

5k Pennant Race & Intentional Walk

Age Group ResultsRace Date
May 28, 2016

5k Run/Walk

Female M.V.P. 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>
1	Ashley Tukes-Karnick	Royal Oak MI	31	1804	6	21:16.2	6:52/M

Male M.V.P. 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>
1	Charlie Wilson	Washington MI	14	1840	1	18:17.2	5:54/M

Female Cy Young 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>
1	Kathleen Clark	Fraser MI	59	450	25	25:05.9	8:05/M

Male Cy Young 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>
1	Mike Frank	Grosse Pointe Woods	59	1819	5	20:40.3	6:40/M

Female Golden Glove 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>
1	Alex Sprowitz	Utica MI	64	813	43	27:42.2	8:56/M

Male Golden Glove 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>
1	Jim Everlove	Troy MI	62	477	28	25:47.9	8:19/M

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Male No Age Provided

<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>
1	Unknown Partic.	1841		1841	32	26:32.5	8:34/M

Female 12 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>
1	Giovanna Agnello	Utica MI	11	1844	35	26:48.3	8:39/M
2	Lidia Clancy	Macomb MI	8	449	38	27:14.8	8:47/M
3	Vivian Lee	Albuquerque NM	7	1832	67	30:35.1	9:52/M
4	Vanessa Agnello	Shelby Twp MI	8	1842	115	36:12.8	11:41/M
5	Aubrey Moore	Rochester Hills MI	7	676	159	42:29.1	13:42/M
6	Kylee Castillo	Sterling Heights MI	12	442	182	51:30.6	16:37/M

Male 12 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>
1	Gordon Lee	Albuquerque NM	10	1834	7	21:30.7	6:56/M
2	Ryan Suender	Clarkston MI	11	818	22	24:48.9	8:00/M
3	Gordon Frandle	Macomb MI	12	482	37	27:13.8	8:47/M
4	Owen Clancy	Macomb MI	11	448	44	27:43.2	8:56/M
5	Tyler Halliday	Rochester MI	7	1830	48	27:56.6	9:01/M
6	Ryan Hensley	Chesterfield Twp MI	12	490	86	32:27.5	10:28/M
7	Griffin Moore	Rochester Hills MI	9	675	101	35:18.0	11:23/M
8	Charlie Curtis	Shelby Townhsip MI	7	463	103	35:26.7	11:26/M
9	Aidan Palmeri	Harrison Township MI	11	682	105	35:34.5	11:28/M
10	Allison Diebol	Troy MI	11	468	110	36:05.2	11:38/M
11	Andrew Urben	Sterling Heights MI	7	319	113	36:08.2	11:39/M
12	Luke Castillo	Sterling Heights MI	9	443	119	36:35.8	11:48/M
13	Matthew Jenkins	Shelby Township MI	10	497	127	37:34.6	12:07/M
14	Jack Curtis	Shelby Townhsip MI	9	462	135	38:28.5	12:25/M
15	Will Diebol	Troy MI	8	467	156	42:11.4	13:36/M

Female 13 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>
1	Claudia Miller	Harrison Township MI	17	231	89	33:32.9	10:49/M

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Male 13 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>
1	Aaron Robert	Warren MI	19	696	3	18:42.5	6:02/M
2	Cameron Lee	Albuquerque NM	13	1835	4	19:47.5	6:23/M
3	Noah Russell	Almont MI	16	700	8	21:30.9	6:56/M
4	James Spilko	Macomb MI	18	812	20	24:12.2	7:48/M
5	William Jenkins	Shelby Township MI	13	495	27	25:40.8	8:17/M
6	Brendan Clancy	Macomb MI	13	447	77	31:46.7	10:15/M
7	Ian McLeod	Sterling Heights MI	15	667	96	34:44.5	11:12/M
8	Nate Castillo	Sterling Heights MI	14	445	97	34:46.0	11:13/M

Female 20 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>
1	Amanda Fromm	Shelby Township MI	27	538	53	28:27.9	9:11/M
2	Sarah Taykowski	Clarkston MI	26	821	57	29:06.8	9:23/M
3	Alexandra McInerney	Clinton Township MI	24	552	64	29:52.2	9:38/M
4	Nadia Sampson	Oxford MI	28	806	123	37:13.8	12:00/M
5	Courtney Payne	Warren MI	26	684	125	37:28.5	12:05/M
6	Kelsey Oleskie	Shelby Twp MI	21	679	145	40:08.4	12:57/M
7	Kristin Kirchhoff	Chesterfield MI	29	654	148	40:30.0	13:04/M
8	Holly Arnold	Rochester Hills MI	27	428	172	46:04.0	14:52/M

Male 20 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>
1	John Worthington II	Warren MI	21	1811	2	18:34.1	5:59/M
2	Kevin Toeier	Warren MI	23	255	29	26:04.2	8:25/M
3	Jake Taykowski	Clarkston MI	28	823	82	32:14.8	10:24/M
4	Jeffrey Butts	Sterling Hts MI	23	438	141	39:40.3	12:48/M

Female 30 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>
1	Brooke Studer	Macomb MI	35	817	21	24:33.6	7:55/M
2	Stephani Clancy	Macomb MI	36	446	39	27:19.5	8:49/M
3	Erica Lee	Albuquerque NM	39	1833	46	27:45.2	8:57/M
4	Michelle Halliday	Rochester MI	36	1831	47	27:56.2	9:01/M
5	Amy Douglas	Shelby Twp MI	36	474	58	29:14.3	9:26/M
6	Montana Green	Clinton Township MI	31	485	63	29:37.3	9:33/M
7	Lias Justusson	Keego Harbor MI	32	500	66	29:59.7	9:40/M

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Female 30 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>
8	Jessie Cowells	Washington Township	37	457	75	31:44.5	10:14/M
9	Maria Finateri	Shelby Twp MI	31	481	78	31:56.3	10:18/M
10	Jennifer Ottinger	Macomb MI	37	681	81	32:07.8	10:22/M
11	Kristin Rorick	Chesterfield MI	36	699	83	32:18.5	10:25/M
12	Ashley Wood	Clarkston MI	32	1810	84	32:22.1	10:26/M
13	Lori Zywiol	Shelby Township MI	31	1814	98	35:14.6	11:22/M
14	Janice Moore	Rochester Hills MI	38	673	100	35:17.7	11:23/M
15	Michelle Urban	Sterling Heights MI	33	352	114	36:09.0	11:40/M
16	Christina McLain	Orion MI	36	666	122	37:01.6	11:56/M
17	Kelly Bezaire	Amherstburg, Ontario	38	436	124	37:16.9	12:01/M
18	Julie Hlywa	Grosse Pointe Farms MI	39	493	132	38:12.3	12:19/M
19	Megan Curtis	Shelby Townshp MI	37	461	134	38:27.0	12:24/M
20	Amy Luce	Mount Clemens MI	37	665	137	38:40.4	12:28/M
21	Stephanie Simmons	Royal Oak MI	34	1827	138	38:52.7	12:32/M
22	Lisa Hardoin	Clinton Township MI	39	487	147	40:27.5	13:03/M
23	Lisa Dampousse	Rochester Hills MI	34	1829	150	41:29.7	13:23/M
24	Krystin Kutler	Shelby Township MI	37	657	152	41:33.4	13:24/M
25	Deena Latcha	Macomb MI	36	661	155	42:02.3	13:34/M
26	Jaime Miller	Harrison Township MI	33	671	166	43:41.9	14:05/M
27	Kelly Rivers	Clawson MI	37	694	167	43:43.9	14:06/M
28	Amy Deskins	Almont MI	33	466	169	44:46.4	14:26/M
29	Caitlin Chalvers	Rochester MI	35	140	177	47:29.0	15:19/M
30	Amanda Witmer	Warren MI	33	1809	183	52:24.8	16:54/M
31	Nicole Willinger	Macomb MI	37	1808	188	55:30.9	17:54/M
32	Andrea Thomas	Rochester Hills MI	38	824	190	55:48.3	18:00/M
33	Heather Peralta	Saint Clair Shores MI	39	685	192	58:19.0	18:49/M

Male 30 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>
1	Brian Cook	Royal Oak MI	32	452	11	22:06.0	7:08/M
2	Billy Johnson	Washington MI	33	498	14	23:06.4	7:27/M
3	Andrew Arnold	Rochester Hills MI	30	429	16	23:35.0	7:36/M
4	Cody Lee	Albuquerque NM	39	1836	24	24:59.3	8:04/M
5	Ryan Lake	Harrison Township MI	35	659	49	28:06.1	9:04/M
6	Chris Schulte	Harrison Township MI	39	1828	61	29:27.8	9:30/M
7	Kevin Justusson	Keego Harbor MI	34	651	65	29:59.5	9:40/M
8	Jasan Selaty	Attica MI	35	808	69	30:39.1	9:53/M
9	Gerald Zimmer	Boyne Falls MI	32	1812	74	31:34.1	10:11/M
10	James Schemanske	Brown City MI	37	807	95	34:35.7	11:09/M
11	Tim Dougals	Shelby Twp MI	39	473	99	35:15.0	11:22/M

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Male 30 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
12	Chris Urben	Sterling Heights MI	32	327	126	37:32.9	12:06/M
13	Brandon Astraukas	Grosse Pointe Farms MI	36	430	131	38:12.3	12:19/M
14	Jerad Kutler	Shelby Township MI	37	658	151	41:33.0	13:24/M
15	Chad Moore	Rochester Hills MI	38	674	160	42:29.3	13:42/M
16	Matt Witmer	Warren MI	34	1826	184	52:25.0	16:55/M

Female 40 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Marla Jorgens	Macomb MI	49	499	26	25:16.2	8:09/M
2	Deborah Nawrocki	Washington MI	46	678	40	27:27.0	8:51/M
3	Bonnie Hart	Armada MI	49	488	42	27:39.9	8:55/M
4	Renee Byron	Warren MI	40	439	52	28:25.4	9:10/M
5	Laura McNair	Shelby Twp MI	43	668	59	29:15.9	9:26/M
6	Margaret Courtley	Shelby Township MI	41	454	60	29:20.8	9:28/M
7	Cherry Klein	Utica MI	45	655	87	33:04.2	10:40/M
8	Christy Demay	Shelby Twp MI	46	464	88	33:21.9	10:45/M
9	Paula Little	Windsor CN	48	664	92	34:08.3	11:01/M
10	Kristi Pauly	Royal Oak MI	42	683	94	34:17.7	11:04/M
11	Jeanette Menig	Macomb MI	45	670	102	35:20.0	11:24/M
12	Suzy Williams	Saint Clair Shores MI	41	1807	106	35:48.8	11:33/M
13	Kelley Ray	Clinton Township MI	45	691	107	35:49.8	11:33/M
14	Sherry Miklovich	Clifford MI	47	927	108	35:57.6	11:36/M
15	Tammy Oleskie	Shelby Twp MI	46	680	112	36:06.1	11:39/M
16	Maria Agnello	Utica MI	40	1843	116	36:13.4	11:41/M
17	Jen West	Chesterfield MI	46	1806	117	36:16.9	11:42/M
18	Dayna Koons	Harrison Township MI	47	1818	136	38:33.3	12:26/M
19	Holly Minjoe	Mount Clemens MI	41	562	142	39:47.2	12:50/M
20	Laura Stark	Allen Park MI	43	815	144	39:59.4	12:54/M
21	Amy Cornwell	Chesterfield Twp MI	42	453	153	41:59.4	13:33/M
22	Michelle Schimelfening	Sterling Heights MI	49	1816	157	42:12.0	13:37/M
23	Leslie Diebol	Troy MI	41	469	158	42:14.4	13:37/M
24	Wendy Kohlmann	Clinton Township MI	42	656	163	42:35.1	13:44/M
25	Chista Filbeck	Chesterfield MI	47	480	165	43:21.5	13:59/M
26	Connie Dlugosz	Redford MI	41	471	171	45:45.1	14:45/M
27	Shannon Hensley	Chesterfield Twp MI	45	489	181	48:48.6	15:45/M
28	Karin Donnelly	Warren MI	49	472	187	55:30.7	17:54/M
29	Sandra Boyd	Shelby Township MI	48	1823	194	58:23.1	18:50/M
30	Ann Martino	Harrison Township MI	48	360	197	1:03:59.8	20:38/M

5k Pennant Race & Intentional Walk

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May 28, 2016**5k Run/Walk****Male 40 to 49**

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Jim Oleksinski	Grosse Pointe MI	49	565	9	21:37.7	6:58/M
2	David Williamson	Troy MI	45	1825	15	23:07.7	7:27/M
3	David Baier	Macomb MI	44	431	17	23:46.2	7:40/M
4	Kenneth Betts	Detroit MI	41	435	23	24:53.5	8:02/M
5	Jeffrey Jenkins	Shelby Township MI	41	496	36	26:49.7	8:39/M
6	Peter Minjoe	Mount Clemens MI	42	560	51	28:22.4	9:09/M
7	Jim Spiiko	Macomb MI	47	811	73	31:31.2	10:10/M
8	Daryl Smith	Shelby Township MI	43	810	76	31:45.6	10:15/M
9	Chris Prout	Sterling Heights MI	47	688	90	33:33.7	10:49/M
10	Kevin Lalonde	Grosse Pointe MI	47	1839	91	33:51.5	10:55/M
11	Mike Diebol	Auburn Hills MI	42	470	111	36:05.3	11:38/M
12	Sam Castillo	Sterling Heights MI	41	444	120	36:36.0	11:48/M
13	Robert Miller	Harrison Township MI	45	672	146	40:14.5	12:59/M
14	John Belcher	Chesterfield MI	44	433	149	40:47.9	13:09/M
15	James Latcha	Macomb MI	47	662	154	42:01.6	13:33/M
16	Brian Thomas	Rochester Hills MI	42	825	189	55:46.7	17:59/M

Female 50 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Lori Sanborn	Richmond MI	55	1845	34	26:43.8	8:37/M
2	Sara Figueroa	Fraser MI	56	479	45	27:43.6	8:56/M
3	Sherryl Hercula	Warren MI	52	491	54	28:48.7	9:17/M
4	Susan Arlin	Farmington Hills MI	52	427	56	28:56.6	9:20/M
5	Yvonne Kinney	Shelby Township MI	50	653	80	32:05.4	10:21/M
6	Shari Gosselin	Rochester MI	51	484	118	36:24.3	11:45/M
7	Martha Vanblerk	Oxford MI	55	1805	121	36:53.6	11:54/M
8	Terese Pohl	Troy MI	58	687	128	37:41.2	12:09/M
9	Cheryl Lenzion	Rochester Hills MI	52	663	129	37:45.5	12:11/M
10	Suzie Deplancke	Sterling Heights MI	55	465	139	38:58.1	12:34/M
11	Diane Dubetz	Sterling Heights MI	54	475	143	39:51.4	12:51/M
12	Janice Barnes	Shelby Township MI	50	432	162	42:34.9	13:44/M
13	Cheryl Robert	Warren MI	56	697	164	42:51.2	13:49/M
14	Sheila Gwizdak	Macomb MI	56	486	168	44:04.9	14:13/M
15	Renee Bleakley	Macomb MI	51	437	174	46:49.2	15:06/M
16	Iris Lane	Macomb MI	54	660	175	46:55.3	15:08/M
17	Laura Treanor	Marysville MI	52	1802	176	47:01.4	15:10/M
18	Karen Crooks	Rochester Hills MI	50	458	179	47:41.6	15:23/M
19	Susan Dupont	Harrison Twp MI	52	476	191	58:12.4	18:46/M
20	Cindy Cameron	Chesterfield MI	55	440	196	58:35.7	18:54/M

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<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>
1	Mark Hackel	Macomb MI	54	1838	10	21:50.0	7:03/M
2	Vince Viviano	Macomb MI	54	1837	12	22:35.0	7:17/M
3	Captain America	Royal Oak MI	54	1821	13	22:44.8	7:20/M
4	Bruce Berndt	Farmington Hills MI	57	434	18	24:06.9	7:46/M
5	Robert Mulka	Shelby Township MI	52	677	19	24:12.1	7:48/M
6	Mike Valko	Shelby Township MI	57	563	30	26:08.0	8:26/M
7	Dale Russell	Almont MI	57	805	31	26:29.2	8:33/M
8	Michael Tucker	Beverly Hills MI	57	1803	33	26:39.8	8:36/M
9	Jim Zittel	Waterford MI	53	1813	41	27:35.0	8:54/M
10	Jim Couture	Washington MI	54	456	55	28:56.0	9:20/M
11	Joe Burns	Sterling Heights MI	58	1824	70	30:49.8	9:56/M
12	Tim Coyne	Roseville MI	56	564	72	31:07.7	10:02/M
13	Donald Courtley	Shelby Township MI	51	455	93	34:12.0	11:02/M
14	Jerry Robert	Warren MI	55	695	104	35:28.6	11:26/M
15	William Hill	Farmington Hills MI	55	492	109	36:01.6	11:37/M
16	Kent Semlow	Shelby Tep MI	57	809	161	42:34.8	13:44/M
17	Paul Strickland	Sterling Heights MI	51	816	170	45:11.7	14:35/M
18	Robert Crooks	Rochester Hills MI	55	459	180	47:43.0	15:24/M

Female 60 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>
1	Janet Rasmussen	Rochester Hills MI	63	690	133	38:20.9	12:22/M
2	Carolyn Kator	Sterling Heights MI	63	652	140	39:10.5	12:38/M
3	Marilyn Myrna	Harrison Township MI	64	1817	173	46:45.5	15:05/M
4	Susan Glover	Clinton Township MI	60	819	178	47:40.1	15:23/M
5	Darlene Anderson	Shelby Twp. MI	63	426	185	52:51.8	17:03/M
6	Kathleen Casanova	Shelby Twp MI	62	441	186	54:00.1	17:25/M
7	Carol Hufnagel	Sterling Heights MI	69	1822	193	58:22.3	18:50/M

Male 60 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>
1	Richard Standiford Jr	Warren MI	60	814	50	28:07.0	9:04/M
2	Stephen Gaarenstroom	Warren MI	65	483	62	29:34.6	9:32/M
3	William House	Sterling Heights MI	60	494	68	30:37.7	9:53/M
4	David Szalka	Berkley MI	63	820	71	30:56.4	9:59/M
5	Leonard Constantine	Chesterfield MI	63	451	79	31:58.2	10:19/M
6	Bruce Featherstone	Denver CO	63	478	85	32:26.1	10:28/M
7	Michael Peralta	Saint Clair Shores MI	67	686	195	58:34.7	18:54/M

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5k Run/Walk

Race Date
May 28, 2016

Male 70 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>
1	Norman Killop Jr	Shelby Township MI	77	1820	130	37:58.2	12:15/M