

# Keep Your Colon Rollin' 5K

## Age Group Results

March 29, 2008

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Results by Chesapeake Bay Running Club

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### Overall Female Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Sierra Schenk	Lusby MD	30	13	21:13

### Women 19 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Caroline Parris	St. Leonard MD	15	14	21:17
2	Katie Schinabeck	Prince Frederick M	15	27	24:13
3	Olivia Sbrocco	Prince Frederick M	12	59	29:22
4	Leanna Bennett	Dunkirk MD	13	66	30:38
5	Maggie Horstkamp	Prince Frederick M	12	123	43:12
6	Lynsie Watson	Solomons MD	19	137	50:43
7	Vanessa Kindt	Joppa MD	9	169	57:18

### Women 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Johanna Green	Cambridge MD	24	36	25:27
2	Amy Hanson	Lexington Park MD	22	44	27:14
3	Michelle Ralston	Washington DC	23	50	28:20
4	Katie Sharpe	Washington DC	23	58	29:01
5	Laura Cox	Raleigh NC	23	63	30:17
6	Gundula Mezei	Catonsville MD	28	65	30:32
7	Megan Tupper	Crofton MD	29	70	31:23
8	Angela Lagdameo	Cambridge MA	28	71	31:29
9	Maria Benedetti	Bowie MD	23	72	31:30
10	Heather Miller	Crofton MD	28	73	31:34
11	Danielle Bender	Shady Side MD	28	79	32:30
12	Nicole Keeler	Annapolis MD	27	81	32:31
13	april riffe	Huntingtown MD	24	87	33:33
14	Jaime McGuigan	Charlotte Hall MD	21	88	33:49
15	Sara Bancroft		27	89	33:55
16	Kelli Seger	Sunderland MD	21	106	38:42
17	Kendra Hildreth	Lexington Park MD	22	115	41:32
18	Callie Hildreth-Liston	Hagerstown MD	23	117	41:43
19	Erin Werner	Chesapeake Beach M	20	133	48:56
20	Amy Griffin	Lusby MD	21	135	50:33

21	Carly Hallstead	Huntingtown MD	26	145	51:52
22	Jessica Durkin	Huntingtown MD	21	146	53:02
23	Meigan McMullen	Thomasville NC	26	161	54:33
24	Stephanie Duncan	Germantown MD	26	173	58:09
25	Katie McLaughlin	Prince Frederick M	27	183	1:12:33

### Women 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Cathy Lupfer	Huntingtown MD	36	24	23:35
2	Kenna Sprague	St. Leonard MD	39	35	25:20
3	Eileen Slovak	Chesapeake Beach M	39	43	27:09
4	Laurie Gray	Owings MD	38	62	30:15
5	Kim Mason	Dowell MD	33	92	34:06
6	Christine Smith	Issue MD	35	95	34:09
7	Kimberly Koteff	Huntingtown MD	39	96	34:21
8	Allison Krichbaum	Huntingtown MD	34	108	39:36
9	Debra Coaxum	Waldorf MD	35	111	39:58
10	Tracy Hale	Chesapeake Beach M	39	114	41:23
11	Tracey Dickerson	Dunkirk MD	39	138	50:45
12	Kelly Lehnen	Dunkirk MD	35	139	50:45
13	Lori Sampson	Huntingtown MD	39	153	53:42
14	Anne Stavely	Chesapeake Beach M	38	158	54:08
15	Melanie Kindt	Joppa MD	38	171	58:00
16	Steph Bradley-Rohan	Churchton MD	38	180	1:07:00

### Women 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Elaine Morales	Huntingtown MD	41	16	21:54
2	Karen Cipressi	Huntingtown MD	43	21	22:53
3	Janice Waters	Chesapeake Beach M	45	60	29:56
4	Susan Gray	Mechanicsville MD	49	61	30:05
5	Kimberly Leitera	St. Leonard MD	43	69	31:22
6	Jane Conley	Huntingtown MD	47	76	31:35
7	Wanda Riffe	Chesapeake Beach M	46	86	33:29
8	Renee Sbrocco	Prince Frederick M	41	90	33:56
9	Tara Lindhart	Chesapeake Beach M	46	98	35:32
10	Jenn Thompson	Owings MD	48	102	36:17
11	Lisa McDonald	Huntingtown MD	44	105	37:45
12	Caroline Freeland	Owings MD	42	109	39:41
13	Sarah Gill	Dunkirk MD	40	112	40:15
14	Tammy Payne	California MD	46	113	41:01
15	Janet Moody	Owings MD	45	127	44:59
16	Carlesia Byrd-Collins	Huntingtown MD	40	129	47:26
17	Lori Dickerson	Huntingtown MD	43	130	47:57
18	Joyce Colleton	Upper Marlboro MD	49	140	51:01
19	Debbie Horstkamp	Prince Frederick M	42	152	53:40
20	Amy Zwinge	Chesapeake Beach M	41	157	54:08
21	Sharon Werner	Chesapeake Beach M	48	162	54:33
22	Jan Sondberg	Sunderland MD	47	163	55:48
23	Cheryl Tupper	Bowie MD	47	167	57:16
24	Tammy Lojocono	St. Leonard MD	41	177	58:50
25	Jackie Nitowitz	College Park MD	43	184	1:24:47
26	Pamela Bevan	Lusby MD	49	185	1:24:49

## Women 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Liza Recto	Lexington Park MD	52	30	24:50
2	Diane McGuigan	Mechanicsville MD	50	91	34:00
3	Michele Keeler	Linthicum MD	51	101	36:02
4	Barbara Knowles	Huntingtown MD	52	120	43:04
5	Nancy Shumate	North Beach MD	52	126	44:49
6	Marilynn Knowles	Arlington VA	53	128	45:59
7	Rosemary Benedetti	Bowie MD	56	131	48:40
8	Deborah Francisco	St. Leonard MD	55	132	48:48
9	Rita Sigona	Dunkirk MD	50	142	51:02
10	Margaret Charnley-Halls	St. Leonard MD	51	144	51:52
11	Donna Durkin	Huntingtown MD	54	147	53:02
12	Helenmary Ball	Owings MD	55	149	53:05
13	Lucinda Clark	Lexington Park MD	52	151	53:39
14	Susan Smith	Chesapeake Beach M	54	165	56:45
15	Amanda Roche	Huntingtown MD	53	168	57:16
16	Debbie Beals	Upper Marlboro MD	53	174	58:10

## Women 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Dee Hoofnagle	Lusby MD	66	104	36:37
2	Diane Jones	Forestville MD	66	143	51:04
3	Margaret Hallau	Bowie MD	60	166	57:16
4	Shirley Conklin	Huntingtown MD	66	175	58:11
5	Nancy Bradley	Owings MD	64	178	1:06:55

## Overall Male Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Patrick Squires	Port Republic MD	17	1	18:33

## Men 19 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	David Francisco	St. Leonard MD	15	3	19:14
2	William Allen	Prince Frederick M	16	4	19:32
3	Steven Francisco	St. Leonard MD	16	5	19:36
4	Nathan Blankenship	St. Leonard MD	15	6	19:37
5	Chris Rogers	Lusby MD	19	9	20:10
6	Benjamin Arocho	Huntingtown MD	15	11	20:41
7	Gregory Baker	Port Republic MD	17	17	22:02
8	Cory Payne	California MD	17	28	24:27
9	Steven Gray	Mechanicsville MD	14	32	24:58
10	Benjamin Clark	Lexington Park MD	16	33	25:14
11	Justin Lynch	Dunkirk MD	12	37	25:35
12	Franklin Ryan	Chesapeake Beach M	17	42	26:22
13	Bauer Cipressi	Huntingtown MD	10	48	28:16
14	Evan Lupfer	Huntingtown MD	9	52	28:35
15	Matt Werner	Chesapeake Beach M	15	64	30:29

16	Shane Knowles	Huntingtown MD	17	83	32:34
17	Bryce Kindt	Joppa MD	11	103	36:35
18	Jamie yoe	Prince Frederick M	11	121	43:05
19	Tony Kindt	Joppa MD	13	125	44:31
20	Jacob Horstkamp	Prince Frederick M	16	155	53:47
21	Sam Massie	Laurel MD	12	159	54:29

## Men 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jacob Allen	Dunkirk MD	21	7	19:45
2	Doug Williams	Chapel Hill NC	23	8	19:57
3	Michael Rogers	Lusby MD	24	10	20:39
4	Clark Morris	Chapel Hill NC	23	12	21:08
5	Jason Grimes	Bowie MD	24	22	23:14
6	Greg Rhoads	Arlington VA	23	26	24:13
7	Matthew Clark	Lexington Park MD	22	38	25:40
8	Nick Mouriski	Huntingtown MD	20	57	28:53
9	Jon Ogden	Chesapeake Beach M	23	67	30:39
10	Howard McMullen	Thomasville NC	27	74	31:34
11	Sean Knowles	Huntingtown MD	20	82	32:32
12	Desmond Johns	Cambridge MD	27	94	34:07
13	Ryan Keeler	Linthicum MD	24	99	35:49
14	Hunter Sondberg		21	107	38:45
15	John Havens-McColgan	Lexington Park MD	22	116	41:33
16	Mike Conaster	Lusby MD	20	136	50:35
17	Michael Pickens	Germantown MD	27	170	57:58
18	Brandon Fabricante	St. Leonard MD	26	182	1:12:32

## Men 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Victor Papagno	Hughesville MD	39	2	19:14
2	Jason Devine	Dunkirk MD	37	18	22:15
3	Casey Moton	Sunderland MD	38	19	22:34
4	Bradley Mummaw	Lusby MD	33	23	23:33
5	Jason Lynch	Dunkirk MD	39	25	23:38
6	Jeff Lagana	Hughesville MD	30	39	25:45
7	Michael Buck	Huntingtown MD	35	45	27:20
8	Barry Adams	Prince Frederick M	37	77	31:47
9	Josh Bender	Shady Side MD	30	78	32:26
10	Ivan Mella	Leonardtown MD	37	80	32:31
11	Matt Nichols	Stevensville MD	31	100	36:01
12	Dean Rohan	Churchton MD	36	181	1:07:01

## Men 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Dave Walser	Lusby MD	49	15	21:32
2	Frank Holiday	Odenton MD	46	29	24:36
3	Nelson Arocho	Prince Frederick M	45	34	25:18
4	Mark Ross	Washington DC	46	40	25:50
5	John Shacka	Homewood AL	40	46	27:28
6	Robert Bourassa	Chesapeake Beach M	44	47	28:15

7	David Dickerson	Huntingtown MD	47	54	28:36
8	Frank Leitera	St. Leonard MD	45	55	28:39
9	Pat Hawkins	Huntingtown MD	48	56	28:44
10	Tim Dent	St. Leonard MD	44	75	31:35
11	Charles Clark	Lexington Park MD	47	97	34:31
12	Ed Arnold	Huntingtown MD	47	122	43:11
13	Harry McConchie	Harwood MD	47	134	49:06
14	Seymour Colleton	Upper Marlboro MD	49	141	51:02
15	Doug Sampson	Huntingtown MD	41	154	53:46
16	Kevin Horstkamp	Prince Frederick M	41	156	53:48
17	Samuel Massie	Laurel MD	49	160	54:30
18	Michael Sondberg	Sunderland MD	48	164	56:45
19	Edward Kindt	Joppa MD	40	172	58:01

## Men 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	John Major	Huntingtown MD	59	20	22:34
2	Mark Drager	St. Leonard MD	52	31	24:52
3	Christopher Cohl	Owings MD	57	53	28:35
4	Edward Shacka	Annapolis MD	50	68	31:14
5	R. Lindhart	Chesapeake Beach M	51	84	33:13
6	Gary McGuigan	Charlotte Hall MD	52	85	33:28
7	Richard Knowles	Arlington VA	52	93	34:06
8	Marty Madden	Prince Frederick M	56	110	39:57
9	David Keeler	Linthicum MD	53	118	41:53
10	Paul Catlett	owings MD	50	119	43:04
11	John Yoe	Prince Frederick M	52	148	53:04
12	Julian Ball	Owings MD	55	150	53:07

## Men 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	George Sisson	Owings MD	60	41	26:09
2	Bill Kamenoff	Annapolis MD	64	49	28:19
3	Paul Doherty	Chesapeake Beach M	62	51	28:29
4	Frederick Bumgarner	Chesapeake Beach M	60	124	44:05
5	William Smith	Huntingtown MD	62	176	58:35
6	Sam Bradley	Owings MD	64	179	1:06:58