

Friendship Days 30th Annual Long Haul 5K and Short Haul 1 mile Fun Run  
 Friendship, Maine Saturday, July 29, 2023

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

Age Group Results

5K Top Females Overall

Place	Bib #	Name	Finish	Pace	Age	City	State
1	76	Susannah Nicklin	22:06.12	7:08	54	Friendship	ME
2	72	Kelsie Camine	26:23.28	8:31	33	Lisbon	ME
3	69	Laura Benner	27:57.39	9:01	46	Arlington	VA

5K Top Males Overall

Place	Bib #	Name	Finish	Pace	Age	City	State
1	99	Henry Horne	17:40.34	5:42	18	Freeport	ME
2	90	Jackson McCune	18:10.99	5:52	25	Madison	WI
3	21	Mike Lee	18:37.95	6:00	23	Friendship	ME

Male 18 and Under

Place	Bib #	Name	Finish	Pace	Age	City	State
1	66	Bennett Harrison	24:10.77	7:48	13	Salisbury	NH
2	71	Greyson Benner	36:48.34	11:52	11	Arlington	VA

Female 18 and Under

Place	Bib #	Name	Finish	Pace	Age	City	State
1	93	Abby Kopishke	34:20.89	11:05	13	Liberty	ME
2	92	Anna Reed	34:24.09	11:06	13	Waldoboro	ME
3	91	Grace Upham	37:34.95	12:07	13	Longmont	CO

Male 19 - 29

Place	Bib #	Name	Finish	Pace	Age	City	State
1	87	Daniel Bubar	19:16.41	6:13	25	Waldoboro	ME
2	73	Samuel Nicklin	19:29.18	6:17	21	Friendship	ME
3	62	Sam Upham	22:31.70	7:16	20	Travis AFB	CA
4	23	Brooks Upham	22:54.18	7:23	22	Denver	CO
5	74	Steven Onfellow	24:08.57	7:47	27		
6	95	Miguel Pascual	24:19.29	7:51	28	Friendship	ME
7	98	Cole Vyskoail	26:07.22	8:25	27	Milwaukee	WI
8	64	William Henderson	39:26.72	12:43	20	La Miranda	CA

Female 19 - 29

Place	Bib #	Name	Finish	Pace	Age	City	State
1	84	Taylor Simmons	27:57.75	9:01	28	Newcastle	ME
2	94	Miranda Tran Nge	27:57.85	9:01	26	Friendship	ME
3	96	Zelda Thayer-Hansen	28:04.02	9:03	20	Cleveland Hight	OH

Male 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City	State
1	367	Josh Shields	24:19.80	7:51	38	Takoma Park	MD
2	83	Cameron Blake	26:08.41	8:26	31	Newcastle	ME

3	82	Eddie Silco	26:27.78	8:32	38	Scarbotough	ME
4	20	Derek Malecki	33:34.98	10:50	35	Pickeville	NC

Female 30 - 39

Place	Bib #	Name	Finish	Pace	Age	City	State
1	78	Amanda Benner	28:01.42	9:02	38	Portland	ME
2	68	Erin Hoffmann	28:03.48	9:03	38	Alexandria	VA
3	81	Michelle Silco	28:59.18	9:21	38	Scarbotough	ME

Male 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City	State
1	80	Jon Engerg	21:48.35	7:02	43	Friendship	ME
2	79	Kyle Benner	22:17.26	7:11	41	Portland	ME
3	70	Corey Benner	27:40.18	8:55	45	Arlington	VA
4	63	Michael Pappas	29:10.59	9:25	42	Newton	MA
5	67	Jeff Grant	36:30.24	11:46	42	Lynchburg	VA

Female 40 - 49

Place	Bib #	Name	Finish	Pace	Age	City	State
1	365	Lauretta Haugh	28:45.53	9:16	45	Stowe	VT

Male 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City	State
1	75	Paul Nicklin	21:34.05	6:57	52	Friendship	ME
2	3	Joe Henderson	23:21.45	7:32	53	La Miranda	CA
3	22	Jon Upham	24:31.29	7:55	54	Longmont	CO
4	97	David Hansen	28:04.79	9:03	55	Cleveland Hight	OH
5	65	Anthony Lee	35:11.82	11:21	51	Waldoboro	ME

Female 50 - 59

Place	Bib #	Name	Finish	Pace	Age	City	State
1	85	Kimberly Stevens	55:31.79	17:55	56	Friendship	ME

Male 60 - 69

Place	Bib #	Name	Finish	Pace	Age	City	State
1	366	Ray Konisky	25:48.86	8:19	66	Friendship	ME
2	364	Geoff Dawson	55:31.78	17:55	61	Friendship	ME

Female 60 - 69

Place	Bib #	Name	Finish	Pace	Age	City	State
1	86	Kristin Coombs	55:31.77	17:55	60	Friendship	ME

Male 70 and Above

Place	Bib #	Name	Finish	Pace	Age	City	State
1	88	Roger Morin	34:41.65	11:11	73	Friendship	ME