

Watertown Shamrock 5 Mile Run
Saturday, March 12, 2011 - Watertown, NY
326 Finishers (189 Male, 137 Female)
Timed by YellowJacket Racing

Pos	Bib	Fullname	Gender	Class	Ages	TotalTm
OVERALL MALE						
	1	347 TRAVIS KUHL	M	OVERALL MALE	36	0:26:34
OVERALL FEMALE						
	1	127 LAUREN JAMIESON	F	OVERALL FEMALE	20	0:33:06
F14UNDER						
	1	370 SKYLAR PASTOR	F	F14UNDER	14	0:34:44
	2	255 RACHAEL STEINER	F	F14UNDER	13	0:38:33
	3	269 CIERA VERSCHNEIDER	F	F14UNDER	13	0:41:24
	4	66 JULIA DECOURSEY	F	F14UNDER	14	1:02:09
	5	361 BECCA COBB	F	F14UNDER	13	1:03:09
F15-19						
	1	322 DEIDRA BELLER	F	F15-19	18	0:36:51
	2	165 KATIE MCCRUM	F	F15-19	18	0:37:20
	3	77 KARLEE DUFFER	F	F15-19	16	0:37:58
	4	273 SAMANTHA WHELOCK	F	F15-19	18	0:39:51
	5	206 NOLA POMINVILLE	F	F15-19	15	0:40:29
	6	148 CASEY LEE	F	F15-19	17	0:42:12
	7	337 MONICA INENIANO	F	F15-19	15	0:43:04
	8	198 EMERALD PFEFFER	F	F15-19	15	0:44:53
	9	306 CAITLYN GRAVES	F	F15-19	15	0:53:20
	10	99 BRITTANY GILLIGAN	F	F15-19	15	0:53:46
F20-24						
	1	327 NATASHA MEDLOCK	F	F20-24	22	0:39:34
	2	144 MELISSA LAMPMAN	F	F20-24	21	0:40:45
	3	358 MORGAN BURD	F	F20-24	24	0:41:48
	4	261 MEGAN STROUGH	F	F20-24	22	0:47:40
	5	68 KATIE DENNY	F	F20-24	24	0:49:39
	6	25 KAITLYN BOUCHARD	F	F20-24	22	0:50:37
	7	208 CLAIRE RADFORD	F	F20-24	23	0:52:19
	8	91 BETHANY FLYNN	F	F20-24	24	1:00:20
F25-29						
	1	283 LYDIA YOUNG	F	F25-29	27	0:37:19
	2	96 ALYSSA GIBBS	F	F25-29	26	0:38:09
	3	317 MIA PACILLI	F	F25-29	28	0:40:34

4	185	MELISSA NICOL	F	F25-29	27	0:41:54
5	139	KATIE KNIGHT	F	F25-29	26	0:45:24
6	151	BRITTANY LOTT	F	F25-29	28	0:45:44
7	24	BROOKE BOUCHAR	F	F25-29	25	0:46:06
8	166	VICTORIA MCCULLOUGH	F	F25-29	26	0:47:57
9	252	LINDSEY STANFORD	F	F25-29	25	0:48:21
10	19	KRISTINA BILLINGSLEY	F	F25-29	27	0:50:38
11	173	EVE MINGLE	F	F25-29	26	0:50:56
12	225	MONICA SBORO	F	F25-29	28	0:51:45
13	14	RENEE BENDA	F	F25-29	29	0:55:10
14	184	JILLIAN NETTO	F	F25-29	28	0:55:37
15	215	APRIL ROGERS	F	F25-29	27	1:02:56
16	105	ERIN HANNINK	F	F25-29	27	1:04:20
17	110	MARKITA HARRELL	F	F25-29	25	1:07:57
18	125	BETSY HUTCHINSON	F	F25-29	27	1:10:40

F30-34

1	355	BREANN DODGE	F	F30-34	30	0:34:11
2	266	NICHOLE TURCK	F	F30-34	34	0:38:20
3	81	STEPHANIE ELDRIDGE	F	F30-34	32	0:39:17
4	180	JEN MYERS	F	F30-34	34	0:40:48
5	191	MARISSA PAQUIN	F	F30-34	31	0:41:45
6	286	REBECCA SWARTZENTRUBER	F	F30-34	30	0:42:15
7	112	JESSICA HART	F	F30-34	34	0:42:31
8	316	MEGHAN NELS	F	F30-34	30	0:43:10
9	238	STEPHANIE SHERWOOD	F	F30-34	34	0:43:31
10	280	DONELL WRIGHT	F	F30-34	30	0:45:27
11	7	AMANDA AUERBACH	F	F30-34	30	0:46:37
12	171	SARA MICHAUD	F	F30-34	34	0:47:01
13	78	REBECKAH DUNCKEL-KING	F	F30-34	31	0:47:36
14	239	BETH SIEBELS	F	F30-34	33	0:47:51
15	162	BECKY MAXSON	F	F30-34	34	0:49:37
16	164	EMILY MAYER	F	F30-34	32	0:49:37
17	232	KATHERINE SHEEHAN	F	F30-34	32	0:49:39
18	159	JENNIFER MARRIAM	F	F30-34	30	0:51:36
19	328	SONYA SCHOFIELD	F	F30-34	33	0:53:21
20	152	TAMMY LYDAY	F	F30-34	33	0:55:32
21	248	ALISON SOUZA	F	F30-34	30	0:55:37
22	170	MARIA MESIRES	F	F30-34	33	1:00:42
23	376	COLLEEN AKLER	F	F30-34	31	1:03:08
24	34	CHRISTINE BUCKLEY	F	F30-34	34	1:05:44

F35-39

1	258	JENNIFER STOLL	F	F35-39	37	0:36:35
2	40	JUDY CARBONELL	F	F35-39	39	0:39:11
3	220	KATIE ROWELL	F	F35-39	37	0:40:33
4	230	NICKY SECH	F	F35-39	35	0:41:30

5	194	NICOLE PEER	F	F35-39	37	0:42:43
6	37	SOPHIA BULHAM	F	F35-39	36	0:42:46
7	158	BOBI MARINOS	F	F35-39	37	0:42:52
8	353	KELLY GULDENPFENNIG	F	F35-39	35	0:43:11
9	87	BRIGID FAYLE	F	F35-39	39	0:43:29
10	80	MELISSA EICHHORN	F	F35-39	36	0:43:55
11	69	ERIKA DEROUIN	F	F35-39	36	0:46:29
12	203	WENDY PHILLIPS	F	F35-39	39	0:47:31
13	10	LAUREL BARTHOLOMEW	F	F35-39	35	0:47:33
14	210	SUZANNE RASO	F	F35-39	39	0:49:19
15	42	RACHEL CHAMP	F	F35-39	39	0:50:14
16	73	MONIKA DOCTEUR	F	F35-39	39	0:51:55
17	49	HEATHER CLEMENT	F	F35-39	38	0:52:19
18	196	LORI PETERS	F	F35-39	39	0:53:21
19	265	BOBBIE TRUDEAU	F	F35-39	36	0:55:12
20	375	FRANCINE PARISIAN	F	F35-39	35	0:56:52
21	145	JILL LANPHEAR	F	F35-39	35	0:56:52

F40-44

1	155	CLAUDETTE MAINVILLE	F	F40-44	43	0:34:55
2	276	ANNIE WILLIAMS	F	F40-44	40	0:36:24
3	253	CHERYL STEINER	F	F40-44	42	0:38:36
4	338	JENNIFER GOUBEAUX	F	F40-44	40	0:39:30
5	3	ELAINE ANDREWS	F	F40-44	42	0:39:58
6	373	LINDA ZIMMER	F	F40-44	43	0:40:28
7	2	CHRISTINE ALTERI	F	F40-44	43	0:41:32
8	123	JULIE HOUGHMASTER	F	F40-44	42	0:41:34
9	153	HEATHER MACKINNON	F	F40-44	40	0:42:38
10	95	YVETTE GARNSEY	F	F40-44	43	0:45:12
11	264	KRISTIN TOOLEY	F	F40-44	43	0:46:25
12	92	SHERYL FOAN	F	F40-44	41	0:46:46
13	13	TAMMY BEERMAN	F	F40-44	42	0:47:54
14	94	ARLENE GARCIA	F	F40-44	42	0:48:00
15	197	CHRISTINA PFEFFER	F	F40-44	41	0:48:01
16	160	ANNETTE MASON	F	F40-44	40	0:48:22
17	345	MELISSA BEAGLE	F	F40-44	41	0:49:59
18	279	MELISSA WORMWOOD	F	F40-44	41	0:52:05
19	234	DEBRA SHERIDAN	F	F40-44	41	0:52:26
20	156	MICHELLE MANN	F	F40-44	41	0:55:32
21	262	CHRISTINE SUTTON	F	F40-44	41	0:56:43
22	308	MARIA PETTIT	F	F40-44	44	1:04:55
23	307	JOANNE LAVARNWAY	F	F40-44	43	1:04:56

F45-49

1	59	JOY COVEY	F	F45-49	48	0:42:48
2	9	CATHERINE BAILEY	F	F45-49	49	0:44:33
3	329	KRISTEN TRUJILLO	F	F45-49	46	0:45:34

4	224	AUDREY SARGENT	F	F45-49	48	0:45:50
5	48	MARY CLARK	F	F45-49	47	0:48:23
6	102	JANE HAFNER	F	F45-49	49	0:50:00
7	93	GINNY FRATTALI	F	F45-49	48	0:51:04
8	216	RONDA ROMEO	F	F45-49	45	0:51:11

F50-54

1	17	NICOL BETSY	F	F50-54	51	0:37:31
2	334	LORRAINE TURTORRO	F	F50-54	50	0:39:32
3	65	GWEN DECKER	F	F50-54	51	0:39:55
4	359	DONNA COPPOLA	F	F50-54	52	0:41:51
5	176	DENISE MOORE	F	F50-54	50	0:44:03
6	98	SHERRY GILBERT	F	F50-54	54	0:45:09
7	20	KATHY BLACK	F	F50-54	51	0:45:50
8	111	MARGARET HARRYMAN	F	F50-54	54	0:45:56
9	207	JANET QUINN	F	F50-54	54	0:49:40
10	28	LISA BOWHALL	F	F50-54	50	0:52:10

F55-59

1	58	DIANE COVELL	F	F55-59	55	0:43:44
2	343	KAREN BURNS	F	F55-59	58	0:45:07
3	221	MAUREEN RUMBLE	F	F55-59	57	0:48:05
4	231	VALERIE SESTIR	F	F55-59	59	0:53:08
5	318	DEB BARNEY	F	F55-59	57	0:55:37

F60OVER

1	16	BARBARA BETRUS	F	F60OVER	60	0:55:51
2	75	JEAN DOELL	F	F60OVER	61	1:00:01
3	154	JEAN MAINE-MOTES	F	F60OVER	110	1:00:12

M14UNDER

1	51	TYLER CLEMONS	M	M14UNDER	14	0:32:46
2	362	BENJAMIN HARPER	M	M14UNDER	14	0:34:57
3	323	LOGAN EDDY	M	M14UNDER	13	0:36:19
4	219	JACOB ROUX	M	M14UNDER	13	0:37:35
5	109	DYLAN HARMON	M	M14UNDER	12	0:40:16
6	235	RYAN SHERIDAN	M	M14UNDER	13	0:40:19
7	199	GARNET PFEFFER	M	M14UNDER	11	0:42:49
8	163	CALEB MAYER	M	M14UNDER	12	0:43:24
9	182	NICHOLAS NEFF	M	M14UNDER	10	0:43:47
10	205	JACOB PIERS	M	M14UNDER	12	0:47:03
11	67	LUKE DEMARSE	M	M14UNDER	13	0:47:32
12	260	GARRETT STROUGH	M	M14UNDER	13	0:47:40
13	200	INDIGO PFEFFER	M	M14UNDER	8	0:47:51
14	236	SEAN SHERIDAN	M	M14UNDER	11	0:49:06
15	321	ETHAN FIORENTINO	M	M14UNDER	9	1:00:38

M15-19

1	331	NATHAN TRAYNOR	M	M15-19	18	0:27:47
2	133	LOGAN KEMPNEY	M	M15-19	16	0:28:02
3	116	DYLAN HESSE	M	M15-19	18	0:30:43
4	348	NATE LACONTE	M	M15-19	15	0:32:46
5	5	GREG ANDREWS	M	M15-19	18	0:33:34
6	130	JEREMY KAUFMANN	M	M15-19	16	0:34:33
7	138	PATRICK KNERAM	M	M15-19	17	0:34:44
8	281	ADAM YATES	M	M15-19	17	0:35:28
9	374	GARY ZIMMER	M	M15-19	19	0:36:23
10	247	JOEL SOSENKO	M	M15-19	19	0:36:25
11	62	ALEX DANBOISE	M	M15-19	19	0:36:25
12	303	ANDREW ROCKEFELLER	M	M15-19	16	0:37:29
13	342	DOMNICK RIFFLE	M	M15-19	19	0:39:57
14	83	SEAN PATRICK EMPEY	M	M15-19	19	0:42:11
15	257	EVAN STEVENS	M	M15-19	18	0:42:12
16	356	MATTHEW REAPE	M	M15-19	18	0:42:48
17	61	ANTHONY CUCHENS	M	M15-19	18	0:44:37
18	47	JONATHAN CLAPPER	M	M15-19	18	0:46:04

M20-24

1	38	GREGORY BURNS	M	M20-24	20	0:26:35
2	169	ELLIOT MEGGUIER	M	M20-24	22	0:28:06
3	32	MICHAEL BRITTNER	M	M20-24	23	0:35:08
4	179	MATT MURRAY	M	M20-24	20	0:35:38
5	70	DANIEL DESNOYERS	M	M20-24	21	0:36:58
6	295	JONATHAN MABILANGAN	M	M20-24	21	0:37:08
7	297	DAVID MINGHELLA	M	M20-24	24	0:38:30
8	292	JONATHAN CRESPO	M	M20-24	23	0:39:40
9	291	CHRISTOPHER COOPER	M	M20-24	22	0:39:56
10	141	DEREK LALONE	M	M20-24	21	0:41:57
11	218	TOMMY ROSS	M	M20-24	24	0:43:07
12	289	MICHAEL BROWN	M	M20-24	20	0:44:09
13	174	ALEXANDER MIX	M	M20-24	23	0:44:18
14	293	JOHN GARNER	M	M20-24	23	0:44:20
15	288	CODY MATTES	M	M20-24	21	0:45:24
16	326	JUSTIN CUTLER	M	M20-24	20	0:46:54
17	114	BEN HARVEY	M	M20-24	22	0:49:47
18	79	JUSTIN DYKE	M	M20-24	22	0:50:34
19	369	JOEE FRATTALI	M	M20-24	23	0:51:01
20	56	JUSTIN COREY	M	M20-24	21	0:51:40
21	330	JAMES MANIPIS	M	M20-24	24	0:52:09

M25-29

1	175	ROSS MONTFORT	M	M25-29	26	0:32:32
2	183	ANTHONY NETTO	M	M25-29	29	0:33:17
3	121	MICHAEL HOFFMAN	M	M25-29	29	0:35:24

4	104	ERIC HANKEY	M	M25-29	26	0:35:39
5	131	JOSHUA KAUFMANN	M	M25-29	27	0:36:13
6	294	CHRIS GRAY	M	M25-29	25	0:36:33
7	350	RYAN CHASE	M	M25-29	26	0:36:36
8	304	CHARLES ROSE	M	M25-29	25	0:36:52
9	354	RICHARD HARVEY	M	M25-29	27	0:37:13
10	137	JOSH KIRK	M	M25-29	27	0:37:18
11	39	JASON BURTO	M	M25-29	27	0:38:10
12	372	MATTHEW LOPEZ	M	M25-29	25	0:38:54
13	344	NATE SHARP	M	M25-29	29	0:39:02
14	189	AARON ORSINI	M	M25-29	28	0:40:23
15	172	COLIN MINGLE	M	M25-29	29	0:40:48
16	287	JOHN HANLON	M	M25-29	29	0:41:34
17	233	PAUL SHEPARD	M	M25-29	29	0:42:41
18	367	CHRISTOPHER ANLGRIM	M	M25-29	27	0:43:09
19	71	CHRISTOPHER DINDL	M	M25-29	28	0:43:46
20	285	STEPHEN RAJNER	M	M25-29	29	0:43:51
21	309	CHRIS MURRAY	M	M25-29	28	0:44:36
22	135	JASON KIERNAN	M	M25-29	28	0:45:44
23	43	TAUPAU CHARLES	M	M25-29	26	0:46:03

M30-34

1	349	JOHN FLYNN	M	M30-34	30	0:30:48
2	229	JOSEPH SECH	M	M30-34	31	0:33:03
3	319	THOMAS WIDRICK	M	M30-34	33	0:35:25
4	346	WAYNE MCCONNELL	M	M30-34	33	0:35:36
5	250	LANCE SPIELMANN	M	M30-34	31	0:37:28
6	100	OZIER GREEN	M	M30-34	33	0:37:53
7	371	MICHAEL ADAMS	M	M30-34	30	0:39:35
8	192	PETER PAQUIN	M	M30-34	34	0:41:45
9	244	GREGOR SMITH	M	M30-34	31	0:42:22
10	8	ROBERT AUGUSTUS	M	M30-34	30	0:42:27
11	335	DAVID FERSTL	M	M30-34	30	0:42:29
12	352	MICHELLE DAVIDSON	F	M30-34	33	0:43:11
13	315	TRAVIS NELS	M	M30-34	30	0:43:30
14	237	NICHOLAS SHERWOOD	M	M30-34	33	0:43:31
15	57	DAVID CORNELIUS	M	M30-34	30	0:44:04
16	360	WILLIAM COPPOLA	M	M30-34	32	0:45:02
17	44	JASON CHRISTMAN	M	M30-34	33	0:46:37
18	142	KARRIE LAMACCHIA	M	M30-34	34	0:48:24

M35-39

1	84	GEORGE EMRICH	M	M35-39	39	0:33:06
2	357	KENNY BURD	M	M35-39	39	0:35:07
3	271	CHRISTOPHER WATERMAN	M	M35-39	36	0:35:38
4	60	DAVID CRAPSER	M	M35-39	36	0:36:40
5	282	DAVID YEE	M	M35-39	35	0:37:04

6	118	ROBERT HIRSCHHEY	M	M35-39	36	0:37:06
7	35	DANIEL BUCKLEY	M	M35-39	39	0:37:56
8	270	IAN WARD	M	M35-39	37	0:39:01
9	290	SHANNON STAGNOLIA	M	M35-39	35	0:39:40
10	33	THOMAS BRUNO	M	M35-39	38	0:39:42
11	332	SHANE BURNETT	M	M35-39	39	0:41:30
12	364	TRAVIS HOOVE	M	M35-39	36	0:41:35
13	351	ED URF	M	M35-39	39	0:41:36
14	240	EDWARD SIEBELS	M	M35-39	35	0:41:52
15	36	DENNIS BULHAM	M	M35-39	35	0:42:46
16	366	ROBERT CAASPER	M	M35-39	37	0:44:05
17	27	DAVID BOVA	M	M35-39	35	0:44:12
18	201	CHARLIE PHILLIPS	M	M35-39	38	0:44:30
19	190	GILLES PADENOU	M	M35-39	35	0:49:16
20	128	GARRETT JOKEISHA	M	M35-39	37	0:51:22
21	124	MATT HUMPHREY	M	M35-39	35	0:52:01
22	11	BRIAN BATES	M	M35-39	37	0:54:14

M40-44

1	365	JAMES BRADY	M	M40-44	43	0:29:30
2	368	MICHAEL OCONNOR	M	M40-44	41	0:31:48
3	268	AARON ULLMAN	M	M40-44	41	0:32:12
4	363	BRETT KESSLER	M	M40-44	41	0:32:12
5	249	FREDRIC SOVIE	M	M40-44	43	0:32:59
6	339	ALEX BARRETT	M	M40-44	40	0:35:42
7	18	MICHAEL BICE	M	M40-44	41	0:38:06
8	50	JAY CLEMENT	M	M40-44	40	0:39:00
9	4	FRANK ANDREWS	M	M40-44	42	0:39:58
10	12	SCOTT BAUGHN	M	M40-44	42	0:40:25
11	333	MIKE TWIGG	M	M40-44	42	0:41:36
12	86	JAMES FARGO	M	M40-44	44	0:44:07
13	129	BRIAN JONES	M	M40-44	40	0:45:30
14	108	CHESTER HARMON	M	M40-44	40	0:48:58
15	15	CHARLES BERKMAN	M	M40-44	42	0:51:36
16	314	JOHN MURTHA	M	M40-44	44	0:59:16
17	217	LANCE RONAS	M	M40-44	41	0:59:32
18	320	MICHAEL FIORENTINO	M	M40-44	40	1:00:38

M45-49

1	274	TIM WHEELOCK	M	M45-49	49	0:34:55
2	72	RONALD DINGLE	M	M45-49	45	0:36:52
3	82	MARK EMPEY	M	M45-49	47	0:37:30
4	336	ED STECKLY	M	M45-49	48	0:38:37
5	254	JAY STEINER	M	M45-49	45	0:39:01
6	300	BROOKS HAYNES	M	M45-49	49	0:39:04
7	122	TROY HOFFMAN	M	M45-49	47	0:39:34
8	146	MARK LAVARNWAY	M	M45-49	45	0:39:39

9	140	CHRISTOPHER LALONE	M	M45-49	45	0:43:33
10	278	JEFFREY WOOD	M	M45-49	48	0:44:32
11	301	JIM PINKERTON	M	M45-49	47	0:45:41
12	204	DONALD PIERS	M	M45-49	45	0:47:05
13	242	RANDY SITTERLY	M	M45-49	46	0:47:25
14	157	JOHN MAPHEY	M	M45-49	46	0:49:00
15	168	CAL MCNEELY	M	M45-49	49	0:49:15
16	6	STEVE ANDREWS	M	M45-49	45	0:50:01
17	26	CHRISTOPER BOULIO	M	M45-49	47	0:58:22

M50-54

1	209	GARY RADFORD	M	M50-54	54	0:32:57
2	101	DAN GYOERKOE	M	M50-54	50	0:39:08
3	178	RICHARD MORRIS	M	M50-54	54	0:40:10
4	228	JAMES SCORDO	M	M50-54	53	0:41:04
5	115	ANDREW HAUG	M	M50-54	51	0:41:25
6	88	JOHN FESSENDEN	M	M50-54	50	0:42:56
7	340	STEVEN BOTSFORD	M	M50-54	52	0:43:30
8	23	JOHN BOSCO	M	M50-54	50	0:44:14
9	41	KEITH CAUGHLIN	M	M50-54	50	0:45:37
10	46	SALVATORE CIULO	M	M50-54	52	0:45:38
11	302	JIM FINNERTY	M	M50-54	52	0:45:51
12	167	DONALD MCGRANN	M	M50-54	52	0:49:19
13	214	STEVE ROBINSON	M	M50-54	51	0:55:43

M55-59

1	223	MARK RYBINSKI	M	M55-59	55	0:30:26
2	74	BRIAN DODGE	M	M55-59	57	0:31:48
3	107	PETER HARDWICK	M	M55-59	58	0:32:27
4	341	DAVID BOWEN	M	M55-59	58	0:33:00
5	310	DAVID ROCKEFELLER	M	M55-59	58	0:37:29
6	85	BURTON ETHERIDGE	M	M55-59	58	0:37:54
7	97	PAUL GIBBS	M	M55-59	56	0:39:45
8	177	STAN MORE	M	M55-59	59	0:42:58
9	187	DENNIS NORTZ	M	M55-59	55	0:45:19
10	103	JOHN HAMM	M	M55-59	58	0:47:20
11	267	GREGORY TUTTLE	M	M55-59	55	0:50:00
12	1	STEPHEN AHLGRIM	M	M55-59	58	0:55:01
13	76	RICHARD DOELL	M	M55-59	59	0:59:05

M60OVER

1	211	KEITH RIDGEWAY	M	M60OVER	60	0:36:26
2	161	JOHN MATTINGLY	M	M60OVER	63	0:37:39
3	149	TED LENIO	M	M60OVER	60	0:40:44
4	89	MICHAEL FLANAGAN	M	M60OVER	65	0:42:36
5	54	WAYNE COOKE	M	M60OVER	64	0:43:45
6	132	ARTHUR KEEN	M	M60OVER	63	0:43:57

7	272	KENYON WELLS	M	M60OVER	61	0:44:33
8	251	JOHN SPROUL	M	M60OVER	60	0:45:46
9	212	DONALD ROBINSON	M	M60OVER	60	0:46:14
10	64	PETER DAWSON	M	M60OVER	65	0:48:34
11	284	KENNETH ZAJAC	M	M60OVER	66	1:00:17