

Royal Palms Shamrock Shuffle 5K Run/Walk

Age Group Results

March 05, 2011

Runner's Depot of Vero Beach

Men: [0-14](#) [15-19](#) [20-29](#) [30-39](#) [40-49](#) [50-59](#) [60-69](#) [70-99](#)

Women: [0-14](#) [15-19](#) [20-29](#) [30-39](#) [40-49](#) [50-59](#) [60-69](#) [70-99](#)

Overall Female Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Heather Gollnick		114	40	7	19:14.7	6:12/M

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Female 14 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sariah Strunk	Ft. Pierce FL	73	8	73	35:37.9	11:29/M
2	Rylan Jay	Ft. Pierce FL	33	8	99	45:38.1	14:43/M
3	Bianca Arcadipane	Port St. Lucie FL	2	6	107	51:22.5	16:34/M

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Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kelliann Retherford	Ft. Pierce FL	58	24	55	32:07.6	10:22/M
2	Lindsie Horton	Ft. Pierce FL	31	23	60	33:04.3	10:40/M
3	Lauren Horton	Ft. Pierce FL	30	23	61	33:06.3	10:41/M
4	Danielle Perfetto	Ft. Pierce FL	54	23	62	33:13.3	10:43/M
5	Melissa Stewart	Port St. Lucie FL	71	29	68	34:09.0	11:01/M
6	Desiree Needle	Ft. Pierce FL	52	27	71	35:03.7	11:18/M
7	Christine Carraway	Port St. Lucie FL	8	25	87	41:24.5	13:21/M
8	Morgan Haupt	Ft. Pierce FL	108	26	89	41:51.7	13:30/M
9	Ashley Minton	Ft. Pierce FL	49	28	101	47:00.7	15:10/M
10	Britt Whitaker	Ft. Pierce FL	80	28	115	1:03:01.0	20:20/M

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Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jennifer Pottorff	Ft. Pierce FL	131	35	15	20:47.8	6:42/M
2	Sara Lloyd	Ft. Pierce FL	129	36	24	25:32.1	8:14/M
3	Jennifer Vigrass	Ft. Pierce FL	106	38	25	25:39.4	8:16/M
4	Gail Pisani	Vero Beach FL	56	32	29	26:49.7	8:39/M
5	Dana Worthington	Port St. Lucie FL	81	36	45	29:53.1	9:38/M
6	Melanie Barber	Ft. Pierce FL	4	37	50	31:33.4	10:11/M
7	Shaunesi Maxwell	Ft. Pierce FL	43	32	52	31:54.5	10:17/M
8	Cyndi Lundgren	Port St. Lucie FL	120	34	57	32:35.1	10:31/M
9	Kelin Matamoros	Port St. Lucie FL	113	30	64	33:33.9	10:49/M
10	Jodie Koerner	Port St. Lucie FL	36	39	66	33:52.5	10:55/M
11	Krysti Strunk	Ft. Pierce FL	72	31	72	35:37.5	11:29/M
12	Becky Springsteen	Ft. Pierce FL	95	35	81	39:32.3	12:45/M
13	Kimberly Jay	Ft. Pierce FL	34	36	82	39:32.7	12:45/M
14	Misty Grasman	Vero Beach FL	123	33	94	42:52.0	13:50/M
15	Lori Hargrave	Ft. Pierce FL	111	30	95	43:07.6	13:55/M
16	Jenny Fee	Ft. Pierce FL	94	33	96	43:09.2	13:55/M
17	Jennifer Wedebrook	Ft. Pierce FL	75	30	100	46:02.5	14:51/M
18	Susanne Sessoms	Port St. Lucie FL	67	35	103	50:12.0	16:12/M
19	Denise Helms	Ft. Pierce FL	26	38	104	50:20.7	16:14/M
20	Cecilia Lloyd	Ft. Pierce FL	92	35	108	52:44.3	17:01/M

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Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Debra Daley	Jensen Beach FL	117	43	16	21:03.9	6:47/M
2	Sylvia Rysignuolo	Ft. Pierce FL	118	46	30	26:55.3	8:41/M
3	Ellen Harden	Ft. Pierce FL	103	46	34	27:20.0	8:49/M
4	Kelly Machado	Ft. Pierce FL	41	42	41	29:19.1	9:27/M
5	Laura Kramer	Ft. Pierce FL	85	45	42	29:31.0	9:31/M
6	Mimi Hoffman	Ft. Pierce FL	101	47	44	29:39.6	9:34/M

7	Teresa Schoemer	Hobe Sound FL	65	40	53	31:57.6	10:18/M
8	Jennifer Eiseman	NJ	16	40	58	32:44.8	10:34/M
9	Marissa Grobowski		23	42	63	33:13.8	10:43/M
10	Lisa Finn		20	40	69	34:11.7	11:02/M
11	Kathy Smith	Ft. Pierce	68	48	75	37:53.6	12:13/M
12	Elizabeth Nyman	Ft. Pierce FL	137	49	78	38:33.1	12:26/M
13	Kristine Meyers	Ft. Pierce FL	47	45	79	38:47.6	12:31/M
14	Allison Gulde	Port St. Lucie FL	24	46	83	39:46.6	12:50/M
15	Ines Murray	Port St. Lucie FL	51	42	85	41:06.7	13:15/M
16	Melanie Francisco	Ft. Pierce FL	21	41	88	41:44.0	13:28/M
17	Michelle O'Keefe	Ft. Pierce FL	53	43	90	41:52.8	13:30/M
18	Wendie Cooper	Ft. Pierce FL	97	40	93	42:22.2	13:40/M
19	Stephanie Eiseman	New York NY	17	41	102	48:50.4	15:45/M
20	Gail Arcadipane	Port St. Lucie FL	3	42	106	51:21.8	16:34/M
21	Dana Trabulsy	Ft. Pierce FL	127	47	112	54:43.2	17:39/M
22	Robin Deberry	Ft. Pierce FL	13	46	113	54:43.8	17:39/M

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Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Patti Hinckley	Port St. Lucie FL	82	51	36	27:30.8	8:52/M
2	Kathy Moulton	Ft. Pierce FL	125	53	56	32:22.5	10:26/M
3	Denise Dublin	Port St. Lucie FL	15	52	86	41:24.1	13:21/M
4	Donna Hoffer		29	58	91	42:06.9	13:35/M
5	Cindy Schwarz	Vero Beach FL	132	53	105	51:06.2	16:29/M
6	Kathy Harber	Ft. Pierce FL	122	54	110	54:20.2	17:32/M

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Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Judy McGrath	Colchester CT	46	68	43	29:32.9	9:32/M
2	Gloria Starceovich	New Leno IL	69	67	51	31:37.2	10:12/M
3	Dee Staley	Jensen Beach FL	100	67	77	38:08.0	12:18/M
4	Regina Stepheron	New York NY	133	62	109	53:32.1	17:16/M

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Female 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Becky Kotler	Manchester VT	37	72	59	32:59.2	10:38/M

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Overall Male Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mark Swart	Jensen FL	121	43	1	17:20.2	5:35/M

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Male 14 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Caleb Pottorff	Ft. Pierce FL	130	12	11	20:15.6	6:32/M
2	Eric Gulde	Port St. Lucie FL	25	8	38	28:20.7	9:08/M
3	Paiten Springsteen	Ft. Pierce FL	93	7	65	33:43.4	10:53/M
4	Gavin Jay	Ft. Pierce FL	32	5	98	45:37.7	14:43/M

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Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jonathan Moriarty	Port St. Lucie FL	107	17	35	27:24.4	8:50/M
2	Alec Ross	Ft Pierce FL	60	18	80	38:52.5	12:32/M

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Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tommy Allore	Stuart FL	115	24	2	17:53.7	5:46/M
2	James Allen Cooley	Ft. Pierce FL	10	26	9	19:58.0	6:26/M
3	Brian Kimberlin	Port St. Lucie FL	109	27	12	20:20.1	6:34/M
4	Jason Daniels	Palm City FL	11	29	19	24:39.2	7:57/M
5	Sean Madden	Port St. Lucie FL	42	29	23	25:28.7	8:13/M
6	Gary Roberts	Ft. Pierce FL	136	25	31	26:59.9	8:42/M
7	Chris Wheeler	Ft. Pierce FL	119	25	37	27:45.0	8:57/M
8	Chris Ricksecker	Port St. Lucie FL	59	27	46	29:58.4	9:40/M

9 Will Bryant Vero Beach FL 5 26 76 38:05.3 12:17/M

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Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ian Lloyd	Ft. Pierce FL	91	36	13	20:27.8	6:36/M
2	Jeff Chandler	Ft. Pierce FL	9	30	14	20:34.0	6:38/M
3	Richard Lowery	Ft. Pierce FL	116	33	17	22:31.8	7:16/M
4	Brian Fogal	Ft. Pierce FL	126	30	26	26:00.9	8:23/M
5	Page Sanders	Port St. Lucie FL	63	30	27	26:03.7	8:24/M
6	Juan Dyer	Port St. Lucie FL	124	32	32	27:04.8	8:44/M
7	Reid Whitaker	Ft. Pierce FL	79	30	114	1:02:58.3	20:19/M

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Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	David Elliott	Ft. Pierce FL	86	48	3	18:08.5	5:51/M
2	Brian Masters	Vero Beach FL	88	46	4	18:46.3	6:03/M
3	Steve Harden	Ft. Pierce FL	102	48	8	19:28.3	6:17/M
4	Bill Weed	Port St. Lucie FL	105	44	18	23:33.9	7:36/M
5	Allen Heidt	Port St. Lucie FL	89	46	39	28:23.4	9:09/M
6	Joe Crosby	Ft. Pierce FL	83	47	48	30:24.0	9:48/M
7	Jose Machado	Ft. Pierce FL	40	46	49	30:40.2	9:54/M
8	Phil Pizzimenti	Port St. Lucie FL	57	43	70	35:00.5	11:17/M
9	Scott Bruhn	Ft. Pierce FL	110	47	84	40:34.2	13:05/M
10	Jay Murray	Port St. Lucie FL	96	45	97	43:49.9	14:08/M

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Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tom Perona	Ft. Pierce FL	55	57	5	19:02.8	6:08/M
2	Roger Travis	Ft. Pierce FL	74	52	6	19:09.4	6:11/M
3	Mike Dahan	Ft. Pierce FL	90	55	10	20:05.8	6:29/M
4	Scott Hinckley	Port St. Lucie FL	87	53	33	27:12.6	8:46/M
5	Paul Trabulsy	Ft. Pierce FL	128	50	111	54:42.5	17:39/M

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Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Don Santos	Port St. Lucie FL	64	66	21	25:11.4	8:07/M
2	Steve Schrell	Vero Beach FL	66	63	28	26:24.2	8:31/M
3	Ron Senosk	Sutton MA	98	65	47	30:06.4	9:43/M
4	Dennis Diem	Port St. Lucie FL	14	65	54	31:59.8	10:19/M

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Male 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Clem McGrath	Colchester CT	45	71	20	24:40.8	7:57/M
2	Gene Toomey	Vero Beach FL	99	71	22	25:16.6	8:09/M
3	Les Plumb	Ft. Pierce FL	104	78	40	29:07.7	9:24/M
4	William Russell	Jensen Beach FL	134	70	67	33:53.7	10:56/M
5	Frank Eiseman	NJ	135	70	74	37:42.3	12:10/M
6	Michael Hoffer		28	72	92	42:07.4	13:35/M
