

**Vale of Three Falls 5K**  
**Sunday, May 22, 2022**  
**Parade Grounds Letchworth State Park**  
**Overall Results**

Place	Bib	Name	Category	Age Group	Place	Age	Gender	Time
1	33	Nathaniel Beardsley	Overall Male			35	Male	18:19.2
2	2	Jeremiah Bailey - 72	M30-39	1		36	Male	18:48.1
3	42	Jacob Cone	M40-49	1		41	Male	19:27.6
4	40	Michael Ciripompa	M19 & Under	1		13	Male	20:08.8
5	12	Mike Miller - 72	M50-59	1		50	Male	20:24.2
6	94	Heidi Strauss	Overall Female	1		44	Female	21:57.8
7	24	Shawn Witkowski - 72	M50-59	2		53	Male	22:33.5
8	19	Jason Vislay - 72	M40-49	2		43	Male	22:57.4
9	17	Steve Scott - 72	M40-49	3		41	Male	23:03.1
10	83	Larry D. Pelkey	M60-69	1		65	Male	23:58.7
11	49	Lisa Geary	F40-49	1		43	Female	24:05.4
12	23	Rebecca White - 72	F40-49	2		41	Female	24:21.8
13	21	Jessica Weinman - 72	F40-49	3		43	Female	24:34.8
14	61	Stan Jennings	M50-59	3		55	Male	25:34.1
15	14	Adam Northrop - 72	M40-49	4		47	Male	25:39.1
16	66	Christina Kinney	F30-39	1		32	Female	26:14.5
17	76	Gavin Mercado	M30-39	2		30	Male	26:21.0
18	74	Michael Martin	M40-49	5		42	Male	27:48.4
19	73	Brian Marone	M40-49	6		40	Male	28:07.7
20	9	Steve Knutson - 72	M50-59	4		55	Male	28:12.6
21	5	Todd Dappen Sr. - 72	M60-69	2		60	Male	28:35.4
22	93	Kimberly Smith	F50-59	1		53	Female	29:15.7
23	63	Larry Judd	M50-59	5		57	Male	29:24.1
24	46	Michelle Desio	F40-49	4		47	Female	29:59.5
25	101	Chad Williams	M40-49	7		40	Male	30:08.2
26	20	Allison Watkins - 72	F19 & Under	1		18	Female	30:10.0
27	37	Bruce Carter	M60-69	3		68	Male	30:13.2
28	47	Bethany Dudek	F30-39	2		30	Female	30:29.0
29	27	Gordie Auckland	M50-59	6		55	Male	30:40.8
30	44	Colleen Czubinski	F40-49	5		43	Female	30:44.6
31	15	Keith Pedzich - 72	M50-59	7		50	Male	30:58.7
32	6	Adriane Divens - 72	F40-49	6		42	Female	31:20.6
33	4	Tracy Conmy - 72	F40-49	7		41	Female	31:22.1
34	80	Marissa Pace	F50-59	2		52	Female	31:24.5
35	38	Jill Carter	F40-49	8		43	Female	31:26.7
36	35	Matt Bedford	M20-29	1		28	Male	31:32.4
37	64	Diana Kelkenberg	F30-39	3		35	Female	32:08.0
38	60	Leah Humenuck	F30-39	4		30	Female	32:12.9
39	52	Randall Gordon	M50-59	8		51	Male	33:38.4
40	70	Diane Krawczyk	F50-59	3		50	Female	33:39.2
41	50	Benjamin Gordon	M19 & Under	2		11	Male	33:41.2
42	96	Lisa Vallance	F50-59	4		53	Female	34:09.2
43	77	James Miner	M70-79	1		73	Male	34:15.5
44	59	Heidi Hudson	F40-49	9		49	Female	35:19.5
45	100	Amy Wiedrich	F50-59	5		51	Female	35:26.0
46	79	Beth Norman	F30-39	5		38	Female	35:50.5
47	91	Corin Scharlock	F30-39	6		39	Female	35:51.2
48	34	Courtney Bedford	F20-29	1		29	Female	36:00.2
49	106	Ellen Brenner	F50-59	6		51	Female	36:18.0
50	56	Leilani Helmer	F50-59	7		53	Female	36:23.1
51	81	Neil Parshall	M30-39	3		33	Male	36:24.4
52	13	Jay Nadeau - 72	M30-39	4		31	Male	37:05.1
53	85	Christine Quinn	F40-49	10		40	Female	37:07.2
54	86	David Quinn	M70-79	2		70	Male	37:08.5
55	84	Denise Price	F50-59	8		50	Female	37:59.5
56	11	Eamon M. Lyons - 72	M40-49	8		40	Male	38:59.9
57	102	Jessica Williams	F30-39	7		39	Female	39:31.2
58	36	Katie Carlson	F19 & Under	2		19	Female	39:34.6
59	48	Kandie Gay	F50-59	9		51	Female	39:37.7
60	67	Anjali Klepinger	F19 & Under	3		10	Female	40:53.5
61	98	Karen Vongunden	F50-59	10		56	Female	41:20.7
62	65	Joshua Kelkenberg	M30-39	5		39	Male	41:26.5
63	68	Laurah Klepinger	F40-49	11		46	Female	41:34.8
64	51	Maxwell Gordon	M19 & Under	3		9	Male	41:49.7
65	89	Erin Robinson	F40-49	12		43	Female	42:19.8
66	82	Stephanie Parshall	F30-39	8		35	Female	44:04.1
67	41	Birgit Coffey	F50-59	11		51	Female	49:38.4
68	32	Heidi Barney	F50-59	12		52	Female	49:41.7
69	43	Kinsey Cook	F20-29	2		25	Female	50:08.5
70	29	Laura Baker	F40-49	13		48	Female	55:49.2
71	3	Thomas Butler - 72	M50-59	9		57	Male	56:29.7
72	71	Peg Lamark	F60-69	1		66	Female	1:00:15.6
73	62	Sandra Jones	F50-59	13		56	Female	1:01:17.3