Friends of Cowans Gap
Cowans Gap 5K Run
March 26, 2023
Age Group Finish

60
clear sky
strong breeze

Age Group	Over All	Master	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female		**13 & under**		**Total: 18**						
1	4		27:13	Kaylie Savage	4490	12	13 & under	Chambersburg	PA	8:46
2	5		27:14	Kylie Savage	4491	12	13 & under	Chambersburg	PA	8:46
3	17		31:35	Khloe Jones	4541	10	13 & under	Chambersburg	PA	10:10
4	28		35:27	Sarah Scheitrum	4495	10	13 & under	Greencastle	PA	11:25
5	31		35:57	Allyson McCulloch	4460	9	13 & under	Hustontown	PA	11:34
6	37		37:07	Ellie Brace	3964	13	13 & under	Waynesboro	PA	11:57
7	41		37:48	Brooke Savage	4488	10	13 & under	Chambersburg	PA	12:10
8	42		38:01	Susan Brace	4266	10	13 & under	Waynesboro	PA	12:14
9	43		38:02	Jillian Davis	4502	13	13 & under	Hagerstown	MD	12:15
10	44		38:30	Addison Rotz	4593	9	13 & under			12:24
11	46		39:02	Greta Scheitrum	4493	7	13 & under	Greencastle	PA	12:34
12	51		40:54	Brianna Savage	4487	9	13 & under	Chambersburg	PA	13:10
13	53		41:44	Mia Taylor	4569	11	13 & under	Shippensburg	PA	13:26
14	73		51:04	Braylin Kessler	4545	6	13 & under	Shamokin	PA	16:26
15	77		54:11	Ella Shauf	4555	11	13 & under	Orrstown	PA	17:26
16	85		57:32	Caledonia Parsley	4473	1	13 & under	Waynesboro	PA	18:31
17	90		59:46	Henley Scott	4500	2	13 & under	Chambersburg	PA	19:14
18	92		59:49	Calla Scott	4498	7	13 & under	Chambersburg	PA	19:15
Female		**14 - 19**		**Total: 3**						
1	3		25:59	River Burrows	4338	14	14 - 19	Shippensburg	PA	8:22
2	10		29:06	Brenna Snyder	4563	17	14 - 19	Hustontown	PA	9:22
3	32		36:02	Brylee Kessler	4547	15	14 - 19	Shamokin	PA	11:36
Female		**20 - 24**		**Total: 3**						
1	70		50:31	Rachel Etchberger	4510	20	20 - 24	Chambersburg	PA	16:16
2	93		1:05:32	Natalie McNew	4459	24	20 - 24	Shippensburg	PA	21:06
3	102		1:13:49	Michaela Bolding	3911	20	20 - 24	Spring Run	PA	23:46
Female		**25 - 29**		**Total: 7**						
1	15		31:17	Sharon Weaver	4602	28	25 - 29			10:04
2	27		35:25	Caitlin Lucas	4454	28	25 - 29	Fayetteville	PA	11:24
3	35		36:19	Kristen McKee	4590	26	25 - 29	Chambersburg	PA	11:41
4	36		36:53	Courtney Vaughn	4577	29	25 - 29	Shippensburg	PA	11:52
5	52		41:03	Hannah Haley	4526	25	25 - 29	Greencastle	PA	13:13
6	86		57:42	Maekayla Brown	4605	27	25 - 29			18:34

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Age Group	Over All	Master	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female		**25 - 29**		**Total: 7**						
7	91		59:48	Amber Scott	4497	28	25 - 29	Chambersburg	PA	19:15
Female		**30 - 34**		**Total: 9**						
1	11		29:21	Tia Long	4453	34	30 - 34	Saint Thomas	PA	9:27
2	12		30:32	Amanda Doyle	4507	33	30 - 34	Hustontown	PA	9:50
3	16		31:25	Brooklyn Shearer	4595	31	30 - 34	Chambersburg	PA	10:07
4	18		31:52	Sara Leis	4452	32	30 - 34	Mcconnellsburg	PA	10:15
5	54		41:58	Stephanie Helman	4531	32	30 - 34	Mcconnellsburg	PA	13:30
6	56		42:30	Dana Diehl	4503	34	30 - 34	Hagerstown	MD	13:41
7	60		44:31	Chelsie McCulloch	4457	30	30 - 34	Hustontown	PA	14:20
8	61		45:01	Britney Rutter	4486	33	30 - 34	Huntingdon	PA	14:29
9	100		1:08:52	Angela Ritchick	4480	34	30 - 34	Hagerstown	MD	22:10
Female		**35 - 39**		**Total: 12**						
1	2		24:17	McKenzie McGee	4581	36	35 - 39	Pleasant Hall	PA	7:49
2	8		28:10	Sherry Houck	4537	38	35 - 39	Fort Littleton	PA	9:04
3	13		30:40	Natasha Snyder	4564	37	35 - 39	Fort Littleton	PA	9:52
4	19		32:36	Kristy Jones	4542	36	35 - 39	Chambersburg	PA	10:30
5	22		33:50	Ashley Clark	4439	35	35 - 39	Greencastle	PA	10:53
6	30		35:44	Amy Angle	2917	38	35 - 39	Chambersburg	PA	11:30
7	34		36:16	Alison Hess	4532	36	35 - 39	Waynesboro	PA	11:40
8	40		37:44	Rebekah Koontz-Jones	4550	38	35 - 39	Hustontown	PA	12:09
9	50		40:54	Jessica Savage	4489	37	35 - 39	Chambersburg	PA	13:10
10	63		45:53	Lindsay Fiedler	4597	36	35 - 39			14:46
11	64		45:54	Renee Shauf	4559	38	35 - 39	Orrstown	PA	14:46
12	72		51:04	Brandy Kessler	4589	36	35 - 39			16:26
Female		**40 - 44**		**Total: 10**						
1	7	2	27:50	Tia Mulewich	4469	42	40 - 44	Chambersburg	PA	8:58
2	24	8	34:26	Cassidy Davis	5000	42	40 - 44	Mcconnellsburg	PA	11:05
3	25	9	34:30	Jan Deardorff	4601	40	40 - 44	Chambersburg	PA	11:06
4	39	14	37:40	Stephanie Mellott	4461	40	40 - 44	Chambersburg	PA	12:07
5	47	16	39:03	Rachel Scheitrum	4494	40	40 - 44	Greencastle	PA	12:34
6	57	20	43:18	Len Shields	4560	41	40 - 44	Mc Connellsburg	PA	13:56
7	68	26	49:36	Chris Tornetta	4606	40	40 - 44			15:58
8	79	33	55:25	Jennifer Einherst	4598	44	40 - 44	Chambersburg	PA	17:50

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Age Group	Over All	Master	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female		**40 - 44**		**Total: 10**						
9	82	36	56:56	Whitney Knepper	4549	44	40 - 44	Mcconnellsburg	PA	18:20
10	94	42	1:05:33	Amber Brown	4332	44	40 - 44	Shippensburg	PA	21:06
Female		**45 - 49**		**Total: 8**						
1	26	10	35:06	Donna Bombardieri	3915	49	45 - 49	Chambersburg	PA	11:18
2	33	12	36:11	Kristie Grove	4522	48	45 - 49	Mercersburg	PA	11:39
3	38	13	37:24	Stacey Ewan	4512	45	45 - 49	Chambersburg	PA	12:02
4	55	19	42:15	Alyssa Burrows	4337	49	45 - 49	Shippensburg	PA	13:36
5	66	25	47:24	Ashley Camp	4582	49	45 - 49			15:15
6	98	46	1:06:50	Annette Dorty	4506	46	45 - 49	Greencastle	PA	21:31
7	99	47	1:06:50	Michelle Timmons	4572	49	45 - 49	Mercersburg	PA	21:31
8	101	48	1:09:16	Christine Carracino	4435	46	45 - 49	Shippensburg	PA	22:18
Female		**50 - 54**		**Total: 6**						
1	14	4	31:07	Quin Shaffer	4551	50	50 - 54	Chambersburg	PA	10:01
2	21	6	32:54	Christina Sommerfield	4567	53	50 - 54	Lewes	DE	10:35
3	62	23	45:28	Ruth Toulson	4574	53	50 - 54	Three Springs	PA	14:38
4	71	28	50:31	Crystal Etchberger	4509	51	50 - 54	Chambersburg	PA	16:16
5	81	35	56:56	Stacy Snyder	4565	52	50 - 54	Mcconnellsburg	PA	18:20
6	97	45	1:06:49	Miranda Strait	4585	52	50 - 54	Mcconnellsburg	PA	21:30
Female		**55 - 59**		**Total: 6**						
1	9	3	28:26	Barbara Fignar	4515	56	55 - 59	Fort Loudon	PA	9:09
2	29	11	35:28	Carla Christian	4438	57	55 - 59	Chambersburg	PA	11:25
3	45	15	38:32	Donna Joy	4543	56	55 - 59	Shepherdstown	WV	12:24
4	48	17	39:10	Denise Haley	4525	59	55 - 59	Greencastle	PA	12:36
5	74	29	53:18	Caryn Shearer	4586	59	55 - 59			17:09
6	78	32	55:13	Lori Cooper	4449	58	55 - 59	Chambersburg	PA	17:46
Female		**60 - 64**		**Total: 8**						
1	20	5	32:51	Patricia Brady	4267	61	60 - 64	Fort Loudon	PA	10:34
2	23	7	34:15	Donna Meyers	4462	61	60 - 64	Chambersburg	PA	11:01
3	49	18	39:48	Brenda Neil	4471	61	60 - 64	Fort Loudon	PA	12:49
4	75	30	53:20	Donna Griest	4587	64	60 - 64			17:10
5	76	31	54:11	Kimberly Shauf	4557	64	60 - 64	Chambersburg	PA	17:26
6	84	38	56:59	Cynthia Miller	4463	64	60 - 64	Saint Thomas	PA	18:20

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Female		**60 - 64**		**Total: 8**						
7	89	41	59:46	Trish Schriver	4594	64	60 - 64			19:14
8	95	43	1:06:10	Michele Grove	4523	63	60 - 64	Chambersburg	PA	21:18
Female		**65 - 69**		**Total: 4**						
1	59	22	43:59	Florence Dinsmore	4505	69	65 - 69	Fort Loudon	PA	14:09
2	69	27	49:38	Diana Hammond	4528	65	65 - 69	Kearneysville	WV	15:59
3	87	39	57:58	Linda Gadberry	4516	66	65 - 69	Chambersburg	PA	18:39
4	88	40	57:58	Deborah Dailey	4999	69	65 - 69	Chambersburg	PA	18:39
Female		**70 & over**		**Total: 4**						
1	65	24	46:28	Merrilynn Kessler	4548	79	70 & over	Newville	PA	14:57
2	80	34	55:33	Betty House	4580	70	70 & over			17:53
3	83	37	56:58	Pamela Vanderweele	4576	76	70 & over	Shippensburg	PA	18:20
4	96	44	1:06:49	Helen Timmons	4571	76	70 & over	Mercersburg	PA	21:30

Age Group	Over All	Master	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Male		**13 & under**		**Total: 13**						
1	5		22:40	Noah Jacobs	4540	13	13 & under	Fayetteville	PA	7:18
2	10		25:47	Connor Mulewich	4466	10	13 & under	Chambersburg	PA	8:18
3	25		29:29	Clayton Rogers	4483	9	13 & under	Chambersburg	PA	9:29
4	26		31:40	Bryden Kessler	4546	9	13 & under	Shamokin	PA	10:12
5	27		32:10	Kason Clark	4445	7	13 & under	Greencastle	PA	10:21
6	30		33:48	Corbyn Clark	4440	9	13 & under	Greencastle	PA	10:53
7	31		35:08	Teagan Burrows	4343	10	13 & under	Shippensburg	PA	11:18
8	33		35:43	Jonathan Angle	3336	6	13 & under	Chambersburg	PA	11:30
9	34		36:12	Rowan Hollinshead	4535	10	13 & under	Mc Connellsburg	PA	11:39
10	39		39:46	Colin Fleming	4604	10	13 & under			12:48
11	49		49:06	Fletcher Shauf	4556	9	13 & under	Orrstown	PA	15:48
12	56		58:45	James Angle	3255	10	13 & under	Chambersburg	PA	18:55
13	59		1:09:16	Leo Taylor	4568	5	13 & under	Shippensburg	PA	22:18
Male		**14 - 19**		**Total: 4**						
1	4		22:01	Noah Mulewich	4468	15	14 - 19	Chambersburg	PA	7:05

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Age Group	Over All	Master	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Male		**14 - 19**		**Total: 4**						
2	12		25:49	Ethan Gracey	4519	18	14 - 19	Mcconnellsburg	PA	8:19
3	24		29:11	Ray Shauf	4558	17	14 - 19	Orrstown	PA	9:24
4	41		40:54	Collin Shauf	4552	14	14 - 19	Orrstown	PA	13:10
Male		**20 - 24**		**Total: 1**						
1	3		21:47	Andrew Cusick	4997	22	20 - 24	Oil City	PA	7:01
Male		**25 - 29**		**Total: 1**						
1	6		23:05	Brady Cramer	4579	27	25 - 29	Mercersburg	PA	7:26
Male		**30 - 34**		**Total: 2**						
1	48		47:48	James Moe	4591	34	30 - 34			15:23
2	57		59:48	Cody Scott	4499	30	30 - 34	Chambersburg	PA	19:15
Male		**35 - 39**		**Total: 4**						
1	11		25:48	Jose Bermúdez	3596	39	35 - 39	Hagerstown	MD	8:18
2	16		27:22	Donald Shauf	4553	38	35 - 39	Orrstown	PA	8:49
3	18		27:58	Koby Cutchall	4998	35	35 - 39	Harrisonville	PA	9:00
4	55		58:44	Matthew Angle	3497	37	35 - 39	Chambersburg	PA	18:54
Male		**40 - 44**		**Total: 3**						
1	37	19	37:49	Wesley Savage	4492	40	40 - 44	Chambersburg	PA	12:10
2	38	20	38:30	Jamison Rotz	4592	44	40 - 44			12:24
3	58	32	1:06:49	Michael Podolak	4478	41	40 - 44	Greencastle	PA	21:30
Male		**45 - 49**		**Total: 8**						
1	8	3	25:03	Saleh Ghazali	4596	45	45 - 49			8:04
2	9	4	25:40	Sean Burrows	4339	49	45 - 49	Shippensburg	PA	8:16
3	14	6	27:04	Daniel Mulewich	4467	45	45 - 49	Chambersburg	PA	8:43
4	15	7	27:10	Jeffrey Hein	4529	45	45 - 49	Waynesboro	PA	8:45
5	36	18	37:18	Keith Ewan	4511	45	45 - 49	Chambersburg	PA	12:00
6	43	23	44:38	Ryan Gibson	4517	45	45 - 49	Elizabethtown	PA	14:22
7	46	26	46:26	Jason Martin	4600	47	45 - 49			14:57
8	60	33	1:09:16	Paul Taylor	4570	46	45 - 49	Shippensburg	PA	22:18

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Male		**50 - 54**		**Total: 4**						
1	7	2	24:52	Terry Snyder	4566	51	50 - 54	Hustontown	PA	8:00
2	22	12	28:45	Darren Tolbert	4573	54	50 - 54	Fayetteville	PA	9:15
3	35	17	36:17	Jeremy Hollinshead	4534	50	50 - 54	Mc Connellsburg	PA	11:41
4	45	25	45:30	Christopher Vanderweele	4575	52	50 - 54	Shippensburg	PA	14:39
Male		**55 - 59**		**Total: 8**						
1	17	8	27:26	Lawton Jacobs	4539	56	55 - 59	Fayetteville	PA	8:50
2	19	9	28:24	Dennis Reamer II	4479	58	55 - 59	Fort Loudon	PA	9:08
3	20	10	28:33	Russ Byrum	4379	58	55 - 59	Charles Town	WV	9:11
4	23	13	29:05	Brian Holscher	4536	57	55 - 59	Waynesboro	PA	9:22
5	44	24	45:11	Elijah Yoder	7466	56	55 - 59	Harrisonville	PA	14:33
6	47	27	47:24	Robert Camp	4583	56	55 - 59			15:15
7	51	29	50:32	Brad Etchberger	4508	56	55 - 59	Chambersburg	PA	16:16
8	52	30	55:25	Scott Einherst	4599	55	55 - 59	Chambersburg	PA	17:50
Male		**60 - 64**		**Total: 2**						
1	28	14	32:11	Thomas Neil	4472	60	60 - 64	Fort Loudon	PA	10:22
2	50	28	49:29	Bryan Roesch	4482	62	60 - 64	Kearneysville	WV	15:56
Male		**65 - 69**		**Total: 3**						
1	13	5	27:01	Larry Brewster	4331	66	65 - 69	Shippensburg	PA	8:42
2	21	11	28:43	Larry Smith	4562	68	65 - 69	Chambersburg	PA	9:15
3	54	31	56:57	Harry Gsell	4524	69	65 - 69	Saint Thomas	PA	18:20
Male		**70 & over**		**Total: 3**						
1	29	15	33:01	Brad Westhafer	4588	71	70 & over	Mechanicsburg	PA	10:38
2	32	16	35:25	Donald Grier	4520	70	70 & over	Chambersburg	PA	11:24
3	40	21	40:15	Jim Becker	4584	81	70 & over	Greencastle	PA	12:57