

Golden Heart Trail Run

Hosted by the Nordic Ski Club of Fairbanks FXC Program

Sponsored by Dr. Kathleen Carey of Tanana Valley Clinic OMM Department

Birch Hill Recreation Area - August 20, 2022

15 Yrs & Up - Overall Results - 5km

15 & Up Women

| RANK | NAME | HOMETOWN | TIME | PACE | BIB |
|------|---------------------|----------------|---------|-------|-----|
| 1 | SHALANE FROST | Fairbanks, AK | 19:54.2 | 6:25 | 185 |
| 2 | MARIA STENSLAND | Fairbanks, AK | 22:32.9 | 7:16 | 159 |
| 3 | COLLEEN PERSONETT | Fairbanks, AK | 23:02.0 | 7:25 | 162 |
| 4 | ERICA BLAKE | Fairbanks, AK | 23:05.9 | 7:27 | 189 |
| 5 | MAGGIE MCGOVERN | Fairbanks, AK | 23:15.4 | 7:30 | 163 |
| 6 | INGRID BAURICK | Fairbanks, AK | 23:50.9 | 7:41 | 194 |
| 7 | KELSI JOHNSON | Fairbanks, AK | 24:11.9 | 7:48 | 79 |
| 8 | ANNA MERRILL | Fairbanks, AK | 24:32.8 | 7:55 | 161 |
| 9 | ADAH DECKER | Fairbanks, AK | 25:35.6 | 8:15 | 169 |
| 10 | EMMA LYONS | Fairbanks, AK | 25:37.1 | 8:15 | 152 |
| 11 | KATE CAREY | Fairbanks, AK | 25:45.6 | 8:18 | 172 |
| 12 | DORLI MCWAYNE | Fairbanks, AK | 25:50.6 | 8:20 | 183 |
| 13 | KARA MICHAELIS | Fairbanks, AK | 26:29.6 | 8:32 | 157 |
| 14 | JESSICA BLASEY | Fairbanks, AK | 26:36.2 | 8:34 | 84 |
| 15 | CELINE SIDDALL | Fairbanks, AK | 26:50.4 | 8:39 | 69 |
| 16 | TRACEY MARTINSON | Fairbanks, AK | 28:11.0 | 9:05 | 177 |
| 17 | PIRADA ANDERSON | Fairbanks, AK | 28:12.4 | 9:05 | 193 |
| 18 | ELIZABETH GRENINGER | Nogales, AZ | 28:24.4 | 9:09 | 170 |
| 19 | LAURIE MULLINS | Fairbanks, AK | 28:30.5 | 9:11 | 181 |
| 20 | KATHERINE CROUSE | Fairbanks, AK | 28:34.2 | 9:12 | 66 |
| 21 | SHAWNA HENDERSON | FAIRBANKS, AK | 29:01.5 | 9:21 | 160 |
| 22 | KIM JOHNSON | Fairbanks, AK | 29:28.5 | 9:30 | 184 |
| 23 | ANNA RIX | Fairbanks, AK | 30:31.6 | 9:50 | 173 |
| 24 | DIANA KLINE | Fairbanks, AK | 31:01.3 | 10:00 | 199 |
| 25 | MICHELLE BROOKS | Fairbanks, AK | 31:04.1 | 10:00 | 195 |
| 26 | SHERIDAN BLASEY | Fairbanks, AK | 32:26.1 | 10:27 | 85 |
| 27 | SONJA THOMAS | Fairbanks, AK | 34:52.7 | 11:14 | 191 |
| 28 | ELYSE JENSEN | Fairbanks, AK | 37:11.5 | 11:59 | 77 |
| 29 | MARY ANN PALCHIKOFF | Fairbanks, AK | 40:02.3 | 12:54 | 176 |
| 30 | ELIZABETH WIDMAYER | Fairbanks, AK | 42:58.1 | 13:50 | 188 |
| 31 | LEAANNE JENSEN | Fairbanks, AK | 42:58.5 | 13:50 | 76 |
| 32 | CARRIE PLANT | North Pole, AK | 47:27.4 | 15:17 | 73 |
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15 & Up Men

| RANK | NAME | HOMETOWN | TIME | PACE | BIB |
|------|----------------------|----------------|---------|-------|-----|
| 1 | DEVIN MCDOWELL | Fairbanks, AK | 18:18.2 | 5:54 | 190 |
| 2 | CURTIS HENRY | Fairbanks, AK | 18:35.1 | 5:59 | 197 |
| 3 | KIERAN KAUFMAN | Fairbanks, AK | 18:44.6 | 6:02 | 72 |
| 4 | STEVE TAYLOR | Fairbanks, AK | 20:08.0 | 6:29 | 65 |
| 5 | MAX KAUFMAN | Fairbanks, AK | 20:57.0 | 6:45 | 74 |
| 6 | EMMETT SCHNEIDER | Fairbanks, AK | 21:32.6 | 6:57 | 171 |
| 7 | BASILE PLATTET | Fairbanks, AK | 21:50.9 | 7:02 | 153 |
| 8 | JOSHUA SWANK | Fairbanks, AK | 22:10.2 | 7:09 | 164 |
| 9 | AARON SWANK | Fairbanks, AK | 22:11.4 | 7:09 | 165 |
| 10 | KYLE WILLIAMS | Fairbanks, AK | 22:25.6 | 7:14 | 174 |
| 11 | CHRISTOPHER BENSHOOF | Fairbanks, AK | 22:50.5 | 7:22 | 154 |
| 12 | JIM WESSEL | Fairbanks, AK | 23:43.2 | 7:39 | 80 |
| 13 | ELIAS ENGMAN | Fairbanks, AK | 23:58.6 | 7:44 | 68 |
| 14 | RUGER NORDIN | North Pole, AK | 24:19.1 | 7:50 | 81 |
| 15 | NED ROZELL | Fairbanks, AK | 24:52.3 | 8:01 | 179 |
| 16 | TIM PARKER | Fairbanks, AK | 25:13.8 | 8:08 | 178 |
| 17 | JEFFREY GODDARD | Fairbanks, AK | 25:24.0 | 8:11 | 158 |
| 18 | NATHAN GODDARD | Fairbanks, AK | 25:26.7 | 8:12 | 155 |
| 19 | DAVE PARTEE | Fairbanks, AK | 25:30.7 | 8:13 | 75 |
| 20 | CURT NORDIN | North Pole, AK | 25:32.0 | 8:14 | 82 |
| 21 | JOSH BLOOM | North Pole, AK | 26:25.5 | 8:31 | 83 |
| 22 | THOMAS KELLY | Fairbanks, AK | 26:30.2 | 8:32 | 70 |
| 23 | ANDREW BROOKS | Fairbanks, AK | 26:48.8 | 8:38 | 196 |
| 24 | DENNIS HEDGECOCK | Fairbanks, AK | 27:25.1 | 8:50 | 64 |
| 25 | OWEN HANLEY | Fairbanks, AK | 28:15.0 | 9:06 | 168 |
| 26 | KESLER WOODWARD | Fairbanks, AK | 28:28.4 | 9:10 | 182 |
| 27 | KEITH POLLOCK | Fairbanks, AK | 28:28.9 | 9:11 | 192 |
| 28 | JOHN MAYER | Fairbanks, AK | 30:01.9 | 9:40 | 166 |
| 29 | CHRIS KNOPP | North Pole, AK | 30:02.8 | 9:41 | 187 |
| 30 | DAN MULLINS | Fairbanks, AK | 30:45.3 | 9:54 | 180 |
| 31 | GARY POHL | Ester, AK | 30:56.4 | 9:58 | 86 |
| 32 | BILL ANDERSON | Fairbanks, AK | 30:57.5 | 9:58 | 200 |
| 33 | CHRIS MAYER | Fairbanks, AK | 31:34.5 | 10:10 | 167 |
| 34 | ANDRE CLAY | North Pole, AK | 33:23.4 | 10:45 | 71 |
| 35 | JAMES SHAWCROFT | Fairbanks, AK | 33:47.2 | 10:53 | 156 |
| 36 | RULON JENSEN | Fairbanks, AK | 34:25.5 | 11:05 | 67 |
| 37 | KEITH PALCHIKOFF | Fairbanks, AK | 40:03.9 | 12:54 | 175 |