

2018 Short Run on a Long Day 5K

Age Group Results

Race Date
June 20, 2018

5K Run

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Julie Crutchfield		37	9466	7	19:08.4	6:10/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ben Hedges		22	9612	1	17:11.1	5:33/M

2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Female 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Lily Molloy		12	9462	21	20:55.9	6:45/M
2 *	Maura Hanrahan		12	9604	29	21:25.6	6:55/M
3	Abbey Duggan		14	9468	92	25:20.1	8:10/M
4	Victoria L. Hay		13	9610	109	26:35.4	8:35/M
5	aubrey shipman		10	9757	202	32:36.7	10:31/M
6	Nora Keane		9	9639	208	32:48.5	10:35/M
7	Ella Just		8	9481	215	33:08.1	10:41/M
8	Audrey Burda		9	414	250	36:47.2	11:52/M
9	Deirdre Gallagher		10	9572	262	37:44.8	12:10/M
10	Charlotte Osowski		12	9712	274	38:57.5	12:34/M
11	Gina Gecas		8	9579	287	40:17.9	13:00/M
12	Camryn Paris		9	9715	295	41:52.2	13:30/M
13	Evelyn Stolzenbach		9	9490	308	43:38.8	14:05/M
14	Julia Stolzenbach		6	9488	310	44:29.9	14:21/M
15	Kaitlyn Nass		9	9700	314	46:34.6	15:01/M
16	Clara Leyden		8	9658	316	47:06.6	15:12/M
17	Brigid Gallagher		7	9571	324	48:57.5	15:47/M

Male 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Nolan Sams		13	9751	5	18:55.8	6:06/M
2 *	Nicholas Reyes		14	9737	10	19:19.6	6:14/M
3	Kurt Kreis		13	9647	11	19:20.3	6:14/M
4	Austin Meldeau		14	9684	16	20:15.2	6:32/M
5	Drew Schiller		12	9463	26	21:21.5	6:53/M
6	Sean Hanrahan		11	9600	31	21:32.1	6:57/M
7	EVAN WHITE		8	9814	32	21:39.2	6:59/M
8	Peter Weygandt		14	9810	61	23:22.2	7:32/M
9	Evan Slager		14	9768	91	25:16.5	8:09/M
10	Brendan Hanrahan		8	9602	112	26:38.7	8:35/M
11	Ryan Paris		13	9718	128	27:47.9	8:58/M
12	Kevin Hanrahan		7	9599	129	27:56.2	9:01/M
13	Aidan Eaheart		12	9560	136	28:20.6	9:08/M
14	Tanner Leonard		12	9491	141	28:36.6	9:14/M
15	Tommy Leyden		10	9661	160	30:06.2	9:43/M
16	AJ Hull		11	9622	194	32:01.6	10:20/M
17	Quinn Paris		11	9717	199	32:30.3	10:29/M
18	Ryan Odonnell		12	440	230	34:09.4	11:01/M
19	Luke Frazier		14	9568	231	34:16.6	11:03/M
20	Liam Gallagher		9	9569	266	38:09.3	12:18/M

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5K Run

Male 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
21	Quinlan Leyden		5	9660	280	39:41.8	12:48/M
22	Liam Williams		7	9818	281	39:54.9	12:52/M
23	Camryn Nass		9	9699	296	41:56.5	13:32/M
24	Cassius Bednarczyk		11	9513	343	56:56.7	18:22/M
25	Roman Bednarczyk		14	9514	344	56:59.5	18:23/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Marin Schiffman		15	9755	12	19:23.2	6:15/M
2 *	Julia Dallmann		18	9550	71	24:08.3	7:47/M
3	Rachel Parsons		17	247	79	24:48.3	8:00/M
4	Nicole Humenik		19	9498	83	25:07.1	8:06/M
5	Elyse Panzella		18	246	102	26:00.9	8:23/M
6	Bella Hull		15	9624	228	33:58.9	10:57/M
7	Maria Sterr		17	9780	251	36:49.3	11:53/M
8	Maddy Osowski		19	9710	259	37:41.5	12:09/M
9	Elana Pomes		17	9730	321	48:11.9	15:33/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jake Heimlich		16	9614	4	18:47.7	6:04/M
2 *	Ryan O'Connor		15	9708	17	20:32.1	6:37/M
3	Nathan Slager		18	9770	42	22:14.1	7:10/M
4	Luke Pomes		15	9731	49	22:25.2	7:14/M
5	Ben Malcom		15	9671	97	25:50.5	8:20/M
6	Jeremy Stajkowski		18	9476	320	48:09.2	15:32/M
7	Matthew Webb		19	378	336	53:36.6	17:17/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Emily Day		23	9553	13	19:36.5	6:19/M
2 *	Nicole Nepote		24	9704	45	22:19.3	7:12/M
3	Madison Street		21	9783	52	22:45.6	7:20/M
4	Abbie Hasson		20	9496	137	28:26.6	9:10/M
5	Abby Giovanazzi		24	9583	161	30:09.3	9:44/M
6	Diana Vinihakis		21	9803	180	31:31.5	10:10/M

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5K Run

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
7	Ashley Just		20	9482	213	33:06.3	10:41/M
8	Lily Burdick		20	9534	291	41:00.7	13:14/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Nathan Krygsheld		20	9470	8	19:15.1	6:13/M
2 *	Kyle Slager		21	9769	15	20:12.4	6:31/M
3	Philip Grandison		22	9589	95	25:39.4	8:16/M
4	Elijah Way		22	9808	171	30:58.4	9:59/M
5	Robert Villareal		23	9802	222	33:38.5	10:51/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Abby Sprague		29	9775	66	23:45.3	7:40/M
2 *	Ashley Hausmann		29	9608	98	25:54.5	8:21/M
3	Michelle Pawela		29	9723	123	27:30.5	8:52/M
4	Cara Giovanazzi		28	9582	162	30:09.3	9:44/M
5	Sarah Eenigenburg		29	9563	179	31:26.7	10:08/M
6	Robyn Braun		28	9524	216	33:22.1	10:46/M
7	JoAnna Zapata		26	9822	219	33:30.8	10:48/M
8	Alexis Graham		29	9586	227	33:57.5	10:57/M
9	Amanda Brown		29	9526	303	42:33.9	13:44/M
10	Kay Hammond		28	681	309	44:10.4	14:15/M
11	Ashley Mastur		27	9459	333	52:35.4	16:58/M
12	Elizabeth Curtner		29	679	347	57:08.1	18:26/M
13	Jennifer Garcia		26	9577	353	57:27.5	18:32/M
14	Kirsten Kubinski		26	9649	354	57:44.6	18:37/M
15	Brianne Vandenberg		26	9800	355	57:45.6	18:38/M
16	Lauren Tinervia		25	542	356	57:45.7	18:38/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	David Hansen		26	9605	2	17:25.4	5:37/M
2 *	Zeke Amador		27	9503	6	19:01.7	6:08/M
3	Erik Norwich		28	9705	34	21:43.0	7:00/M
4	William Miller		28	9492	50	22:35.5	7:17/M

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5K Run

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
5	Max Lognion		29	9662	58	23:08.2	7:28/M
6	Andrew Viola		28	9471	154	29:27.5	9:30/M
7	Kyle Matuszewski		27	522	159	29:46.9	9:36/M
8	Joe Hehl		26	9613	242	35:36.5	11:29/M
9	Mike Marquez		28	9675	270	38:21.8	12:22/M
10	Breven Pole		26	9729	334	52:35.4	16:58/M
11	Jordan Decarlo		26	9554	351	57:25.4	18:31/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Kristen Salkas		30	9750	23	21:10.4	6:50/M
2	* Alycia McNamara		30	9683	24	21:17.7	6:52/M
3	Casie Bucci		30	9529	74	24:19.9	7:51/M
4	Kathryn Skerrett		33	9766	82	25:02.7	8:05/M
5	Anna Denton		34	9557	110	26:35.7	8:35/M
6	Sarah Hamm		31	9596	132	28:11.3	9:05/M
7	Julie Kurzweil		34	9651	153	29:25.8	9:29/M
8	Melissa Callaghan		31	9536	164	30:15.6	9:45/M
9	Maripat Janchenko		33	9630	170	30:56.9	9:59/M
10	Elizabeth Walsh		34	9807	174	31:07.8	10:02/M
11	Nicole Kusper		34	9652	181	31:31.5	10:10/M
12	Katrina LaRocque		31	9654	187	31:48.5	10:15/M
13	Christina Ruklic		34	9749	190	31:51.3	10:16/M
14	Michelle Rafacz		33	9733	192	31:57.8	10:18/M
15	Eileen McKinney		34	9682	196	32:19.6	10:25/M
16	tara halicki		30	9593	198	32:25.8	10:27/M
17	Lauren Sanders		31	9752	205	32:42.8	10:33/M
18	Emily Real		33	9736	211	32:59.3	10:38/M
19	Kimberly Rosenthal		34	9743	247	36:44.9	11:51/M
20	Carla Gorman		31	680	258	37:37.7	12:08/M
21	Tania Murry		33	9697	285	40:16.3	12:59/M
22	Kayleen Parker		33	9719	298	42:15.8	13:38/M
23	Stephanie Hasan		32	9607	299	42:16.4	13:38/M
24	Christine Staadt		30	9777	346	57:08.1	18:26/M
25	Katie Leiva		33	9655	360	1:02:01.8	20:00/M
26	Alyssa Novak Jones		30	9706	364	1:09:03.5	22:16/M

2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Nicholas Del Cotto		33	9555	43	22:16.4	7:11/M
2	* Jordan Bucci		30	9528	75	24:20.7	7:51/M
3	Wesley Sprague		30	9776	86	25:12.2	8:08/M
4	Steven Hamm		31	9597	133	28:12.1	9:06/M
5	Anthony Brown		31	9527	302	42:33.9	13:44/M
6	Cory Mastey		31	9678	335	52:36.2	16:58/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Kelly Lynn		38	9666	55	22:56.6	7:24/M
2	* Amber Rohead		39	9742	69	24:02.8	7:45/M
3	Stacey Kosloskus		35	9645	94	25:22.1	8:11/M
4	Carolyn Rozdzynski		36	9747	101	25:59.1	8:23/M
5	Aimee Hamilton		36	9595	103	26:07.9	8:25/M
6	Erin Lynch		35	9665	107	26:27.3	8:32/M
7	Amanda Bostjancic		38	9522	118	26:58.8	8:42/M
8	Jen Clark		38	9543	121	27:13.8	8:47/M
9	Jennifer Siears		38	9760	127	27:44.6	8:57/M
10	Chrissy Gentile		39	9581	134	28:19.3	9:08/M
11	Melaine Boseo		36	9521	135	28:19.7	9:08/M
12	Nikita Shan		36	9756	139	28:34.9	9:13/M
13	Heather Collins		39	9545	140	28:35.1	9:13/M
14	Michelle Marinello		35	9674	143	28:46.5	9:17/M
15	Kelly Rickert		36	377	145	28:49.8	9:18/M
16	Nicole Hosack		39	9621	147	28:52.4	9:19/M
17	Leann Sonne		38	682	157	29:36.6	9:33/M
18	Jen Boender		37	9518	165	30:19.3	9:47/M
19	Amanda Fobert		37	9567	167	30:23.7	9:48/M
20	Jennifer Navadomskis		36	9702	182	31:36.5	10:12/M
21	Angela Plutz		37	9728	186	31:47.8	10:15/M
22	Monica Hoffman		36	9619	197	32:25.2	10:27/M
23	Jennifer Johnson		37	9633	200	32:30.3	10:29/M
24	Katie Navadomskis		39	9703	217	33:25.4	10:47/M
25	Ashley Swiercz		35	9792	226	33:57.3	10:57/M
26	Lauren Higgason		36	9618	229	34:04.5	10:59/M
27	Jessica Petrow		37	9724	232	34:29.6	11:07/M
28	Jacqueline major		37	9669	233	34:31.8	11:08/M
29	Lisa Ziarko-Smith		36	9823	237	34:52.8	11:15/M
30	Amanda Taylor		39	9794	248	36:45.1	11:51/M
31	Katie Stempniak		36	9779	272	38:40.7	12:28/M

2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
32	Megan Sutter		36	9789	297	42:12.6	13:37/M
33	Katherine Godfrey		36	9584	300	42:16.9	13:38/M
34	Mary Kate Gorman		35	9585	306	43:31.9	14:02/M
35	Amanda Roth		37	9745	307	43:32.1	14:03/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Stephen Stolzenbach		37	9489	3	18:34.8	5:59/M
2	* Daryl Sweeney		36	9790	14	19:45.0	6:22/M
3	Brian Hagemaster		35	9592	19	20:54.4	6:45/M
4	Justin Lohrens		38	9663	22	20:56.5	6:45/M
5	Nicholas Oswald		39	9713	27	21:21.6	6:53/M
6	David Swiercz		35	9791	39	22:03.8	7:07/M
7	Christopher Roth		39	9744	47	22:22.8	7:13/M
8	Justin Kilchenmann		36	9642	62	23:23.3	7:33/M
9	Daniel Steffy		37	9778	76	24:22.9	7:52/M
10	Patrick Mackenzie		35	683	88	25:13.5	8:08/M
11	Thomas Cartolano		35	9541	90	25:15.5	8:09/M
12	Tom Kosloskus		39	9646	100	25:57.5	8:22/M
13	james Major		38	9670	283	40:09.7	12:57/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Jaime Gelfo		40	9580	65	23:29.9	7:35/M
2	* Wendy Jay		43	9631	80	24:50.2	8:01/M
3	Rachel Ridge		44	9738	115	26:53.4	8:40/M
4	Michelle Yohler		42	9821	117	26:56.5	8:41/M
5	Ginger Jager		41	9629	125	27:40.7	8:55/M
6	Karin Wagner		41	9806	130	28:02.7	9:03/M
7	Jennifer Wajda		42	9499	138	28:27.2	9:11/M
8	Lisa Mackto		41	9667	150	29:12.3	9:25/M
9	Tara Hanrahan		41	9603	168	30:28.5	9:50/M
10	Lara Sullivan		40	9786	169	30:43.3	9:55/M
11	Gina Arguelles		41	9505	188	31:50.2	10:16/M
12	Shelby Raney		42	9734	191	31:54.3	10:17/M
13	Sarah Eaheart		43	9562	206	32:47.3	10:35/M
14	Karmen Keane		40	9638	209	32:49.2	10:35/M
15	Melissa Knieriem		41	9643	234	34:31.8	11:08/M

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Age Group Results

5K Run

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
16	Karyn Tejan		43	9795	245	36:36.7	11:48/M
17	Sarah Laning		44	9653	246	36:41.3	11:50/M
18	Kristin Burda		42	9531	249	36:46.4	11:52/M
19	Lynne Lovell		44	9484	260	37:42.8	12:10/M
20	Christine Austin		41	9507	264	38:06.3	12:17/M
21	Amy Bausa		40	9512	279	39:27.2	12:44/M
22	Melissa Williams		41	9817	282	39:56.2	12:53/M
23	Maria Hull		40	9625	288	40:27.2	13:03/M
24	Heather Nass		42	9701	304	42:34.9	13:44/M
25	Dawn Hensen		43	9615	313	46:28.8	14:59/M
26	Carrie Gallagher		40	9573	323	48:57.3	15:47/M
27	Teresa Cunningham		44	9546	342	56:56.3	18:22/M
28	Becca Mullan		41	576	345	57:03.9	18:24/M
29	Tara Hull		44	9626	366	1:10:31.3	22:45/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Brian O'Donnell		40	9709	9	19:17.4	6:13/M
2	* Jim Burns		41	9535	20	20:55.7	6:45/M
3	Donnie Smith		44	9464	25	21:18.6	6:52/M
4	Mike Green		41	329	44	22:17.4	7:11/M
5	Christopher Gale		44	9486	57	23:04.9	7:26/M
6	Brian Hanrahan		42	9601	77	24:34.1	7:55/M
7	Keith Carter		43	9540	111	26:38.5	8:35/M
8	Brian Huntley		43	9487	116	26:55.4	8:41/M
9	Curtis Raney		41	9735	124	27:35.7	8:54/M
10	Jason Johnson		42	9632	126	27:42.5	8:56/M
11	Paul Just		41	9480	214	33:07.7	10:41/M
12	Ray Bausa		42	9511	244	36:30.8	11:46/M
13	Curry Gallagher		41	9570	261	37:43.5	12:10/M
14	Thomas Leyden		42	9659	317	47:07.6	15:12/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Maureen Jarosik		45	268	67	23:49.4	7:41/M
2	* Suzanne Sipich		48	9764	72	24:10.7	7:48/M
3	Katrina Clark		45	9544	84	25:07.4	8:06/M
4	sandra alvarado		46	9502	96	25:43.8	8:18/M

2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
5	Jodi Haefner		45	9591	99	25:56.9	8:22/M
6	Beverly Bollman		48	9519	105	26:14.8	8:28/M
7	Chris Farrul		47	9479	119	27:00.3	8:43/M
8	Anita Murphy		49	9694	156	29:30.3	9:31/M
9	Michele Jurgens		47	9635	189	31:50.6	10:16/M
10	Lori Paris		45	9716	201	32:34.6	10:30/M
11	betsy shipman		45	9758	210	32:50.2	10:35/M
12	Angie Street		48	9784	223	33:42.1	10:52/M
13	Kimberly Carter		47	9539	239	35:08.1	11:20/M
14	Cindy Cutaia		45	9547	255	37:13.8	12:00/M
15	Kim DeShazo		45	427	265	38:07.7	12:18/M
16	Becky White		46	9812	311	46:00.8	14:50/M
17	Kelly Misewicz		48	9687	325	49:46.1	16:03/M
18	Victoria J. Hay		49	9609	327	50:52.3	16:25/M
19	Margaret Farina		46	9564	330	51:41.5	16:40/M
20	Patricia Vandenberg		49	9801	358	57:48.8	18:39/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Paul Mitoraj		46	9689	18	20:37.7	6:39/M
2	* kevin Kavanaugh		48	9637	33	21:40.9	6:59/M
3	Daniel Doyle		45	9472	35	21:45.6	7:01/M
4	Mike Phillips		47	9725	46	22:19.9	7:12/M
5	Francisco Camacho		47	9537	53	22:51.5	7:22/M
6	FRANK WHITE		48	9813	59	23:16.1	7:30/M
7	Charlie Napiwocki		46	9478	63	23:25.8	7:33/M
8	Matthias Krenzel		46	9648	73	24:12.4	7:48/M
9	John Sipich		49	9765	158	29:39.1	9:34/M
10	Jorge Arroyo		48	9506	172	31:06.5	10:02/M
11	John Coppinger		49	9467	176	31:14.5	10:05/M
12	Michael Sterr		46	9781	178	31:23.6	10:07/M
13	Keith Eaheart		46	9561	195	32:18.1	10:25/M
14	Brett Lovell		45	9483	238	35:00.2	11:17/M
15	Darrell Wierzal		49	9816	241	35:25.3	11:25/M
16	Thomas Toolis		46	9798	293	41:40.1	13:26/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
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2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Margaret Marron		52	9676	37	21:52.9	7:03/M
2 *	Deborah Simental		51	9761	64	23:29.3	7:35/M
3	Susan Danforth		51	9552	70	24:05.3	7:46/M
4	Anne Smith		51	9772	89	25:14.6	8:08/M
5	Julie Belka		50	9517	108	26:27.3	8:32/M
6	Trisha Slater		52	9771	120	27:13.7	8:47/M
7	Eileen Lewalski		53	9657	131	28:09.9	9:05/M
8	Penny Ploski		53	9727	142	28:36.7	9:14/M
9	Patti Brink		54	9525	146	28:51.6	9:18/M
10	Jackie Hasson		52	9495	185	31:46.4	10:15/M
11	Jacky Osowski		50	9711	212	33:04.8	10:40/M
12	Cheryl Scaglione		54	9753	220	33:33.1	10:49/M
13	MaryBeth Dorsey		51	9559	225	33:46.9	10:54/M
14	Christina Chapan		50	9542	256	37:34.8	12:07/M
15	Brenda Whittler		50	9815	267	38:10.6	12:19/M
16	Sarah Burdick		51	9533	273	38:45.4	12:30/M
17	Alise Maldonado		50	9672	312	46:28.6	14:59/M
18	Sandy Delcourt		53	9556	318	47:28.4	15:19/M
19	Litsa Vinihakis		54	9804	326	50:36.8	16:19/M
20	Carrie Nagle		50	332	329	51:40.9	16:40/M
21	Joanne Webb		51	399	337	53:37.8	17:18/M
22	Jude Valery-Avinger		50	561	338	56:04.5	18:05/M
23	Nancy Granato		52	9588	350	57:11.2	18:27/M
24	Kari Webber		52	9809	357	57:48.8	18:39/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Chris Hedges		54	9611	30	21:31.9	6:56/M
2 *	Rich Matula		53	9679	51	22:42.2	7:19/M
3	Jerome Nelligan		50	9473	54	22:54.1	7:23/M
4	Craig Carlson		51	9538	56	22:59.8	7:25/M
5	Tom Filippin		51	9566	68	23:54.4	7:43/M
6	Lae Oakton		51	9497	85	25:07.6	8:06/M
7	Jeff Bollman		51	9520	104	26:14.8	8:28/M
8	Charlie Hanus		53	9606	106	26:22.7	8:30/M
9	Michael Barr		51	9509	122	27:17.4	8:48/M
10	Mike Burdick		54	9532	148	28:55.3	9:20/M
11	Alan Murry		53	9696	152	29:22.4	9:28/M
12	Kevin Malone		51	9673	203	32:38.2	10:32/M
13	Robert Diehl		54	395	218	33:29.3	10:48/M

2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
14	Dion Scaglione		54	9754	221	33:34.7	10:50/M
15	Dominick Cutaia		52	9548	252	36:49.4	11:53/M
16	Don Fiday		53	9477	268	38:20.8	12:22/M
17	Michael Schwuller		50	9500	305	42:59.6	13:52/M
18	Rocky Garcia		54	9575	328	51:30.4	16:37/M
19	Brian Granato		52	9587	348	57:09.4	18:26/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Diane Gallagher		59	9460	78	24:37.1	7:56/M
2	* Lisa Beebe		57	9493	144	28:47.4	9:17/M
3	Carol Milkins		56	9685	163	30:09.6	9:44/M
4	Susan Thornburg		58	9796	224	33:43.3	10:53/M
5	Dianna Smoljan		55	9773	254	37:05.9	11:58/M
6	Virginia Munro		56	9494	269	38:21.2	12:22/M
7	Deborah Murphy		55	9475	275	39:06.3	12:37/M
8	Judy Belcik		58	9516	276	39:11.9	12:38/M
9	Becky Murry		58	9695	286	40:17.3	13:00/M
10	Linda Robinson		55	9741	294	41:41.1	13:27/M
11	Yvette Barrett		58	9510	339	56:05.7	18:05/M
12	Trudy Gallagher		56	9574	341	56:49.1	18:20/M
13	Kim Garcia		57	9576	352	57:25.9	18:31/M
14	Leanne Kubinski		57	9650	359	57:50.2	18:39/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Mark Bradford		57	9523	28	21:25.1	6:55/M
2	* Patrick Koerner		56	9644	40	22:05.7	7:07/M
3	John Belcik		59	9515	41	22:06.7	7:08/M
4	Carey Westberg		59	9458	81	25:01.3	8:04/M
5	Joe Gaul		57	9578	93	25:21.1	8:11/M
6	Ed Row		56	9746	114	26:51.3	8:40/M
7	Dennis Hallissey		59	9594	149	29:06.5	9:23/M
8	Calvin Jordan		58	9634	166	30:21.0	9:47/M
9	Randy Matuszewski		57	9485	235	34:37.5	11:10/M
10	Marin Acevedo		55	9501	236	34:52.5	11:15/M
11	Dan Coakley		55	321	240	35:14.3	11:22/M
12	robert owak		58	9714	253	36:54.7	11:54/M

2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Race Date

June 20, 2018

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
13	Timothy Hammond		58	9598	278	39:24.1	12:43/M
14	Doug Molski		55	9691	290	40:54.2	13:12/M
15	Steve Thornburg		58	9797	301	42:17.5	13:38/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Marianne Surprenant		61	9787	173	31:07.6	10:02/M
2	* BEVERLEE DALLMANN		60	9551	243	35:43.5	11:31/M
3	Dawn Mollo		61	9690	263	37:57.3	12:15/M
4	Carol Lowman		60	9664	289	40:29.4	13:04/M
5	Mary Skerrett		61	9767	292	41:20.6	13:20/M
6	Gayle Homberg		60	9620	315	47:00.9	15:10/M
7	Denise Quinn		63	9732	319	47:29.4	15:19/M
8	Ruth Panozzo		63	9461	340	56:48.9	18:19/M
9	Phyllis Stuenkel		63	9785	349	57:10.8	18:26/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Bill Wachter		60	9805	36	21:50.9	7:03/M
2	* Brian Tatroe		61	9793	38	22:03.7	7:07/M
3	Ray Piksrys		60	9726	48	22:23.8	7:13/M
4	Mike McGrath		60	9469	113	26:43.6	8:37/M
5	Ed McCormick		60	9681	151	29:13.7	9:25/M
6	James Hertz		61	9616	155	29:28.1	9:30/M
7	Bill Gray		64	9474	184	31:44.8	10:14/M
8	Paul Strand		64	9782	193	31:58.8	10:19/M
9	Andrew Viola		61	9465	207	32:47.4	10:35/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Eileen Zito		68	9824	284	40:12.9	12:58/M
2	* Kate Donovan		69	9558	322	48:27.4	15:38/M
3	Louise Partee		65	9720	331	51:42.3	16:41/M
4	Theresa Moses		66	9693	363	1:04:04.2	20:40/M

2018 Short Run on a Long Day 5K

Age Group Results

5K Run

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Daniel Barr		65	9508	60	23:19.4	7:31/M
2 *	William Faber		65	334	87	25:12.5	8:08/M
3	Dan Bullock		66	9530	177	31:17.1	10:05/M
4	Daryl Dahlberg		67	9549	204	32:41.9	10:33/M
5	Dan O'Connor		66	9707	257	37:36.6	12:08/M

Female 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Hillary Tydd		70	9799	183	31:44.6	10:14/M
2 *	Julie Myers		71	9698	277	39:21.4	12:42/M
3	Barbara Paul		71	9722	332	52:04.9	16:48/M
4	Nancy Ruiz		74	9748	361	1:02:56.8	20:18/M
5	Margaret Mischczak		75	9688	362	1:02:57.2	20:18/M
6	Barbara Hull		72	9623	365	1:10:30.3	22:45/M

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Paul Surprenant		70	9788	175	31:09.1	10:03/M
2 *	Phil Simmons		70	9762	271	38:39.3	12:28/M