

Two Lakes 10K Run
Montgomery Bell State Park, Burns, TN
February 8, 2020

Frostbite Running Club

111 finishers, Angela Redden, Race Director

Place	First	Last Name	Age	Home Town TN	Overall	Time
Winners						
Male	John	Woodman	32	Clarksville	1	36:16
Female	Kiera	Woodman	24	Clarksville	4	38:40
Masters						
Male	Will	Runion	50	Limestone	10	44:36
Female	Vickie	Spickard	62	Nashville	22	50:24
Age Groups						
F 10-14						
1	Ginny	Archie	13	Greenfield	30	53:38
F 15-19						
1	Abby	Hix	15	Monroe	35	54:40
2	Kelsey	Meade	15	Leoma	79	1:14:39
F 20-29						
1	Claire	Brindle	29	Clarksville	51	1:01:01
2	Kristyna	N. Paulik	27	Clarksville	67	1:07:26
F 30-39						
1	Elizabeth	Rose	33	Nashville	13	45:56
2	Nicole	Hosford	31	Paris	14	46:14
3	Katrina	Schenk	38	Shelbyville	19	47:50
4	Nina	Hillner	32	Clarksville	23	51:00
5	Sara	Sinclair	33	Mt. Juliet	28	52:17
6	Kameron	Brainard	38	Nashville	58	1:03:12
7	Alissa	Fry	32	Antioch	64	1:05:59
8	Katie	Lawson	31	Nashville	77	1:12:02
9	Ruth	Thompson	36	Dickson	ES	1:26:36
	Carrie	Lucas	37	Murfreesboro		

F 40-49

		Seigle-				
1	Brooke	Rochelle	41	Springfield	33	53:57
2	Aireann	Mitchell	47	White Bluff	42	56:39
3	Rhonda	Carr	47	Murfreesboro	57	1:03:08
4	Jill	Rider	40	Nashville	68	1:07:27
5	Brandy	Kennedy	41	Franklin	75	1:11:17
6	Julie	Davenport	48	Hermitage	81	1:16:51
7	Kristen	Davis	42	Nashville	ES	1:22:45
8	Delores	Betz	46	Lebanon	ES	1:23:36
9	Angela	Hayes	43	Moscow	85	1:48:46
10	Amber	McDonald	40	Lyles	ES	1:55:49
11	Tammy	Stewart	40	Lyles	ES	2:01:00
12	Julia	Moffitt	49	Clarksville	ES	no card
	Jennifer	Williams	48	Old Hickory		

F 50-59

1	Tamra	Smith	59	Shelbyville	38	55:53
2	Sally	DeRosia	58	Tullahoma	55	1:01:58
3	Barbara	Weller	52	McMinnville	63	1:05:39
4	Kate	Huddleston	52	Summertown	78	1:12:40
5	Julia	Meade	52	Leoma	80	1:14:39
6	Paula	McGown	54	White Bluff	ES	1:35:00
7	Terilyn	Gotlieb	58	Lyles	ES	2:01:00
	Jennifer	Royce	50	Clarksville		
	Ivette	Gonzalez	53	Antioch		
	Cathy	Gartner	54	Smyrna		

F 60-69

1	Gisele	Goldstein	61	Germantown	25	51:24
2	Alice	Thompson	63	Dickson	52	1:01:06
3	Cathy	Garner	61	Milan	62	1:05:13
4	Wrenae	Shabel	69	Fairview	76	1:11:56
5	Lee	Simmons	60	Buena Vista	ES	1:26:00
6	Mary Kay	Fisher	62	Clarksville	ES	1:31:03
7	Mary	Scudder	66	Shelbyville	ES	1:32:31
8	Carla	Snodgrass	67	Nashville	ES	1:22:45
9	Patricia	Cole	68	Goodlettsville	ES	1:27:19

F 70+

1	Jan	Woods	71	Savannah	82	1:18:45
2	Linda	Brewer	71	Florence AL	ES	1:31:43

M 10-14

1	Slayden	Hosford	11	Paris	7	43:29
2	Elliot	Hartman	13	Bon Aqua	9	44:24
3	Trent	Weems	14	Smyrna	11	45:44
4	Patrick	Schenk	12	Shelbyville	17	47:16
5	Caleb	Duncan	10	Maryville	74	1:09:59
6	Joe	Webster	11	Lyles	ES	2:01:00

M 15-19

1	Will	Maxfield	16	Allons	6	41:47
2	Henry	Lifferth	16	Antioch	71	1:08:45

M 20-29

1	William	Ezzard	24	Fort Campbell KY	2	38:03
2	Sam	Payne	21	Portland	3	38:34
3	Ian	Day	23	Oak Grove KY	20	48:59
4	Austin	Marshall	28	Nashville	69	1:07:46

M 30-39

1	Michael	Niemiec	31	Clarksville	5	38:48
2	Casey	Johnson	33	Jackson	8	43:49
3	Paul	McKinney	37	Kingston Springs	24	51:12
4	Jay	Hosford	32	Paris	26	51:51
5	Nick	Campbell	35	Brentwood	27	51:57
6	Jonathan	Wingate	35	Murfreesboro	37	55:17
7	Michael	Ruder	37	Lascassas	44	57:07
8	Andrew	Duncan	38	Bethel Springs	ES	1:20:47
9	Zachary	Duncan	34	Maryville	84	1:28:29

M 40-49

1	Andrew	Lange	41	Franklin	15	46:17
2	Luke	Finley	43	Thompsons Sta	16	46:22
3	Chris	Cope	42	McMinnville	31	53:50
4	Paul	Walker	46	Morrison	39	56:02
5	Wasey	Ryder	45	Burns	43	57:01

6	Doug	Dawson	46	Murfreesboro	45	57:18
7	Shawn	Sinclair	49	Mount Juliet	49	58:59
8	Melvin	Martin	49	Savannah	59	1:03:14
9	Jeff	Cogdell	49	Jackson	60	1:03:14
10	True	Goins	44	Nunnely	ES	1:35:08
11	Matthew	Ferrier	46	Clarksville	ES	1:46:12
12	Bryan	Hayes	48	Moscow	86	1:48:47
13	Benjamin	Hillner	40	Clarksville	ES	no card
14	Curtis	Driver	49	Clarksville	ES	no card

M 50-59

1	Terry	Quillen	57	Tullahoma	18	47:39
2	Dave	Stacey	51	Brentwood	29	52:30
3	Pedro	Lopez	53	Murfreesboro	32	53:56
4	Robbie	Lawson	53	Dickson	34	54:40
5	Robert	Mills	51	Dickson	36	54:55
6	Peter	Wilson	53	Nashville	40	56:23
7	Dennis	Green	51	Lawrenceburg	53	1:01:27
8	Steven	Davenport	50	Hermitage	54	1:01:35
9	Gregg	Hardman	51	Murfreesboro	65	1:06:19
10	Geoff	Lifferth	50	Brentwood	72	1:08:46
11	Johann	Murray	57	Nashville	73	1:09:26
12	Michael	Kaiser	55	Nashville	ES	1:20:47
13	Jeff	Whitehorn	57	Brentwood	ES	1:32:00
	David	Fulmer	56	Brentwood		

M 60-69

1	Jeff	Stracener	63	Soddy Daisy	12	45:50
2	Eddie	Swanson	61	Waverly	21	48:59
3	Richard	Hokirk	64	Estill Springs	41	56:35
4	Guy	Giles	68	Knoxville	47	57:36
5	Paul	Vondohlen	67	Ashland City	48	58:18
6	Alexander	Leithner	61	Nashville	50	59:51
7	John	Payne	67	Portland	61	1:04:37
8	Keith	Tucker	66	Greenfield	66	1:06:26
9	Roger	Gall	65	Tullahoma	83	1:19:44
10	Randall	Cole	66	Goodlettsville	ES	1:30:06
	Danny	Duncan	66	Bethel Springs		
	Kent	McKinley	66	Clarksville		

M 70+

1	Michael	Wells	72	Madisonville KY	46	57:23
2	Charles	Blair	72	Fayetteville	56	1:02:27
3	Eugene	Hollman	72	Lynnville	70	1:08:22
4	Bob	Pierce	75	Readyville	ES	1:29:06
5	Stephen	Khleif	84	Cookeville	ES	1:48:47

ES: Early start. One hour added to finish time.
Timing and results by Bill and Angela Redden.