

AGE-GROUP RESULTS
Howl-O-Run 5K
Sunday October 29, 2023 9AM
Marlboro Beach, Lamoine, Maine
Timing & Finish Line Management by 5K Sports Race Management
FiveKsport@aol.com 207-865-4501 Fiveksport.com Running4Free.com

MALE AGE GROUP: 1 - 19					
1	4	Mason Read	13	Castine	22:53
2	16	Malcolm Read	11	Castine	28:47
3	21	KASEN RICH	9	MT. DESERT	ME 30:10
4	31	KENSLEY RICH	7	MT. DESERT	ME 41:02
5	34	LUKE LESSARD	10	SEAL HARBOR	ME 45:47
6	41	CHRIS COOPER	15	MT. DESERT	ME 1:00:19
FEMALE AGE GROUP: 1 - 19					
1	17	Charlotte Rudloe	11	Blue Hill	28:53
MALE AGE GROUP: 20 - 29					
1	10	Maksim Grover	29	Ellsworth	26:02
2	12	Christopher Heel	29	Mount Desert	27:10
FEMALE AGE GROUP: 20 - 29					
1	8	Amanda Anair	27	Ellsworth	24:26
2	25	Susana DeFrank	26	Machias	31:44
3	26	Jessica Lindsay	25	Cutler	31:46
MALE AGE GROUP: 30 - 39					
1	3	Alex Johnson	33	Ellsworth	21:15
2	7	ZANE MILLER	36	LAMOINE	ME 23:56
3	32	Jensen Rich	36	Mount Desert	41:08
FEMALE AGE GROUP: 30 - 39					
1	6	Erin Salter	36	Ellsworth	23:24
2	15	KARMEN DANICO	33	SULLIVAN	ME 28:21
3	18	Tiffany Plourde	37	Dedham	29:17
4	30	Laura Driscoll	33	Mount Desert	41:02
5	39	SYLVIA HOLDSWORTH	34	HANCOCK	ME 53:38
6	40	Megan Madsen	35	Southwest Harbor	59:58
7	44	Bethany Van Gorder	31	Bar Harbor	1:00:49
MALE AGE GROUP: 40 - 49					
1	2	KRIS GARCIA	45	ELLSWORTH	ME 19:22
FEMALE AGE GROUP: 40 - 49					
1	5	Tiffany Rudloe	45	Bluie Hill	23:03
2	14	Danielle Reardon	43	Eddington	28:05
3	19	Lisa Read	47	Castine	29:22
4	22	Kelli Michaud	45	Holden	30:11
5	28	JOCELYN TIEMANN	40	ELLSWORTH	ME 32:36
6	36	Lynn Bean-Ingram	48	Lamoine	50:30
7	37	Robyn Hanson	40	Seal Harbor	50:35
8	38	Raya Rackliff	42	Trenton	53:38
9	42	HEATHER COOPER	46	MT. DESERT	ME 1:00:21
10	43	MEGAN HALLMAN	43	CHERRYFIELD	ME 1:00:28
MALE AGE GROUP: 50 - 59					
1	1	CHRIS COOPER	54	MT. DESERT	ME 18:39
2	13	Rick Maser	53	Bar Harbor	27:56
3	20	JAMIE MCKOWN	50	BAR HARBOR	ME 29:39

FEMALE AGE GROUP: 50 - 59
1 11 LINDA PARKER 56 BAR HARBOR ME 26:53

		MALE AGE GROUP: 60 - 69		
1	9	Michael Madell	64 Bar Harbor	25:31
2	23	TOM KIRBY	67 ELLSWORTH	ME 30:23
3	27	ANDREW TIEMANN	66 ELLSWORTH	ME 32:34
		FEMALE AGE GROUP: 60 - 69		
1	24	Theresa Lefferts	68 Ellsworth	31:42
2	35	CINDY JOHNSON	67 MT. DESERT	ME 49:18
3	45	KATHY VANGORDER	64 WEST TREMONT	ME 1:02:21
		MALE AGE GROUP: 70 - 79		
1	29	Philip Stuart	76 Machias	40:37
		FEMALE AGE GROUP: 70 - 79		
1	33	ROBIN EMERY	77 LAMOINE	ME 42:28
		MALE AGE GROUP: 80 - 99		
		FEMALE AGE GROUP: 80 - 99		

