

Spring Forward Distance Run 15K
Sunday April, 3 2011 - Mendon Ponds Park, NY
514 Finishers (272 Male, 242 Female)
Timed and Produced by YellowJacket Racing

Pos	Bib	Fullname	Gender	Age	Class	City	TotalTm
OVERALLFEMALE							
1	546	Jessica Snyder	F	26	OVERALLFEMALE	Rochester	0:58:41
2	181	Jennie Hansen	F	26	OVERALLFEMALE	Rochester	0:58:56
3	519	Jen Malik	F	32	OVERALLFEMALE	Rochester	1:02:54
OVERALLMALE							
1	525	David Rappleyea	M	25	OVERALLMALE	Rochester	0:49:58
2	550	Craig Coon	M	23	OVERALLMALE	Penfield	0:51:31
3	356	Matthew Roberts	M	26	OVERALLMALE	Scottsville	0:53:32
F19UNDER							
1	41	Danielle Brown	F	19	F19UNDER	Pittsford	1:28:37
2	261	Sura Lutvak	F	19	F19UNDER	Rochester	1:36:42
F20-24							
1	404	Emily Tierney	F	22	F20-24	Fairport	1:11:44
2	468	Kristen Bednar	F	24	F20-24	Rochester	1:12:15
3	552	Katie Fenton	F	22	F20-24	Victor	1:13:04
4	555	Sarah Wilcox	F	21	F20-24	Henrietta	1:13:15
5	560	Brooke Hill	F	21	F20-24	East Syracuse	1:14:09
6	310	Katie OLeary	F	22	F20-24	Rochester	1:17:02
7	105	Evelyn DeSantis	F	21	F20-24	Boonville	1:18:39
8	446	Keri Pahls	F	21	F20-24	Rochester	1:22:43
9	564	Megan Mckee	F	22	F20-24	Honeoye Falls	1:23:05
10	115	Dana DiMattia	F	23	F20-24	Rochester	1:24:02
11	165	Adrienne Gillespie	F	22	F20-24	East Rochester	1:24:31
12	308	Caitlin OConnor	F	23	F20-24	Brockport	1:24:47
13	7	Nicole Alhart	F	22	F20-24	Fairport	1:25:44
14	470	Kelly McNabb	F	21	F20-24	Rochester	1:28:56
15	320	Jessica Parsons	F	23	F20-24	Rochester	1:33:52
16	143	Laura Farrell	F	23	F20-24	Rochester	1:35:07
17	374	Lauren Searls	F	24	F20-24	Rochester	1:36:42
18	198	Dustina Holt	F	24	F20-24	Rochester	1:37:04
19	503	Amy Krieg	F	23	F20-24	Spencerport	1:39:02
20	570	Elizabeth Pattison	F	24	F20-24	Rochester	1:42:18
21	425	Maggie Welker	F	24	F20-24	Rochester	1:45:27
22	366	Cristina Saieva	F	24	F20-24	Rochester	1:47:41
23	254	Jennica Liberatore	F	24	F20-24	Rochester	1:51:59
24	407	Kelli Underwood	F	24	F20-24	Brockport	1:56:52

F25-29

1	459 Kristen Ryan	F	26	F25-29	Rochester	1:06:59
2	253 Debbie Liana	F	26	F25-29	West Henrietta	1:07:40
3	473 Michelle Faulkner	F	27	F25-29	Avon	1:09:53
4	120 Joanna Dobeck	F	25	F25-29	Victor	1:12:23
5	215 Rebecca Johnson	F	26	F25-29	Rochester	1:13:08
6	184 Alexa Harding	F	27	F25-29	Penfield	1:13:25
7	36 Heather Boyle	F	27	F25-29	Victor	1:13:47
8	287 Bridget Miller	F	29	F25-29	Rochester	1:15:27
9	91 Jessica Cutcliffe	F	26	F25-29	Pavilion	1:16:00
10	516 Ashlie Roberts	F	25	F25-29	Scottsville	1:16:03
11	207 Kristin Irwin	F	29	F25-29	Penfield	1:16:48
12	464 Joanna Kane	F	27	F25-29	Pittsford	1:17:28
13	139 Heather Enos	F	26	F25-29	Canandaigua	1:17:59
14	39 Brittany Broderick	F	26	F25-29	Rochester	1:19:54
15	571 Kimberly Barry	F	25	F25-29	Rochester	1:20:05
16	32 Jen Born	F	27	F25-29	Rochester	1:20:12
17	27 Kathryn Birken	F	27	F25-29	Rochester	1:21:04
18	212 Sara Jauen	F	29	F25-29	Rochester	1:23:59
19	110 Maria Diehl	F	28	F25-29	Rochester	1:24:24
20	390 Erica Stepanek	F	29	F25-29	Brockport	1:25:01
21	34 Laura Bovee	F	29	F25-29	Plains	1:25:40
22	242 Emily Lapp	F	26	F25-29	Spencerport	1:27:15
23	167 Abby Gimino	F	28	F25-29	Rochester	1:27:21
24	192 Sandy Herrera	F	28	F25-29	Rochester	1:28:19
25	57 Katie Carpenter	F	26	F25-29	Churchville	1:30:47
26	286 James Meyer	F	28	F25-29	Brockport	1:32:40
27	54 Allison Carey	F	25	F25-29	Fairport	1:32:45
28	146 Rose Feor	F	27	F25-29	Rochester	1:32:56
29	497 Emily Dills	F	29	F25-29	Rochester	1:33:52
30	406 Lauren Troutman	F	27	F25-29	Goshen	1:34:06
31	433 Stephanie Wickham	F	25	F25-29	Rochester	1:34:31
32	325 Jaime Phillips	F	27	F25-29	Penfield	1:35:17
33	194 Christine Hesje	F	28	F25-29	Rochester	1:35:44
34	514 Stacy Gula	F	29	F25-29	Rochester	1:36:43
35	196 Cat Hillberg	F	29	F25-29	Webster	1:37:14
36	93 Alexandra Danforth	F	28	F25-29	Webster	1:37:14
37	449 Sarah Finley	F	29	F25-29	Rochester	1:41:14
38	501 Kate Rouse	F	27	F25-29	Rochester	1:41:30
39	455 Dawn Mayer	F	29	F25-29	Fairport	1:44:59
40	264 Kelly Maas	F	29	F25-29	Rochester	1:52:10
41	373 Karen Schwind	F	29	F25-29	Rochester	1:52:14
42	545 Kara Crandall	F	27	F25-29	Canandaigua	1:53:08
43	257 Sarah Lintz	F	28	F25-29	Rochester	1:53:31
44	566 Mary Kate Scanlon	F	25	F25-29	Corning	1:55:08
45	402 Sarah Taylor	F	26	F25-29	East Rochester	2:04:54

F30-34

1	108 Christina Devries	F	30	F30-34	Rochester	1:05:16
2	145 Laura Feller	F	31	F30-34	Rochester	1:06:10
3	530 Alison Baker	F	32	F30-34	Victor	1:10:44
4	179 Megan Hammersmith	F	30	F30-34	Rochester	1:11:11
5	183 Katherine Hanson	F	30	F30-34	Rochester	1:11:28
6	346 Holly Reynolds	F	30	F30-34	Rochester	1:12:46
7	375 Julie Seither	F	34	F30-34	Palmyra	1:13:26
8	572 Andrea Zaffino	F	32	F30-34	Rochester	1:13:28
9	559 Marianne Campbell	F	33	F30-34	Rochester	1:14:00
10	477 Caroline Kenyon	F	31	F30-34	Rochester	1:16:11
11	173 Lynn Gottfried	F	31	F30-34	Fairport	1:18:25
12	422 Jodi Weaver	F	30	F30-34	Canandaigua	1:18:47
13	328 Audra Pinkerton	F	31	F30-34	Webster	1:19:34
14	104 Stacey Denniston	F	33	F30-34	Palmyra	1:20:39
15	513 Bridget Brown	F	32	F30-34	East Rochester	1:20:50
16	509 Rebecca Dinan	F	31	F30-34	Honeoye Falls	1:21:56
17	100 Rachael Della Pietra	F	32	F30-34	Rochester	1:24:35
18	532 Beth Bacon	F	30	F30-34	Rochester	1:24:42
19	381 Kristi Shur	F	32	F30-34	Webster	1:27:00
20	315 Emily OShea	F	32	F30-34	Hilton	1:27:03
21	237 Christine Lahaye	F	31	F30-34	Rochester	1:27:24
22	394 Jennifer Stickle	F	33	F30-34	Rochester	1:28:07
23	14 Margaret Baackes	F	34	F30-34	Rochester	1:28:28
24	491 Kelly McFarland	F	33	F30-34	Fairport	1:28:45
25	233 Elizabeth Kusminsky	F	34	F30-34	Rochester	1:29:39
26	438 Christina Woods	F	30	F30-34	Honeoye Falls	1:30:16
27	448 Jill Mullen	F	33	F30-34	Rochester	1:30:20
28	174 Lindsey Graser	F	33	F30-34	Rochester	1:30:20
29	462 Ashleigh Smith	F	34	F30-34	Rochester	1:30:57
30	157 Debbie Fredley	F	32	F30-34	Penfield	1:32:18
31	361 Emily Rowe	F	33	F30-34	North Chili	1:32:28
32	330 Sheila Polito	F	32	F30-34	Walworth	1:32:29
33	48 Erin Buys	F	33	F30-34	Fairport	1:32:58
34	103 Alicia Democko	F	30	F30-34	Rochester	1:33:53
35	178 Rachel Habitzreuther	F	33	F30-34	Rochester	1:35:05
36	235 Martha Lachance	F	34	F30-34	Rochester	1:35:18
37	293 Tanya Morris	F	33	F30-34	Webster	1:36:43
38	424 Emily Weiss	F	30	F30-34	Rochester	1:37:43
39	378 Kathleen Shea	F	34	F30-34	Rochester	1:37:56
40	442 Jennifer Zimmer	F	30	F30-34	Rochester	1:38:48
41	211 Megan Jasinski	F	30	F30-34	Rochester	1:39:13
42	262 Kristi Lynch	F	32	F30-34	Rochester	1:39:21
43	33 Janelle Bosco	F	30	F30-34	Rochester	1:41:33
44	99 Thea Delehanty	F	33	F30-34	Rochester	1:41:57
45	10 Jaime Anderson	F	30	F30-34	Rochester	1:42:06
46	412 Kim VanOrden	F	31	F30-34	Rochester	1:46:39

47	314 Alisa ORiley	F	32	F30-34	Rochester	1:46:40
48	445 Mary Zink	F	32	F30-34	Rochester	1:53:42
49	367 Tara Saucier	F	30	F30-34	Rochester	1:55:07
50	76 Amanda Conner	F	33	F30-34	Rochester	1:56:21
51	203 Patricia Hughes	F	33	F30-34	Conesus	1:57:39
52	521 Katie Nash	F	30	F30-34	Farmington	2:05:13
53	153 Mari Foley	F	34	F30-34	Canandaigua	2:05:27

F35-39

1	94 Heather Danielson	F	36	F35-39	Rochester	1:08:48
2	2 Wendy Abbott	F	37	F35-39	Rochester	1:11:25
3	565 Julie VanDeVoorde	F	35	F35-39	Fairport	1:16:28
4	202 Alisa Hoy	F	39	F35-39	Rochester	1:16:54
5	344 Deanna Reh	F	38	F35-39	Victor	1:18:09
6	557 Jennifer Fosegan	F	38	F35-39	Fairport	1:18:17
7	37 Heather Boyum	F	39	F35-39	Fairport	1:18:47
8	506 Renee Weber	F	35	F35-39	Webster	1:19:08
9	309 Amanda Ohearn	F	38	F35-39	Rochester	1:19:10
10	69 Wendy Cody	F	35	F35-39	Churchville	1:21:34
11	469 Adele Mockevicius	F	39	F35-39	Rochester	1:23:13
12	364 Raina Rupprecht	F	39	F35-39	Rochester	1:25:53
13	427 Mary Westfall	F	38	F35-39	Walworth	1:27:08
14	224 Nicole Keller	F	36	F35-39	Rochester	1:27:15
15	447 Kim Schmitt	F	36	F35-39	Rochester	1:27:18
16	321 Teresa Parsons	F	39	F35-39	Victor	1:28:02
17	554 Jennifer Maxa	F	35	F35-39	Fairport	1:28:08
18	74 Gail Conklin	F	37	F35-39	Pittsford	1:28:32
19	370 Cheryl Schmidt	F	37	F35-39	Rochester	1:28:57
20	279 Rebecca McGraw	F	37	F35-39	Farmington	1:30:32
21	195 Amy Hibbard	F	37	F35-39	Geneva	1:30:36
22	512 Kirsten Davis	F	36	F35-39	Rochester	1:31:41
23	35 Vicki Bowman	F	38	F35-39	West Henrietta	1:31:46
24	475 Linda Gressell	F	36	F35-39	Rochester	1:32:27
25	450 Lisa Sylvester-Talevski	F	39	F35-39	Penfield	1:33:26
26	131 Lesley Edwards	F	36	F35-39	Palmyra	1:33:53
27	231 Wendy Kuhn	F	37	F35-39	Palmyra	1:33:53
28	241 Laurie Lane	F	37	F35-39	Rochester	1:33:55
29	382 Jady Simmons	F	39	F35-39	Rochester	1:35:46
30	158 Suzanne Freeman	F	37	F35-39	Rochester	1:36:13
31	3 Courtney Abeln	F	35	F35-39	Rochester	1:37:48
32	465 Chrys Kline	F	37	F35-39	Brockport	1:39:18
33	161 Jen Galdys	F	37	F35-39	West Henrietta	1:46:20
34	569 Gina Derosa	F	37	F35-39	Webster	1:51:23
35	140 Veronica Falkevitz	F	39	F35-39	Dansville	1:51:44
36	348 Tina Ringo	F	39	F35-39	W. Henrietta	1:55:28

F40-44

1	163 Dana Gianniny	F	41	F40-44	Rochester	1:05:32
2	126 Rebecca Duberry	F	40	F40-44	Rochester	1:05:43
3	275 Carolyn Mathis	F	41	F40-44	Penfield	1:08:53
4	44 Eileen Buck	F	41	F40-44	Rochester	1:09:11
5	415 Catalina Vial	F	44	F40-44	Pittsford	1:11:06
6	411 Patricia Vandersloot	F	44	F40-44	Pittsford	1:12:38
7	437 Mary Wojnowski	F	43	F40-44	Rochester	1:14:04
8	38 Sharon Brennan	F	40	F40-44	Pittsford	1:17:31
9	9 Kelly Alvermann	F	44	F40-44	Victor	1:19:06
10	400 Amy Talarico	F	41	F40-44	Rochester	1:23:16
11	42 Kerri Brown	F	42	F40-44	Pittsford	1:23:51
12	45 Amy Buerkle	F	40	F40-44	Rochester	1:24:21
13	244 Kathleen LaRocco	F	43	F40-44	Penfield	1:27:00
14	495 Lisa Mauger	F	44	F40-44	Webster	1:27:09
15	270 Kate Marcello	F	40	F40-44	Rochester	1:27:25
16	265 Bonnie Mace	F	43	F40-44	Rochester	1:28:02
17	332 Holly Preische	F	41	F40-44	Penfield	1:30:07
18	399 Sharmene Syversen	F	41	F40-44	Brockport	1:30:25
19	333 Renee Provvidenza	F	42	F40-44	Victor	1:31:08
20	249 Kim Levitsky	F	40	F40-44	Rochester	1:32:06
21	386 Kathy Solan	F	42	F40-44	Syracuse	1:32:09
22	500 Tracy Borak	F	42	F40-44	Webster	1:33:23
23	18 Elizabeth Baltensperger	F	41	F40-44	Anchorage	1:33:57
24	31 Meredith Bonn	F	40	F40-44	Rochester	1:35:13
25	273 Lora Marrapese	F	42	F40-44	Rochester	1:36:10
26	117 Sara DiVincenzo	F	41	F40-44	Livonia	1:36:57
27	319 Patricia Palmieri-phelan	F	42	F40-44	North Chili	1:38:17
28	169 Jennifer Goldenberg	F	43	F40-44	Rochester	1:38:29
29	392 Wendy Stephany	F	42	F40-44	Lima	1:39:02
30	371 Coleen Schofield	F	42	F40-44	Rochester	1:39:02
31	485 Pam Perkins	F	40	F40-44	W. Henrietta	1:43:56
32	16 Maria Ball	F	41	F40-44	Painted Post	1:45:10
33	363 Christina Ruhland	F	42	F40-44	North Chili	1:50:09
34	351 Michelle Rivera	F	42	F40-44	Webster	1:51:23
35	13 Maura Arendt	F	43	F40-44	Rochester	1:56:17

F45-49

1	341 Jennifer Rea	F	45	F45-49	Rush	1:04:36
2	318 Theresa Palmieri	F	47	F45-49	Buffalo	1:10:49
3	534 Krista Mitchell	F	47	F45-49	Bloomfield	1:11:16
4	414 Julia Varble	F	48	F45-49	Henrietta	1:13:50
5	334 Diane Prystajko	F	47	F45-49	Spencerport	1:16:23
6	505 Roxane Stanley	F	46	F45-49	Rochester	1:17:49
7	63 Kathleen Champagne	F	48	F45-49	Brockport	1:20:45
8	342 Kathy Reardon	F	49	F45-49	Honeoye Falls	1:21:41
9	213 Debbie Jerris	F	48	F45-49	Livonia	1:23:18
10	508 Pam Johnson	F	48	F45-49	Canandaigua	1:24:48

11	47 Susan Bussey	F	48 F45-49	East Rochester	1:30:29
12	217 Laura Jonasse	F	47 F45-49	Webster	1:35:20
13	476 Heather Dougherty	F	45 F45-49	Rochester	1:35:39
14	312 Diane Olivo	F	48 F45-49	Rochester	1:36:05
15	350 Cindi Rittenhouse	F	49 F45-49	Rochester	1:36:13
16	220 Robyn Kahn	F	45 F45-49	Fairport	1:40:27
17	575 Nancy Passarell	F	46 F45-49	Avon	1:43:33
18	499 Marry Ann Butler	F	46 F45-49	Rochester	1:55:51
19	478 Jill Skeddle	F	46 F45-49	Rochester	2:03:09

F50-54

1	155 Anna Fox	F	50 F50-54	Palmyra	1:09:27
2	562 Lisa Hill	F	51 F50-54	East Syracuse	1:10:30
3	355 Marty Roberts	F	54 F50-54	Penn Yan	1:18:03
4	430 Marie White	F	50 F50-54	Henrietta	1:18:05
5	229 Karen Kryder	F	54 F50-54	Rochester	1:18:15
6	420 Mary Warchocki	F	54 F50-54	Rochester	1:20:51
7	136 Carol Eisenman	F	53 F50-54	Rochester	1:21:20
8	335 Barbara Pudiak	F	53 F50-54	Fairport	1:26:28
9	352 Mary Rivers	F	50 F50-54	Victor	1:26:28
10	197 Holly Hillberg	F	50 F50-54	Bloomfield	1:27:23
11	340 Annette Ramos	F	50 F50-54	Rochester	1:29:20
12	379 Susan Sheffer	F	54 F50-54	Geneva	1:29:23
13	258 Donna Loeb	F	50 F50-54	Geneva	1:30:18
14	137 Diane Elliott	F	52 F50-54	Fairport	1:31:47
15	372 Anne Schwartz	F	54 F50-54	Webster	1:33:48
16	489 Charlotte Kimberly-Haag	F	52 F50-54	Rochester	1:43:20
17	418 Molly Volk	F	50 F50-54	Canandaigua	1:47:53

F55-59

1	327 Colleen Piccone	F	59 F55-59	Pittsford	1:18:41
2	193 Jeanne Herrick	F	59 F55-59	Rochester	1:28:54
3	398 Ginny Supranowitz	F	58 F55-59	Penfield	1:33:31

F60-64

1	280 Lynda McGuire	F	63 F60-64	Scottsville	1:25:19
2	246 Priscilla Lawrence	F	62 F60-64	Webster	1:35:20
3	132 Patricia Edwards Hobbs	F	60 F60-64	Clifton Springs	1:59:01

F70OVER

1	59 Joanne Carr	F	72 F70OVER	Churchville	2:00:34
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M19UNDER

1	119 Zack Dix	M	17 M19UNDER	Palmyra	1:09:19
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M20-24

1	522 Chansé Hungerford	M	22 M20-24	Rochester	0:57:39
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2	533 Darren Bryan	M	24	M20-24	Rochester	0:59:15
3	339 Sean Rahrle	M	24	M20-24	Baldwinsville	1:07:33
4	472 Bryce Mankowski	M	22	M20-24	Rochester	1:10:38
5	127 Alex Dumont	M	23	M20-24	Fairport	1:11:44
6	205 Steve Hutchins	M	21	M20-24	Webster	1:15:02
7	471 Brendan Wolfert	M	21	M20-24	Henrietta	1:20:16
8	492 Zach Maben	M	24	M20-24	Rochester	1:28:40
9	135 Kevin Eich	M	21	M20-24	Rochester	1:45:04

M25-29

1	206 Mike Insler	M	27	M25-29	Rochester	0:54:13
2	130 Travis Earley	M	28	M25-29	Rochester	0:55:10
3	68 John Clements	M	27	M25-29	Rochester	0:57:05
4	531 Terence Forrest	M	27	M25-29	Scotland	0:58:10
5	405 Andrew Trahan	M	27	M25-29	Henrietta	0:59:15
6	322 Chris Patterson	M	25	M25-29	Webster	1:01:50
7	302 John Nolan	M	29	M25-29	Rochester	1:02:39
8	199 Gregory Horrocks	M	25	M25-29	Rochester	1:02:45
9	329 Charley Plummer	M	27	M25-29	Rochester	1:03:52
10	568 Daniel Sanford	M	27	M25-29	Bloomfield	1:06:58
11	5 Richard Adams	M	27	M25-29	Rochester	1:07:37
12	510 David Hansen	M	27	M25-29	Irondequoit	1:08:02
13	393 Michael Sternick	M	27	M25-29	Rochester	1:09:23
14	234 Glen Labenski	M	28	M25-29	Rochester	1:10:43
15	79 Adam Cornwell	M	25	M25-29	Rochester	1:10:44
16	26 David Birken	M	27	M25-29	Rochester	1:13:20
17	307 Liam OBoyle	M	26	M25-29	Rochester	1:13:31
18	303 Bryan Norcott	M	27	M25-29	Ontario	1:16:13
19	409 Jeffrey Van Atta	M	26	M25-29	Pittsford	1:16:46
20	543 John Stephens	M	29	M25-29	Penfield	1:16:48
21	387 Daniel Staloff	M	27	M25-29	Rochester	1:19:49
22	395 Dale Stoker	M	27	M25-29	Canandaigua	1:20:17
23	284 Benjamin Merced	M	28	M25-29	Churchville	1:21:03
24	149 Casey Fitzgerald	M	25	M25-29	Rochester	1:25:27
25	22 Joshua Bennett	M	28	M25-29	Rochester	1:26:36
26	421 Nick Warner	M	29	M25-29	Rochester	1:28:30
27	6 Brian Adriance	M	25	M25-29	Reading	1:28:43
28	180 David Hannum	M	29	M25-29	Rochester	1:43:37
29	527 Jim Byrne	M	28	M25-29	Farmington	2:05:12

M30-34

1	49 Andrew Caffrey	M	33	M30-34	Rochester	1:01:31
2	218 Matt Jones	M	34	M30-34	Webster	1:03:03
3	362 Greg Rowe	M	32	M30-34	Rochester	1:03:18
4	294 James Morse	M	34	M30-34	Rochester	1:04:59
5	255 Jason Liddle	M	34	M30-34	Webster	1:06:08
6	222 Timothy Karch	M	34	M30-34	Penfield	1:06:58

7	316 Dan Ostrander	M	34	M30-34	Fairport	1:07:09
8	288 John Miller	M	32	M30-34	Rochester	1:07:16
9	269 Seth Malcolm	M	33	M30-34	Rochester	1:08:34
10	528 Jake Clements	M	31	M30-34	Avon	1:10:24
11	295 Brian Mosher	M	31	M30-34	Pittsford	1:10:38
12	518 Jeff Malik	M	31	M30-34	Rochester	1:11:00
13	226 Joe Kontur	M	30	M30-34	Webster	1:18:34
14	326 Matt Phillips	M	30	M30-34	Penfield	1:19:19
15	216 Doug Johnson Jr.	M	31	M30-34	Rochester	1:19:33
16	152 Andrew Fleming	M	34	M30-34	Scottsville	1:20:42
17	75 Jason Conklin	M	33	M30-34	Henrietta	1:22:16
18	150 Jonathan Fladd	M	33	M30-34	Rochester	1:23:49
19	46 Michael Burns	M	33	M30-34	Rochester	1:24:34
20	266 George Madison	M	33	M30-34	Webster	1:25:13
21	8 Christopher Allen	M	31	M30-34	Ontario	1:25:55
22	97 Andrew Dehaas	M	31	M30-34	Rochester	1:26:43
23	210 Patrick Jaouen	M	30	M30-34	Rochester	1:29:06
24	219 David Justice	M	32	M30-34	Rochester	1:32:07
25	349 William Risch	M	31	M30-34	Rochester	1:44:06
26	444 Jeff Zink	M	33	M30-34	Rochester	1:46:21
27	85 Timothy Creahan	M	31	M30-34	Baldwinsville	1:47:30

M35-39

1	160 Marcus Gage	M	39	M35-39	W Henreitta	0:56:25
2	81 Michael Coyle	M	36	M35-39	Irondequoit	1:00:26
3	396 Jack Stout	M	36	M35-39	Rochester	1:00:40
4	380 Colby Shores	M	35	M35-39	Rochester	1:01:54
5	72 Michael Collins	M	35	M35-39	North Chili	1:02:35
6	306 Yoshihiro Nozaki	M	36	M35-39	Rochester	1:02:47
7	520 Joe Williams	M	37	M35-39	Rochester	1:02:51
8	238 Jay Laitenberger	M	37	M35-39	Rochester	1:03:12
9	517 Alan Hatch	M	35	M35-39	Pittsford	1:03:14
10	290 Rob Mischler	M	35	M35-39	Fairport	1:04:18
11	458 Brian Lane	M	39	M35-39	Rochester	1:05:08
12	61 David Carson	M	35	M35-39	Hilton	1:05:11
13	138 Alan Embrey	M	39	M35-39	Webster	1:07:34
14	268 Todd Malanowski	M	38	M35-39	Rochester	1:09:10
15	102 Garrette demko	M	37	M35-39	Rochester	1:09:20
16	443 David Zimpfer	M	36	M35-39	Rochester	1:09:21
17	154 Peter Fosler	M	38	M35-39	Honeoye Falls	1:09:40
18	256 Rob Wilver	M	35	M35-39	Canandaigua	1:10:42
19	141 Andrew Farmer	M	39	M35-39	Avon	1:11:51
20	490 Joel McFarland	M	35	M35-39	Fairport	1:12:00
21	453 Andrew Rynkiewicz	M	37	M35-39	Webster	1:12:34
22	223 Kevin Kehoe	M	36	M35-39	Rochester	1:12:49
23	345 Kevin Reilly	M	39	M35-39	Geneseo	1:14:17
24	90 Terry Cusker	M	39	M35-39	Rochester	1:15:04

25	311	Mark Olivieri	M	38	M35-39	Spencerport	1:16:08
26	50	Aaron Cain	M	35	M35-39	Rochester	1:16:18
27	369	Dan Schermerhorn	M	36	M35-39	Hilton	1:16:45
28	29	Ted Bolan	M	39	M35-39	Bloomfield	1:18:20
29	230	Andrew Kubrich	M	36	M35-39	Livonia	1:19:06
30	170	Josh Gonsenhauser	M	35	M35-39	Rochester	1:19:22
31	484	Michael Mancenido	M	36	M35-39	Rochester	1:21:23
32	60	Jason Carreira	M	37	M35-39	Rochester	1:22:10
33	388	Scott Standhart	M	38	M35-39	Churchville	1:26:45
34	463	Jason Peterson	M	36	M35-39	Rochester	1:28:13
35	156	Kevin Fraser	M	35	M35-39	Rochester	1:32:54
36	263	Steve Lynch	M	36	M35-39	W Henreitta	1:36:20
37	129	James Dzakowic	M	37	M35-39	Rochester	1:37:26
38	84	Brendan Creahan	M	39	M35-39	Amherst	1:48:29

M40-44

1	78	Jim Cornell	M	44	M40-44	Rochester	1:00:58
2	428	Thomas Westfall	M	43	M40-44	Walworth	1:04:50
3	250	Steven Levitsky	M	44	M40-44	Rochester	1:06:03
4	439	Jim Yeager	M	44	M40-44	Rochester	1:06:14
5	114	Richard DiMarco	M	43	M40-44	Rochester	1:06:17
6	277	Jon McDonough	M	40	M40-44	North Chili	1:06:18
7	563	David Santer	M	43	M40-44	Penfield	1:06:49
8	71	Martin Coffey	M	41	M40-44	Pittsford	1:07:25
9	227	Ken Koppenhaver	M	42	M40-44	Fairport	1:07:55
10	474	Rob Weiner	M	41	M40-44	Pittsford	1:08:37
11	30	Roger Bolton	M	41	M40-44	Albion	1:08:47
12	432	James Whorton Jr	M	43	M40-44	Rochester	1:10:30
13	20	Jon Barleben	M	42	M40-44	Albion	1:11:27
14	225	Jeff Knight	M	43	M40-44	Pittsford	1:11:30
15	511	David Natarelli	M	43	M40-44	Victor	1:13:35
16	133	Donald Ehinger	M	43	M40-44	Honeoye Falls	1:14:43
17	282	Joseph McMahon	M	41	M40-44	Rochester	1:14:54
18	401	Joseph Tally	M	40	M40-44	Fairport	1:15:31
19	368	Drew Saur	M	42	M40-44	Honeoye Falls	1:17:04
20	56	Daniel Carmen	M	40	M40-44	North Chili	1:22:37
21	297	John Muller	M	43	M40-44	Fairport	1:24:34
22	116	Jason DiPonzio	M	41	M40-44	Rochester	1:26:53
23	567	Dennis Smyth	M	44	M40-44	Pittsford	1:27:31
24	200	Syeed Hossain	M	44	M40-44	Rochester	1:28:24
25	23	Mark Bennett	M	41	M40-44	Rochester	1:29:04
26	51	Dan Campbell	M	40	M40-44	Penfield	1:29:16
27	64	Barry Cherney	M	44	M40-44	Rochester	1:29:38
28	541	Joao Flores	M	43	M40-44	Rochester	1:32:04
29	62	Doug Caswell	M	41	M40-44	Penfield	1:32:12
30	496	Mike Piccirillo	M	42	M40-44	Rochester	1:33:52
31	347	Kurt Ringo	M	42	M40-44	W. Henrietta	1:35:19

32	292 Jeffrey Morris	M	40	M40-44	Webster	1:36:43
33	337 Randy Raetz	M	44	M40-44	Victor	1:39:33
34	429 Dan Whitcomb	M	41	M40-44	Walworth	1:43:15

M45-49

1	452 Matt Kellman	M	46	M45-49	Penfield	0:58:28
2	289 Patrick Milligan	M	46	M45-49	Rochester	1:03:13
3	535 Matthew Ward	M	47	M45-49	Canandaigua	1:03:36
4	558 Keith Scott	M	48	M45-49	Leroy	1:03:43
5	209 Joseph Jaffe	M	46	M45-49	Geneva	1:04:00
6	358 Jack Rosati	M	47	M45-49	Rochester	1:06:14
7	574 Joe Haungs	M	49	M45-49	Rochester	1:07:01
8	493 Pete Woodams	M	48	M45-49	Pittsford	1:08:33
9	529 John Ryan	M	48	M45-49	Victor	1:08:42
10	573 Andrew Smith	M	48	M45-49	Pittsford	1:09:06
11	148 John Ferrini	M	46	M45-49	Baldwinsville	1:09:18
12	539 Greg Harding	M	45	M45-49	Canandaigua	1:09:21
13	454 Alan Roome	M	47	M45-49	Lakeville	1:10:09
14	353 Steve Rivers	M	49	M45-49	Victor	1:10:13
15	142 Steve Farnand	M	48	M45-49	Rochester	1:10:41
16	526 Chris Washburn	M	49	M45-49	Newark	1:11:23
17	19 Kevin Bambury	M	48	M45-49	Fairport	1:13:37
18	65 Jeff Chester	M	45	M45-49	Rochester	1:14:27
19	481 Lou Iovoli	M	45	M45-49	Victor	1:15:48
20	324 Tim Peters	M	46	M45-49	Webster	1:15:52
21	544 Ken Johnson	M	46	M45-49	Canandaigua	1:16:27
22	467 Rick Doe	M	46	M45-49	Fairport	1:17:08
23	189 Sean Hendrick	M	47	M45-49	Rochester	1:17:42
24	112 Gary Dill	M	45	M45-49	Rochester	1:17:48
25	494 Steve Kozak	M	46	M45-49	Webster	1:19:08
26	17 Andrew Baltensperger	M	46	M45-49	Stanley	1:19:41
27	164 Tom Gibson	M	49	M45-49	Canandaigua	1:19:56
28	11 Brian Andrews	M	46	M45-49	Fairport	1:20:11
29	67 Andrew Ciaio	M	45	M45-49	Victor	1:20:22
30	176 John Guzman	M	46	M45-49	East Rochester	1:20:25
31	121 Pat Doner	M	45	M45-49	Fairport	1:21:23
32	426 Joe Wesley	M	48	M45-49	Rochester	1:21:52
33	323 Gary Peakes	M	46	M45-49	Pittsford	1:22:56
34	440 Bob Young	M	49	M45-49	Pittsford	1:23:43
35	274 James Masseth Jr	M	46	M45-49	Henrietta	1:24:16
36	515 Joe Crispino	M	47	M45-49	Fairport	1:25:31
37	549 Mike Riccio	M	45	M45-49	Canandaigua	1:25:58
38	456 Rob Commisso	M	45	M45-49	Pittsford	1:27:11
39	73 Tom Collins	M	46	M45-49	Pittsford	1:28:18
40	43 Michael Brown	M	46	M45-49	Pittsford	1:28:38
41	272 Christopher Marks	M	49	M45-49	W. Henrietta	1:29:31
42	542 Donald Wharram	M	49	M45-49	Holley	1:31:15

43	331 Craig Potter	M	47	M45-49	West Henrietta	1:31:46
44	317 Ron Paeth	M	47	M45-49	Kendall	1:32:02
45	86 Thomas Crilly	M	49	M45-49	Rochester	1:33:17
46	107 Bruce Devlin	M	49	M45-49	Newark	1:35:21
47	201 Jamie Howard	M	45	M45-49	Albany	1:56:37

M50-54

1	12 Charlie Andrews	M	53	M50-54	Rochester	0:55:47
2	460 Tim Dwyer	M	51	M50-54	Rochester	0:56:31
3	561 Dennis Kinnay	M	50	M50-54	Rochester	1:02:46
4	177 Robert Haas	M	51	M50-54	Red Creek	1:04:23
5	357 James Roche	M	50	M50-54	Fairport	1:04:24
6	214 Tom Jerris	M	53	M50-54	Livonia	1:05:52
7	144 George Fawcett	M	50	M50-54	Rochester	1:06:00
8	24 Larry Bernstein	M	51	M50-54	Honeoye Falls	1:07:49
9	360 Greg Rosser	M	54	M50-54	Conesus	1:09:00
10	536 Alan Vasbinder	M	53	M50-54	Spencerport	1:09:16
11	109 Doug DeWeaver	M	53	M50-54	Rochester	1:10:20
12	128 Michael Dunn	M	54	M50-54	Rochester	1:12:48
13	123 Don Dow	M	53	M50-54	Rochester	1:13:05
14	524 Patrick Bielecki	M	50	M50-54	Lockport	1:14:16
15	175 Rory Gumina	M	52	M50-54	Rochester	1:14:34
16	504 Carl Scripps	M	50	M50-54	Fairport	1:14:38
17	243 Michael Larche	M	52	M50-54	Victor	1:15:18
18	417 Michael Viterise	M	53	M50-54	Rochester	1:15:59
19	488 Doug Lindke	M	54	M50-54	Webster	1:16:57
20	278 John McGowan	M	51	M50-54	Fairport	1:17:01
21	410 Scott Van Dusen	M	50	M50-54	Rochester	1:18:30
22	285 Richard Metzger	M	52	M50-54	Webster	1:20:00
23	457 Patrick Herron	M	53	M50-54	Leroy	1:21:37
24	305 Bill Novak	M	52	M50-54	Pittsford	1:22:44
25	92 Mark Cutcliffe	M	52	M50-54	Pavilion	1:22:47
26	359 Wes Rosengrant	M	50	M50-54	Churchville	1:23:19
27	461 Peter Selig	M	54	M50-54	Brockport	1:24:06
28	83 Gary Craig	M	51	M50-54	Rochester	1:25:14
29	384 Robert Slebodnik	M	54	M50-54	Pittsford	1:25:15
30	498 Lou Beato	M	53	M50-54	Rochester	1:28:08
31	221 Allan Kaplan	M	50	M50-54	Rochester	1:29:06
32	283 Bob Merberg	M	50	M50-54	Fairport	1:30:40
33	77 Robert Cope	M	50	M50-54	Livonia	1:36:28
34	451 Daniel Glowinsky	M	54	M50-54	Rochester	1:37:37
35	248 William Lerkins	M	50	M50-54	Rochester	1:37:38
36	487 Jim Norris	M	51	M50-54	Fairport	1:37:46
37	479 Chuck Traub	M	51	M50-54	Rochester	1:37:48
38	291 Mark Monachino	M	51	M50-54	Macedon	1:37:49
39	548 Dudley Hellstead	M	51	M50-54	Canandaigua	1:53:14

M55-59

1	82	David Coyne	M	59	M55-59	Avon	1:05:52
2	336	Frank Quattrone	M	55	M55-59	Webster	1:06:15
3	423	Mike Weinpress	M	55	M55-59	Spencerport	1:09:24
4	441	John Yunker	M	58	M55-59	Wayland	1:16:02
5	553	Brian Scanlon	M	55	M55-59	Honeoye Falls	1:18:40
6	416	Carey Vick	M	56	M55-59	Webster	1:19:26
7	276	Mark McArdle	M	56	M55-59	Rochester	1:20:03
8	540	Tom Moran	M	58	M55-59	Batavia	1:23:03
9	486	David Ross	M	59	M55-59	Rochester	1:24:16
10	236	Mark Ladenheim	M	59	M55-59	Penfield	1:24:32
11	66	Dave Christa	M	55	M55-59	Victor	1:24:56
12	547	Wayne McCarthy	M	55	M55-59	Bloomfield	1:26:55
13	245	Bruce Lavner	M	57	M55-59	Rochester	1:28:24
14	537	John Zonitch	M	57	M55-59	Albion	1:28:25
15	435	Daniel Wimer	M	58	M55-59	Fairport	1:29:05
16	232	Richard Kurchyne	M	57	M55-59	Rochester	1:31:18
17	383	Bob Singer	M	57	M55-59	Webster	1:37:07
18	21	William Beck	M	55	M55-59	Rochester	1:37:09
19	204	Bruce Hussar	M	56	M55-59	West Henrietta	1:53:59
20	523	Donald Galletto	M	58	M55-59	Spencerport	2:00:28
21	111	David Dilgard	M	56	M55-59	Penfield	2:01:56

M60-64

1	240	Tom Lamme	M	63	M60-64	Penfield	1:06:08
2	354	Jerry Roberts	M	61	M60-64	Rochester	1:12:48
3	168	Jim Glinsky	M	64	M60-64	Pittsford	1:14:51
4	95	David Davenport	M	60	M60-64	Rochester	1:15:38
5	87	Bill Crowe	M	61	M60-64	Rochester	1:15:51
6	556	Tom Mulligan	M	60	M60-64	Naples	1:21:57
7	162	Bill Gertzog	M	60	M60-64	Rochester	1:22:29
8	507	Rick Erb	M	63	M60-64	Canandaigua	1:24:48
9	106	Dick Detwiler	M	62	M60-64	Webster	1:25:03
10	124	David Drexel	M	60	M60-64	Livonia	1:28:06
11	172	David Gordon	M	63	M60-64	Pittsford	1:32:39
12	296	Charles Mullen	M	61	M60-64	Rochester	1:34:13
13	299	Tim Mulvaney	M	60	M60-64	West Henrietta	1:36:51
14	88	Robert Crumrine	M	62	M60-64	Fairport	1:39:27
15	98	George Dehaas	M	64	M60-64	Manlius	1:39:59
16	300	William Murphy	M	62	M60-64	Rochester	2:25:39

M65-69

1	389	Walter Standhart	M	66	M65-69	Rochester	1:26:58
2	538	Robert Butler	M	69	M65-69	Albion	1:32:38
3	190	James Hendy	M	67	M65-69	Webster	1:35:34
4	15	Rod Bailey	M	68	M65-69	Rochester	1:38:29
5	53	Robert Carafice	M	67	M65-69	Rochester	1:45:12

M70OVER

1	365 Charlie Sabatine	M	77	M70OVER	Victor	1:33:33
2	188 Dave Heeks	M	73	M70OVER	Rochester	1:45:54
3	385 Al Smith	M	73	M70OVER	Rochester	1:46:22

Unknown

1	480 Trudy Brown	F	?	?	Rochester	1:46:20
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DQ

DQ	431 Meghan White	F	28	F25-29	Kenmore	0:55:12
DQ	419 Angela Walker	F	29	F25-29	Dansville	0:55:12

DQ

DQ	4 David Adams	M	28	M25-29	Rochester	0:53:06
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