

Race Date
February 18, 2024

Frozen Foot Races February
Age Group Results

5K

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jenn Fisher	Middletown PA	44	852	12	22:14.6	7:11/M	

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Doug Wingate	Elizabethtown PA	38	980	1	18:15.8	5:53/M	

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Brenda Daily	Elizabethtown PA	40	838	20	23:16.3	7:30/M	1:01.6

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Bob Porambo	Elizabethtown PA	43	919	2	19:17.3	6:13/M	1:01.5

Race Date
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5K

Female 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Claire Sahd	Lancaster PA	14	930	17	23:08.6	7:28/M	0:53.9
2 *	Abigail Reed	Marietta PA	14	925	18	23:11.3	7:29/M	0:56.7
3 *	Lena Glick	Lancaster PA	14	862	21	23:34.9	7:36/M	1:20.2
4	Julia Ernst	East Petersburg PA	14	847	34	26:16.1	8:28/M	4:01.4
5	Lillian Kohler	East Petersburg PA	12	988	71	33:01.0	10:39/M	10:46.3
6	Sophia Yorty	Annville PA	11	973	85	35:26.2	11:26/M	13:11.5
7	Alice Bierly	Elizabethtown PA	14	820	92	37:09.7	11:59/M	14:55.1
8	Olivia Davies	Landisville PA	13	841	109	40:45.2	13:09/M	18:30.5

Male 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Seth Manning	Mount Joy PA	13	898	10	21:36.9	6:58/M	3:21.1
2 *	Jeffrey Pierdon		14	993	28	25:05.8	8:06/M	6:50.0
3 *	Carter Kline		11	992	61	30:50.3	9:57/M	12:34.5
4	Jacob Pierdon	Bainbridge PA	9	917	72	33:17.6	10:44/M	15:01.8

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Evelyn Carroll	Lancaster PA	15	830	37	26:54.7	8:41/M	4:40.1
2 *	Josie Spayd		17	994	55	30:00.7	9:41/M	7:46.0
3 *	Kaitlyn Ream	Washington Boro PA	18	924	57	30:08.3	9:43/M	7:53.7
4	Emily Addams	Elizabethtown PA	15	808	93	37:09.7	11:59/M	14:55.1

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Ezekiel Ginder	Millersville PA	15	860	36	26:41.5	8:37/M	8:25.7

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Jennica Wenger	Lancaster PA	21	962	31	25:47.0	8:19/M	3:32.4
2 *	Alison Grobengieser	Hummelstown PA	23	986	82	34:58.4	11:17/M	12:43.8

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5K

Male Age 20-24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Riley Myers	Lewistown PA	20	906	19	23:14.8	7:30/M	4:59.0
2 *	Trent Wenger	Lancaster PA	21	963	27	24:52.0	8:01/M	6:36.2

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Joanie Miller	Hummelstown PA	26	985	88	36:23.9	11:44/M	14:09.2

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Declan Barber	Mount Joy PA	26	813	8	21:19.8	6:53/M	3:03.9
2 *	Mitchell Bitner	Elizabethtown PA	27	821	16	22:54.8	7:24/M	4:39.0
3 *	Dalton Leash	York PA	27	887	51	29:11.0	9:25/M	10:55.2

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Lydia Mellinger	Lancaster PA	33	901	60	30:44.5	9:55/M	8:29.9
2 *	Monique Dykman	Lancaster PA	31	846	63	31:00.5	10:00/M	8:45.8
3 *	Frances Weyer	Mechaincsburg PA	33	968	80	34:33.8	11:09/M	12:19.1
4	Michelle Cave	Bernville PA	31	832	125	47:46.3	15:25/M	25:31.7

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Conrad Heisey	Elizabethtown PA	33	872	9	21:34.3	6:58/M	3:18.4
2 *	Matthew Carter	Lititz PA	31	831	48	28:31.2	9:12/M	10:15.4
3 *	Alexander Krieger	Mount Joy PA	32	882	59	30:42.4	9:54/M	12:26.6
4	Morgan Ash	Denver PA	33	810	124	47:42.9	15:24/M	29:27.1

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Cathy Ginder	Millersville PA	37	859	15	22:47.6	7:21/M	0:33.0
2 *	Christina Kline	Lititz PA	37	880	23	24:15.1	7:49/M	2:00.5
3 *	Ashley Griesemer	Reinholds PA	37	865	35	26:40.0	8:36/M	4:25.4
4	Shane Neiffer	Pottstown PA	38	907	58	30:08.7	9:43/M	7:54.0

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Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
5	Anna Stephenson	Elizabethtown PA	35	977	75	33:25.3	10:47/M	11:10.7
6	Erin Hodos	Elizabethtown PA	37	873	76	33:27.7	10:48/M	11:13.1
7	Heather Gebhart	Elizabethtown PA	39	857	81	34:53.1	11:15/M	12:38.5
8	Trish Labonte	Newark DE	38	885	95	37:43.4	12:10/M	15:28.8
9	Christy Smith	Newark DE	36	941	96	37:44.0	12:10/M	15:29.3

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Jeffrey Slade	New Cumberland PA	38	938	3	19:21.7	6:15/M	1:05.9
2 *	William Rummel	York PA	38	929	5	19:58.1	6:26/M	1:42.3
3 *	Jonathan Croft	Hummelstown PA	38	836	14	22:42.7	7:20/M	4:26.9
4	Wallace Rejrat	Palmyra PA	38	926	52	29:20.8	9:28/M	11:05.0
5	Paul Schmidt	Elizabethtown PA	37	932	54	29:53.0	9:38/M	11:37.2

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Carrie Booth	East Petersburg PA	44	822	26	24:35.4	7:56/M	2:20.7
2 *	Joyce Loizeaux	Elizabethtown PA	42	892	29	25:22.8	8:11/M	3:08.2
3 *	Erica Baer	Lancaster PA	43	812	40	27:09.5	8:46/M	4:54.8
4	Anya Goldina	Elizabethtown PA	43	863	70	32:48.9	10:35/M	10:34.2
5	Meghann Pierdon	Bainbridge PA	44	918	73	33:18.0	10:45/M	11:03.3
6	Kimberly Hays	Hershey PA	40	871	83	35:18.7	11:23/M	13:04.1
7	Sherry Quickel	Elizabethtown PA	44	922	117	45:37.9	14:43/M	23:23.3

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Kyle Daily	Elizabethtown PA	44	839	4	19:55.0	6:25/M	1:39.2
2 *	Daniel Loizeaux	Bainbridge PA	42	891	7	20:39.9	6:40/M	2:24.1
3 *	Tim Haak	Elizabethtown PA	43	867	22	23:38.8	7:38/M	5:23.0
4	Michael Ungemach	Ephrata PA	40	954	45	27:44.1	8:57/M	9:28.3
5	Matthew Stoltzfus	Bird In Hand PA	40	947	89	36:41.4	11:50/M	18:25.6

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
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Frozen Foot Races February
Age Group Results

5K

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Karin Laszakovits	Elizabethtown PA	48	886	32	25:47.9	8:19/M	3:33.3
2 *	Jean Kilheffer Hess	Columbia PA	49	878	41	27:22.2	8:50/M	5:07.5
3 *	Michelle Ungemach	Ephrata PA	47	955	49	29:01.3	9:22/M	6:46.7
4	Jenn O'Donnell	Mechanicsburg PA	47	909	50	29:06.0	9:23/M	6:51.4
5	Stephanie Mader	Harrisburg PA	47	897	87	35:58.3	11:36/M	13:43.7
6	Jill Breneman	Mt Joy PA	45	825	98	37:59.8	12:15/M	15:45.2
7	Becky Smith	Elizabethtown PA	46	940	101	38:40.2	12:28/M	16:25.5
8	Stacy Karli	Elizabethtown PA	47	876	106	40:15.7	12:59/M	18:01.0
9	Jodi Groff	Lancaster PA	49	866	108	40:34.6	13:05/M	18:20.0
10	Gretchen Berkheimer	Marietta PA	48	819	115	44:09.9	14:15/M	21:55.3
11	Jennifer Fields	York PA	45	850	120	46:30.5	15:00/M	24:15.9

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Scott Susten	Ephrata PA	49	979	6	20:00.3	6:27/M	1:44.5
2 *	Lou Starzl	East Petersburg PA	47	944	24	24:16.6	7:50/M	6:00.8
3 *	Joel Valvo	Palmyra PA	46	956	33	26:15.5	8:28/M	7:59.7
4	Dan Witmer	East Petersburg PA	45	982	42	27:24.6	8:51/M	9:08.8
5	Matthew Yorty		49	987	44	27:33.1	8:53/M	9:17.3
6	James Richards	Harrisburg PA	47	928	74	33:24.0	10:46/M	15:08.2
7	James Nesbitt	Elizabethtown PA	49	908	86	35:48.2	11:33/M	17:32.4
8	Daniel Kenny	Elizabethtown PA	47	877	121	46:31.0	15:00/M	28:15.2
9	Justin Repsch	Elizabethtown PA	49	927	122	46:47.6	15:06/M	28:31.8

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Jodi Olympia	Hummelstown PA	52	913	25	24:31.2	7:55/M	2:16.6
2 *	Donna Vasiloff	New Cumberland PA	50	957	43	27:30.2	8:52/M	5:15.6
3 *	Nicole Hart	Boiling Springs PA	53	870	46	28:04.0	9:03/M	5:49.4
4	Jodi Myers	Lewistown PA	51	905	64	31:04.3	10:01/M	8:49.7
5	Connie Buckwalter	Lititz PA	53	826	69	32:07.9	10:22/M	9:53.2
6	Rebecca Gottshall	Columbia PA	53	864	78	33:46.6	10:54/M	11:32.0
7	Loretta Whitcraft	New Holland PA	51	969	91	37:03.6	11:57/M	14:48.9
8	Tonya Beck	Manheim PA	53	817	102	38:47.1	12:31/M	16:32.4
9	Carrie Bornmann	Elizabethtown PA	53	824	112	41:38.9	13:26/M	19:24.3

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Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Mark Stoltzfus	Ephrata PA	50	946	11	22:04.9	7:07/M	3:49.1
2 *	Andrew Carroll	Lancaster PA	51	829	39	27:06.6	8:45/M	8:50.8
3 *	Ed Spayd		50	995	56	30:00.7	9:41/M	11:44.9
4	Patrick Mitchell	Grantville PA	50	903	65	31:26.2	10:08/M	13:10.4
5	Karl Smith	Manheimmanhiem PA	53	943	90	36:58.1	11:56/M	18:42.3
6	Brian Frey	Ephrata PA	52	854	94	37:15.5	12:01/M	18:59.7
7	Christopher Booth	Millersvillemillersville	50	823	105	40:04.2	12:56/M	21:48.4

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Pamela Formica	Lititz PA	56	853	53	29:32.0	9:32/M	7:17.4
2 *	Laurel Kratz		58	990	67	31:47.4	10:15/M	9:32.8
3 *	Pamela Szajnok	Enola PA	58	950	99	38:07.9	12:18/M	15:53.3
4	Connie Wertz	Mechanicsburg PA	58	964	104	39:44.5	12:49/M	17:29.8
5	Carin Schrum	Hummelstown PA	56	933	107	40:26.3	13:03/M	18:11.6
6	Melissa Batula	Jonestown PA	55	814	111	41:38.4	13:26/M	19:23.8
7	Amy Addams	Elizabethtown PA	58	807	118	46:30.1	15:00/M	24:15.4

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Erica Zinkan		63	998	100	38:25.8	12:24/M	16:11.2
2 *	Marlene Cosner	Harrisburg PA	63	834	123	46:53.3	15:08/M	24:38.6
3 *	Nannette Handley	Mechanicsburg PA	64	869	127	48:20.5	15:36/M	26:05.9

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Jeffrey Stouch	Mount Joy PA	64	983	30	25:23.3	8:11/M	7:07.5
2 *	Fred Cramer	Camp Hill PA	62	835	47	28:21.3	9:09/M	10:05.5
3 *	William Krieger	Mount Joy PA	63	883	62	30:53.9	9:58/M	12:38.1
4	Edward Beck	Harrisburg PA	60	815	79	34:06.0	11:00/M	15:50.2
5	David Palya	Lancaster PA	60	915	110	41:12.6	13:18/M	22:56.8
6	Mark Bellavia	Lancaster PA	63	818	114	43:57.1	14:11/M	25:41.3

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Age Group Results

5K

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Debra Vanek	Mount Joy PA	66	984	113	43:34.1	14:03/M	21:19.5
2 *	Sharyn McHenry	Grantville PA	69	899	126	48:12.5	15:33/M	25:57.9

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Courtland Howard	Red Lion PA	68	874	38	27:01.1	8:43/M	8:45.3
2 *	James Fulkerson	Lancaster PA	66	855	119	46:30.3	15:00/M	28:14.5

Female 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Janet Wendler	Lancaster PA	74	961	68	31:56.1	10:18/M	9:41.4
2 *	Rose Ward	Columbia PA	72	958	84	35:21.0	11:24/M	13:06.4
3 *	Susan Truxal	Lancaster PA	72	953	103	39:11.7	12:39/M	16:57.1
4	Teresa Ernst	Lancaster PA	74	848	128	52:42.7	17:00/M	30:28.1

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Don Morrison	Coatesville PA	73	976	13	22:34.0	7:17/M	4:18.1
2 *	Brad Westhafer	Mechanicsburg PA	72	966	66	31:38.8	10:13/M	13:23.0
3 *	Fred Kohler	Lancaster PA	70	981	77	33:32.1	10:49/M	15:16.2

Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Hal Darr	York PA	76	840	97	37:57.6	12:15/M	19:41.8

Female 80 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1 *	Judy Anttonen	Millersville PA	82	809	116	45:18.9	14:37/M	23:04.2