

Race Date
April 22, 2023

2023 Running with Friends 5K
Age Group Results

5K

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	Amy Bowden	New Lenox IL	44	3903	4	23:07.8	7:28/M

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	Patrick Gannon		23	1582	1	19:51.1	6:24/M

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Female 19 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	Rozlyn Valenta	New Lenox IL	7	4006	43	33:58.8	10:58/M
2	Penelope Cullinane	Manhattan IL	7	3915	72	44:43.8	14:26/M
3	Adelaide Leonard	Joliet IL	8	3950	73	46:34.4	15:01/M

Male 19 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	Dale Hauser IV	New Lenox IL	18	3931	8	24:21.6	7:51/M
2	Jozyah Lennan	New Lenox IL	12	3949	11	25:43.5	8:18/M
3	Aidan Weathers	Mokena IL	11	4013	12	25:54.2	8:21/M
4	Carter Partin		9	1568	16	26:48.9	8:39/M
5	Benjamin Powers	New Lenox IL	14	3975	17	26:59.5	8:42/M
6	Devyn Valenta	New Lenox IL	7	4004	42	33:58.5	10:58/M

Female 20 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 Carbajal	Manhattan IL	24	3906	36	33:03.7	10:40/M
2	Lauren Uy	Montgomery IL	24	4003	53	36:19.5	11:43/M
3	Amy King	Joliet IL	24	3944	55	37:24.5	12:04/M
4	Carlyn Gedvilas	New Lenox IL	29	3925	57	38:00.8	12:16/M
5	Brianna Krauchun	New Lenox IL	23	3946	60	38:08.5	12:18/M
6	Hala Abdelrahman	Tinley Park IL	23	3901	65	38:44.4	12:30/M
7	Abby Moisan	New Lenox IL	26	3958	95	55:50.6	18:01/M

Male 20 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	Jay Hernandez	Joliet IL	23	3933	2	20:55.7	6:45/M
2	Nick Diaz	Tinley Park IL	27	3918	3	21:16.7	6:52/M
3	Cody Smith	Orland Park IL	25	3994	9	24:45.1	7:59/M
4	Vincent Manzella	Lockport IL	25	3952	15	26:32.7	8:34/M
5	Tyler Spisak	Crest Hill IL	24	3996	32	30:40.9	9:54/M
6	Ryan McCarthy	Mokena IL	25	3953	46	34:21.4	11:05/M
7	Blake Nemece	New Lenox IL	23	3966	61	38:08.9	12:18/M

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Female 30 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	Nataly Ryan	Manhattan IL	32	3980	20	27:50.5	8:59/M
2	Jessica Selucky	Homer Glen IL	35	3986	22	27:58.8	9:02/M
3	Melanie Simard	New Lenox IL	38	3990	24	28:21.2	9:09/M
4	Adrienne Salvador	Mokena IL	39	3983	27	29:26.2	9:30/M
5	Mary Feeley	New Lenox IL	36	3922	29	29:44.8	9:36/M
6	Jennifer Cate	Tinley Park IL	38	3909	30	29:53.8	9:39/M
7	Angela Wargowsky	New Lenox IL	39	4010	31	30:13.3	9:45/M
8	Margaret Lahey	Manhattan IL	32	3947	35	32:00.3	10:19/M
9	Kristen Salkas	Homewood IL	35	3982	38	33:07.6	10:41/M
10	Elizabeth Okon	New Lenox IL	38	3970	47	34:41.5	11:11/M
11	Ashley Partin		38	1581	48	34:42.2	11:12/M
12	Amber Naples	Manhattan IL	32	3964	49	34:52.4	11:15/M
13	Andrea Ryan	New Lenox IL	39	3978	50	34:58.5	11:17/M
14	Sara Weathers	Mokena IL	39	4014	54	37:22.3	12:03/M
15	Jessica McCorkle	Manhattan IL	31	3954	56	37:52.9	12:13/M
16	Kristin Hofer	New Lenox IL	36	3935	58	38:03.1	12:16/M
17	Samantha Larocco	New Lenox IL	32	3948	59	38:03.5	12:17/M
18	Krystle Pretto	New Lenox IL	38	3977	67	39:11.9	12:39/M
19	Andrea Burton	New Lenox IL	35	3905	75	46:54.5	15:08/M
20	Erica Haddon	Mukwonago WI	37	3929	76	47:02.2	15:10/M
21	Noelle Ostapkowicz	New Lenox IL	34	3971	81	47:49.2	15:26/M
22	Amanda Sappenfield	New Lenox IL	34	3984	82	47:59.3	15:29/M

Male 30 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	Brandon Feeley	Naperville IL	37	3921	6	23:37.2	7:37/M
2	Mateusz Kaluza	Crestwood IL	30	3942	37	33:04.3	10:40/M

Female 40 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	Heather Schutz	New Lenox IL	44	3985	13	25:55.6	8:22/M
2	Alisha Neil	Mokena IL	40	3965	14	26:08.2	8:26/M
3	Kristen Noto	Mokena IL	41	3967	23	28:12.4	9:06/M
4	Catie Wolf	New Lenox IL	42	4015	33	30:41.7	9:54/M
5	Kristin Jachymiak	Manhattan IL	41	3940	41	33:51.2	10:55/M
6	Gretchen Valenta	New Lenox IL	44	4005	44	34:07.8	11:01/M
7	Melissa Gonzalez	Joliet IL	47	3927	66	38:51.0	12:32/M
8	Cynthia Coglianese	Mokena IL	44	3913	69	41:24.4	13:21/M

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Female 40 to 49

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9	Melissa Cullinane	Manhattan IL	43	3914	71	44:43.7	14:26/M
10	Jennifer Tingley	New Lenox IL	45	4000	83	47:59.6	15:29/M
11	Susan Henschel	Tinley Park IL	44	3932	85	51:03.4	16:28/M
12	Marcy Juarez	Manhattan IL	40	3941	91	55:37.1	17:56/M
13	Val Shalati	New Lenox IL	44	3988	98	58:02.6	18:43/M

Male 40 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	Matt Bowden	New Lenox IL	45	3904	5	23:08.3	7:28/M
2	Randy Goodwin	New Lenox IL	43	3928	7	24:07.3	7:47/M
3	Maxwell P Ryan	New Lenox IL	41	3979	25	28:26.5	9:10/M
4	Bob Powers	New Lenox IL	47	3976	28	29:30.8	9:31/M
5	Eric Decker	New Lenox IL	42	3916	51	35:24.4	11:25/M
6	Tim Pearson	New Lenox IL	47	3973	52	35:25.4	11:26/M
7	Jason Diepen	Orland Park IL	45	3919	64	38:41.2	12:29/M
8	John Leonard	Joliet IL	44	3951	74	46:34.6	15:01/M
9	Phil Reiter		45	1583	84	50:23.9	16:15/M

Female 50 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	Heidi Morgan	Lockport IL	50	3960	26	29:11.3	9:25/M
2	Susan Vonborstel	New Lenox IL	57	4009	34	31:52.4	10:17/M
3	Lynne O'Flynn	Manhattan IL	56	3968	40	33:50.6	10:55/M
4	Valerie Swanson	Orland Park IL	52	3999	62	38:09.9	12:19/M
5	Liza Sacdalan	Orland Park IL	54	3981	77	47:03.5	15:11/M
6	Laurie Cerle	Mokena IL	57	3911	79	47:46.1	15:25/M
7	Jennifer McManus	New Lenox IL	59	3956	80	47:47.2	15:25/M
8	Debbie Murtaugh	New Lenox IL	59	3963	87	52:33.8	16:57/M
9	Karen Shinnors	Lockport IL	54	3989	88	55:34.3	17:56/M
10	Kathleen Gentile	Lockport IL	57	3926	89	55:35.6	17:56/M
11	Tricia McLaren	New Lenox IL	54	3955	93	55:49.2	18:00/M
12	Kim Iles	Tinley Park IL	55	3939	99	58:03.4	18:44/M
13	Cheryl Stephenson	New Lenox IL	57	3997	101	1:00:09.8	19:24/M
14	Lisa Miller	Mokena IL	51	3957	102	1:00:45.5	19:36/M
15	Cheryl Hamill	Mokena IL	57	3930	103	1:00:46.1	19:36/M

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Male 50 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	Chris Morgan	Lockport IL	54	3959	18	27:03.4	8:44/M
2	Jim O'Neill	Orland Park IL	55	3969	19	27:09.4	8:46/M
3	William Valenta	New Lenox IL	50	4007	68	39:47.4	12:50/M
4	Dan Murtaugh	New Lenox IL	54	3962	86	52:30.6	16:56/M

Female 60 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	Theresa Hiller	Manhattan IL	60	3934	45	34:11.8	11:02/M
2	Margaret Slavik	Mokena IL	60	3993	78	47:46.1	15:25/M
3	Renee Ellis-Colosi	Manhattan IL	65	3920	90	55:36.8	17:56/M
4	Mary Peceniak	JolietJoliet IL	69	3974	92	55:48.1	18:00/M
5	Patty Berg	Manhattan IL	65	3902	94	55:49.8	18:01/M
6	Pullara Diane	Elwood IL	61	3917	96	56:58.7	18:23/M
7	Joellen Hurst	Frankfort IL	70	3936	97	56:59.3	18:23/M
8	Jayne Sinchak	Manhattan IL	64	3991	100	1:00:09.3	19:24/M

Male 60 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	Joe Gaul	New Lenox IL	62	3924	10	25:12.8	8:08/M
2	Larry Klaaren	New Lenox IL	69	3945	21	27:53.4	9:00/M
3	William Sinclair	Mokena IL	79	3992	39	33:17.7	10:44/M
4	John Villasenor	Frankfort IL	60	4008	63	38:40.4	12:29/M
5	Byron Hyink	New Lenox IL	80	3937	70	43:08.1	13:55/M
6	John Quinlan		80	1592	104	1:01:01.1	19:41/M