

2023 Shamrock 5K Age

Top 3 5K (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Mia Dooley	0:21:42	F	12	380	6:58	12
2	Annie Murphy	0:23:57	F	42	481	7:41	18
3	Ashley Buzzetta	0:24:34	F	34	352	7:53	20

Top 3 5K (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Josh Metzung	0:15:56	M	24	655	5:07	1
2	Tim Carroll	0:18:12	M	40	356	5:50	2
3	Joseph White	0:19:16	M	32	624	6:11	3

5K 0-14 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Isa Dooley	0:24:51	F	12	381	7:59	23
2	Ava Bryan	0:27:51	F	12	349	8:55	41
3	Mary Ford	0:33:07	F	8	395	10:36	81
4	Emalynn Hayes	0:41:17	F	13	418	13:15	112
5	Maddy Eckendorf	0:44:50	F	7	651	14:20	118

5K 0-14 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Max Dooley	0:20:24	M	12	382	6:33	7
2	Antonio Rodriguez	0:28:28	M	13	591	9:08	46
3	Vinny Cuevas	0:29:39	M	7	367	9:28	55
4	Brody Nevling	0:29:40	M	10	652	9:29	58
5	Simeon Morgan	0:34:48	M	13	479	11:11	93

5K 15-19 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Elaina Hunkar	0:30:52	F	17	431	9:53	66

5K 15-19 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Jonathan Jewett	0:20:03	M	16	662	6:27	6
2	William Carroll	0:22:56	M	16	638	7:19	16
3	Eddie Marsh	0:25:54	M	15	459	8:17	28
4	Zeke Dirker	0:28:05	M	18	646	8:59	44

5K 20-24 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Eleanor Damm	0:28:42	F	24	369	9:11	47
2	Heidi Cartwright	0:34:24	F	24	358	11:00	92
3	Tori Bryan	0:48:24	F	20	347	15:31	127

5K 20-24 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Colin Frame	0:29:09	M	23	400	9:20	51

5K 25-29 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Anne Beddow	0:26:19	F	26	330	8:26	30
2	Annabelle Hegeman	0:27:59	F	27	420	8:55	43
3	Jessica Fuller	0:51:04	F	28	405	16:22	129

5K 25-29 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Jacob Martin	0:35:36	M	27	461	11:22	97
2	Marcus Perry	0:51:04	M	26	576	16:22	130

5K 30-34 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Ashley Sassano	0:26:34	F	34	599	8:32	31
2	Cara Powelson	0:27:13	F	32	584	8:42	36
3	Brooke Bryan	0:27:49	F	31	348	8:55	39
4	Jaime Morgan	0:27:52	F	31	477	8:56	42
5	Cali Hardy	0:28:14	F	32	415	9:00	45
6	Ashley Raybuck	0:29:39	F	34	586	9:29	57
7	Stephanie Allen	0:33:34	F	30	263	10:43	85
8	Maggie Monroe	0:36:36	F	30	475	11:43	103
9	Alecia Bencze	0:36:43	F	32	333	11:46	104
10	Brittany Hardy	0:48:24	F	32	414	15:31	126

5K 30-34 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Nicolas Reed	0:19:50	M	33	587	6:22	5
2	Vince Sassano	0:22:36	M	34	598	7:16	15
3	Tim Reed	0:27:37	M	30	588	8:51	37
4	John Breedlove	0:28:57	M	34	345	9:14	48

5K 35-39 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Liza Moorman	0:29:18	F	37	476	9:23	53
2	Terri Hammer	0:30:46	F	37	660	9:48	65
3	Nancy Wardell	0:31:01	F	38	620	9:57	67
4	Maram Sati	0:34:20	F	35	600	11:00	91
5	Shannon Bradford	0:41:04	F	39	344	13:11	110
6	Sandy Eckendorf	0:44:50	F	38	388	14:21	119

5K 35-39 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Carlo Buzzetta	0:24:25	M	39	351	7:50	19
2	PJ Camargo	0:29:39	M	35	355	9:28	56

3	Douglas Hayes	0:41:17	M	39	417	13:15	111
4	Peter Exkendorf	0:44:52	M	38	389	14:20	120

5K 40-44 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Kelly Fisher	0:25:23	F	44	393	8:08	25
2	Katie Ballenger	0:26:41	F	41	327	8:34	32
3	Sarah Torok-Gerard	0:26:54	F	44	615	8:38	35
4	Amanda Barna	0:29:36	F	44	328	9:28	54
5	Sara Drowlette	0:30:38	F	40	386	9:48	64
6	Patricia Behrend	0:31:09	F	44	332	9:58	68
7	Rosalie Donohoe	0:31:12	F	43	377	10:01	69
8	Allison Lewis	0:31:44	F	41	451	10:12	74
9	Gloria Nagle	0:32:12	F	42	482	10:20	76
10	Erin Katz Ford	0:33:12	F	40	437	10:38	83
11	Aimee Boland	0:33:52	F	42	337	10:51	86
	Anika Patrick	0:33:56	F	44	499		
12	Rose Marsh	0:36:06	F	42	460	11:33	99
13	Jennifer Miller	0:40:43	F	44	469	13:03	109
14	Angel Almquist	0:43:24	F	43	274	13:56	114

5K 40-44 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Nathaniel Su	0:19:28	M	42	609	6:15	4
2	Scott Kline	0:20:40	M	43	441	6:37	9
3	Joshua Cramer	0:20:51	M	43	365	6:42	10
4	Michael Eckert	0:21:22	M	41	661	6:52	11
5	Eric Driscoll	0:26:47	M	41	385	8:35	33
6	Nick Manzo	0:31:35	M	41	647	10:07	71

5K 45-49 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Terri Bednar	0:24:42	F	48	331	7:55	21
2	Kristina Dooley	0:29:06	F	45	378	9:20	50
3	Lashell Long	0:34:11	F	45	456	10:55	90
4	Jennifer Morgan	0:34:49	F	47	478	11:11	94
5	Sara Croghan	0:36:08	F	46	366	11:33	100
6	Quiana Dirker	0:36:08	F	45	644	11:33	101
7	Heather Dawson	0:37:28	F	45	372	12:00	105

5K 45-49 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Greg Dooley	0:21:51	M	45	379	7:01	13
2	Kurt Dirker	0:23:14	M	47	645	7:26	17
3	Josh Keane	0:31:38	M	48	438	10:07	73
4	Gregg Hardy	0:35:50	M	45	413	11:29	98
5	Kenneth Almquist	0:44:32	M	48	268	14:17	117

5K 50-54 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Lisa Keane	0:25:26	F	52	439	8:09	26
2	Teri Kollin	0:26:14	F	50	444	8:26	29
3	Wendi Damm	0:30:05	F	51	368	9:37	60
4	Gina Herbert	0:31:37	F	54	421	10:08	72
5	Andrea Hunkar	0:32:56	F	52	430	10:32	80
6	Malissa Nutter	0:34:11	F	50	489	10:55	89
7	Michelle Fabec	0:48:48	F	50	390	15:37	128

5K 50-54 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Scott Orlando	0:22:25	M	53	656	7:12	14
2	Dean Beddow	0:24:50	M	54	329	7:58	22
3	Fernando Rodriguez	0:26:48	M	54	590	8:35	34
4	Cary Frame	0:29:10	M	53	401	9:20	52
5	Steve Fifik	0:34:08	M	51	391	10:57	88

5K 55-59 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Bonnie Calcei	0:25:41	F	56	353	8:15	27
2	Cathy Rusnak	0:29:04	F	57	650	9:19	49
3	Dawn Bilski	0:30:05	F	57	336	9:36	61
4	Deborah Klinect	0:31:32	F	56	442	10:07	70
5	Kelli Zacharias	0:31:47	F	55	634	10:12	75
6	Jeanie Warfield	0:33:11	F	55	621	10:38	82
7	Judy Layne	0:35:09	F	56	449	11:14	95
8	Annette Petranic	0:40:20	F	57	579	12:54	107
9	Katrina Wise	0:41:46	F	55	627	13:24	113

5K 55-59 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Adam Clark	0:20:33	M	56	364	6:35	8
2	Mark Cartwright	0:32:47	M	57	357	10:29	79
3	Edward Szbert	0:38:30	M	56	659	12:18	106

5K 60-64 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Elizabeth Themelis	0:33:55	F	64	613	10:51	87
2	Patti Frame	0:36:18	F	63	399	11:39	102
3	Patty Monroe	0:44:25	F	61	474	14:14	116
4	Terri Wolcott	0:47:45	F	61	631	15:21	124

5K 60-64 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Jeff Sanders	0:27:51	M	64	597	8:56	40

2	Ron Ostry	0:29:49	M	64	640	9:31	59
3	Mike Diamond	0:30:24	M	64	374	9:45	62
4	Daniel Scourfield	0:30:37	M	61	602	9:48	63
5	susan miller	0:32:35	M	64	468	10:28	78
6	Philip Long	0:33:28	M	64	453	10:42	84
7	Karl Wolcott	0:47:34	M	61	630	15:17	123

5K 65-69 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Irene Wakut	0:48:13	F	69	619	15:27	125
2	Nancy Kanik	0:51:30	F	67	435	16:29	131

5K 65-69 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Brad Hain	0:25:18	M	66	410	8:07	24

5K 70-74 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Mary Fox	0:35:14	F	71	397	11:18	96
2	Marilyn Bowling	0:40:21	F	70	339	12:54	108
3	Cathy Peters	0:46:51	F	70	578	15:00	122

5K 70-74 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Mark Kobelt	0:43:40	M	70	443	14:01	115
2	Daniel Peters	0:46:51	M	73	577	15:00	121

5K 75-79 (female)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
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5K 75-79 (male)

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
1	Leo Fohl	0:27:46	M	79	394	8:55	38
2	Ray Dietrich	0:32:12	M	77	375	10:19	77

5K 80- (female)

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

Pos	Athlete	Gun Time	Gender	Age	Bib#	Pace	Overall
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