

2023 March Frozen Foot

Age Group Results

5K

Race Date
March 19, 2023

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	Julie Halteman	Elizabethtown PA	272	30	3	19:06.3	19:06.3	6:09/M

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	Cole Nissler		12	27	1	17:16.8	17:16.8	5:34/M

Female Masters 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	Amy Falk	Hummelstown PA	213	51	17	22:32.5	22:32.5	7:15/M

Male Masters 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	Daryl Weaver		25	49	2	17:47.8	17:47.8	5:44/M

2023 March Frozen Foot

Age Group Results

5K

Race Date
March 19, 2023

Female 14 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Allison Shaffner	Elizabethtown PA	324	12	29	24:28.6	24:33.9	7:54/M
2	* Ahnelise Ebersole	Wrightsville PA	207	11	35	25:30.6	25:36.9	8:14/M
3	* Evelyn Carroll	Lancaster PA	191	14	46	27:19.2	27:29.0	8:49/M
4	Norah Downing		359	11	85	36:10.9	36:22.0	11:40/M
5	Cora Quickel	Elizabethtown PA	309	12	90	38:37.7	38:40.7	12:28/M
6	Lucy Downing		358	8	95	40:50.0	41:01.2	13:10/M

Male 14 and Under

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Levi Sell	Lititz PA	323	13	8	20:51.8	21:00.8	6:44/M
2	* Caleb Martin	Leola PA	292	14	13	21:57.1	22:06.3	7:05/M
3	* Elijah Swift		339	14	15	22:12.4	22:23.0	7:10/M
4	Jacob Pierdon		21	8	71	32:19.5	32:28.4	10:26/M
5	William Quickel	Elizabethtown PA	311	11	98	42:24.7	42:28.3	13:41/M
6	Andrew Rockey	Washington Boro PA	316	10	101	46:01.1	46:15.4	14:51/M
7	Lucas Rockey	Washington Boro PA	317	13	110	50:24.3	50:38.2	16:16/M

Female 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jazzy Lopez	East Petersburg PA	291	15	11	21:36.4	21:38.3	6:58/M

Male 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jack Hightower	Millersville PA	275	16	4	19:20.2	19:22.1	6:14/M
2	* Mikey Dunham		15	19	9	21:18.2	21:20.5	6:52/M
3	* pATRIC FaLK		3001	15	10	21:28.9	21:32.4	6:56/M
4	Chase Widders	Lititz PA	350	15	20	23:04.9	23:14.0	7:27/M
5	Jordan Degroft	Elizabethtown PA	201	16	25	24:04.3	24:09.5	7:46/M
6	Vincent Keefer	Lancaster PA	280	15	30	24:30.6	24:33.5	7:54/M
7	Riley Myers	Lewistown PA	300	19	41	26:01.8	26:15.7	8:24/M

Male Age 20-24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Tyler Caudill	Elizabethtown PA	193	23	12	21:38.3	21:43.0	6:59/M
2	* Bruce Hubbs	Lebanon PA	277	24	52	28:44.7	28:50.7	9:16/M

Female 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Sarah Grow Martz	Harrisburg PA	219	27	48	27:37.3	27:42.3	8:55/M

Male 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Trevor Slade	Annaville PA	328	29	22	23:20.4	23:24.4	7:32/M
2	* Dalton Leash	York PA	288	26	39	25:55.8	26:03.2	8:22/M
3	* Andrew Martz	Harrisburg PA	294	26	62	31:18.3	31:23.3	10:06/M

2023 March Frozen Foot

Race Date
March 19, 2023

Age Group Results

5K

Female 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Amanda Hippensteel	Lancaster PA	276	34	31	24:35.3	24:43.5	7:56/M
2	* Katelyn Wolf	Marietta PA	352	32	63	31:21.3	31:31.6	10:07/M
3	* Natasha Clarke	Lancaster PA	194	31	77	34:42.0	34:54.1	11:12/M
4	Shannon Moyer	Lebanon PA	298	31	105	46:56.2	47:00.4	15:08/M
5	Alissa Kurtz	Elizabethtown PA	285	34	107	48:25.5	48:32.8	15:37/M

Male 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Alexander Krieger		357	31	64	31:38.2	31:54.0	10:12/M
2	* Morgan Ash	East Earl PA	362	32	103	46:43.4	46:52.9	15:04/M

Female 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Brenda Daily	Elizabethtown PA	198	39	27	24:11.9	24:15.1	7:48/M
2	* Kacie Wetzel	Lititz PA	348	38	42	26:41.1	26:44.7	8:36/M
3	* Lesley Hurst	Harrisburg PA	278	39	50	28:20.1	28:35.5	9:08/M
4	Carrie Beamenderfer	Elizabethtown PA	181	39	53	28:57.0	29:04.2	9:20/M
5	Kathleen Romine	Landisville PA	319	39	76	33:44.9	33:53.4	10:53/M
6	Jessica O'hara	Washington Boro PA	304	37	111	50:25.2	50:38.8	16:16/M

Male 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jason Smith	Stevens PA	330	38	40	25:58.9	26:04.5	8:23/M
2	* Kevin Uhland	Felton PA	342	37	80	34:47.8	34:49.9	11:14/M
3	* Adam Giera	Hanover PA	215	38	82	35:01.4	35:10.9	11:18/M

Female 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Sarah Brendle	Landisville PA	187	42	32	25:01.7	25:06.3	8:04/M
2	* Krista Templin	Elizabethtown PA	356	41	33	25:05.7	25:14.5	8:06/M
3	* Joyce Loizeaux	Elizabethtown PA	290	41	38	25:54.1	25:58.4	8:21/M
4	Sonya Widders	Lititz PA	351	43	43	27:11.0	27:20.4	8:46/M
5	Kim Martin	Leola PA	293	41	44	27:11.3	27:20.5	8:46/M
6	Maura Ebersole	Wrightsville PA	208	41	57	29:47.3	29:54.1	9:37/M
7	Meghann Pierdon	Bainbridge PA	305	44	72	32:20.5	32:28.6	10:26/M
8	Anya Goldina	Elizabethtown PA	216	42	78	34:42.3	34:54.5	11:12/M
9	Jo Hershey	Elizabethtown PA	274	43	83	35:14.0	35:25.6	11:22/M
10	Beth-Ann Quickel	Bainbridge PA	308	40	89	38:33.4	38:38.1	12:26/M
11	Andrea Black	Mount Joy PA	183	42	94	40:48.2	40:59.4	13:10/M
12	Sherry Quickel	Elizabethtown PA	310	44	99	42:25.0	42:30.1	13:41/M

Male 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Daniel Loizeaux	Elizabethtown PA	289	41	6	20:39.4	20:40.9	6:40/M
2	* Brian Sull		129	44	7	20:51.6	20:58.3	6:44/M
3	* Jay Rhoads	Columbia PA	314	40	21	23:07.3	23:15.2	7:28/M
4	Kyle Daily	Elizabethtown PA	199	43	26	24:11.7	24:14.9	7:48/M
5	Shawn Degroft	Elizabethtown PA	202	44	73	32:47.1	32:54.6	10:35/M
6	Luke Quickel		361	43	87	37:40.8	37:45.9	12:09/M

2023 March Frozen Foot

Age Group Results

Race Date
March 19, 2023

5K

Female 45 to 49

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Tara Borgna	Lancaster PA	185	46	19	23:04.0	23:06.7	7:26/M	
2	* Laura Reinike	Holtwood PA	313	45	37	25:41.7	25:45.9	8:17/M	
3	* Lori Klein	Lebanon PA	283	48	49	27:46.4	27:52.4	8:58/M	
4	Donna Vasiloff	New Cumberland PA	344	49	51	28:20.5	28:26.7	9:09/M	
5	Sally Burget		84	49	60	30:49.8	31:00.8	9:57/M	

Male 45 to 49

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Joel Valvo	Palmyra PA	343	45	14	22:09.8	22:12.1	7:09/M	
2	* Jay Zimmerman		118	47	28	24:24.7	24:35.1	7:52/M	
3	* Sam Coyl	Harrisburg PA	195	45	36	25:32.3	25:38.0	8:14/M	
4	James Richards	Harrisburg PA	315	46	54	29:32.3	29:45.7	9:32/M	

Female 50 to 54

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Jodi Olympia	Hummelstown PA	302	52	23	23:25.9	23:30.2	7:34/M	
2	* Nicole Hart	Boiling Springs PA	273	53	47	27:23.5	27:29.4	8:50/M	
3	* Jodi Myers	State College PA	299	50	61	31:07.7	31:22.3	10:03/M	
4	Darlene Swift		338	53	68	31:59.2	32:09.6	10:19/M	
5	Jodi Stauffer	Pequea PA	332	50	70	32:05.4	32:09.1	10:21/M	

Male 50 to 54

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Kurt Degoe	Mount Joy PA	200	53	5	20:08.0	20:09.4	6:30/M	
2	* John Gilbert	Palmyra PA	28	54	24	23:51.9	23:55.9	7:42/M	
3	* Andrew Carroll	Lancaster PA	190	51	45	27:18.6	27:28.4	8:49/M	
4	Shawn McClaren		140	52	58	30:32.3	30:50.3	9:51/M	
5	John Richards	Marysville PA	94	51	81	34:49.2	35:02.1	11:14/M	
6	Shawn McClaren		364	52	102	46:19.4	46:19.4	14:57/M	

Female 55 to 59

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Susan Gilbert		37	55	56	29:44.3	29:55.2	9:36/M	
2	* Renee Dipilla	Peach Bottom PA	205	57	65	31:38.4	31:42.9	10:12/M	
3	* Barbara Kurtz	Lititz PA	286	58	84	36:00.9	36:08.9	11:37/M	
4	Carin Schrum	Hummelstown PA	322	55	88	37:45.4	37:57.7	12:11/M	
5	Connie Wertz	Halifax PA	347	57	91	38:39.2	38:52.0	12:28/M	
6	Kristina Landvater	Hershey PA	287	55	93	39:01.4	39:14.7	12:35/M	
7	Christine Fake	Lititz PA	212	59	97	41:42.7	41:49.4	13:27/M	

Male 55 to 59

								-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace	
1	* Rodney Nissly		360	55	16	22:24.5	22:26.3	7:14/M	
2	* Peter Palaitis		2	57	69	32:03.0	32:14.2	10:20/M	
3	* Ronald Trimmell	New Cumberland PA	341	55	74	32:55.1	33:09.9	10:37/M	
4	Dave Wenger	Palmyra PA	346	55	75	33:05.1	33:15.0	10:40/M	

2023 March Frozen Foot

Age Group Results

5K

Race Date
March 19, 2023

Female 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Donna Ornosky	East Greenville PA	303	60	55	29:40.5	29:46.7	9:34/M
2	* Cindy Hendershott	Elizabethtown PA	9	64	67	31:59.1	32:05.8	10:19/M
3	* Suzette Kreider	Elizabethtown PA	284	62	79	34:46.6	34:55.6	11:13/M
4	Nancy Shrom	Ephrata PA	325	62	106	47:38.0	47:45.1	15:22/M

Male 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Richard Sievers	Elizabethtown PA	326	64	18	22:38.7	22:41.7	7:18/M
2	* Scott Miller		297	64	34	25:07.4	25:10.2	8:06/M
3	* Bill Krieger		136	63	66	31:48.4	32:01.4	10:16/M

Female 65 to 69

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Sue Ruhl	Manheim PA	320	66	92	38:43.3	38:53.8	12:29/M
2	* Sharyn McHenry	Grantville PA	295	68	109	49:13.0	49:28.4	15:53/M

Female 70 to 74

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Rose Ward	Columbia PA	345	71	86	36:33.1	36:38.0	11:47/M
2	* Patricia Allwein	Mount Gretna PA	180	73	96	41:32.8	41:39.6	13:24/M
3	* Teresa Ernst	Lancaster PA	210	74	104	46:48.5	47:01.5	15:06/M

Male 75 to 79

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Jim Doyle	Lancaster PA	206	77	59	30:42.7	30:47.9	9:54/M

Female 80 and Over

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Judy Anttonen	Millersville PA	20	81	100	45:03.7	45:16.5	14:32/M

Male 80 and Over

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Ralph Detrick	Elizabethtown PA	203	82	108	49:12.4	49:28.4	15:52/M