

**Kenya Connect Run Like a Kenyan 5K 2021
Award Winners**

Age Group	Place	Runner	Clock Time	Overall Place
Men Overall	1	Ryan Flynn	0:21:35	1
	2	Jim Charanis	0:21:55	2
	3	Michael Runge	0:22:26	3
Women Overall	1	Lindsay McTague	0:23:31	6
	1	Roxanne Reynolds	0:24:16	10
	2	Ally Mastrota	0:24:19	11
	3	Kristen McTague	0:24:48	12
	3	Amanda Goeke	0:24:50	13
F 12 and under	1	Eloise Parsons	1:17:13	126
M 13-19	1	Tanis Krause	0:32:35	45
F 13-19	1	Riley Schmidt	0:26:36	20
	2	Ella Kokinis	0:34:00	53
	3	Josie Miller	0:45:35	66
M 20-29	1	Edward Bruce	0:23:49	7
	2	Zach Oremland	0:25:32	15
	3	Kevin Sheppard	0:25:34	16
F 20-29	1	Ashley Bruce	0:26:25	19
	2	Sarah Boone	0:28:28	23
	3	Esther Muinde	0:29:04	25
M 30-39	1	Darl Packard	0:22:54	5
	2	Cyrus Wambua	0:27:55	22
	3	James Sharpe	0:30:17	35
F 30-39	1	Keri Kerr	0:30:30	37
	2	Emily Mabe	0:32:00	43
	3	Emily Harmer	0:33:28	50
M 40-49	1	Patrick Munguti	0:25:45	17
	2	Danson Kaloki	0:30:00	34
	3	Jeff Gordon	0:31:00	40
F 40-49	1	Kristen Miller	0:27:27	21
	2	Jeannine Dunn	0:38:19	58
	3	Sarah Bekessy	0:40:00	61
M 50-59	1	Walt Bruce	0:22:44	4
	2	Bruce MacMonigle	0:24:10	9
	3	Lee Hicks	0:26:08	18
F 50-59	1	Lauretta Kerr	0:29:07	27
	2	Kim Hicks	0:31:30	41
	3	Mary Gardella	0:32:50	47

Age Group	Age Place	Runner	Clock Time	Overall Place
M 60-69	1	Steve Sharpe	0:24:09	8
	2	Lowell Wilson	0:25:18	14
	3	Michael Willing	0:46:00	68
F 60-69	1	Philomena Cooper	0:29:06	26
	2	Sharon Runge	0:31:00	39
	3	Nancy Lewis	0:39:14	60
M 70-79	1	John Steiner	0:29:11	28
	2	Norbert Myslinski	0:42:02	64
	3	Terry Umbach	0:57:24	102
F 70-79	1	Ellen Rabe	0:34:26	54
	2	Sharon Heidel Gontasz	0:36:10	56
	3	Carolyn Steiner	0:49:34	74
M 80-89	1	Carl Runge	0:53:38	86
F 80-89	1	Phoebe Reynolds	1:01:00	115