

Race Date
September 23, 2017

SS Lightning 2017
Age Group Results

5K Run

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Max Sliwa		26	2984	1	16:22.7	5:17/M
2	Patrick Kavanaugh		49	3121	2	18:42.3	6:02/M
3	Benjamin Hayes		26	2719	3	19:24.0	6:15/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Thomas Westbrook		51	3051	12	21:59.6	7:05/M

Race Date
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5K Run

Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brendan Maude		9	2845	47	26:06.9	8:25/M
2	langston baptiste		10	2516	142	33:22.4	10:46/M
3	Rayden Csehy		8	3126	183	36:08.9	11:39/M
4	Daniel Kahn		6	2765	228	39:43.3	12:49/M

Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sutter Guttery		14	2696	4	19:30.2	6:17/M
2	Jacob Grant		12	2686	19	23:19.0	7:31/M
3	Spencer Shepard		13	3106	49	26:14.7	8:28/M
4	Jackson Cloud		11	2593	56	27:11.0	8:46/M
5	Henry Knott		11	2788	78	29:00.7	9:21/M
6	Thierry MacQueen		11	2833	86	29:20.2	9:28/M
7	Matthias Lamps		11	2803	93	29:43.1	9:35/M
8	Thomas Freidline		11	3114	95	29:52.1	9:38/M
9	Connor Plumly		13	2907	131	32:34.2	10:30/M
10	Joshua Dwoskin		13	2629	143	33:23.1	10:46/M
11	Tyler Rosenberg		12	2937	159	34:29.4	11:07/M
12	Gyan Troiano		13	3021	197	37:38.1	12:08/M
13	Nath Hayes		13	2717	238	41:03.6	13:15/M
14	Preston Watkins		11	3041	292	54:42.3	17:39/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ryan Restifo		17	3144	9	21:23.0	6:54/M
2	Elijah Dwoskin		17	2627	153	34:12.1	11:02/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	elliott salzberg		21	2951	28	24:26.5	7:53/M
2	Mark Goode		24	2683	35	25:01.5	8:04/M
3	Isaiah Sackey-El		24	2948	53	26:28.1	8:32/M
4	Harrison Bradley		22	2554	145	33:29.9	10:48/M

Race Date
September 23, 2017

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5K Run

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lloyd Metz		26	2864	16	22:42.7	7:19/M
2	Joshua Evans		27	2642	32	24:54.2	8:02/M
3	Bradley Grayson		25	2688	39	25:25.8	8:12/M
4	Cory Blackburn		27	2543	41	25:39.3	8:16/M
5	Alex West		27	3049	83	29:17.0	9:27/M
6	Nick Novak		27	2887	115	31:11.8	10:04/M
7	David Basham		29	2517	132	32:38.2	10:32/M
8	Matthew Bogle		27	2545	187	36:34.1	11:48/M
9	Kyle Chandler		29	2586	234	40:35.1	13:05/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stephen Wyckoff		33	3075	6	19:57.0	6:26/M
2	Peter MacDonough		31	2832	8	21:08.1	6:49/M
3	Matthew Borenstein		32	2548	11	21:49.7	7:02/M
4	Andrew Whalen		32	3054	25	23:52.6	7:42/M
5	Greg Slater		34	2982	64	28:15.6	9:07/M
6	Jonathan Waldrop		33	3032	69	28:35.6	9:13/M
7	Matt Kahn		30	2767	92	29:39.1	9:34/M
8	Michael Latimore		34	2805	102	30:01.3	9:41/M
9	Anthony Myrick		30	2876	117	31:13.9	10:04/M
10	James Underwood		33	3024	190	37:02.8	11:57/M
11	David Heinen Jr		31	2725	199	37:46.1	12:11/M
12	Richard Esquivel		30	2641	211	38:24.5	12:23/M
13	Adam Dudas		33	2621	219	39:11.7	12:38/M
14	Avi Scher		33	2958	279	52:36.7	16:58/M
15	Raymond White		31	3059	301	57:24.7	18:31/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Farris Gransberry		39	3115	5	19:45.9	6:22/M
2	De'Von Key		38	3161	29	24:30.6	7:54/M
3	Aaron Gravett		39	2687	36	25:14.6	8:08/M
4	Lee Street		39	3005	90	29:36.3	9:33/M
5	John Mullins		35	2874	103	30:07.8	9:43/M
6	Larry Parks		38	3122	128	32:11.8	10:23/M
7	McPherson White		37	3057	148	33:51.4	10:55/M
8	David Kessler		39	2773	216	38:51.3	12:32/M

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SS Lightning 2017
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Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
9	Ryan Stadler		36	2995	298	57:18.6	18:29/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Daniel Berke		41	2527	17	23:01.0	7:25/M
2	Sammy Grant		42	2785	20	23:19.5	7:31/M
3	Edward Richer		40	3119	24	23:43.6	7:39/M
4	Jason Isenberg		44	2750	46	26:05.1	8:25/M
5	Nicholas Franks		44	2664	59	27:31.2	8:53/M
6	Michael Riley		43	2932	177	35:53.1	11:35/M
7	David Fantigrossi		43	2649	222	39:15.6	12:40/M
8	benjamin Kahn		42	2766	264	47:59.7	15:29/M
9	joe marino		43	2839	305	57:36.2	18:35/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kevin Leftwich		45	2810	13	22:03.4	7:07/M
2	Espy Espinoza		45	2640	23	23:25.8	7:33/M
3	Jared Carlson		47	2577	82	29:14.4	9:26/M
4	Charles Kimani		47	2778	133	32:42.4	10:33/M
5	Jeffrey Rosenberg		47	2936	160	34:30.0	11:08/M
6	Jim Welch		48	3047	172	35:10.6	11:21/M
7	Allen Garrard		48	2668	184	36:15.4	11:42/M
8	Drew Buchter		48	2566	198	37:40.0	12:09/M
9	Carlos Lopez		46	2827	231	40:15.9	12:59/M
10	Christian Stark		46	2998	271	49:04.2	15:50/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jeremiah Smith		51	2987	51	26:18.8	8:29/M
2	Dan Petersen		50	2905	76	28:52.8	9:19/M
3	jeffrey stephens		54	3000	91	29:38.9	9:34/M
4	Hector Montana		52	2869	108	30:35.8	9:52/M
5	Joaquin Gonzalez Varela		52	2680	147	33:48.1	10:54/M
6	Robert Klufas		53	2784	152	34:02.4	10:59/M
7	David Rubinger		52	2942	154	34:14.2	11:03/M

Race Date
September 23, 2017

SS Lightning 2017
Age Group Results

5K Run

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
8	Stanford Dunn		51	2626	181	36:05.7	11:38/M
9	Chris Allen		54	2506	288	54:10.8	17:28/M
10	James Castner		51	2583	300	57:24.7	18:31/M
11	Bill McDonough		52	2850	308	57:46.1	18:38/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Paul Kidder		59	2777	15	22:22.9	7:13/M
2	Michael Bernot		56	2532	27	24:23.6	7:52/M
3	Craig Gilchrist		55	2676	33	24:57.1	8:03/M
4	Paul Panichelli		56	2892	50	26:16.1	8:28/M
5	Lawrence Frierson		56	2665	66	28:21.0	9:09/M
6	Robby Hawthorne		56	2714	67	28:28.0	9:11/M
7	Jerry Berland		57	2531	81	29:13.6	9:25/M
8	Ken Athaide		55	2510	85	29:20.1	9:28/M
9	Scott Rahn		59	3110	97	29:55.9	9:39/M
10	Wayne Bradley		56	2553	134	32:44.1	10:34/M
11	Tom Hernandez		55	2731	205	38:02.3	12:16/M
12	Randy Fowler		59	2662	259	47:13.4	15:14/M
13	Andy Blackburn		58	2544	262	47:30.2	15:19/M
14	Patrick Costello		57	2604	267	48:11.6	15:33/M
15	Mike Pare		58	2894	268	48:19.2	15:35/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chris Jude		64	2763	70	28:37.7	9:14/M
2	Seth Price		60	2916	77	28:58.8	9:21/M
3	Mike Heekin		64	2723	120	31:28.6	10:09/M
4	Jeff Peck		61	3164	126	32:00.8	10:19/M
5	Tim Peek		60	2900	127	32:01.1	10:20/M
6	Joe Ipham		61	2822	139	33:02.2	10:39/M
7	Craig Smith		61	2990	173	35:22.8	11:25/M
8	Herm Harris		64	2712	176	35:51.8	11:34/M
9	Bill Black		61	2541	180	35:59.5	11:36/M
10	Mark Schmitz		61	2961	223	39:21.0	12:42/M

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SS Lightning 2017
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5K Run

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gary Hosmer		66	2741	40	25:30.5	8:14/M
2	Fred Levin		67	2812	101	29:58.2	9:40/M
3	Stephen Lafferty		65	2801	118	31:18.3	10:06/M
4	William White		69	3101	170	35:00.3	11:17/M
5	Clint Richardson		67	2931	243	42:21.6	13:40/M
6	Michael Scher		67	2959	270	48:44.2	15:43/M
7	Michael Smith		68	3141	314	58:30.8	18:52/M

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JB Duncan		74	2625	75	28:49.7	9:18/M
2	Michael LeVine		73	2814	89	29:31.6	9:31/M
3	David Watkins		72	3039	105	30:12.0	9:45/M
4	Jack cohen		74	2596	113	31:01.1	10:00/M
5	Larry Berke		71	2528	246	42:38.7	13:45/M
6	Paul Liebman		77	2818	272	49:14.8	15:53/M
7	Greg Buckalew		75	3120	280	53:08.9	17:08/M
8	Jerry Wright		71	3151	283	53:15.4	17:11/M

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5K Run

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Katherine Newman		28	2880	7	20:43.3	6:41/M
2	Tammi D'elena		43	3133	10	21:36.1	6:58/M
3	MARY SHAH		49	2975	14	22:17.3	7:11/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kathleen DiRosato		53	2616	22	23:25.7	7:33/M

SS Lightning 2017
Age Group Results

5K Run

Female 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ashley Cassell		10	2582	84	29:18.9	9:27/M
2	Louisa Hayes		10	2718	193	37:31.2	12:06/M
3	May Fantigrossi		9	2651	221	39:15.5	12:40/M
4	Ellia Meisinger		9	2860	225	39:24.7	12:43/M
5	Julia Goode		10	2684	248	42:45.0	13:47/M
6	Audrey Dyche		8	3138	255	44:06.4	14:14/M
7	Hannah Hughes		9	2745	297	56:24.4	18:12/M

Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hope Holloway		12	2739	21	23:19.9	7:31/M
2	Marin Hills		12	3124	45	25:51.7	8:20/M
3	Caroline Eads		13	2632	80	29:06.6	9:23/M
4	alana baptiste		13	2515	150	33:55.5	10:56/M
5	Maris Fantigrossi		11	2650	155	34:23.1	11:05/M
6	Audrey Welch		11	3046	171	35:09.4	11:20/M
7	Dini Moni		11	2868	196	37:33.5	12:07/M
8	Hannah Tourial		13	3019	213	38:39.2	12:28/M
9	Emma McDonough		13	2852	307	57:44.9	18:37/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Emily Kallis		15	3143	18	23:13.1	7:29/M
2	robyn salzberg		17	2953	74	28:48.3	9:17/M
3	Maddie Rahn		17	3111	140	33:04.2	10:40/M
4	Emma Plumly		15	2908	207	38:12.1	12:19/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Logan Berland		23	2530	34	24:57.2	8:03/M
2	Maria Y Martinez		23	2840	37	25:15.6	8:09/M
3	Chante Johnson		24	3163	87	29:27.4	9:30/M
4	Kimberly Hernandez		22	2733	162	34:34.1	11:09/M
5	Whitney Hernandez		23	2732	164	34:38.9	11:10/M
6	Hayley Taylor		20	3012	312	58:30.1	18:52/M

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Age Group Results

5K Run

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stephanie Hernandez		27	2730	30	24:31.1	7:55/M
2	Alexandra Seamens		27	2971	42	25:43.8	8:18/M
3	Penny Nguyen		28	2881	48	26:14.0	8:28/M
4	Mallory Haas		28	2697	57	27:14.8	8:47/M
5	Brittany Pare		27	2893	94	29:46.9	9:36/M
6	Kathleen Herring		26	2734	107	30:29.9	9:50/M
7	Katherine West		29	3050	112	30:52.0	9:57/M
8	geri fabian		27	2644	114	31:04.7	10:01/M
9	Catherine Black		26	2540	122	31:32.2	10:10/M
10	Caroline Gieser		26	2674	125	31:51.4	10:16/M
11	Amber Hurt		29	3104	136	32:51.8	10:36/M
12	Delaney Hales		29	2702	161	34:32.1	11:08/M
13	Maria Diment		27	2614	166	34:40.7	11:11/M
14	Shellie Bogle		27	2546	188	36:34.9	11:48/M
15	Brittany Novak		26	2888	194	37:32.7	12:06/M
16	Kristin Hyatt		25	2748	200	37:46.2	12:11/M
17	Beth Wood		28	3070	203	38:00.0	12:15/M
18	Tanya Mott		27	2872	258	44:58.1	14:30/M
19	Angell Williams		27	3063	274	50:53.4	16:25/M
20	Victoria Turner		26	3022	284	53:30.7	17:15/M
21	Lizzie McCalley		27	2847	302	57:25.9	18:31/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tiffany Slater		30	2983	63	28:12.5	9:06/M
2	Ashley Joiner		34	2762	68	28:33.3	9:13/M
3	Mya Parmis		30	2895	109	30:37.2	9:53/M
4	Michelle Kupshik		30	2798	116	31:12.8	10:04/M
5	Lindsey Bronikowski		34	2560	119	31:21.8	10:07/M
6	Cassie Hamilton		31	2704	146	33:42.0	10:52/M
7	Alicia Christie		33	2590	157	34:27.6	11:07/M
8	Shannon Underwood		31	3023	189	37:01.1	11:56/M
9	Becky Handforth		34	2708	202	37:58.1	12:15/M
10	Staci Scordato		32	2969	208	38:18.9	12:21/M
11	Hannah Wiles		31	3060	210	38:24.4	12:23/M
12	Diana Dudas		33	2620	218	39:11.2	12:38/M
13	Natalia Burak		33	2567	226	39:28.2	12:44/M
14	Jessica Waldrop		31	3033	236	40:41.6	13:07/M
15	Katie Whalen		31	3053	249	43:02.5	13:53/M
16	Lisa Myla		33	2875	265	48:02.6	15:30/M

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Age Group Results

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Female 30 to 34

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17	Abrina Matthews		32	2843	276	50:54.8	16:25/M
18	Bianca Jenkins		32	2756	277	51:04.6	16:28/M
19	Nicole Stadler		34	2994	299	57:18.8	18:29/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Katie Jensen		35	2757	26	23:55.9	7:43/M
2	Lauren McGlynn		37	2853	61	27:55.8	9:00/M
3	Lucy Von Ruemer		37	3149	62	28:12.0	9:06/M
4	Amy King		35	2781	104	30:10.9	9:44/M
5	Melissa Menacho		39	2861	106	30:14.4	9:45/M
6	Lisa Resutek		37	2929	111	30:49.4	9:56/M
7	Alison White		35	3058	149	33:52.0	10:55/M
8	Jennifer Haker		35	2701	156	34:27.5	11:07/M
9	Sarah Eales		36	2635	165	34:39.2	11:11/M
10	Jessica Malmad		36	2835	175	35:47.6	11:33/M
11	Laura Lorance		35	2829	178	35:55.7	11:35/M
12	Becky Carlock		37	2576	186	36:17.9	11:42/M
13	Rathi Moni		37	2867	195	37:33.4	12:07/M
14	Laine Walker		37	3156	201	37:58.0	12:15/M
15	Katie Gifford		35	2675	214	38:40.5	12:28/M
16	Becky Cawood		35	2585	217	38:53.9	12:33/M
17	Jaclynn Morgan		35	3158	220	39:14.5	12:39/M
18	Sarah Stouffer		38	3003	237	40:52.6	13:11/M
19	Annie Good		37	2682	247	42:44.7	13:47/M
20	Alysia Baker		38	2512	251	43:19.8	13:58/M
21	Candice Lubin		36	2830	253	43:20.4	13:59/M
22	Kimberly Wright		37	3152	281	53:10.8	17:09/M
23	Hayley Smith		39	2988	313	58:30.6	18:52/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lynn McGugan		42	2854	58	27:17.2	8:48/M
2	Jennifer Maude		43	2844	60	27:52.4	8:59/M
3	Kijuana Compton Marks		41	2599	79	29:03.6	9:22/M
4	Kristi Cassell		43	2581	88	29:30.0	9:31/M
5	Allison Meisinger		43	2859	110	30:37.6	9:53/M
6	Sarah Knott		40	3112	123	31:35.9	10:11/M

SS Lightning 2017
Age Group Results

5K Run

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
7	Colleen Rodriguez		42	2935	130	32:20.2	10:26/M
8	Leslie Stark		43	2997	158	34:29.3	11:07/M
9	Mary Lane Fantigrossi		43	2648	174	35:35.5	11:29/M
10	Erin Garrard		40	2669	185	36:15.9	11:42/M
11	Stacy Hughes		44	2744	191	37:08.9	11:59/M
12	Amy Kahn		41	2764	227	39:43.1	12:49/M
13	Amy Dyche		44	2630	254	44:06.1	14:14/M
14	Marilyn Duffoo		44	2623	257	44:44.8	14:26/M
15	Jana Franks		42	2663	260	47:28.2	15:19/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joan Dwoskin		48	2628	31	24:46.4	7:59/M
2	Catherine Lautenbacher		49	2806	44	25:47.7	8:19/M
3	Wendy Hilker		45	2737	55	27:10.7	8:46/M
4	Carolyn Hubbard		45	2742	100	29:58.1	9:40/M
5	Jennifer Webb		46	3044	163	34:35.6	11:09/M
6	Emily Geiger		45	2672	167	34:40.8	11:11/M
7	Petra McGee		49	3167	169	34:52.0	11:15/M
8	Rebecca Eads		45	2633	179	35:57.4	11:36/M
9	Gayle Abramson		45	3125	182	36:07.2	11:39/M
10	Janet Ziffer		49	3077	209	38:19.9	12:22/M
11	celina Adamson		46	2501	215	38:42.5	12:29/M
12	Cheryl Nieves		49	2882	229	40:02.0	12:55/M
13	Shannon Baxter		47	2519	232	40:31.8	13:04/M
14	Andrea Lewis		48	2816	233	40:32.8	13:05/M
15	Stacy Hayes		45	2716	240	41:43.6	13:27/M
16	Paula Magnon		47	2834	245	42:38.2	13:45/M
17	Patricia Lawrimore		48	2807	256	44:43.4	14:25/M
18	tania marino		45	2838	285	53:50.6	17:22/M
19	Mercedes Ortiz		48	2890	286	54:03.2	17:26/M
20	Erica Bibbey		49	2535	291	54:31.2	17:35/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lisa Salzberg		54	2952	65	28:16.3	9:07/M
2	Laila Berland		54	2529	98	29:56.0	9:39/M
3	Karen Kallis		50	3142	121	31:30.5	10:10/M

Race Date
September 23, 2017

SS Lightning 2017
Age Group Results

5K Run

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
4	Andrea Logan		52	2825	124	31:40.7	10:13/M
5	Jill Petersen		50	2904	138	32:56.3	10:37/M
6	Suzy Engelhard		51	3150	141	33:05.7	10:40/M
7	Donna Quinn		50	2921	151	33:59.8	10:58/M
8	Barbara Llewellyn		53	2824	192	37:30.2	12:06/M
9	Andrea Restifo		52	2927	224	39:24.4	12:43/M
10	Sonja Westbrook		52	3052	241	41:45.1	13:28/M
11	Angie Hawthorne		53	2715	250	43:14.5	13:57/M
12	Rina Saborio		50	2947	266	48:05.8	15:31/M
13	AnnMarie Hammond		54	2707	275	50:53.7	16:25/M
14	Suzanne Reese		54	2924	290	54:28.0	17:34/M
15	Heather Boyer		51	2552	296	56:23.7	18:11/M
16	Susan Fister		51	2655	304	57:26.6	18:32/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Diane Heath		55	2721	38	25:18.1	8:10/M
2	Donna Cartee		57	3137	43	25:45.4	8:18/M
3	Julia Doyle		59	2618	71	28:40.5	9:15/M
4	Stephanie Pohl		56	2909	72	28:42.2	9:15/M
5	Rhonda McIntosh		55	2855	73	28:43.4	9:16/M
6	Marian Cunningham		58	2607	99	29:56.4	9:39/M
7	Kathy Mullins		59	2873	129	32:17.4	10:25/M
8	Anna Carlson		56	2578	135	32:44.4	10:34/M
9	Leslie Price		59	2915	144	33:23.9	10:46/M
10	Johanna Scholtz		55	2963	168	34:47.1	11:13/M
11	Carol Hernandez		56	2729	206	38:02.5	12:16/M
12	Michelle Vail		55	3025	212	38:29.7	12:25/M
13	Jeanne Heekin		57	2722	230	40:11.5	12:58/M
14	Joni Russell		58	2945	235	40:38.6	13:06/M
15	Zonya Brewton		57	2557	242	41:57.5	13:32/M
16	Barbara Wasko		56	3038	244	42:29.2	13:42/M
17	Lisa Blackburn		58	2542	261	47:29.3	15:19/M
18	Debra Cockerill		59	2594	269	48:19.3	15:35/M
19	Jennifer Wright		56	3154	282	53:10.8	17:09/M
20	Kim Allen		58	2505	289	54:10.9	17:28/M
21	Stacey Hader Epstein		57	2700	294	55:20.6	17:51/M
22	Cindy Beaman		55	2521	303	57:26.0	18:32/M
23	Marie McDonough		58	2851	306	57:36.8	18:35/M

Race Date
September 23, 2017

SS Lightning 2017
Age Group Results

5K Run

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Judy Weathers		60	3043	52	26:19.0	8:29/M
2	Margaret Staats		64	2993	54	26:44.4	8:37/M
3	Raeanne Watkins		64	3040	137	32:55.9	10:37/M
4	Beth Schmitz		60	2962	239	41:18.2	13:19/M
5	Cynthia Greene		64	2689	263	47:44.2	15:24/M
6	Cyndy Baker		63	3130	293	55:01.7	17:45/M
7	Lori Evers		61	2643	295	55:20.7	17:51/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Marla Appel		67	2580	96	29:55.5	9:39/M
2	Barbara Myrick		66	2877	252	43:20.1	13:59/M
3	Jean Marino		68	2837	287	54:05.1	17:27/M
4	Margie Kessler		69	2772	309	57:59.6	18:42/M
5	Ann Levin		66	2813	311	58:10.7	18:46/M

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Yvonne Cohen		71	2597	204	38:02.1	12:16/M
2	Roz Hirsch		89	3103	273	50:01.8	16:08/M
3	Hannah Garrick		71	2670	278	51:07.2	16:29/M
4	Janice Lichstrahl		70	2817	310	57:59.8	18:42/M