

**Final Results
 Urbandale July 3rd, 2004 5K
 William Courtney Memorial
 Top Ten**

Place	Men			Women		
	Name	Age	Time	Name	Age	Time
1st	Jon Rathje	26	16:35	Cassi Sokol	16	19:17
2nd	Joe Hall	26	16:46	Michelle Sokol	19	19:33
3rd	Paul Barrett	20	17:08	Nocole Wilson	15	20:10
4th	Sam Bailoin	15	17:16	Stephanie Mundt	13	20:24
5th	Seth Comfort	23	17:49	Angie Matlack	21	20:30
6th	Kevin Kooienga	18	17:53	Sami Steinmeyer	13	20:31
7th	Adrian Terrones	29	18:11	Jennifer Smith	35	21:21
8th	Shawn Miller	32	18:25	Steph Groathouse	32	21:30
9th	Morris Horstman	38	18:39	Katie O'Keefe	15	23:03
10th	Kevoyn Otte	44	18:56	Tara LaMay Hall	24	23:11

Age Group Winners

Men

Women

Elementary School-11 and under

1.	Neil Conlon	24:59	Carolyn Evans	27:48
2.	Jordan Sabus	26:13	Megan Fellows	30:47

Middle School (12-14)

1.	Matt Coffey	19:48	Stephanie Mundt	20:24
2.	Mike Tanner	20:01	Sami Steinmeyer	20:31

High School (15-18)

1.	Sam Bailin	17:16	Cassi Sokol	19:17
2.	Kevin Kooienga	17:53	Nicole Wilson	20:10

19-29

1.	Jon Rathe	16:35	Michelle Sokol	19:33
2.	Joe Hall	16:46	Angie Matlack	20:30

30-39

1.	Shawn Miller	18:25	Jennifer Smith	21:21
2.	Morris Horstman	18:39	Steph Groathouse	21:30

40-49

1.	Kevin Otte	18:56	Di Brackway	24:12
2.	Bob Layton	19:25	Nancy Campbell	24:33

50-59

1.	Bruce Bernard	24:30	Dee Wittmark	29:47
2.	Mark Iwig	25:28	Linda Strohbeck	30:47

60 and up

1.	Tom Olsson	30:47	None	
2.	John Sullivan	36:49		