

Deputy Dennis P. Sampson 5K Walk/Run  
Sunday, September 19, 2021 at 8:30 a.m.

Poland Spring Resort, 640 Maine St, Poland Springs, ME

Proceeds will go toward a scholarship fund for Poland Regional High School students  
going into the field in which students are helping others

Timing, Registration, & Finish Line Management by Run In A Race, LLC  
question@RunInARace.com 207-232-8394 RunInARace.com

Age Group Results

5K Top Female

Place	Bib #	Name	Finish	Pace	Age	City
1	145	Laurie Gaudreau	21:17.17	6:52	52	Springvale

5K Top Males Overall based on Gun Elapsed time

Place	Bib #	Name	Finish	Pace	Age	City
1	91	Ian Crouch	18:31.73	5:58	37	Portland

Male 12 and under

Place	Bib #	Name	Finish	Pace	Age	City
1	208	Joshua Varney	23:50.76	7:41	10	Poland
2	8	Isaak Anokye	23:57.12	7:44	10	Hebron
3	198	Aiden Stimpson	28:53.14	9:19	11	Mechanic Falls
4	213	Brycen Woodbury	37:31.23	12:06	9	Poland
5	82	Jonah Case	43:10.49	13:55	6	Poland
6	154	Daniel Howe	43:14.56	13:57	10	Minot
7	229	Jackson Garcia	44:56.36	14:30	10	Poland
8	9	Everett Arnold	45:57.01	14:49	1	Windham
9	12	Merrick Arnold	45:57.15	14:49	5	Windham
10	96	Jeremiah Dubuc	48:47.25	15:44	7	Lewiston
11	186	Brady Ryerson	1:00:05.52	19:23	8	Poland

Female 12 and under

Place	Bib #	Name	Finish	Pace	Age	City
1	226	Christiana Jarvis	27:36.16	8:54	12	Woolwich
2	237	Regan Wakem	29:33.81	9:32	12	Poland
3	233	Ashley Martin	34:37.60	11:10	3	Naples
4	194	Olivia Scribner	37:54.28	12:14	12	Naples
5	202	Danielle Tarantino	38:42.26	12:29	10	Mechanic Falls
6	65	Alyvia Bryant	38:42.44	12:29	10	Mechanic Falls
7	150	Kylee Hayes	38:46.23	12:30	10	Mechanic Falls
8	223	Callie Bailey	41:47.11	13:29	7	Poland
9	197	Isla Southwick	42:25.17	13:41	9	Minot
10	144	Sadie Fox	44:10.23	14:15	8	Poland
11	67	Ashtyn Bryant	44:25.90	14:20	7	Mechanic Falls
12	81	Hannah Case	47:35.36	15:21	8	Poland
13	147	Charlotte Googins	49:46.80	16:03	4	Oxford
14	148	Isabelle Googins	49:46.86	16:03	9	Oxford

Male 13 - 19

Place	Bib #	Name	Finish	Pace	Age	City
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1	246	Nolan Garey	19:34.82	6:19	16	Auburn
2	210	Mathew Walker	20:16.06	6:32	19	Poland
3	184	Joseph Ringuette	20:16.97	6:32	18	Mechanic Falls
4	224	Johnny Bsullak	21:04.91	6:48	14	Poland
5	247	Nick Garey	22:40.97	7:19	16	Minot
6	235	Mitchell Bean	23:30.03	7:35	17	Minot
7	177	Cameron Lemieux	25:36.45	8:15	14	Minot
8	185	Trevor Robbins	25:43.55	8:18	17	Poland
9	218	Andrew Nadeau	25:50.69	8:20	15	Poland
10	157	Sam Howe	25:55.39	8:22	14	Minot
11	160	Nicholas Jamo	27:44.21	8:57	13	Minot
12	219	Thomas Mannett	27:45.62	8:57	13	Poland
13	257	Ethan Castanguay	29:10.04	9:25	13	Poland
14	80	Christopher Carter	35:13.84	11:22	14	Mechanic Falls
15	108	Brenden Fox	35:15.70	11:22	14	Mechanic Falls
16	166	Ryan Kelly	36:18.57	11:43	13	Poland
17	222	Tim Brienza	41:47.41	13:29	18	Poland

Female 13 - 19

Place	Bib #	Name	Finish	Pace	Age	City
1	236	Abby Bsullak	23:49.72	7:41	16	Poland
2	228	Grace Drown	25:52.74	8:21	13	Winthrop
3	192	Emma Scribner	28:47.94	9:17	13	Naples
4	191	Carly Scribner	37:53.65	12:13	16	Naples

Male 20 - 29

Place	Bib #	Name	Finish	Pace	Age	City
1	249	Sean Shanahan	25:33.74	8:15	21	Poland
2	199	Samuel Stone	26:20.90	8:30	21	Greenwood
3	188	Jeremy Sampson	26:44.62	8:37	24	Poland
4	212	Kyle Weisman	31:13.16	10:04	26	Fort Myers FL
5	183	Tate Ray	38:59.58	12:35	21	Auburn
6	187	Jarod Sampson	1:00:02.65	19:22	23	Lake George NY

Female 20 - 29

Place	Bib #	Name	Finish	Pace	Age	City
1	262	Alicen Books	28:07.51	9:04	25	Gorham
2	244	Lindsay Cook	29:49.14	9:37	21	Poland
3	149	Jessica Grant	1:00:02.16	19:22	23	Palermo

Male 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City
1	254	Brent Underkoffler	19:01.76	6:08	31	Lewiston
2	238	Nicholas Cole	22:41.70	7:19	36	Freeport
3	239	Tom Printup	24:10.75	7:48	36	Poland
4	200	Matt Sullivan	28:53.75	9:19	36	Poland
5	115	Chris Fox	29:21.53	9:28	39	Mechanic Falls
6	214	Justin Woodbury	37:28.24	12:05	33	Poland
7	13	Travis Bachelder	43:10.29	13:55	36	Poland
8	52	Jason Briner	47:55.62	15:27	37	Auburn

9 173 Keith Lavallee 1:00:00.23 19:21 37 Topsham

Female 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City
1	227	Kayleigh Shrader	23:50.39	7:41	31	Kennebunk
2	248	Whitney Casavina	24:15.00	7:49	31	Poland
3	225	Diana Drown	25:26.94	8:12	38	Winthrop
4	205	Sarah Turgeon	25:36.74	8:15	34	Poland
5	261	Miranda Richardson	26:08.31	8:26	38	Gorham
6	33	Casey Barnett	30:07.34	9:43	32	Mechanic Falls
7	156	Jennifer Howe	30:10.61	9:44	39	Minot
8	240	Heather Printup	33:20.21	10:45	39	Poland
9	151	Meagan Hayes	44:38.77	14:24	31	Mechanic Falls
10	69	Nicole Bryant	44:40.64	14:25	37	Mechanic Falls
11	99	Rebecca Ducharme	44:44.29	14:26	30	Lewiston
12	83	Katie Case	47:36.17	15:21	38	Poland
13	55	Shannon Briner	48:01.36	15:29	34	Auburn
14	97	Joline Dubuc	48:47.21	15:44	31	Lewiston
15	146	Abby Googins	49:46.87	16:03	34	Oxford

Male 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City
1	232	Erik Martin	20:10.11	6:30	41	Naples
2	207	Christopher Varney	24:03.84	7:45	45	Poland
3	155	Jeffrey Howe	24:07.72	7:47	42	Minot
4	48	Bill Bouchard	26:39.16	8:36	46	Poland
5	259	Craig Fifield	28:23.21	9:09	47	Poland
6	216	Matthew Noyes	29:10.18	9:25	40	Poland
7	242	Corey Sampson	30:01.81	9:41	40	Durham
8	190	Eric Samson	33:13.03	10:43	49	Auburn
9	78	Chris Burnham	51:53.11	16:44	40	Lewiston

Female 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City
1	176	Natasha Leighton	23:24.76	7:33	47	Poland
2	221	Amanda Mitchell	24:53.22	8:02	40	Poland
3	89	Nicole Cooper	26:33.90	8:34	44	Poland
4	245	Angela LaFrinea	29:52.64	9:38	45	Minot
5	102	Sheila Foley	30:11.78	9:44	41	Poland
6	87	Kristen Cobb	33:10.06	10:42	46	Poland
7	41	Jill Beaucage	33:10.35	10:42	47	Poland
8	158	Sarah Hubert	38:30.22	12:25	43	Pittston
9	234	Kimberly Sampson	41:05.61	13:15	42	Portland
10	201	Erica Swenson	42:25.49	13:41	43	Minot
11	143	Nicole Fox	44:27.02	14:20	41	Poland
12	153	Katie Hodge	45:57.20	14:49	40	Windham
13	31	Elsie Banks	47:24.49	15:17	40	Auburn
14	195	Shannon Shanning	51:52.46	16:44	44	Poland
15	174	Kelly Lavallee	1:00:00.12	19:21	44	Topsham

Male 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City
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1	196	Patrick Shrader	23:39.55	7:38	54	Poland
2	100	Charles Foley	24:52.61	8:01	59	Poland
3	90	Mark Cornelio	25:45.29	8:18	58	Auburn
4	88	Tim Cook	29:49.41	9:37	57	Poland
5	168	Thomas Kuklinski	31:26.91	10:08	51	Mechanic Falls
6	230	Greg Gaudreau	33:19.04	10:45	58	Springvale
7	264	Steve English	38:34.89	12:26	50	Poland
8	179	Chris Mann	51:40.61	16:40	58	Brunswick
9	256	John Bsullak	52:13.79	16:51	50	Poland
10	251	Jason Hall	1:00:01.51	19:22	55	Lewiston
11	252	Jonathan Hall	1:00:01.53	19:22	53	Buckfield
12	85	Robert Cloutier	1:00:03.34	19:22	55	Auburn

Female 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City
1	243	Debra Morin-Ouellett	22:33.78	7:16	52	Poland
2	50	Tammie Bouchard	26:03.73	8:24	50	Poland
3	211	Nancy Walker	28:14.08	9:06	55	Poland
4	231	Vickie Lamontagne	28:50.55	9:18	58	Portland
5	250	Beth Asselin	29:49.81	9:37	57	Hebron
6	217	Alice Ruvane	30:10.30	9:44	57	Raymond
7	169	Tracy Kuklinski	31:26.97	10:08	51	Mechanic Falls
8	263	Tamara English	38:34.16	12:26	51	Poland
9	258	Christine Fifield	38:56.11	12:34	51	Poland
10	215	Kristina Worden	39:32.25	12:45	50	Minot
11	193	Nanette Scribner	41:35.85	13:25	51	Naples
12	76	Mary Bunnell	44:18.65	14:17	56	Auburn
13	98	Karen Dubuc	48:47.54	15:44	54	Lewiston
14	152	Patricia Hemenway	51:31.08	16:37	53	Poland
15	172	Sue Lasselle	51:33.01	16:38	59	Poland Spring
16	182	Suzette Moulton	51:34.03	16:38	51	Poland
17	84	MaryBeth Cloutier	1:00:03.29	19:22	55	Auburn

Male 60 - 69

Place	Bib #	Name	Finish	Pace	Age	City
1	209	Ervin Walker	31:22.07	10:07	62	Poland
2	159	Ed Hughes	36:54.97	11:54	66	Poland
3	95	Edward Doane	38:37.68	12:27	63	Poland
4	161	Dale Jewell	56:46.12	18:19	63	Poland
5	189	Robert Sampson	56:47.14	18:19	63	Queensbury NY
6	241	Rick Sampson	1:00:01.46	19:22	67	Lewiston
7	260	Ray Sampson	1:00:02.16	19:22	67	
8	253	Steve Timberlake	1:00:04.53	19:23	69	Auburn

Female 60 - 69

Place	Bib #	Name	Finish	Pace	Age	City
1	79	Lynda Carey	50:27.89	16:16	68	Poland
2	51	Jill Bourgeois	51:53.63	16:44	63	Auburn
3	162	Diane Jewell	56:46.12	18:19	64	Poland
4	94	Donna DeLong	59:03.76	19:03	64	Brunswick

Male 70 and above

Place	Bib #	Name	Finish	Pace	Age	City
1	171	Marc Lasky	41:32.33	13:24	76	Poland Spring
2	255	George Bsullak	52:14.62	16:51	76	Poland

Female 70 and abov

Place	Bib #	Name	Finish	Pace	Age	City
1	170	Adrienne Lasky	41:32.30	13:24	76	Poland Spring