	37	150	150	35:26	BRANDON, FL
32	LISA KOEHLER	198	38	166	166	37:09	NAPLES, FL
33	CINDY THATCHER	181	37	168	168	37:41	NEW PORT RICHEY, FL
34	DIANNE HUNTER	59	38	174	174	38:49	TAMPA, FL
35	DEANNA LYONS	58	37	175	175	38:49	LUTZ, FL
36	CANDICE PATTERSON	177	35	183	183	40:45	RIVERVIEW, FL
37	CARMEN RATERMAN	330	35	187	187	41:43	
38	GINA WUTHRICH	38	38	189	189	41:57	TRINITY, FL
39	KIM HALLCARA	398	37	190	190	41:57	
40	TONIA RICHARDSON	227	35	192	192	42:06	TAMPA, FL
41	KIMBERLY PALMER	165	39	222	222	54:15	SPRING HILL, FL

### WOMEN -- 40 THROUGH 44

1	KATTIE HORN	305	41	7	7	22:10	LUTZ, FL
2	ROSALIE APOSTOLERES	100	41	13	13	23:57	RIVERVIEW, FL
3	NICOLA MURPHY	27	41	22	22	24:49	DUNEDIN, FL
4	ANITA BROWN	273	42	36	36	26:19	PALM HARBOR, FL
5	SHERRI CHERRY	182	43	43	43	26:59	LUTZ, FL
6	MONICA COLE	264	44	55	55	28:10	CLEARWATER, FL
7	PATRICIA ROMANO	160	44	60	60	28:29	BRANDON, FL
8	DARLENE SHUMAN	217	42	61	61	28:29	TAMPA, FL
9	NANCY SILVA	261	44	68	68	28:46	TAMPA, FL

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10	MARY VANDEGRIFT	396	41	85	85	30:12	
11	LISA FAGANBROWN	268	41	89	89	30:25	SAFETY HARBOR, FL
12	MARY BLITZ	346	44	102	102	31:31	
13	JUDY KOSTER	146	44	140	140	34:54	SPRING HILL, FL
14	DIANA FUNK	17	42	144	144	34:58	TEMPLE TERRACE, FL
15	DOREEN RAPP	201	40	152	152	35:37	WESLEY CHAPEL, , FL
16	LINDA OPALISKY	291	41	156	156	36:29	OSPREY, FL
17	BARBARA SYLER	292	44	157	157	36:29	ALEXANDRIA, VA
18	MELISSA GUMPERT	270	43	178	178	39:15	TAMPA, FL
19	BROOKE TANNER	194	42	193	193	42:14	ST. PETERSBURG, FL
20	DEBORAH STANEK	180	41	197	197	42:50	PLANT CITY, FL
21	RAHNI NUCCIO	232	41	198	198	43:12	NEW PORT RICHEY, FL
22	HILDA HERNANDEZ KEE	395	41	203	203	44:21	
23	TINA CHILDS	349	42	206	206	45:31	
24	LISA JAMISON	8	43	208	208	46:10	TAMPA, FL
25	KAREN MISCHKA	338	40	224	224	1:01:54	
26	CHERYL SALGADO	218	42	227	227	1:13:53	TAMPA, FL

### WOMEN -- 45 THROUGH 49

1	SUNNY L'HEUREUX	83	45	21	21	24:48	ST. PETERSBURG, FL
2	MARY ROGERS	174	46	37	37	26:30	TAMPA, FL
3	INDIRA HOUZE	320	45	39	39	26:41	BRANDON, FL
4	TERESA OBERST	190	45	42	42	26:45	SEMINOLE, FL
5	DAWN SCHOCKEN	12	48	44	44	27:00	TAMPA, FL
6	ALICE MONSAERT	383	49	72	72	29:22	
7	CHRISTA MADISON	369	47	73	73	29:27	
8	PASCALE BOTVINIK	352	47	74	74	29:33	
9	KATHLEEN GROOM	20	45	97	97	31:12	SAFETY HARBOR, FL
10	VIKKI MOORE	324	45	124	124	33:04	PALM HARBOR, FL
11	CHERYL BATES	195	45	173	173	38:38	TAMPA, FL
12	HELEN RUSSO	169	46	177	177	39:04	HUDSON, FL
13	DONNA BRADSHAW	171	47	201	201	44:19	SPRING HILLS, FL
14	MARY SMITH	168	47	221	221	54:12	SPRING HILL, FL

### WOMEN -- 50 THROUGH 54

1	LYNN GRAY	375	53	12	12	23:18	
2	DIANE SPICER	390	53	35	35	26:16	
3	CORLIS SAMPLE	164	50			27:42	TAMPA, FL
4	JACKIE OKUN	41	50	56	56	28:14	VALRICO, FL
5	PAM MIONE	325	50	57	57	28:18	SEMINOLE, FL
6	VIRGINIA GAWTHORPE	321	53	58	58	28:18	PORT ORANGE, FL
7	DIANE BENNETT	301	50	65	65	28:41	TAMPA, FL
8	ELAINE MARTINO	302	52	66	66	28:42	TAMPA, FL
9	SANDY INGRAM	236	52	70	70	29:08	LUTZ, FL

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9	SUSAN MCCORMICK	353	53	77	77	29:51	
10	JANET FINE	21	51	79	79	29:56	WOODSTOCK, NY
11	ANN MARIE BROWN	239	52	88	88	30:22	LUTZ, FL
12	DEBORAH MULLEY	196	50	114	114	32:23	SARASOTA, FL
13	ROBIN ARENTSEN	336	52	137	137	34:34	
14	SALLY GREGORY	272	54	151	151	35:29	TARPON SPRINGS, FL
15	LESLIE DOUGALL-SIDES	377	52	161	161	37:01	
16	KATHRYN GILLETTE	363	50	165	165	37:08	
17	EILEEN HANSEN	48	52	167	167	37:27	BRADENTON, FL
18	DIANE JAMAI	394	52	179	179	39:38	
19	REBEKAH HEPPNER	233	51	200	200	43:20	TAMPA, FL
20	LINDEU BANYARD	167	52	202	202	44:20	SPRINGHILL, FL
21	DEBBIE MAYNARD	154	52	204	204	44:37	HUDSON, FL
22	DEBRA WRIGHT	382	50	205	205	45:21	
23	CATHY MILLER	319	50	210	210	47:44	TAMPA, FL

### WOMEN -- 55 THROUGH 59

1	PATRICIA HOFFMAN	381	55	34	34	26:15	
2	JANICE WALTER	43	56	59	59	28:25	VALRICO, FL
3	STEPHANIE BESSETTE	274	58	67	67	28:43	DUNEDIN, FL
4	THERESA SIMPSON	243	58	123	123	32:53	TAMPA, FL
5	JOYCE OWENS	199	55	129	129	33:48	ZEPHYRHILLS, FL
6	BEVERLY MCKINNEY	386	56	176	176	38:55	
7	ANNE SULLIVAN	385	56	185	185	41:24	

### WOMEN -- 60 THROUGH 64

1	HAZEL GROOME	203	60	119	119	32:39	PALMETTO, FL
2	PATRICIA HARRIS	356	60	215	215	48:30	

### WOMEN -- 65 THROUGH 69

1	MARY MAHON	57	68	196	196	42:48	TRINITY, FL
2	BARBARA LUTZ	231	67	217	217	48:44	TAMPA, FL

### WOMEN -- 70 THROUGH 74

1	JEANNE DIX	300	70	182	182	40:45	TAMPA, FL
2	ANNA BABYAK	136	72	216	216	48:44	DUNEDIN, FL