

## 2021 Running 5K Results

Held Sept. 4 at Kentlands/Lakelands Town Square

### Women

50-54

- 1 Caren Bancroft (Gaithersburg), 21:37
- 2 Ruth Taylor (Ijamsville), 22:58
- 3 Bridget Ryder (Gaithersburg), 23:27
- 4 Karen Ehsani (Gaithersburg), 25:42
- 5 Jt Thomas (Alexandria, VA), 26:38
- 6 Donna Quackenbush (Germantown), 27:01
- 7 Val Venus (Gaithersburg), 27:32
- 8 Denise Key (Washington, DC), 27:57
- 9 Rana Spurlock (Gaithersburg), 28:06
- 10 Karen Fratantoni (Bethesda), 28:55
- 11 Lisa Roberts (Derwood), 29:36
- 12 Mandy Lemar (Potomac), 30:21
- 13 Micki Palmer (Gaithersburg), 30:58
- 14 Barbara Richardson (Gaithersburg), 31:16
- 15 Rosalee Barr (Gaithersburg), 32:23
- 16 Deirdre Dacombe (Dayton), 34:16
- 17 Cleo Kung (Derwood), 35:44
- 18 Sae Davis (Germantown), 36:36
- 19 Irene Chen (Arlington, VA), 37:06
- 20 Yuna Lee (Gaithersburg), 38:14
- 21 Nancy Kohut (Rockville), 39:16
- 22 Amy Li (Boyd's), 39:39
- 23 Sandra Menzies (Gaithersburg), 40:37
- 24 Emily Asofsky (Gaithersburg), 40:42
- 25 Sue Kravitz (Gaithersburg), 41:22
- 26 Andra Abramson (Gaithersburg), 41:58
- 27 Judith Pellegrino (Gettysburg PA), 44:19
- 28 Kimberly Strouth (Rockville), 45:44
- 29 Beata Kozak (Gaithersburg), 46:51

- 30 Sonja Baillache (Germantown), 47:16
- 31 Sophia Lattimore (Gaithersburg), 47:44
- 32 Ginger Vega (Frederick), 52:51
- 33 Vicki Rotker (Boys), 53:08
- 34 Mary Rettig (Damascus), 56:31
- 35 Tia Jackson (Gaithersburg), 59:36
- 36 Tricia Barrett (Gaithersburg), 61:26

## **Men**

50-54

- 1 Michael Chen (Gaithersburg), 21:20
- 2 Adam Kiely (Gaithersburg), 21:23
- 3 Kam Yee (Gaithersburg), 21:25
- 4 Eric Garner (Bethesda), 21:26
- 5 Hongchun Liu (Germantown), 22:09
- 6 Robert Lamb (Gaithersburg), 22:59
- 7 Kevin Owens (Gaithersburg), 23:09
- 8 Nir Gamliel (Gaithersburg), 23:12
- 9 Jr Ryland (Gaithersburg), 23:15
- 10 David Lukowski (Germantown), 23:15
- 11 Jack Cline (Gaithersburg), 23:29
- 12 Mike Fratantoni (Bethesda), 23:30
- 13 Duncan Dacombe (Dayton), 25:08
- 14 Keith Levchenko (Germantown), 25:32
- 15 Mitch Rotker (Boys), 25:36
- 16 Chris Stramaglia (Richmond, VA), 25:48
- 17 Kwanho Roh (Gaithersburg), 26:22
- 18 Brian O'Looney (Gaithersburg), 26:51
- 19 Javier Isassi (Gaithersburg), 27:29
- 20 Brent Hilton (Gaithersburg), 27:37
- 21 David Logsdon (Gaithersburg), 27:45
- 22 Donald Derrenbacher (Gaithersburg), 28:04
- 23 Thomas Sneeringer (Gaithersburg), 29:07
- 24 Tim Fuller (Bethesda), 29:24
- 25 Lee Levin (Rockville), 29:31

- 26 Kwok Wong (Montgomery Village), 30:55
- 27 David Johnson (Bethesda), 31:03
- 28 Steve Johnson (Boyd's), 31:26
- 29 Hans Edwards (Germantown), 31:35
- 30 Sean Jackson (Gaithersburg), 31:37
- 31 Mike Regnell (Gaithersburg), 36:00
- 32 Manish Kohli (Gaithersburg), 36:22
- 33 Martin Dubroff (Gaithersburg), 37:24
- 34 Jud Ashman (Gaithersburg), 37:57
- 35 Michael Rosenberg (Gaithersburg), 38:28
- 36 Sameer Shukla (Gaithersburg), 39:13
- 37 Leslie Codjoe (Clarksburg), 40:16
- 38 Brian Bennighoff (Germantown), 45:04
- 39 Trevor Jefferson (Gaithersburg), 47:35
- 40 David Tang (Potomac), 48:14
- 41 Glenn Bryant (Gaithersburg), 51:38
- 42 David Asofsky (Gaithersburg), 56:31

## **Women**

55-59

- 1 Ann Loew (Gaithersburg), 27:47
- 2 Rebecca Neff (Gaithersburg), 27:47
- 3 Catherine Keech (Rockville), 28:30
- 4 Delmy Ayala (Fort Myers, FL), 28:32
- 5 Kathleen Beville (Gaithersburg), 31:17
- 6 Lynda Heavner (Gaithersburg), 32:02
- 7 Stephanie Ambrose (Gaithersburg), 32:12
- 8 Laura Baxter (Gaithersburg), 33:47
- 9 Katie Dwyer (Gaithersburg), 34:58
- 10 Penny Rushin (Germantown), 35:10
- 11 Maritza Haro (Silver Spring), 35:16
- 12 Lisa Braverman (Green Cove Springs, FL), 37:51
- 13 Carol Cooper (Olney), 44:43
- 14 Beverley Trotman (Gaithersburg), 52:26
- 15 Tricia McVeigh (Gaithersburg), 56:27

16 Rosemary Pascarella (Gaithersburg), 59:36

17 Debi Marine (Akron, OH), 61:31

## **Men**

55-59

1 Pete Wergin (Gaithersburg), 18:08

2 Mark Neff (Derwood), 18:09

3 Peter Bandettini (Bethesda), 19:11

4 John Way (Silver Spring), 20:19

5 Rj Spalding (Gaithersburg), 21:29

6 John Gresh (Gaithersburg), 21:43

7 Alan Ryder (Gaithersburg), 22:44

8 Hector Montesinos (Silver Spring), 23:19

9 David Topol (Bethesda), 24:30

10 James Menzies (Gaithersburg), 25:19

11 Dave Dahl (Gaithersburg), 26:27

12 Anirud Sahoo (Gaithersburg), 27:14

13 Paul Zoccola (Gaithersburg), 27:21

14 Oscar Valdez (Montgomery Village), 28:03

15 Robert Hanson (Gaithersburg), 28:19

16 Edward Murphy (Gaithersburg), 28:37

17 Tyrone Cook (Alexandria, VA), 30:07

18 Rick Gross (Gaithersburg), 32:04

19 Chris Sloan (Gaithersburg), 32:35

20 Kang Cheng (Rockville), 33:21

21 Paul Fronstin (Gaithersburg), 33:38

22 Theo Rushin Jr (Germantown), 34:10

23 Bahman Ariannejad (Gaithersburg), 36:27

24 Michael Lukpetris (Gaithersburg), 36:37

25 Rick Canter (Gaithersburg), 38:38

26 John Dunbar (Gaithersburg), 38:51

27 Trent Palmer (Gaithersburg), 40:18

28 Robert Behr (Silver Spring), 42:38

29 Jim Gilchrist (Rockville), 48:55

## Women

60-64

- 1 Mimi Newcomer (Lancaster, PA), 23:02
- 2 Kathy Cea (Gaithersburg), 24:43
- 3 Trish Dunn (Annapolis), 26:16
- 4 Debra Brookhouser (Tilghman), 26:22
- 5 Pamela Yao (Ellicott City), 26:51
- 6 Carolyn Eichberg (Potomac), 27:58
- 7 Gloria Freeman (Hampton, VA), 29:15
- 8 Daphna Szanto (Rockville), 30:22
- 9 Suzan Harkness (Gaithersburg), 30:30
- 10 Michele Givens (Bethesda), 31:28
- 11 Jane Dinardo (Germantown), 31:44
- 12 Regina Flagg (Silver Spring), 33:13
- 13 Saadiqa Ali (Capitol Heights), 41:55
- 14 Amy Berliner (Gaithersburg), 48:22
- 15 Susie Metzger (Gaithersburg), 49:33
- 16 Cynthia Lacey (Montgomery Village), 51:11
- 17 Tammy Mobarry (Gaithersburg), 53:35
- 18 Elizabeth Feldman (Gaithersburg), 55:09

## Men

60-64

- 1 Marty Horan (Bethesda), 20:56
- 2 Mark Adams (Gaithersburg), 21:32
- 3 Delwin Brockett (Darnestown), 23:44
- 4 Phil Andrews (Gaithersburg), 24:04
- 5 David Givens (Bethesda), 24:58
- 6 Koji Takeuchi (Rockville), 26:45
- 7 Dola Ige (Silver Spring), 26:46
- 8 Joel Patton (Montgomery Village), 26:51
- 9 Paul Cencula (Gaithersburg), 27:33
- 10 Donald Murphy (Frederick), 28:30
- 11 John Dinardo (Germantown), 29:03
- 12 Randy Mongold (Gaithersburg), 29:30

- 13 Michael Burke (Annapolis), 29:42
- 14 Greg Mills (Derwood), 29:50
- 15 James Cannistra (Chevy Chase), 30:32
- 16 David Irwin (Derwood), 30:34
- 17 Clark Mobarry (Gaithersburg), 30:58
- 18 Martin Butin (Gaithersburg), 31:09
- 19 Andrew Griffith (Gaithersburg), 31:25
- 20 Thomas Soileau (Potomac), 32:32
- 21 Doug Lefevre (New Market), 35:41
- 22 Bruce Gordon (Gaithersburg), 35:54
- 23 Bart Rowe (Clarksburg), 36:32
- 24 Michael Baris (Olney), 37:33
- 25 Wayne Carson (Germantown), 38:47
- 26 Donald Hamberger (Germantown), 40:49
- 27 Jeffrey Groce (White Plains), 54:08
- 28 Gerald Chan (Gaithersburg), 56:25

## **Women**

65-69

- 1 Mary Lowe Mayhugh (Washington, DC), 25:30
- 2 Karen Craney (North Potomac), 28:09
- 3 Kelly Heller (Rockville), 36:07
- 4 Terri Binder (Germantown), 38:02
- 5 Helene Myers (Columbia), 38:11
- 6 Lisa Shames (Rockville), 39:06
- 7 Mary Triandafilou (Baltimore), 41:39
- 8 Ruby Munguia (Montgomery Village), 48:47
- 9 Janis Lefkowitz (Gaithersburg), 50:29
- 10 Barb Weiner (Germantown), 55:33
- 11 Marge Waskewich (Rockville), 64:57

## **Men**

65-69

- 1 Eugene Myers (Columbia), 20:59
- 2 Bruce Myles (Montgomery Village), 22:19
- 3 Bruce Delaplaine (Bethesda), 23:42

- 4 Ronald Keech (Rockville), 24:50
- 5 Mark Knetzer (Abingdon), 27:50
- 6 Ted Weiner (Germantown), 29:39
- 7 Ali Al-Hakim (Gaithersburg), 30:38
- 8 Mark Parker (Silver Spring), 30:44
- 9 Scott Somers (Germantown), 30:45
- 10 Robert Hyde (Germantown), 34:17
- 11 Seth Greenstein (Potomac), 35:31
- 12 Michael Sesma (Gaithersburg), 37:58
- 13 Jay Embree (Frederick), 38:04
- 14 Jeffrey Ali (Capitol Heights), 41:55
- 15 Dave Metzger (Chevy Chase), 47:10

### **Women**

70-74

- 1 Isabel Bentz (Lancaster, PA), 30:50
- 2 Lizzie Sadoff (Washington, DC), 31:32
- 3 Alice Franks (Rockville), 33:42
- 4 Rosemary Dew (Woodbine), 36:57
- 5 Keryl Rustin (Kearneysville, WV), 43:55
- 6 Janis Thomas (Winchester, VA), 51:49
- 7 Anna Fuller (Columbia), 59:40

### **Men**

70-74

- 1 Bill Senseney (Charles Town, WV), 23:51
- 2 Michael Cohen (Silver Spring), 38:12
- 3 Kenneth Lefkowitz (Gaithersburg), 50:29

### **Women**

75-79

- 1 Gretchen Bolton (Bethesda), 28:52
- 2 Molly Sherwood (Annapolis), 34:45
- 3 Merrilynn Kessler (Newville, PA), 37:30
- 4 Jeanette A Novak (Damascus), 45:26
- 5 Carol Schulman (Bethesda), 47:26

### **Men**

75-79

- 1 Richard Jefferson (Germantown), 28:01
- 2 Bruce Braverman (Green Cove Springs, FL), 29:43
- 3 Bruce Kessler (Newville, PA), 30:00
- 4 Frank Snyder (Gaithersburg), 30:07
- 5 Earle Fingerhut (Potomac), 39:03
- 6 Warren Thielz (Mount Airy), 39:57

### **Women**

80-84

- 1 Judy Marine (Buffalo, NY), 55:03

### **Men**

80-84

- 1 Ronald Chiariello (Rockville), 32:12
- 2 Michael Leonard (Silver Spring), 42:56

### **Men**

90-94

- 1 Dilawar Si Dhatt (Laurel), 53:52