

2022 Wings of Hope 5K –Johnstown, PA(14th annual)

5K RUN

First Male

Grant Cruse, 26 20:38

19-under

1. Josh Honkus 24:36

20-29

1. Nick Spinelli 58:37

2. Zach Varga 1:01.53

30-39

1. Craig Tresnicky 30:18

2. JR Irwin 35:00

50-59

1. Tom Chernisky 27:58

2. Mark Vibosto 29:21

3. Eric Allen 30:00

60-69

1. Kevin Johnson 29:37

2. Wayne Munoz 32:22

3. Gary Honkus 36:35

70+

1. Denny Cruse 24:21

First Female

Michelle Wissinger, 50 21:20

20-29

1. Tahlyn Miller 25:10

2. Becca LeBar 27:56

3. Emily Varga 1:00.58

30-39

1. Kylie Tresnicky 27:11

2. Stacey Myrtysak 27:23

3. Joanne Buck 31:43

4. Kristine Irwin 35:01

40-49

1. Carly Daugherty	25:57
1. Amy Bafile	25:57
3. Amy DeArmey	26:13
4. Melissa Reynolds	30:22
5. Diana Munoz	31:33
6. Kelly Ashbrook	31:59
7. Melissa Yanosky	34:02
8. Christine Allen	35:09
8. Tracey Smith	35:09

50-59

1. Lori Birkhimer	25:57
2. Nina Rucosky	30:16
3. Carol Pudliner	30:27

60-69

1. Sharon Johnson	35:55
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5K WALK

First Male

Don Cade, 57	37:35
John Robson, 72	37:35

20-29

1. Devon Tomlinson	46:35
2. Cody Stenger	57:14
3. Michael Steim	1:01.38

30-39

1. Benjamin Mayer	1:00.54
2. Kevin Podolak	1:01.12

60-69

1. Dan Honkus	43:12
2. Bryan Stem	1:01.49
3. Robert Stem	1:01.53

70+

1. Marty Ryba	48:11
2. William Obert	54:23
3. Rick Stem	1:01.51

First Female

Kim Zimmerman, 53 35:32

20-29

1. Tia Thornsberry 46:36
2. Clare Stem 1:00.54
3. Lauren Stem 1:01.15
4. Rebecca Stem 1:01.53

30-39

1. Christina Knieriem 44:07
2. Rachael Aufman 46:36
2. Jennifer Stiffler 46:36
4. Aubrey Saccol 49:21
5. Sarah Stiffler 49:22
6. Lynne Meyers 56:51
7. Danielle Primel 57:13
8. Rebecca Aufman 57:14

40-49

1. Susan Lavelly 40:53
2. Sheri Durst 40:54
3. Stephanie Zlater 44:07
4. Jennifer Gjurich 45:10
5. Amanda Prince 49:14
6. Kim Oleksa 49:15

50-59

1. Robin Hagins 44:33
2. Jennifer Vogel 53:37
3. Tammy Moyer 56:50
4. Ski Dembowski 58:20
4. Kimberly Horner 58:20
6. Beverly Miller 58:37
7. Joyce Stem 1:01.43
8. Kim Murray 1:02.29
9. Beth Dean 1:02.29

60-69

1. Lisa Appleby 37:19
2. Sherry Obert 37:31
3. Barb Honkus 43:12
4. Mary Murphy 59:14
5. Maggie Stem 1:01.14
6. Beth Stem 1:01.36
7. Elaine Stem 1:01.53

70+

1. Patty Rainey 45:11

10K RUN

First Male

Dean Banko, 38 32:33

30-39

1. Greg Opp, JR 33:13

2. Ron Liscio 36:40

3. Jake Burnosky 58:40

40-49

1. Shawn Reynolds 38:13

2. David Thompson 40:41

3. Tom Newcomer 49:43

4. Craig Cavanaugh 52:42

5. Jonathan Poltrack 1:00.07

50-59

1. Scott Shearman 55:48

First Female

Jennifer Gardner, 47 45:23

20-29

1. Ashlee Seese 54:40

30-39

1. Deanna Newmyer 45:39

2. Erin Kowalczyk 53:10

40-49

1. Kristin Cook 48:32

2. Gina Dansak 52:12

3. Kosie Porada 52:52

4. Heather Newcomer 53:02

50-59

1. Lynn Singer 50:04