

Cape Challenge 5K & Mile  
Cape Elizabeth, Maine Sunday, May 21, 2023  
Proceeds to benefit

CE High School, Middle School and Pond Cove Parents Associations  
Timing, Registration, & Finish Line Management by Run In A Race, LLC  
question@RunInARace.com 207-232-8394 RunInARace.com

5K Age Group Results

5K Top Female Overall

Place	Bib #	Name	Finish	Pace	Age	City
1	252	Hannah Frothingham	21:05.51	6:48	14	Cape Elizabeth

5K Top Male Overall

Place	Bib #	Name	Finish	Pace	Age	City
1	338	Ryan McCalmon	17:48.55	5:45	47	Cape Elizabeth

Female 7 and under

Place	Bib #	Name	Finish	Pace	Age	City
1	331	Violet Fourre	32:58.44	10:38	7	Cape Elizabeth

Male 8 - 10

Place	Bib #	Name	Finish	Pace	Age	City
1	340	Aaron McCalmon	22:41.61	7:19	9	Cape Elizabeth
2	330	Zavon Jerahian	23:52.50	7:42	10	Cape Elizabeth
3	121	Gunnar Goethert	23:54.97	7:43	10	Cape Elizabeth
4	361	Joshua Wood	30:41.78	9:54	10	Cape Elizabeth
5	279	Pablo Martinez	34:23.26	11:05	8	Cape Elizabeth
6	347	George Soucy	36:12.72	11:41	8	Portland
7	269	Jacob Lee	37:28.11	12:05	10	Cape Elizabeth

Female 8 - 10

Place	Bib #	Name	Finish	Pace	Age	City
1	302	Madi Ross	23:51.04	7:42	10	Cape Elizabeth
2	392	Adeline Deese	34:31.26	11:08	10	Cape Elizabeth
3	264	Savannah Johnson	35:01.75	11:18	10	Scarborough
4	256	Alexandra Grymek	35:05.21	11:19	9	Cape Elizabeth

Male 11 - 13

Place	Bib #	Name	Finish	Pace	Age	City
1	339	Ben McCalmon	23:26.57	7:34	13	Cape Elizabeth
2	353	Elliot Venter	24:32.31	7:55	11	Cape Elizabeth
3	345	Benjamin Sither	28:31.83	9:12	11	Scarborough
4	306	Robbie Servidio	31:13.89	10:04	11	Cape Elizabeth
5	325	Angel Caldera	31:14.41	10:05	11	Cape Elizabeth
6	318	Max Tullmann	35:47.97	11:33	12	Cape Elizabeth

Female 11 - 13

Place	Bib #	Name	Finish	Pace	Age	City
1	222	Anna Chang	23:05.37	7:27	11	Cape Elizabeth
2	242	Ella Fick	23:47.59	7:40	13	Cape Elizabeth

3	394	Brynn Gallagher	24:53.20	8:02	11	Cape Elizabeth
4	335	Emilia Gallagher	28:12.25	9:06	11	Cape Elizabeth
5	244	Kate Fick	28:41.73	9:15	11	Cape Elizabeth
6	319	Lily Walsh	32:16.10	10:25	12	Cape Elizabeth

Male 14 - 16

Place	Bib #	Name	Finish	Pace	Age	City
1	223	Jonah Chang	26:16.64	8:28	14	Cape Elizabeth
2	312	Nicholas Snow	27:46.88	8:57	15	Cape Elizabeth

Female 14 - 16

Place	Bib #	Name	Finish	Pace	Age	City
1	232	Jane Curtis	24:40.41	7:57	16	Scarborough
2	278	Mei Martinez	25:56.38	8:22	15	Cape Elizabeth
3	290	Sophie Pidhajecky	27:53.39	9:00	14	Cape Elizabeth

Male 17 - 19

Place	Bib #	Name	Finish	Pace	Age	City
1	228	Brendan Connolly	21:33.15	6:57	19	Cape Elizabeth

Female 17 - 19

Place	Bib #	Name	Finish	Pace	Age	City
1	357	Zoe Dinnerstein	28:09.23	9:05	17	Cape Elizabeth
2	213	Chloe Briman	31:36.00	10:12	17	Cape Elizabeth

Male 20 - 29

Place	Bib #	Name	Finish	Pace	Age	City
1	275	Kyle Long	19:42.87	6:21	24	South Portland
2	295	Andrew Roberts	21:06.58	6:48	25	South Portland
3	333	Gabriel Jimenez	23:40.47	7:38	24	South Portland
4	323	Curry White	24:58.39	8:03	26	Portland
5	356	Mitchell Domagala	32:51.55	10:36	26	Portland

Female 20 - 29

Place	Bib #	Name	Finish	Pace	Age	City
1	280	Aria Mildon	23:41.98	7:38	24	South Portland
2	390	Leland Keller	24:59.96	8:04	22	Cape Elizabeth
3	211	Margaret Brewer	29:14.15	9:26	21	Cape Elizabeth
4	203	Alston Armstrong	30:06.32	9:43	23	Portland

Male 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City
1	236	Jeffrey Davis	19:23.10	6:15	39	Cape Elizabeth
2	219	Brian Chamberlain	21:12.24	6:50	38	Cape Elizabeth
3	337	Alex Hoyt	21:50.56	7:03	39	South Portland
4	266	Jason Kendall	22:00.58	7:06	39	Cape Elizabeth
5	225	David Cimato	22:25.53	7:14	38	Cape Elizabeth
6	217	Christopher Casey	28:54.08	9:19	37	Cape Elizabeth
7	216	Thomas Campbell	30:05.05	9:42	31	Cape Elizabeth
8	276	Javier Martens	31:12.16	10:04	31	Cape Elizabeth
9	327	Angel Caldero	31:15.25	10:05	37	Cape Elizabeth

10	391	Jake Haugevik	33:18.05	10:45	36	Cape Elizabeth
11	263	David Johnson	35:01.49	11:18	36	Scarborough

Female 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City
1	349	Hope Kremer	21:06.78	6:48	35	Cape Elizabeth
2	261	Kathryn Hoyt	21:37.59	6:58	38	South Portland
3	237	Kendra Davis	23:10.45	7:28	38	Cape Elizabeth
4	341	Meghan Haugevik	24:19.32	7:51	35	Yarmouth
5	342	Stefanie Rizzo	24:45.11	7:59	38	Cape Elizabeth
6	289	Elizabeth Piantidosi	25:32.89	8:14	38	Cape Elizabeth
7	214	Alison Buchsbaum	26:29.06	8:33	30	Portland
8	292	Eliza Rauscher	27:40.21	8:55	38	Cape Elizabeth
9	303	Amanda Rurak	27:49.07	8:58	39	Cape Elizabeth
10	207	Leanna Bonds	29:16.44	9:26	30	Portland
11	255	Tess Gionet	32:23.44	10:27	33	Cape Elizabeth
12	234	Kailee DAngelo	32:53.94	10:36	36	Cape Elizabeth
13	249	Laura Fourre	32:59.07	10:38	39	Cape Elizabeth
14	362	Brittani Seeman	34:02.56	10:59	32	Portland
15	328	Yesica Piqz	37:40.16	12:09	34	Cape Elizabeth

Male 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City
1	294	Michael Riegelman	18:42.50	6:02	44	Cape Elizabeth
2	301	Ethan Ross	19:00.20	6:08	41	Cape Elizabeth
3	329	Robin Fernald	19:47.59	6:23	40	Cape Elizabeth
4	233	Michael Cwiklinski	20:10.24	6:30	46	Cape Elizabeth
5	363	Michael Young	21:39.83	6:59	44	Cape Elizabeth
6	385	Terek Hammour	23:02.85	7:26	44	South Portland
7	286	Norm Oreilly	23:17.25	7:31	49	Cape Elizabeth
8	285	John Moynihan	24:01.38	7:45	43	Cape Elizabeth
9	354	James Venter	24:32.76	7:55	44	Cape Elizabeth
10	259	Andrew Hickok	24:37.49	7:56	43	Cape Elizabeth
11	235	Michael DAngelo	24:42.04	7:58	41	Cape Elizabeth
12	351	Christopher Gorski	25:20.09	8:10	42	Cape Elizabeth
13	298	Andrew Rogers	25:34.55	8:15	44	Cape Elizabeth
14	220	Jonathan Chang	26:19.05	8:29	45	Cape Elizabeth
15	388	Anano Rugham	27:14.80	8:47	44	Cape Elizabeth
16	284	Adam Moran	27:53.08	9:00	45	Cape Elizabeth
17	344	Matt Sither	28:32.95	9:12	40	Scarborough
18	245	Nate Fick	28:41.91	9:15	45	Cape Elizabeth
19	304	Philip Saucier	29:07.14	9:24	46	Cape Elizabeth
20	305	Rick Servidio	31:20.87	10:06	48	Cape Elizabeth
21	208	Mark Boyer	31:47.40	10:15	48	Cape Elizabeth
22	317	Chris Tullmann	32:02.52	10:20	47	Cape Elizabeth
23	334	Jason Higgins	32:57.27	10:38	47	South Portland
24	277	Andres Martinez	34:44.70	11:12	48	Cape Elizabeth

Female 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City
1	288	Chelsea Peters	22:08.41	7:08	41	Portland
2	231	Gretchen Cullenberg	22:40.98	7:19	46	Cape Elizabeth
3	201	Margaret Angell	23:48.08	7:41	46	Cape Elizabeth
4	238	Gabrielle Doane	24:30.97	7:54	40	Cape Elizabeth
5	260	Sarah Hoopes	24:41.28	7:58	40	Cape Elizabeth

6	258	Sarah Haskell	25:33.19	8:15	43	Cape Elizabeth
7	291	Laena Pomeroy	26:15.40	8:28	40	Cape Elizabeth
8	352	Christie Davis	26:24.25	8:31	48	Cape Elizabeth
9	387	Rosa Mejdehi	27:15.10	8:47	44	Cape Elizabeth
10	267	Christine Kleinman	27:43.93	8:56	43	Cape Elizabeth
11	274	Christina Long	28:04.54	9:03	41	Cape Elizabeth
12	273	Na Liu	28:33.12	9:13	49	Cape Elizabeth
13	384	Emily Day	28:42.04	9:15	42	Cape Elizabeth
14	336	Erin Nolan	29:03.38	9:22	40	Portland
15	218	Lauren Casey	29:10.32	9:25	41	Cape Elizabeth
16	299	Meg Rogers	29:16.47	9:26	43	Cape Elizabeth
17	343	Carrie Gilbert	29:40.12	9:34	48	Cape Elizabeth
18	205	Christy Bergman	29:43.92	9:35	41	Cape Elizabeth
19	271	Nadege Levallet	30:13.21	9:45	48	Cape Elizabeth
20	221	Amy Chang	30:40.52	9:54	45	Cape Elizabeth
21	360	Jana Tarpinion	30:52.58	9:57	43	Cape Elizabeth
22	322	Devon Wood	31:00.51	10:00	44	Cape Elizabeth
23	209	Michelle Boyer	31:47.15	10:15	43	Cape Elizabeth
24	311	Jillian Smith	32:02.63	10:20	43	Cape Elizabeth
25	332	Rachel Blake	33:34.82	10:50	43	Cape Elizabeth
26	262	Karen Jackson	34:19.74	11:04	41	Cape Elizabeth
27	393	Kara Deese	34:32.13	11:08	43	Cape Elizabeth
28	358	Leakana Chan	34:38.06	11:10	42	Falmouth
29	315	Paige Teller	35:48.99	11:33	47	Cape Elizabeth
30	346	April Sither	35:54.47	11:35	42	Scarborough
31	348	Sarah Rubin	36:12.65	11:41	43	Portland
32	270	Kathreen Lee	37:28.11	12:05	47	Cape Elizabeth

Male 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City
1	251	Michael Friedland	20:54.35	6:45	51	South Portland
2	395	Chris Whitney	21:57.31	7:05	55	Cape Elizabeth
3	383	Phil Coupe	23:18.18	7:31	55	Cape Elizabeth
4	314	Christopher Supple	23:58.95	7:44	52	Cape Elizabeth
5	386	Mark Alberts	23:59.70	7:44	57	Cape Elizabeth
6	248	Dana Foote	24:42.98	7:58	58	Cape Elizabeth
7	226	Gerry Clement	24:58.28	8:03	58	Cape Elizabeth
8	287	Scott Peiser	25:39.46	8:16	56	Saco
9	316	Marc Tinkler	25:59.05	8:23	50	Cape Elizabeth
10	355	Marty Mullen	27:55.07	9:00	56	Cape Elizabeth
11	389	Lath Keller	28:23.06	9:09	52	Cape Elizabeth
12	320	Philip Walsh	32:21.02	10:26	51	Cape Elizabeth
13	350	Bob Curtis	33:31.53	10:49	59	Scarborough

Female 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City
1	296	Terse Roberts	24:59.59	8:04	53	South Portland
2	227	Mary Clement	25:39.71	8:16	53	Cape Elizabeth
3	307	Tracy Sesselberg	26:47.54	8:38	52	Cape Elizabeth
4	309	Heidi Shephard	27:16.64	8:48	52	Cape Elizabeth
5	210	Elizabeth Brewer	29:24.54	9:29	55	Cape Elizabeth
6	265	Susan Johnson	29:34.58	9:32	58	Portland
7	206	Angela Best	31:10.75	10:03	57	Cape Elizabeth
8	293	Katie Reeves	35:08.50	11:20	54	Cape Elizabeth

Male 60 - and above

Place	Bib #	Name	Finish	Pace	Age	City
1	230	Herb Coolidge	23:47.09	7:40	66	Poland Spring
2	268	Adrian Kurre	24:08.61	7:47	67	Cape Elizabeth
3	204	William Belcher	37:11.21	12:00	65	Cape Elizabeth

Female 60 - and above

Place	Bib #	Name	Finish	Pace	Age	City
1	321	Patty Whitcomb	31:09.88	10:03	61	Cape Elizabeth
2	247	Michele Flynn	31:11.98	10:04	74	Cape Elizabeth

Male No Age

Place	Bib #	Name	Finish	Pace	Age	City
1	359	Oscar Coronado	32:00.91	10:19		Cape Elizabeth