

AGE-GROUP RESULTS  
 Millside Fitness Bun Run 5K  
 Saturday August 12, 2023 Dexter, 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	8	Ezekiel Bermudez	15	Dexter	ME	24:04
2	20	BLAKE DODGE	11	RIPLEY	ME	29:20
3	28	Andrew Cote	12	Falmouth	ME	36:29
4	49	Phillip Larsen	4	Astoria	NY	54:45

FEMALE AGE GROUP: 1 - 19

1	17	Caroline Cote	9	Falmouth	ME	27:52
2	52	Kinsley Ivory	9	Newport	ME	56:40

MALE AGE GROUP: 20 - 29

1	2	Hugo MEBREK	27	Vouille		22:48
2	14	Brian Rogerson	20	Perry	GA	27:07
3	21	ETHAN BOUTILIER	22	EXTER	ME	29:23
4	30	Nathan Flewelling	25	Orono	ME	37:11

FEMALE AGE GROUP: 20 - 29

1	42	Caitlyn King	25	Hampden	ME	46:14
2	45	Mikala Leland	25	Hampden	ME	48:19

MALE AGE GROUP: 30 - 39

1	3	BOOTH MATTHEW	39	BANGOR	ME	22:55
2	5	Frank Start	39	Islesboro	ME	23:50
3	13	Matthew RUSSELL	39	Etna	ME	26:24
4	15	Darren Clark	39	Bangor	ME	27:27
5	27	Casey Couch	32	Dexter	ME	36:04
6	50	Benjamin Larsen	36	Astoria	NY	54:45

FEMALE AGE GROUP: 30 - 39

1	7	NICOLE WILLIAMS	35	DANVERS	MA	24:00
2	29	Gail Thibeault	39	Greenbush	ME	36:42
3	48	HYUNGJIN CHOI	39	Astoria	NY	54:45

MALE AGE GROUP: 40 - 49

1	1	Joshua Shaw	42	Winterport	ME	21:23
2	16	CHRIS WOOD	41	BANGOR	ME	27:30
3	23	Christopher Curtis	47	PlymouthPlymouth	ME	31:35

FEMALE AGE GROUP: 40 - 49

1	9	Kristine Guaraldo	47	South Portland	ME	24:35
2	10	Rachel Linkkila	40	Chaplin	CT	25:17
3	32	Andrea RUSSELL	45	Etna	ME	38:11
4	34	Margo Leonforte	48	Ripley	ME	38:43
5	41	Brandy Shaw	42	Winterport	ME	43:50
6	46	Lori Koban	48	East Wilton	ME	48:47
7	47	Heather Rawle	46	Corinna	ME	50:59
8	53	Sabrina Ivory	46	Newport	ME	56:40

MALE AGE GROUP: 50 - 59

1	4	Jeffrey Barker	53	Dexter	ME	23:35
2	18	Kurt Cote	54	Falmouth	ME	27:54
3	22	Nic Koban	53	East Wilton	ME	29:40
4	25	Chris Reed	54	Bar Harbor	ME	32:00

FEMALE AGE GROUP: 50 - 59

1	40	Andrea Miller	51	Dexter	ME	43:40
2	43	Candace King	52	Lincoln	ME	46:14
3	44	Cathy Leland	52	Hampden	ME	48:19
4	51	Lisa Ade	55	Portsmouth	NH	56:40

MALE AGE GROUP: 60 - 69

1	6	JAMES MARTHA	64	DUREDIN	FL	23:53
2	12	CRAIG THORNE	64	CHESHIRE	CT	25:51
3	35	Walter Rawle	66	Corinna	ME	38:47
4	39	Michael Miller	64	Hermon	ME	43:31

FEMALE AGE GROUP: 60 - 69

1	11	BRYN DOIRON	62	WILTON	ME	25:30
2	26	RUTH FOGG	68	DEXTER	ME	34:27
3	31	Christina Pratley	67	Guilford	ME	38:00
4	33	KARI RICHARDSON	61	MILLINOCKETT	ME	38:15
5	37	Debra Kantor	68	Hartland	ME	41:40
6	38	Karin Larsen	64	Waterford	CT	42:10

MALE AGE GROUP: 70 - 99

1	19	MICKEY LACKEY	78	MILLINOCKETT	ME	28:28
2	24	Peter Devine	74	Garland	ME	31:58
3	36	DANIEL STANLEY	74	LOS ANGELES	CA	40:35

FEMALE AGE GROUP: 70 - 99

