

2023 Mike Nolan 5K and Fun Run



Age Group Awards

| Place | Bib | Name | Age | FinishTime | Pace |
|-------|-----|------|-----|------------|------|
|-------|-----|------|-----|------------|------|

5k Run

Male 1-13

| | | | | | |
|----|-----|------------------|----|---------|-----------|
| 1. | 325 | Buckley, Jackson | 12 | 19:47.6 | 6:22 / mi |
| 2. | 326 | Byrne, Caelan | 13 | 21:25.0 | 6:53 / mi |
| 3. | 361 | Erwin, Evan | 13 | 23:01.9 | 7:24 / mi |

Female 1-13

| | | | | | |
|----|-----|--------------------|----|---------|-----------|
| 1. | 465 | Shaw, Gianna | 12 | 26:58.0 | 8:40 / mi |
| 2. | 405 | McCrinkle, Avery | 9 | 27:43.3 | 8:55 / mi |
| 3. | 444 | Reinemann, Kaitlyn | 9 | 29:29.8 | 9:29 / mi |

Male 14-18

| | | | | | |
|----|-----|-----------------|----|---------|-----------|
| 1. | 503 | Kibling, Logan | 16 | 18:23.1 | 5:55 / mi |
| 2. | 499 | Cooper, Anthony | 15 | 18:30.7 | 5:57 / mi |
| 3. | 400 | Lanfear, Jake | 15 | 20:10.7 | 6:29 / mi |

Female 14-18

| | | | | | |
|----|-----|------------------|----|---------|-----------|
| 1. | 481 | Trimarchi, Nora | 17 | 22:45.3 | 7:19 / mi |
| 2. | 459 | Sefcik, Isabella | 17 | 24:35.9 | 7:55 / mi |
| 3. | 321 | Buckley, Addisyn | 16 | 26:33.3 | 8:32 / mi |

Male 19-34

| | | | | | |
|----|-----|------------------|----|---------|-----------|
| 1. | 420 | Nagle, Nathaniel | 22 | 20:06.4 | 6:28 / mi |
| 2. | 296 | Williams, Andrew | 25 | 20:11.5 | 6:29 / mi |
| 3. | 497 | Hansen, Kyle | 23 | 21:36.7 | 6:57 / mi |

Female 19-34

| | | | | | |
|----|-----|-------------------------|----|---------|-----------|
| 1. | 317 | Braga, Serena | 27 | 26:47.8 | 8:37 / mi |
| 2. | 374 | Hansen, Kaitlyn | 26 | 26:58.8 | 8:41 / mi |
| 3. | 501 | Nable, Gabrielle Indigo | 23 | 29:48.7 | 9:35 / mi |

Male 35-49

| | | | | | |
|----|-----|---------------------|----|---------|-----------|
| 1. | 393 | Kobor, Ryan | 38 | 19:45.5 | 6:21 / mi |
| 2. | 427 | Parlapiano, Michael | 44 | 19:48.9 | 6:22 / mi |
| 3. | 322 | Buckley, Daniel | 42 | 21:43.0 | 6:59 / mi |

Female 35-49

| | | | | | |
|----|-----|-------------------|----|---------|-----------|
| 1. | 479 | Townes, Alexandra | 38 | 21:16.3 | 6:50 / mi |
| 2. | 483 | Tyler, Christa | 41 | 21:26.7 | 6:54 / mi |
| 3. | 414 | Morrissey, Beth | 48 | 21:52.8 | 7:02 / mi |

Male 50-64

| | | | | | |
|----|-----|-----------------|----|---------|-----------|
| 1. | 342 | Cooper, Vincent | 50 | 20:35.6 | 6:37 / mi |
| 2. | 418 | Nagle, David | 56 | 22:54.4 | 7:22 / mi |



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|-------|-----|------------|-----|------------|-----------|
| 3. | 488 | Ward, Mark | 63 | 23:25.5 | 7:32 / mi |

Female 50-64

| | | | | | |
|----|-----|--------------------|----|---------|------------|
| 1. | 341 | Cooper, Emily | 50 | 25:04.5 | 8:04 / mi |
| 2. | 293 | Simpson, Tammy | 56 | 29:14.1 | 9:24 / mi |
| 3. | 298 | Hartshorne, Joelle | 53 | 36:13.0 | 11:39 / mi |

Male 65+

| | | | | | |
|----|-----|------------------|----|---------|------------|
| 1. | 295 | Carpenter, Peter | 66 | 26:03.7 | 8:23 / mi |
| 2. | 360 | Elder, William | 79 | 46:20.8 | 14:55 / mi |

Female 65+

| | | | | | |
|----|-----|-----------------|----|---------|------------|
| 1. | 370 | Green, Victoria | 69 | 45:34.5 | 14:40 / mi |
| 2. | 390 | Killian, Joanne | 70 | 50:11.1 | 16:09 / mi |
| 3. | 383 | Jordan, Linda | 79 | 50:12.3 | 16:09 / mi |

Mike Nolan Walk Short Course

Male 1-13

| | | | | | |
|----|-----|-------------|----|---------|------------|
| 1. | 311 | Bleau, Cole | 12 | 31:17.7 | 16:47 / mi |
|----|-----|-------------|----|---------|------------|

Male 14-18

| | | | | | |
|----|-----|-------------------------|----|---------|------------|
| 1. | 312 | Bleau-Culligan, Brayden | 15 | 24:09.5 | 12:57 / mi |
|----|-----|-------------------------|----|---------|------------|

Female 19-34

| | | | | | |
|----|-----|------------------|----|---------|------------|
| 1. | 339 | Collins, Tina | 30 | 38:51.6 | 20:50 / mi |
| 2. | 447 | Roesch, Gretchen | 31 | 45:05.2 | 24:11 / mi |

Male 35-49

| | | | | | |
|----|-----|------------------|----|---------|------------|
| 1. | 316 | Bradley, Steven | 48 | 40:15.2 | 21:35 / mi |
| 2. | 334 | Carruthers, Matt | 41 | 46:50.1 | 25:07 / mi |

Female 35-49

| | | | | | |
|----|-----|----------------|----|---------|------------|
| 1. | 478 | Thomas, Ashlee | 35 | 34:26.6 | 18:28 / mi |
| 2. | 336 | Cash, Meghan | 44 | 34:51.0 | 18:41 / mi |
| 3. | 308 | Beckman, Jael | 44 | 38:51.9 | 20:50 / mi |

Male 50-64

| | | | | | |
|----|-----|-----------------|----|---------|------------|
| 1. | 343 | Cournoyer, Paul | 55 | 39:05.9 | 20:58 / mi |
|----|-----|-----------------|----|---------|------------|

Female 50-64

| | | | | | |
|----|-----|---------------------|----|---------|------------|
| 1. | 368 | Gates, Kathleen | 53 | 39:04.9 | 20:57 / mi |
| 2. | 399 | Lafasciano, Michele | 53 | 39:41.9 | 21:17 / mi |
| 3. | 301 | Anderson, Julie | 50 | 49:10.5 | 26:22 / mi |

Female 65+

| | | | | | |
|----|-----|--------------------|----|---------|------------|
| 1. | 332 | Carruthers, Joanne | 71 | 46:46.5 | 25:05 / mi |
|----|-----|--------------------|----|---------|------------|

