

**Spring Fling 5K**  
Mokane Road, N. Jefferson City, MO  
April 15, 2023

Place Overall	Bib #	Name	Age	M/F	Time	Race M/F Age Group	Age Group Place
1.	20	Chris Crull	38	M	22:13	5K M 30-39	1st OA
2.	34	Chris Cook	51	M	23:06	5K M 50-59	1
3.	47	Tim Swinfard	55	M	24:32	5K M 50-59	2
4.	31	Kathleen Frese	55	F	25:10	5K F 50-59	1st OA
5.	14	Josh Wille	45	M	25:25	5K M 40-49	1
6.	44	Camryn Wingate	16	F	26:30	5K F 13-16	1
7.	23	Brent Pry	51	M	26:37	5K M 50-59	3
8.	25	Brenda Morris	55	F	26:52	5K F 50-59	1
9.	33	Leah Groene	19	F	26:52	5K F 17-20	1
10.	5	Randy Hills	41	M	27:06	5K M 40-49	2
11.	19	David Coutts	67	M	27:40	Walk M 60-69	1
12.	6	Antonio DeRose	34	M	27:42	5K M 30-39	1
13.	10	David Neighbors	67	M	28:58	5K M 60-69	1
14.	21	Stuart Huddleston	68	M	29:28	5K M 60-69	2
15.	46	Lynne Shea	57	F	30:11	5K F 50-59	2
16.	4	James E. Smith	63	M	30:22	5K M 60-69	3
17.	43	Segolene Renaze	31	F	30:23	5K F 30-39	1
18.	40	Lane White	16	M	31:28	5K M 13-16	1
19.	36	Dustin Russell	20	M	31:29	5K M 17-20	1
20.	22	Barbara Huddleston	68	F	31:34	5K F 60-69	1
21.	42	Amber Krisp	30	F	31:38	5K F 30-39	2
22.	7	Heather DeRose	35	F	33:11	5K F 30-39	3
23.	24	Neil Sneed	34	M	33:15	5K M 30-39	2
24.	32	Venny Groene	70	F	35:12	5K F 70+	1
25.	26	J. Allan Sneed	66	M	36:47	5K M 60-69	4
26.	35	Richard Carlson	81	M	38:16	5K M 70+	1
27.	18	James Ellison	66	M	39:04	5K M 60-69	5
28.	41	Sharon Shaefer	70	F	41:12	5K F 70+	2
29.	3	Steph Hills	32	F	41:31	5K F 30-39	4
30.	45	Julie Wingate	49	F	43:50	5K F 40-49	1
31.	30	Crystal Berner	42	F	50:41	5K F 40-49	2
32.	29	Terri Moore	57	F	50:42	Walk F 50-59	1
33.	17	Katherine O'Neil	38	F	61:51	Walk F 30-39	1