

Fifth Season 8k – July 4, 2011

8K State and Local Winners (outside the top 10 overall)

Top 3 Iowa – Men (outside the top 10 overall)

Guor Marial, Ames	24:31
Sammy Rotich, West Des Moines	24:57
Nick Bowerman, Dubuque	25:08

Top 3 Iowa – Women (outside the top 10 overall)

Casey McDermott, Newton	29:27
Brooke Ferguson, Fort Dodge	30:52
Beth Ripperger, Knoxville	31:34

Top 3 Local – Men (outside the top 10 overall)

Christopher Jensen, Marion	25:56
Nathan Hopp, West Amana	26:02
Phil Young, North Liberty	26:31

Top 3 Local – Women (outside the top 10 overall)

Megan Lessard, Iowa City	29:52
Elaina Mertens, Cedar Rapids	31:15
Alice Anderson, Marion	31:26