

2023 Valentines 5 km

Age Group Results

Runners

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Rian Wilson	st catharines	16	3146	1	16:15	3:15/K
2	Brandon Sloan	Thorold ON	29	3054	2	16:21	3:16/K
3	Stephen Lambert	St Catharines	29	3145	3	17:13	3:27/K

*Overall place within gender

2023 Valentines 5 km

Age Group Results

Runners

Men 19 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Redding Maxwell	Vineland ON	17	3121	4	17:19	3:28/K
2	Walker Rollo	St. Catharines ON	17	3135	8	18:10	3:38/K
3	Julian Cirasuolo	St. Catharines ON	15	3125	10	18:26	3:41/K
4	Oliver Crowe	St. Catharines ON	15	3099	11	18:41	3:44/K
5	Jacob Montoya	St CATHARINES	14	3149	13	19:26	3:53/K
6	Jacob Millen	St Catharines ON	12	3116	15	20:15	4:03/K
7	Clark St Amand	St. Catharines ON	13	3113	19	21:53	4:23/K
8	Angelo Cirasuolo	St. Catharines ON	18	3110	25	23:28	4:42/K
9	Coen Root	St Catharines	11	3151	34	28:25	5:41/K

Men 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	William Horsley	St Catharines	25	3147	6	17:38	3:32/K
2	Kevin Stefanchuk	St Catharines	20	3152	14	19:44	3:57/K
3	Chris Kocsis	St. Catharines ON	28	3118	30	26:19	5:16/K

Men 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jordan Heckman	Jordan Station ON	33	3130	7	17:50	3:34/K
2	Bryce MK Hudson	St. Catherines ON	32	3006	12	19:01	3:48/K
3	Josh Iannantuono	St. Catharines ON	30	3117	22	23:00	4:36/K
4	Trevor Brown	St. Catharines ON	37	3068	36	29:17	5:51/K
5	Bryan Caporicci	Fonthill ON	35	3107	37	29:49	5:58/K
6	Ryan Morris	Niagara Falls ON	31	3141	38	29:58	6:00/K
7	JOHN FEHLOW	ST. CATHARINES ON	38	3053	42	32:49	6:34/K
8	Vincent morsaint	st Catharines ON	38	3072	44	33:54	6:47/K
9	Zachary Randle	Niagara Falls ON	30	3000	52	37:20	7:28/K
10	David White	St Catharines ON	31	3092	55	39:19	7:52/K

Men 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Wolfgang Guembel	St. Catharines ON	44	3124	5	17:21	3:28/K
2	Frank Pearson	St. Catharines ON	45	3133	9	18:15	3:39/K
3	Nick Buffo	Hamilton ON	42	3115	16	20:35	4:07/K
4	Tim St. Amand	St. Catharines ON	49	3111	20	21:54	4:23/K
5	Paul Lyttle	Font Hill	45	3148	21	22:50	4:34/K

*Overall place within gender

2023 Valentines 5 km

Age Group Results

Runners

Men 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
6	Brendan Buggeln	St. Catharines ON	45	3090	24	23:18	4:40/K
7	Kevin Lanthier	St. Catharines ON	40	3087	28	24:53	4:59/K
8	Mat Siscoe	St. Catharines ON	42	3114	33	27:57	5:35/K
9	ROB BROWNLOW	Fonthill ON	47	3083	39	30:28	6:06/K
10	Matvey Mayster	Pelham ON	42	3009	40	31:20	6:16/K
11	Paul Greenhalgh	DUNNVILLE ON	41	3022	43	33:34	6:43/K
12	SETH GLASSMAN	NOTL	44	3142	47	35:31	7:06/K
13	void void	FONTHILL ON	45	3016	48	35:36	7:07/K
14	Aubrey Whalen	Welland ON	48	3063	49	36:43	7:21/K
15	Hubert Zyworonek	Etobicoke ON	47	3043	53	38:52	7:46/K
16	Chris Bowlby	Niagara Falls ON	40	3080	57	41:58	8:24/K

Men 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Derrick Snure	St. Catharines ON	54	3018	17	20:47	4:09/K
2	FRANK HARDY	ST CATHARINES	59	3144	23	23:08	4:38/K
3	Rob Rintjema	Grimsby ON	56	3017	26	23:49	4:46/K
4	Allan Dupuis	St. Catharines ON	56	3075	32	26:32	5:18/K
5	Paul Stefanchuk	St Catharines ON	59	3025	35	28:55	5:47/K
6	Fab Del Monaco	St. Catharines ON	55	3055	41	32:48	6:34/K
7	Mark Brillon	Toronto ON	58	3128	45	34:09	6:50/K
8	Bradley McLean	Pelham ON	52	3074	46	34:30	6:54/K
9	Greg Thiessen Thiessen	St.Catharines ON	58	3061	50	37:17	7:27/K
10	Bill Huisman	Fonthill ON	58	3038	51	37:18	7:28/K

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Terry Zorgel	Welland ON	61	3027	18	21:32	4:18/K
2	Christopher Keller	St. Catharines ON	67	3078	27	24:39	4:56/K
3	Jerry Gibb	St. Catharines ON	62	3004	29	25:44	5:09/K
4	Steve De Paulo	Grimsby ON	62	3066	56	39:49	7:58/K

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Roydon Collins	Niagara-on-the-Lake	79	3079	31	26:25	5:17/K
2	David Goodsell	Niagara falls NY	71	3069	54	38:57	7:47/K

*Overall place within gender

2023 Valentines 5 km

Age Group Results

Runners

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jenn St Amand	St. Catharines ON	45	3112	1	20:51	4:10/K
2	Tessa Grosvenor	St. Catharines ON	14	3134	2	21:08	4:14/K
3	Brianna Vermue	St. Catharines ON	17	3139	3	21:35	4:19/K

*Overall place within gender

2023 Valentines 5 km

Age Group Results

Runners

Women 19 and under

Place	Name	City	Age	Bib No	Overall*	Time	Pace
1	Jolanta Clark	St Catharines ON	16	3140	6	22:41	4:32/K
2	Savanna Scott	Beamsville ON	14	3122	14	24:54	4:59/K
3	Violet Crowe	St. Catharines ON	13	3098	16	26:02	5:12/K
4	Ava Caporicci		9	3108	36	29:48	5:58/K
5	Elise Beaudoin	St Catharines ON	14	3106	49	32:51	6:34/K

Women 20 to 29

Place	Name	City	Age	Bib No	Overall*	Time	Pace
1	EMILY VANCISE	St. Catharines ON	29	3040	18	26:53	5:23/K
2	Samantha Siebert	Beamsville ON	26	3085	24	27:45	5:33/K
3	Vanessa Lubieniecki	Beamsville ON	27	3088	25	27:46	5:33/K
4	Vanessa Kiedrowski	St. Catharines ON	28	3101	31	28:49	5:46/K
5	Kirstin Webb	St. Catharines ON	26	3059	41	30:34	6:07/K
6	Syerra Jasmin	St. Catharines ON	25	3024	43	30:47	6:09/K

Women 30 to 39

Place	Name	City	Age	Bib No	Overall*	Time	Pace
1	Margaret Gralewicz	St. Catharines ON	36	3041	5	22:35	4:31/K
2	Belén Murch	St Catherines ON	35	3005	8	23:11	4:38/K
3	Emma Smalley	Grimsby ON	33	3089	9	23:13	4:39/K
4	Chelsea Muste	Niagara on the Lake ON	32	3034	23	27:26	5:29/K
5	Tracy Bastien	Welland ON	33	3123	27	27:49	5:34/K
6	Sarah Ingram	St Catharines ON	36	3058	28	28:26	5:41/K
7	Sharau Scapillati	St. Catharines ON	36	3100	30	28:48	5:46/K
8	Stephanie Klok	Niagara Falls ON	32	3032	32	28:53	5:47/K
9	Jessica MacPherson	Niagara Falls ON	35	3033	33	28:54	5:47/K
10	Rose David	St Catharines ON	36	3056	35	29:21	5:52/K
11	Chloe Bessette	St. Catharines ON	33	3138	38	30:06	6:01/K
12	Katie Finora	Thorold ON	34	3051	46	32:30	6:30/K
13	CRYSTAL FEHLOW	ST. CATHARINES ON	39	3052	48	32:50	6:34/K
14	Laura Andres	Niagara Falls ON	35	3020	51	33:15	6:39/K
15	Brianna White	St Catharines ON	35	3093	64	39:23	7:53/K
16	Jasmine Abdelwahab	Etobicoke ON	38	3126	68	39:53	7:59/K
17	Amanda Robillard	welland ON	39	3105	69	39:54	7:59/K
18	Stephanie D	St. Catharines ON	35	3042	71	41:57	8:23/K
19	Miranda Cudney	Niagara Falls ON	39	3081	72	41:58	8:24/K

*Overall place within gender

2023 Valentines 5 km

Age Group Results

Runners

Women 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	ERIN LYTTLE	FONTHILL ON	44	3015	7	22:51	4:34/K
2	Lisa Beaudoin	St. Catharines ON	46	3045	11	23:51	4:46/K
3	Amanda Love	St. Catharines ON	41	3086	13	24:52	4:58/K
4	Lisa Barnai-Rotella	Beamsville ON	40	3064	17	26:03	5:13/K
5	Jen Grossi	St Catharines ON	42	3096	21	27:22	5:28/K
6	Silvana Gervasio	St Catharines ON	46	3082	26	27:48	5:34/K
7	Erin Rehus	Lincoln ON	42	3002	29	28:27	5:41/K
8	Jennifer Krah	Pelham ON	41	3008	44	30:48	6:10/K
9	Kathy Greenhalgh	DUNNVILLE ON	43	3021	52	33:33	6:43/K
10	Lindsay Milligan	St. Catharines ON	41	3131	54	35:21	7:04/K
11	Jenny McAllister	St. Catharines ON	40	3127	57	36:23	7:17/K
12	Marcy Morningstar	St Catharines ON	48	3001	58	36:38	7:20/K
13	Leandra Whalen	Welland ON	41	3062	59	36:42	7:20/K
14	Emily Schild	Fonthill ON	48	3039	61	37:19	7:28/K
15	Amy Pollard	Welland ON	40	3036	70	41:27	8:17/K

Women 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Vicky Kelly	Niagara Falls ON	51	3007	4	22:33	4:31/K
2	Melanie Gross Kerho	Welland ON	54	3071	10	23:50	4:46/K
3	Wendy Willan	St. Catharines ON	50	3019	19	27:00	5:24/K
4	Joan Howieson	St. Catharines ON	55	3011	22	27:25	5:29/K
5	Lucia Nigro Stefanchuk	St Catharines ON	58	3026	34	28:56	5:47/K
6	Christine Cameron	St Catharines ON	56	3028	37	29:57	5:59/K
7	Monica Pellegrino	Thorold ON	51	3049	39	30:16	6:03/K
8	Connie Byrne	Ridgeway ON	53	3095	42	30:35	6:07/K
9	Martene M	Thorold ON	55	3050	45	31:30	6:18/K
10	Bernice Booth	St.Catharines ON	52	3091	47	32:31	6:30/K
11	Michelle MacIntosh	St. Catharines ON	53	3030	50	33:15	6:39/K
12	Jody Tone	Toronto ON	54	3129	53	34:10	6:50/K
13	ABHI HALLAOCK	NOTL	52	3143	55	35:32	7:06/K
14	Anne Marie Branch	St. Catharines ON	57	3060	60	36:44	7:21/K
15	Sarah Phillips	St Catharines ON	53	3065	65	39:47	7:57/K

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Lesly Pearce	St. Catharines ON	61	3077	12	24:40	4:56/K
2	Cathy Hopkins	St. Catharines ON	62	3035	15	25:27	5:05/K

*Overall place within gender

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Runners

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
3	Carolyn Deeth	Toronto ON	65	3120	20	27:15	5:27/K
4	Mary Anne Griepsma	Fonthill ON	60	3084	40	30:28	6:06/K
5	Lianne Fisher	St. Catharines ON	60	3137	56	35:37	7:07/K
6	Megan McKee	St. Catharines ON	65	3031	62	38:46	7:45/K
7	Karin McDowell	Lincoln ON	60	3076	66	39:48	7:58/K
8	JoAnn Fozard		62	3067	67	39:52	7:58/K

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Fran Rowe	Niagara Falls NY	83	3073	63	38:56	7:47/K

*Overall place within gender