

## Winter Series 5K

## Results

Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
<b>Male Overall</b>							
1	Ben	Squires	M	33	30-39	R	18.22
2	Tom	Hunt	M	32	30-39	R	19.47
3	Tom	Brieva	M	48	40-49	R	19.53
<b>Female Overall</b>							
9	Chelsea	Thorsheim	F	30	30-39	R	23.29
13	Emily	Sharp	F	23	20-29	R	24.39
15	Holly	Dobrowolski	F	56	50--59	R	25.05
<b>14 &amp; &lt;</b>							
<b>Male</b>							
65	Quinn	Overcash	M	10	14 <	R	33.52
73	Ethan	Reich	M	10	14 <	R	36.38
<b>14 &amp; &lt;</b>							
<b>Female</b>							
26	Leilani	Gopal	F	12	14 <	R	26.46
41	Kania	Kensington	F	12	14 <	R	28.36
44	Isabella	Gopal	F	9	14 <	R	29.10
<b>15-19</b>							
<b>Male</b>							
<b>15-19</b>							
<b>Female</b>							
<b>20-29</b>							
<b>Male</b>							
5	Nicasio	Ramirez	M	29	20-29	R	21.59
59	Max	Zimmerman	M	27	20-29	R	32.34
62	Kevin	Farley	M	28	20-29	R	33.10
<b>20-29</b>							
<b>Female</b>							
24	Brittany	Pensabene	F	28	20-29	R	26.35
32	Jen	Thorsheim	F	26	20-29	R	27.28
58	Deanna	Morredle	F	24	20-29	R	32.34
<b>30-39</b>							
<b>Male</b>							
6	Joseph	Rooney	M	36	30-39	R	22.56
8	Thiago	Corfi	M	33	30-39	R	23.26
21	Jordan	Subai	M	30	30-39	R	25.51
<b>30-39</b>							
<b>Female</b>							
42	Rebecca	Pena	F	31	30-39	R	28.57
45	Amanda	Grasso	F	37	30-39	R	29.11
47	Nicaela	Conde	F	33	30-39	R	29.13
<b>40-49</b>							
<b>Male</b>							
4	Tim	Fitch	M	43	40-49	R	21.08
17	Darrin	David	M	47	40-49	R	25.26
20	Chris	Gross	M	41	40-49	R	25.49
<b>40-49</b>							
<b>Female</b>							
18	Amy	Overcasit	F	40	40-49	R	25.31
19	Liz	Spector	F	48	40-49	R	25.36
34	Ryan Ann	Fitch	F	43	40-49	R	27.55

## Winter Series 5K

## Results

Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
<b>50-59</b>		<b>Male</b>					
7	Taylor	Pine	M	57	50--59	R	23.14
11	Neil	Glasser	M	53	50--59	R	23.55
14	Charles	Best	M	54	50--59	R	24.55
<b>50-59</b>		<b>Female</b>					
23	Laura	Donnelly	F	56	50--59	R	25.58
81	Changyou	Yu	F	54	50--59	R	38.38
<b>60-69</b>		<b>Male</b>					
10	Mike	Ayars	M	66	60-69	R	23.45
12	Dom	DeRoma	M	63	60-69	R	24.30
43	Jim	Nosuchinsky	M	69	60-69	R	29.07
<b>60-69</b>		<b>Female</b>					
31	Ann Marie	Ireland	F	67	60-69	R	27.24
35	Chang-Hang	Yu	F	60	60-69	R	28.01
52	Donna	Panaro	F	62	60-69	R	30.42
<b>70-79</b>		<b>Male</b>					
22	Rich	Uslan	M	70	70-79	R	25.52
33	Dennis	Tardio	M	70	70-79	R	27.39
36	Peter	Meggitt	M	71	70-79	R	28.03
<b>70-79</b>		<b>Female</b>					
25	Susie	Juronics	F	75	70-79	R	26.46
27	Barbara	Donelik	F	75	70-79	R	26.47
<b>80-89</b>		<b>Male</b>					
76	David	Gross	M	81	80-89	R	37.08
82	Olie	Nelson	M	86	80-89	R	38.53
88	Alex	Dobrowolski	M	83	80-89	R	39.53
<b>80-89</b>		<b>Frmale</b>					
<b>Clydesdale</b>							
30	John	Coroniti	M	51	50--59	C	27.22
78	Tom	Walsh	M	71	70-79	C	37.37
84	Robert	McGill	M	62	60-69	C	39.15
<b>Athena</b>							
51	Anna	Svensson	F	52	50--59	A	30.34
<b>Racewalker</b>		<b>Male</b>					
77	Fred	Linkhart	M	70	70-79	RW	37.25
80	Ray	Robertson	M	79	70-79	RW	38.16
89	Ross	Miano	M	73	70-79	RW	40.07
<b>Racewalker</b>		<b>Female</b>					
70	Maria	Paul	F	57	50--59	RW	35.45
92	Panse	Geer	F	76	70-79	RW	44.07

## Results

Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
<b>Results by Place</b>							
Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
1	Ben	Squires	M	33	30-39	R	18.22
2	Tom	Hunt	M	32	30-39	R	19.47
3	Tom	Brieva	M	48	40-49	R	19.53
4	Tim	Fitch	M	43	40-49	R	21.08
5	Nicasio	Ramirez	M	29	20-29	R	21.59
6	Joseph	Rooney	M	36	30-39	R	22.56
7	Taylor	Pine	M	57	50--59	R	23.14
8	Thiago	Corfi	M	33	30-39	R	23.26
9	Chelsea	Thorsheim	F	30	30-39	R	23.29
10	Mike	Ayars	M	66	60-69	R	23.45
11	Neil	Glasser	M	53	50--59	R	23.55
12	Dom	DeRoma	M	63	60-69	R	24.30
13	Emily	Sharp	F	23	20-29	R	24.39
14	Charles	Best	M	54	50--59	R	24.55
15	Holly	Dobrowolski	F	56	50--59	R	25.05
16	Tom	Eng	M	51	50--59	R	25.26
17	Darrin	David	M	47	40-49	R	25.26
18	Amy	Overcasit	F	40	40-49	R	25.31
19	Liz	Spector	F	48	40-49	R	25.36
20	Chris	Gross	M	41	40-49	R	25.49
21	Jordan	Subai	M	30	30-39	R	25.51
22	Rich	Uslan	M	70	70-79	R	25.52
23	Laura	Donnelly	F	56	50--59	R	25.58
24	Brittany	Pensabene	F	28	20-29	R	26.35
25	Susie	Juronics	F	75	70-79	R	26.46
26	Leilani	Gopal	F	12	14 <	R	26.46
27	Barbara	Donelik	F	75	70-79	R	26.47
28	Mike	Ferretti	M	45	40-49	R	26.47
29	Andrew	Wohl	M	56	50--59	R	26.56
30	John	Coroniti	M	51	50--59	C	27.22
31	Ann Marie	Ireland	F	67	60-69	R	27.24
32	Jen	Thorsheim	F	26	20-29	R	27.28
33	Dennis	Tardio	M	70	70-79	R	27.39
34	Ryan Ann	Fitch	F	43	40-49	R	27.55
35	Chang-Hang	Yu	F	60	60-69	R	28.01
36	Peter	Meggitt	M	71	70-79	R	28.03
38	Greg	Gombash	M	71	70-79	R	28.06
39	Alejandro	Ramirez	M	38	30-39	R	28.15
40	Dan	Downey	M	38	30-39	R	28.24
41	Kania	Kensington	F	12	14 <	R	28.36
42	Rebecca	Pena	F	31	30-39	R	28.57
43	Jim	Nosuchinsky	M	69	60-69	R	29.07
44	Isabella	Gopal	F	9	14 <	R	29.10
45	Amanda	Grasso	F	37	30-39	R	29.11
46	Jeffrey	O'Brien	M	65	60-69	R	29.13
47	Nicaela	Conde	F	33	30-39	R	29.13
48	Eric	Arouck	M	57	50--59	R	29.22
49	Libby	Gopal	F	43	40-49	R	29.46
50	Lominosa	Conde	F	35	30-39	R	29.54
51	Anna	Svensson	F	52	50--59	A	30.34
52	Donna	Panaro	F	62	60-69	R	30.42
53	Regina	Lurski	F	63	60-69	R	30.50

## Results

Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
54	Joselin	Ramirez	F	14	14 <	R	31.06
55	Jennifer	Cline	F	49	40-49	R	31.08
56	Tony	Bleach	M	71	70-79	R	31.21
57	Jim	Lurski	M	61	60-69	R	32.18
58	Deanna	Morredle	F	24	20-29	R	32.34
59	Max	Zimmerman	M	27	20-29	R	32.34
60	Katherine	Polkowski	F	66	60-69	R	32.41
61	Peter	Slater	M	70	70-79	R	33.02
62	Kevin	Farley	M	28	20-29	R	33.10
64	Janice	Krilla	F	69	60-69	R	33.46
65	Quinn	Overcash	M	10	14 <	R	33.52
66	Edward	Niemiera	M	73	70-79	R	33.53
67	Carol	Werthan	F	65	60-69	R	34.17
68	Jim	Hadden	M	62	60-69	R	34.41
69	Lennox	Atempa	M	27	20-29	R	35.11
70	Maria	Paul	F	57	50--59	RW	35.45
71	Richard	Trenk	M	65	60-69	R	35.52
72	Christie	Carfi	F	12	14 <	R	36.11
73	Ethan	Reich	M	10	14 <	R	36.38
74	Carl	Maurer	M	39	30-39	R	36.49
75	Adam	Reich	M	42	40-49	R	36.50
76	David	Gross	M	81	80-89	R	37.08
77	Fred	Linkhart	M	70	70-79	RW	37.25
78	Tom	Walsh	M	71	70-79	C	37.37
79	Don	Phillips	M	74	70-79	R	38.13
80	Ray	Robertson	M	79	70-79	RW	38.16
81	Changyou	Yu	F	54	50--59	R	38.38
82	Olie	Nelson	M	86	80-89	R	38.53
83	Lynn	Glenn	F	69	60-69	R	39.13
84	Robert	McGill	M	62	60-69	C	39.15
85	Jim	Bergum	M	73	70-79	C	39.33
86	Esmiranda	Oonde	F	26	20-29	R	39.48
87	Jason	Maldonado	M	61	60-69	R	39.53
88	Alex	Dobrowolski	M	83	80-89	R	39.53
89	Ross	Miano	M	73	70-79	RW	40.07
90	Susan	Lockhart	F	67	60-69	R	41.09
91	John	Donelik	M	74	70-79	R	43.24
92	Panse	Geer	F	76	70-79	RW	44.07
<b>Results by Age and Gender</b>							
Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
44	Isabella	Gopal	F	9	14 <	R	29.10
26	Leilani	Gopal	F	12	14 <	R	26.46
41	Kania	Kensington	F	12	14 <	R	28.36
72	Christie	Carfi	F	12	14 <	R	36.11
54	Joselin	Ramirez	F	14	14 <	R	31.06
13	Emily	Sharp	F	23	20-29	R	24.39
58	Deanna	Morredle	F	24	20-29	R	32.34
32	Jen	Thorsheim	F	26	20-29	R	27.28
86	Esmiranda	Oonde	F	26	20-29	R	39.48
24	Brittany	Pensabene	F	28	20-29	R	26.35
9	Chelsea	Thorsheim	F	30	30-39	R	23.29
42	Rebecca	Pena	F	31	30-39	R	28.57
47	Nicaela	Conde	F	33	30-39	R	29.13

## Results

Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
50	Lominosa	Conde	F	35	30-39	R	29.54
45	Amanda	Grasso	F	37	30-39	R	29.11
18	Amy	Overcasit	F	40	40-49	R	25.31
34	Ryan Ann	Fitch	F	43	40-49	R	27.55
49	Libby	Gopal	F	43	40-49	R	29.46
19	Liz	Spector	F	48	40-49	R	25.36
55	Jennifer	Cline	F	49	40-49	R	31.08
51	Anna	Svensson	F	52	50--59	A	30.34
81	Changyou	Yu	F	54	50--59	R	38.38
15	Holly	Dobrowolski	F	56	50--59	R	25.05
23	Laura	Donnelly	F	56	50--59	R	25.58
70	Maria	Paul	F	57	50--59	RW	35.45
35	Chang-Hang	Yu	F	60	60-69	R	28.01
52	Donna	Panaro	F	62	60-69	R	30.42
53	Regina	Lurski	F	63	60-69	R	30.50
67	Carol	Werthan	F	65	60-69	R	34.17
60	Katherine	Polkowski	F	66	60-69	R	32.41
31	Ann Marie	Ireland	F	67	60-69	R	27.24
90	Susan	Lockhart	F	67	60-69	R	41.09
64	Janice	Krilla	F	69	60-69	R	33.46
83	Lynn	Glenn	F	69	60-69	R	39.13
25	Susie	Juronics	F	75	70-79	R	26.46
27	Barbara	Donelik	F	75	70-79	R	26.47
92	Panse	Geer	F	76	70-79	RW	44.07
65	Quinn	Overcash	M	10	14 <	R	33.52
73	Ethan	Reich	M	10	14 <	R	36.38
59	Max	Zimmerman	M	27	20-29	R	32.34
69	Lennox	Atempa	M	27	20-29	R	35.11
62	Kevin	Farley	M	28	20-29	R	33.10
5	Nicasio	Ramirez	M	29	20-29	R	21.59
21	Jordan	Subai	M	30	30-39	R	25.51
2	Tom	Hunt	M	32	30-39	R	19.47
1	Ben	Squires	M	33	30-39	R	18.22
8	Thiago	Corfi	M	33	30-39	R	23.26
6	Joseph	Rooney	M	36	30-39	R	22.56
39	Alejandro	Ramirez	M	38	30-39	R	28.15
40	Dan	Downey	M	38	30-39	R	28.24
74	Carl	Maurer	M	39	30-39	R	36.49
20	Chris	Gross	M	41	40-49	R	25.49
75	Adam	Reich	M	42	40-49	R	36.50
4	Tim	Fitch	M	43	40-49	R	21.08
28	Mike	Ferretti	M	45	40-49	R	26.47
17	Darrin	David	M	47	40-49	R	25.26
3	Tom	Brieva	M	48	40-49	R	19.53
16	Tom	Eng	M	51	50--59	R	25.26
30	John	Coroniti	M	51	50--59	C	27.22
11	Neil	Glasser	M	53	50--59	R	23.55
14	Charles	Best	M	54	50--59	R	24.55
29	Andrew	Wohl	M	56	50--59	R	26.56
7	Taylor	Pine	M	57	50--59	R	23.14
48	Eric	Arouck	M	57	50--59	R	29.22
57	Jim	Lurski	M	61	60-69	R	32.18
87	Jason	Maldonado	M	61	60-69	R	39.53
68	Jim	Hadden	M	62	60-69	R	34.41

1/22/2023

Freehold Area Running Club  
Winter Series 5K

Week 3

## Results

Place	First Name	Last Name	Sex	Age	Age Group	Div	Time
84	Robert	McGill	M	62	60-69	C	39.15
12	Dom	DeRoma	M	63	60-69	R	24.30
46	Jeffrey	O'Brien	M	65	60-69	R	29.13
71	Richard	Trenk	M	65	60-69	R	35.52
10	Mike	Ayars	M	66	60-69	R	23.45
43	Jim	Nosuchinsky	M	69	60-69	R	29.07
22	Rich	Uslan	M	70	70-79	R	25.52
33	Dennis	Tardio	M	70	70-79	R	27.39
61	Peter	Slater	M	70	70-79	R	33.02
77	Fred	Linkhart	M	70	70-79	RW	37.25
36	Peter	Meggitt	M	71	70-79	R	28.03
38	Greg	Gombash	M	71	70-79	R	28.06
56	Tony	Bleach	M	71	70-79	R	31.21
78	Tom	Walsh	M	71	70-79	C	37.37
66	Edward	Niemiera	M	73	70-79	R	33.53
85	Jim	Bergum	M	73	70-79	C	39.33
89	Ross	Miano	M	73	70-79	RW	40.07
79	Don	Phillips	M	74	70-79	R	38.13
91	John	Donelik	M	74	70-79	R	43.24
80	Ray	Robertson	M	79	70-79	RW	38.16
76	David	Gross	M	81	80-89	R	37.08
88	Alex	Dobrowolski	M	83	80-89	R	39.53
82	Olie	Nelson	M	86	80-89	R	38.53