

Watertown YMCA Shamrock Run - 5 Mile
 Saturday March 14, 2009 Watertown, NY
 297 Finishers (157 Male, 139 Female, 1 Unknown)
 Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Time	Pace
OVERALL FEMALE								
	1	37 BRITTANY BURNS	F	OVERALL FEMALE		20 WATERTOWN	0:32:16	06:27
OVERALL MALE								
	1	126 TRAVIS KUHL	M	OVERALL MALE		34 CROGHAN	0:28:23	05:41
F11UNDER								
	1	264 DIANA DOTSON	F	F11UNDER		11 SACKETS HARBOR	1:10:05	14:01
F12-14								
	1	73 KARLEE DUFFER	F	F12-14		14 LOWVILLE	0:40:47	08:09
	2	148 ERIN MCCLUSKY	F	F12-14		14 WATERTOWN	0:45:52	09:10
	3	193 TAYLOR RICK	F	F12-14		12 WATERTOWN	1:17:07	15:25
F15-19								
	1	56 GRACE COUCH	F	F15-19		16 WATERTOWN	0:34:44	06:57
	2	113 LAUREN JAMIESON	F	F15-19		18 ADAMS	0:37:58	07:36
	3	165 MCKAYLA NUFFER	F	F15-19		18 CROGHAN	0:38:05	07:37
	4	238 JOHN PAUL STEPIEN	F	F15-19		19	0:38:17	07:39
	5	312 CARLY VANTASSEL	F	F15-19		16 ADAMS CENTER	0:38:19	07:40
	6	214 KEELY SAMMON	F	F12-14		14 LOWVILLE	0:40:19	08:04
	7	59 CHRISSY CROWELL	F	F15-19		17 LOWVILLE	0:41:39	08:20
	8	120 AUBREY KETRICK	F	F15-19		17 WATERTOWN	0:42:31	08:30
	9	74 TAYLOR DZIEKAN	F	F15-19		17 CROGHAN	0:45:18	09:04
	10	19 STEPHANIE BLANK	F	F15-19		18 CARTHAGE	0:46:24	09:17
F20-24								
	1	163 ALEXIS NUFFER	F	F20-24		20 CROGHAN	0:38:04	07:37
	2	275 ALYSSA DAVIS	F	F20-24		24 WATERTOWN	0:41:00	08:12
	3	326 ESTELLE HOUG	F	F20-24		23 BLACK RIVER	0:48:00	09:36
	4	205 DANIELLE ROUX	F	F20-24		23 SYRACUSE	0:49:54	09:59
	5	158 ELIZABETH MORSE	F	F20-24		23 SACKETS HARBOR	0:50:08	10:02
	6	107 JESSI HENTZ	F	F20-24		21 GOUVERNEUR	0:54:24	10:53
	7	236 LINDSEY STANFORD	F	F20-24		23 LOWVILLE	0:56:05	11:13
	8	95 ASHLEY GRIFFIN	F	F20-24		20 BOWIE	1:07:18	13:28
F25-29								
	1	83 REBECCA FOULGER	F	F25-29		26 ADAMS	0:34:23	06:53
	2	256 ERIN WILEY	F	F25-29		28 ADAMS CENTER	0:35:28	07:06
	3	197 BECCA ROBBINS	F	F25-29		27 LIVERPOOL	0:37:32	07:30
	4	258 JENNIFER WILLIAMS	F	F25-29		29 ADAMS CENTER	0:38:26	07:41
	5	10 ASHLEIGH BARNHART	F	F25-29		25 BROCKPORT	0:39:10	07:50
	6	140 STEPHANIE MANN	F	F25-29		28 WATERTOWN	0:39:48	07:58
	7	69 BREANN DODGE	F	F25-29		28 FULTON	0:40:25	08:05
	8	20 MARTINA BLAZEWICZ	F	F25-29		28 WATERTOWN	0:41:28	08:18
	9	171 MARISSA PAQUIN	F	F25-29		29	0:42:20	08:28
	10	220 SARAH SCHMIEDEKNECHT	F	F25-29		25 WATERTOWN	0:43:54	08:47
	11	65 NICOLE DENESHA	F	F25-29		25 HARRISVILLE	0:43:55	08:47
	12	174 PATIENCE PEEBLES	F	F25-29		29 WATERTOWN	0:45:00	09:00
	13	49 EMILY CHRISMAN	F	F25-29		28 ADAMS	0:45:28	09:06
	14	320 GINA SAVATORE	F	F25-29		25 SYRACUSE	0:45:43	09:09
	15	266 LISA ROGERS	F	F25-29		25 CARTHAGE	0:48:41	09:44
	16	130 MONICA LEMOINE	F	F25-29		26 WATERTOWN	0:49:32	09:54
	17	79 JESSICA FISCHER	F	F25-29		28 WATERTOWN	0:49:50	09:58
	18	331 JENNIFER THOM	F	F25-29		28 CARTHAGE	0:50:14	10:03

19	279	KRISTIN HARNENGER	F	F25-29	26	WATERTOWN	0:51:09	10:14
20	12	RENEE BENDA	F	F25-29	27	SKANEATELES	0:51:43	10:21
21	306	SHANOLA BANDI	F	F25-29	27	ADAMS CENTER	0:53:44	10:45
22	338	DINA PHELPS	F	F25-29	27	CHESTER	0:56:25	11:17
23	46	CORTNEY CHARLTON	F	F25-29	28	GOVERNEUR	0:57:39	11:32
24	254	CHRISTA WHITFIELD	F	F25-29	26	CARTHAGE	0:58:10	11:38
25	131	DIANE LEONARD	F	F25-29	28	CLAYTON	0:58:48	11:46
26	334	KRISTA SUNDERMAN	F	F25-29	27	WATERTOWN	1:04:45	12:57
27	98	KRISTI HANSON	F	F25-29	29	COPENHAGEN	1:07:19	13:28
28	146	TEASHA MCCARTHY	F	F25-29	28	WATERTOWN	1:17:22	15:28

F30-34

1	260	TRICIA YOUNG	F	F30-34	30	SACKETS HARBOR	0:35:22	07:04
2	212	MARJORIE RUSH	F	F30-34	31	LOWVILLE	0:37:56	07:35
3	137	CHRISTINE LYTLE	F	F30-34	31	LIVERPOOL	0:41:56	08:23
4	75	STEPHANIE ELDRIDGE	F	F30-34	30	CARTHAGE	0:43:11	08:38
5	103	JESSICA HART	F	F30-34	32	WATERTOWN	0:44:39	08:56
6	345	CHRISTINA LAWRENCE	F	F30-34	30	ADAMS	0:44:44	08:57
7	168	SHANNON ODELL	F	F30-34	33	BLACK RIVER	0:44:49	08:58
8	91	SARAH GOODENBERRY	F	F30-34	30	RODMAN	0:44:56	08:59
9	30	COURTNEY BRUNET	F	F30-34	34	SACKETS HARBOR	0:45:47	09:09
10	72	JENNIFER DOLDO	F	F30-34	31	WATERTOWN	0:45:52	09:10
11	145	SHERRY MCCARTHY	F	F30-34	30	CLAYTON	0:45:52	09:10
12	135	HOLLIE LYNCH	F	F30-34	32	REDWOOD	0:46:57	09:23
13	190	SHANNON REYNOLDS	F	F30-34	33	WATERTOWN	0:51:00	10:12
14	309	SARA MICHAUD	F	F30-34	32	WATERTOWN	0:51:24	10:17
15	184	CHRISTINE PURVIS	F	F30-34	33	ADAMS	0:51:48	10:22
16	133	NICOLE LINDERMAN	F	F30-34	34	WATERTOWN	0:53:02	10:36
17	311	ELIZABETH STEVENS	F	F30-34	33	CARTHAGE	0:53:14	10:39
18	87	BRIDGETTE GATES	F	F30-34	34	WATERTOWN	0:54:35	10:55
19	317	NICHOLE WILLIAMS	F	F30-34	30	SACKETS HARBOR	0:55:47	11:09
20	269	JENNIFER GARDNER	F	F30-34	33	GOVERNEUR	0:57:28	11:30
21	344	RANISA YOUNG	F	F30-34	33	GOVERNEUR	0:58:45	11:45
22	134	PIA LUEDECKE	F	F30-34	32	GLEN PARK	1:01:45	12:21
23	348	MICHELLE SMITHERS	F	F30-34	33	WATERTOWN	1:04:45	12:57
24	33	CHRISTINE BUCKLEY	F	F30-34	32	SACKETS HARBOR	1:04:48	12:58
25	340	LESLIE GILL	F	F30-34	32	FELTS MILLS	1:06:27	13:17

F35-39

1	32	REGINA BUCKINGHAM	F	F35-39	38	CROGHAN	0:40:07	08:01
2	257	ANNIE WILLIAMS	F	F35-39	38	WATERTOWN	0:43:09	08:38
3	240	REBECCA STONE	F	F35-39	38		0:43:09	08:38
4	41	TAMMY CALKINS-CONDIFF	F	F35-39	39	CARTHAGE	0:43:10	08:38
5	45	JAMIE CHARLEBOIS	F	F35-39	35	WATERTOWN	0:43:18	08:40
6	18	JULIE BIONDOLILLO	F	F35-39	36	PENNELLVILLE	0:43:43	08:45
7	13	JENNIFER BERIE	F	F35-39	39	ADAMS	0:43:56	08:47
8	276	JENNIFER BANAZET	F	F35-39	38	WATERTOWN	0:44:25	08:53
9	272	KATRINA FULLER	F	F35-39	35	GOVERNEUR	0:44:57	08:59
10	195	LESLIE ROBARE	F	F35-39	36	WATERTOWN	0:45:28	09:06
11	111	LISA INGERSON	F	F35-39	36	CLAYTON	0:46:58	09:24
12	80	CAROLINE FLEMING	F	F35-39	38	CHAUMONT	0:47:36	09:31
13	39	SANDIE BUTLER	F	F35-39	38	WATERTOWN	0:48:40	09:44
14	81	SHERYL FOAN	F	F35-39	39	COPENHAGEN	0:49:32	09:54
15	42	MICHELE CAPONE	F	F35-39	36	WATERTOWN	0:49:50	09:58
16	149	FARA MCKINLEY	F	F35-39	36	WATERTOWN	0:49:54	09:59
17	176	LORI PETERS	F	F35-39	37	CHAUMONT	0:52:21	10:28
18	112	ROBYN INGRAM	F	F35-39	39	WATERTOWN	0:53:11	10:38
19	225	ELLEN SHEEN	F	F35-39	35	CALCIUM	0:53:50	10:46
20	11	REBECCA BATES	F	F35-39	35	WATERTOWN	0:55:50	11:10
21	342	JANET MELILLO	F	F35-39	35	GOVERNEUR	0:57:38	11:32
22	44	RACHEL CHAMP	F	F35-39	37	BEAVER FALLS	0:59:34	11:55
23	61	REBECCA DALRYMPLE	F	F35-39	38	ADAMS	1:02:47	12:33

24	52	HEATHER CLEMENT	F	F35-39	36	WATERTOWN	1:03:21	12:40
25	14	MELISSA BERRIEN	F	F35-39	35	WATERTOWN	1:16:38	15:20

F40-44

1	138	CLAUDETTE MAINVILLE	F	F40-44	41	EVANS MILLS	0:33:29	06:42
2	29	DAWN BROWN	F	F40-44	40	LOWVILLE	0:39:06	07:49
3	64	PATTI DENESHA	F	F40-44	44	GOUVERNEUR	0:40:16	08:03
4	210	KARA RUSCH	F	F40-44	41	HAMILTON	0:42:36	08:31
5	82	MARY FOSTER	F	F40-44	43	WATERTOWN	0:48:47	09:45
6	122	BEATE KINZEL	F	F40-44	41	THERESA	0:49:23	09:53
7	53	MARGARET MARY CLEMENT	F	F40-44	42	WATERTOWN	0:51:37	10:19
8	182	TRACIE PRASHAW	F	F40-44	43	GOUVERNEUR	0:54:46	10:57
9	246	MARY TINGLEY	F	F40-44	40	CASTORLAND	0:55:47	11:09
10	251	RENEE WARREN	F	F40-44	42	FORT DRUM	0:55:47	11:09
11	5	NATHELE ANDERSON	F	F40-44	41	DEXTER	0:55:50	11:10
12	27	JOSETTE BRODHEAD	F	F40-44	40	WATERTOWN	0:55:51	11:10
13	104	KRISTINE HARTLAUB	F	F40-44	40	ANTWERP	0:56:28	11:18
14	333	KRISTY GALLAHUE	F	F40-44	43	FORT DRUM	1:04:45	12:57
15	181	WENDY POUND	F	F40-44	41	WATERTOWN	1:17:06	15:25

F45-49

1	162	BETSY NICOL	F	F45-49	49	COPENHAGEN	0:39:24	07:53
2	217	GRACE SAUTER	F	F45-49	48	WEST CARTHAGE	0:46:23	09:17
3	335	JASMINE WATKINS	F	F45-49	49	WATERTOWN	0:49:27	09:53
4	34	MARY BULL	F	F45-49	49	WATERTOWN	0:50:10	10:02
5	208	MARY RUMBLE	F	F45-49	49	COPENHAGEN	0:50:51	10:10
6	84	GINNY FRATTALI	F	F45-49	46	WATERTOWN	0:51:28	10:18
7	96	JANE HAFNER	F	F45-49	47	ADAMS	0:51:33	10:19
8	40	DEE CALDWELL	F	F45-49	47	WATERTOWN	1:13:02	14:36

F50-54

1	70	CAROL DODGE	F	F50-54	52	FULTON	0:38:41	07:44
2	265	CAROL DODGE	F	F50-54	52	FULTON	0:39:16	07:51
3	57	DIANE COVELL	F	F50-54	53	WATERTOWN	0:43:34	08:43
4	90	SHERRY GILBERT	F	F50-54	52	WATERTOWN	0:45:33	09:07
5	268	JANET QUINN	F	F50-54	52	SACKETS HARBOR	0:48:36	09:43
6	241	SUE STORINO	F	F50-54	54	WATERTOWN	0:52:15	10:27
7	102	MARGARET HARRYMAN	F	F50-54	52	WATERTOWN	0:54:31	10:54
8	227	SUSAN SHENE	F	F50-54	51	FINE	0:56:25	11:17

F55-59

1	99	NANCY HARDWICK	F	F55-59	56	WATERTOWN	0:51:35	10:19
2	207	MAUREEN RUMBLE	F	F55-59	55	CARTHAGE	0:52:16	10:27
3	92	PATRICIA GORMAN	F	F55-59	56	WATERTOWN	0:55:05	11:01
4	16	BARBARA BETRUS	F	F55-59	58	STAR LAKE	0:57:18	11:28
5	9	DEBORAH BARNEY	F	F55-59	55	WATERTOWN	1:01:01	12:12
6	139	NANCY MANCE	F	F55-59	56	WATERTOWN	1:17:07	15:25

M11UNDER

1	180	PATRICK POMINVILLE	M	M11UNDER	11	LOWVILLE	0:47:23	09:29
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M12-14

1	118	LOGAN KEMPNEY	M	M12-14	14	CASTORLAND	0:30:46	06:09
2	115	JEREMY KAUFMANN	M	M12-14	14	CARTHAGE	0:42:17	08:27
3	2	JORDON ABBASS	M	M12-14	14	CARTHAGE	0:47:38	09:32
4	218	KENNETH SCHIMPF	M	M12-14	12	WATERTOWN	0:49:36	09:55

M15-19

1	136	NICHOLAS LYNCH	M	M15-19	18	WATERTOWN	0:30:01	06:00
2	204	CHRISTOPHER ROSENBERGER	M	M15-19	17	WATERTOWN	0:30:34	06:07
3	48	MATTHEW CHENEY	M	M15-19	16	BEAVER FALLS	0:30:37	06:07
4	304	STEVE FRITTON	M	M15-19	17	MANNVILLE	0:32:07	06:25

5	305	GABRIEL SLYCD	M	M15-19	17	BEAVER FALLS	0:33:34	06:43
6	187	CRISTIAN RAMOS	M	M15-19	18		0:33:44	06:45
7	54	RYAN CLEMONS	M	M15-19	15	CARTHAGE	0:34:49	06:58
8	255	JOSH WILCOX	M	M15-19	17	WATERTOWN	0:36:39	07:20
9	271	AUSTIN FULLER	M	M15-19	15	GOUVERNER	0:36:52	07:22
10	170	PARTHA PANWALA	M	M15-19	18	WATERTOWN	0:37:12	07:26
11	151	CHRIS MCKINNEY	M	M15-19	18	DEXTER	0:37:12	07:26
12	201	DANIEL ROCKEFELLER	M	M15-19	16	WATERTOWN	0:38:11	07:38
13	262	JOHN COBB	M	M15-19	17	ADAMS	0:38:31	07:42
14	233	JORDON SOUKUP	M	M15-19	17	CARTHAGE	0:40:22	08:04
15	144	MARK MAXON	M	M15-19	19		0:41:29	08:18
16	1	TYLER ABBASS	M	M15-19	18	CARTHAGE	0:41:47	08:21
17	25	SAMUEL BOURCY	M	M15-19	17	DEXTER	0:42:22	08:28
18	159	THOMAS MURPHY	M	M15-19	16	FORTDRUM	0:42:43	08:33
19	22	CHRISTIAN BOOTH	M	M15-19	18	CARTHAGE	0:43:25	08:41
20	86	CHRISTOPHER GARCIA	M	M15-19	18	EVANS MILLS	0:45:26	09:05
21	261	RYAN ZEHR	M	M15-19	18	CARTHAGE	0:45:30	09:06
22	101	KEITH HARLEY	M	M15-19	18	CARTHAGE	0:46:36	09:19

M20-24

1	324	SHAWN HOGAN	M	M20-24	24	WATERTOWN	0:30:01	06:00
2	323	SCOTT RANDALL	M	M20-24	23	HENDERSON	0:32:37	06:31
3	243	BRIAN SWEET	M	M20-24	21	WATERTOWN	0:35:31	07:06
4	248	JOHN TURNER	M	M20-24	24	SACKETS HARBOR	0:39:14	07:51
5	94	THOMAS GRABAN	M	M20-24	21	WATERTOWN	0:40:37	08:07
6	313	JOHN VANTASSEL	M	M20-24	20	ADAMS CENTER	0:41:18	08:16
7	198	MICHAEL ROBERTS	M	M20-24	24	ADAMS	0:41:21	08:16
8	67	MICHAEL DESORMEAU	M	M20-24	20		0:43:38	08:44
9	219	KYLE SCHMIEDEKNECHT	M	M20-24	24	WATERTOWN	0:43:54	08:47

M25-29

1	301	WILLIAM GELLING	M	M25-29	27	LOWVILLE	0:29:59	06:00
2	343	JUSTIN YOUNG	M	M25-29	25	GOUVERNEUR	0:34:43	06:57
3	161	ANTHONY NETTO	M	M25-29	27	WATERTOWN	0:35:00	07:00
4	183	DUSTIN PROCKISH	M	M25-29	28	BLACK RIVER	0:37:54	07:35
5	169	WILLIAM ONEILL	M	M25-29	26	WATERTOWN	0:38:38	07:44
6	223	JOSEPH SECH	M	M25-29	29	CALCIUM	0:38:47	07:45
7	8	JACOB BARNEY	M	M25-29	28	WATERTOWN	0:38:53	07:47
8	341	JOSHUA KAUFMANN	M	M25-29	25	CARTHAGE	0:39:06	07:49
9	66	CHRISTOPHER DEPHTEREOS	M	M25-29	25	WATERTOWN	0:39:53	07:59
10	106	ERICK HEISE	M	M25-29	26	WATERTOWN	0:40:01	08:00
11	77	MATTHEW FARNEY	M	M25-29	25	WATERTOWN	0:40:46	08:09
12	315	BRANDON ALSTON	M	M25-29	29	WATERTOWN	0:40:47	08:09
13	231	GREGOR SMITH	M	M25-29	29	DEXTER	0:41:16	08:15
14	35	SEAN BUNNY	M	M25-29	27	SACKETS HARBOR	0:41:50	08:22
15	303	ADAM ZAIBST	M	M25-29	27	WATERTOWN	0:42:31	08:30
16	110	JARED HOGAN	M	M25-29	29	DEXTER	0:42:34	08:31
17	38	JASON BURTO	M	M25-29	25	BROCKPORT	0:43:12	08:38
18	211	MATTHEW RUSCIO	M	M25-29	27	ADAMS CENTER	0:46:16	09:15
19	88	RICK GATES	M	M25-29	28	WATERTOWN	0:48:18	09:40
20	60	RONALD CURRIGAN	M	M25-29	28	BROWNVILLE	0:48:37	09:43
21	322	MAX COOLEY	M	M25-29	25	WATERTOWN	0:49:32	09:54
22	224	ALLYN SHANKS	M	M25-29	25	WATERTOWN	1:16:32	15:18

M30-34

1	336	MICHAEL BEHNKENDORF	M	M30-34	32	CARTHAGE	0:29:42	05:56
2	228	GARY SIMMONS	M	M30-34	30	WATERTOWN	0:35:46	07:09
3	263	DARRIN COLE	M	M30-34	33	LOWVILLE	0:37:39	07:32
4	328	MATTHEW ROBBINS	M	M30-34	30	LIVERPOOL	0:38:56	07:47
5	108	JOHN HERMANSON	M	M30-34	33	SACKETS HARBOR	0:39:23	07:53
6	346	KENNETH LAWRENCE	M	M30-34	30	ADAMS	0:39:53	07:59
7	4	JONATHAN ADAMS	M	M30-34	31	WATERTOWN	0:40:01	08:00

8	302	MATTHEW KINNE	M	M30-34	32	WATERTOWN	0:40:47	08:09
9	318	PAUL WILLIAMS	M	M30-34	33	SACKETS HARBOR	0:40:55	08:11
10	109	ROBERT HIRSCHHEY	M	M30-34	34	WATERTOWN	0:41:17	08:15
11	172	PETER PAQUIN	M	M30-34	32		0:42:20	08:28
12	7	ERIC ASHLEY	M	M30-34	32	WATERTOWN	0:42:42	08:32
13	215	MATHEW SANFORD	M	M30-34	30	DEXTER	0:42:56	08:35
14	319	JEFF CORDES	M	M30-34	32	SYRACUSE	0:45:02	09:00
15	155	BRIAN MOORE	M	M30-34	32	DEXTER	0:45:31	09:06
16	339	JUSTIN CORMIER	M	M30-34	30	CHAUMONT	0:49:00	09:48
17	129	JOE LAZZARO	M	M30-34	30	SYRACUSE	0:49:19	09:52
18	191	JEREMY REYNOLDS	M	M30-34	33	WATERTOWN	0:51:00	10:12
19	23	JOSHUA BOPP	M	M30-34	31	SCHENECTADY	0:53:59	10:48
20	185	TRAVIS PURVIS	M	M30-34	33	ADAMS	1:02:39	12:32

M35-39

1	325	MICHAEL OCONNOR	M	M35-39	39	ALEX BAY	0:32:42	06:32
2	173	JASON PARE	M	M35-39	36	ORINSKY	0:33:53	06:47
3	321	TOM ALLARD	M	M35-39	37	BLACK RIVER	0:34:50	06:58
4	189	JOHN REED	M	M35-39	39	LOWVILLE	0:35:05	07:01
5	119	ERIC KENDREW	M	M35-39	37	WATERTOWN	0:37:14	07:27
6	330	GEORGE EMRICH	M	M35-39	37	WATERTOWN	0:37:30	07:30
7	31	THOMAS BRUNO	M	M35-39	36	CHAUMONT	0:39:54	07:59
8	105	RALPH HEATON	M	M35-39	38	WATERTOWN	0:40:47	08:09
9	128	BRIAN LANTIER	M	M35-39	37	CLAYTON	0:41:36	08:19
10	150	KEITH MCKINLEY	M	M35-39	39	WATERTOWN	0:42:13	08:27
11	166	DENNIS OBRIEN	M	M35-39	38	DEXTER	0:42:24	08:29
12	17	MICHAEL BICE	M	M35-39	39	WATERTOWN	0:42:33	08:31
13	273	TROY PIVETROSHE	M	M35-39	35	SACKETS HARBOR	0:42:37	08:31
14	141	CHRIS MANN	M	M35-39	36	WATERTOWN	0:43:18	08:40
15	124	MARCUS KNAPP	M	M35-39	35	WATERTOWN	0:43:52	08:46
16	332	PAUL LYNDAKER	M	M35-39	38	ALEX BAY	0:45:37	09:07
17	274	WILLIAM COPPOLA	M	M35-39	35	THERESA	0:49:41	09:56
18	310	BRIAN MITCHELL	M	M35-39	39	WATERTOWN	0:51:24	10:17

M40-44

1	71	STEVEN DOE	M	M40-44	43	ADAMS	0:31:26	06:17
2	160	BRIAN MURRAY	M	M40-44	40	HENDERSON	0:35:28	07:06
3	234	FRED SOVIE	M	M40-44		WATERTOWN	0:35:35	07:07
4	237	JAY STEINER	M	M40-44	43	CASTORLAND	0:39:08	07:50
5	93	LEO GOSSELIN	M	M40-44	42	RODMAN	0:39:40	07:56
6	278	MARK LAVARNWAY	M	M40-44	43	WATERTOWN	0:40:18	08:04
7	327	EDWARD MALINOSKI	M	M40-44	42		0:40:29	08:06
8	28	KIT BROWN	M	M40-44	44	CALCIUM	0:40:40	08:08
9	252	BRIAN WATSON	M	M40-44	42	WATERTOWN	0:42:56	08:35
10	127	CHRISTOPHER LALONE	M	M40-44	43	MANNVILLE	0:43:29	08:42
11	58	IRR CROSS	M	M40-44	41	Black RIVER	0:44:49	08:58
12	249	MIKE TWIGG	M	M40-44	40	WEST LAKE	0:45:16	09:03
13	153	PAUL MENDEZ	M	M40-44	44	CHAUMONT	0:46:46	09:21
14	267	CHARLES BERKMAN	M	M40-44	40		0:47:04	09:25
15	229	RANDY SITTLERLY	M	M40-44	44	WATERTOWN	0:49:12	09:50
16	43	DAVID CEAN	M	M40-44	43	WATERTOWN	0:50:22	10:04
17	6	STEVE ANDREWS	M	M40-44	43	WATERTOWN	1:01:46	12:21

M45-49

1	117	JEFF KELLOGG	M	M45-49	46	ADAMS CENTER	0:34:18	06:52
2	121	THOMAS KING	M	M45-49	47	PULASKI	0:35:43	07:09
3	15	PATRICK BEST	M	M45-49	48	CHAUMONT	0:38:08	07:38
4	26	TODD BOWMAN	M	M45-49	46	ELMIRA HEIGHTS	0:39:17	07:51
5	253	JOE WETTERHAHN	M	M45-49	48	ADAMS	0:40:07	08:01
6	47	TODD CHENEY	M	M45-49	47	BEAVER FALLS	0:42:53	08:35
7	51	JAMES CLARK	M	M45-49	48	WATERTOWN	0:43:50	08:46
8	3	MARK ABBATE	M	M45-49	45	ADAMS CENTER	0:45:03	09:01

9	179 SAM POMINVILLE	M	M45-49	48 LOWVILLE	0:47:42	09:32
10	232 JOHN SODERQUIST	M	M45-49	49 WATERTOWN	0:50:48	10:10
11	199 STEVE ROBINSON	M	M45-49	49 ADAMS	0:51:50	10:22

M50-54

1	213 MARK RYBINSKI	M	M50-54	53 MANLIUS	0:30:13	06:03
2	308 GARY RADFORD	M	M50-54	52 CICERO	0:30:42	06:08
3	314 STEVEN DRENNAN	M	M50-54	50 BACK RIVER	0:38:02	07:36
4	132 STEVEN LESTER	M	M50-54	54 SACKETS HARBOR	0:38:23	07:41
5	123 EDWARD KNAPP	M	M50-54	52 WATERTOWN	0:39:34	07:55
6	89 PAUL GIBBS	M	M50-54	54 ADAMS CENTER	0:39:35	07:55
7	36 MIKE BURNS	M	M50-54	52 WATERTOWN	0:41:05	08:13
8	192 FRANK RHODE	M	M50-54	51 WATERTOWN	0:42:07	08:25
9	157 RICHARD MORRIS	M	M50-54	52 WATERTOWN	0:42:21	08:28
10	222 JAMES SCORDO	M	M50-54	51 WATERTOWN	0:42:35	08:31
11	62 DONALD DEAR	M	M50-54	54 WATERTOWN	0:43:25	08:41
12	235 RONALD SPENCER	M	M50-54	50 CENTRAL SQUARE	0:44:32	08:54
13	307 GERALD SCHNEEBERGER	M	M50-54	51 WATERTOWN	0:44:34	08:55
14	24 STEVEN BOTSFORD	M	M50-54	50 SACKETS HARBOR	0:46:28	09:18
15	152 JOE MCLAUGHLIN	M	M50-54	54 EVANS MILLS	0:46:49	09:22
16	316 DENNIS NORTZ	M	M50-54	53 WATERTOWN	0:49:25	09:53
17	216 JOSEPH SANZONE	M	M50-54	53 WATERTOWN	0:50:39	10:08
18	178 PETER PIKE	M	M50-54	52 WATERTOWN	0:52:12	10:26

M55-59

1	68 BRIAN DODGE	M	M55-59	55 FULTON	0:33:06	06:37
2	100 PETER HARDWICK	M	M55-59	56 WATERTOWN	0:35:17	07:03
3	200 DAVID ROCKEFELLER	M	M55-59	56 WATERTOWN	0:37:33	07:31
4	194 KEITH RIDGEWAY	M	M55-59	58 MANNSVILLE	0:38:54	07:47
5	50 PAUL CHWALEK	M	M55-59	55 OSWEGO	0:39:48	07:58
6	337 ROBERT KNIERMEN	M	M55-59	57 CHESTER	0:43:51	08:46
7	97 JOHN HAMM	M	M55-59	56 STAR LAKE	0:46:20	09:16
8	230 CHARLES SMITH	M	M55-59	59 CLAYTON	0:47:13	09:27
9	277 DONALD ROBINSON	M	M55-59	58 WATERTOWN	0:50:13	10:03
10	242 THOMAS STORINO	M	M55-59	56 WATERTOWN	0:50:59	10:12

M60UP

1	196 DON ROBBINS	M	M60UP	63 LIVERPOOL	0:41:25	08:17
2	239 JOHN STIRLING	M	M60UP	66 WATERTOWN	0:42:46	08:33
3	116 ARTHUR KEEN	M	M60UP	61 BLACK RIVER	0:45:36	09:07
4	55 WAYNE COOKE	M	M60UP	62 SACKETS HARBOR	0:46:14	09:15