

Race Date  
May 31, 2014

Rock N Glow 2014  
Age Group Results

5K

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	James Stouch	Manheim	1613	43	1	17:02.6	17:06.2	5:30/M

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Kate Dickow	Lititz	353	13	16	19:32.9	19:40.0	6:18/M

# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

No Age given

				-----Total-----				
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Jay King	Manheim	883	0	565	29:50.0	31:15.3	9:37/M

Female No Age Given

				-----Total-----				
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Sierra Stoltzfus		1915	0	222	25:34.6	25:40.5	8:15/M
2	Katie Jeanes	Lititz	828	0	937	34:01.8	36:01.1	10:58/M

Male 1 to 10

				-----Total-----				
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Parker Wolfe	Lancaster	1812	10	65	21:50.4	21:56.2	7:03/M
2	Jack Packer	Lititz	1259	5	97	22:46.3	23:08.0	7:21/M
3	Luke Redcay	Mount Joy	1340	10	116	23:15.7	23:22.8	7:30/M
4	Kaden Long	Manheim	996	10	118	23:16.7	23:22.8	7:30/M
5	Zachary Benner	Mount Joy	1908	9	137	23:41.7	23:49.2	7:38/M
6	Luke Lastinger	Manheim	957	10	215	25:28.1	26:24.2	8:13/M
7	Gabe Redcay	Mount Joy	1339	9	241	25:51.5	26:29.9	8:20/M
8	Dax Kelly	elizabethtown	864	9	270	26:06.8	27:43.6	8:25/M
9	Carter Mitchell	Lancaster	1140	9	281	26:18.5	27:24.5	8:29/M
10	Keagan Eienhofer	Sinking Spring	414	6	321	26:53.1	28:03.3	8:40/M
11	Jacob Hess	Manheim	736	9	374	27:22.6	28:22.4	8:50/M
12	Jase Colino	Landisville	281	9	386	27:36.1	28:05.8	8:54/M
13	Kristian Citko	Manheim	265	10	398	27:48.1	28:48.7	8:58/M
14	William Marnoch	Ephrata	1033	10	424	28:08.3	28:27.2	9:05/M
15	Grant Burkholder	Manheim	208	9	446	28:26.5	29:20.1	9:10/M
16	Jason Keiser	Ephrata	1940	9	531	29:24.2	31:41.9	9:29/M
17	Ethan Hershey	Lititz	727	10	566	29:52.2	30:46.7	9:38/M
18	Ethan Earhart	Lancaster	397	9	583	30:04.9	31:18.1	9:42/M
19	Samuel Fields	Lancaster	460	9	588	30:07.7	31:22.0	9:43/M
20	Ryan Hoffman	Manheim	763	10	603	30:13.7	32:39.8	9:45/M
21	Logan Conrad	Elizabethtown	298	10	692	31:16.5	32:37.7	10:05/M
22	Tavan Schoenberger	Elizabethtown	1928	8	712	31:29.7	33:06.3	10:09/M
23	Aaron Cassel	Manheim	245	7	745	31:52.5	33:26.6	10:17/M
24	Avery Kirchner	Manheim	893	6	787	32:27.1	34:23.0	10:28/M
25	DJ Warihay	manheim	1733	9	801	32:37.2	34:53.0	10:31/M
26	Carson Brooks	Manheim	159	10	811	32:43.7	34:33.0	10:33/M
27	Cameron Evans	Manheim	436	9	867	33:20.3	34:22.3	10:45/M
28	Jaycen Conrad	Elizabethtown	296	8	904	33:40.1	35:01.3	10:52/M
29	Caleb Garcia	Elizabethtown	535	9	905	33:41.5	36:07.1	10:52/M
30	BLAKE Weaver	Manheim	1741	9	922	33:54.7	35:27.6	10:56/M
31	Trevor Hoffman	Manheim	764	7	933	34:00.8	36:26.4	10:58/M
32	Jack Frego	Willow Street	492	9	965	34:17.8	35:21.5	11:04/M
33	Clayton Smoker	Lebanon	1941	9	984	34:31.2	35:17.8	11:08/M
34	Gavin Shaw	Quarryville	1473	8	1007	34:49.4	37:33.7	11:14/M
35	Daniel Brubaker	Lititz	175	9	1026	35:07.3	37:15.7	11:20/M
36	Thomas Jeanes	Lititz	830	8	1060	35:50.8	37:46.3	11:34/M
37	Dylan Hershey	Lititz	726	8	1061	35:51.0	37:45.5	11:34/M
38	Brady Marnoch	Ephrata	1028	8	1077	36:01.2	38:36.2	11:37/M
39	Adam Wiekrykas	Owings Mills	1785	7	1105	36:24.6	36:49.8	11:45/M
40	Drew Keener	Marietta	853	10	1117	36:31.8	38:46.4	11:47/M
41	Carson NyeSmith	Elizabethtown	1243	8	1130	36:40.7	37:48.7	11:50/M
42	Kyle Sturgis	Lititz	1623	9	1143	36:51.2	39:53.9	11:53/M
43	Gavin Sturgis	Lititz	1621	6	1156	37:07.4	40:09.7	11:58/M
44	Brady Sprout	Quarryville	1566	8	1167	37:19.4	40:03.8	12:02/M
45	EJ Shelly	Manheim	1484	6	1171	37:26.5	40:03.0	12:05/M
46	Isaac Ludwig	Lititz	1007	6	1183	37:41.0	40:43.2	12:09/M
47	Will Orr	Lancaster	1951	9	1196	37:46.5	38:47.7	12:11/M
48	Easton Kellow	River Vale	860	7	1211	38:11.9	40:11.3	12:19/M
49	Brett Barbush	Manheim	51	9	1244	38:44.3	39:00.5	12:30/M
50	Kai Hollingshead	Red Lion	768	9	1250	38:47.6	40:54.1	12:31/M
51	Logan Groff	Mount Joy	645	8	1257	38:50.4	39:43.0	12:32/M
52	Sonny Callahan	Mount Joy	225	8	1259	38:51.0	39:42.9	12:32/M
53	Timothy Carroll	Lancaster	244	8	1262	38:51.6	40:38.7	12:32/M
54	Chase Kirchner	Manheim	894	6	1284	39:23.7	41:20.2	12:42/M
55	Cole Jones	Lancaster	1975	10	1296	39:33.0	42:09.4	12:45/M
56	Owen Kormos	Manheim	911	10	1302	39:34.6	41:53.0	12:46/M
57	Colton Faulhaber	Manheim	446	10	1365	41:06.0	43:09.4	13:15/M

Male 1 to 10

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
58	Carter Ludwig	Lititz	1006	9	1426	42:13.2	45:16.0	13:37/M
59	Ryland Fittery	manheim	473	10	1436	42:31.0	44:28.7	13:43/M
60	Landon Gehman	Akron	562	5	1465	43:17.7	45:46.7	13:58/M
61	Devin Zook	Leola	1874	9	1496	44:02.7	46:04.7	14:12/M
62	Rod Sauder	manheim	1420	8	1510	44:26.6	47:00.1	14:20/M
63	Leo Bonanno	Manheim	129	7	1519	44:45.5	47:45.9	14:26/M
64	Brady Lowman	Lititz	1003	6	1540	45:14.7	48:28.8	14:35/M
65	Austin Zercher	East Petersburg	1858	7	1572	46:30.3	47:48.0	15:00/M
66	Dominick Bonanno	Manheim	128	10	1580	47:07.2	50:08.1	15:12/M
67	Luke Wentling	Cleona	1772	6	1620	48:36.7	51:18.3	15:41/M
68	Nate Sauder	manheim	1419	8	1634	49:03.2	51:38.3	15:49/M
69	Bronson Young	Lancaster	1834	5	1673	50:35.5	52:37.4	16:19/M
70	Ethan Caleca	Lititz	221	9	1681	51:12.0	51:31.7	16:31/M
71	Brady Skiles	Manheim	1938	6	1738	55:05.8	58:05.2	17:46/M
72	Jack Lammey	Adamstown	948	6	1773	58:55.0	1:01:33.8	19:00/M
73	Bryson Brackbill	Mount Joy	144	8	1775	58:57.1	1:02:02.4	19:01/M

Female 1 to 10

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
1	* Kallee Locker	Elizabethtown	992	9	152	24:00.8	24:10.3	7:45/M
2	Lily Clinton	Lancaster	272	9	156	24:02.6	24:08.8	7:45/M
3	Ava Wentling	Cleona	1768	8	164	24:24.6	25:39.0	7:52/M
4	Olivia Sunderland	Manheim	1631	10	224	25:37.0	25:44.5	8:16/M
5	Brenna McIntyre	Lititz	1094	9	226	25:41.6	26:53.3	8:17/M
6	Hannah Zimmerman	Ephrata	1866	10	235	25:47.9	25:59.9	8:19/M
7	Faith Enck	Manheim	423	10	458	28:34.9	28:49.6	9:13/M
8	Anna Brubaker	Mount Joy	174	9	502	29:10.5	29:59.0	9:25/M
9	Samantha Eisenhofer	Sinking Spring	415	7	559	29:46.8	30:58.2	9:36/M
10	Greta Bornmann	elizabethtown	137	8	587	30:07.7	30:40.4	9:43/M
11	Haven Barley	Columbia	60	9	641	30:40.8	31:16.8	9:54/M
12	Anna Granger	Lancaster	630	9	726	31:40.0	32:49.7	10:13/M
13	Grace Cassel	Manheim	248	10	774	32:16.9	33:50.6	10:25/M
14	Ellie Mosher	Mount Joy	1165	8	813	32:44.1	32:51.9	10:34/M
15	LACI NELSON	MOUNT JOY	1215	7	814	32:45.8	32:53.3	10:34/M
16	Madison Hartzler	Manheim	690	10	830	32:51.8	34:25.6	10:36/M
17	Mackenzie Ridilla	Mt Joy	1367	9	845	33:01.4	34:39.6	10:39/M
18	Cassandra Christoffel	Lancaster	259	10	846	33:01.5	34:39.9	10:39/M
19	Kaylee Neff	Manheim	1208	9	855	33:05.8	34:51.8	10:40/M
20	Brie Skiles	Manheim	1527	10	871	33:22.2	33:51.2	10:46/M
21	Olissa Clingenpeel	Manheim	271	9	911	33:47.6	35:14.9	10:54/M
22	Taylor Bloom	Manheim	117	10	963	34:15.3	34:23.3	11:03/M
23	Cale Moore	Manheim	1152	8	978	34:27.0	35:54.7	11:07/M
24	Michael Colosi, Jr	Lancaster	287	6	995	34:43.1	37:03.8	11:12/M
25	Makenna Gehman	Akron	563	8	1001	34:46.1	37:14.1	11:13/M
26	Olivia Faulhaber	Manheim	448	10	1059	35:49.9	37:53.0	11:33/M
27	Erin Shipley	Lancaster	1498	8	1074	35:58.4	36:48.8	11:36/M
28	Elise Gift	Lititz	590	7	1086	36:07.1	38:07.9	11:39/M
29	Alexa Gift	Lititz	588	8	1088	36:08.1	38:08.7	11:39/M
30	Autumn NyeSmith	Elizabethtown	1242	10	1131	36:41.3	37:49.8	11:50/M
31	Abigail Reed	Manheim	1343	9	1138	36:46.5	38:58.8	11:52/M
32	Addison Doerschuk	Manheim	367	9	1140	36:46.9	38:59.2	11:52/M
33	Madison Cox	anheim	309	9	1151	36:59.3	37:07.9	11:56/M
34	Loghan Shelly	Manheim	1485	9	1161	37:15.8	39:52.7	12:01/M
35	Laura King	Manheim	884	8	1172	37:29.6	38:56.3	12:05/M
36	Hannah Packer	Lititz	1258	8	1175	37:36.4	39:05.2	12:08/M
37	Madison Baker	Willow Street	45	9	1191	37:43.7	38:55.9	12:10/M
38	Lila Kellow	river vale	862	5	1213	38:13.0	40:12.0	12:20/M
39	Taylor Capizzi	Lititz	234	8	1220	38:22.0	40:10.1	12:23/M
40	Addison Ames	Lancaster	1990	7	1226	38:27.9	39:04.4	12:24/M
41	Ella Wolfe	Lancaster	1811	5	1241	38:41.4	40:41.6	12:29/M
42	Grace Monos	Landisville	1148	10	1242	38:41.5	40:41.6	12:29/M
43	Kyla Benner	Mount Joy	1906	6	1251	38:48.8	39:35.3	12:31/M
44	Natalie Siegrist	Manheim	1519	8	1287	39:24.6	40:28.3	12:43/M
45	Ella Deck	Lancaster	335	10	1310	39:44.3	40:55.4	12:49/M
46	Autumn Rhoads	Lancaster	1362	10	1320	39:56.4	41:09.2	12:53/M
47	Makenna Enck	75 s snyder st	425	8	1332	40:12.0	42:10.9	12:58/M
48	Chloe Enck	manheim	422	9	1358	40:55.4	42:54.6	13:12/M
49	Sami Levitan	Manheim	983	7	1359	40:57.4	43:45.9	13:13/M
50	Emma Levitan	Manheim	980	10	1371	41:11.6	43:52.3	13:17/M
51	Elizabeth Talley	Ephrata	1639	7	1378	41:21.9	44:18.5	13:20/M
52	Allison Warihay	manheim	1731	7	1382	41:31.3	43:53.1	13:24/M

Female 1 to 10

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
53	Isabella Chmil	Lititz	256	8	1386	41:36.1	44:08.2	13:25/M	
54	Emma Wile	Columbia	1789	9	1390	41:39.8	43:56.0	13:26/M	
55	Micayla Moyer	Mount Joy	1174	7	1401	41:51.6	42:39.2	13:30/M	
56	Madeline LaFrance	Manheim	943	9	1418	42:10.9	44:54.0	13:36/M	
57	Hannah Varner	Manheim	1688	6	1420	42:11.1	44:31.5	13:36/M	
58	Kayla Bennecoff	Lititz	89	10	1422	42:12.2	45:08.4	13:37/M	
59	Gianna Dietrich	Manheim	357	9	1454	43:05.7	45:00.1	13:54/M	
60	Ava Tempalski	Manheim	1645	9	1456	43:07.3	45:00.6	13:55/M	
61	BROOKE NELSON	MOUNT JOY	1212	5	1506	44:21.8	45:57.2	14:18/M	
62	Belle Bonanno	Manheim	126	7	1521	44:46.7	47:46.5	14:26/M	
63	Gabby Fittery	manheim	471	8	1548	45:34.9	48:15.7	14:42/M	
64	Mara Brady	Manheim	1979	10	1560	45:59.3	47:19.7	14:50/M	
65	Ariana Gehman	Akron	556	6	1563	46:06.2	48:34.9	14:52/M	
66	Genna Tripple	Mount joy	1665	10	1570	46:14.0	48:14.7	14:55/M	
67	Hannah Eckerd	Lancaster	404	9	1578	46:51.6	48:53.1	15:07/M	
68	Gabrielle StarGirl	Willow Street	1579	10	1586	47:23.1	49:13.1	15:17/M	
69	Maddie Frego	Willow Street	495	5	1588	47:23.9	48:40.1	15:17/M	
70	Janaya Smith	Lancaster	1540	10	1638	49:06.4	51:36.5	15:50/M	
71	Addison Dommel	Manheim	1988	6	1670	50:23.5	52:49.2	16:15/M	
72	Remy Colosi	Lancaster	289	6	1707	53:27.6	53:27.6	17:15/M	
73	Gretta Brubaker	Lititz	177	7	1708	53:48.9	56:45.3	17:21/M	
74	Leah Robbins	Lititz	1379	9	1716	54:03.8	55:55.4	17:26/M	
75	Adalyn Ober	Lititz	1248	9	1720	54:06.2	55:57.9	17:27/M	
76	Emma Adams	Lititz	8	4	1723	54:11.1	56:16.8	17:29/M	
77	Hailee Adams	Lititz	9	7	1724	54:11.4	56:16.5	17:29/M	
78	Ramey Diehl	Manheim	356	6	1761	58:00.5	1:01:01.8	18:43/M	

Male 11 to 14

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1 *	David Merkey	Manheim	1113	14	14	19:13.3	19:26.2	6:12/M	
2	Gavin Tragis	Manheim	1896	14	19	19:57.9	20:01.7	6:26/M	
3	Niko GAVALA	MANHEIM	554	13	37	20:54.4	20:58.1	6:45/M	
4	AUSTIN NELSON	MOUNT JOY	1211	12	53	21:19.9	22:39.8	6:53/M	
5	Aaron Goss	Manheim	626	14	61	21:42.6	21:55.6	7:00/M	
6	Chase Marquette	Manheim	1034	13	76	22:08.8	22:13.5	7:08/M	
7	Laith Witmer	Plano	1808	14	115	23:12.6	23:31.7	7:29/M	
8	Joseph Jr Anavitate	Lancaster	24	13	121	23:22.9	23:31.7	7:32/M	
9	Bryce Dombach	mount joy	370	12	126	23:25.6	24:02.7	7:33/M	
10	Colby Wagner	Manheim	1713	12	129	23:31.0	23:44.5	7:35/M	
11	Kyle Lathan	manheim	958	13	131	23:34.0	23:38.1	7:36/M	
12	Josiah Nauman	Manheim	1203	14	160	24:14.3	24:33.0	7:49/M	
13	Andrew Siegrist	Manheim	1516	13	178	24:43.8	27:41.8	7:58/M	
14	Mitch Detwiler	Lititz	351	14	190	25:03.3	26:48.5	8:05/M	
15	Owen Von Stetten	MANHEIM	1708	13	207	25:24.7	25:40.7	8:12/M	
16	Harrison Eichelberger	Elizabethtown	412	14	208	25:24.7	25:50.4	8:12/M	
17	Cade Zeamer	Manheim	1846	13	243	25:52.3	28:49.3	8:21/M	
18	Mason Caleca	Lititz	222	12	250	25:56.0	26:27.3	8:22/M	
19	Alexandra Kerrek	Lititz	872	14	257	25:59.3	26:30.9	8:23/M	
20	Darren Bertin	Manheim	95	12	264	26:04.1	26:18.5	8:25/M	
21	Timo Witmer	Plano	1810	11	265	26:04.3	26:34.7	8:25/M	
22	Reyn PATton	Scottsdale	1277	11	267	26:04.5	27:41.1	8:25/M	
23	Nolan Deck	Landisville	337	13	269	26:05.7	26:33.9	8:25/M	
24	Logan Collbeth	Manheim	284	13	288	26:27.0	26:42.0	8:32/M	
25	Samuel Westphal	lancaster	1779	14	342	27:06.2	28:11.5	8:45/M	
26	Reed Lawrence	Lancaster	965	11	352	27:12.7	27:56.1	8:46/M	
27	Jack Shipley	Lancaster	1499	11	353	27:13.3	27:56.6	8:47/M	
28	Josh Varner	Manheim	1689	13	379	27:29.7	29:54.9	8:52/M	
29	Brett Kreider	Manheim	1971	12	381	27:31.3	27:45.0	8:53/M	
30	Grant Patrick	Manheim	1272	14	390	27:42.1	27:55.4	8:56/M	
31	James Slaugh	Lancaster	1530	11	399	27:49.0	27:57.5	8:58/M	
32	Corbin Moore	Manheim	1153	11	413	28:00.9	29:27.8	9:02/M	
33	Trenton Mann	Columbia	1022	11	444	28:22.5	28:26.7	9:09/M	
34	mason Ober	Lititz	1246	12	449	28:28.2	30:15.4	9:11/M	
35	Derek Benedict	Manheim	85	11	460	28:35.1	30:08.0	9:13/M	
36	Ben Wagner	Manheim	1712	12	466	28:40.9	28:55.1	9:15/M	
37	Chris Pagano II	Manheim	1262	12	467	28:41.3	28:54.7	9:15/M	
38	Scott Westfield	Mount Joy	1777	12	485	28:57.7	31:22.9	9:20/M	
39	Owen Patrick	Manheim	1274	11	492	29:05.9	29:20.3	9:23/M	
40	Jayden Feese	Elizabethtown	452	11	497	29:08.4	29:40.5	9:24/M	
41	Conner Zeamer	Manheim	1847	13	539	29:28.6	29:42.9	9:30/M	
42	Matthew Wash	Lititz	1735	11	545	29:33.4	32:12.2	9:32/M	

# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

### Male 11 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
43	Quin Minnick	Manheim	1138	13	562	29:49.0	31:18.5	9:37/M
44	Jackson Trout	Lancaster	1668	14	577	30:00.0	30:17.4	9:41/M
45	Jacob Hefner	Elizabethtown	705	13	618	30:24.4	30:56.5	9:48/M
46	Nathan Robbins	Lititz	1380	11	627	30:32.6	32:19.9	9:51/M
47	Riley McGallicher	Manheim	1092	11	654	30:48.0	31:44.8	9:56/M
48	Nicholas Wee	Manheim	1755	12	672	30:59.4	31:13.1	10:00/M
49	Peter Brubaker	Mount Joy	182	14	701	31:21.8	32:05.9	10:07/M
50	Ethan Wile	Columbia	1790	11	720	31:36.8	33:53.5	10:12/M
51	Connor Brooks	Manheim	160	11	730	31:41.1	33:30.6	10:13/M
52	Drew Eastadt	Elizabethtown	399	11	765	32:10.7	33:08.8	10:23/M
53	Gabriel Damon	manheim	322	12	771	32:15.8	33:48.9	10:24/M
54	Michael Khounenorath	Landisville	876	14	839	32:55.3	34:39.5	10:37/M
55	Lucas Baker	Willow Street	44	12	859	33:11.6	34:15.4	10:42/M
56	James Trout	Lancaster	1669	11	863	33:16.1	33:33.3	10:44/M
57	Zachary Melhorn	manheim	1109	12	889	33:32.5	34:36.2	10:49/M
58	Nathan Brubaker	Mount Joy	181	12	948	34:07.4	34:51.2	11:00/M
59	Joe Frego	Willow Street	494	11	949	34:07.8	35:11.2	11:00/M
60	Jake Harbach	Manheim	675	12	998	34:45.4	37:34.1	11:13/M
61	Ben Keener	Marietta	851	12	1011	34:55.0	37:09.5	11:16/M
62	J. Connor Sprout	Quarryville	1567	11	1014	34:56.0	37:39.7	11:16/M
63	Justin Brubaker	Lititz	178	13	1024	35:05.5	37:14.3	11:19/M
64	Mason Ludwig	Lititz	1009	11	1146	36:52.5	39:54.3	11:54/M
65	Jett Kelly	elizabethtown	865	11	1200	37:52.1	39:28.8	12:13/M
66	Jay Fulkrod	North Attleboro	514	11	1225	38:26.8	39:02.2	12:24/M
67	Matthew Monroy	Conestoga	1976	13	1295	39:32.6	42:08.7	12:45/M
68	Logan Shull	Manheim	1510	11	1387	41:37.4	42:41.4	13:25/M
69	Oliver Marvin	Lancaster	1063	12	1413	42:09.5	43:22.1	13:36/M
70	Jordan Beamesderfer	manheim	74	12	1475	43:29.3	46:04.3	14:02/M
71	Brackbill Conner	Mount Joy	290	12	1774	58:55.2	1:02:00.7	19:00/M

### Female 11 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
1 *	Katelyn Locker	Elizabethtown	993	11	36	20:53.5	21:03.8	6:44/M
2	Mallory Sunderland	Manheim	1630	13	41	21:07.9	21:14.1	6:49/M
3	Isabella Forgione	Lititz	483	12	74	22:07.9	22:15.6	7:08/M
4	Marianne Fitzkee	Manheim	475	13	78	22:15.0	22:21.6	7:11/M
5	Amber Maurer	Manheim	1068	11	98	22:46.5	22:57.8	7:21/M
6	Halle Funk	Manheim	522	14	105	22:52.6	22:58.2	7:23/M
7	Sierra Zimmerman	Ephrata	1873	12	147	23:57.0	24:09.2	7:44/M
8	Codi Bollinger	Manheim	122	13	151	23:59.9	24:09.1	7:44/M
9	Amanda Burrichter	Columbia	212	13	155	24:01.8	24:11.1	7:45/M
10	MADALYN NELSON	MOUNT JOY	1216	14	179	24:44.0	24:58.8	7:59/M
11	MADALYN HOSLER	Lititz	786	14	181	24:53.5	25:06.4	8:02/M
12	Amy Yunginger	Lititz	1839	14	219	25:31.9	25:51.4	8:14/M
13	Kelly Abrahamson	Mount Joy	2	12	236	25:49.8	26:02.9	8:20/M
14	Jaiden Neff	Manheim	1207	12	237	25:50.3	26:02.9	8:20/M
15	Sarah Capoferri	Lancaster	236	13	258	25:59.7	26:23.3	8:23/M
16	Anika Haski	Lancaster	692	12	294	26:32.9	26:45.6	8:34/M
17	Taylor Kauffman	Lititz	848	12	298	26:33.2	26:45.8	8:34/M
18	Eleanor Deeg	lancastr	338	11	302	26:38.7	27:56.1	8:35/M
19	Isabella Hain	Maytown	661	11	310	26:45.8	26:59.5	8:38/M
20	Kelli Campbell	Mountville	230	12	314	26:47.8	27:01.1	8:38/M
21	Isabella Wendler	manheim	1759	12	315	26:48.4	27:01.6	8:39/M
22	Erin Haldeman	Lititz	664	11	330	27:01.0	27:50.1	8:43/M
23	Rebecca Keppley	Manheim	870	13	337	27:03.2	29:01.3	8:44/M
24	Lily Wagner	Manheim	1719	12	346	27:09.4	27:22.3	8:45/M
25	Sydney Schonman	Lititz	1441	14	356	27:13.8	27:25.1	8:47/M
26	Julia Raybold	Elizabethtown	1332	12	368	27:19.6	28:54.2	8:49/M
27	Mia Reed	Manheim	1346	12	393	27:44.3	27:55.2	8:57/M
28	Taylor Orr	Lancaster	1950	11	395	27:45.1	28:45.2	8:57/M
29	Rachel VanBlargan	Manheim	1683	14	396	27:46.7	28:16.3	8:57/M
30	Grace Roberts	MANHEIM	1381	13	412	28:00.1	28:53.4	9:02/M
31	Brittany Benner	Mount Joy	1910	12	419	28:07.3	28:38.3	9:04/M
32	Isabella Pagano	Manheim	1265	13	420	28:07.4	29:12.0	9:04/M
33	Kaitlyn Marnoch	Ephrata	1031	13	421	28:07.6	28:26.6	9:04/M
34	Rory Klingensmith	Hummelstown	900	14	426	28:08.5	29:50.5	9:05/M
35	Lauren Epler	Hummelstown	429	14	428	28:10.2	29:51.6	9:05/M
36	Sami Maddox	manheim	1015	12	431	28:11.8	29:05.1	9:05/M
37	Kasiana Brown	camp hill	167	14	441	28:21.2	30:11.6	9:09/M
38	Rachel Clouser	Grantville	275	13	442	28:21.2	30:12.0	9:09/M
39	Victoria Benner	Mount Joy	1909	11	459	28:34.9	29:23.9	9:13/M

Race Date  
May 31, 2014

# Rock N Glow 2014

## Age Group Results

5K

### Female 11 to 14

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
40	McKayla Shelly	Manheim	1486	12	476	28:49.2	29:00.0	9:18/M
41	Allison Cassel	Manheim	246	13	525	29:21.7	29:52.8	9:28/M
42	Corinne Avellino	Lafayette Hill	33	14	535	29:27.1	29:43.9	9:30/M
43	Ashley Hartzler	Manhiem	687	13	551	29:38.7	30:09.9	9:34/M
44	Meghan Healy	Manheim	702	13	554	29:40.4	31:39.0	9:34/M
45	Kaia Becker	elizabethtown	79	12	561	29:47.3	31:23.5	9:36/M
46	Savannah Heisey	Manheim	713	12	614	30:20.4	30:36.4	9:47/M
47	Melissa Gibble	Lititz	587	14	631	30:35.6	32:05.0	9:52/M
48	Kaitie Ciano	lititz	262	12	636	30:39.5	31:30.3	9:53/M
49	Alexis Ream	Columbia	1335	12	639	30:40.5	31:16.7	9:54/M
50	Sullivan Herritt	Lititz	721	14	640	30:40.6	32:09.5	9:54/M
51	Jasmine Garcia	Elizabethtown	536	11	662	30:53.2	33:12.3	9:58/M
52	Emmy Varner	Manheim	1687	11	663	30:53.6	33:12.3	9:58/M
53	Andreanna Vasquez	Mount Joy	1693	14	668	30:57.4	32:38.8	9:59/M
54	Lily Hahn	Elizabethtown	658	13	675	31:03.4	32:22.0	10:01/M
55	Megan Criste	Lancaster	311	12	682	31:11.9	32:12.3	10:04/M
56	Kaitlin Deck	Lancaster	336	12	683	31:12.2	32:12.4	10:04/M
57	Olivia Pagliaro	Hummelstown	1268	14	690	31:15.4	33:09.7	10:05/M
58	Lizzie Wash		1986	14	694	31:17.4	32:46.6	10:05/M
59	Maddy Barbush	Manheim	54	12	713	31:32.3	31:45.5	10:10/M
60	Ashley Deck	Lancaster	331	13	724	31:38.8	33:10.2	10:12/M
61	Hannah Kowalski	Manheim	915	13	728	31:40.6	32:33.7	10:13/M
62	Audrey Miller	Manheim	1967	11	729	31:40.9	32:34.1	10:13/M
63	Hailey Clouser	Grantville	274	11	783	32:25.6	34:19.9	10:27/M
64	Julia Zewe	Hershey	1861	11	786	32:27.1	34:21.8	10:28/M
65	Raina zawalsn	Manheim	1997	12	794	32:34.7	32:45.7	10:30/M
66	Isabel Mejia	Lititz	1105	11	799	32:36.8	33:29.0	10:31/M
67	Avery Hupp	Lebanon	808	11	802	32:37.8	34:47.8	10:31/M
68	Ellie Krushinski	Lititz	927	11	824	32:49.5	33:44.5	10:35/M
69	Emma Hudson	Marietta	1962	14	875	33:24.6	35:14.9	10:46/M
70	Virginia Dubbs	manheim	388	13	876	33:24.8	34:50.1	10:46/M
71	Lauren Gatesman	Mechanicsburg	548	14	877	33:25.0	35:14.9	10:47/M
72	ALEXIS HOSLER	Lititz	782	12	925	33:55.9	34:00.2	10:56/M
73	Kristen Bittner	Manheim	105	14	926	33:56.9	34:01.0	10:57/M
74	Taylor Sell	Manheim	1450	14	927	33:57.1	34:01.3	10:57/M
75	Kelly Hester	Lancaster	1996	14	943	34:05.6	35:25.7	11:00/M
76	Victoria Moreno	manheim	1160	11	961	34:15.2	34:23.2	11:03/M
77	Rachel King	Manheim	887	11	970	34:20.9	35:43.9	11:05/M
78	Catherine Moran	Marietta	1158	13	982	34:30.5	35:46.1	11:08/M
79	Jade Trovinger	Manheim	1675	13	992	34:41.7	35:20.8	11:11/M
80	Mackenzie Stewart	Lititz	1595	11	994	34:42.2	37:46.1	11:12/M
81	Kelsey Starner	manheim	135	14	1006	34:48.0	35:52.5	11:14/M
82	Dayana Wagner	Quarryville	1714	14	1018	35:00.7	36:58.1	11:17/M
83	Hailey Wagner	Quarryville	1716	14	1019	35:01.3	36:58.0	11:18/M
84	Deidy Wagner	Quarryville	1715	14	1031	35:14.3	37:12.3	11:22/M
85	Holly Musser	mount joy	1186	14	1034	35:19.0	37:14.3	11:24/M
86	Maddie Musser	Mount Joy	1190	14	1035	35:19.2	37:14.3	11:24/M
87	Megan Brubaker	Lititz	180	12	1043	35:23.8	37:32.7	11:25/M
88	Jena Beamesderfer	Manheim	73	13	1056	35:45.3	38:36.7	11:32/M
89	Olivia Stone	Manheim	1608	11	1078	36:03.1	37:42.4	11:38/M
90	Rehgan Hupp	Lebanon	811	13	1084	36:06.2	38:16.9	11:39/M
91	Mackenzie Illyes	Lebanon	821	11	1085	36:06.6	38:17.2	11:39/M
92	Kaitlyn Wagner	Quarryville	1718	14	1095	36:14.0	38:11.5	11:41/M
93	Sam Wagner	Quarryville	1721	14	1098	36:14.9	38:11.6	11:41/M
94	Ashley NyeSmith	Elizabethtown	1241	12	1122	36:33.4	37:41.2	11:47/M
95	Lexi Kohler	Manheim	905	13	1142	36:50.1	39:09.9	11:53/M
96	Emma Heffley	Lititz	704	11	1162	37:16.2	39:52.8	12:01/M
97	Brianna Vasquez	Mount Joy	1694	14	1204	37:56.9	39:39.2	12:14/M
98	Alyssa Meisl	Lancaster	1103	14	1230	38:30.0	39:58.0	12:25/M
99	Delaney McCormick	Lancaster	1086	12	1232	38:30.3	39:45.5	12:25/M
100	Payton King	Lancaster	886	13	1235	38:35.2	39:50.5	12:27/M
101	Reagan King	Lancaster	888	11	1261	38:51.4	40:07.7	12:32/M
102	Tattiana Figueroa	Lancaster	462	13	1298	39:33.8	41:29.3	12:45/M
103	Hannah Barbush	Manheim	52	14	1314	39:49.6	42:36.4	12:51/M
104	Sieana Roe	Lititz	1386	13	1321	39:57.0	42:04.9	12:53/M
105	Baylee Sexton	elizabethtown	1462	13	1338	40:24.8	42:59.2	13:02/M
106	Maggie Ross	Hummelstown	1395	12	1375	41:17.6	43:23.2	13:19/M
107	Annie Hahnlen	Hershey	659	12	1377	41:17.7	43:23.2	13:19/M
108	Ella Simmons	Lititz	1523	11	1399	41:50.9	44:46.6	13:30/M
109	Lillian Mitchell	Lancaster	1143	11	1411	42:03.9	43:49.8	13:34/M
110	Brynn Trovinger	Manheim	188	11	1433	42:27.8	45:09.4	13:42/M
111	Makayla Gingerich	washington boro	595	14	1443	42:37.5	43:02.3	13:45/M
112	Savannah Marnoch	Ephrata	1032	11	1464	43:17.3	45:52.7	13:58/M
113	Miranda Phelan	Conestoga	1299	14	1489	43:46.1	45:00.4	14:07/M
114	Mollie Leitch	Lititz	973	11	1490	43:46.2	45:00.7	14:07/M
115	Kristyn Zook	Leola	1876	13	1497	44:04.4	46:05.7	14:13/M

Female 11 to 14

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
116	Lauren Currey	Harrisburg	320	14	1546	45:34.3	47:28.4	14:42/M
117	Paige Zewe	Hershey	1862	13	1547	45:34.8	47:28.6	14:42/M
118	Abby Stoner	Washington Boro	1610	11	1552	45:42.0	47:59.5	14:45/M
119	Kailey Stoner	Washington Boro	1611	12	1553	45:42.5	47:59.7	14:45/M
120	Alize Anavitate	Ephrata	22	13	1581	47:17.3	47:58.4	15:15/M
121	Grace Gaia	Willow Street	529	11	1587	47:23.3	49:13.1	15:17/M
122	Nina Bonanno	Manheim	130	11	1613	48:08.6	51:09.1	15:32/M
123	Cheyenne Marnoch	Ephrata	1029	13	1689	51:57.0	54:33.2	16:45/M

Male 15 to 18

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Colton Sunderland	Manheim	1628	15	3	17:19.3	17:23.7	5:35/M
2	Jonathon Garcia	Myerstown	537	17	4	17:33.0	17:36.3	5:40/M
3	Nathan Lachman	Manheim	938	17	5	17:40.1	17:43.3	5:42/M
4	Alec Luscher	lititz	1011	16	6	17:54.8	17:58.2	5:46/M
5	Ian Lauver	Manheim	960	15	9	18:42.1	18:46.5	6:02/M
6	Galen Fitzkee	Manheim	474	15	12	18:59.9	19:04.4	6:07/M
7	Gary Patterson	Harrisburg	1961	15	17	19:38.0	19:41.6	6:20/M
8	Austin Shirk	Elizabethtown	1905	16	34	20:51.3	21:06.4	6:44/M
9	Corey Martin	Lititz	1042	15	45	21:13.8	21:22.9	6:51/M
10	Jordan Rohrer	Manheim	1392	17	64	21:48.4	21:52.6	7:02/M
11	R Connor Pavlik	Manheim	1283	16	75	22:08.5	22:13.4	7:08/M
12	Noah Martin	Manheim	1054	18	90	22:39.2	24:36.2	7:18/M
13	Ben Collbeth	Manheim	283	15	104	22:52.2	23:06.5	7:23/M
14	Damon Deck	Landisville	333	15	138	23:42.8	23:54.0	7:39/M
15	Kyle Zeamer	Manheim	1851	16	143	23:44.8	26:42.3	7:39/M
16	John HOSLER Hosler	Lititz	785	16	144	23:45.8	26:42.2	7:40/M
17	Dalton Benedict	Manheim	84	16	185	24:55.8	25:07.0	8:02/M
18	Ben Weaver	Manheim	1740	15	292	26:32.0	27:13.5	8:34/M
19	Justin Shelly	Manheim	1921	18	297	26:33.1	27:15.1	8:34/M
20	Shane Good	Elm	622	18	408	27:54.0	28:58.2	9:00/M
21	Dacoda Winters	windsor	1799	15	489	29:01.1	31:07.2	9:22/M
22	Hunter Reed	Manheim	1345	17	501	29:10.1	30:00.6	9:25/M
23	Ben Pinkerton	Manheim	1310	18	511	29:15.6	29:53.1	9:26/M
24	Dashaun Neville	manheim	1218	16	537	29:27.8	29:53.2	9:30/M
25	Jeremiah Pacheco	Manheim	1257	16	578	30:00.8	31:23.0	9:41/M
26	Conner Edgell	Ephrata	406	15	681	31:11.4	32:09.9	10:04/M
27	Nathan Leed	East Petersburg	967	15	738	31:48.4	33:29.9	10:15/M
28	Henry Nikoiet	Mount Joy	1227	16	744	31:52.4	32:45.1	10:17/M
29	Nathan Brandt	Manheim	148	18	762	32:09.2	32:18.5	10:22/M
30	Walter Portillo	York	1316	16	763	32:09.3	33:40.0	10:22/M
31	Aeron Fisher	manheim	464	16	1009	34:53.8	35:11.5	11:15/M
32	Albert Hanna	Lancaster	673	15	1141	36:49.5	38:56.7	11:53/M
33	Spencer Edgell	Ephrata	408	16	1354	40:46.2	41:44.7	13:09/M

Female 15 to 18

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Danae Peters	Manheim	1291	18	21	20:03.6	20:08.2	6:28/M
2	Charis Dinger	Manheim	362	16	82	22:20.1	22:25.4	7:12/M
3	Jordan Mitchell	Mount Joy	1141	18	84	22:25.3	22:30.2	7:14/M
4	Stephanie Stoltzfus	Morgantown	1606	17	191	25:03.6	25:42.8	8:05/M
5	Anna Middleton	Manheim	1121	16	218	25:31.7	25:36.9	8:14/M
6	Alex Agesen	Manheim	13	18	223	25:34.8	25:40.4	8:15/M
7	Caitlyn Kambouroglou	Lancaster	841	16	245	25:52.6	26:38.5	8:21/M
8	Julie McFarland	Mount Joy	1089	17	252	25:56.7	26:55.4	8:22/M
9	Lauren Hartzler	Manheim	689	15	260	26:00.0	26:15.4	8:23/M
10	Allison Dombach	Manheim	369	15	262	26:03.7	26:19.6	8:24/M
11	CHRISTINA GAVALA	MANHEIM	551	15	263	26:03.9	26:19.2	8:24/M
12	Ashley Kilhefner	Ephrata	877	18	282	26:19.1	26:53.0	8:29/M
13	Kristen Musser	ephrata	1189	16	286	26:21.2	26:49.8	8:30/M
14	Kayla Eller	Manheim	418	15	300	26:36.3	26:48.0	8:35/M
15	Katie Nace	Manheim	1198	15	359	27:15.4	27:26.5	8:47/M
16	Allison Morningstar	York	1162	16	362	27:17.1	28:47.7	8:48/M
17	Emily Bitner	Elizabethtown	103	15	366	27:19.4	28:26.5	8:49/M
18	Hannah Motter	Lancaster	1170	16	464	28:36.3	30:12.1	9:14/M
19	Celine Schell	Leola	1429	17	470	28:45.9	29:14.1	9:16/M

Female 15 to 18

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
20	Paetyn Zeamer	Manheim	1852	15	498	29:09.1	30:00.0	9:24/M
21	Abby Wagner	Manheim	1711	16	500	29:09.7	30:00.0	9:24/M
22	Amber Hershey	Mount Joy	723	15	509	29:14.9	30:21.6	9:26/M
23	Kalee Fahndrich	Mount Joy	440	15	521	29:19.9	30:26.6	9:27/M
24	Natalie Waltz	Leola	1728	18	529	29:23.3	29:54.1	9:29/M
25	Samantha Schaeffer	Lititz	1425	16	569	29:53.8	31:17.3	9:38/M
26	Taylor Zewe	Hershey	1863	15	584	30:05.8	31:56.8	9:42/M
27	Courtney Weaver	Mt. Joy	1742	16	585	30:06.4	30:31.7	9:43/M
28	Abigail Landis	Manheim	951	16	592	30:10.9	30:51.2	9:44/M
29	Elizabeth Landis	Manheim	955	18	593	30:11.6	30:51.2	9:44/M
30	Katie Koser	Mount Joy	912	18	657	30:49.6	31:57.1	9:56/M
31	Alison Stoltzfus	manheim	1603	18	671	30:58.8	31:37.1	9:59/M
32	Kelsey Wenger	Lititz	1764	18	693	31:17.4	31:55.3	10:05/M
33	Grace Kramer	Lancaster	1889	17	698	31:20.6	31:56.2	10:06/M
34	Halina Dorofee	lititz	376	16	716	31:35.6	32:35.0	10:11/M
35	Emily Leibley	Manheim	970	16	754	31:57.9	32:48.7	10:18/M
36	Jasmeng Lo	Leola	1933	17	777	32:21.4	34:11.1	10:26/M
37	Kaitlyn Stewart	DENVER	1593	17	784	32:26.5	35:40.0	10:28/M
38	Kati Meyer	Manheim	1118	15	788	32:27.5	33:32.0	10:28/M
39	Anika Braun-Dullaes	Manheim	151	17	812	32:44.0	34:16.6	10:34/M
40	Taylor Hocker	Manheim	757	15	822	32:49.2	34:11.5	10:35/M
41	Emma Beamesderfer	Manheim	71	16	829	32:51.8	35:08.6	10:36/M
42	Emily Stoltzfus	manheim	1604	15	832	32:52.2	35:08.9	10:36/M
43	Alia Hill	township of Washington	747	16	896	33:35.6	34:57.3	10:50/M
44	Kayleen Wenger	Lititz	1763	15	902	33:38.6	34:18.7	10:51/M
45	Priya Desai	Manheim	350	15	935	34:01.6	35:00.6	10:58/M
46	Kassandra Bennett	Landisville	1995	15	944	34:05.9	35:26.2	11:00/M
47	Courtney Moore	lititz	1154	18	1023	35:05.4	36:03.3	11:19/M
48	ASHLEY Kowalski	Manheim	1881	17	1058	35:49.0	38:11.5	11:33/M
49	Kendra Jones	manheim	835	15	1096	36:14.6	36:27.2	11:41/M
50	Jade Bair	Manheim	40	16	1097	36:14.9	36:27.3	11:41/M
51	Jenna Black	Ephrata	106	15	1103	36:22.4	37:11.0	11:44/M
52	Lindsey Miller	East Petersburg	1131	18	1114	36:29.7	37:09.4	11:46/M
53	Janelle Martin	Manheim	1046	18	1119	36:32.7	37:42.5	11:47/M
54	Hannah Fouche	Mount Gretna	487	17	1127	36:36.4	37:05.5	11:48/M
55	Taylor Nolan	Columbia	1233	16	1238	38:36.8	41:07.2	12:27/M
56	Kassidy Tragus	Manheim	1895	16	1249	38:47.0	41:09.7	12:31/M
57	Sarah Good	Elm	621	15	1286	39:24.6	40:28.2	12:43/M
58	Megan Bailey	Manheim	39	15	1311	39:44.3	40:48.9	12:49/M
59	Nikki Martin	Lititz	1053	16	1319	39:55.3	42:03.2	12:53/M
60	Kacey Stewart	Lebanon	1592	15	1348	40:39.3	42:04.2	13:07/M
61	Rachael Levitan	Manheim	982	15	1368	41:10.5	43:51.5	13:17/M
62	Erica Frye	York	510	17	1415	42:10.2	44:39.6	13:36/M
63	Vanbrakle Maggie	Hershey	1684	16	1468	43:18.9	45:37.5	13:58/M
64	Dawn Lam	Mount Joy	945	15	1485	43:43.6	46:39.2	14:06/M
65	Sydnee Wolfe	Cornwall	1637	16	1491	43:47.1	45:11.9	14:07/M
66	Danielle Ober	Manheim	1247	17	1607	47:56.7	50:55.0	15:28/M
67	McKenzie Pavlik	Manheim	1282	18	1615	48:11.9	50:24.3	15:33/M
68	Alyssa Fry	Manheim	507	15	1617	48:12.5	50:24.4	15:33/M
69	Kiersten Monroy	Conestoga	1973	16	1658	50:03.1	53:11.7	16:09/M
70	Dana Hostetter	Manheim	787	15	1694	52:00.3	54:47.3	16:46/M
71	Emily Doerschuk	Manheim	368	16	1695	52:00.5	54:47.5	16:46/M
72	Chole Phillips	Manheim	1301	16	1709	53:49.1	56:33.0	17:22/M
73	Stephanie Garner	Manheim	545	16	1713	54:01.6	57:05.4	17:25/M

Male 19 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
1	* Jordan Shimer	Manheim	1494	19	2	17:18.3	17:21.7	5:35/M
2	Ben Wise	Manheim	1802	20	8	18:25.2	18:29.4	5:56/M
3	Jackson Crouse	Manheim	315	19	11	18:57.6	19:18.3	6:07/M
4	Cory Texter	Willow Street	1647	25	13	19:05.3	19:09.5	6:09/M
5	Derek Geib	Manheim	568	24	23	20:14.7	20:22.6	6:32/M
6	Michael Leitzel	Lititz	977	26	27	20:28.0	20:35.5	6:36/M
7	Ian Eichelberger	Elizabethtown	413	19	29	20:36.0	20:56.9	6:39/M
8	Mark Kozlowski	Manheim	1955	28	30	20:36.8	20:52.7	6:39/M
9	Ainars Podzinsh		164	22	32	20:41.2	20:45.4	6:40/M
10	seth reifsnnyder	manheim	1354	25	33	20:42.7	20:52.1	6:41/M
11	Adam Buchmoyer	Manheim	193	29	38	20:56.3	21:00.2	6:45/M
12	Joel Harnly	Lititz	680	20	44	21:11.0	21:22.6	6:50/M
13	Matt Metzger	Lancaster	1953	24	46	21:14.8	22:06.7	6:51/M
14	Chris Roye	Elizabethtown	1399	25	47	21:16.3	21:22.8	6:52/M



# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

### Male 19 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
15	Jon Kumher	ephrata	934	21	50	21:18.0	21:38.5	6:52/M
16	David Keefer	Cleona	850	29	52	21:18.8	21:40.5	6:52/M
17	Wade Beamesderfer	Manheim	78	19	55	21:27.4	21:30.2	6:55/M
18	Dylan Giandalia	Wrightsville	584	23	56	21:30.9	21:51.0	6:56/M
19	Barry Saylor	Lititz	1422	24	59	21:36.4	21:48.1	6:58/M
20	Jay DeHart	Manheim	341	29	68	21:56.8	22:08.7	7:05/M
21	Garret Olson	Elizabethtown	1252	24	73	22:05.2	22:26.9	7:07/M
22	Darren Achey	Oley	4	28	81	22:18.5	23:02.2	7:12/M
23	Alex Beamesderfer	Manheim	68	21	91	22:40.3	22:52.0	7:19/M
24	EVAN HAMILTON	New Cumberland	670	27	94	22:42.2	23:03.6	7:19/M
25	Nathan Musser	Ephrata	1191	19	101	22:48.8	23:09.0	7:21/M
26	Michael Smith	Manheim	1543	21	106	22:58.6	23:10.6	7:25/M
27	Tristram Ford	Manheim	481	21	111	23:07.4	24:46.4	7:27/M
28	Adam Reifsnyder	Lititz	1353	20	133	23:40.0	23:49.9	7:38/M
29	Jeremy Martin	Myerstown	1048	24	136	23:41.2	23:59.9	7:38/M
30	Travis Krall	Lebanon	1897	29	141	23:43.7	24:02.7	7:39/M
31	Andrew Hill	Lancaster	748	29	146	23:48.2	24:09.8	7:41/M
32	Adam Amspacher	Elizabethtown	21	19	150	23:59.5	24:47.2	7:44/M
33	Shane Hentz	New Cumberland	720	19	162	24:21.6	26:17.6	7:51/M
34	Joseph Vigilante	Lebanon	1702	25	171	24:36.9	24:56.3	7:56/M
35	Matthew Klaassen	mohnton	898	23	174	24:41.1	25:14.4	7:58/M
36	Todd Glessner	Mount Joy	602	29	183	24:54.3	25:43.6	8:02/M
37	John Meck	Lancaster	1100	21	189	25:02.2	25:17.5	8:05/M
38	Read Ingold	Manheim	825	27	198	25:10.6	27:42.2	8:07/M
39	Matt Heffelfinger	Wernersville	703	29	216	25:29.1	25:41.3	8:13/M
40	Chad Rapp	Bainbridge	1328	27	232	25:45.7	26:22.5	8:18/M
41	D'Von Stallings		1577	27	239	25:50.8	26:39.4	8:20/M
42	Joseph Kutch	Lebanon	935	22	242	25:51.7	26:02.3	8:20/M
43	Jon Diffenderfer	Akron	360	25	246	25:52.7	26:25.3	8:21/M
44	Nathan Eisenberg	Lancaster	1885	21	256	25:59.2	27:12.6	8:23/M
45	Herbert Karg	Lebanon	842	29	271	26:07.3	27:01.9	8:25/M
46	Ben Nissley	Elizabethtown	1229	21	279	26:16.3	26:53.7	8:28/M
47	David Kilhefner	Ephrata	878	26	283	26:19.3	26:53.4	8:29/M
48	Joel Siegrist	East Earl	1517	25	301	26:38.5	27:56.5	8:35/M
49	Kerwin Brackbill	Manheim	145	21	306	26:42.8	27:48.4	8:37/M
50	Justin McClenaghan	Lancaster	1081	20	327	26:58.9	27:29.6	8:42/M
51	Nico Thompson	Harrisburg	1655	27	358	27:14.4	27:32.6	8:47/M
52	Nicholas Troutman	Wernersville	1671	28	363	27:17.4	28:44.8	8:48/M
53	Jeremy Walker	Lancaster	1723	25	367	27:19.5	28:38.5	8:49/M
54	Ben Thompson	manheim	1653	27	371	27:20.7	28:20.5	8:49/M
55	Shawn Hontz	Manheim	774	23	383	27:32.8	27:59.6	8:53/M
56	Sam Reese	Lancaster	1351	28	389	27:38.2	28:59.3	8:55/M
57	Joshua Mitchell	Elizabethtown	1142	26	402	27:50.8	27:57.0	8:59/M
58	Caleb Martin	Manheim	1038	20	433	28:13.5	30:11.2	9:06/M
59	Scott Shenk	Lancaster	1488	29	453	28:30.0	29:14.6	9:12/M
60	Mathew Stricker	Wernersville	1616	22	483	28:55.3	30:53.1	9:20/M
61	Kevin Stauffer	lancaster	1582	20	490	29:02.7	30:38.6	9:22/M
62	Seth Kirby	Elizabethtown	892	23	508	29:14.6	30:32.3	9:26/M
63	Wes Gomez	lancaster	607	25	512	29:16.3	29:43.9	9:26/M
64	Adam Zuirn	Manheim	1878	27	522	29:20.0	30:38.1	9:28/M
65	John Shinsky	Mount Joy	1496	24	528	29:23.2	29:57.0	9:29/M
66	Wayne Mutata	lancaster	1193	27	580	30:01.8	31:31.8	9:41/M
67	John Heins	Lancaster	1917	26	582	30:04.8	31:02.0	9:42/M
68	Jeff Feeman	Strasburg	451	24	611	30:18.4	32:12.2	9:46/M
69	Michael Ebersole	York	402	28	612	30:18.5	32:29.0	9:46/M
70	Brent Adams	manheim	7	21	617	30:21.8	32:18.9	9:47/M
71	Nelson Torres	York	1660	28	619	30:24.5	30:53.3	9:48/M
72	Matthew McCafferty	Lancaster	1074	29	623	30:28.7	33:01.6	9:50/M
73	Lance Klaassen	ephrata	897	25	628	30:33.1	31:06.6	9:51/M
74	Brian Fasnacht	Manheim	1993	25	638	30:40.1	32:26.8	9:54/M
75	Travis Fisher	Manheim	469	20	647	30:43.3	32:22.3	9:55/M
76	Eli Schramm	Marietta	1442	19	656	30:48.9	31:56.9	9:56/M
77	Stuart Page	York	1267	28	667	30:57.1	31:33.6	9:59/M
78	Trevor Brubaker	Manheim	186	21	695	31:18.6	32:28.3	10:06/M
79	Andrew Thomas	Columbia	1649	29	699	31:21.1	33:23.3	10:07/M
80	Nicholas Hamilton	Pine Grove	671	20	714	31:35.5	33:12.8	10:11/M
81	Chad Fisher	LEOLA	465	26	739	31:48.9	32:57.4	10:15/M
82	Jamie Nissley	Elizabethtown	1230	27	757	32:00.1	32:37.1	10:19/M
83	Derek Crouse	Palmyra	314	23	760	32:05.0	33:36.8	10:21/M
84	Dustin Frey	Kirkwood	498	24	810	32:40.1	35:20.5	10:32/M
85	Michael Shirk	East Eatl	1504	26	826	32:50.6	34:07.4	10:35/M
86	Travis Jones	Millersville	838	26	931	33:58.8	36:36.8	10:57/M
87	Josh Stoltzfus	Narvon	1903	27	950	34:10.0	36:39.3	11:01/M
88	Matthew LaFrance	Lebanon	944	29	999	34:45.8	36:41.8	11:13/M
89	Clinton Witmer	Elizabethtown	1806	27	1028	35:11.2	36:50.9	11:21/M
90	Joe Meisenbach	Mount Joy	1101	24	1052	35:42.1	37:26.2	11:31/M

Male 19 to 29

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
91	G. Ryan Rutt	Lancaster	1406	29	1106	36:25.1	38:36.3	11:45/M		
92	Shane Huyard	Leola	815	23	1128	36:37.2	38:40.0	11:49/M		
93	Kyle Staffieri	Conestoga	1572	24	1144	36:51.5	39:45.8	11:53/M		
94	Koby Gehman	denver	561	24	1153	37:05.6	37:52.4	11:58/M		
95	Robert Gantz	Jonestown	534	27	1219	38:21.1	40:10.1	12:22/M		
96	Sergio Palacios	York	1271	23	1264	38:58.7	41:12.3	12:34/M		
97	Tyler Steck	Mechanicsburg	1585	29	1272	39:02.6	42:21.4	12:35/M		
98	Jake Kreider	Lancaster	922	24	1274	39:06.9	40:59.0	12:37/M		
99	Ryan Bucks	Bethel	199	23	1276	39:09.5	42:17.4	12:38/M		
100	Joshua Pavlik	Manheim	1281	24	1343	40:32.0	42:41.3	13:05/M		
101	E Reid Pavlik	Manheim	1279	20	1344	40:32.0	42:40.8	13:05/M		
102	Derrick Foor	York	477	26	1395	41:45.6	42:14.7	13:28/M		
103	Matt Weaver	Manheim	1748	28	1480	43:33.0	46:10.3	14:03/M		
104	Aaron Boas	Lancaster	121	24	1498	44:07.0	46:13.3	14:14/M		
105	David Hull	Manheim	803	29	1537	45:06.8	48:26.2	14:33/M		
106	Scott Wengrenovich	Lancaster	1767	27	1539	45:14.6	47:51.6	14:35/M		
107	Brian Millaway	Lancaster	1970	28	1610	48:03.3	50:32.5	15:30/M		
108	Toan Tran	Lancaster	1663	27	1745	55:48.4	58:16.4	18:00/M		
109	Matt Brown	Mount Joy	171	24	1749	56:30.4	58:52.9	18:14/M		
110	Hostetter Matt	Mount Joy	790	26	1771	58:53.1	1:01:59.4	19:00/M		

Female 19 to 29

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Meg Griffith	Manheim	641	27	28	20:31.9	20:36.6	6:37/M		
2	Jessica Kozlowski	Manheim	1954	27	31	20:37.8	20:53.5	6:39/M		
3	Kate Zimmerman	Lititz	1869	29	51	21:18.2	21:30.7	6:52/M		
4	Falon Doutrich	Gap	382	25	58	21:34.3	21:39.8	6:57/M		
5	Rhoda Smoker	Lebanon	1942	27	60	21:41.3	22:26.1	7:00/M		
6	Natalie Blanck	Mount Joy	109	29	71	22:02.5	22:10.4	7:06/M		
7	Priscilla Caliz	Ephrata	223	28	79	22:16.0	22:42.4	7:11/M		
8	Abby Landis	Ephrata	952	25	83	22:25.2	22:52.1	7:14/M		
9	Vanessa Vastyan	Manheim	1697	25	122	23:23.0	23:43.7	7:33/M		
10	Lauren Elhajj	Lititz	416	29	127	23:26.4	23:43.6	7:34/M		
11	Carina Reeser	Manheim	1358	26	128	23:29.6	24:24.7	7:35/M		
12	Kendra Beittel	New Holland	82	22	132	23:38.4	24:02.5	7:37/M		
13	Rachel Lacek	Manheim	937	21	149	23:59.3	24:47.0	7:44/M		
14	Elyse Kufera	Jarrettsville	930	19	172	24:37.6	24:54.4	7:56/M		
15	Lauren Allen	Dillsburg	17	29	173	24:40.8	25:18.6	7:57/M		
16	Nicole Hardy	Manheim	677	29	180	24:49.2	25:26.9	8:00/M		
17	Michelle Weaver	Ephrata	1749	29	184	24:54.3	25:20.4	8:02/M		
18	Crystal Illigasch	Lancaster	820	27	192	25:04.0	26:09.2	8:05/M		
19	Melanie Miller	Mount Joy	1134	25	193	25:04.3	25:50.5	8:05/M		
20	Katie Nissley	Elizabethtown	1231	26	194	25:04.6	25:41.2	8:05/M		
21	Courtney Murphy	Lititz	1180	27	197	25:09.0	25:31.3	8:07/M		
22	Allison Weaver	Lititz	1738	23	199	25:10.9	25:16.8	8:07/M		
23	Sarah Keener	Bainbridge	855	29	202	25:14.4	25:50.0	8:08/M		
24	Lisa Weaver	Ephrata	1747	20	206	25:20.3	25:46.6	8:10/M		
25	Michelle Krall	Lebanon	1898	27	213	25:27.4	25:47.6	8:13/M		
26	Janelle Peters	Manheim	1292	21	230	25:43.9	26:40.9	8:18/M		
27	Annaliese Kambouroglou	Lancaster	840	19	247	25:52.9	26:38.6	8:21/M		
28	Katelyn Grazan	Manheim	633	19	253	25:58.1	26:06.4	8:23/M		
29	Nadine Yunginger	New Holland,	1841	23	259	25:59.7	26:23.1	8:23/M		
30	Hillary Snavely	Manheim	1548	25	273	26:11.3	26:56.5	8:27/M		
31	Ashlee Miller	Lancaster	1122	29	276	26:12.7	26:38.7	8:27/M		
32	Alisha Good	Lancaster	609	20	280	26:16.4	26:53.5	8:28/M		
33	Caitlin Musser	ephrata	1183	20	290	26:27.4	26:55.9	8:32/M		
34	Laura Brenner	Lancaster	154	23	291	26:31.5	26:50.4	8:33/M		
35	Jacklyn Popielarski	Lancaster	1314	22	293	26:32.2	26:50.5	8:34/M		
36	Tara Greiner	Lititz	1886	21	308	26:44.8	27:58.1	8:37/M		
37	Giovanna Ortiz	Manheim	1254	20	312	26:47.4	27:53.0	8:38/M		
38	Beth Hershey	Mount Joy	724	26	316	26:49.5	27:27.0	8:39/M		
39	Sam Martin	Manheim	1056	22	318	26:49.9	28:10.3	8:39/M		
40	Cheryl Ginder	Manheim	592	26	326	26:58.5	27:21.6	8:42/M		
41	Sadie Moore	Lancaster	1157	27	332	27:01.2	27:27.1	8:43/M		
42	Megan Donlan	Hummelstown	374	20	334	27:01.6	30:17.6	8:43/M		
43	Elizabeth Maldonado	Lancaster	1019	24	336	27:03.2	28:03.8	8:44/M		
44	Kara Newcomer	Lancaster	1219	27	343	27:06.6	27:28.7	8:45/M		
45	Annie Johnston	Lititz	834	23	344	27:07.3	27:19.3	8:45/M		
46	Mackenzie Nolan	Columbia	1232	19	347	27:11.3	28:21.7	8:46/M		
47	Caleigh Ciepiela	Columbia	263	19	350	27:11.7	28:22.0	8:46/M		
48	Maegan Weisberg	Felton	1756	23	351	27:12.2	27:29.0	8:46/M		

Female 19 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
49	Miranda Shirk	Hummelstown	1505	28	364	27:18.6	28:45.8	8:48/M
50	Shalisa Brubaker	New Holland	184	25	369	27:19.6	28:38.1	8:49/M
51	T. Renee Copenhaver	Lititz	305	23	370	27:20.6	28:38.3	8:49/M
52	Samantha Spaide	Pottstown	1559	27	378	27:29.2	28:10.4	8:52/M
53	Jennifer McKinley	Lancaster	1096	27	384	27:33.0	28:43.6	8:53/M
54	Amanda Husser	Manheim	812	27	392	27:44.2	29:27.3	8:57/M
55	Manda Strickler	Elizabethtown	1619	23	403	27:51.1	27:56.9	8:59/M
56	Karen Good	Ephrata	616	27	407	27:51.8	28:17.1	8:59/M
57	Kim Becker	elizabethtown	80	25	425	28:08.3	28:46.2	9:05/M
58	Katlyn Eckman	Manheim	405	23	430	28:10.8	28:46.6	9:05/M
59	Brittany Griffith	Manhiem	639	20	432	28:13.2	30:11.3	9:06/M
60	Alexa Campbell	Manheim	228	21	447	28:27.3	29:46.8	9:11/M
61	Erica Hollenbaugh	Ephrata	765	28	456	28:32.0	29:16.5	9:12/M
62	Jennifer Nolt	Lancaster	1235	23	474	28:48.3	30:24.6	9:17/M
63	Kayla Miller	Lancaster	1129	25	493	29:06.3	29:51.2	9:23/M
64	Leigha Bucks	mount joy	198	19	510	29:15.5	30:21.8	9:26/M
65	Ariel Weaver	MANHEIM	1739	22	515	29:17.5	30:03.1	9:27/M
66	Kailey Fesenmyer	Lancaster	458	23	524	29:21.5	30:01.9	9:28/M
67	Kaitlin Behmer	Lancaster	81	25	526	29:21.7	30:07.3	9:28/M
68	Olivia Clelan	Newmanstown	268	19	530	29:23.9	29:54.5	9:29/M
69	Heather Colleen	Lancaster	285	25	536	29:27.8	30:27.2	9:30/M
70	Rebecca Broome	East earl	162	27	544	29:29.2	29:59.8	9:31/M
71	Courtney Kready	Manheim	919	25	546	29:33.6	30:52.4	9:32/M
72	Jennifer Bracelin	lititz	143	28	547	29:34.1	30:04.2	9:32/M
73	Ariah Bucks	mount jot	197	19	553	29:39.3	30:46.1	9:34/M
74	Amanda Martin	stevens	1037	29	556	29:41.4	30:56.5	9:35/M
75	Kelly Funk	manheim	520	28	558	29:45.7	30:20.6	9:36/M
76	Tanya Fritz	myerstown	504	28	563	29:49.4	30:24.7	9:37/M
77	Megan Wood	Lititz	1817	19	574	29:57.1	30:47.0	9:40/M
78	Erin Treese	Ephrata	1664	26	589	30:08.1	31:04.2	9:43/M
79	Lauren Leitzel	Lititz	976	26	595	30:11.8	30:46.9	9:44/M
80	Megan Achey	Oley	5	26	596	30:12.2	30:56.0	9:45/M
81	Joanna Hull	Mount Gretna	805	26	599	30:12.5	30:42.9	9:45/M
82	Kelcey Yeager	Manheim	1821	20	601	30:12.7	31:35.4	9:45/M
83	Nicole Vracarich	Lititz	1710	29	602	30:12.8	31:04.3	9:45/M
84	Kristen Gruber	Lititz	650	28	605	30:16.1	31:26.5	9:46/M
85	Ashley Zuver	Reading	1880	26	606	30:16.6	32:48.8	9:46/M
86	Jenna Zahm	Columbia	1843	29	610	30:18.3	30:44.7	9:46/M
87	Lynnsey Smith	Lancaster	1542	26	616	30:21.3	31:40.3	9:47/M
88	Scott Wengrenovich	Lancaster	1766	27	621	30:27.9	31:42.6	9:49/M
89	Emily Harris	Lancaster	681	24	624	30:29.0	33:01.4	9:50/M
90	Angela Kehler	Lititz	858	26	632	30:37.5	31:33.1	9:53/M
91	Natalie Snyder	Manheim	1554	23	648	30:44.1	32:57.5	9:55/M
92	Savannah Ford	Manheim	479	19	651	30:45.9	32:25.1	9:55/M
93	Clarissa Baxter	Ephrata	67	29	653	30:46.6	32:36.9	9:55/M
94	Jamie Phillips	Lebanon	1304	24	655	30:48.5	32:11.8	9:56/M
95	Katrina Wenger	Lititz	1762	20	664	30:54.2	31:33.1	9:58/M
96	Juliet Pletcher	Mount Wolf	1312	27	666	30:56.0	32:06.2	9:59/M
97	Julie Page	York	1266	26	669	30:57.5	31:33.6	9:59/M
98	Aimee Geier	lancaster	572	24	673	30:59.5	31:21.0	10:00/M
99	Cherith Shaffer	Manheim	1467	29	676	31:04.8	32:09.7	10:01/M
100	Mary Camara	Fair Haven	227	27	677	31:05.6	32:17.1	10:02/M
101	Valerie Smoker	Ephrata	1546	26	680	31:10.7	33:01.3	10:03/M
102	Mackenzie Winfree	Lebanon	1797	25	686	31:13.9	32:09.0	10:04/M
103	Kayla Hummer	lititz	807	23	687	31:14.3	32:07.8	10:05/M
104	Shawna Nale	Harrisburg	1201	28	691	31:16.2	32:02.5	10:05/M
105	Amber Speicher	Etters	1564	19	696	31:18.7	32:28.2	10:06/M
106	Michelle Flynn	Palmyra	476	24	700	31:21.4	32:08.6	10:07/M
107	Christina Nale	palmyra	1200	24	704	31:22.3	32:09.2	10:07/M
108	Hannah Sipe	Brownstown	1887	19	706	31:23.7	31:59.3	10:07/M
109	Jennifer Hooven	Lancaster	776	26	731	31:42.3	33:57.5	10:14/M
110	Wendi Stoltzfus	Gainsville	1999	26	741	31:50.0	34:20.1	10:16/M
111	Claudia Pennington	Manheim	1287	29	746	31:53.1	34:35.9	10:17/M
112	Kendra Martin	Lancaster	1051	29	747	31:53.5	33:59.8	10:17/M
113	Colleen DeHart	Manheim	339	28	773	32:16.4	35:33.4	10:25/M
114	Ashley Kufera	Lancaster	929	22	782	32:24.4	33:46.1	10:27/M
115	Courtney Helm	Lancaster	1934	24	800	32:37.0	34:53.0	10:31/M
116	Tiffany Bressler	Dillsburg	156	28	818	32:47.3	33:41.8	10:35/M
117	Jessica Farnish	Marietta	443	27	820	32:48.9	33:32.2	10:35/M
118	Samantha Johns	Richaland	833	22	823	32:49.5	34:46.7	10:35/M
119	Carla Shirk	East Earl	1502	26	834	32:53.6	34:10.3	10:36/M
120	Samantha Heisey		1994	27	842	32:57.4	34:20.5	10:38/M
121	Madeline Rice	Lancaster	1364	25	843	32:58.0	35:06.2	10:38/M
122	Melissa Gonzalez	Lebanon	608	23	844	32:58.1	34:21.2	10:38/M
123	Ashley Sinniger	Manheim	1525	29	850	33:03.6	34:32.5	10:40/M
124	Jennifer Gehman	Ephrata	559	26	862	33:15.3	35:17.5	10:44/M

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## Age Group Results

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### Female 19 to 29

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
						-----Total-----		
125	Chelsea Martin	Elizabethtown	1040	24	869	33:20.6	34:39.9	10:45/M
126	Carla Stoltzfus	Leola	1983	29	880	33:28.1	35:31.1	10:48/M
127	candace brown		165	25	883	33:28.9	34:16.2	10:48/M
128	Kimberly Kerstetter	Manheim	874	29	888	33:32.4	34:33.4	10:49/M
129	Lauren Miller	Manheim	1130	22	892	33:32.9	33:47.1	10:49/M
130	Megan Strickland	Gilbertsville	1617	19	900	33:36.6	34:58.6	10:50/M
131	Rebecca Balsbaugh	Lebanon	48	24	906	33:43.2	34:17.6	10:53/M
132	Kate Greiner	Lebanon	636	23	907	33:43.4	34:17.8	10:53/M
133	Aislenn Hill	township of Washington	746	19	908	33:44.5	35:05.7	10:53/M
134	Jasmine Heisey	Mount Joy	708	26	919	33:51.3	35:21.3	10:55/M
135	Mallori Sapovchak	Lancaster	1417	29	930	33:58.3	36:36.6	10:57/M
136	Erin Barley	Lancaster	59	29	934	34:01.1	35:31.3	10:58/M
137	Brianna Redcay	Ephrata	1336	25	940	34:05.0	35:36.6	11:00/M
138	Kristi Bradfield	Landisville	146	27	945	34:06.2	35:19.7	11:00/M
139	Megan Scheffey	Lancaster	1428	29	953	34:10.8	35:42.5	11:01/M
140	Kayla Haldeman	Manheim	666	26	964	34:16.0	36:15.5	11:03/M
141	Mary Dippner	ronks	363	21	971	34:21.0	35:23.6	11:05/M
142	Keri Crouse	Palmyra	316	23	976	34:25.3	35:55.9	11:06/M
143	NICHOLE CANDELARIA	LITITZ	232	27	979	34:27.1	36:18.5	11:07/M
144	Danielle Sharp	Mount Joy	1470	25	981	34:29.1	35:58.9	11:07/M
145	Adrianna Hoff	Norristown	760	29	989	34:38.1	36:58.4	11:10/M
146	Kristin Shearer	Mount Joy	1480	26	990	34:38.7	35:36.4	11:10/M
147	Konisha Beamesderfer	manheim	76	20	1005	34:48.0	35:52.4	11:14/M
148	Jennifer Taylor	Lancaster	1643	29	1010	34:54.3	37:14.1	11:15/M
149	Ashlie Enck	Lititz	421	28	1017	34:57.6	35:19.1	11:16/M
150	Jenna Heisey	Manheim	710	26	1020	35:02.3	37:02.2	11:18/M
151	Alicia Statts	manheim	1580	27	1021	35:03.2	36:03.2	11:18/M
152	Danielle Rupp	Kennett Square	1403	29	1027	35:10.6	35:36.8	11:21/M
153	Courtney Fahndrich	Kennett Square	439	25	1029	35:12.5	35:37.0	11:21/M
154	Brandi Cooper	lititz	304	27	1038	35:20.8	37:23.7	11:24/M
155	Felicia Cruz	Indiana	318	20	1041	35:23.0	37:18.3	11:25/M
156	Kelly Stoltzfus	Lancaster	1605	29	1046	35:31.2	38:02.5	11:27/M
157	Jennifer Roof	Lebanon	1394	28	1047	35:33.5	36:39.8	11:28/M
158	Lisa Henderson	Manheim	715	27	1051	35:36.8	37:30.6	11:29/M
159	Amanda Nissley	Manheim	1228	25	1053	35:42.4	37:26.2	11:31/M
160	Kelly Sweigart	East Earl	1634	22	1055	35:44.2	37:23.0	11:32/M
161	Lindsey Salsbury	Lancaster	1411	29	1062	35:51.0	37:05.0	11:34/M
162	Michelle Fisher	Mount Joy	467	23	1067	35:54.0	37:34.0	11:35/M
163	Alanna Apperson	Elizabethtown	28	24	1068	35:54.6	37:57.6	11:35/M
164	Melissa Stehman	Manheim	1586	23	1073	35:56.5	37:41.0	11:35/M
165	Trisha Weaver	Manheim	1752	28	1089	36:09.9	37:58.1	11:40/M
166	Diana Shenk	Manheim	1489	22	1090	36:10.0	37:58.1	11:40/M
167	Samantha Maillie	Elkton	1018	19	1093	36:12.2	37:03.6	11:41/M
168	Simone Perez	Lancaster	1289	26	1100	36:15.2	37:15.8	11:42/M
169	Jodi Stuber	Camp Hill	1620	29	1104	36:23.8	36:49.2	11:44/M
170	Jessica Horning	Ephrata	779	28	1108	36:25.7	37:21.3	11:45/M
171	Sarah Rutt	Lancaster	1407	29	1109	36:25.8	38:36.3	11:45/M
172	Emily Bollinger	Reinholds	123	19	1115	36:29.9	37:09.6	11:46/M
173	Melissa Kuhar	Kirkwood	932	26	1120	36:32.9	37:30.5	11:47/M
174	Suzanna Huyard	Leola	816	25	1126	36:36.3	38:39.8	11:48/M
175	Jasmine Blue	york	119	23	1159	37:14.6	39:47.8	12:01/M
176	Nikkole Amber	Menheim	20	27	1163	37:17.0	39:47.6	12:02/M
177	Tiff Buck	Reading	195	27	1178	37:37.4	39:44.7	12:08/M
178	Lisa Reinert	Brownstown	1355	28	1180	37:38.4	39:45.9	12:08/M
179	Melandy Lo	Leola	1932	19	1181	37:39.2	39:28.6	12:09/M
180	Carolyn Vigilante	Lebanon	1701	27	1182	37:40.4	38:00.4	12:09/M
181	Laura Houck	lancaster	791	28	1192	37:43.8	38:21.1	12:10/M
182	Casey Cosgrove	Manheim	306	25	1193	37:44.8	39:10.3	12:10/M
183	Heidi Schumaker	Myerstown	1444	24	1194	37:45.5	38:38.8	12:11/M
184	BRITTNEY DILUCIA	MANHEIM	361	22	1206	37:59.3	39:01.4	12:15/M
185	Trina Piaskowski	Manheim	1307	29	1207	38:07.3	41:14.3	12:18/M
186	Caitlyn Moss	Hershey	1168	22	1208	38:08.3	39:50.9	12:18/M
187	Jennifer Slaymaker	Gap	1531	29	1209	38:08.9	39:51.5	12:18/M
188	Dana Wiker	Lititz	1786	24	1210	38:10.7	39:34.0	12:19/M
189	Alison Patton	Elizabethtown	1275	23	1218	38:19.0	40:51.5	12:22/M
190	Janelle Artz	Lebanon	29	24	1221	38:23.2	38:57.1	12:23/M
191	Isabel Thomas	Columbia	1650	28	1223	38:25.4	40:34.3	12:24/M
192	Mary Tyler	Richland	1679	23	1227	38:28.1	39:00.9	12:25/M
193	Amanda Shinsky	Mount Joy	1495	25	1228	38:29.1	39:05.4	12:25/M
194	Anita Chanthavong	Landisville	253	29	1231	38:30.2	40:14.3	12:25/M
195	Aubrey Hartman	Landisville	684	19	1239	38:36.8	41:07.5	12:27/M
196	Ashley Miller	Reinholds	1123	22	1255	38:49.9	39:46.6	12:31/M
197	Lindsay Smith	Ephrata	1541	20	1256	38:49.9	39:46.5	12:31/M
198	Dani Zuirn	Manheim	1879	26	1258	38:50.5	40:09.5	12:32/M
199	Sarah Kuhn	Lancaster	933	26	1265	38:59.1	39:33.4	12:35/M
200	Sarai Hartnett	Lancaster	686	27	1266	38:59.3	39:33.7	12:35/M

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## Age Group Results

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### Female 19 to 29

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
201	Johanna Black	conestoga	107	22	1269	39:00.5	39:33.9	12:35/M
202	Andrea Pugliese	Manheim	1322	26	1270	39:00.6	39:33.8	12:35/M
203	Crystal Paskowski	Lititz	1306	23	1275	39:09.3	42:17.2	12:38/M
204	Alison Schoenberger	Lititz	1437	26	1277	39:11.6	40:03.3	12:38/M
205	Valerie Stauffer	Lititz	1583	28	1279	39:14.0	39:31.9	12:39/M
206	Katie Pine	Marietta	1308	28	1282	39:21.8	41:51.8	12:42/M
207	Kristin Schanz	Lancaster	1426	28	1283	39:21.9	41:52.1	12:42/M
208	Nichole Baer	Lancaster	36	29	1292	39:29.1	41:49.8	12:44/M
209	Kathryn Abercrombie	Pine Grove	1	24	1294	39:31.3	41:55.9	12:45/M
210	Krystal Huber	Manheim	800	19	1306	39:35.5	41:33.3	12:46/M
211	Olivia Giovingo	Lancaster	596	19	1315	39:52.2	41:15.5	12:52/M
212	Amy Logan	Columbia	995	26	1334	40:17.2	43:23.7	13:00/M
213	Rachel Marino	Middletown	1025	23	1341	40:30.2	40:48.4	13:04/M
214	Alicia LaFrance	Lebanon	940	26	1346	40:36.9	42:33.0	13:06/M
215	Ally Roehm	Lititz	1387	25	1349	40:40.4	41:51.3	13:07/M
216	Jessica Oliveri	Lebanon	1251	20	1350	40:42.5	42:57.2	13:08/M
217	ALICIA HUBER	EAST PETERSBURG	798	22	1353	40:45.2	42:43.3	13:09/M
218	Ashley Brenneman	Mount Wolf	153	28	1356	40:50.3	43:04.9	13:10/M
219	Atlesa Ban	Stevens	49	25	1357	40:53.9	42:09.6	13:11/M
220	Keisha McCauley	Manheim	1080	25	1362	41:01.9	43:06.9	13:14/M
221	Jennifer Seigle	East Petersburg	1447	26	1363	41:04.5	43:38.3	13:15/M
222	Redina Ebersole	York	403	28	1381	41:28.9	43:43.5	13:23/M
223	Jess Stetler	Holtwood	1588	22	1394	41:45.2	44:54.7	13:28/M
224	Daniella Mazzeo	Landisville	1071	19	1397	41:49.6	43:22.0	13:29/M
225	Samantha Faulstick	Elizabethtown	449	26	1404	41:57.0	43:57.2	13:32/M
226	Randi Boyd	Mount Joy	141	21	1406	41:58.1	45:14.1	13:32/M
227	Taylor Graham	New Holland	629	23	1410	42:03.7	43:42.7	13:34/M
228	Ariana Jones	York	836	23	1416	42:10.7	44:40.2	13:36/M
229	Heather Griesemer	Ephrata	637	27	1430	42:18.0	44:06.8	13:39/M
230	Saline Yoder	Manheim	1829	27	1432	42:24.6	43:45.6	13:41/M
231	Danielle Sprankle	Manheim	1565	20	1438	42:36.2	44:24.7	13:45/M
232	Jesse Soto	Manheim	1557	21	1439	42:36.4	44:24.9	13:45/M
233	Tiffani Wolgemuth	Manheim	1814	28	1440	42:36.7	45:06.1	13:45/M
234	Serrina Weitzel	washington boro	1757	24	1441	42:37.1	43:02.0	13:45/M
235	Megan Hutchinson	washington boro	814	24	1442	42:37.4	43:02.1	13:45/M
236	Connie Drace	Mt. Joy	383	25	1444	42:41.3	44:40.3	13:46/M
237	Ashley Smith	Ephrata	1538	25	1449	42:53.4	43:34.2	13:50/M
238	Tess Wales	East Petersburg	1722	27	1455	43:05.8	45:00.0	13:54/M
239	Jennifer Gehman	ephrata	558	24	1463	43:16.8	45:45.7	13:57/M
240	Leann Weaver	Manheim	1746	26	1479	43:32.2	46:09.6	14:03/M
241	Ashley Lavenice	manheim	963	28	1481	43:36.3	46:00.3	14:04/M
242	Kaley Reedy	Manheim	1350	22	1483	43:41.1	45:03.1	14:05/M
243	Melody Hubbard	Mount Joy	797	25	1486	43:44.0	46:38.9	14:06/M
244	Brittany Ingold	Manheim	824	26	1501	44:10.4	46:41.7	14:15/M
245	Ashley Hilton	Manheim	751	27	1503	44:20.5	47:09.9	14:18/M
246	Alisha Ritter	Glen rock	1371	27	1504	44:21.3	46:27.9	14:18/M
247	Jasmine Ansell	Wrightsville	27	25	1505	44:21.7	46:27.9	14:18/M
248	Jean Townsley	mount joy	1661	19	1533	45:05.6	46:33.7	14:33/M
249	Ashley Goshorn	East Stroudsburg	625	27	1542	45:19.7	47:15.0	14:37/M
250	Amy Dullinger	Lititz	392	29	1544	45:27.2	48:19.7	14:40/M
251	Audrey Landis	manheim	954	24	1549	45:37.2	47:23.4	14:43/M
252	Jacki Weaver	Ephrata	1744	27	1551	45:38.3	47:23.6	14:43/M
253	Cora VonStaden	Gettysburg	1709	29	1555	45:45.8	46:17.3	14:45/M
254	Michelle Suereth	Manheim	1626	29	1569	46:13.6	48:44.3	14:55/M
255	Kristi Kreider	Lancaster	924	23	1593	47:35.8	49:27.7	15:21/M
256	Shelby Hontz	Manheim	775	19	1608	47:57.0	50:55.2	15:28/M
257	Shaniqua Troup	Lancaster	1667	26	1609	47:57.7	50:31.4	15:28/M
258	Lora Brassler	Lititz	150	25	1624	48:43.2	50:01.6	15:43/M
259	Kristy Stewart	stevens	1594	27	1633	49:02.1	51:04.3	15:49/M
260	Jasmyne King-Smith	Lancaster	890	27	1635	49:03.5	51:37.1	15:49/M
261	Luree Miller	Akron	1132	26	1645	49:45.4	52:45.3	16:03/M
262	Salyiena Lo	Leola	1946	21	1646	49:45.5	51:33.7	16:03/M
263	Mackenzie Bosse	Marietta	138	24	1649	49:46.2	52:50.6	16:03/M
264	Erin Berry	Akron	94	26	1650	49:46.5	52:45.9	16:03/M
265	Ana McComsey	Mount Joy	1084	27	1659	50:11.2	52:15.2	16:11/M
266	Katie Beamesderfer	Manheim	75	23	1662	50:17.4	53:08.6	16:13/M
267	Amanda Buckel	Manheim	196	29	1668	50:19.8	53:10.2	16:14/M
268	Lauren Dommel	Manheim	373	29	1669	50:23.5	52:48.9	16:15/M
269	Allison Reifsnyder	Manheim	1959	26	1679	51:03.5	52:56.9	16:28/M
270	Kelsie Hess	Manheim	740	25	1682	51:23.3	54:20.1	16:35/M
271	Alison Meyers	lancaster	1119	27	1684	51:23.9	54:17.3	16:35/M
272	Teressa Accordino	Lancaster	3	26	1685	51:24.4	54:17.7	16:35/M
273	Valerie Ruhl	Manheim	1402	28	1686	51:37.8	54:55.7	16:39/M
274	Lauren Manaut	Ephrata	1020	26	1687	51:39.1	54:56.2	16:40/M
275	Jordan McEvoy	Manheim	1087	22	1701	52:53.0	54:30.5	17:04/M
276	Olga Keepers	Lancaster	856	24	1743	55:47.9	58:16.0	18:00/M

# Rock N Glow 2014

## Age Group Results

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### Female 19 to 29

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
277	Mary Kate Marrazzo	Mechanicsburg	1036	23	1744	55:48.1	58:15.9	18:00/M
278	Brittany Wood	manheim	1815	27	1752	56:54.6	59:44.7	18:21/M
279	Mattie Frey	Lancaster	499	19	1759	57:22.5	1:00:15.5	18:30/M
280	Amanda Pinkerton	Mount Joy	1309	25	1780	1:01:18.5	1:04:31.9	19:46/M

### Male 30 to 39

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Steve Gergely	Manheim	1985	36	7	18:12.7	18:16.6	5:52/M
2	Eric Wenger	Lititz	1761	37	15	19:31.3	19:35.1	6:18/M
3	Bill Brent	Dover	155	31	35	20:52.4	21:13.1	6:44/M
4	Kyle Weaver	Ephrata	1745	31	48	21:17.9	21:26.2	6:52/M
5	Barry Garner	manheim	541	36	54	21:24.0	21:33.6	6:54/M
6	Coty Martin	Manheim	1043	34	57	21:34.0	21:52.3	6:57/M
7	Jeremy Blanck	Mount Joy	108	30	62	21:44.6	21:52.2	7:01/M
8	JOSH NELSON	MOUNT JOY	1214	36	63	21:45.1	22:00.2	7:01/M
9	Andrew Lackman	Lancaster	939	30	69	22:00.1	22:21.4	7:06/M
10	Micheal Gruber	Mount Joy	651	35	70	22:01.9	22:08.1	7:06/M
11	Mike Hockenberry	Manheim	754	30	85	22:28.1	22:44.4	7:15/M
12	Adam Forry	Manheim	485	37	89	22:37.5	22:46.9	7:18/M
13	Steve Ketterer	Lancaster	875	31	92	22:41.1	22:48.2	7:19/M
14	Chad Landers	Lancaster	950	31	93	22:41.3	22:51.5	7:19/M
15	Ryan Packer	Lititz	1261	37	96	22:46.1	23:07.7	7:21/M
16	Wave Mosher	mountjoy	1167	35	102	22:49.4	23:04.0	7:22/M
17	Derrick Snyder		1552	30	103	22:51.7	23:26.7	7:22/M
18	Justin Foreman	manheim	482	30	107	22:59.1	23:25.6	7:25/M
19	Jason Hondru	manheim	771	37	114	23:10.1	23:30.9	7:28/M
20	John Trovato	Lititz	1673	33	124	23:24.1	23:48.8	7:33/M
21	Dwight Gehman	Mount Joy	557	30	125	23:25.5	24:25.3	7:33/M
22	Steven Cawley	Lancaster	252	37	130	23:31.4	24:43.8	7:35/M
23	Corby Burkholder	Manheim	206	36	140	23:43.0	23:55.4	7:39/M
24	Chris Glessner	Washington Boro	601	32	142	23:43.9	24:32.5	7:39/M
25	Jamie Groff	Akron	644	35	165	24:26.2	24:47.9	7:53/M
26	Troy Gadberry	Mountville	526	36	166	24:30.8	25:43.9	7:54/M
27	Chris Hupp	Lebanon	810	32	168	24:34.8	24:54.9	7:55/M
28	Kristopher Bleecher	Mount Joy	114	37	170	24:35.9	25:13.1	7:56/M
29	Michael Gaffney	harrisburg	527	30	176	24:41.2	25:11.7	7:58/M
30	Mark Munkittrick	Lititz	1179	39	177	24:43.2	25:39.3	7:58/M
31	Matthew Angstadt	Hummelstown	26	37	186	24:56.7	25:22.9	8:03/M
32	Jason Thompson	Manheim	1654	38	196	25:05.7	26:14.9	8:05/M
33	Brent Suereth	Harrisburg	1625	35	210	25:26.6	27:05.0	8:12/M
34	Matthew Mahonski	Ephrata	1017	37	221	25:33.7	26:05.6	8:15/M
35	Eric Redcay	Mount Joy	1338	38	240	25:51.5	26:30.0	8:20/M
36	Joshua Berkey	akron	93	31	277	26:15.1	28:28.1	8:28/M
37	Derrick Wenger	Ephrata	1760	34	295	26:32.9	26:56.8	8:34/M
38	Todd Eisenhofer	Sinking Spring	1899	34	322	26:53.8	28:03.9	8:40/M
39	Timothy Hensley	Ephrata	719	33	335	27:01.8	29:17.7	8:43/M
40	Dan Yost	Manheim	1832	34	360	27:15.7	28:25.1	8:47/M
41	Jeff Myers	Akron	1197	32	365	27:18.8	28:09.3	8:48/M
42	Ed Marberger	Saint Clair	1024	33	382	27:31.4	28:05.8	8:53/M
43	Paul Carnes	Marietta	241	30	394	27:44.8	27:52.1	8:57/M
44	Jay Zimmerman	Ephrata	1867	33	409	27:54.8	28:44.9	9:00/M
45	Rich Spangler	York	1562	35	414	28:02.7	28:43.9	9:03/M
46	Joe Droege	Mount Joy	386	30	415	28:03.3	29:17.1	9:03/M
47	Adam Smerick	manheim	1536	33	437	28:19.2	28:57.6	9:08/M
48	Lane Burkholder	Manheim	209	38	448	28:28.1	29:20.9	9:11/M
49	Josh Enck	Manheim	424	38	461	28:35.3	28:50.1	9:13/M
50	David Barker	Gettysburg	57	36	471	28:46.1	29:14.0	9:17/M
51	Dennis Conrad	Lebanon	294	34	482	28:55.2	29:09.2	9:20/M
52	Clayton Stitzel	Manheim	1599	38	484	28:56.6	30:02.3	9:20/M
53	Christopher Fields	Lancaster	459	34	591	30:09.6	31:23.7	9:44/M
54	Mike Reed	Manheim	1347	36	613	30:18.9	31:53.5	9:46/M
55	Tom Stager	Manheim	1574	32	684	31:13.0	32:08.7	10:04/M
56	Scott Slayton	Etters	1533	39	710	31:27.3	32:30.0	10:09/M
57	Jon Wile	Columbia	1791	37	718	31:35.8	33:52.7	10:11/M
58	Matt Smoker	Manheim	1545	34	721	31:37.7	33:07.9	10:12/M
59	Shane Matthews	Manheim	1067	39	722	31:38.2	33:53.0	10:12/M
60	Tyler Duffy	Lancaster	391	39	733	31:45.2	32:44.0	10:15/M
61	Joseph Anavitae	Lancaster	23	31	758	32:02.4	32:13.4	10:20/M
62	Jose Garcia	york	538	38	769	32:11.9	34:26.5	10:23/M
63	Eric Etkin	Lancaster	434	37	780	32:23.2	33:32.1	10:27/M
64	Kevin Perigo	Lititz	1936	33	791	32:31.2	34:36.4	10:29/M

Male 30 to 39

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
65	Phillip Meck	Manheim	1987	39	797	32:35.2	34:52.7	10:31/M	
66	Jeff Burton	Lancaster	216	37	819	32:48.6	35:25.5	10:35/M	
67	John Brooks	Manheim	161	39	840	32:55.5	34:45.3	10:37/M	
68	Ryan Neff	Manheim	1209	39	852	33:05.3	34:52.0	10:40/M	
69	Steve Stoltzfus	Leola	1982	34	882	33:28.5	35:31.3	10:48/M	
70	Dustin Conrad	Elizabethtown	295	38	903	33:39.4	35:01.6	10:51/M	
71	Adam Crockett	Hummelstown	1958	38	918	33:51.0	35:43.8	10:55/M	
72	Julio Garcia	Elizabethtown	539	39	932	34:00.3	36:26.7	10:58/M	
73	Robert Biddle	Manheim	97	33	946	34:06.4	35:35.2	11:00/M	
74	Matthew Hill	Lancaster	750	31	977	34:27.0	36:18.2	11:07/M	
75	Conrad Smoker	Lebanon	1943	35	985	34:31.4	35:18.0	11:08/M	
76	Michael Colosi	Lancaster	288	38	996	34:43.4	37:04.2	11:12/M	
77	Rick Gehman	Akron	566	30	1003	34:46.9	37:14.6	11:13/M	
78	Laurie Gettis	Manheim	583	32	1004	34:47.4	37:08.6	11:13/M	
79	Ryan Keener	Marietta	854	37	1012	34:55.3	37:10.3	11:16/M	
80	Travis Shaw	Quarryville	1474	38	1013	34:55.9	37:40.0	11:16/M	
81	Garrett Pennington	Manheim	1288	31	1016	34:56.9	37:39.3	11:16/M	
82	Russell Monti	East Petersburg	1151	30	1036	35:19.8	37:54.7	11:24/M	
83	Justin Lana	Lititz	949	31	1040	35:21.6	35:31.8	11:24/M	
84	Eric Jeanes	Lititz	827	37	1063	35:51.1	37:46.2	11:34/M	
85	Scott Illyes	Lebanon	822	30	1082	36:04.5	38:15.9	11:38/M	
86	Adam Marnoch	ephrata	1027	38	1102	36:21.7	38:56.2	11:44/M	
87	Tony Zeranko	Ephrata	1857	30	1124	36:33.8	37:25.8	11:47/M	
88	Scott Sturgis	Lititz	1624	38	1155	37:06.8	40:09.5	11:58/M	
89	Greg Beniston Jr	Lebanon	87	34	1195	37:46.1	38:38.9	12:11/M	
90	Paul Ganster	East Petersburg	533	38	1197	37:48.1	40:31.1	12:12/M	
91	Andrew Homick	Elizabethtown	770	30	1240	38:36.9	40:53.5	12:27/M	
92	Todd Monos	Landisville	1149	36	1243	38:44.0	40:44.1	12:30/M	
93	Josh Loose	east petersburg	1000	32	1278	39:13.7	41:24.6	12:39/M	
94	Mike Rodnick	Saint Clair	1385	32	1293	39:31.0	41:55.7	12:45/M	
95	Jonathan McCarthy	Manheim	1077	34	1297	39:33.6	39:51.2	12:45/M	
96	Doug Alexander	EAST PETERSBURG	16	33	1307	39:37.6	41:35.8	12:47/M	
97	Jeff Ludwig	Lititz	1008	36	1427	42:13.3	45:16.1	13:37/M	
98	Michael Link	Lititz	990	33	1446	42:49.8	45:49.3	13:49/M	
99	Jason Hertzog	Leola	732	35	1494	43:52.7	46:55.0	14:09/M	
100	Adam Dommel	Manheim	372	31	1507	44:23.9	46:50.1	14:19/M	
101	Will Galebach	Lancaster	530	32	1520	44:46.4	47:43.2	14:26/M	
102	Bob Wentling	Cleona	1769	37	1532	45:05.3	47:46.8	14:33/M	
103	Scott Walsh	Lancaster	1725	37	1577	46:50.5	48:52.7	15:06/M	
104	Arlington Blantz	Manheim	112	34	1583	47:22.0	50:10.4	15:17/M	
105	Adam Bonanno	Manheim	125	37	1612	48:08.2	51:09.5	15:32/M	
106	Kensley Wentling	Cleona	1771	30	1622	48:36.9	51:18.4	15:41/M	
107	Wade Harnish	Manheim	679	38	1654	49:59.8	52:41.1	16:07/M	
108	Shawn McCormsey	Mount Joy	1085	31	1656	50:01.4	52:04.7	16:08/M	
109	Doug Young	LANCASTER	1835	32	1671	50:33.0	52:35.3	16:18/M	
110	Adam Van Leer	Columbia	1681	34	1760	57:29.4	59:56.8	18:33/M	

Female 30 to 39

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Michelle Gruber	Mount Joy	652	37	40	21:03.0	21:08.1	6:47/M	
2	Sarah Wolfe	Lancaster	1813	35	66	21:53.2	21:58.9	7:04/M	
3	Coleen Parmer	Lancaster	1890	36	72	22:04.7	22:24.9	7:07/M	
4	Rachel Clinton	Lancaster	273	30	87	22:30.1	22:36.1	7:15/M	
5	Melissa Kalicicki	Manheim	839	33	88	22:33.4	22:45.6	7:16/M	
6	Samantha blanck	Manheim	110	32	95	22:45.5	26:01.6	7:20/M	
7	Jennifer Nikolaus	Mount Joy	1225	39	100	22:47.7	22:56.6	7:21/M	
8	Alexandra Stairs	Lancaster	1575	32	112	23:07.5	23:31.1	7:27/M	
9	Stacy Hondru	Manheim	772	36	113	23:08.6	23:29.4	7:28/M	
10	Emily Melton	New Cumberland	1111	31	139	23:42.9	23:57.0	7:39/M	
11	Missy Harbach	MANHEIM	676	39	158	24:03.8	24:23.0	7:45/M	
12	Lynn Rohal	Landisville	1390	36	159	24:04.1	24:26.8	7:46/M	
13	Lisa Soders	Lancaster	1901	34	200	25:12.5	25:44.3	8:08/M	
14	Desiree Tack	Leola	1900	30	201	25:12.5	25:44.2	8:08/M	
15	Stephanie Newswanger	Manheim	1223	36	204	25:16.1	25:35.5	8:09/M	
16	Heather Groff	Mount Joy	643	37	214	25:27.8	25:45.8	8:13/M	
17	Jessica Tragis	Columbia	1662	30	217	25:30.5	25:36.2	8:14/M	
18	Sandy Gadberry	Mountville	525	36	225	25:38.7	26:51.2	8:16/M	
19	Heather McIntyre	Lititz	1095	38	227	25:41.7	26:53.1	8:17/M	
20	Crissy Stoeffler	Elizabethtown	1601	32	228	25:41.7	26:17.3	8:17/M	
21	Leah Yingling	Elizabethtown	1823	30	231	25:45.4	26:21.6	8:18/M	
22	Anita Keppley	Manheim	869	38	238	25:50.6	25:58.4	8:20/M	

# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

### Female 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
23	Amy Siegrist	Mt. Joy	1515	31	248	25:53.5	26:30.2	8:21/M
24	Audrey Caleca	Lititz	220	38	249	25:56.0	26:27.4	8:22/M
25	Jaime Coble	Elizabethtown	277	32	268	26:05.2	26:26.4	8:25/M
26	Sarah Hamilton	Pine Grove	672	30	272	26:11.3	27:48.4	8:27/M
27	Candace DeBord	Lancaster	330	32	275	26:12.4	26:36.9	8:27/M
28	Sheila Wenger	Ephrata	1765	32	296	26:33.0	26:56.8	8:34/M
29	Courtney Hamilton	Wilmington	669	31	304	26:41.2	27:30.3	8:36/M
30	Melanie VanDerPloog	Lebanon	1685	37	305	26:42.2	27:15.7	8:37/M
31	Valarie Bucher	Manheim	192	37	307	26:43.9	27:54.1	8:37/M
32	Heather Hershey	Lititz	728	34	313	26:47.7	27:30.4	8:38/M
33	Colleen Gergely	Manheim	576	36	319	26:51.4	27:27.9	8:40/M
34	Marcia Fellenbaum	Washington Boro	455	35	325	26:58.0	27:21.5	8:42/M
35	Janelle Cachelin	Lititz	219	34	328	26:59.2	27:48.9	8:42/M
36	Cheryl Haus	Manheim	698	30	331	27:01.1	27:27.2	8:43/M
37	Julie Garman	Ephrata	540	39	339	27:05.5	27:47.4	8:44/M
38	Rebecca Wood	Lancaster	1818	30	349	27:11.7	27:24.9	8:46/M
39	Sarah Sylvia	Manheim	1638	34	376	27:29.1	28:10.3	8:52/M
40	Karen Garner	Manheim	543	35	380	27:30.6	28:20.9	8:52/M
41	Lisa Colino	Landisville	282	37	388	27:37.9	28:07.8	8:55/M
42	Melissa Funk	Manheim	524	34	391	27:43.1	28:31.0	8:56/M
43	Melanie Henery	Mount Gretna	716	36	397	27:47.8	28:49.2	8:58/M
44	Kimberly Martin	Lititz	1052	32	400	27:49.4	28:28.1	8:58/M
45	Sonya Widders	Lititz	1784	34	405	27:51.4	28:30.1	8:59/M
46	Anna Mitchell	Lancaster	1139	33	410	27:58.7	29:04.5	9:01/M
47	Melanie DeHart	Lancaster	342	38	416	28:04.8	29:02.9	9:03/M
48	Naria Mongkon	Lebanon	1922	33	423	28:08.2	28:47.9	9:05/M
49	Michele Santana	Lebanon	1415	36	427	28:08.8	28:28.7	9:05/M
50	Gwen Callahan	Mount Joy	224	39	436	28:16.2	28:33.3	9:07/M
51	Julie Keim	Lancaster	859	33	438	28:19.5	29:20.3	9:08/M
52	Laura Maurer	Leola	1069	32	440	28:20.3	28:58.8	9:08/M
53	Leslie McCarthy	Manheim	1078	37	450	28:28.2	28:44.1	9:11/M
54	Amanda Simmons	Alexandria	1912	36	454	28:30.6	29:47.5	9:12/M
55	Courtney Lewis	Lancaster	985	36	455	28:30.8	29:47.8	9:12/M
56	Frosoula Romano	Lancaster	1393	38	457	28:34.2	30:09.4	9:13/M
57	Teresa Skidmore	Lititz	1526	35	462	28:35.9	29:18.4	9:13/M
58	Taura Thompson	Manheim	1657	38	469	28:45.8	29:52.6	9:16/M
59	Monica Stitzel	Manheim	1600	33	472	28:46.2	29:51.7	9:17/M
60	Stephanie Fleck	Columbia	1984	31	473	28:47.6	29:12.4	9:17/M
61	ASHLEY WHARTON	Landisville	1781	30	475	28:49.2	30:31.0	9:18/M
62	Amy Shealer	Gettysburg	1479	37	477	28:50.1	29:21.7	9:18/M
63	Jaime Shoenfelt	Manheim	1507	37	478	28:53.4	30:36.8	9:19/M
64	Emmy Savage	Ephrata	1421	37	479	28:53.4	29:35.4	9:19/M
65	Stephanie Good	New Holland	623	30	480	28:53.6	29:45.3	9:19/M
66	Teresa Duffy	Lancaster	390	33	481	28:53.9	29:52.7	9:19/M
67	Rebecca Brubaker	Mount Joy	183	39	488	28:59.9	29:49.1	9:21/M
68	Laura Marks	Lancaster	1026	37	491	29:04.4	30:14.6	9:23/M
69	Holly Schlosser	Ephrata	1433	35	495	29:07.4	29:56.2	9:24/M
70	Evelyn Campbell	Manheim	229	32	503	29:10.6	30:00.0	9:25/M
71	Joy Meley	Lancaster	1107	39	505	29:13.4	30:30.7	9:25/M
72	Amy Delozier	Palmyra	347	30	506	29:14.0	29:21.2	9:26/M
73	Christine Barbera	Lancaster	1931	39	507	29:14.3	29:22.9	9:26/M
74	Kathryn Sikorski	Lancaster	1521	32	517	29:18.4	31:02.0	9:27/M
75	Lisa Atkins	Lititz	32	37	518	29:18.4	30:01.0	9:27/M
76	Sarah Horning	Lancaster	780	32	519	29:18.5	31:01.9	9:27/M
77	Amy Good	Mt. Joy	610	38	527	29:21.8	30:05.1	9:28/M
78	Addie Bird	Newmanstown	101	35	534	29:25.9	30:09.2	9:29/M
79	Trisha Keiser	Ephrata	1939	39	541	29:28.7	31:46.4	9:30/M
80	Jamie Schneider	Denver	1914	37	543	29:29.0	30:11.6	9:31/M
81	Michele Achey	Mount Joy	6	30	549	29:37.3	30:21.4	9:33/M
82	Pamela Dupont	Manheim	395	31	552	29:38.7	32:43.8	9:34/M
83	Carisa Martin	Womelsdorf	1039	33	555	29:41.2	30:56.3	9:35/M
84	Alison Hamby	Landisville	667	33	557	29:45.3	30:34.3	9:36/M
85	Michelle Franks	Mohnton	489	33	560	29:46.8	30:58.2	9:36/M
86	Brandi Gipe	Myerstown	597	32	564	29:49.7	30:25.2	9:37/M
87	Charlotte Droege	Mount Joy	385	32	567	29:52.4	31:03.9	9:38/M
88	Allison Gehman	Mount Joy	555	30	568	29:52.4	30:51.0	9:38/M
89	Sarah Zimmerman	Ephrata	1872	32	570	29:55.8	30:46.8	9:39/M
90	Mindy Miller	Lititz	1135	34	576	29:59.0	30:47.6	9:40/M
91	Melanie Donnelly	Lancaster	375	38	579	30:01.2	31:31.4	9:41/M
92	Erin Cornack	Lancaster	1918	31	581	30:03.6	31:00.3	9:42/M
93	Anne-Marie Charland	Elizabethtown	255	38	586	30:06.9	30:40.3	9:43/M
94	Amy Iddings	Lititz	817	39	597	30:12.2	31:43.2	9:45/M
95	Chantal Chaplain	New Cumberland	254	32	598	30:12.4	31:49.8	9:45/M
96	Vanessa Earhart	Lancaster	398	38	607	30:17.4	31:30.6	9:46/M
97	Amanda Fuller	Myerstown	516	36	608	30:17.5	30:29.3	9:46/M
98	Rachael Kelly	New Holland	867	39	626	30:31.6	31:30.2	9:51/M



# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

### Female 30 to 39

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
						-----Total-----		
99	catherine hill	Lancaster	749	37	629	30:34.1	33:06.4	9:52/M
100	Megan Hensley	Ephrata	718	36	633	30:37.8	32:53.0	9:53/M
101	Ellen Vogt	Landisville	1705	34	634	30:38.0	30:55.5	9:53/M
102	Kimberly Matthews	Manheim	1066	32	642	30:40.9	32:23.7	9:54/M
103	Selena Troop	Columbia	1666	30	650	30:44.7	31:32.6	9:55/M
104	Jennifer Miller	Mount Joy	1127	34	652	30:46.3	32:02.8	9:55/M
105	Tiffany Thomas	Columbia	1651	30	688	31:14.5	34:20.1	10:05/M
106	Lindsay Mills	Landisville	1137	32	705	31:23.4	32:47.6	10:07/M
107	Kelly Slayton	Etters	1532	39	707	31:24.1	32:26.9	10:08/M
108	Andrea Famous	Mount Joy	442	39	709	31:27.2	33:08.2	10:09/M
109	Angie Eichelberger	Lancaster	1952	35	715	31:35.5	33:16.3	10:11/M
110	Melissa Schaefer	Lancaster	1424	35	719	31:36.0	33:16.6	10:12/M
111	LESLEY AGNEW	LANCASTER	14	35	735	31:46.4	33:07.6	10:15/M
112	Gina Martin	Ephrata	1045	31	748	31:54.4	34:00.6	10:17/M
113	mindy benjamin	Levittown	88	37	749	31:55.6	32:37.9	10:18/M
114	Erin Mowrer	Mount Joy	1172	36	752	31:56.5	32:35.0	10:18/M
115	Shay Long	Annville	997	39	755	31:59.4	34:03.5	10:19/M
116	Mandy Emley	Seven Valleys	420	39	759	32:04.2	32:51.0	10:21/M
117	Janelle Witmer	Manheim	1807	30	761	32:05.8	33:55.2	10:21/M
118	Tracy Easteadt	Elizabethtown	400	36	770	32:13.5	33:11.5	10:24/M
119	Angela Landis	Columbia	953	32	772	32:16.1	34:42.9	10:25/M
120	Cheryl Etkin	Lancaster	433	35	776	32:20.6	33:29.9	10:26/M
121	Kimberly Kirchner	Manheim	895	39	785	32:26.7	34:22.8	10:28/M
122	Tiana Webb	Lititz	1882	30	790	32:30.5	34:34.9	10:29/M
123	Erin Perigo	Lititz	1937	31	792	32:31.5	34:35.7	10:29/M
124	Karen Siegrist	Manheim	1518	37	793	32:33.1	34:27.3	10:30/M
125	Jodi Gaudlip	Lititz	550	39	798	32:35.9	34:02.4	10:31/M
126	Carrie Meyer	Manheim	1117	39	803	32:39.0	33:43.8	10:32/M
127	Regina Scanlin	Marietta	1423	38	847	33:02.2	36:13.5	10:39/M
128	Kristen Stager	Plamyra	1989	33	854	33:05.7	34:01.8	10:40/M
129	Doretta Hess	Lancaster	735	37	864	33:16.4	33:42.5	10:44/M
130	Jacey Gish	Manheim	599	34	866	33:18.4	34:27.2	10:45/M
131	Ashley Evans	Manheim	435	38	868	33:20.4	34:22.7	10:45/M
132	Lauren Menapace	Willow Street	1112	34	872	33:23.3	34:17.7	10:46/M
133	Jill Shultz	Strasburg	1514	34	873	33:23.5	34:17.3	10:46/M
134	Julie Bare	Strasburg	56	33	874	33:24.2	34:18.0	10:46/M
135	Alisa Hershey	Lancaster	722	33	881	33:28.3	34:46.1	10:48/M
136	Ashley Kimmich Glessner	Washington Boro	879	30	884	33:29.0	34:17.1	10:48/M
137	Lisa Read	Morgantown	1334	33	885	33:29.1	35:36.9	10:48/M
138	Jessica Dunlap	Peach Bottom	393	33	887	33:31.3	35:38.8	10:49/M
139	Melissa Melhorn	manheim	1108	39	890	33:32.5	34:36.1	10:49/M
140	Kristy Schwartz	Manheim	1445	33	893	33:33.7	34:34.5	10:49/M
141	Kari Nye	Manheim	1240	33	894	33:34.8	34:35.3	10:50/M
142	Teresa Crego	New Holland	310	33	909	33:45.8	35:47.8	10:53/M
143	Katie Kollhoff	Marietta	908	36	916	33:50.9	34:36.8	10:55/M
144	Jennifer Crockett	Hummelstown	1957	30	920	33:51.6	35:44.5	10:55/M
145	Courtney Miller	Lititz	1124	38	923	33:55.3	35:20.8	10:56/M
146	Jaime Hetsko	Mout Joy	743	36	928	33:57.3	35:39.5	10:57/M
147	Missy Jeanes	Lititz	829	35	938	34:04.0	36:03.4	10:59/M
148	Kristen Schattgen	East Petersburg	1427	37	939	34:04.6	35:44.9	10:59/M
149	Valerie Biddle	Manheim	98	35	947	34:06.4	35:35.0	11:00/M
150	Jean Robbins	Lititz	1377	39	951	34:10.2	35:57.6	11:01/M
151	Angie Munkittrick	Lititz	1178	37	956	34:12.1	35:07.5	11:02/M
152	Jennifer Loose	East Petersburg	999	30	973	34:21.7	36:32.6	11:05/M
153	Maggie Nemith	Lititz	1217	31	974	34:21.8	35:18.0	11:05/M
154	Amanda Burton	Lancaster	215	33	975	34:24.4	35:33.5	11:06/M
155	Veronica Dippner	New Holland	364	32	1002	34:46.4	35:49.3	11:13/M
156	April Rineer	Conestoga	1368	36	1008	34:50.2	37:05.9	11:14/M
157	Megan Brown	Lancaster	172	38	1015	34:56.1	36:56.6	11:16/M
158	Lauren Eriksen	East Petersburg	431	30	1037	35:20.0	37:54.5	11:24/M
159	Shikha Thapa	Lititz	1648	37	1039	35:21.2	35:32.0	11:24/M
160	Monica Wagner	Quarryville	1720	34	1042	35:23.7	37:06.7	11:25/M
161	Autumn Carl	Elizabethtown	239	39	1044	35:30.3	37:03.6	11:27/M
162	Laura Lopez	Lancaster	1001	33	1045	35:30.6	38:02.5	11:27/M
163	Corrie Reed	Manheim	1344	32	1048	35:33.9	36:40.2	11:28/M
164	Kate Martin	New Holland	1049	31	1049	35:36.6	38:58.1	11:29/M
165	Jillian Tweet	Jonestown	1678	33	1050	35:36.7	38:58.1	11:29/M
166	Molly Heisey	Manheim	712	36	1054	35:43.3	36:10.7	11:31/M
167	Melinda Hershey	Lititz	730	38	1064	35:51.3	37:46.0	11:34/M
168	Kim Cox	Manheim	308	38	1065	35:52.5	36:01.0	11:34/M
169	Stephanie Martin	Elizabethtown	1058	30	1072	35:56.3	37:59.6	11:35/M
170	Tracey Selvaggio	Manheim	1452	32	1079	36:03.2	37:24.1	11:38/M
171	Jenay Ryan	Lititz	1408	36	1080	36:03.8	37:24.3	11:38/M
172	Charissa Gift	Lititz	589	36	1087	36:07.9	38:08.5	11:39/M
173	Jen Wagner	Quarryville	1717	38	1094	36:13.5	38:11.8	11:41/M
174	Jessica Wisniewski	Manheim	1803	33	1110	36:26.1	37:21.8	11:45/M

# Rock N Glow 2014

## Age Group Results

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Race Date  
May 31, 2014

### Female 30 to 39

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
175	Lisa Johanning	Lancaster	832	37	1111	36:26.7	38:06.6	11:45/M		
176	Lauren Ernst	Elizabethtown	432	35	1112	36:26.8	38:48.7	11:45/M		
177	Lindsey Zeranko	Ephrata	1856	30	1123	36:33.8	37:25.7	11:47/M		
178	Cynthia Keener	Marietta	852	36	1125	36:34.6	38:48.9	11:48/M		
179	Angela Stoudt	Manheim	1614	31	1135	36:44.6	37:39.7	11:51/M		
180	Jen Garner	Manheim	542	38	1147	36:54.6	38:24.3	11:54/M		
181	Paula Lucy	Ephrata	1004	38	1148	36:54.7	37:43.2	11:54/M		
182	Megan Reisch	Lititz	1356	36	1157	37:07.5	41:37.7	11:58/M		
183	Michelle Bartlett	Levittown	64	34	1166	37:19.4	38:50.5	12:02/M		
184	Chrissy Shaw	Quarryville	1472	36	1169	37:25.3	40:09.8	12:04/M		
185	Kristi Sprout	Quarryville	1569	36	1174	37:31.1	40:15.0	12:06/M		
186	Stacey Bernstein	Lititz	1916	38	1176	37:37.0	39:05.4	12:08/M		
187	Maena Packer	Lititz	1260	36	1177	37:37.0	39:05.5	12:08/M		
188	Amanda Ludwig	Lititz	1005	34	1184	37:41.1	40:43.1	12:09/M		
189	Kate Fritz	Lancaster	503	30	1189	37:43.3	38:20.4	12:10/M		
190	Lauri Hawthorne	elizabethtown	700	37	1198	37:49.6	39:27.9	12:12/M		
191	Kari Hess	Manheim	739	32	1202	37:54.9	39:38.4	12:14/M		
192	Jill Freedman	Hummelstown	490	34	1212	38:12.5	40:11.5	12:19/M		
193	Kimberly Kellow	River Vale	861	36	1214	38:13.0	40:12.0	12:20/M		
194	Emily Good	Lancaster	614	37	1236	38:35.9	39:45.2	12:27/M		
195	Michelle Bishop	Wrightsville	102	35	1237	38:36.6	40:44.0	12:27/M		
196	Missy Frey	windsor	500	35	1248	38:46.7	40:53.0	12:30/M		
197	Audra Lamb	Manheim	946	34	1253	38:49.7	42:06.7	12:31/M		
198	Megan Senkowski	Lancaster	1454	36	1254	38:49.7	40:50.3	12:31/M		
199	Christina Carroll	Lancaster	243	38	1260	38:51.2	40:38.4	12:32/M		
200	Kara Schmidt	Manheim	1434	34	1267	38:59.4	39:55.5	12:35/M		
201	Kelli Martin	Lancaster	1050	32	1271	39:01.9	39:56.9	12:35/M		
202	Jennifer Steck	Mechanicsburg	1584	30	1273	39:02.8	42:21.4	12:35/M		
203	Jean Martin	Ariville	1047	31	1288	39:24.7	40:28.5	12:43/M		
204	Kelly Bailey	Manheim	38	36	1290	39:24.9	40:28.9	12:43/M		
205	Farah Mittel	Manchester	1145	37	1299	39:33.9	39:54.1	12:45/M		
206	Heather Angeny	Hegins	25	32	1305	39:35.4	42:00.8	12:46/M		
207	Cicely Berkey	akron	92	31	1309	39:44.2	41:55.7	12:49/M		
208	Angie Barbush	Manheim	50	39	1313	39:49.2	42:36.1	12:51/M		
209	Christine Rhoads	Lancaster	1363	37	1322	39:57.5	41:09.8	12:53/M		
210	Leslie Spurrier	Lititz	1570	37	1323	39:59.8	42:23.2	12:54/M		
211	Pam King	Lancaster	885	38	1325	40:01.1	41:08.5	12:55/M		
212	Brooke Gerlach	Ephrata	580	38	1328	40:03.5	42:08.4	12:55/M		
213	Jenee Ganster	East Petersburg	532	34	1329	40:04.7	42:47.7	12:55/M		
214	Lynette Coon	Lancaster	303	32	1330	40:05.6	42:15.5	12:56/M		
215	Pam Thompson	Marietta	1656	31	1335	40:22.7	42:14.7	13:01/M		
216	Jill Fulkrod	North Attleboro	515	35	1336	40:22.7	42:14.8	13:01/M		
217	Stephanie Roark	Akron	1376	38	1339	40:25.5	41:18.4	13:02/M		
218	Renee Reed	Manheim	1348	36	1340	40:30.1	43:08.3	13:04/M		
219	Leighann Walsh	Lancaster	1724	33	1342	40:31.7	42:33.7	13:04/M		
220	Jessica Grundza	Mount Joy	655	31	1351	40:43.0	42:33.4	13:08/M		
221	Noy PHANKHAM	MANHEIM	1297	30	1352	40:43.9	42:27.8	13:08/M		
222	Jessica Stillman	Elizabethtown	1597	36	1355	40:49.4	43:03.7	13:10/M		
223	Nicole Brewbaker	mechanicsburg	157	34	1360	40:59.4	43:00.2	13:13/M		
224	Jennie Hinkle	Manheim	753	31	1361	40:59.8	43:00.7	13:13/M		
225	JESSICA GEHMAN	AKRON	560	31	1364	41:05.7	43:07.7	13:15/M		
226	Kimberly Promutico	Denver	1320	33	1366	41:08.1	43:39.7	13:16/M		
227	Beth Rodkey	Columbia	1384	35	1367	41:08.9	42:44.3	13:16/M		
228	April Warihay	Manheim	1732	34	1383	41:31.7	43:53.1	13:24/M		
229	Shelly Chmil	Lititz	257	38	1389	41:39.1	44:11.6	13:26/M		
230	Becky Wile	Columbia	1788	37	1391	41:39.8	43:55.9	13:26/M		
231	Andrea Bucher	Camp Hill	191	35	1403	41:55.1	44:13.8	13:31/M		
232	Heather Capizzi	Lititz	233	35	1409	42:02.4	43:50.8	13:34/M		
233	Stephanie Bennecoff	Lititz	90	37	1423	42:12.2	45:08.1	13:37/M		
234	Marie Byler	Lancaster	218	35	1424	42:12.4	43:08.3	13:37/M		
235	Danielle Seibert	Lancaster	1446	37	1428	42:16.0	45:07.2	13:38/M		
236	Meghan Boyer	Jonestown	142	31	1429	42:17.7	44:06.8	13:38/M		
237	Katherine Brown	harrisburg	168	34	1431	42:24.2	43:45.9	13:41/M		
238	Amber Shirk	Hummelstown	1501	31	1434	42:28.1	44:03.6	13:42/M		
239	Samara Richards	Lancaster	1365	33	1437	42:31.5	43:06.4	13:43/M		
240	Marisa Tocci	Lititz	1658	39	1445	42:49.0	45:27.2	13:49/M		
241	Becky Link	Lititz	989	30	1447	42:49.8	45:49.0	13:49/M		
242	Laurie Gettis	Manheim	582	32	1450	42:58.4	45:20.7	13:52/M		
243	Heather Trovinger	Manheim	1674	36	1459	43:11.6	45:53.5	13:56/M		
244	Brandi Hupp	Lebanon	809	32	1460	43:12.2	45:37.0	13:56/M		
245	Alicia Santiago	Manheim	1416	31	1462	43:16.7	46:15.3	13:57/M		
246	Jennifer Marnoch	Ephrata	1030	34	1466	43:18.1	45:53.7	13:58/M		
247	Smith Gretchen	Manheim	1539	30	1467	43:18.4	45:36.9	13:58/M		
248	Amanda Borden	manheim	134	35	1473	43:27.7	46:03.3	14:01/M		
249	Heather Beamesderfer	manheim	72	37	1474	43:27.8	46:03.3	14:01/M		
250	Jen Johanning	Manheim	831	39	1477	43:30.3	46:15.8	14:02/M		

Race Date  
May 31, 2014

# Rock N Glow 2014

## Age Group Results

5K

### Female 30 to 39

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
251	Amy Lewis	columbia	984	34	1492	43:49.4	46:50.5	14:08/M		
252	Wendy Binner	Cornwall	100	37	1493	43:50.0	45:14.3	14:08/M		
253	Becky Hertzog	Leola	731	34	1495	43:54.6	46:55.8	14:10/M		
254	Beth Vazquez	Lebanon	1699	32	1512	44:29.5	47:18.8	14:21/M		
255	Danelle Nelson	Mount Joy	1213	34	1517	44:41.9	46:17.1	14:25/M		
256	Sarah Bachman	Millersville	35	32	1518	44:44.2	47:37.8	14:26/M		
257	Carrie Bonanno	Manheim	127	36	1524	44:47.8	47:47.3	14:27/M		
258	Anne Ramig	Lancaster	1326	32	1525	44:48.2	47:45.1	14:27/M		
259	Erin Miller	Lebanon	1126	31	1529	44:59.3	47:24.1	14:31/M		
260	Elizabeth Stanley	mandan	1578	30	1534	45:05.7	46:33.5	14:33/M		
261	Heather Hull	Manheim	804	30	1535	45:06.7	48:26.1	14:33/M		
262	MARCY Carl	Lititz	240	32	1538	45:14.6	48:28.9	14:35/M		
263	Kate Wentling	Cleona	1770	37	1541	45:15.3	47:52.5	14:36/M		
264	Ashley Mansfield	Lancaster	1023	31	1545	45:32.1	47:50.0	14:41/M		
265	Cinda Kauffman	Mt. Joy	845	39	1556	45:48.3	48:25.1	14:46/M		
266	Chris Bomberger	Mount Joy	124	34	1558	45:48.6	48:24.9	14:46/M		
267	Nicole Gehman	Akron	564	32	1564	46:06.3	48:34.9	14:52/M		
268	Heather Hicks	Lititz	745	31	1565	46:09.3	48:51.2	14:53/M		
269	Jenny Baronsky	Mount joy	62	38	1571	46:15.4	48:15.7	14:55/M		
270	Carolina Russo-Holding	Elizabethtown	1404	33	1576	46:46.7	48:52.1	15:05/M		
271	Irina Blantz	Manheim	113	33	1585	47:22.7	50:10.0	15:17/M		
272	Abby Myer	mountville	1194	38	1597	47:43.3	49:32.1	15:24/M		
273	Danielle Vitti	Lititz	1704	34	1600	47:47.0	48:11.7	15:25/M		
274	Jennifer Zimmerman	Ephrata	1868	35	1602	47:52.5	50:20.4	15:26/M		
275	Alli Stover	York	1615	34	1603	47:54.1	48:23.3	15:27/M		
276	Amy Novack	Lancaster	1238	30	1604	47:54.5	50:22.5	15:27/M		
277	Adrian Bonnell	Manheim	1956	36	1618	48:15.4	49:42.7	15:34/M		
278	Michelle Caron	Lititz	242	34	1625	48:43.4	50:01.7	15:43/M		
279	Emily Mahonski	Ephrata	1016	35	1631	48:59.9	51:17.5	15:48/M		
280	Jessica Sauder	manheim	1418	34	1637	49:05.1	51:38.7	15:50/M		
281	Kristyann Hodge	Lancaster	758	37	1641	49:27.5	52:22.2	15:57/M		
282	Katherine Sienrukos	East Petersburg	1520	30	1642	49:27.7	52:22.0	15:57/M		
283	Misty Mosher	Mount Joy	1166	34	1643	49:28.3	51:03.2	15:57/M		
284	Heather Harnish	manheim	678	39	1655	49:59.9	52:41.4	16:07/M		
285	Shannon Young	Lancaster	1837	32	1672	50:33.9	52:35.7	16:18/M		
286	Meghan Brown	Washington	1960	32	1678	51:03.1	52:57.1	16:28/M		
287	Heather Colosi	Lancaster	286	36	1680	51:10.5	53:29.5	16:30/M		
288	Shelby Weber	Mount Joy	1753	30	1683	51:23.6	54:20.3	16:35/M		
289	Bobbi Hollingshead	Red Lion	767	31	1704	53:02.1	56:08.6	17:06/M		
290	Daisy Rivera	Ephrata	1372	32	1718	54:05.1	54:45.9	17:27/M		
291	Kelly Hamill	manheim	668	32	1719	54:05.3	57:09.2	17:27/M		
292	Alicia Mumma	Lebanon	1175	36	1729	54:24.7	56:55.1	17:33/M		
293	Crystal Shaak	Lebanon	1466	33	1730	54:24.7	56:54.8	17:33/M		
294	Charlaine Redpath	Lititz	1342	39	1735	54:50.8	55:09.6	17:41/M		
295	Elizabeth Rivera	Lancaster	1373	30	1736	54:55.1	55:06.3	17:43/M		
296	Renee Skiles	Manheim	1528	35	1740	55:07.5	58:06.6	17:47/M		
297	Jennifer Mummert	Spring Grove	1177	35	1746	56:08.6	58:53.4	18:06/M		
298	April McClucas	Elizabethtown	1082	34	1747	56:08.7	58:53.4	18:06/M		
299	Angela Diehl	Manheim	355	37	1763	58:06.7	1:01:07.2	18:45/M		
300	jennifer Gallagher	Reinholds	531	37	1764	58:12.1	1:00:25.3	18:46/M		
301	Jaclyn Griffith	Lancaster	640	33	1767	58:33.1	1:01:27.5	18:53/M		
302	Kyron Delinko	reading	346	32	1769	58:35.2	1:00:58.9	18:54/M		
303	Christine Hosler	Columbia	784	37	1770	58:35.6	1:00:58.9	18:54/M		
304	Hostetter Katrina	Mount Joy	788	31	1772	58:54.2	1:02:01.1	19:00/M		
305	Tamara Werner	Ephrata	1774	32	1776	59:07.5	1:01:46.3	19:04/M		
306	Michelle Dengler	Adamstown	348	33	1777	59:07.9	1:01:46.0	19:04/M		

### Male 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Marc Buckwalter	Lititz	201	44	18	19:41.1	19:46.1	6:21/M		
2	Tom Sheaffer	Akron	1478	46	26	20:17.0	20:23.7	6:33/M		
3	Ray Truex	Ephrata	1676	42	39	20:59.8	21:07.1	6:46/M		
4	Scott Miller	Manheim	1136	49	49	21:18.0	21:31.9	6:52/M		
5	Chris Pagano Pagano	Manheim	1263	46	77	22:10.6	22:22.3	7:09/M		
6	Michael Gage	Landisville	528	43	80	22:16.9	22:44.6	7:11/M		
7	Steve Duple	Manheim	380	42	86	22:28.3	22:37.1	7:15/M		
8	Les Ruhl	Lititz	1401	46	99	22:47.3	23:08.4	7:21/M		
9	Darren Bowman	Lititz	140	46	108	23:06.7	23:30.5	7:27/M		
10	John VanBlargan	Manheim	1682	45	119	23:21.2	23:50.9	7:32/M		
11	Robert Carey	Lititz	238	48	123	23:23.8	23:57.3	7:33/M		
12	Mark Murr	Manheim	1181	42	134	23:40.5	23:55.1	7:38/M		

# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

### Male 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Pace
						Chip Time	Gun Time	
13	Tom Stone	Manheim	1609	43	135	23:40.9	24:05.8	7:38/M
14	Loren Benner	Mount Joy	1911	44	145	23:48.0	24:36.4	7:41/M
15	Michael Gerace	Lebanon	575	43	148	23:57.0	24:07.0	7:44/M
16	William Burrichter	Columbia	214	44	153	24:00.8	24:23.8	7:45/M
17	David Goff	Manheim	605	42	154	24:01.1	24:08.0	7:45/M
18	Barry Zug	Coraopoli	1969	45	169	24:35.4	24:58.9	7:56/M
19	Dustin Strickler	Lititz	1618	44	195	25:05.3	25:14.5	8:05/M
20	Cordell Musser	ephrata	1184	48	203	25:15.7	25:43.6	8:09/M
21	Brian Von Stetten	Manheim	1707	44	209	25:25.1	25:41.2	8:12/M
22	Steve Buchanan	Lancaster	190	46	220	25:32.2	26:26.1	8:14/M
23	Steve Witmer	Plano	1809	42	229	25:41.7	26:07.1	8:17/M
24	Stephan VanDerPloog	Lebanon	1686	40	255	25:59.1	26:31.5	8:23/M
25	Mike Winters	Lititz	1801	40	285	26:21.1	27:11.7	8:30/M
26	Troy Mitchell	Lancaster	1144	42	287	26:22.5	27:28.6	8:30/M
27	Scott Martin	Manheim	1057	46	289	26:27.1	26:48.9	8:32/M
28	Terry Lauver	Manheim	961	47	303	26:40.0	27:07.8	8:36/M
29	Timothy Merkt	Elizabethtown	1115	41	309	26:45.1	27:21.4	8:38/M
30	Korey Schload	Marietta	1432	42	311	26:47.3	27:00.8	8:38/M
31	James King	Lancaster	882	44	338	27:03.4	28:07.0	8:44/M
32	James Roark	Akron	1375	40	340	27:05.7	27:58.3	8:44/M
33	Eric Shultz	Mount joy	1512	45	348	27:11.6	27:45.3	8:46/M
34	Shawn Serfass	east petersburg	1458	46	361	27:16.7	28:18.8	8:48/M
35	Thomas Ginder	Manheim	594	40	373	27:22.2	28:02.2	8:50/M
36	Jonathan Hess	manheim	738	40	377	27:29.2	28:30.2	8:52/M
37	Dale Edgell	Ephrata	407	46	385	27:35.8	28:35.2	8:54/M
38	John Wimer	York	1913	48	387	27:37.8	28:06.0	8:55/M
39	Joseph Citko	Manheim	264	45	406	27:51.5	28:52.4	8:59/M
40	Don DeHart	Lancaster	340	40	417	28:05.1	29:02.8	9:04/M
41	Nhiek Mongkon	Lebanon	1923	42	422	28:08.1	28:48.3	9:05/M
42	Kevin Iddings	Lititz	818	40	429	28:10.7	29:41.5	9:05/M
43	Scott Huber	Manheim	801	41	435	28:15.6	30:26.7	9:07/M
44	Marc Robeson	Manheim	1382	49	443	28:21.7	28:37.3	9:09/M
45	Jim Feese	Elizabethtown	453	41	496	29:08.3	29:40.5	9:24/M
46	Kevin McCarty	Lancaster	1079	40	513	29:16.7	30:41.6	9:26/M
47	Daniel Hershey	Lititz	725	41	571	29:55.9	30:50.6	9:39/M
48	Jeffrey Cochran	Lititz	278	44	572	29:56.0	30:15.8	9:39/M
49	Eric McGallicher	Manheim	1090	44	609	30:17.8	31:27.3	9:46/M
50	Roger Petrilli	Lancaster	1294	45	674	31:01.0	32:05.1	10:00/M
51	Tony Brubaker	Mount Joy	185	42	708	31:24.1	32:08.5	10:08/M
52	Bobby Bailey	Manheim	37	41	736	31:46.6	32:54.7	10:15/M
53	Dave Cassel	Manheim	247	44	751	31:56.4	33:30.6	10:18/M
54	Robert Honeybone	Ephrata	773	46	768	32:11.6	34:20.5	10:23/M
55	John Monk Jr	Jonestown	1146	48	805	32:39.2	34:19.3	10:32/M
56	Dave Houser	Harrisburg	792	49	817	32:47.1	33:41.7	10:35/M
57	Michelle Stone	Manheim	1607	43	825	32:50.3	34:58.5	10:35/M
58	Michael Schreiber	York	1443	40	838	32:55.3	33:36.8	10:37/M
59	Matthew Goss	Manheim	627	43	853	33:05.6	35:24.4	10:40/M
60	Steve Skiles	Manheim	1529	40	870	33:21.8	33:50.3	10:45/M
61	Garry Dubbs	manheim	387	45	878	33:26.1	34:51.1	10:47/M
62	Russel Montchal	Manheim	1150	45	897	33:36.0	35:44.5	10:50/M
63	Scott Neff	Lancaster	1925	47	959	34:14.3	35:01.8	11:03/M
64	Mark Murr	Manheim	1182	43	980	34:27.4	34:46.1	11:07/M
65	Mike Buller	Manheim	203	45	986	34:32.2	36:06.0	11:08/M
66	Jim Shaffer	Mount Joy	1468	44	988	34:37.1	35:44.6	11:10/M
67	ADRIAN SHELLEY	MANHEIM	1482	41	1000	34:46.0	37:35.0	11:13/M
68	David Brubaker	Lititz	176	43	1025	35:06.3	37:15.6	11:19/M
69	Doug Westgate	Quarryville	1778	43	1030	35:13.9	37:12.3	11:22/M
70	Dean Beamesderfer	Manheim	69	45	1057	35:45.5	38:37.3	11:32/M
71	Pat Tocci	Lititz	1659	44	1071	35:55.8	38:33.5	11:35/M
72	Todd Good	Elm	624	42	1099	36:15.2	37:21.5	11:42/M
73	Tom NyeSmith	Elizabethtown	1245	47	1118	36:32.4	37:41.0	11:47/M
74	Mark Setlock	Manheim	1461	43	1121	36:33.1	39:09.7	11:47/M
75	Clinton Dixon	Manheim	366	46	1134	36:44.3	38:23.6	11:51/M
76	John Pogorzelski	Manheim	1313	44	1149	36:54.8	37:12.9	11:54/M
77	Ken Kowalski	Manheim	916	48	1164	37:17.8	38:39.4	12:02/M
78	Tim King	Manheim	889	48	1173	37:30.1	38:56.7	12:06/M
79	Louis Rossi	Palmyra	1397	43	1185	37:42.7	40:02.7	12:10/M
80	Jon Baker	Willow Street	42	43	1188	37:43.3	38:56.0	12:10/M
81	Shawn Kelly	elizabethtown	868	45	1199	37:51.7	39:29.9	12:13/M
82	Shawn Vasquez	Mount Joy	1692	43	1205	37:58.3	39:40.6	12:15/M
83	Matthew Morton	Manheim	1164	41	1268	39:00.0	40:01.5	12:35/M
84	Rick Stetler	Holtwood	1589	49	1312	39:46.0	42:55.3	12:50/M
85	Don Faulhaber	Manheim	447	49	1374	41:17.3	43:21.3	13:19/M
86	Craig Hahnlen	Hershey	660	43	1376	41:17.6	43:23.7	13:19/M
87	Randall Shull	Manheim	1511	41	1385	41:36.0	42:41.3	13:25/M
88	Matt Marvin	Lancaster	1062	44	1414	42:09.8	43:22.4	13:36/M

# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

### Male 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
89	David Cox	manheim	307	45	1508	44:24.7	44:33.3	14:19/M		
90	Alex Vazquez	Lebanon	1698	41	1511	44:28.0	47:17.6	14:21/M		
91	Perry Good	Lititz	620	46	1513	44:31.6	46:04.6	14:22/M		
92	Jeff Frego	Willow Street	493	48	1589	47:24.0	48:40.0	15:17/M		
93	Matt Yohe	Lancaster	1830	43	1592	47:33.5	50:46.4	15:20/M		
94	Randy Zimmerman	Ephrata	1871	42	1596	47:42.3	49:32.1	15:23/M		
95	Standrick Patton	Columbia	1278	48	1599	47:46.2	50:08.0	15:25/M		
96	Patrick Rohal	Landisville	1391	40	1606	47:55.3	48:24.6	15:27/M		
97	Richard Pavlik	Manheim	1284	46	1616	48:12.1	50:24.6	15:33/M		
98	James Heisey	Elizabethtown	707	42	1629	48:53.0	51:55.1	15:46/M		
99	Kevin Schell	Leola	1431	47	1652	49:57.3	53:00.2	16:07/M		
100	David Painter	lititz	1269	47	1653	49:58.3	52:38.4	16:07/M		
101	T Daniel Richards	Lancaster	1366	43	1698	52:46.3	54:33.2	17:01/M		
102	Thomas Capizzi	Lititz	235	40	1699	52:47.2	54:35.8	17:02/M		
103	Jamie Sprout	Quarryville	1568	41	1706	53:15.6	55:59.4	17:11/M		
104	John Robbins	Lititz	1378	42	1725	54:12.0	56:03.3	17:29/M		
105	Karen Brandt	Manheim	147	47	1734	54:40.6	57:51.8	17:38/M		

### Female 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
1	* Sue Schonman	Lititz	1440	49	22	20:04.3	20:10.4	6:28/M		
2	Krista Nikolaus	Columbia	1226	41	24	20:16.2	20:25.1	6:32/M		
3	Sarah Forgione	Lititz	484	40	42	21:09.9	21:18.6	6:49/M		
4	joy Phelan	Conetoga	1298	44	109	23:07.2	23:27.6	7:27/M		
5	Maria Delgado	Lititz	345	41	161	24:15.5	24:25.5	7:49/M		
6	Elizabeth Neifert	Orwigsburg	1210	40	175	24:41.1	25:21.6	7:58/M		
7	Laura Good		618	40	182	24:53.7	25:06.4	8:02/M		
8	Wendy Fry	Mount Joy	509	41	211	25:26.8	26:11.0	8:12/M		
9	Beth Karpel	Mount Joy	844	42	212	25:27.4	26:11.9	8:13/M		
10	Bernadette Sheaffer	Akron	1475	46	234	25:45.8	26:08.2	8:18/M		
11	Christine Shimer	Manheim	1493	47	251	25:56.2	27:15.1	8:22/M		
12	Gloria Conner	Manheim	291	45	266	26:04.3	26:15.1	8:25/M		
13	Michele Criste	Lancaster	312	48	278	26:16.0	27:26.8	8:28/M		
14	Tracey Campbell	Mount joy	231	41	299	26:35.0	27:22.2	8:35/M		
15	Kim Spangle	York	1561	44	320	26:51.9	27:06.8	8:40/M		
16	Judy Haldeman	Manheim	665	46	323	26:54.8	27:01.6	8:41/M		
17	Michele Clagett	Lebanon	266	42	329	27:00.5	27:23.9	8:43/M		
18	Kim Hostetter	Manheim	789	43	333	27:01.5	28:27.4	8:43/M		
19	Michelle Cavallaro	Lititz	251	40	354	27:13.7	27:37.0	8:47/M		
20	Jennifer Shultz	Mount Joy	1513	45	355	27:13.8	27:47.0	8:47/M		
21	Stacy Orr	Lancaster	1948	42	401	27:49.9	28:50.2	8:58/M		
22	Jaunine Fouche	Mount Gretna	488	45	404	27:51.3	28:20.8	8:59/M		
23	Jean Benedict	Manheim	86	46	418	28:05.4	29:37.8	9:04/M		
24	Deborah Pagano	Manheim	1264	46	434	28:13.9	29:22.5	9:06/M		
25	Kendra Feigert	Mt. Joy	454	41	445	28:24.5	29:50.2	9:10/M		
26	Brenda Balmer	Lebanon	47	45	451	28:28.9	29:43.8	9:11/M		
27	Beth Witmer	Plano	1805	42	452	28:29.2	28:58.9	9:11/M		
28	Mary McGallicher	Manheim	1091	42	468	28:45.2	29:52.1	9:16/M		
29	Kelly Burrichter	Columbia	213	49	499	29:09.4	29:42.0	9:24/M		
30	Alyssa Grube	Akron	648	43	504	29:11.1	30:04.8	9:25/M		
31	Gina Bray	Lancaster	152	44	514	29:17.4	30:42.0	9:27/M		
32	Connie Buckwalter	Lititz	200	43	516	29:18.0	29:26.9	9:27/M		
33	Melissa Otto	Lititz	1256	44	538	29:27.9	29:44.5	9:30/M		
34	Mary Miller	Manheim	1133	49	540	29:28.7	29:44.0	9:30/M		
35	Pamela Hertzog	marietta	733	49	548	29:36.5	31:00.1	9:33/M		
36	Lisa Winters	Lititz	1800	40	575	29:58.3	30:49.8	9:40/M		
37	Kristina Baker	Columbia	43	44	590	30:09.5	31:22.2	9:44/M		
38	kim navikas	millersville	1204	47	594	30:11.7	31:25.9	9:44/M		
39	Michele Heffner	Elizabethtown	706	41	600	30:12.6	30:44.2	9:45/M		
40	Julie Kostecky	Wormleysburg	914	46	604	30:14.5	31:52.4	9:45/M		
41	Kelly Brown	Millersville	169	46	622	30:28.2	31:33.9	9:50/M		
42	Jennifer Lauris	lititz	959	41	625	30:29.2	31:42.9	9:50/M		
43	Bree Kelly	elizabethtown	863	41	644	30:41.4	32:19.8	9:54/M		
44	Michele Conrad	Willow Street	299	47	645	30:41.5	32:08.2	9:54/M		
45	Amy Barley	Columbia	58	40	646	30:41.5	31:17.1	9:54/M		
46	Roxann Koser	Mount Joy	913	45	658	30:50.4	31:57.2	9:57/M		
47	Michelle Labrecque	Ephrata	936	45	660	30:52.8	31:54.5	9:57/M		
48	Lisa Jackson	Levittown	826	44	661	30:52.9	31:54.5	9:57/M		
49	Tracey Bertin	Manheim	96	40	665	30:55.5	31:51.9	9:58/M		
50	Lisa Vasquez	Mount Joy	1695	44	670	30:57.8	32:39.6	9:59/M		
51	Allison Hahn	Elizabethtown	657	43	678	31:05.8	32:24.3	10:02/M		

Female 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
52	Kent Hartzler	Manheim	688	41	685	31:13.7	32:45.8	10:04/M		
53	Casie Price	Marietta	1317	41	702	31:21.8	32:42.2	10:07/M		
54	Karen Conrad	Elizabethtown	297	42	711	31:27.9	32:49.2	10:09/M		
55	Tami Dombach	mount joy	371	40	717	31:35.8	33:14.2	10:11/M		
56	Deborah Deck	Lancaster	334	44	725	31:38.9	33:10.2	10:12/M		
57	Tammy Myer	Manheim	1196	41	727	31:40.1	31:58.3	10:13/M		
58	Missey Booth Leed	East Petersburg	133	40	732	31:44.6	33:26.0	10:14/M		
59	Leann Yoder	Myerstown	1828	40	737	31:48.4	33:20.7	10:15/M		
60	Courtney Zimmerman	Lititz	1865	47	740	31:49.8	32:49.2	10:16/M		
61	Anh Liang	Lititz	988	42	742	31:50.1	32:49.5	10:16/M		
62	Judith Ring	Hatboro	1369	46	743	31:52.3	32:45.0	10:17/M		
63	Shannon Ginder	Manheim	593	40	750	31:55.8	32:37.8	10:18/M		
64	Karen Humma	Lititz	806	49	753	31:57.6	32:10.0	10:18/M		
65	Carrie Bornmann	elizabethtown	136	44	756	31:59.7	32:32.4	10:19/M		
66	Christine Binkley	New Holland	99	40	764	32:10.2	33:08.5	10:23/M		
67	Andrea Dissler	Lititz	365	49	766	32:10.8	33:13.7	10:23/M		
68	Melissa Petersheim	Manheim	1293	43	779	32:23.1	33:57.4	10:27/M		
69	Shirley Kufera	Jarrettsville	931	45	781	32:24.1	33:46.0	10:27/M		
70	Marie Good	Elm	619	40	789	32:29.7	33:35.6	10:29/M		
71	Denise Redcay	Mount Joy	1337	42	795	32:35.0	33:43.8	10:31/M		
72	Gretchen Zeamer	Manheim	1849	43	796	32:35.0	34:29.8	10:31/M		
73	Kathleen Walter	Landisville	1726	44	804	32:39.0	33:58.7	10:32/M		
74	Jackie Frye	Hummelstown	511	47	806	32:39.2	34:19.2	10:32/M		
75	Heather Soistmann	Edgewater	1892	46	807	32:39.2	33:59.0	10:32/M		
76	Jennifer Mejia	Lititz	1106	44	809	32:40.0	33:33.7	10:32/M		
77	Jo Kerrek	Lititz	873	48	815	32:46.2	33:17.6	10:34/M		
78	Caroline Lawrence	Lancaster	964	46	816	32:46.6	33:36.4	10:34/M		
79	Tracy Krushinski	lititz	928	44	821	32:49.2	33:44.4	10:35/M		
80	Tammy Brown	Ephrata	173	42	827	32:51.5	34:38.2	10:36/M		
81	Kay R	Mount Joy	1325	42	828	32:51.5	33:14.2	10:36/M		
82	Amy Raudenbush	Ephrata	1329	42	831	32:52.0	34:38.3	10:36/M		
83	Stephanie Hartzler	Manhiem	691	41	833	32:53.2	34:25.4	10:36/M		
84	Gayle Merkt	Elizabethtown	1114	41	836	32:54.0	33:59.2	10:37/M		
85	Jessica Widrick	Columbia	1992	41	837	32:54.7	33:59.9	10:37/M		
86	Fawn Davies	Elizabethtown	327	45	841	32:56.3	34:00.7	10:37/M		
87	Janet Christoffel	Lancaster	260	43	848	33:02.6	34:41.3	10:39/M		
88	Michelle Quino-Drescher	Elizabethtown	1324	49	849	33:03.0	33:55.1	10:40/M		
89	Michele Goss	Manheim	628	42	851	33:04.7	35:22.9	10:40/M		
90	Lisa Ayers	Annville	34	42	856	33:07.4	34:22.6	10:41/M		
91	Amy Zewe	Hershey	1860	41	860	33:13.4	35:08.5	10:43/M		
92	Renee Clouser	Grantville	276	43	861	33:13.5	35:08.6	10:43/M		
93	Lety Monroy	Conestoga	1972	45	879	33:26.7	34:45.2	10:47/M		
94	Jayne Pavlik	Manheim	1280	47	891	33:32.7	35:42.6	10:49/M		
95	Stephanie Blocher	Lancaster	115	43	895	33:35.4	34:26.5	10:50/M		
96	Diane Funk	Manheim	521	44	898	33:36.0	34:48.2	10:50/M		
97	Deanette Yoder	Myerstown	1825	44	899	33:36.2	35:08.3	10:50/M		
98	Daphne Fry	Manheim	508	45	901	33:37.0	35:46.8	10:51/M		
99	Nicole Schomp	Lebanon	1438	42	914	33:50.4	35:44.3	10:55/M		
100	Steph Barr	Lebanon	1893	40	915	33:50.6	35:44.1	10:55/M		
101	Nicole Danz	Lebanon	1894	41	917	33:50.9	35:45.4	10:55/M		
102	Rebecca Horn	Lancaster	778	40	921	33:52.9	35:33.0	10:55/M		
103	Jen Patrick	Manheim	1273	40	924	33:55.7	35:21.2	10:56/M		
104	Candace Sandberg	Lancaster	1413	40	929	33:57.4	35:39.6	10:57/M		
105	Cynthia Setlock	Manheim	1460	44	952	34:10.4	36:46.1	11:01/M		
106	Pat Weaver	Manheim	1750	49	955	34:11.5	37:01.3	11:02/M		
107	Evelyn Shank	landisville	1469	40	958	34:14.2	35:41.7	11:03/M		
108	Kelly Trout	Lancaster	1670	47	960	34:14.6	34:31.0	11:03/M		
109	Lori Dietrich	Lancaster	358	40	966	34:17.9	34:34.7	11:04/M		
110	Colleen Ciano	Lititz	261	43	967	34:18.6	35:09.7	11:04/M		
111	Margie Moran	Marietta	1159	44	983	34:30.7	35:46.2	11:08/M		
112	CHRISTINA MARTIN	LITITZ	1041	48	991	34:39.6	36:05.7	11:11/M		
113	Patricia Motter	Lancaster	1171	47	1022	35:04.8	37:13.2	11:19/M		
114	Tina Raybold	Elizabethtown	1333	40	1032	35:15.2	37:54.0	11:22/M		
115	Judi Snyder	Annville	1553	44	1066	35:53.1	37:58.5	11:35/M		
116	Carla Douple	Manheim	379	42	1070	35:54.8	37:13.5	11:35/M		
117	Amy Shipley	Lancaster	1497	44	1076	36:00.6	36:50.8	11:37/M		
118	Brenda Faulhaber	Manheim	445	45	1091	36:11.6	38:15.0	11:40/M		
119	Chrissie Enck	Manheim	1998	44	1101	36:17.8	37:37.6	11:42/M		
120	Ann Stevens	Lancaster	1591	40	1107	36:25.2	38:05.0	11:45/M		
121	Kelly Lastinger	Manheim	956	40	1113	36:27.3	37:29.4	11:45/M		
122	Nickie Fasnacht	Mount Joy	444	40	1129	36:37.4	37:25.0	11:49/M		
123	Pam NyeSmith	Elizabethtown	1244	43	1132	36:42.2	37:49.8	11:50/M		
124	Christine Hinkle	Manheim	752	46	1133	36:43.8	38:23.2	11:51/M		
125	Amy McMinn	Lancaster	1097	42	1136	36:44.8	38:14.2	11:51/M		
126	Tara Reed	Manheim	1349	41	1139	36:46.7	38:59.1	11:52/M		
127	Tonia Washington	Harrisburg	1736	44	1152	37:00.4	37:27.4	11:56/M		

Race Date  
May 31, 2014

# Rock N Glow 2014

## Age Group Results

5K

### Female 40 to 49

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace		
128	Jill Sturgis	Lititz	1622	40	1158	37:07.5	40:09.6	11:58/M		
129	Rebecca Gatesman	Mechanicsburg	549	46	1160	37:15.7	38:49.1	12:01/M		
130	Lisa Kowalski	Manheim	917	43	1165	37:17.9	38:39.5	12:02/M		
131	Diana Hess	Lititz	734	48	1170	37:26.5	40:03.1	12:05/M		
132	Cynthia Tatman	Lancaster	1641	41	1179	37:38.3	40:11.2	12:08/M		
133	Theresa Fackler	Lancaster	438	46	1186	37:43.2	39:57.1	12:10/M		
134	Beth Rossi	Palmyra	1396	45	1187	37:43.3	40:03.0	12:10/M		
135	Connie Stokem	Mountville	1602	46	1190	37:43.3	39:57.0	12:10/M		
136	Kelli Erb	Manheim	430	43	1201	37:53.2	40:02.7	12:13/M		
137	Jodi Croll	Lititz	313	42	1216	38:18.3	39:45.4	12:21/M		
138	Kim Buchanan	Lancaster	189	46	1217	38:18.4	40:51.1	12:21/M		
139	Lynn Micozzi	ANNVILLE	1120	47	1222	38:25.1	39:50.4	12:24/M		
140	Laura Meisl	Lancaster	1104	42	1229	38:30.0	39:57.8	12:25/M		
141	Lorinda Willner	Lancaster	1792	40	1245	38:46.1	40:11.9	12:30/M		
142	Joan Miller	Manheim	1968	45	1246	38:46.1	40:42.7	12:30/M		
143	Janice Viola	Annandale	1966	45	1247	38:46.5	40:43.0	12:30/M		
144	Amy Benner	Mount Joy	1907	42	1252	38:49.4	39:35.9	12:31/M		
145	Lori Shirk	Ephrata	1503	49	1280	39:19.3	40:54.7	12:41/M		
146	Jennifer Fittery	Manheim	472	41	1281	39:21.4	41:19.7	12:42/M		
147	Carrie Hatten	Curwensville	694	46	1285	39:23.8	42:29.8	12:42/M		
148	Kathy Perrier	Hummelstown	1290	47	1300	39:34.0	42:44.4	12:46/M		
149	Susan Weaver	Wyalusing	1751	45	1301	39:34.3	39:53.9	12:46/M		
150	Kirsten Kormos	Manheim	910	43	1303	39:34.7	41:53.1	12:46/M		
151	Amy Addams	Elizabethtown	12	49	1304	39:35.0	42:45.4	12:46/M		
152	Kimberly Fulgenzi	Lititz	513	48	1317	39:54.8	41:52.4	12:52/M		
153	Niki Bloom	Manheim	116	40	1318	39:55.2	40:05.3	12:53/M		
154	Elaine Burnett	lancaster	211	45	1324	40:00.0	42:23.8	12:54/M		
155	Chantelle Delaney	Lancaster	343	41	1326	40:01.1	41:09.0	12:55/M		
156	Candace Sexton	elizabethtown	1463	43	1327	40:02.2	42:36.4	12:55/M		
157	Tiffany Enck	manheim	427	40	1331	40:11.7	42:10.9	12:58/M		
158	Whitney Crouse	Manheim	317	49	1333	40:13.5	43:24.3	12:58/M		
159	PAula Trump	Lititz	1677	45	1337	40:23.3	42:49.4	13:02/M		
160	Pam Cassel	Manheim	249	42	1347	40:37.3	42:11.4	13:06/M		
161	Alison LaFrance	Manheim	941	49	1373	41:14.8	43:57.5	13:18/M		
162	Christine Cummings	Lititz	319	46	1388	41:37.4	41:37.4	13:25/M		
163	Gisselle Talley	Ephrata	1640	44	1392	41:42.5	44:39.3	13:27/M		
164	Connie Huber	Holtwood	799	41	1396	41:46.5	44:55.5	13:28/M		
165	Maria Mazzeo	Landisville	1072	46	1398	41:49.8	43:22.5	13:29/M		
166	Cynthia Moyer	Mount Joy	1173	40	1400	41:51.2	42:39.0	13:30/M		
167	Cathy Maddox	manheim	1014	46	1405	41:57.5	44:34.9	13:32/M		
168	Bela Desai	Manheim	349	45	1407	41:58.6	42:58.8	13:32/M		
169	Judith Bitner	Mount Joy	104	45	1408	41:58.7	45:14.0	13:32/M		
170	Yiota GAVALA	MANHEIM	552	45	1412	42:08.8	45:07.7	13:35/M		
171	Shari Varner	Manheim	1691	45	1417	42:10.9	44:31.3	13:36/M		
172	Jenn Simmons	Lititz	1524	43	1425	42:13.0	45:08.2	13:37/M		
173	Trish Tempalski	Manheim	1646	40	1453	43:05.6	44:59.1	13:54/M		
174	Jewel Mast	Denver	1064	42	1471	43:21.1	46:29.5	13:59/M		
175	Keeli Looper	Denver	1904	44	1472	43:24.3	46:33.0	14:00/M		
176	Lori Koncz	Lititz	909	43	1478	43:30.9	46:16.2	14:02/M		
177	Kathy Snader	Manheim	1547	49	1482	43:40.0	45:02.7	14:05/M		
178	Veasna Nuon	Mount Joy	1239	48	1488	43:45.3	46:41.1	14:07/M		
179	Cyndi Snyder	Lititz	1551	42	1499	44:07.7	47:20.6	14:14/M		
180	Beth Krebs	Lancaster	921	43	1500	44:07.8	45:50.1	14:14/M		
181	Regina Dagen	Lancaster	321	46	1514	44:32.5	47:41.5	14:22/M		
182	Karen Musser	ephrata	1187	46	1515	44:37.4	46:44.4	14:24/M		
183	Carol Good	Lititz	611	46	1531	45:05.3	46:38.6	14:33/M		
184	Natalie Winegarden	Mount Joy	1796	48	1536	45:06.8	47:36.2	14:33/M		
185	Shandra Stoner	Washington Boro	1612	42	1554	45:43.9	48:00.5	14:45/M		
186	Darla Musser	Manheim	1185	45	1557	45:48.4	47:08.4	14:46/M		
187	Mary Brady	Manheim	1978	40	1561	45:59.5	47:19.7	14:50/M		
188	Valerie Morse	Manheim	1163	47	1562	46:03.3	48:53.1	14:51/M		
189	sandy roth	Reinholds	1398	48	1568	46:09.8	48:51.8	14:53/M		
190	Jamie Loose	Ephrata	998	42	1573	46:31.0	47:48.9	15:00/M		
191	Georgiana Figueroa	Lancaster	461	45	1575	46:43.9	49:55.6	15:04/M		
192	Kristin Kober	Mt. Joy	903	40	1579	47:02.1	48:19.9	15:10/M		
193	Jilly Zumba	Willow Street	1877	44	1584	47:22.5	49:13.3	15:17/M		
194	Sheri Yohe	Lancaster	1831	40	1591	47:33.5	50:46.2	15:20/M		
195	Carolyn Clemens-Benton	Ephrata	269	48	1594	47:39.7	51:00.0	15:22/M		
196	Leigh Zimmerman	Ephrata	1870	42	1598	47:43.5	49:32.4	15:24/M		
197	Kristen Buller	Manheim	202	43	1601	47:47.6	50:51.9	15:25/M		
198	Rochelle Meiskey	Columbia	1102	41	1605	47:55.2	48:24.8	15:27/M		
199	Debbie Aszmus	Lititz	31	41	1611	48:05.7	48:28.7	15:31/M		
200	Dawn Hauser	Manheim	699	46	1614	48:11.2	49:47.0	15:33/M		
201	Christine Colantoni	Lititz	279	44	1619	48:24.2	48:48.1	15:37/M		
202	Sandra Musser	Mount Joy	1192	45	1623	48:40.0	51:13.6	15:42/M		
203	Lori Painter	Lititz	1270	47	1627	48:49.9	51:29.5	15:45/M		

**Female 40 to 49**

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
204	Sandy Houser	Harrisburg	794	49	1630	48:59.0	49:47.8	15:48/M	
205	Cindy Deck	Landisville	332	48	1632	49:01.5	51:46.1	15:49/M	
206	Brenda Dart	Manheim	325	44	1639	49:09.8	51:38.4	15:51/M	
207	Angela Forwood	Manheim	486	41	1640	49:26.2	52:04.2	15:57/M	
208	Ginger LaVenice Lefever	millersville	962	49	1644	49:38.1	52:47.1	16:01/M	
209	Patti Shearer	Mount Joy	1481	46	1651	49:46.9	52:50.6	16:03/M	
210	Samantha Gray	Lancaster	1974	40	1657	50:02.4	53:12.1	16:08/M	
211	Donna Beamesderfer	Manheim	70	44	1661	50:17.3	53:08.9	16:13/M	
212	Tina Stewart	DENVER	1596	45	1691	51:58.5	55:13.1	16:46/M	
213	Stephanie Zimmerman	Manheim	1864	45	1692	51:59.1	55:13.3	16:46/M	
214	Beverly George	Lancaster	574	40	1693	51:59.6	53:15.5	16:46/M	
215	Lynne Dougherty	Lititz	378	47	1700	52:52.9	54:30.9	17:03/M	
216	Becky Winters	windsor	1798	45	1702	53:01.2	56:08.1	17:06/M	
217	Kim Garner	Manheim	544	46	1712	54:01.3	57:05.0	17:25/M	
218	Kim McEvoy	Manheim	1088	45	1714	54:03.3	55:40.7	17:26/M	
219	Laura Wash	Lititz	1734	41	1717	54:04.4	56:52.8	17:26/M	
220	Sue Worthing	Lititz	1820	49	1721	54:06.2	57:18.5	17:27/M	
221	Susie Colbert	Lititz	280	44	1726	54:17.1	57:20.5	17:31/M	
222	Allison Lakehart-Childs	Lititz	1945	41	1727	54:22.7	57:32.9	17:32/M	
223	Stephanie Berkheiser	Manheim	1891	46	1731	54:26.2	57:37.4	17:34/M	
224	Tracy Walter	Reinholds	1727	43	1732	54:36.8	57:11.2	17:37/M	
225	Gina Greene	Akron	635	44	1733	54:36.9	57:11.1	17:37/M	
226	Jill Luettgens	Lancaster	1010	48	1739	55:06.0	57:10.4	17:46/M	
227	Kathy Brubaker	Lititz	179	44	1741	55:21.1	58:17.1	17:51/M	
228	Victoria Monk	Jonestown	1147	45	1748	56:30.3	59:38.2	18:14/M	
229	Marsha Heisey	Elizabethtown	711	42	1756	57:12.9	1:00:15.4	18:27/M	
230	Tammy Blose	Lebanon	118	45	1758	57:21.3	1:00:13.8	18:30/M	
231	Kelly Rodgers	Manheim	1383	40	1766	58:25.5	1:01:39.5	18:51/M	
232	Jennifer Hershey	Lititz	729	42	1778	59:48.2	1:02:42.3	19:17/M	
233	Ensinger Shauna	Lititz	428	43	1779	59:48.7	1:02:42.0	19:17/M	

**Male 50 to 59**

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Jeff Shenk	Lititz	1490	50	10	18:55.0	19:01.8	6:06/M	
2	Dwight Eichelberger	Elizabethtown	411	52	20	19:59.4	20:11.0	6:27/M	
3	Mark Ward	Columbia	1729	53	67	21:56.3	22:05.8	7:05/M	
4	Roger Shirey	Manheim	1500	50	110	23:07.3	23:35.0	7:27/M	
5	Scott Zerkowski	Denver	1859	51	117	23:16.1	23:43.8	7:30/M	
6	Terry Frey	Mount Joy	502	53	120	23:22.5	23:44.2	7:32/M	
7	Don Huntz	Manheim	1965	51	167	24:34.2	25:01.3	7:55/M	
8	Tom Blanck	manheim	111	57	187	24:59.7	25:08.7	8:04/M	
9	Douglas Motter	Lancaster	1169	53	205	25:17.4	26:11.7	8:09/M	
10	Jim Orr	Lancaster	1949	53	233	25:45.8	26:47.9	8:18/M	
11	Brian Karsnitz	York	158	52	261	26:02.6	26:14.0	8:24/M	
12	Steven Cassel	York	250	58	317	26:49.6	28:04.1	8:39/M	
13	TED GAVALA	MANHEIM	553	51	324	26:55.8	27:11.2	8:41/M	
14	Walter Newcomer	Manheim	1221	58	341	27:06.2	27:28.5	8:45/M	
15	Jim Rausch	Dover	1331	53	357	27:14.4	27:53.8	8:47/M	
16	Jerry Yoder	Lititz	1826	50	411	27:59.2	28:16.0	9:02/M	
17	Brian Hoerner	Harrisburg	1884	56	486	28:58.0	29:52.3	9:21/M	
18	Phil Huber	Manheim	1883	58	487	28:58.6	29:52.5	9:21/M	
19	Timothy Darling	Hershey	324	54	494	29:06.4	30:30.0	9:23/M	
20	Clayton Good	Manheim	612	52	630	30:35.4	32:48.5	9:52/M	
21	Glen Beiler	Akron	1930	55	637	30:39.5	33:35.7	9:53/M	
22	Ted Horton	Lincoln University	781	53	643	30:41.4	32:08.2	9:54/M	
23	Nate Snyder	Manheim	1555	52	649	30:44.3	32:57.5	9:55/M	
24	George Burkholder	Lancaster	207	54	703	31:21.9	32:04.9	10:07/M	
25	Robert Marquette	Manheim	1035	50	835	32:53.8	33:09.3	10:36/M	
26	Jeff Kramer	Camp Hill	918	51	857	33:09.3	35:05.7	10:42/M	
27	Tom Fromuth	Lancaster	505	55	865	33:17.1	33:34.9	10:44/M	
28	Lyndon Girvin	Mountville	598	54	941	34:05.3	34:45.5	11:00/M	
29	Jeff Kauffman	Lancaster	847	57	942	34:05.4	34:45.6	11:00/M	
30	Craig Martin	Lititz	1044	50	993	34:41.7	36:06.4	11:11/M	
31	David Dietz	Lititz	326	58	1033	35:16.9	37:57.2	11:23/M	
32	Joe Giandalia	Wrightsville	585	53	1168	37:22.5	40:14.7	12:03/M	
33	David Gatesman	Mechanicsburg	547	50	1215	38:14.2	39:47.4	12:20/M	
34	Norman Hatten	Manheim	695	53	1289	39:24.8	42:29.7	12:43/M	
35	Anthony Fulgenzi	Lititz	512	51	1316	39:54.6	41:52.2	12:52/M	
36	Harry Kinard	Columbia	881	57	1345	40:33.0	42:34.2	13:05/M	
37	Jeff Grazan	Middletown	632	54	1369	41:11.0	43:01.5	13:17/M	
38	Ed Wilson	Mount Joy	1926	56	1379	41:22.1	44:18.9	13:21/M	



# Rock N Glow 2014

## Age Group Results

5K

Race Date  
May 31, 2014

### Male 50 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
39	Frank Sahd	Mountville	1409	53	1384	41:32.2	44:25.9	13:24/M
40	Bob Hasty	Manheim	693	57	1402	41:52.1	42:32.5	13:30/M
41	Joseph LaFrance	Manheim	942	54	1419	42:11.1	44:53.9	13:36/M
42	Kevin Bookman	Manheim	131	51	1457	43:10.7	43:37.2	13:55/M
43	Gregory Luscher	lititz	1012	56	1476	43:29.4	44:32.4	14:02/M
44	Earl Benton	Ephrata	91	50	1595	47:39.9	51:00.0	15:22/M
45	Mark Sheaffer	Lancaster	1476	56	1676	50:45.1	51:23.7	16:22/M
46	Ralph Westfield	Mount Joy	1776	59	1688	51:45.8	54:11.2	16:42/M
47	Debra Ford	lititz	478	59	1703	53:01.9	54:45.9	17:06/M
48	Eric Phillips	Manheim	1302	55	1710	53:51.4	56:35.8	17:22/M
49	Craig Fisher	manheim	466	53	1742	55:27.4	56:50.0	17:53/M
50	Scott Christian	Mount Joy	258	52	1762	58:01.8	1:01:03.8	18:43/M

### Female 50 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Meg Kelly	coatesville	866	53	43	21:10.6	21:19.7	6:50/M
2	Lu Ann Wise	Manheim	1980	57	163	24:23.3	24:40.4	7:52/M
3	Pamela Yunginger	Lititz	1842	52	188	25:01.7	25:21.0	8:04/M
4	Joan Yunginger	New Holland	1840	51	244	25:52.5	26:16.7	8:21/M
5	Deirdre Kohr	York	907	50	254	25:58.7	26:10.7	8:23/M
6	Gloria Sandoe	Newmanstown	1414	53	284	26:21.0	26:31.8	8:30/M
7	Denise Stauffer	Manheim	1581	56	372	27:21.7	28:04.5	8:49/M
8	Lisa Haefner	lancaster	656	51	375	27:27.6	28:02.1	8:51/M
9	Tina Snyder	Manheim	1556	50	439	28:20.2	29:24.5	9:08/M
10	Shannon Knorr	Windsor	902	51	465	28:39.9	28:56.5	9:15/M
11	Lisa Ruth-Sahd	Mountville	1405	52	520	29:19.0	30:16.0	9:27/M
12	Cindy Leonard	Coatesville	979	53	523	29:20.8	30:19.6	9:28/M
13	Lori Switzer	Ephrata	1635	50	532	29:24.4	30:15.6	9:29/M
14	Ann Ash	East Earl	30	53	533	29:25.5	30:58.2	9:29/M
15	Sue Senter	Manheim	1456	51	542	29:28.9	30:57.0	9:30/M
16	Nancy Husser	Manheim	813	53	550	29:37.4	31:20.5	9:33/M
17	Eileen Giaco	Manheim	1963	51	573	29:56.5	31:20.3	9:39/M
18	Tara Petrilli	Lancaster	1295	50	615	30:20.7	31:24.8	9:47/M
19	Glenda Klaassen	Ephrata	896	52	620	30:27.7	31:02.3	9:49/M
20	Teri McGillis	lititz	1093	55	635	30:38.3	31:39.7	9:53/M
21	Joni Hauck	Lancaster	697	57	697	31:19.9	32:23.0	10:06/M
22	Ann Patton	Scottsdale	1276	52	723	31:38.5	33:14.3	10:12/M
23	Julie Good	Manheim	615	51	734	31:45.8	33:46.0	10:15/M
24	Andria Sharpe	Lancaster	1471	54	767	32:11.5	33:22.5	10:23/M
25	Concetta Alpers	Lancaster	18	55	775	32:17.4	32:28.0	10:25/M
26	Jodi Reddig	Denver	1341	51	778	32:22.9	33:24.4	10:26/M
27	Jennie Raudenbush	Schuylkill Haven	1330	52	808	32:39.5	34:46.9	10:32/M
28	Brenda Eichelberger	Elizabethtown	410	53	858	33:11.2	34:07.1	10:42/M
29	KIM DICOSTANZO	ELIZABETHTOWN	354	52	886	33:29.5	34:21.8	10:48/M
30	Marcia Clingenpeel	Manheim	270	51	913	33:48.3	35:16.8	10:54/M
31	Susan Ford	Manheim	480	52	954	34:11.0	36:22.6	11:02/M
32	Faith Moore	lititz	1155	50	957	34:13.2	35:13.3	11:02/M
33	Cheryl Heverling	Palmyra	744	50	962	34:15.2	36:35.4	11:03/M
34	Sue Fisher	Quarryville	468	50	968	34:20.5	35:56.7	11:05/M
35	Charlene Urban	Lancaster	1680	51	969	34:20.8	36:43.2	11:05/M
36	Kim Adams	Lititz	10	55	972	34:21.7	35:18.2	11:05/M
37	Lahla Grube	Manheim	649	59	1081	36:04.5	39:15.6	11:38/M
38	Donna Delcollo	Lancaster	344	57	1083	36:05.0	38:21.3	11:38/M
39	Sharon Dietz	Lititz	359	57	1092	36:11.7	38:51.9	11:40/M
40	Susan Taylor	reinholds	1644	50	1116	36:31.1	37:17.4	11:47/M
41	Alice Geisel	Manheim	573	53	1137	36:46.0	38:44.9	11:52/M
42	Debra Kauffman	Lebanon	846	54	1145	36:52.2	39:12.6	11:54/M
43	Lu Ann Fahndrich	Mount Joy	441	53	1150	36:57.3	37:22.2	11:55/M
44	Peaches Gehman	denver	565	59	1154	37:06.3	37:52.5	11:58/M
45	Stephanie Geib	Manheim	570	53	1203	37:56.6	39:43.1	12:14/M
46	Robyn Bauder	Elizabethtown	66	53	1224	38:25.6	39:28.9	12:24/M
47	Rose Gehman	Manheim	567	55	1233	38:32.8	40:13.8	12:26/M
48	Judy Lentz	Manheim	978	58	1234	38:32.8	40:13.5	12:26/M
49	Michele Stipe	Lititz	1598	50	1263	38:53.1	40:33.5	12:33/M
50	Wendy Grazan	Manheim	634	56	1370	41:11.2	43:01.9	13:17/M
51	Anne Phillips	Manheim	1300	57	1372	41:14.7	43:59.8	13:18/M
52	Joy Burchill	Landisville	204	53	1380	41:24.1	43:32.9	13:21/M
53	Debbie Pelletier	Mount Joy	1286	50	1393	41:44.2	43:45.4	13:28/M
54	Penny West	Lancaster	1775	52	1448	42:52.0	43:58.1	13:50/M
55	Beth Kinard	Columbia	880	55	1451	42:59.6	45:03.1	13:52/M
56	Elaine Leech	Manheim	966	52	1452	43:00.8	45:03.0	13:52/M

Female 50 to 59

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
57	Sandy Bookman	Manheim	132	53	1458	43:10.9	43:36.9	13:55/M	
58	Valerie Westphal	lancaster	1780	50	1469	43:19.7	45:46.9	13:58/M	
59	June Camara	Lititz	226	54	1470	43:20.4	44:32.4	13:59/M	
60	Donna Sahrhage	Lancaster	1410	55	1484	43:43.0	45:52.4	14:06/M	
61	Clare Funck	Mount Joy	519	50	1487	43:44.3	46:39.4	14:06/M	
62	Vicky Giandalia	Wrightsville	586	54	1502	44:11.5	45:08.7	14:15/M	
63	Debra Ruhl	Lititz	1400	56	1516	44:38.3	47:26.3	14:24/M	
64	Connie Hake	Lancaster	662	57	1523	44:47.5	47:35.6	14:27/M	
65	Katrina Miller	Salunga	1128	51	1527	44:50.8	46:14.9	14:28/M	
66	Lisa Yost	Mountville	1833	50	1528	44:54.2	46:17.9	14:29/M	
67	Terry Young	Manheim	1838	59	1530	45:04.3	47:39.3	14:32/M	
68	Lori Gerhart	Mount Joy	579	55	1543	45:27.1	48:19.3	14:40/M	
69	Mitzi Headings	East Petersburg	701	50	1567	46:09.8	49:00.2	14:53/M	
70	JACKIE WILSON	LANCASTER	1795	51	1574	46:37.1	47:42.4	15:02/M	
71	Doreen Obetz	Manheim	1250	54	1621	48:36.8	50:52.7	15:41/M	
72	Sherri Wilcox	Manheim	1787	55	1626	48:46.2	51:13.7	15:44/M	
73	cheryl hartnett	lancaster	685	53	1628	48:52.4	52:08.9	15:46/M	
74	Linda Karns	Manheim	843	51	1663	50:17.4	52:03.5	16:13/M	
75	Audrey Brosey	Manheim	163	59	1665	50:18.0	52:03.4	16:14/M	
76	Diane Knepp	Manheim	901	56	1666	50:18.4	52:03.6	16:14/M	
77	Ellen Wright-Burkholder	Lancaster	1981	56	1667	50:18.6	52:04.0	16:14/M	
78	Susan Sheaffer	Lancaster	1477	52	1674	50:39.9	51:17.8	16:20/M	
79	Cindy Davis	Lancaster	328	50	1675	50:44.7	51:24.2	16:22/M	
80	Martha Davis	Lancaster	329	50	1677	50:46.1	51:25.6	16:23/M	
81	ROBIN VOLKER	LITITZ	1706	57	1690	51:58.2	55:13.4	16:46/M	
82	Jennifer Kohler	Manheim	904	50	1696	52:01.1	54:21.1	16:47/M	
83	Robin Greiner	Manheim	1935	55	1697	52:15.6	54:32.6	16:51/M	
84	Ellen Souders	Lancaster	1558	55	1705	53:02.2	54:46.3	17:06/M	
85	Kim Musser	Landisville	1188	50	1715	54:03.3	55:41.0	17:26/M	
86	Kathy Groff	Manheim	642	53	1722	54:10.4	57:08.9	17:28/M	
87	Georgine Wood	lancaster	1816	54	1728	54:23.8	57:34.1	17:33/M	
88	Tracy Barley	Denver	61	50	1737	55:05.5	57:10.0	17:46/M	
89	Kim Brown	Mount Joy	170	50	1750	56:30.4	58:53.8	18:14/M	
90	Cynthia Porta	Manheim	1315	58	1751	56:48.3	59:39.3	18:19/M	
91	Yvonne Geib	Manheim	571	59	1755	57:12.3	1:00:14.0	18:27/M	
92	Wendy Hake	Lancaster	663	50	1757	57:21.3	1:00:13.8	18:30/M	
93	Betsy Cook	Columbia	301	55	1768	58:33.6	1:01:27.2	18:53/M	
94	Martha Maney	Lititz	1919	55	1781	1:01:19.1	1:04:31.3	19:47/M	
95	Cathy Hower	Manheim	796	54	1782	1:01:56.5	1:04:16.6	19:59/M	

Male 60 to 69

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Malcolm Senior	New Market	1453	63	25	20:16.3	20:21.0	6:32/M	
2	Glenn Nolt	Manheim	1234	64	157	24:03.6	24:26.3	7:45/M	
3	John Kegarise	Manheim	857	64	274	26:12.2	26:39.4	8:27/M	
4	Richard Troutman	Manheim	1672	66	345	27:07.9	27:39.9	8:45/M	
5	Cang Phan	Lancaster	1296	65	659	30:51.0	32:37.7	9:57/M	
6	Fred Hauck	Lancaster	696	60	689	31:15.0	32:23.2	10:05/M	
7	Mike Gerhard	Manheim	578	63	936	34:01.6	35:36.9	10:58/M	
8	Jeff Bare	Mount Joy	55	62	987	34:33.1	36:03.3	11:09/M	
9	N. Clair Clawser	Campbellt	267	68	1291	39:26.2	39:53.3	12:43/M	
10	Jay Hess	Manheim	737	66	1308	39:41.9	41:33.8	12:48/M	
11	Ian Bruce	Mt. Holly	187	62	1435	42:30.1	43:24.9	13:43/M	
12	John Young	Manheim	1836	61	1509	44:25.7	47:00.2	14:20/M	
13	Herman Ramig	Lancaster	1327	69	1526	44:50.3	47:46.3	14:28/M	

Female 60 to 69

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Sharyn Slick	Lancaster	1902	67	463	28:36.0	28:46.3	9:14/M	
2	SUSAN CONNORS	LANCASTER	293	60	679	31:07.8	32:54.7	10:02/M	
3	Bonnie Reppert	Manheim	1991	61	912	33:47.7	34:58.9	10:54/M	
4	Rose Ward	Columbia	1730	62	997	34:44.4	36:12.5	11:12/M	
5	Diane Bates	Akron	65	60	1069	35:54.8	37:55.7	11:35/M	
6	Sally Wentling	Cleona	1773	61	1421	42:12.1	44:51.0	13:37/M	
7	Marge Kipe	Leola	891	60	1522	44:47.2	47:43.3	14:27/M	
8	Charlotte Fittery	manheim	470	64	1550	45:38.2	48:18.2	14:43/M	

Race Date  
May 31, 2014

Rock N Glow 2014  
Age Group Results

5K

Female 60 to 69

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
9	Jerri May	Lancaster	1070	61	1566	46:09.4	48:59.9	14:53/M
10	Emy Miller	Manheim	1125	61	1590	47:29.9	50:18.1	15:19/M
11	Kathi Frost	Carlisle	506	62	1636	49:04.9	51:22.8	15:50/M
12	Marilyn Graybill	Mount Joy	631	65	1647	49:45.8	52:50.9	16:03/M
13	Jean Heisey	Manheim	709	62	1648	49:45.9	52:50.6	16:03/M
14	Lyn Geib	Manheim	569	62	1660	50:16.9	52:03.4	16:13/M
15	Donna Gerhard	Manheim	577	63	1664	50:17.8	52:04.0	16:13/M
16	Jeannie Retherford	Elizabethtown	1359	60	1711	53:53.5	56:58.8	17:23/M
17	Gail Summy	Manheim	1627	60	1754	57:12.2	1:00:13.2	18:27/M
18	Elli Zeamer	Mount Joy	1848	66	1765	58:24.2	1:01:38.4	18:50/M

Male 70 and over

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	John Silver	Parquesburg	1522	71	910	33:47.1	35:23.4	10:54/M
2	Lee Barshinger	Manheim	63	74	1075	35:59.0	37:10.7	11:36/M
3	Robert Singer	Lititz	1920	87	1753	56:59.1	1:00:11.5	18:23/M

Female 70 and over

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1 *	Louise Staffieri	Manheim	1573	71	1461	43:14.0	44:21.7	13:57/M
2	Elsie Gilliland	Lititz	591	71	1559	45:52.9	46:35.7	14:48/M
3	J Eileen Snavelly	Manheim	1549	70	1582	47:19.2	49:31.6	15:16/M