



**TriStateRacer.com**  
*Promoting Fitness and Raising Millions for Charity*

**Emma Sparks**

**2022 RUSSELL TURKEY TROT 5K**

**28:20.3**

**November 24th, 2022**

125 out of 350 Finishers

45 out of 188 Female participants

7 out of 28 Females in your age group