

Friendship Days 29th Annual Long Haul 5K and Short Haul 1 mile Fun Run  
 Friendship, Maine Saturday, July 30, 2022  
 Timing, Registration, & Finish Line Management by Run In A Race, LLC  
 question@RunInARace.com 207-232-8394 RunInARace.com

Age Group Results

5K Top Females Overall

Place	Bib #	Name	Finish	Pace	Age	City	State
1	157	Louisa CreightonSmit	23:09.05	7:28	34	Yarmouth	ME
2	136	Susanna Norwood	24:44.31	7:59	46	Damariscotta	ME
3	167	Kate Hankle	25:42.00	8:17	44	Moon TWP	PA

5K Top Males Overall

Place	Bib #	Name	Finish	Pace	Age	City	State
1	147	Dane Skinner	21:30.29	6:56	39	Corvallis	OR
2	156	Brigham Prescott	21:50.28	7:03	40	Yarmouth	ME
3	135	Damian Baker	21:57.43	7:05	24	Waldoboro	ME

Male 18 and Under

Place	Bib #	Name	Finish	Pace	Age	City	State
1	108	Noah Lash	29:11.17	9:25	12	Cushing	ME
2	123	Bennett Harrison	30:44.19	9:55	12	Salisbury	NH
3	143	Zach Jones	31:22.87	10:07	14	Davis Point	ME
4	138	AJ Simmons	33:52.22	10:55	9	Friendship	ME

Female 18 and Under

Place	Bib #	Name	Finish	Pace	Age	City	State
1	160	Noemi Zeitlin	40:23.52	13:02	10	Friendship	ME
2	129	Addison Crawford	43:42.11	14:06	12	Friendship	NH
3	104	Natalie Simmons	50:03.61	16:09	12	Friendship	ME
4	105	Rose Simmons	50:04.22	16:09	9	Friendship	ME
5	161	Zoe Zeitlin	56:39.55	18:16	6	Friendship	ME
6	130	Abigail Simmons	59:06.62	19:04	5	Friendship	NH

Male 19 - 29

Place	Bib #	Name	Finish	Pace	Age	City	State
1	133	Luke Davidson	32:07.47	10:22	27	Chelsea	NH

Male 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City	State
1	141	Robert Donald	24:21.97	7:51	39	Friendship	ME
2	165	Andrew VanderPloeg	24:47.95	8:00	33	Friendship	ME
3	116	Eddie Silco	25:10.83	8:07	37	Scarborough	ME
4	152	Kevin Tucker	27:57.66	9:01	36	Pittsburgh	PA

Female 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City	State
1	113	Amanda Benner	26:35.35	8:35	37	Portland	ME
2	153	Ashley Hileman	27:57.67	9:01	36	Pittsburgh	PA
3	134	Jenna Davidson	30:53.48	9:58	30	Chelsea	NH
4	121	Kelsie Camine	30:53.57	9:58	32	Lisbon	ME
5	115	Michaela Silco	31:48.03	10:15	37	Scarborough	ME
6	102	Ashley Lee	31:51.10	10:16	32	Friendship	ME
7	117	Alyssa Avery	32:08.09	10:22	37	Ashland	NH
8	107	Amanda Lash	33:16.39	10:44	36	Cushing	ME
9	106	Sarah Sawyer	35:24.64	11:25	30	Waldoboro	ME
10	103	Amy Simmons	59:06.18	19:04	35	Friendship	ME

Male 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City	State
1	126	Corey Benner	23:29.09	7:35	44	Friendship	NH
2	114	Kyle Benner	23:29.21	7:35	40	Portland	ME
3	137	Erick Halpin	24:29.73	7:54	49	Damariscotta	ME
4	112	Andrew Simmons	26:22.32	8:30	41	Friendship	ME
5	142	Nick Benton	26:37.81	8:35	40	Davis Point	ME
6	162	Dan Haugh	26:40.31	8:36	42	Stowe	VT
7	158	Sam Jones	28:29.76	9:11	41	Friendship	ME
8	145	Andrew Zeitlin	56:39.82	18:16	43	Friendship	ME

Female 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City	State
1	110	Julianne Eagan	25:50.96	8:20	49	Guilford	VT
2	125	Laura Benner	26:35.15	8:35	45	Friendship	NH
3	124	Dael Harrison	31:24.32	10:08	44	Salisbury	NH
4	159	Becca Jones	31:47.48	10:15	45	Friendship	ME
5	111	Elizabeth Simmons	35:32.45	11:28	45	Friendship	ME
6	144	Maria Alva	39:12.53	12:39	41	Friendship	ME

Male 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City	State
1	127	Mitch Elliott	24:04.78	7:46	50	Cumberland	NH
2	109	Walter Wickersham	25:50.96	8:20	55	Guilford	VT
3	154	Paul Turcotte	27:57.00	9:01	50	Friendship	ME
4	120	Wesley Lash	30:28.36	9:50	52	Friendship	ME
5	122	Anthony Lee	35:15.22	11:22	50	Washington	ME
6	139	Rick Gallos	39:30.59	12:45	52	Charlotte	NC

Female 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City	State
1	163	Beth Gallos	39:30.76	12:45	55	Charlotte	NC
2	149	Tori Lambert	45:29.62	14:40	59	Friendship	ME

## Male 60 - 69

Place	Bib #	Name	Finish	Pace	Age	City	State
1	151	Ray Konisky	25:32.09	8:14	65	Friendship	ME
2	128	Andy Pelletier	26:19.52	8:29	62	Union	ME
3	150	Rende Brower	32:11.96	10:23	65	Rockland	ME
4	148	Ted Arnold	45:29.74	14:40	66	Friendship	ME

## Female 60 - 69

Place	Bib #	Name	Finish	Pace	Age	City	State
1	164	Betsy VanderPloeg	40:14.14	12:59	61	Friendship	ME

## Male 70 - 79

Place	Bib #	Name	Finish	Pace	Age	City	State
1	166	Douglas VanderPloeg	27:52.97	8:59	70	Friendship	ME
2	119	Roger Morin	35:23.92	11:25	72	Friendship	ME
3	155	Rob Smith	35:28.85	11:26	73	Yarmouth	ME
4	131	David Wilson	38:06.64	12:17	78	Friendship	NH
5	118	David Kennedy	44:14.46	14:16	79	Portland	ME

## Female 70 - 79

Place	Bib #	Name	Finish	Pace	Age	City	State
1	132	Katherine Wilson	50:23.77	16:15	77	Friendship	NH

## Male 80 and above

Place	Bib #	Name	Finish	Pace	Age	City	State
1	146	Philip McKean	54:20.01	17:32	86	Cushing	ME