

**03-07-2024 Shamrock 5K Age Groups****Presented by the Summit Athletic Running Club**

## Top 3 5K (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	12	Mia Dooley	0:22:20	F	13	728	7:11
2	20	Kathryn Dhayer	0:23:46	F	26	721	7:39
3	29	Carly Bailey	0:25:06	F	38	658	8:04

## Top 3 5K (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	1	Tim Carroll	0:17:52	M	41	229	5:45
2	2	Greg Bader	0:18:18	M	37	80	5:53
3	3	Kevin Hazlett	0:18:28	M	36	91	5:56

## 5K 0-14 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	94	Mary Ford	0:30:17	F	9	757	9:44
2	124	Elyn Eggeman	0:33:01	F	10	89	10:37

## 5K 0-14 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	6	Maxwell Dooley	0:21:06	M	13	729	6:47
2	14	Cole Westover	0:23:17	M	11	955	7:29
3	15	Justin Jones	0:23:24	M	10	804	7:32
4	22	Luke Fawcett	0:24:14	M	13	743	7:48
5	31	Max Ford	0:25:43	M	12	756	8:16
6	52	Alexander Dennis	0:26:51	M	11	718	8:38
7	59	Alex Jones	0:27:16	M	8	803	8:46
8	82	Jonah Force	0:29:38	M	13	752	9:32
9	87	Simeon Morgan	0:29:57	M	14	857	9:38

## 5K 15-19 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	39	Ella Sainato	0:26:02	F	15	907	8:22
2	177	Lydia Pulos	0:39:20	F	17	888	12:39

## 5K 15-19 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	37	JJ Bryan	0:25:59	M	16	690	8:21
2	92	Ganon Force	0:30:06	M	15	753	9:41

## 5K 20-24 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	38	Amanda Nelson	0:26:01	F	23	865	8:22
2	58	Isabella Braman	0:27:13	F	23	686	8:45
3	77	Abby Hermann	0:29:28	F	22	791	9:29
4	93	Danielle Gregory	0:30:10	F	24	777	9:42

5	105	Emma Metzler	0:31:29	F	24	853	10:08
6	141	Sophia Scarpitti	0:34:29	F	24	910	11:06

5K 20-24 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	126	Chase Skall	0:33:07	M	24	920	10:39

5K 25-29 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	74	Madelyn Braman	0:29:00	F	26	687	9:20
2	79	Hannah Horning	0:29:30	F	26	796	9:29
3	88	Hayley Yanetta	0:29:59	F	26	966	9:39
4	140	Mary Hershberger	0:34:22	F	28	792	11:03
5	156	Jovana Ilic	0:36:55	F	28	801	11:53
6	159	Estrellaasia Ciptak	0:37:00	F	27	706	11:54
7	174	Leslie Ditrick	0:38:59	F	28	725	12:33
8	179	Heather Nelson	0:39:38	F	27	997	12:45
9	183	Emily Wolverton	0:40:26	F	25	963	13:00
10	185	Alex DiDonato	0:40:33	F	25	723	13:03
11	193	Meghan Brown	0:42:16	F	27	976	13:36
12	195	Kennedy Rodrigues	0:42:39	F	29	900	13:43
13	208	Gwen Gardner	0:45:46	F	29	996	14:43

5K 25-29 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	4	Emmett Morehouse	0:20:10	M	27	856	6:29
2	23	Paul Wesner	0:24:22	M	28	991	7:50
3	24	Arthur Dobbins IV	0:24:44	M	29	726	7:57
4	26	Zachary Gregory	0:24:52	M	26	776	8:00
5	36	Zachary Loraditch	0:25:57	M	29	834	8:21
6	42	Logan Morris	0:26:21	M	26	860	8:28
7	44	Ryan Yaneff	0:26:23	M	26	965	8:29
8	47	ANDREW HAWS	0:26:38	M	27	789	8:34
9	50	Ryan Bogucki	0:26:46	M	27	671	8:36
10	55	AJ Rodrigues	0:27:02	M	29	901	8:42
11	65	Teddy Hapanowicz	0:28:03	M	28	783	9:01
12	69	Guy Marino	0:28:36	M	25	839	9:12
13	73	Cory Grahl	0:28:54	M	29	774	9:18
14	101	Zachary Gilgenbach	0:31:17	M	28	771	10:04
15	158	Andrew Ciptak	0:37:00	M	28	705	11:54
16	173	Brent Botzer	0:38:16	M	29	675	12:19
17	182	John Bozzelli	0:40:20	M	25	679	12:59

5K 30-34 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	45	Meagan McNicholas	0:26:32	F	31	849	8:32
2	71	Leah Puening	0:28:46	F	34	989	9:15

3	72	Ann Myers	0:28:51	F	30	863	9:17
4	86	Erica Sanders	0:29:56	F	33	908	9:38
5	90	Jasmine Ross	0:30:04	F	34	902	9:40
6	115	Amelia Skilton	0:32:06	F	32	921	10:20
7	118	Sarah Baxter	0:32:13	F	33	973	10:22
8	127	Allison Matchulat	0:33:08	F	30	844	10:40
9	133	Jocelyn Bilinovich	0:33:39	F	31	665	10:50
10	147	Jaime Morgan	0:35:46	F	32	859	11:31
11	152	Aimee Tatr	0:36:29	F	30	942	11:44
12	155	Halie Harris	0:36:52	F	32	786	11:52
13	160	Lisa Bradley	0:37:03	F	32	682	11:55
14	167	Brittany Hardy	0:37:33	F	33	784	12:05
15	188	Cait Bitecofer	0:41:08	F	31	669	13:14
16	194	Jessica Simmons	0:42:22	F	32	918	13:38
17	220	Megan Bauknight	0:47:25	F	34	662	15:15

5K 30-34 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	7	Nicolas Reed	0:21:18	M	34	895	6:51
2	8	Steven Simske	0:21:33	M	30	919	6:56
3	10	Evan Gannon	0:22:05	M	30	763	7:06
4	13	Andrew Skilton	0:22:36	M	31	922	7:16
5	27	Andrew Ritosa	0:24:56	M	31	898	8:01
6	34	Tim Reed	0:25:51	M	31	896	8:19
7	57	Sammy Snail	0:27:08	M	31	928	8:44
8	62	Steven Cappelli	0:27:43	M	31	697	8:55
9	63	Bryan Gannon	0:27:47	M	32	982	8:56
10	75	Landon Gates	0:29:01	M	31	767	9:20
11	83	Dave Andrew	0:29:40	M	34	654	9:33
12	96	Vincent John Maranan	0:30:22	M	33	838	9:46
13	113	Matt Garvin	0:31:51	M	32	766	10:15
14	132	Daniel Bilinovich	0:33:39	M	32	666	10:50
15	187	Colton Carter	0:41:07	M	32	701	13:14
16	218	Stephen Bauknight	0:47:21	M	33	661	15:14

5K 35-39 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	56	Kasey Lincoln	0:27:08	F	37	829	8:44
2	66	Elizabeth Hanna	0:28:07	F	38	782	9:03
3	95	Erik Flach	0:30:22	F	35	746	9:46
4	100	Tanya Hancock	0:31:17	F	37	781	10:04
5	120	Alyse Poda	0:32:19	F	36	883	10:24
6	145	Jackie Marvin	0:35:14	F	38	842	11:20
7	150	Michele Day	0:36:18	F	37	714	11:41
8	176	Melissa Kaufman	0:39:12	F	39	807	12:37
9	210	Amanda Florian	0:46:09	F	38	749	14:51
10	211	Andrienne Turner	0:46:19	F	39	947	14:54

## 5K 35-39 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	17	Brandon McQueen	0:23:36	M	38	850	7:35
2	25	Joshua Eck	0:24:52	M	35	738	8:00
3	30	Creighton Ruggles	0:25:10	M	39	904	8:06
4	33	Ryan Snell	0:25:48	M	39	929	8:18
5	51	Maryssa Flach	0:26:51	M	35	748	8:38
6	53	Ryan Carpenter	0:26:55	M	39	698	8:40
7	64	Adam Lovell	0:28:03	M	37	836	9:01
8	68	Joe Warren	0:28:20	M	39	952	9:07
9	76	Bobby Bonitati	0:29:24	M	38	672	9:27
10	84	David Norman	0:29:42	M	38	868	9:33
11	110	Andrew Lincoln	0:31:40	M	36	828	10:11
12	112	Jeremy Long	0:31:48	M	38	833	10:14
13	114	John Breedlove	0:32:03	M	35	975	10:19
14	121	Casey Willoughby	0:32:22	M	36	78	10:25
15	212	Christopher Simmons	0:46:29	M	36	917	14:57

## 5K 40-44 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	54	Gretchen Snyder	0:27:01	F	44	930	8:41
2	81	Kelly Bradley	0:29:32	F	40	684	9:30
3	104	Amy Ostrosky	0:31:26	F	41	873	10:07
4	106	Melanie Gabele	0:31:32	F	40	761	10:09
5	108	Molly Barber	0:31:38	F	43	972	10:10
6	129	Davenie Hartman	0:33:14	F	40	90	10:41
7	136	Erin Ford	0:34:02	F	41	758	10:57
8	200	Bobbi Jo Linderman	0:43:21	F	43	830	13:57
9	226	Emily Grnach	0:51:15	F	43	779	16:29
10	229	Theresa Gall	0:53:22	F	44	762	17:10

## 5K 40-44 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	5	Nathaniel Su	0:20:36	M	43	936	6:37
2	11	James Griffin	0:22:10	M	43	778	7:08
3	21	Bradley Witschey	0:24:00	M	40	961	7:43
4	35	Mike Gardner	0:25:54	M	43	764	8:20
5	41	Carlo Buzzetta	0:26:16	M	40	696	8:27
6	78	Joshua Hunter	0:29:30	M	43	93	9:29
7	134	Matthew Bradley	0:33:44	M	40	683	10:51
8	180	A.J. O'Neal	0:39:40	M	42	870	12:46
9	190	John Pulos	0:41:34	M	44	890	13:22
10	219	Christopher Dinkins	0:47:23	M	42	724	15:15

## 5K 45-49 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
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1	46	Terri Bednar	0:26:33	F	49	663	8:33
2	60	Karri Plecko	0:27:27	F	48	881	8:50
3	61	Kelly Fisher	0:27:37	F	45	745	8:53
4	85	Jennifer Morgan	0:29:56	F	48	858	9:38
5	107	Kristina Dooley	0:31:35	F	46	732	10:09
6	109	Amanda Force	0:31:39	F	45	755	10:11
7	137	Sally Snail	0:34:11	F	46	927	11:00
8	138	Patty Behrend	0:34:12	F	45	664	11:00
9	139	Mandy Smith	0:34:15	F	48	924	11:01
10	153	Kristen Pratt	0:36:31	F	46	887	11:45
11	154	Sara Croghan	0:36:35	F	47	710	11:46
12	165	Holly Hartman	0:37:23	F	46	787	12:01
13	186	Melanie Tabak	0:40:40	F	45	939	13:05
14	192	Heather DeRosha	0:41:49	F	49	719	13:27
15	196	Kristi Nowakowski	0:42:48	F	46	869	13:46
16	232	Ashley Forbes	0:55:46	F	47	751	17:57

5K 45-49 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	16	Roy Miller	0:23:29	M	49	854	7:33
2	18	Brandon Koehl	0:23:42	M	48	815	7:37
3	28	Greg Dooley	0:24:57	M	46	731	8:02
4	32	Josh Keane	0:25:47	M	49	808	8:18
5	43	Nicholas Pulos	0:26:21	M	45	891	8:29
6	48	Robert Virag	0:26:41	M	47	949	8:35
7	70	Jeremy Jones	0:28:37	M	47	805	9:12
8	91	Brian Force	0:30:05	M	46	754	9:41
9	103	Robbie Vaughn	0:31:26	M	46	948	10:07
10	135	Jonah Levia	0:33:54	M	49	825	10:54
11	142	Gregg Hardy	0:34:38	M	46	785	11:08
12	151	Robert Cruz	0:36:27	M	45	711	11:44
13	178	Mike Woody	0:39:22	M	48	964	12:40
14	231	Daniel Forbes	0:55:46	M	49	750	17:57

5K 50-54 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	67	Teri Kollin	0:28:17	F	51	816	9:06
2	102	Jen Horgan	0:31:23	F	50	794	10:06
3	111	Melissa Kroft	0:31:45	F	50	819	10:13
4	131	Shani Ferry	0:33:34	F	51	979	10:48
5	163	Kathy Christy	0:37:18	F	54	978	12:00
6	181	Tracy Rafail	0:40:02	F	50	894	12:53
7	203	Pauline Hlad	0:44:50	F	52	793	14:26
8	206	Nicole Lehrner	0:45:31	F	53	824	14:39
9	213	Stephanie Lowe	0:47:15	F	51	992	15:12
10	223	Michelle Fabec	0:50:55	F	51	742	16:23
11	224	Dawn Edmiston	0:50:55	F	52	739	16:23

## 5K 50-54 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	9	Samuel Nigro	0:21:56	M	54	867	7:03
2	40	Paul Miller	0:26:05	M	50	855	8:23
3	122	Larry Hostetler	0:32:26	M	54	984	10:26
4	128	Steve Owen	0:33:12	M	54	874	10:41
5	157	Greg Kroft	0:36:56	M	51	818	11:53

## 5K 55-59 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	80	Emariana Widner	0:29:30	F	55	957	9:29
2	89	Cathy Rusnak	0:30:00	F	58	905	9:39
3	116	Ellen Budd	0:32:10	F	57	692	10:21
4	117	Darlene Taliaferro	0:32:11	F	59	941	10:21
5	123	Dawn Bilski	0:32:31	F	58	668	10:28
6	146	Judy Layne	0:35:30	F	57	822	11:25
7	169	Christina Locke	0:37:58	F	55	831	12:13
8	170	Michelle Bowes	0:38:01	F	58	676	12:14
9	171	Gina Herbert	0:38:07	F	55	81	12:16
10	184	Virginia Gibson	0:40:31	F	57	770	13:02
11	198	Katrina Wise	0:43:11	F	56	959	13:54
12	202	Lisa Stephens	0:44:27	F	55	932	14:18
13	204	Laura Summy	0:45:12	F	57	938	14:33
14	205	Mimi Marquard	0:45:12	F	57	840	14:33
15	207	Natalie Demyan	0:45:31	F	55	716	14:39
16	209	Annette Petranic	0:45:49	F	58	880	14:44
17	214	Michelle DiPaulo	0:47:16	F	55	84	15:13
18	217	Ann Wargo	0:47:20	F	58	990	15:14
19	225	Chandra Pannell	0:51:09	F	58	878	16:28
20	230	Rebecca Morgan	0:55:16	F	56	988	17:47

## 5K 55-59 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	148	Ren Chirakos	0:35:55	M	55	977	11:33
2	221	Karl Majors	0:48:49	M	56	837	15:42

## 5K 60-64 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	99	Carol Howard	0:31:10	F	61	798	10:02
2	130	Jan Tiedemann	0:33:21	F	64	945	10:44
3	216	Gina DiPaulo	0:47:19	F	60	83	15:13
4	227	Gloria Horning	0:52:19	F	60	797	16:50

## 5K 60-64 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	19	Bryan Short	0:23:43	M	60	915	7:38

2	49	Mark Gniewek	0:26:45	M	63	773	8:36
3	98	Gerard Nelson	0:30:51	M	60	866	9:56
4	172	JAMES HORNING	0:38:08	M	61	795	12:16
5	191	Brian Lieberth	0:41:45	M	62	827	13:26
6	215	Michael Leahy	0:47:18	M	64	823	15:13

#### 5K 65-69 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	125	Becky Ryba	0:33:01	F	69	906	10:37
2	162	MARY JO SHAW	0:37:14	F	66	913	11:59
3	166	Charlotte Murray	0:37:24	F	65	862	12:02
4	168	Elizabeth Themelis	0:37:39	F	65	943	12:07
5	189	Carmella Massaro	0:41:31	F	68	82	13:21

#### 5K 65-69 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	119	Mike Diamond	0:32:14	M	65	722	10:22
2	164	Ryan McGuire	0:37:20	M	68	848	12:01
3	197	Jesse Cervantez	0:43:05	M	66	702	13:52

#### 5K 70-74 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	201	Marilyn Bowling	0:43:27	F	71	678	13:59

#### 5K 70-74 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	97	RALPH WOLFORD	0:30:27	M	73	962	9:48
2	161	Douglas Powley	0:37:07	M	74	886	11:56
3	175	Robert Partezana	0:39:07	M	71	879	12:35
4	222	Mark Kobelt	0:50:06	M	71	814	16:07
5	228	David Walker	0:52:31	M	71	950	16:54

#### 5K 75-79 (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	143	Nancy Karl	0:34:51	F	75	806	11:13

#### 5K 75-79 (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	149	Ray Dietrich	0:36:16	M	78	86	11:40

#### 5K 80- (female)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
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#### 5K 80- (male)

Pos	Overall	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	144	PETE FICKERT	0:35:12	M	82	744	11:19
2	199	Bob Chittenden	0:43:12	M	81	704	13:54