

Race Date
January 19, 2019

Extreme Totem Pole Trail Run 10K and 5K

Age Group Results

5k Run

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Jake Thomson		14	141	1	22:24.7

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Autumn Zettle		15	125	7	36:57.3

Race Date
January 19, 2019

Extreme Totem Pole Trail Run 10K and 5K

Age Group Results

5k Run

Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Levi Conley		9	119	9	39:01.0

Male 11 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Collin Kellum		14	139	2	26:26.2
2 *	Adam Zettle		15	124	4	32:12.5
3 *	Nicholas Hendon		15	122	11	44:33.7

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Laurie McManus		27	138	13	1:12:25.4

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Donald Hendon		39	114	6	32:49.9
2 *	James Conley		37	118	8	38:55.5

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Alesia Hendon		33	115	10	39:25.8

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Tim Shanks		50	116	3	28:53.8
2 *	Randy Zettle		58	123	5	32:13.6

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Leigh Tanner		56	109	14	1:21:54.7

Race Date
January 19, 2019

Extreme Totem Pole Trail Run 10K and 5K

Age Group Results

5k Run

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Betsy Clark		61	127	12	1:02:51.5

Race Date
January 19, 2019

Extreme Totem Pole Trail Run 10K and 5K

Age Group Results

5K Walk

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Derrick McInnis		40	113	3	41:16.9

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Christy Wright		26	104	1	36:50.2

Race Date
January 19, 2019

Extreme Totem Pole Trail Run 10K and 5K

Age Group Results

5K Walk

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Katie Warren		39	128	7	1:06:36.0
2 *	Maggie Savidge		35	129	8	1:06:37.7

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jill Hoda		40	102	2	36:51.8
2 *	Melissa Johns		41	111	4	48:33.9

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Vivian Napier		62	105	6	55:22.9
2 *	Karen Skadden		64	108	9	1:12:29.7

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Larry Sykes		74	132	5	49:13.2

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Sheri Adamson		74	101	10	1:21:02.7