

# Friend Day 5k

## Age Group Results

March 05, 2011

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Results By Zoomers Running Club

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### Friend Day 5k

#### Overall Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	BETHANY HESLAM	North Port FL	100	46	3	20:27.4	6:36/M

#### Overall Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rich Golden	Englewood FL	88	51	1	18:06.5	5:50/M

#### Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	SANDY SANTELLO		55	45	35	26:19.5	8:29/M

#### Overall Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Peter Heslam	North Port FL	102	44	2	20:10.3	6:30/M

#### Overall Female Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	LINDA KENNEDY		31	62	42	27:41.9	8:56/M

#### Overall Male Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	MIKE HOURIHAN	Bokeelia FL	76	62	12	22:31.5	7:16/M

#### Overall Female Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	KAREN MOON		43	60	65	33:37.5	10:51/M

#### Overall Male Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	DAN CALLAHAN		11	68	20	24:06.0	7:46/M

#### Overall Male Veteran Runner Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	RON DAVIS		15	77	31	25:42.8	8:17/M

#### Female 9 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rhiannon Machnik	North Port FL	112	9	95	49:00.7	15:48/M

#### Female 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	ABIGAYLE WEINDELE		69	13	11	22:22.5	7:13/M
2	Emily Rumisek	North Port FL	96	10	21	24:27.2	7:53/M

3 Alexandria Medico Port Charlotte FL 109 12 29 25:19.3 8:10/M

### Male 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	LIAM WILSON		72	12	7	21:37.8	6:58/M
2	Ryan Atwood	North Port FL	83	13	10	22:19.0	7:12/M
3	Cameron Peters	Punta Gorda FL	89	14	13	22:44.3	7:20/M
4	Tyler Pachter	Venice FL	99	10	15	23:20.5	7:32/M
5	Brian Dunn	North Port FL	84	13	72	36:43.4	11:51/M
6	TIM SNIDER, JR.		59	14	100	49:59.0	16:07/M

### Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dianna Grinchuk	Port Charlotte FL	118	17	74	38:19.4	12:22/M
2	Melissa Lingruen	North Port FL	74	17	99	49:54.6	16:06/M
3	VICTORIA NICHOLS		46	18	113	57:52.9	18:40/M
4	EMILY DAVIS		16	18	114	57:53.0	18:40/M

### Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Grant Rumreich	Punta Gorda FL	81	15	46	28:34.6	9:13/M
2	Devin Washington	Punta Gorda FL	80	16	47	28:47.0	9:17/M
3	JOSHUA KUNISH		34	17	48	28:48.4	9:17/M
4	Joshua LaPerriere	North Port FL	79	19	61	31:13.1	10:04/M
5	TYLER STEPHANOFF		62	15	73	38:14.8	12:20/M
6	Dalton Jones	Port Charlotte FL	111	19	97	49:11.3	15:52/M
7	Jack Conklin	North Port FL	122	17	112	57:47.3	18:38/M

### Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	TIANA RAMIREZ		50	24	80	42:53.4	13:50/M
2	KARABETH BIGFORD		4	24	107	52:05.4	16:48/M

### Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jake Hollis	Punta Gorda FL	92	21	5	21:17.1	6:52/M
2	Michael Aud	Port Charlotte FL	117	20	9	22:16.7	7:11/M
3	Nick DeCastro	North Port FL	105	24	33	25:47.0	8:19/M
4	Nicholas Greig	Port Charlotte FL	110	21	96	49:04.0	15:50/M

### Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ashley Russ	Port Charlotte FL	106	25	40	26:58.3	8:42/M
2	KIMMI VAN DER VEEN	North Port FL	85	29	51	29:27.1	9:30/M
3	Kristen Manomat	Port Charlotte FL	107	26	70	35:58.6	11:36/M
4	NICCI RAMIREZ		49	29	81	42:53.9	13:50/M
5	KATIE TOMLIN		65	25	87	44:14.6	14:16/M
6	Amanda Barton	Venice FL	121	26	90	46:32.2	15:01/M

### Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	MATT PETERMAN		48	28	26	25:04.4	8:05/M
2	LEE TOMLIN		64	27	59	30:59.7	10:00/M
3	PATRICK BROWN		10	27	60	31:06.1	10:02/M
4	Michael Manomat	Port Charlotte FL	108	29	71	35:59.3	11:36/M
5	Matthew Burton	Port Charlotte FL	114	26	94	49:00.2	15:48/M

### Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Erin McCormick	Punta Gorda FL	90	32	14	23:03.0	7:26/M
2	Rocio Cisneros	Arcadia FL	87	31	25	24:59.6	8:04/M
3	Elizabeth Dunshee	Port Charlotte FL	104	31	41	27:09.1	8:45/M
4	TRUDY BOTBYL	Englewood FL	6	34	52	29:40.9	9:34/M
5	ANGELA MC NEIL		42	30	82	43:00.9	13:52/M
6	Miranda Atwood	North Port FL	82	33	84	43:07.7	13:55/M
7	Crystal Menzel	North Port FL	78	30	110	54:57.3	17:44/M

### Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	PAUL RAY	Boca Grande FL	103	30	4	20:50.7	6:43/M
2	JOSEPH HILL		25	30	69	35:49.7	11:33/M

### Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	SALLY VAN NULAND		66	35	30	25:30.4	8:14/M
2	SHELLEY BOGGESS	Fort Ogden FL	116	39	44	28:03.8	9:03/M
3	ANGIE SCHOFIELD		56	35	49	29:04.0	9:23/M
4	RALANDA HERRIMAN		24	38	75	38:20.0	12:22/M
5	ANNA JORDAN		27	37	76	38:27.0	12:24/M
6	Julie Saunier	North Port FL	115	37	83	43:06.5	13:54/M

### Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lorenzo Rodgers	North Port FL	98	38	18	23:51.6	7:42/M
2	NATE BOYETTE		7	36	19	23:59.5	7:44/M
3	DANIEL RUMISEK	North Port FL	97	35	24	24:56.9	8:03/M
4	KENNY COBLENTZ		13	38	36	26:20.2	8:30/M
5	Matt Menzel	North Port FL	77	36	45	28:09.5	9:05/M

### Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michelle Marshall	Punta Gorda FL	95	41	53	29:46.2	9:36/M
2	NAOMI HALLOWAY		21	41	54	30:21.7	9:47/M
3	Kelly Beall	Punta Gorda FL	93	41	63	32:21.6	10:26/M
4	ROBIN SNIDER		58	44	101	50:09.3	16:11/M
5	JOANNA GARCIA		19	40	106	52:04.7	16:48/M

### Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	BILL WILSON		71	42	6	21:36.2	6:58/M
2	Jeff Lajoye	Freeport MI	91	44	8	22:15.3	7:11/M
3	SHANE MOORE		44	44	103	50:11.4	16:11/M

### Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	YULINAR SPROAT	Englewood FL	61	48	57	30:44.6	9:55/M
2	Sonya Burton	Port Charlotte FL	113	46	66	33:56.6	10:56/M
3	LINDA KELLER		30	48	68	35:38.0	11:30/M
4	PEGGY LIND		37	46	88	46:31.2	15:00/M
5	TRACEY BARNTHOUSE		2	48	89	46:31.6	15:00/M
6	Linda Martell		39	47	93	48:07.0	15:31/M
7	TEE CALLAN	Port Charlotte FL	12	48	102	50:10.4	16:11/M

### Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	BARRY KING		32	48	23	24:46.0	7:59/M
2	CHIP KELLER		29	49	27	25:09.6	8:07/M
3	MICHAEL WEST		70	48	55	30:22.0	9:48/M
4	RICK RZAD		54	47	56	30:22.6	9:48/M
5	TIM SNIDER, SR.		60	46	98	49:53.4	16:05/M
6	Roy Lingruen	North Port FL	73	47	105	51:25.0	16:35/M
7	THOMAS HOFMEISTER		26	47	108	53:35.9	17:17/M

### Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	ALECIA KUNISH		36	53	85	44:13.3	14:16/M
2	LYNN KROMER		33	51	104	51:24.2	16:35/M
3	Janet Watkins	Port Charlotte FL	119	50	109	54:56.7	17:43/M

### Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JAMES REILLY		52	53	16	23:36.9	7:37/M
2	Jim Chappo	North Port FL	101	53	22	24:38.5	7:57/M
3	William Taaffe	North Port FL	94	53	28	25:14.6	8:08/M
4	James Frizzell		18	51	39	26:35.8	8:35/M
5	RICHARD BERMAN		3	51	50	29:17.5	9:27/M

## Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	PATTY BROWN		9	56	62	32:15.4	10:24/M
2	DEE STOUT		63	58	64	32:51.0	10:36/M
3	RHONDA ROSADO		53	56	79	40:35.1	13:05/M
4	PAULA SCHUNKNECHT		57	57	92	47:24.6	15:17/M
5	Jeannie Reeves	Port CHarlotte FL	120	58	111	57:32.3	18:34/M

## Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	KENNY BROWN		8	56	17	23:45.3	7:40/M
2	DOUGLAS MALMBURG		38	57	38	26:25.2	8:31/M
3	DENNY KUNISH		35	58	86	44:13.9	14:16/M

## Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	KAREN WATSON		67	60	78	39:39.1	12:47/M

## Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	RON REID		51	61	37	26:23.0	8:31/M

## Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	DIANE KAZI		28	65	91	47:15.1	15:15/M

## Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	BILL BONETZ		5	67	32	25:46.6	8:19/M
2	Guy Emerich	Punta Gorda FL	86	65	34	25:53.0	8:21/M

## Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JERRY WATSON		68	71	43	27:47.4	8:58/M
2	JOSEPH GUARDINO		20	71	58	30:55.2	9:58/M
3	JOHN NEAL		45	73	67	34:15.0	11:03/M

## Male 75 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	DONALD MC BAIN		41	78	77	39:38.4	12:47/M

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