

# Plateau Gobbler Gallop 11K, November 26, 2022

Cumberland Mountain State Park, Crossville, TN

Frostbite Running Club

81 Finishers, Dan Smithhisler, Race Director

Place	First	Last Name	Home Town (TN)	Gndr	Age	Overall	Time
<b>Winner</b>	Andrew	Farber	Mt. Juliet	M	21	<b>1</b>	<b>42 59</b>
<b>Winner</b>	Nicole	Hosford	Paris	F	34	<b>14</b>	<b>54 14</b>
<b>Masters</b>	Fidel	Balderas	Crossville	M	49	<b>5</b>	<b>47 09</b>
<b>Masters</b>	Jaimi	Bradley	Clarksville	F	52	<b>19</b>	<b>55 39</b>
<b>Gr. Masters</b>	Brent	Bueche	Maryville	M	61	<b>6</b>	<b>47 31</b>
<b>Gr. Masters</b>	Christy	Groves	Murfreesboro	F	50	<b>20</b>	<b>56 12</b>
<b>Sr. Gr. Mast.</b>	Jeff	Stracener	Soddy Daisy	M	66	<b>9</b>	<b>49 49</b>
<b>Sr. Gr. Mast.</b>	Vickie	Spickard	Nashville	F	65	<b>24</b>	<b>58 55</b>
<b>Veterans</b>	Guy	Giles	Knoxville	M	71	<b>39</b>	<b>1 07 56</b>
<b>Veterans</b>	Erin	McGuire	Madison AL	F	72	<b>53</b>	<b>1 13 34</b>
<b>Age Group</b>							
<b>F 10-19</b>							
<b>1</b>	Zoe	Morrow	Waynesboro	F	6	<b>73</b>	<b>1 45 54</b>
<b>F 20-29</b>							
<b>1</b>	Amber	Hellstrom	Murfreesboro	F	28	<b>37</b>	<b>1 07 34</b>
<b>F 30-39</b>							
<b>1</b>	Whitney	McDuffee	Crossville	F	34	<b>33</b>	<b>1 05 10</b>
<b>2</b>	Abra	Osorio	Lebanon	F	34	<b>35</b>	<b>1 06 24</b>
<b>3</b>	Rachel	Crouch	Murfreesboro	F	31	<b>42</b>	<b>1 09 11</b>
<b>4</b>	Samantha	Morrow	Waynesboro	F	38	<b>74</b>	<b>1 45 55</b>
<b>F 40-49</b>							
<b>1</b>	Kristy	Shumake	Martin	F	46	<b>47</b>	<b>1 10 30</b>
<b>2</b>	Brandy	Turner	Gordonsville	F	41	<b>51</b>	<b>1 12 29</b>
<b>3</b>	Kelly	Dugger	Knoxville	F	48	<b>58</b>	<b>1 14 41</b>
<b>4</b>	Ericka	Douglas	Crossville	F	41	<b>60</b>	<b>1 17 11</b>
<b>5</b>	Jesse	Galas	Winston-Salem NC	F	45	<b>63</b>	<b>1 26 34</b>
<b>6</b>	Karina	Purcell	Hermitage	F	49	<b>71</b>	<b>1 41 22</b>
<b>7</b>	Tracey	Elrod	Woodbury	F	44	<b>75</b>	<b>1 50 52</b>
<b>8</b>	Dolores	Betz	Lebanon	F	49	<b>80</b>	<b>2 14 51</b>

**F 50-59**

<b>1</b>	Lisa	Zaccarelli	Nashville	F	53	<b>29</b>	<b>1 04 08</b>
<b>2</b>	Elizabeth	Dietz	Franklin	F	59	<b>40</b>	<b>1 08 10</b>
<b>3</b>	Bonnie	Elam	McKenzie	F	58	<b>45</b>	<b>1 10 13</b>
<b>4</b>	Holly	Salunkhe	Ashland City	F	51	<b>57</b>	<b>1 14 27</b>
<b>5</b>	Karrie	Stevens	Monterey	F	55	<b>66</b>	<b>1 31 50</b>
<b>6</b>	Regina	Stracener	Muscle Shoals AL	F	52	<b>76</b>	<b>1 53 15</b>
<b>7</b>	Rebecca	Koger	Manchester	F	53	<b>81</b>	<b>2 14 52</b>

**F 60-69**

<b>1</b>	Jennifer	Moore	Maryville	F	61	<b>30</b>	<b>1 04 45</b>
<b>2</b>	Sherry	Smith	McKenzie	F	62	<b>34</b>	<b>1 06 07</b>
<b>3</b>	JoAnn	Adames	Clarksville	F	64	<b>54</b>	<b>1 13 41</b>
<b>4</b>	Mary Kay	Fisher	Clarksville	F	64	<b>77</b>	<b>1 53 59</b>

**F 70-79**

<b>1</b>	Denise	Dudley	Clarksville	F	70	<b>61</b>	<b>1 18 42</b>
<b>2</b>	Helen	Fussell	Brentwood	F	73	<b>64</b>	<b>1 29 28</b>
<b>3</b>	Doris	Brown	Cookeville	F	74	<b>69</b>	<b>1 35 53</b>
<b>4</b>	Lynda	de Paulis	Hermitage	F	76	<b>72</b>	<b>1 42 19</b>
<b>5</b>	Janet	Lowe	Cookeville	F	79	<b>78</b>	<b>2 03 18</b>

**M 10-19**

<b>1</b>	Slayton	Hosford	Paris	M	14	<b>2</b>	<b>43 16</b>
<b>2</b>	Cameron	Farber	Mt. Juliet	M	15	<b>15</b>	<b>54 31</b>
<b>3</b>	Jared	Lockridge	Monterey	M	15	<b>36</b>	<b>1 07 03</b>
<b>4</b>	Reece	Morrow	Waynesboro	M	11	<b>44</b>	<b>1 09 28</b>

**M 20-29**

<b>1</b>	Cole	Collins	Watertown	M	20	<b>46</b>	<b>1 10 19</b>
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**M 30-39**

<b>1</b>	Brennan	Barlow	Murfreesboro	M	31	<b>3</b>	<b>44 35</b>
<b>2</b>	Matthew	Cook	Lebanon	M	36	<b>4</b>	<b>45 48</b>
<b>3</b>	Raymond	Morrow	Waynesboro	M	35	<b>10</b>	<b>50 30</b>
<b>4</b>	Jay	Hosford	Paris	M	34	<b>23</b>	<b>58 54</b>
<b>5</b>	Ryan	Wolfenbarger	Lebanon	M	39	<b>32</b>	<b>1 04 50</b>
<b>6</b>	John	Galas	Winston-Salem NC	M	37	<b>62</b>	<b>1 21 52</b>

**M 40-49**

<b>1</b>	Mark	Houston	Crossville	M	47	<b>7</b>	<b>49 32</b>
<b>2</b>	Stephen	Brown	Lebanon	M	43	<b>8</b>	<b>49 39</b>
<b>3</b>	Brian	Elrod	Woodbury	M	49	<b>18</b>	<b>55 02</b>
<b>4</b>	Dunwoody	Scott	North Haledon NJ	M	41	<b>25</b>	<b>1 00 57</b>
<b>5</b>	Brandon	Wray	Farragut	M	46	<b>38</b>	<b>1 07 41</b>
<b>6</b>	Eric	Alsup	Lebanon	M	43	<b>41</b>	<b>1 08 28</b>

<b>7</b>	Keith	Honeycutt	Nashville	M	46	<b>49</b>	<b>1 11 13</b>
<b>8</b>	Duane	Turner	Gordonsville	M	45	<b>55</b>	<b>1 13 43</b>
<b>9</b>	Adam	Augustine	Murfreesboro	M	48	<b>67</b>	<b>1 34 19</b>

**M 50-59**

<b>1</b>	Tracy	Yother	Cookeville	M	58	<b>11</b>	<b>50 55</b>
<b>2</b>	Tracy	Portefield	Pulaski	M	52	<b>12</b>	<b>51 39</b>
<b>3</b>	Brian	Purcell	Hermitage	M	50	<b>13</b>	<b>53 05</b>
<b>4</b>	Mark	Farber	Mt. Juliet	M	55	<b>16</b>	<b>54 38</b>
<b>5</b>	Dave	Stacey III	Brentwood	M	54	<b>17</b>	<b>54 44</b>
<b>6</b>	Derek	Stracener	Muscle Shoals AL	M	52	<b>21</b>	<b>56 38</b>
<b>7</b>	Mike	Bell	Medina	M	54	<b>26</b>	<b>1 01 35</b>
<b>8</b>	Bob	Shumake	Martin	M	56	<b>27</b>	<b>1 02 56</b>
<b>9</b>	John	Evans	Cookeville	M	52	<b>28</b>	<b>1 04 03</b>
<b>10</b>	Duane	Butson	Crossville	M	58	<b>65</b>	<b>1 31 11</b>

**M 60-69**

<b>1</b>	Terry	Quillen	Tullahoma	M	60	<b>22</b>	<b>57 59</b>
<b>2</b>	Mitch	Moore	Maryville	M	60	<b>31</b>	<b>1 04 46</b>
<b>3</b>	Alexander	Leithner	Nashville	M	64	<b>48</b>	<b>1 10 37</b>
<b>4</b>	Ronnie	Cartwright	Rising Fawn GA	M	66	<b>50</b>	<b>1 11 32</b>
<b>5</b>	Wade	Anderson	Readyville	M	61	<b>59</b>	<b>1 15 17</b>
<b>6</b>	Hector	Adames	Clarksville	M	67	<b>70</b>	<b>1 40 29</b>

**M 70-79**

<b>1</b>	Paul	Vondohlen	Ashland City	M	70	<b>43</b>	<b>1 09 18</b>
<b>2</b>	Joe	Fussell	Brentwood	M	75	<b>52</b>	<b>1 12 47</b>
<b>3</b>	Charles	Blair	Fayetteville	M	75	<b>56</b>	<b>1 14 04</b>
<b>4</b>	Gerald	Goodwin	Cookeville	M	72	<b>68</b>	<b>1 35 05</b>
<b>5</b>	Ivan	Adames	Clarksville	M	70	<b>79</b>	<b>2 10 29</b>

Timing and results by Frostbite Running Club

**Race Workers**

Tomas	de Paulis	Hermitage	M	79
Dan	Smithhisler	Mt Juliet	M	66
Monte	Lowe	Cookeville	M	75
Wendy	Williams	Cleveland	F	90
Alice	McBride	Knoxville	F	65
Roger	Gall	Tullahoma	M	
Terry	Walter	Crossville	M	