



## **2023 Running 10k Results**

Results for the MSO 10k running race,  
held Oct. 8 as part of the Race For Our Kids in Baltimore.

No new records were set this year.

### **Women**

#### **50-54**

*Gold*—Jenny Glick (Baltimore), 1:24:41

#### **55-59**

*Gold*—Karen Werber (Olney), 56:27

#### **60-64**

*Gold*—Linda Mullarkey (Quincy, Mass.), 1:09:23

#### **65-69**

*Gold*—Lucy Younes (Hyattsville), 1:34:56

#### **70-74**

*Gold*—Laurie Fisher (Hyattsville), 1:04:09

### **Men**

#### **50-54**

*Gold*—Jeffrey Geller (Baltimore), 58:33

*Silver*—Leonardo Figueroa (Forest Hill), 1:05:43

#### **55-59**

*Gold*—Craig Carmichael (Baltimore), 48:05

*Silver*—Kassa Mesfin (Silver Spring), 53:13

*Bronze*—Dawit Lakew (Burtonsville), 57:13  
4.) David Flax (Baltimore), 59:48

**60-64**

*Gold*—Jim Mullarkey (Quincy, Mass.), 58:22  
*Gold*—James Stewart (Ellicott City), 1:09:26

**70-74**

*Gold*—Wilson Trueheart (Baltimore), 1:30:37