

Shamrock 5k
Saturday, September 25th, 2010 Rochester, NY
Timed By YellowJacket Racing
Total Finishers - 237 (85 Male, 71 Female)

| Pos | Bib | Fullname | Gender | Class | Age | City | FinishTm |
|-----------------------|------------|---------------------|---------------|----------------|------------|----------------|-----------------|
| Overall Male | | | | | | | |
| 1 | 79 | Travis Kroot | M | Overall Male | 21 | Rochester | 15:08 |
| Overall Female | | | | | | | |
| 1 | 75 | Yupeng Jia | F | Overall Female | 29 | Rochester | 19:36 |
| M19UNDER | | | | | | | |
| 1 | 44 | Jonathan Cyganik | M | M19UNDER | 17 | Scottsville | 15:48 |
| 2 | 163 | David Zuckerman | M | M19UNDER | 19 | Rochester | 15:51 |
| 3 | 124 | Jon Richardson | M | M19UNDER | 19 | Syracuse | 17:44 |
| 4 | 24 | Ki Cheng | M | M19UNDER | 19 | Rochester | 18:25 |
| 5 | 90 | Brandon McDonald | M | M19UNDER | 19 | Rochester | 18:35 |
| 6 | 84 | Mitchell Long | M | M19UNDER | 19 | Rochester | 19:12 |
| 7 | 254 | Matthew Stillman | M | M19UNDER | 19 | Palmyra | 19:17 |
| 8 | 231 | Adam Ginsberg | M | M19UNDER | 19 | Arlington | 19:24 |
| 9 | 53 | Eric Dong | M | M19UNDER | 19 | Greeley | 19:28 |
| 10 | 182 | Lawrence Barrett | M | M19UNDER | 18 | Portland | 19:52 |
| 11 | 142 | Travis Talerico | M | M19UNDER | 19 | Rome | 19:57 |
| 12 | 216 | Casey Gould | M | M19UNDER | 18 | Portland | 21:29 |
| 13 | 137 | Joe Soucy | M | M19UNDER | 18 | Rochester | 21:32 |
| 14 | 215 | Ryan Baptiste | M | M19UNDER | 18 | Chapel Hill | 21:52 |
| 15 | 88 | Ian Manwaring | M | M19UNDER | 19 | Pulaski | 22:21 |
| 16 | 154 | Jackie Walker | M | M19UNDER | 19 | Rochester | 22:32 |
| 17 | 224 | Christopher Mackoul | M | M19UNDER | 19 | Lake Loral | 22:58 |
| 18 | 249 | Alexander Murray | M | M19UNDER | 18 | Morristown | 24:25 |
| 19 | 130 | Philip Sellstrom | M | M19UNDER | 19 | Rochester | 24:35 |
| 20 | 149 | Russell Tobias | M | M19UNDER | 19 | Elmsford | 25:38 |
| 21 | 252 | Daniel Schernfeld | M | M19UNDER | 19 | New Rochelle | 26:32 |
| 22 | 243 | Jack McAndrew | M | M19UNDER | 19 | Syracuse | 28:16 |
| 23 | 209 | Terrance Dolan | M | M19UNDER | 19 | Glen Rock | 51:26 |
| 24 | 202 | Calvin Yoon | M | M19UNDER | 18 | Wayne | 51:26 |
| M20-29 | | | | | | | |
| 1 | 217 | Jimmy Rogers | M | M20-29 | 20 | Rochester | 15:35 |
| 2 | 247 | Chanse Hungerford | M | M20-29 | 22 | Rochester | 16:02 |
| 3 | 186 | Matt Domenick | M | M20-29 | 20 | Philadelphia | 16:56 |
| 4 | 93 | Lorenzo Mendez | M | M20-29 | 20 | Brooklyn | 17:26 |
| 5 | 12 | Mike Beato | M | M20-29 | 20 | Getzville | 17:59 |
| 6 | 255 | Matthew Schulman | M | M20-29 | 20 | Chevy Chase | 18:16 |
| 7 | 121 | Lucas Piazza | M | M20-29 | 20 | Rochester | 18:34 |
| 8 | 9 | Zack Bacher | M | M20-29 | 21 | East Rochester | 18:48 |
| 9 | 85 | Michael Longley | M | M20-29 | 21 | Madison | 19:08 |
| 10 | 219 | Elie Farah | M | M20-29 | 20 | Rochester | 19:33 |
| 11 | 72 | Chris Haynes | M | M20-29 | 21 | Malden | 19:54 |
| 12 | 162 | Evan Zorowitz | M | M20-29 | 20 | West Husky | 19:57 |

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|----|-----|--------------------|---|--------|----|--------------|-------|
| 13 | 95 | Jacob Mitchell | M | M20-29 | 21 | Akron | 20:10 |
| 14 | 59 | William Finnie | M | M20-29 | 20 | Wilton | 20:14 |
| 15 | 263 | Andrew Wescott | M | M20-29 | 20 | Rochester | 20:14 |
| 16 | 234 | James Pendergrast | M | M20-29 | 21 | Rome | 20:44 |
| 17 | 98 | David Narrow | M | M20-29 | 20 | Owings Mills | 20:48 |
| 18 | 253 | Brian Rock | M | M20-29 | 20 | Pittsford | 20:55 |
| 19 | 49 | Colin Desrosiers | M | M20-29 | 20 | Webster | 21:35 |
| 20 | 133 | Dan Shedd | M | M20-29 | 21 | Rochester | 21:36 |
| 21 | 179 | Spencer Luke | M | M20-29 | 21 | Rochester | 21:36 |
| 22 | 251 | Andrew Katz | M | M20-29 | 21 | | 21:41 |
| 23 | 229 | Tom Turtaglia | M | M20-29 | 23 | Webster | 21:45 |
| 24 | 245 | Nubari Kogbara | M | M20-29 | 21 | St. Louis | 21:46 |
| 25 | 184 | Jerome Natuddies | M | M20-29 | 20 | Rochester | 21:46 |
| 26 | 177 | Travis Block | M | M20-29 | 20 | Rochester | 22:18 |
| 27 | 180 | John Killoren | M | M20-29 | 22 | Rochester | 22:18 |
| 28 | 20 | Kate Canny | M | M20-29 | 20 | Rochester | 22:19 |
| 29 | 150 | Adam Towsley | M | M20-29 | 29 | Brighton | 22:28 |
| 30 | 214 | Greg Nasso | M | M20-29 | 22 | Rochester | 23:04 |
| 31 | 10 | Trevor Baisden | M | M20-29 | 20 | Rittman | 23:24 |
| 32 | 193 | Michael Skarlinski | M | M20-29 | 21 | Erie | 23:25 |
| 33 | 187 | Dontae Mears | M | M20-29 | 20 | Rochester | 23:28 |
| 34 | 6 | Rich Ashford | M | M20-29 | 23 | Rochester | 24:01 |
| 35 | 5 | Evan Alter | M | M20-29 | 20 | Rochester | 24:35 |
| 36 | 235 | Thaddeus Hokula | M | M20-29 | 21 | Catskill | 24:37 |
| 37 | 197 | Keith Lippert | M | M20-29 | 21 | Whitestone | 24:37 |
| 38 | 213 | Steven Senger | M | M20-29 | 28 | Rochester | 25:08 |
| 39 | 241 | Kevin Kolbay | M | M20-29 | 21 | Delmar | 26:49 |
| 40 | 273 | Bryan Eisenberg | M | M20-29 | 22 | Pittsford | 27:35 |
| 41 | 118 | James Parry | M | M20-29 | 27 | Amherst | 29:26 |
| 42 | 139 | Brett Sternfield | M | M20-29 | 21 | Rochester | 37:42 |

M30-39

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|---|-----|-----------------|---|--------|----|--------------|-------|
| 1 | 230 | John Breeze | M | M30-39 | 36 | Auburn | 23:14 |
| 2 | 127 | Nick Rogers | M | M30-39 | 32 | Rochester | 24:01 |
| 3 | 227 | Robert Franklin | M | M30-39 | 31 | Poplar Ridge | 24:03 |
| 4 | 166 | Kenneth Coleman | M | M30-39 | 31 | Rochestter | 32:29 |
| 5 | 37 | Kevin Cousin | M | M30-39 | 33 | Rochester | 40:18 |

M40-49

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|---|-----|-----------------|---|--------|----|-----------|-------|
| 1 | 35 | Brian Cool | M | M40-49 | 45 | Rochester | 18:00 |
| 2 | 223 | Sean Hendrick | M | M40-49 | 48 | Rochester | 20:30 |
| 3 | 226 | Kristen Shanley | M | M40-49 | 44 | Rochester | 25:52 |

M50-59

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| 1 | 218 | Don Reto | M | M50-59 | 50 | Hamlin | 21:40 |
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F19UNDER

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|---|-----|-------------------|---|----------|----|---------------|-------|
| 1 | 185 | Erin Schnellinger | F | F19UNDER | 19 | Rochester | 20:56 |
| 2 | 82 | Ruth Lindemann | F | F19UNDER | 18 | Syracuse | 21:02 |
| 3 | 58 | Sheridan Finnie | F | F19UNDER | 18 | Wilton | 21:29 |
| 4 | 141 | Nobiru Suzuki | F | F19UNDER | 19 | Williamsville | 21:44 |
| 5 | 153 | Zuzana Vuova | F | F19UNDER | 19 | Rochester | 21:58 |

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| 6 | 21 | Sarah Canny | F | F19UNDER | 19 | Binghamton | 22:51 |
| 7 | 135 | Sarah Skinner | F | F19UNDER | 18 | Oswego | 24:21 |
| 8 | 262 | Taryn Mockus | F | F19UNDER | 19 | | 26:08 |
| 9 | 14 | Colleen Blanton | F | F19UNDER | 19 | Lubbock | 26:18 |
| 10 | 99 | Ashley Nelson | F | F19UNDER | 19 | Aspen | 26:53 |
| 11 | 71 | Bridget Hannon | F | F19UNDER | 18 | Riverside | 27:03 |
| 12 | 138 | Marissa Stanger | F | F19UNDER | 18 | Rochester | 27:09 |
| 13 | 259 | Jessica Specht | F | F19UNDER | 19 | | 27:12 |
| 14 | 201 | Evalyn Gleason | F | F19UNDER | 19 | Rochester | 27:12 |
| 15 | 87 | Sura Lutvak | F | F19UNDER | 19 | Rochester | 28:02 |
| 16 | 221 | Amy Postal | F | F19UNDER | 18 | | 29:10 |
| 17 | 220 | Kathleen Shannon | F | F19UNDER | 19 | | 29:35 |
| 18 | 200 | Jackie Gardner | F | F19UNDER | 17 | Rye | 30:01 |
| 19 | 8 | Natalie Astor | F | F19UNDER | 18 | Potomac | 31:22 |
| 20 | 211 | Ariana Goodman | F | F19UNDER | 18 | Rochester | 31:22 |
| 21 | 208 | Natalie Karafiol | F | F19UNDER | 18 | Scarsdale | 31:23 |
| 22 | 91 | Chelsea McMahan | F | F19UNDER | 18 | Rochester | 32:01 |
| 23 | 117 | Olga Nikolayeva | F | F19UNDER | 18 | Rochester | 32:01 |
| 24 | 131 | Elyssa Sham | F | F19UNDER | 19 | Rochester | 46:13 |
| 25 | 181 | Stephanie Dworkin | F | F19UNDER | 18 | Newton | 46:13 |
| 26 | 170 | Becky Young | F | F19UNDER | 18 | New Rochelle | 46:50 |
| 27 | 173 | Jenna Hart | F | F19UNDER | 18 | Villanova | 46:50 |
| 28 | 172 | Johanna Goldman | F | F19UNDER | 18 | Short Hills | 46:50 |
| 29 | 76 | Jenna Kole | F | F19UNDER | 18 | Reston | 47:33 |
| 30 | 260 | Marion Ting | F | F19UNDER | 18 | Glen Rock | 47:34 |
| 31 | 232 | Marissa Balonon-Rosen | F | F19UNDER | 19 | Rochester | 51:25 |

F20-29

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|----|-----|--------------------|---|--------|----|------------------|-------|
| 1 | 129 | Stephanie Schwartz | F | F20-29 | 21 | Rochester | 19:48 |
| 2 | 18 | Alissa Brill | F | F20-29 | 20 | Needham | 20:37 |
| 3 | 168 | Kathleen Reto | F | F20-29 | 23 | Hamlin | 21:23 |
| 4 | 191 | Susan Adler | F | F20-29 | 21 | Wayland | 22:53 |
| 5 | 222 | Ashley Wilson | F | F20-29 | 21 | Rochester | 22:56 |
| 6 | 269 | Katie Braun | F | F20-29 | 21 | | 23:13 |
| 7 | 239 | Kathryn Hunt | F | F20-29 | 21 | Wading River | 23:35 |
| 8 | 38 | Brittany Crowley | F | F20-29 | 22 | Rochester | 23:59 |
| 9 | 73 | Sandy Herrera | F | F20-29 | 27 | Rochester | 24:20 |
| 10 | 74 | Kayleigh Hogan | F | F20-29 | 20 | Geneva | 24:21 |
| 11 | 36 | Beth Coughlin | F | F20-29 | 20 | Rochester | 24:24 |
| 12 | 228 | Grace Weinstein | F | F20-29 | 20 | | 25:03 |
| 13 | 143 | Sarah Tannery | F | F20-29 | 21 | Rochester | 25:45 |
| 14 | 3 | Jill Adler | F | F20-29 | 20 | Short Hills | 25:50 |
| 15 | 210 | Hayley Craner | F | F20-29 | 21 | Syracuse | 25:50 |
| 16 | 165 | Cheryl Seligman | F | F20-29 | 20 | Rochester | 25:52 |
| 17 | 212 | Krystal Taylor | F | F20-29 | 27 | Rochester | 25:54 |
| 18 | 225 | Maya Godbole | F | F20-29 | 20 | | 26:53 |
| 19 | 61 | Louisa Gag | F | F20-29 | 20 | Rochester | 27:03 |
| 20 | 238 | Lizzy Sieverding | F | F20-29 | 20 | | 27:06 |
| 21 | 62 | Katarina Gardner | F | F20-29 | 21 | North Ridgeville | 27:19 |
| 22 | 152 | Susanna Virgilio | F | F20-29 | 20 | Rochester | 27:52 |
| 23 | 272 | Margaret Gould | F | F20-29 | 22 | Pittsford | 28:03 |
| 24 | 97 | Andrea Morrell | F | F20-29 | 20 | Marilla | 28:18 |

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| 25 | 46 | Melanie Day | F | F20-29 | 25 | Rochester | 29:25 |
| 26 | 83 | Julia Liston | F | F20-29 | 20 | Medina | 31:29 |
| 27 | 4 | Birx Allen | F | F20-29 | 20 | Syracuse | 31:29 |
| 28 | 156 | Jennifer Weintraub | F | F20-29 | 20 | Rochester | 46:36 |

F30-39

| | | | | | | | |
|---|-----|-------------------|---|--------|----|-----------|-------|
| 1 | 78 | Jennifer Kraus | F | F30-39 | 35 | Rochester | 23:46 |
| 2 | 164 | Allison Nichols | F | F30-39 | 36 | Rochester | 24:34 |
| 3 | 233 | Kate Solano | F | F30-39 | 31 | Rochester | 24:35 |
| 4 | 19 | Deepa Brown | F | F30-39 | 37 | Victor | 27:44 |
| 5 | 151 | Catherine Towsley | F | F30-39 | 31 | Brighton | 31:17 |
| 6 | 240 | Amy Flack | F | F30-39 | 35 | | 31:17 |
| 7 | 167 | Margaret Coleman | F | F30-39 | 30 | Rochester | 39:54 |
| 8 | 68 | Hilary Grayko | F | F30-39 | 36 | Rochester | 40:17 |

F40-49

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|---|----|-------------|---|--------|----|---------|-------|
| 1 | 26 | Kathie Chiz | F | F40-49 | 46 | Amherst | 23:09 |
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F50-59

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|---|----|---------------------|---|--------|----|-----------|-------|
| 1 | 41 | Diane Cunningham | F | F50-59 | 51 | Pittsford | 33:46 |
| 2 | 15 | Cheryl Bodensteiner | F | F50-59 | 53 | Rochester | 34:41 |

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| 1 | 250 | 250 | 250 | | | | 20:12 |
| 2 | 270 | 270 | 270 | | | | 20:23 |
| 3 | 256 | 256 | 256 | | | | 21:33 |
| 4 | 248 | 248 | 248 | | | | 22:30 |
| 5 | 246 | 246 | 246 | | | | 27:18 |
| 6 | 242 | 242 | 242 | | | | 31:23 |
| 7 | 295 | 295 | 295 | | | | 37:42 |
| 8 | 237 | 237 | 237 | | | | 46:13 |
| 9 | 257 | 257 | 257 | | | | 46:50 |