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# 2009 Jingle Jam

December 5, 2009

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## Under 20

Emily Wignall	Creston	14	21:09.58
Amber McCool	Des Moines	18	24:09.99
Elizabeth Bauman	Exline	16	26:01.41
Larissa Hadley	Urbandale	17	26:32.98
Amber Knight	Monroe	12	28:06.45
Amanda Knight	Monroe	14	28:08.74
Danielle Broadbent	Prole	14	29:35.27
Keri Pope	Indianola	19	29:44.04
Amber Walker	Prole	19	29:48.16
Anna Dotts	Des Moines	12	30:26.66
Jade Gibson	Des Moines	13	30:28.50
Erin Marshall	Des Moines	14	32:34.55
Victoria Dotts	Des Moines	14	35:51.28
Samantha Dotts	Des Moines	17	36:33.91
Megan Pope	Indianola	19	40:28.53
Alexa Lappe	Carlisle	8	43:35.63

## 20 - 24

Julie Ausborn	Des Moines	23	27:06.94
Stephani Jacobs	West Des Moines	24	29:00.15
Katie Olson	Des Moines	24	30:40.42
Stacey Adams	Ames	24	31:19.40
Leslie Keilig	Moravia	24	32:16.59
Katherine Say	Pleasant Hill	23	33:11.83
Jessica Hummel	Indianola	23	33:28.06
Amanda Duffield	Des Moines	20	34:38.31

## 25 - 29

Jennifer Redd	Ames	28	21:30.66
Kristin Hecht	Des Moines	28	22:12.04
Shannon Brown	Norwalk	26	23:32.71

Joni Shepherd	Indianola	27	26:38.45
Heidi Dauffenbach	West Des Moines	26	27:27.86
Lisa Bunnell	Cedar Rapids	27	27:57.56
Abby Pudenz	Des Moines	27	27:59.16
Shannon Brady	Ankeny	26	28:55.07
Nicole Essink	Altoona	29	29:18.41
Kristen Hanson	Des Moines	27	29:53.54
Tori Dunham	Pleasant Hill	26	29:55.48
Alisha Harper	Prole	25	29:57.64
Kimberly Hawkins	Waukee	26	30:05.13
Amanda Uthe	Urbandale	28	30:54.33
Megan Melton	West Des Moines	26	32:04.56
Jackie Westhoff	Des Moines	27	33:28.29
Jessica Hanson	Des Moines	29	33:28.90
Ruthie Jackson	Des Moines	29	33:29.18
Melissa Bartecki	Carol Stream	29	33:40.34
Kara Smith	Urbandale	28	33:41.09
Rosalyn De Haan	West Des Moines	25	34:55.69
Beth Mensing	Des Moines	29	35:06.07
Alicia Embrey	Norwalk	29	35:22.61
Danielle Philips	Des Moines	25	35:56.00
Melissa Chrystal	West Des Moines	28	36:22.33
Angela Miller	Ankeny	29	40:11.20
Angela Beckel	Clive	27	40:28.96
Staci Bennett	Des Moines	25	41:55.11
Karen Ackerman	Spencer	28	44:48.96
Jerilyn Syferd	Ankeny	25	45:07.88
Emily Koehn	Ankeny	25	45:49.32

### 30 - 34

Jayne Anderson	Des Moines	30	20:52.63
Kate Klein	Ankeny	31	22:36.44
Angie Heim	Norwalk	34	23:04.55
Shelley McIntyre	Des Moines	34	23:19.49
Megan Zach	Des Moines	30	24:15.36
Shashawna Beneke	Ankeny	30	25:03.37

Beth Volkamer	Ankeny	34	25:21.08
Andrea Irving	Chariton	30	25:21.08
Jennifer Williams	Chariton	30	25:21.99
Jill Kolars	Ankeny	33	26:32.23
Sara Cutler	Carlisle	34	27:03.88
Dana Moyer	Papillion	30	28:14.75
Shanlyn Doll	Adel	30	28:50.34
Nicole Albrecht	Evansdale	30	28:52.98
Tiffany Roberts	Winterset	33	29:02.11
Trina Radske-Suchan	Waukee	34	29:20.06
Kelley Hinnen	Ankeny	31	29:37.45
Teresa Bjork	Madrid	32	30:35.62
Bridget Gallagher	Des Moines	30	30:59.49
Andrea Quam	Urbandale	34	31:34.85
Mandy Carroll	Des Moines	34	32:46.00
Justean Allen	Waukee	34	32:53.91
Melissa O neil	Des Moines	30	33:44.45
Katie Ross	Reasnor	30	34:27.07
Rachel Jackson	Urbandale	33	34:33.62
Emily Williams-Bousky	Des Moines	30	34:39.53
Shelly Hall	Boone	32	35:06.77
Alexis Henning	Clive	34	37:58.60
Suzanne Coen	Des Moines	31	39:48.49
Shannon Bunnell	Des Moines	32	44:44.37

### 35 - 39

Jane Schmitt	Des Moines	37	24:37.90
Tracy Bedford	Des Moines	36	26:09.27
Linda DeFrancisco	Altoona	35	26:25.38
Sarah OBrien	Des Moines	35	26:26.70
Caren Knight	Monroe	39	26:34.74
Kolice Koester	West Des Moines	39	27:28.29
Stacey Haviland	West Des Moines	36	27:37.96
Michelle Hurlburt	West Des Moines	39	27:43.85
Jennifer Downs	Van Meter	38	28:09.46
Vicki Campos-Dimmer	Des Moines	39	28:50.99

Kim Sapp	Des Moines	39	28:52.34
Janet Lose	Des Moines	36	29:33.79
Traci Kauffman	Des Moines	38	29:53.16
Shanda Noonan	Ankeny	39	30:04.28
Angela Vandekamp	Knoxville	35	30:31.81
Tj Hudspeth	Clive	37	31:07.90
Danielle Andersen-Jeppesen	Boone	35	31:11.16
Sandy Stevens	Waukee	35	31:21.59
Alysia Peich	Des Moines	35	31:23.27
Robin Wastenev	Des Moines	35	31:27.51
Jessica O'Mara	Windsor Heights	36	31:35.12
Bonnie Christensen	Des Moines	38	31:49.82
Lydia Holm	West Des Moines	37	32:15.68
Julie Anderson-Suddarth	Winterset	36	32:38.73
Deborah Garner	Des Moines	36	33:05.54
Stacy Ham	Winterset	38	33:58.19
Amy Van Duyn	W. DesMoines	35	37:39.21
Melissa Junkins	Clive	39	37:56.49
Tanya Hardy		38	38:05.09
Becky Ketelsen Popp	Waukee	36	44:48.74
Melissa Snell	Osceola	37	44:50.78
Michelle Snell	Des Moines	39	45:08.21

#### 40 - 44

Tami Prescott	Urbandale	43	21:38.99
Melinda Ellwanger	Des Moines	44	23:20.84
Ellen Middleswart	Urbandale	44	23:23.25
Kimberly Stewart	Des Moines	41	23:34.05
Tina Bauman	Exline	43	25:22.97
Deb Safford	Norwalk	44	25:30.35
Maribeth Wright	Norwalk	44	26:12.61
Lora Ault	Altoona	44	27:37.55
Lori Miller	Norwalk	41	28:36.30
Angie Lauer	Lorimor	43	29:03.53
Jodi Neumann	Johnston	40	29:14.25
Michelle Silliman	Winterset	42	29:16.53

Melinda Allen	Waukee	41	29:39.86
Tina Brennecke	Polk City	40	30:58.24
Cindy Monohan	Clive	43	31:06.35
Michelle Goodman	WDM	43	31:14.27
Becky Dotts	Des Moines	44	32:51.59
Sherri Broadbent	Prole	44	33:24.10
Rebecca Ingham	Urbandale	40	34:50.70
Tamara Loughren	Ames	43	37:34.43
Dawn Reece	Pleasant Hill	42	37:58.37
Julie Osweiler	Des Moines	42	43:35.32

#### **45 - 49**

Rose Wignall	Creston	49	24:07.99
Sally Finder-Koziol	Altoona	46	26:17.06
Sherri Huff	Winterset	47	27:41.20
Rebecca Van baale	Newton	48	29:51.75
Sarah Harmeyer	West Des Moines	46	31:19.20
Shannon Holz	Cumming	46	34:26.16
Jennfier Schroeder	Des Moines	46	37:43.16
Jane Eagan	Ames	46	39:08.06

#### **50 - 54**

Nancy Willert	Nevada	53	23:07.25
Mary Cooper	Des Moines	54	24:59.24
Julia Batten	Carlisle	53	25:12.59
Kim Abbey	Boone	53	27:21.91
Kim Hill	Des Moines	50	33:49.81

#### **55 - 59**

Marilyn Arends	West Des Moines	58	33:43.52
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#### **60 Plus**

Lois Gilmore	Janesville	79	28:56.21
Jean Kristensen	West Des Moines	61	31:40.44
Char Coon	Urbandale	62	37:50.54

#### **Under 20**

Quinn Prescott	urbandale	14	20:56.87
Zach Wignall	Creston	17	21:00.34
Noah Schmitt	Des Moines	11	22:31.50
Caleb Sander	Newton	16	23:28.67
Ledg Downs	Van Meter	12	25:39.99
Boone Russo	Des Moines	14	27:57.20
Connor Noonan	Ankeny	14	29:33.50
Jack Noonan	Ankeny	10	30:03.98
Josh Ingham	Urbandale	11	34:37.44
Kobey Embrey	Norwalk	9	35:05.24
Dexster Scott	Des Moines	19	37:12.77

## 20 - 24

Mike Snowden	Mitchellville	23	21:08.48
Dustin Albrecht	Ames	24	22:28.59
Jacob Duehlmeyer	Des Moines	22	26:49.75
Anthony Nizzi	Pleasant Hill	24	28:15.10
Sara Ellerbroek	West Des Moines	23	32:17.31
Ryan Bunnell	Ames	22	41:19.60

## 25 - 29

Paul Kolsrud	Des Moines	28	20:25.99
Tommy Curtis	Altoona	26	23:09.56
Dean Schlader	Des Moines	28	23:51.11
Jason Baum	Clive	25	24:40.49
Ryan Spence	Des Moines	25	26:58.63
Corey Philips	Des Moines	27	28:06.80
Jacob Snowden	Mitchellville	25	28:41.89
Greg Hegerty	West Des Moines	27	30:44.44
Justin Crippen	Carlisle	26	30:51.25
Justin Embrey	Norwalk	28	37:40.61

## 30 - 34

John Neer	Des Moines	30	18:14.61
Chad Marchant	Ankeny	30	19:06.66
Jeremy Dyvig	Waukee	33	20:45.49
Evan Petig	Grinnell	33	24:12.86

Doug Vinsand	Des Moines	31	24:35.35
Nicholas Irving	Chantry	30	25:22.70
Jason Lyons	Urbandale	32	26:04.57
Cameron Moyer	Papillion	30	28:11.99
Gregory Jackson	Des Moines	31	33:39.87

### 35 - 39

Jonathan Estabrook	Ankeny	35	16:51.52
Darin Dowling	Des Moines	36	19:23.58
Tom Mertz	Urbandale	37	19:57.02
Mike Ham	Winterset	39	20:30.96
David Larson	West Des Moines	37	20:56.54
Shane Scharer	Des Moines	35	21:26.42
Tony Guerra	Ankeny	37	22:25.09
Michael Guge	West Des Moines	38	22:36.21
Eric Camper	Des Moines	38	23:50.09
Mike DeFrancisco	Altoona	39	23:54.68
Matt Brennecke	Polk City	39	24:25.45
David Smith	Urbandale	35	25:11.58
Morgan Streeter	Des Moines	38	26:43.66
Aaron Hohl	Des Moines	35	27:04.89
Terry Merfeld	Des Moines	39	27:29.03
Terry Hurlburt	West Des Moines	35	27:55.36
Cory Clevenger	Urbandale	38	28:53.54
Chad Nichol	Newton	38	28:59.29
Tim Suchan	Waukee	37	29:33.22
Eric Wildman	Indianola	35	32:39.45
Jeremial Rife	Urbandale	35	34:05.60
Jason Ackerman	Spencer	35	36:07.74
Troy Vandekamp	Knoxville	35	37:44.37
Paxton Bennett	Des Moines	35	43:18.42

### 40 - 44

Todd Bindel	West Des Moines	42	19:37.03
Todd Neumann	Johnston	41	19:50.32
Kyle Weuve	Urbandale	44	19:52.75

George Stock	Ankeny	40	21:37.47
Brian Vance	Des Moines	40	22:12.40
Karl Overton	Des Moines	42	22:32.53
Stuart Ault	Altoona	44	23:10.39
Troy Knight	Monroe	40	24:09.33
James Allen	Waukee	42	27:42.17
Chad Christensen	Des Moines	40	29:41.16
Kirk Gibson	Des Moines	41	30:31.45

#### **45 - 49**

Keith Abels	Ogden	48	17:52.31
Ed Tormey	Indianola	45	19:11.79
Jeff Feder	Norwalk	48	21:35.49
Jeff Smith	Indianola	48	23:39.96
Andy Smith	Colfax	49	25:03.04
Glen Dippold	Clive	48	25:18.14
Geoff Safford	Norwalk	48	25:39.64
Michael Harper	West Des Moines	49	25:40.93
Todd Monson	Minburn	46	25:43.16
Daniel McCool	Des Moines	48	30:05.50
Jim Popp	Waukee	46	36:41.46
Larry Lappe	Carlisle	45	44:44.04

#### **50 - 54**

Jack Thompson	Norwalk	50	23:32.47
Darwin Schmig	Des Moines	52	25:23.20
Dennis Schrodt	Prole	51	25:47.50
Jeff Ibbel	OP	54	35:11.31
Steve Jacobs	West Des Moines	54	36:41.46

#### **55 - 59**

Tom Farr	Des Moines	57	23:03.61
Art Millikin	Hedrick	57	23:37.59
Neil Olson	Boone	59	28:18.56

#### **60 Plus**

Andrew Hazer	Columbia	60	22:37.40
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Jim Matthews	Baxter	69	24:06.28
Dan Bomar	West Des Moines	61	27:40.29
Donald Judisch	Clive	72	34:35.07
Gary Sheldon	WEST DES MOINE	65	38:01.63