

2009 Sr Games 5K Run/Walk Event on 7/11/09

Men – Ages 50-54	Rick Tomlinson (24:49) Gold
	John Lax (30:47) Silver
	Paul Olson (38:22) Bronze
Ages 55-59	Michael Lapointe (24:29) Gold
	David Lloyd (24:39) Silver
Ages 60-64	Rich Snow (33:21) Gold
Ages 65-69	Bill Powers (25:36) Gold
	Glen Jurges (27:50) Silver
	Jimmy Smith (46:53) Bronze
Ages 70-74	Roger Dean (29:01) Gold
	Gene Harrison (29:35) Silver
	Bill Fleener (29:35) Bronze
Ages 75-79	Jack McCarn (29:35) Gold
Women – Ages 50-54	Carol Mus (28:41) Gold
	Lisa Christen (31:56) Silver
Ages 55-59	None
Ages 60-64	Valerie Martinson (34:19) Gold
	Linda Zahnow (38:44) Silver
	Carol Bichon Jackson (47:58) Bronze
Ages 65-69	None
Ages 70-74	Jean Cornwell (33:57) Gold
Ages 75-79	Barbara Pendleton (51:47) Gold
	Gloria Gilchrist (DNF)
Ages 80-84	Chloe Parr (44:48) Gold
	Wanda Butler (59:25) Silver
	Leah Ritchie (1:07:59) Bronze