Front Royal Kiwanis 5K

Saturday 13 May 2023 - Warren County Health & Human Services Complex, Front Royal, VA

23rd annual (21st running). Weather at race time (9:00 AM): Cloudy, 69°, dew 60°, N breeze at 0-5. Course: 5K route on rolling paved roads in the northwestern part of Front Royal with an out-and-back section through Randolph-Macon Academy.

OVERALL RESULTS

#	name	age	sex	city, state	time	pace	in sex	award	bib #
1.	Karsten Brown	49	М	Front Royal, VA	19:48	6:22	1st	1st M Overall	34
2.	David Banville	33	М	Front Royal, VA	25:04	8:04	2nd	2nd M Overall	57
3.	Richard Butcher	43	М	Winchester, VA	25:33	8:13	3rd	3rd M Overall	55
4.	Randy Woodward	63	М	Winchester, VA	26:01	8:22	4th	1st M 60-64	44
5.	Hal Burba	73	М	Bentonville, VA	27:38	8:54	5th	1st M 70 & Over	47
6.	Teresa Martilik	39	F	Woodstock, VA	28:31	9:11	1st	1st F Overall	62
7.	S.J. Fox	49	М	Winchester, VA	28:50	9:17	6th	1st M 45-49	41
8.	Suzanna Barb	44	F	Winchester, VA	29:22	9:27	2nd	2nd F Overall	52
9.	Jerry Barb	49	М	Winchester, VA	29:39	9:33	7th	2nd M 45-49	53
10.	Marian Bloemker	61	F	Front Royal, VA	30:50	9:55	3rd	3rd F Overall	56
11.	Brenda Strother	63	F	Front Royal, VA	30:58	9:58	4th	1st F 60-64	54
12.	Amanda Breeden	36	F	Winchester, VA	33:34	10:48	5th	1st F 35-39	58
13.	Judy Willets	65	F	Flint Hill, VA	36:39	11:48	6th	1st F 65-69	36
14.	Emily Bourckel	40	F	Winchester, VA	36:49	11:51	7th	1st F 40-44	40
15.	Kathryn Anderson-Haines	66	F	Silver Spring, MD	38:21	12:21	8th	2nd F 65-69	37
16.	Brandi Patterson	30	F	Front Royal, VA	42:59	13:50	9th	1st F 30-34	48
17.	Debra Shows	61	F	Hedgesville, WV	44:17	14:15	10th	2nd F 60-64	50
18.	Harry Poling	77	М	Winchester, VA	44:47	14:25	8th	2nd M 70 & Over	49
19.	Joyce Kenney	58	F	Linden, VA	46:24	14:56	11th	1st F 55-59	46
20.	Belinda Smallwood	59	F	Front Royal, VA	47:29	15:17	12th	2nd F 55-59	45
21.	Doris Boyer	68	F	Hagerstown, MD	48:34	15:38	13th	3rd F 65-69	39
22.	Robert Haines	69	Μ	Silver Spring, MD	49:04	15:48	9th	1st M 65-69	38
23.	David Humphreys	67	М	Flint Hill, VA	51:56	16:43	10th	2nd M 65-69	35
24.	Dennis Shows	78	Μ	Hedgesville, WV	57:28	18:30	11th	3rd M 70 & Over	51
25.	John Coker	71	М	Hagerstown, MD	57:29	18:30	12th	4th M 70 & Over	42
26.	Eric Olson	69	М	Front Royal, VA	58:32	18:50	13th	3rd M 65-69	59
27.	Linda Olson Peebles	72	F	Alexandria, VA	58:32	18:50	14th	1st F 70 & Over	43

REGISTRANTS WHO DID NOT START OR DID NOT FINISH:

24	Μ	Winchester, VA	DNS
36	Μ	Front Royal, VA	DNF
36	Μ	Front Royal, VA	DNF
67	Μ	Front Royal, VA	DNS
61	F	Front Royal, VA	DNS
	36 36 67	36 M 36 M	36MFront Royal, VA36MFront Royal, VA67MFront Royal, VA

Race director: Bill Powers

Volunteers: Colleen Snyder, Alexander Snyder, Terry Leckie, Karsten Brown, many Kiwanis Club members

Hosted by the **Kiwanis Club of Front Royal** (<u>kiwaniscluboffrontroyal.org</u>) and the **Shenandoah Valley Runners** (<u>svrunners.org</u>)

All proceeds benefit Warren County Special Olympics (sparcofwarren.org/special-olympics)

AWARDS & AGE GROUP RESULTS

Ribbons were given to the top three finishers in each division.

Female Overall

	male Overall								
#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Teresa Martilik	39	F	Woodstock, VA	28:31	9:11	6th	1st	62
2.	Suzanna Barb	44	F	Winchester, VA	29:22	9:27	8th	2nd	52
3.	Marian Bloemker	61	F	Front Royal, VA	30:50	9:55	10th	3rd	56
Má	ale Overall								
#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Karsten Brown	49	М	Front Royal, VA	19:48	6:22	1st	1st	34
2.	David Banville	33	М	Front Royal, VA	25:04	8:04	2nd	2nd	57
3.	Richard Butcher	43	Μ	Winchester, VA	25:33	8:13	Зrd	3rd	55
Fe	male 30-34								
#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Brandi Patterson	30	F	Front Royal, VA	42:59	13:50	16th	9th	48
Fe	male 35-39								
#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Amanda Breeden	36	F	Winchester, VA	33:34	10:48	12th	5th	58
_				,					
	male 40-44								
#	name	age		city, state	time	pace	o'all	in sex	bib #
1.	Emily Bourckel	40	F	Winchester, VA	36:49	11:51	14th	7th	40
Ma	ale 45-49								
#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	S.J. Fox	49	М	Winchester, VA	28:50	9:17	7th	6th	41
2.	Jerry Barb	49	М	Winchester, VA	29:39	9:33	9th	7th	53
Fe	male 55-59								
#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Joyce Kenney	58	F	Linden, VA	46:24	14:56	19th	11th	46
2.	Belinda Smallwood	59	F	Front Royal, VA	47:29	15:17	20th	12th	45
F۵	male 60-64			•					
#	name	200	COV	city, state	time	pace	o'all	in sex	bib #
1.		age 63				-			
1. 2.	Brenda Strother	63	F	Front Royal, VA	30:58	9:58	11th	4th	54
2.	Brenda Strother Debra Shows	_				-			
2. Ma	Brenda Strother Debra Shows ale 60-64	63 61	F F	Front Royal, VA Hedgesville, WV	30:58 44:17	9:58 14:15	11th 17th	4th 10th	54 50
2. Ma #	Brenda Strother Debra Shows ale 60-64 name	63 61 age	F F sex	Front Royal, VA Hedgesville, WV city, state	30:58 44:17 time	9:58 14:15 pace	11th 17th o'all	4th 10th in sex	54 50 bib #
2. Ma	Brenda Strother Debra Shows ale 60-64	63 61	F F	Front Royal, VA Hedgesville, WV	30:58 44:17	9:58 14:15	11th 17th	4th 10th	54 50
2. Ma # 1.	Brenda Strother Debra Shows ale 60-64 name	63 61 age	F F sex	Front Royal, VA Hedgesville, WV city, state	30:58 44:17 time	9:58 14:15 pace	11th 17th o'all	4th 10th in sex	54 50 bib #
2. Ma # 1. Fe	Brenda Strother Debra Shows ale 60-64 name Randy Woodward	63 61 age	F F sex	Front Royal, VA Hedgesville, WV city, state Winchester, VA	30:58 44:17 time	9:58 14:15 pace	11th 17th o'all	4th 10th in sex	54 50 bib #
2. Ma # 1. Fe #	Brenda Strother Debra Shows ale 60-64 name Randy Woodward male 65-69	63 61 age 63	F F sex M	Front Royal, VA Hedgesville, WV city, state Winchester, VA	30:58 44:17 time 26:01	9:58 14:15 pace 8:22	11th 17th o'all 4th	4th 10th in sex 4th	54 50 bib #
2. Ma # 1.	Brenda Strother Debra Shows ale 60-64 name Randy Woodward male 65-69 name	63 61 age 63 age	F F sex M	Front Royal, VA Hedgesville, WV city, state Winchester, VA city, state	30:58 44:17 time 26:01 time	9:58 14:15 pace 8:22 pace	11th 17th o'all 4th	4th 10th in sex 4th in sex	54 50 bib # 44 bib #
2. <i>Ma</i> # 1. Fe # 1.	Brenda Strother Debra Shows ale 60-64 name Randy Woodward male 65-69 name Judy Willets	63 61 63 63 age 65	F F sex M sex F	Front Royal, VA Hedgesville, WV city, state Winchester, VA city, state Flint Hill, VA	30:58 44:17 time 26:01 time 36:39	9:58 14:15 pace 8:22 pace 11:48	11th 17th o'all 4th o'all 13th	4th 10th in sex 4th in sex 6th	54 50 bib # 44 bib #

Male 65-69

name	age	sex	city, state	time	pace	o'all	in sex	bib #
Robert Haines	69	М	Silver Spring, MD	49:04	15:48	22nd	9th	38
David Humphreys	67	М	Flint Hill, VA	51:56	16:43	23rd	10th	35
Eric Olson	69	М	Front Royal, VA	58:32	18:50	26th	13th	59
Female 70 & Over								
name	age	sex	city, state	time	pace	o'all	in sex	bib #
Linda Olson Peebles	72	F	Alexandria, VA	58:32	18:50	27th	14th	43
ale 70 & Over								
name	age	sex	city, state	time	pace	o'all	in sex	bib #
Hal Burba	73	М	Bentonville, VA	27:38	8:54	5th	5th	47
Harry Poling	77	М	Winchester, VA	44:47	14:25	18th	8th	49
Dennis Shows	78	М	Hedgesville, WV	57:28	18:30	24th	11th	51
John Coker	71	М	Hagerstown, MD	57:29	18:30	25th	12th	42
	Robert Haines David Humphreys Eric Olson Emale 70 & Over name Linda Olson Peebles ale 70 & Over name Hal Burba Harry Poling Dennis Shows	Robert Haines69David Humphreys67Eric Olson69emale 70 & OvernameageLinda Olson Peebles72ale 70 & OverageHal Burba73Harry Poling77Dennis Shows78	Robert Haines69MDavid Humphreys67MEric Olson69Memale 70 & Over nameagesexLinda Olson Peebles72Fale 70 & Over nameagesexHal Burba73MHarry Poling77MDennis Shows78M	Robert Haines69MSilver Spring, MDDavid Humphreys67MFlint Hill, VAEric Olson69MFront Royal, VAEmale 70 & Over nameagesexcity, stateLinda Olson Peebles72FAlexandria, VAale 70 & Over nameagesexcity, stateHal Burba73MBentonville, VAHarry Poling77MWinchester, VADennis Shows78MHedgesville, WV	Robert Haines69MSilver Spring, MD49:04David Humphreys67MFlint Hill, VA51:56Eric Olson69MFront Royal, VA58:32emale 70 & Over nameagesexcity, statetimeLinda Olson Peebles72FAlexandria, VA58:32agesexcity, statetimeLinda Olson Peebles72FAlexandria, VA58:32agesexcity, statetimeHal Burba73MBentonville, VA27:38Harry Poling77MWinchester, VA44:47Dennis Shows78MHedgesville, WV57:28	Robert Haines69MSilver Spring, MD49:0415:48David Humphreys67MFlint Hill, VA51:5616:43Eric Olson69MFront Royal, VA58:3218:50emale 70 & Over nametime paceLinda Olson Peebles72FAlexandria, VA58:3218:50age sex city, statetime timepaceLinda Olson Peebles72FAlexandria, VA58:3218:50ale 70 & Over nameage sex city, statetime timepaceHal Burba73MBentonville, VA27:388:54Harry Poling77MWinchester, VA44:4714:25Dennis Shows78MHedgesville, WV57:2818:30	Robert Haines69MSilver Spring, MD49:0415:4822ndDavid Humphreys67MFlint Hill, VA51:5616:4323rdEric Olson69MFront Royal, VA58:3218:5026themale 70 & Over namenameagesexcity, statetimepaceo'allLinda Olson Peebles72FAlexandria, VA58:3218:5027thale 70 & Over namenameagesexcity, statetimepaceo'allHal Burba73MBentonville, VA27:388:545thHarry Poling77MWinchester, VA44:4714:2518thDennis Shows78MHedgesville, WV57:2818:3024th	Robert Haines69MSilver Spring, MD49:0415:4822nd9thDavid Humphreys67MFlint Hill, VA51:5616:4323rd10thEric Olson69MFront Royal, VA58:3218:5026th13themale 70 & Overnameagesexcity, statetimepaceo'allin sexLinda Olson Peebles72FAlexandria, VA58:3218:5027th14thale 70 & Overnameagesexcity, statetimepaceo'allin sexLinda Olson Peebles72FAlexandria, VA58:3218:5027th14thale 70 & Overnameagesexcity, statetimepaceo'allin sexHal Burba73MBentonville, VA27:388:545th5thHarry Poling77MWinchester, VA44:4714:2518th8thDennis Shows78MHedgesville, WV57:2818:3024th11th

RACE PHOTOS

Courtesy of Karsten Brown:

karstenbrown.smugmug.com/FrontRoyalKiwanis5K2023/

RACE SPONSORS

GOLD SPONSORS:

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Melanie Stull	

AGE GRADED RESULTS

The age graded times below were computed using age grading factors from World Masters Athletics. An "age graded time" is essentially an equivalent finish time for a runner aged 20 to 29, thereby allowing comparisons of runners of all ages. "Performance level percentage" (PLP) is an indication of the quality of a performance regardless of age or gender. World Masters Athletics defines a PLP of 100% as "near world record class", 90%+ as world class, 80%+ as national class, 70%+ as regional class, and 60%+ as "local class". The age graded results below are sorted by PLP.

					actual		age					
#	name	age		city, state	time	pace	graded	PLP	o'all	in sex	award	bib #
1.	Karsten Brown	49	М	Front Royal, VA	19:48	6:22	17:34	73.91%	1st	1st	1st M Overall	34
2.	Hal Burba	73	М	Bentonville, VA	27:38	8:54	19:45	65.74%	5th	5th	1st M 70 & Over	47
3.	Randy Woodward	63	М	Winchester, VA	26:01	8:22	20:38	62.92%	4th	4th	1st M 60-64	44
4.	Brenda Strother	63	F	Front Royal, VA	30:58	9:58	23:46	62.13%	11th	4th	1st F 60-64	54
5.	Marian Bloemker	61	F	Front Royal, VA	30:50	9:55	24:16	60.85%	10th	Зrd	3rd F Overall	56
6.	Richard Butcher	43	М	Winchester, VA	25:33	8:13	23:41	54.82%	Зrd	Зrd	3rd M Overall	55
7.	Judy Willets	65	F	Flint Hill, VA	36:39	11:48	27:25	53.86%	13th	6th	1st F 65-69	36
8.	Suzanna Barb	44	F	Winchester, VA	29:22	9:27	27:50	53.05%	8th	2nd	2nd F Overall	52
9.	Teresa Martilik	39	F	Woodstock, VA	28:31	9:11	27:54	52.93%	6th	1st	1st F Overall	62
10.	David Banville	33	М	Front Royal, VA	25:04	8:04	24:46	52.42%	2nd	2nd	2nd M Overall	57
11.	Kathryn Anderson-Haines	66	F	Silver Spring, MD	38:21	12:21	28:19	52.15%	15th	8th	2nd F 65-69	37
12.	S.J. Fox	49	М	Winchester, VA	28:50	9:17	25:34	50.78%	7th	6th	1st M 45-49	41
13.	Jerry Barb	49	М	Winchester, VA	29:39	9:33	26:18	49.37%	9th	7th	2nd M 45-49	53
14.	Amanda Breeden	36	F	Winchester, VA	33:34	10:48	33:15	44.41%	12th	5th	1st F 35-39	58
15.	Harry Poling	77	М	Winchester, VA	44:47	14:25	29:55	43.40%	18th	8th	2nd M 70 & Over	49
16.	Debra Shows	61	F	Hedgesville, WV	44:17	14:15	34:51	42.37%	17th	10th	2nd F 60-64	50
17.	Doris Boyer	68	F	Hagerstown, MD	48:34	15:38	34:55	42.29%	21st	13th	3rd F 65-69	39
18.	Emily Bourckel	40	F	Winchester, VA	36:49	11:51	35:50	41.21%	14th	7th	1st F 40-44	40
19.	Joyce Kenney	58	F	Linden, VA	46:24	14:56	37:52	39.00%	19th	11th	1st F 55-59	46
20.	Belinda Smallwood	59	F	Front Royal, VA	47:29	15:17	38:17	38.57%	20th	12th	2nd F 55-59	45
21.	Linda Olson Peebles	72	F	Alexandria, VA	58:32	18:50	39:49	37.09%	27th	14th	1st F 70 & Over	43
22.	Robert Haines	69	М	Silver Spring, MD	49:04	15:48	36:52	35.22%	22nd	9th	1st M 65-69	38
23.	Dennis Shows	78	М	Hedgesville, WV	57:28	18:30	37:37	34.51%	24th	11th	3rd M 70 & Over	51
24.	Brandi Patterson	30	F	Front Royal, VA	42:59	13:50	42:59	34.35%	16th	9th	1st F 30-34	48
25.	David Humphreys	67	М	Flint Hill, VA	51:56	16:43	39:47	32.64%	23rd	10th	2nd M 65-69	35
26.	John Coker	71	М	Hagerstown, MD	57:29	18:30	42:13	30.75%	25th	12th	4th M 70 & Over	42
27.	Eric Olson	69	М	Front Royal, VA	58:32	18:50	43:59	29.52%	26th	13th	3rd M 65-69	59
						-		-	-	-		