

# 2010 Vertical Runner Race Team Results

3000m						
Date	Event	Runner	Time	Overall	Age Group	Age Grade
3/6/2010	Lake Erie Indoor	Curt Bachus	9:44	1st	n/a	82.17%
2/21/2010	Cleveland Classic	Curt Bachus	9:48	1st	n/a	81.61%
2/14/2010	Ohio Northern Indoor	Curt Bachus	9:54	1st	n/a	80.79%
5K						
Date	Event	Runner	Time	Overall	Age Group	Age Grade
3/13/2010	Tiger Run 5K	Curt Bachus	16:54	1st	n/a	81.99%
3/21/2010	Ides of March 5K	Curt Bachus	16:59	1st	n/a	81.11%
2/13/2010	Chili Bowl 5K	Curt Bachus	17:39	7th	1st	79.71%
2/20/2010	Kent State	Elizabeth Hansen	19:39	6th	n/a	73.25%
5 Miles						
Date	Event	Runner	Time	Overall	Age Group	Age Grade
3/13/2010	St. Malachi 5 Miler	Kam Lee	28:24	8th	1st	79.50%
3/13/2010	St. Malachi 5 Miler	Stephen Godale	29:13	12th	1st	77.80%
3/13/2010	St. Malachi 5 Miler	Shanna Ailes Istnick	31:30	40th	1st	76.90%
3/13/2010	St. Malachi 5 Miler	Tracy Meder	31:38	43rd	2nd	76.50%
3/13/2010	St. Malachi 5 Miler	Mark Godale	29:18	13th	2nd	76.50%
3/13/2010	St. Malachi 5 Miler	Terence Baptiste	28:53	11th	3rd	73.90%
3/13/2010	St. Malachi 5 Miler	John Kubis	29:51	18th	3rd	71.50%
10K						
Date	Event	Runner	Time	Overall	Age Group	Age Grade
15K						
Date	Event	Runner	Time	Overall	Age Group	Age Grade
3/7/2010	Shamrock 15K	Andrew Riggins	52:30	2nd	n/a	78.41%
3/7/2010	Shamrock 15K	Jim Chaney	59:00	11th	1st	76.74%
3/7/2010	Shamrock 15K	Ed Goubeaux	59:50	14th	2nd	76.28%
3/7/2010	Shamrock 15K	Jessica Pickana	1:02:21	1st	n/a	74.10%
Half Marathon						
Date	Event	Runner	Time	Overall	Age Group	Age Grade
4/10/2010	Spring Classic Half	Kam Lee	1:16:33	4th	1st	80.65%
3/7/2010	Millcreek Half	Stephen Godale	1:22:07	8th	1st	75.72%
3/7/2010	Millcreek Half	Shanna Ailes Istnick	1:27:32	3rd	1st	75.31%
3/7/2010	Millcreek Half	Elizabeth Hansen	1:28:17	4th	1st	74.57%

3/7/2010	Disney Princess Half	Beth Woodward	1:30:33	15th	3rd	73.33%
<b>Marathon</b>						
<b>Date</b>	<b>Event</b>	<b>Runner</b>	<b>Time</b>	<b>Overall</b>	<b>Age Group</b>	<b>Age Grade</b>
4/19/2010	Boston Marathon	Ed Goubeaux	2:58:10	1100	75	76.89%
4/19/2010	Boston Marathon	Matt Young	2:45:20	346	272	76.78%
2/28/2010	Last Chance for Boston	Matt Young	2:46:06	1st	1st	76.56%
2/14/2010	Austin Marathon	Mark Godale	2:48:08	12th	4th	76.16%
3/20/2010	National Marathon	Jim Chaney	2:57:55	39th	5th	75.67%
4/19/2010	Boston Marathon	Mark Godale	2:49:20	501	386	74.97%
4/11/2010	Athens Marathon	Beth Woodward	3:04:55	2nd	n/a	73.96%
4/19/2010	Boston Marathon	Jessica Pickana	3:04:15	1779	97	73.50%
4/19/2010	Boston Marathon	Elizabeth Hansen	3:06:40	2112	121	72.54%
4/19/2010	Boston Marathon	Stephen Godale	2:58:05	1091	125	72.44%
4/19/2010	Boston Marathon	Tracy Meder	3:08:25	2392	146	71.90%

<b>50K</b>						
<b>Date</b>	<b>Event</b>	<b>Runner</b>	<b>Time</b>	<b>Overall</b>	<b>Age Group</b>	<b>Age Grade</b>
3/7/2010	USATF 50K Championships	Mark Godale	3:23:00			75.76%
4/18/2010	Forget the PR 50K	Beth Woodward	4:52:47	1st	n/a	78.34%

## Age-Graded Results

<http://www.howardgrubb.co.uk/athletics/wmalookup06.html>

"AGE-GRADED" results are calculated using tables developed by the World Association of Veteran Athletes

100% = Approximate World-Record Level

Over 90% = World Class

Over 80% = National Class

Over 70% = Regional Class

Over 60% = Local Class

We are showing Performance Level Percent in the final column of our results in time order for men and women.