



## 2023 5k Run Results

*Results for the Maryland Senior Olympics 5k run, held Sept. 2 at the Kentlands/Lakelands 5k in Gaithersburg. \* Indicates new Maryland Senior Olympics record.*

### Men

#### 50-54

*Gold*—Tom Yinger (Westminster), 18:41  
*Silver*—Brian Hopkins (Hancock), 19:04  
*Bronze*—Brian Fields (Gaithersburg), 19:12

#### 55-59

*Gold*—Pete Wergin (Gaithersburg), 18:29  
*Silver*—Gene Park (Kensington), 19:31  
*Bronze*—John Way (Silver Spring), 20:27

#### 60-64

*Gold*—Marty Horan (Bethesda), 21:35  
*Silver*—RJ Spalding (Gaithersburg), 21:39  
*Bronze*—Mark Adams (Gaithersburg), 21:46

#### 65-69

*Gold*—Steve Pulleng (Montgomery Village), 23:07  
*Silver*—David Levy (Washington, D.C.), 26:31  
*Bronze*—Guan Hsu (Derwood), 27:08

#### 70-74

*Gold*—Tom Nolan (Kensington), 22:33  
*Silver*—Bruce Myles (Montgomery Village), 23:07  
*Bronze*—Steve Sharpe (Westminster), 23:45

#### 75-79

*Gold*—Richard Jefferson (Germantown), 28:41  
*Silver*—Elliott Alman (Gaithersburg), 40:47  
*Bronze*—Randhir Chauhan (Rockville), 42:12

**80-84**

*Gold*—Frank Snyder (Gaithersburg), 30:24  
*Silver*—Ronald Chiariello (Rockville), 32:38  
*Bronze*—Keith Ord (Potomac), 39:12

**90-94**

*Gold*—Dilawar Dhatt, (Gaithersburg), 59:38

**Women****50-54**

*Gold*—Jennifer Nash (Gaithersburg), 25:01  
*Silver*—Meeka Harris (Gaithersburg), 26:52  
*Bronze*—Stacey Garner (Bethesda), 27:46

**55-59**

*Gold*—Paige Waterman (Bethesda), 23:53  
*Silver*—Bridget Ryder (Gaithersburg), 24:19  
*Bronze*—Delmy Ayala (Fort Myers, Fla), 27:51

**60-64**

*Gold*—Kathy Cea (Gaithersburg), 25:36  
*Silver*—Debra Egli-Flanagan (Mechanicsburg, Pa.), 26:33  
*Bronze*—Diana Hadda (Bethesda), 27:54

**65-69**

*Gold*—Karen Craney (North Potomac), 28:54  
*Silver*—Beth Lynch (Gaithersburg), 34:56  
*Bronze*—Mary Radhi (Washington D.C.), 35:44

**70-74**

*Gold*—Lizzie Sadoff (Washington D.C.), 28:32  
*Silver*—Laurie Fisher (Hyattsville), 30:37  
*Bronze*—Gail Heymsfield (North Potomac), 35:05

**75-79**

\* *Gold*—Alice Franks (Rockville), 28:37  
*Silver*—Petra Draghici (Gaithersburg), 59:14  
*Bronze*—Vanessa Yarnell (Falls Church), 59:48

**80-84**

*Gold*—Angela Little (Gaithersburg), 61:00  
*Silver*—Judy Taylor (Rockville), 61:08

**85-89**

Judy Marine (Buffalo, N.Y.), 55:59