

2022 Running 5K Results

Held Sep. 3 at Kentlands/Lakelands Town Square

Women

50-54

- 1 Ruth Taylor (Jefferson), 22:55
- 2 Mary Perry (Rockville), 24:20
- 3 Jennifer Nash (Gaithersburg), 25:00
- 4 Kimberly Price (Gaithersburg), 25:04
- 5 Christine Koubek (Gaithersburg), 29:00
- 6 Val Venus (Gaithersburg), 29:03
- 7 Wenchi Hu (Bethesda), 30:12
- 8 Sonja Lichtenstein (Rockville), 30:36
- 9 Micki Palmer (Gaithersburg), 30:58
- 10 Rosi Peele (Potomac), 31:12
- 11 Jt Thomas (Alexandria VA), 31:26
- 12 Erin Callahan (Gaithersburg), 32:21
- 13 Stacy Fuller (Bethesda), 33:17
- 14 Lynne Lee (Ellicott City), 33:39
- 15 Alexandra Soboleva (North Potomac), 34:03
- 16 Meredith Fogle (Gaithersburg), 34:20
- 17 Crystal Welsh (Gaithersburg), 34:28
- 18 Jillian Copeland (Rockville), 34:57
- 19 Jennifer Levin (Rockville), 34:59
- 20 Corey Derrenbacher (Gaithersburg), 35:46
- 21 Laura Eyester (Gaithersburg), 36:05
- 22 Stacey Crittenden (Kensington), 36:29
- 23 Amy Li (Boyd's), 37:08
- 24 Sue Kravitz (Gaithersburg), 38:18
- 25 Barbara Eaton (Silver Spring), 39:31
- 26 Lynn Carlsen (Rockville), 40:25
- 27 Jennifer Quinn (Gaithersburg), 41:15
- 28 Sae Davis (Germantown), 45:07
- 29 Vicki Rotker (Boyd's), 45:09
- 30 Kima Taylor (Silver Spring), 45:31
- 31 Michele Wolven (Germantown), 46:08
- 32 Prashila Dullabh (Gaithersburg), 46:28
- 33 Leesa Scott (Gaithersburg), 50:48
- 34 Tina Hayden - Dormit (Gaithersburg), 51:27
- 35 Carrie Kozo (Gaithersburg), 51:50
- 36 Dayna Ingrassia (Gaithersburg), 53:51
- 37 Bonnie Sneeringer (Gaithersburg), 54:04
- 38 Darcy Ramisch (Montgomery Village), 54:51
- 39 Kimberly Strouth (Rockville), 60:09
- 40 Mary Rettig (Damascus), 60:37
- 41 Emily Asofsky (Gaithersburg), 60:37

Men

50-54

- 1 Gene Park (Kensington), 19:04
- 2 Bob Price (North Potomac), 20:01
- 3 Keith Slonski (Poolesville), 20:22
- 4 Michael Chen (Gaithersburg), 20:44
- 5 Kam Yee (Gaithersburg), 21:19
- 6 David Foreman (Philadelphia PA), 21:28
- 7 Dp Patti (Gaithersburg), 21:36
- 8 Jr Ryland (Gaithersburg), 22:50
- 9 Michael Lee (Gaithersburg), 23:31
- 10 Mike Fratantoni (Bethesda), 23:50
- 11 Ron Ely (North Potomac), 24:18
- 12 John Mumm (Bethesda), 24:34
- 13 Jeffrey Gurley (Chantilly VA), 24:59
- 14 Michael Elosh (Rockville), 25:07
- 15 Mitch Rotker (Boyd), 25:23
- 16 Glaister Welsh (Gaithersburg), 25:31
- 17 Kwanho Roh (Gaithersburg), 26:13
- 18 Michael Pfeiffer (Gaithersburg), 26:16
- 19 Tzong Hao Chen (Gaithersburg), 27:12
- 20 David Lukowski (Germantown), 27:14
- 21 Jeffrey Bush (Glen Burnie), 28:07
- 22 Donald Derrenbacher (Gaithersburg), 28:27
- 23 Thomas Sneeringer (Gaithersburg), 28:44
- 24 Jeff Leaird (Frederick), 29:01
- 25 Brian O'Looney (Gaithersburg), 29:06
- 26 Jose G. De Llano (Rockville), 29:15
- 27 Zhi-Long Chen (Gaithersburg), 30:04
- 28 James Conway (Gaithersburg), 30:33
- 29 Kevin Puscas (Gaithersburg), 31:14
- 30 Christopher Hutchins (Beaver Falls PA), 31:32
- 31 Rob Freeman (Gaithersburg), 31:35
- 32 Patrice Pag Pages (Gaithersburg), 32:58
- 33 John Wordock (Bethesda), 33:04
- 34 Timothy Fuller (Bethesda), 33:17
- 35 Alan Munter (Gaithersburg), 33:33
- 36 Steve Johnson (Boyd), 33:44
- 37 Sean Jackson (Gaithersburg), 34:05
- 38 Sanjeev Bhutt (Gaithersburg), 34:09
- 39 Eric Livingston (North Potomac), 34:24
- 40 Lee Levin (Rockville), 34:44
- 41 Scott Miller (Gaithersburg), 35:38
- 42 Matt Eisman (Gaithersburg), 37:04
- 43 Sean Beinart (Gaithersburg), 37:55
- 44 Frank Mason (Boyd), 39:19
- 45 David Asofsky (Gaithersburg), 41:08
- 46 Shawn Miller (Clarksburg), 41:14

- 47 Khaldoun Al-Atrash (Gaithersburg), 41:36
- 48 Jud Ashman (Gaithersburg), 43:08
- 49 Niall Carolan (Gaithersburg), 43:38
- 50 Glenn Bryant (Gaithersburg), 44:13
- 51 Brian Bennighoff (Germantown), 50:49
- 52 Trevor Jefferson (Gaithersburg), 50:59

Women

55-59

- 1 Rosemary Spraker (Lorton VA), 22:07
- 2 Marsha Demaree (Marriottsville), 25:33
- 3 Joni Consul (Denton), 27:54
- 4 Julie Donovan (Bethesda), 28:26
- 5 Marguerita Cheng (Potomac), 29:04
- 6 Delmy Ayala (Fort Myers FL), 29:20
- 7 Mandy Lemar (Potomac), 30:44
- 8 Bertha Montesinos (Silver Spring), 31:00
- 9 Carol Wesolowski (Severn), 31:12
- 10 Candace Smith (Damascus), 32:44
- 11 Mamitiana Rajaona Ramamon (Gaithersburg), 34:04
- 12 Alex Stavitsky-Zeine (Gaithersburg), 34:28
- 13 Karen Matzkin (Gaithersburg), 34:41
- 14 Sylvia England (Gaithersburg), 35:56
- 15 Giovanna Wood (Gaithersburg), 36:08
- 16 Lisa Pinkham (Stevensville), 37:12
- 17 Terry Mayo (Gaithersburg), 38:53
- 18 Marlene Barge (New Market), 39:25
- 19 Mun Ling Shum (Gaithersburg), 39:29
- 20 Penny Rushin (Germantown), 40:26
- 21 Anu Sharman (Gaithersburg), 41:26
- 22 Becky Pedneau (Olney), 42:38
- 23 Pamela Godet (Falls Church VA), 43:31
- 24 Diana Orbe (Beallsville), 44:36
- 25 Maria Amabl Campos (Germantown), 55:18
- 26 Michelle Mahon (Rockville), 61:49
- 27 Sharon Jackson (Montgomery Village), 68:34

Men

55-59

- 1 Pete Wergin (Gaithersburg), 18:14
- 2 Bill Chambers (York PA), 19:37
- 3 Peter Bandettini (Bethesda), 20:11
- 4 John Way (Silver Spring), 20:32
- 5 Rj Spalding (Gaithersburg), 21:41
- 6 John Gresh (Gaithersburg), 22:00
- 7 Nir Gamliel (Gaithersburg), 22:23
- 8 John Pettey (Davidsonville), 22:36

- 9 David Pinkham (Stevensville), 22:44
- 10 Hector Montesinos (Silver Spring), 22:49
- 11 Antelmo Rojas (Upper Marlbor0), 22:53
- 12 Paul Zeineddin (Gaithersburg), 23:29
- 13 Alan Ryder (Gaithersburg), 23:30
- 14 James Eppard (Gaithersburg), 26:23
- 15 Tom Winkert (Rockville), 26:54
- 16 Oscar Valdez (Montgomery Village), 27:53
- 17 Eric Konecke (Gaithersburg), 28:04
- 18 Keith Levchenko (Germantown), 28:41
- 19 Stephen Gittelman (Rockville), 28:56
- 20 Anirud Sahoo (Gaithersburg), 29:09
- 21 Jose Valdez (Gaithersburg), 30:18
- 22 Javier Isassi (Gaithersburg), 31:12
- 23 Dave Dahl (Gaithersburg), 31:46
- 24 Alan Eisler (Clarksburg), 36:19
- 25 Scott Copeland (Rockville), 39:16
- 26 Jim Gilchrist (Rockville), 43:08
- 27 Maynard McAlpin (Ellicott City), 58:51
- 28 Kenneth M Scott (Gaithersburg), 58:51

Women

60-64

- 1 Kathy Cea (Gaithersburg), 25:18
- 2 Carolyn Eichberg (Potomac), 27:10
- 3 Suzan Harkness (Gaithersburg), 31:02
- 4 Daphna Szanto (Rockville), 32:21
- 5 Jane Dinardo (Germantown), 32:52
- 6 Regina Flagg (Silver Spring), 33:57
- 7 Ann Crim (Gaithersburg), 34:39
- 8 Nancy Hardwick (Gaithersburg), 42:42
- 9 Jane Poetker (Gaithersburg), 43:18
- 10 Lettie George (Potomac), 52:43
- 11 Elizabeth Feldman (Gaithersburg), 52:50
- 12 Jill Knight (Crestwood KY), 53:05
- 13 Beverley Trotman (Gaithersburg), 54:17
- 14 Lisa Blaker (Gaithersburg), 54:54
- 15 Tammy Mobarry (Gaithersburg), 54:55
- 16 Cynthia Leonard (Fairfax VA), 55:13
- 17 Karen Fleming (Olney), 61:38

Men

60-

- 1 Marty Horan (Bethesda), 21:30
- 2 Mark Adams (Gaithersburg), 21:41
- 3 Charlie Coffield (Washington PA), 22:13
- 4 Delwin Brockett (Darnestown), 23:33

- 5 Phil Andrews (Gaithersburg), 23:45
- 6 Scott Lilienthal (Hyattsville), 24:38
- 7 Vincent Castellano (Gaithersburg), 27:40
- 8 Mark Robien (Rockville), 28:36
- 9 David Stinson (North Beach), 29:18
- 10 Edward Murphy (Gaithersburg), 29:29
- 11 James Stewart (Ellicott City), 29:43
- 12 Greg Mills (Derwood), 30:15
- 13 James Cannistra (Chevy Chase), 30:20
- 14 Clark Mobarry (Gaithersburg), 30:54
- 15 John Dinardo (Germantown), 30:57
- 16 Christopher Taylor (Gaithersburg), 31:20
- 17 Robert Auchter (Arlington VA), 32:36
- 18 Michael Burke (Annapolis), 32:40
- 19 Daniel Crim (Gaithersburg), 33:03
- 20 Thomas Soileau (Potomac), 33:10
- 21 Roland Ramamonjisoa (Gaithersburg), 34:19
- 22 Neill Morgan (Gaithersburg), 35:17
- 23 Andrew Griffith (Gaithersburg), 35:55
- 24 Doug Lefevre (New Market), 39:43
- 25 Theo Rushin Jr (Germantown), 39:58
- 26 Jeff Olson (Gaithersburg), 44:44
- 27 Roy Wolven (Germantown), 45:38
- 28 Steven George (Potomac), 52:43
- 29 Nirmal Basi (Gaithersburg), 63:04

Women

65-69

- 1 Karen Craney (North Potomac), 29:26
- 2 Pam Murray (Darnestown), 31:50
- 3 Beth Lynch (Gaithersburg), 37:19
- 4 Helene Myers (Columbia), 41:10
- 5 Amy Berliner (Gaithersburg), 45:18
- 6 Vicky George (Gaithersburg), 46:00
- 7 Erika Ginsburg (Gaithersburg), 48:55
- 8 Susanne Metzger (Gaithersburg), 51:42
- 9 Soudi Moraveji (Gaithersburg), 51:55
- 10 Vicki Porter (Bethesda), 54:52
- 11 Elizabeth Rankin (Gaithersburg), 55:06
- 12 Valentina Ciccarone (North Potomac), 55:13
- 13 Barb Weiner (Germantown), 58:39

Men

65-69

- 1 Michael Kearney (Mount Airy), 20:18
- 2 Bruce Myles (Montgomery Village), 23:34
- 3 Bruce Delaplaine (Bethesda), 23:59

- 4 Kerry Lanham (Montgomery Village), 24:49
- 5 David Landau (Potomac), 25:12
- 6 James Jones (Silver Spring), 26:09
- 7 Joe Sullivan (Brookeville), 26:42
- 8 Mark Knetzer (Abingdon), 29:18
- 9 Ted Weiner (Germantown), 29:41
- 10 Ali Al-Hakim (Gaithersburg), 31:24
- 11 Jeff Cohen (Gaithersburg), 32:51
- 12 Wayne Carson (Germantown), 33:24
- 13 Robert Kravitz (Rockville), 34:08
- 14 Seth Greenstein (Potomac), 35:22
- 15 Scott Somers (Germantown), 37:08
- 16 Roy Knight (Crestwood KY), 38:32
- 17 Michael Sesma (Gaithersburg), 39:27
- 18 Lawrence Tsang (Gaithersburg), 39:37
- 19 Glenn Cunningham (Gaithersburg), 39:42
- 20 Lawrence Rosenblum (Boyd's), 43:08
- 21 Mark Cunningham (Gaithersburg), 43:40
- 22 Jay Embree (Frederick), 44:19
- 23 Dave Metzger (Chevy Chase), 48:35

Women

70-74

- 1 Lee Catella (Oneonta NY), 25:46
- 2 Lennie Magida (Frederick), 29:26
- 3 Lizzie Sadoff (Washington DC), 29:45
- 4 Alice Franks (Rockville), 29:56
- 5 Jane Harman (Takoma Park), 30:12
- 6 Danielle Kaczensky (Annapolis), 32:51
- 7 Shelia Moore (Gaithersburg), 37:35
- 8 Rosemary Dew (Woodbine), 39:15
- 9 Mary Triandafilou (Baltimore), 41:45
- 10 Sandra Robinson (Bethesda), 43:45
- 11 Ellen Cohen (Potomac), 54:52
- 12 Kathleen Pfaender (Gaithersburg), 55:06
- 13 Faith Miller (Frederick), 56:20
- 14 Judi Lindsey (Gaithersburg), 60:49

Men

70-74

- 1 Eugene Myers (Columbia), 22:13
- 2 Tom Roberts (Bethesda), 28:27
- 3 John Economos (Greencastle PA), 29:39
- 4 Louis Triandafilou (Baltimore), 31:44
- 5 Ray Hardwick (Gaithersburg), 42:42
- 6 Martin Kiebert (Germantown), 43:48
- 7 Alan Rosen (Gaithersburg), 47:20

Women

75-79

- 1 Gretchen Bolton (Bethesda), 30:48
- 2 Alice Page (Rockville), 31:04
- 3 Marilyn Kessler (Newville PA), 43:47
- 4 Jeanette A Novak (Damascus), 47:37
- 5 Olivia Stevens (Gaithersburg), 68:36
- 6 Angela Little (Gaithersburg), 68:36

Men

75-79

- 1 Richard Jefferson (Germantown), 29:28
- 2 Frank Snyder (Gaithersburg), 31:01
- 3 Bruce Kessler (Newville PA), 31:19
- 4 Jerry Frankenheim (Germantown), 33:03
- 5 Arthur Gregory (Jefferson), 36:04

Men

80-84

- 1 Malcolm O'Hagan (Chevy Chase), 31:19
- 2 John Elliott (Columbia), 32:19
- 3 Ronald Chiariello (Rockville), 33:20
- 4 Marlyn Hahn (York PA), 39:08
- 5 Michael Leonard (Silver Spring), 41:13

Men

85-89

- 1 Herb Berman (The Villages FL), 36:17
- 2 Thomas Tobias (Haymarket VA), 42:07

Men

90-94

- 1 Dilawar Si Dhatt (Laurel), 57:42