

**GO JUMP IN THE LAKE 5K**  
 SUNDAY, SEPTEMBER 1, 2013 ~ 8AM  
 SPRING LAKE PARK ~ BOILING SPRING LAKES, NC  
**5K AGE GROUP RESULTS**

**TOP OVERALL MALES**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	400	Jack Palagruto	18:07.5	5:51	15	M	Oak Island	NC
2	1415	David Southerland	20:47.8	6:42	42	M	Wilmington	NC

**TOP OVERALL FEMALES**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1469	Suzanne Tulse	18:13.3	5:53	39	F	Oak Island	NC
2	1360	Ella Perrin	22:19.1	7:12	17	F	Richland Drive	NC

**MALES 19 & UNDER**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	398	Cameron Palagruto	22:24.3	7:14	13	M	Oak Island	NC
2	392	Matthew Kleino	24:56.8	8:03	13	M	Supply	NC
3	372	Joey Cipalla	34:11.5	11:02	10	M	Leland	NC

**MALES 20 - 29**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	18	Matthew Wall	21:02.7	6:47	29	M	Southport	NC
2	1472	Paul Winchell	24:55.8	8:02	28	M	Wilmington	NC
3	11	Dylan Crump	36:10.9	11:40	22	M	Oak Island	NC

**MALES 30 - 39**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	368	Zach Ausband	21:54.2	7:04	37	M	Asheboro	NC
2	394	Timothy McGuan	22:37.6	7:18	39	M	Wilmington	NC
3	395	Josh Moore	22:40.6	7:19	31	M	Clintwood	VA
4	3	Terry Rosenthal	22:56.5	7:24	33	M	Fort Bragg	NC
5	381	Barton Filipiak	25:29.5	8:13	39	M	Fuquay-Varina	NC
6	15	Phillip Bell	27:13.2	8:47	32	M	Sneads Ferry	NC
7	373	Joseph Cipalla	28:08.9	9:05	36	M	Leland	NC
8	6	Rick Albee	30:01.5	9:41	33	M	Frederick	MD

**MALES 40 - 49**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	385	Steve Isley	22:55.5	7:24	43	M	Oak Island	NC
2	399	Domenic Palagruto	23:50.2	7:41	47	M	Oak Island	NC
3	375	Alden Cole	24:23.6	7:52	44	M	Wilmington	NC
4	4	Ben Van Etten	25:59.3	8:23	48	M	Fayetteville	NC

5	378	Liam de Paor	31:17.3	10:05	42	M	Hampstead	NC
6	16	Rick Spencer	31:34.9	10:11	40	M	Bolivia	NC

#### MALES 50 - 59

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1384	Steven Pung	27:47.5	8:58	56	M	Oak Island	NC

#### MALES 60+

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	5	Jim Burns	31:07.9	10:02	67	M	Ocean Isle Beach	NC
2	387	Brian Kanzler	36:53.0	11:54	60	M	Benson	NC

#### FEMALES 19 & UNDER

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	7	Meghan Scharpenberg	27:19.7	8:49	11	F	Lake Waccamaw	NC
2	374	Sicilia Cipalla	28:07.9	9:04	12	F	Leland	NC
3	13	Carey Michelakis	28:14.3	9:06	17	F	Southport	NC
4	8	Jordan Scharpenberg	34:19.1	11:04	11	F	Lake Waccamaw	NC

#### FEMALES 20 - 29

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	382	Katelynn Garner	33:45.6	10:53	29	F	Wilmington	NC
2	9	Whitney Wilburn	36:08.2	11:39	21	F	Southport	NC

#### FEMALES 30 - 39

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1470	Carissa Van Alstine	22:25.9	7:14	30	F	Wilmington	Nc
2	380	Amanda Fairley	24:45.7	7:59	30	F	Asheville	NC
3	17	Christy Jones	27:55.0	9:00	36	F	Oak Island	NC
4	1420	Wendy Southerland	29:50.1	9:37	37	F	Wilmington	NC
5	397	Tiffane O\Neil	30:10.2	9:44	32	F	Jacksonville	NC
6	1414	Helen Setzer	31:32.4	10:10	37	F	Wilmington	NC
7	369	Jessica Bell	31:56.4	10:18	31	F	Sneads Ferry	NC
8	2	Kristy Gedman	34:27.2	11:07	32	F	So Boiling Spring Lakes	NC
9	14	Georgia Gray	34:28.2	11:07	36	F	Winnabow	NC
10	388	Carly Kanzler	35:01.0	11:18	31	F	Southport	NC
11	1471	Shannon Whitaker	36:12.0	11:41	39	F	Wilmington	NC

#### FEMALES 40 - 49

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	383	Tonya Gilley	23:54.4	7:43	41	F	Oak Island	NC
2	391	Suzanne Kirkman	27:55.8	9:00	41	F	Carthage	NC
3	1397	Renee Schrom	29:17.8	9:27	48	F	Southport	NC
4	396	Karen Nissen	29:28.1	9:30	47	F	Myrtle Beach	SC
5	379	Donnett Emch	30:10.4	9:44	42	F	Richlands	NC
6	384	Elaine Hendershot	35:36.2	11:29	49	F	Ststesville	NC
7	393	Carol Magnani	36:22.5	11:44	48	F	Oak Island	NC

8	1	Leslie Wood	41:07.9	13:16	41	F	Bowie	MD
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**FEMALES 50 - 59**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	1377	Janet Pung	27:55.2	9:00	55	F	Oak Island	NC
2	1372	Lynette Pinkston	32:28.4	10:28	52	F	Oak Island	NC
3	376	Mary Beth Cox	33:52.8	10:55	53	F	Statesville	NC
4	367	Cynthia Adkins	35:59.1	11:36	55	F	Statesville	NC

**FEMALES 60+**

Place	Bib #	Name	Total	Pace	Age	Gender	City	State
1	390	Judy Kiernan	32:53.8	10:36	73	F	Wilmington	NC
2	370	nancyjean bradford	35:20.9	11:24	60	F	Emory	VA