

Plateau Gobbler Gallop 11K, Nov 29, 2014

Cumberland Mountain State Park, Crossville, TN

Frostbite Running Club

114 Finishers. Tony Cox, Race Director

Place	Bib	Name	Age	Home Town	Ovl	Time	Pace
Overall Winners							
	163	Nelius, Eric	19	Tullahoma	1	0:39:44	5:56
	430	Guy, Meg	34	Roan Mountain	12	0:48:32	7:14
Masters Overall							
	118	Smithhisler, Dan	58	Mt Juliet	3	0:44:37	6:40
	446	Palko, Marie	53	Nashville	20	0:50:42	7:34
Grand Masters							
	36	Hughes, Terry	51	Crossville	4	0:46:39	6:58
	100	Nemeth, Sherri	56	Elizabethton	27	0:52:53	7:54
Sr Grand Masters							
	458	Townsend, Bob	64	Limestone	31	0:53:51	8:02
	413	Cole, Patricia	62	Goodlettsville	68	1:05:02	9:42
Veterans Overall							
	392	Anderson, Gary	74	Lebanon	64	1:03:08	9:25
	459	Wallace, Amelia	73	Clarksville	74	1:06:53	9:59
Age Groups							
Place	Bib	Name	Age	Home Town	Ovl	Time	Pace
F 15-19							
1	301	Francis Hoots, Mary	19		17	0:49:40	7:25
2	398	Blankenship, Abby	16	Spencer	45	0:57:05	8:31
3	443	McCowan, Courtney	15	Cookeville	47	0:57:37	8:36
4	397	Betz, Jennifer	15	Lebanon	94	1:20:13	11:58
F 20-24							
1	410	Clements, Alyssa	22	Livingston	14	0:49:19	7:21
2	447	Palko, Samantha	20	Nashville	49	0:58:53	8:47
3	166	Nelius, Sarah Beth	21	Tullahoma	61	1:02:31	9:20
F 25-29							
1	345	Hale, Alia	28		41	0:55:50	8:20
2	405	Carnes, Ellen	25	Seymour	42	0:56:21	8:24
3	429	Grizzard, Lauren	29	Sparta	57	1:00:44	9:04
4	432	Hinch, Brittany	27	Crossville	66	1:04:31	9:38
F 30-34							
1	454	Roper, Lauren	31	Decatur, GA	72	1:06:37	9:57
2	269	Ambrose, Bunnie	33		75	1:07:23	10:03
3	320	Sandlin, Katie	31		88	1:16:13	11:22
4	457	Toth, Patricia	34	Wheeling, WV	93	1:19:28	11:51
5	470	Hite, Martha	32		95	1:20:45	12:03
6	368	Hannifin, Sara	33		103	1:26:14	12:52

F 35-39

1	437	Lay, Jessica	36	Cookeville	51	0:59:12	8:50
2	473	Trujillo, Mikki	38		60	1:02:19	9:18
3	472	Nichols, Jennifer	35		77	1:09:37	10:23
4	471	Olson, Lana	39	Nashville	89	1:16:38	11:26
5	466	Yuhas, Katrina	39	Spring City	106	1:27:40	13:05

F 40-44

1	396	Betz, Dobres	41	Lebanon	105	1:27:40	13:05
2	445	McGhee, Linda	41	Oliver Springs	115	2:12:48	19:49

F 45-49

1	394	Barlow, Sue	49	Chattanooga	32	0:54:00	8:04
2	67	Denham, Rhonda	47	Bristol	39	0:55:26	8:16
3	467	Zaccarelli, Lisa	45	Nashville	43	0:56:28	8:26
4	190	Nelius, Sharon	48	Tullahoma	83	1:14:40	11:09
5	449	Parker, Catherine	49	Mahomet, IL	96	1:21:03	12:06
6	451	Redd, Robyn	45	Pikeville	107	1:28:09	13:09
7	400	Branch, Ellen	49	Crossville	110	1:38:35	14:43

F 50-54

1	319	Burgess, Debra	51		65	1:03:59	9:33
2	426	George, Lisa	53	Christiana	84	1:14:52	11:10
3	469	Zahn, Melodye	52	McMinnville	100	1:23:39	12:29

F 55-59

1	151	Giles, Sherrie	57	Franklin	56	1:00:30	9:02
2	81	Weidner, Wendy	55	Bristol	63	1:03:04	9:25
3	421	Fisher, Mary Kay	57	Clarksville	101	1:23:58	12:32

F 60-64

1	317	McGuire, Erin	64		80	1:13:00	10:54
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F 65-69

1	424	Fussell, Helen	65	Fayetteville	79	1:12:57	10:53
2	417	de Paulis, Lynda	68	Hermitage	87	1:16:00	11:21
3	402	Brown, Doris	66	Cookeville	98	1:21:38	12:11

F 70+

1	439	Lowe, Janet	71	Cookeville	113	1:54:03	17:01
2	464	Williams, Wendy	82	Oak Ridge	114	2:12:48	19:49

M 10-14

1	462	White, Connor	14	Normandy	6	0:47:01	7:01
2	442	McCowan, Austin	12	Cookeville	30	0:53:47	8:01
3	435	Killian, Paul	13	Nashville	34	0:54:19	8:06

M 15-19

1	409	Chumbers, Marcus	17	Oneida	10	0:48:13	7:12
2	412	Clements, Jared	19	Livingston	11	0:48:29	7:14
3	223	Nelius, Andrew	16	Tullahoma	25	0:52:17	7:48
4	107	Smith, Aaron	17		55	1:00:25	9:01
5	135	Parker, Logan	17		97	1:21:04	12:06

M 25-29

1	408	Cherry, Stephen	27	Knoxville	35	0:54:45	8:10
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M 30-34

1	465	Wisniewski, Andrew	32	Antioch	2	0:43:15	6:27
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M 35-39

1	283	Kilby, Jason	36		91	1:18:50	11:46
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M 40-44

1	436	Lawhern, Brian	44	Roan Mountain	13	0:48:35	7:15
2	148	Dixon, Russell	40		21	0:51:22	7:40
3	453	Redden, William	43	Dickson	24	0:52:04	7:46
4	423	Frye, Rance	44	Baxter	36	0:54:54	8:12
5	420	Evans, Dan	44	Cookeville	53	0:59:55	8:56
6	318	Watkins, Reuben	40		71	1:06:00	9:51
7	332	Anderson, Randy	41		81	1:13:39	10:59
8	336	Ramsey, Eric	44		104	1:26:14	12:52

M 45-49

1	294	Brady, Roger	47	Murfreesboro	5	0:46:41	6:58
2	117	Bernadelli, Cesare	47		9	0:47:44	7:07
3	463	White, Lee	47	Normandy	15	0:49:24	7:22
4	333	Redmond, Rick	48		16	0:49:30	7:23
5	444	McCowan, Richard	47	Cookeville	26	0:52:33	7:51
6	395	Bell, Mike	46	Camden	29	0:53:36	8:00

M 50-54

1	119	Quillen, Terry	52	Tullahoma	7	0:47:12	7:03
2	468	Zahn, James	53	McMinnville	19	0:50:21	7:31
3	460	Walter, Terry	53	Crossville	28	0:53:21	7:58
4	406	Carnes, Kevin	53	Gallatin	37	0:55:00	8:12
5	134	Sellman, John	51		40	0:55:31	8:17
6	401	Branch, Gary	52	Crossville	44	0:56:46	8:28
7	434	Killian, Dan	51	Nashville	46	0:57:28	8:34
8	411	Clements, Bart	54	Livingston	52	0:59:46	8:55
9	143	Larson, Marcus	54		58	1:01:31	9:11
10	448	Palko, Tom	52	Nashville	59	1:01:58	9:15
12	416	Davis, Dru	53	Crossville	62	1:02:50	9:23
13	393	Anderson, Wade	53	Readyville	73	1:06:46	9:58
14	108	Sullivan, Mark	54		86	1:15:14	11:14

M 55-59

1	404	Burnett, Lynn	58	Livingston	8	0:47:40	7:07
2	433	Keisling, Mark	58	Alpine	18	0:49:45	7:25
3	425	Garrett, Mike	57	Livingston	22	0:51:34	7:42
4	308	Gardenhire, Dwight	56	Pikeville	23	0:51:46	7:43
5	370	West, John D	55		33	0:54:17	8:06
6	438	Leithner, Alex	56	Nashville	54	1:00:08	8:59
7	415	Dausman, Alan	59	Oak Ridge	69	1:05:18	9:45

M 60-64

1	455	Spencer, John	60	Dickson	48	0:58:29	8:44
2	21	Wakefield, Randy	60		76	1:07:32	10:05
3	428	Goodwin, Gerald	64	Cookeville	78	1:11:35	10:41
4	414	Cole, Randy	61	Goodlettsville	99	1:22:06	12:15
5	399	Bordenkircher, David	61	Nashville	102	1:24:01	12:32

M 65-59

1	419	Dickerson, Bill	65	Gray	38	0:55:12	8:14
2	431	Hardin, Bob	68	Elizabethton	50	0:59:01	8:48
3	441	Maney, Michael	65	Oneida	70	1:05:41	9:48
4	440	Lowe, Monte	67	Cookeville	90	1:16:53	11:29
5	461	Ward, Richard	65	Livingston	92	1:19:00	11:47
6	391	Marsh, Les	69	Wartrace	109	1:30:31	13:30

M 70+

1	418	de Paulis, Tomas	71	Hermitage	67	1:04:36	9:38
2	79	Otto, John	72	Old Hickory	82	1:14:32	11:07
3	450	Pierce, Bob	70	Readyville	85	1:15:10	11:13
4	334	Wade, Richard	77		108	1:28:14	13:10
5	407	Casey, Ed	80	Nashville	111	1:46:00	15:49
6	28	Thomas, Phillip	72	Soddy Daisy	112	1:54:02	17:01

Timing by Tennessee Race Timing, Cookeville, TN.