

Mendon Trail Runs - 20K
Saturday November 8, 2009 Mendon Ponds, Mendon, NY
57 Finishers (18 Female, 39 Male)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Lap 1	Lap 2	Total	Pace
Overall Female										
	1 638	Fran Magri	F	Overall Female	24	Rochester	0:47:54	0:50:14	1:38:09	07:54
Overall Male										
	1 630	Jonathan Good	M	Overall Male	29	?	0:40:53	0:43:07	1:24:00	06:46
F14-19										
	1 650	Sarah Wilcox	F	F14-19	19	?	0:58:09	1:04:29	2:02:38	09:52
F20-29										
	1 658	Casey McGraw	F	F20-29	24	?	0:54:06	0:54:52	1:48:58	08:46
	2 655	Amy Taylor	F	F20-29	25	Rochester	1:01:28	1:07:46	2:09:14	10:24
F30-39										
	1 622	Sarah McGrath	F	F30-39	30	Syracuse	0:58:23	1:02:16	2:00:39	09:42
	2 619	Heidi Kestenblatt	F	F30-39	37	Pittsford	1:05:42	1:08:11	2:13:53	10:46
	3 628	Shannon Dolls	F	F30-39	35	?	1:13:34	1:19:22	2:32:56	12:18
	4 645	Jackie Daniel	F	F30-39	30	?	1:05:10			
	5 612	Amy Hibbard	F	F30-39	35	Geneva	1:12:51			
F40-49										
	1 662	Annette Holahan	F	F40-49	42	Marion	1:00:09	1:04:13	2:04:23	10:00
	2 608	Anne Esposito	F	F40-49	41	Rochester	1:01:26	1:04:56	2:06:23	10:10
	3 604	Cathy Belic	F	F40-49	47	St. Catharines	1:05:52	1:09:49	2:15:41	10:55
	4 633	Mary Quinn	F	F40-49	46	Mechanicville	1:12:53	1:17:33	2:30:25	12:06
	5 605	Beth Bidstrup	F	F40-49	45	Manlius	1:12:44	1:18:33	2:31:17	12:10
	6 617	Debbie Iovoli	F	F40-49	44	Victor	1:13:20	1:23:18	2:36:38	12:36
	7 641	Jeanne Morgarino	F	F40-49	44	Pittsford	1:13:20	1:23:19	2:36:38	12:36
	8 603	Rachel Bayley	F	F40-49	46	St. Catharines	1:29:26	1:11:28	2:40:54	12:57
	9 614	Jamie Howard	M	F40-49	43	Albany	1:17:39	1:29:53	2:47:32	13:29
	10 623	Debra Mimaroglu	F	F40-49	45	Jamesville	1:13:02	1:35:54	2:48:57	13:35
	11 625	Laurie Snyder	F	F40-49	46		1:19:43	1:31:04	2:50:47	13:44
	12 627	Kelly Urckfitz	F	F40-49	42	Mendon	1:00:32			
	13 620	Donna Loeb	F	F40-49	48	Geneva	1:12:47			
	14 606	Wendy Bliss	F	F40-49	43	Fredericksburg	1:49:48			
F50-59										
	1 652	Therese Christo	F	F50-59	54	?	1:00:36	1:00:32	2:01:08	09:45
M14-19										
	1 632	Jacob McManus	M	M14-19	15	Rochester	0:52:44	0:55:43	1:48:27	08:43
M20-29										
	1 613	Joseph Holler	M	M20-29	27	buffalo	0:44:35	0:48:11	1:32:47	07:28
	2 615	David Howe	M	M20-29	22	Utica	0:52:24	0:51:31	1:43:54	08:22
	3 600	Richard Adams	M	M20-29	25	Rochester	1:00:31	1:00:39	2:01:10	09:45
M30-39										
	1 660	Steve Perino	M	M30-39	30	Rochester	0:47:13	0:48:06	1:35:19	07:40
	2 635	Brent Williams	M	M30-39	33	?	0:47:21	0:49:58	1:37:18	07:50
	3 646	Keith Cona	M	M30-39	34	?	0:51:20	0:51:59	1:43:19	08:19
	4 654	Jon McDonough	M	M30-39	37	?	0:52:03	0:56:49	1:48:52	08:45

5	609	Robert Ganey	M	M30-39	37	Rochester	0:52:23	0:57:07	1:49:29	08:49
6	626	Andrew Sullivan	M	M30-39	34	Oneida	0:53:38	0:57:45	1:51:23	08:58

M40-49

1	644	Ted Thull	M	M40-49	47	?	0:44:23	0:46:56	1:31:19	07:21
2	789	Lawrence Creatura	M	M40-49	43	?	1:01:02	0:49:24	1:50:26	08:53
3	607	Eric Ekholm	M	M40-49	40	Victor	0:56:50	0:56:16	1:53:05	09:06
4	647	Tony Power	M	M40-49	45	St. Catherines	0:54:37	0:58:34	1:53:11	09:06
5	656	Paul Smarsh	M	M40-49	49	?	0:55:34	0:58:39	1:54:13	09:11
6	642	Carmen Gumina	M	M40-49	43	?	0:56:59	0:58:48	1:55:46	09:19
7	651	Wilt Alston	M	M40-49	49	?	0:58:45	0:57:19	1:56:03	09:20
8	639	John Wilcox	M	M40-49	48	?	0:58:01	0:58:57	1:56:58	09:25
9	636	Russell Charleston	M	M40-49	49	Onieda	0:55:00	1:07:01	2:02:01	09:49
10	621	Chuck Martin	M	M40-49	44	Niagara Falls	0:59:24	1:04:32	2:03:56	09:58
11	601	James Baker	M	M40-49	40	Honeoye Falls	0:59:45	1:07:05	2:06:50	10:12
12	637	Paul Gavin	M	M40-49	40	Dunkirk	0:59:44	1:11:08	2:10:51	10:32
13	634	Dan Daugherty	M	M40-49	46		1:04:40	1:07:44	2:12:24	10:39
14	664	Kevin Sullivan	M	M40-49	49	Ontario	1:18:15	1:02:09	2:20:23	11:18
15	649	Dennis Smith	M	M40-49	42	Pittsford	1:06:42	1:16:29	2:23:11	11:31
16	657	Joe Hibbard	M	M40-49	42	Canandaigua	1:07:38	1:15:50	2:23:28	11:33
17	659	Ken Bridgman	M	M40-49	44	Geneva	1:07:39	1:15:50	2:23:29	11:33
18	640	Mark Fitzgerald	M	M40-49	49	Rochester	1:12:06	1:20:56	2:33:02	12:19
19	602	Andrew Bayley	M	M40-49	47	St. Catharines	1:26:50	1:11:29	2:38:19	12:44

M50-59

1	643	Dennis Stearns	M	M50-59	55	Rochester	0:55:47	0:56:47	1:52:34	09:03
2	611	Patrick Herron	M	M50-59	51	LeRoy	0:56:55	1:01:10	1:58:06	09:30
3	653	Normand Gratton	M	M50-59	50	?	1:00:33	1:06:28	2:07:01	10:13
4	661	Dave Buschner	M	M50-59	54	?	0:58:51	1:08:45	2:07:36	10:16
5	624	Patrick ONeill	M	M50-59	56	niagara on the lake	0:59:06	1:11:10	2:10:16	10:29
6	610	Bruce Gianniny	M	M50-59	57	Rochester	1:04:09	1:08:22	2:12:31	10:40
7	648	David Brongo	M	M50-59	57		1:06:41	1:16:20	2:23:02	11:30
8	663	David Ross	M	M50-59	57	?	1:10:00	1:24:30	2:34:30	12:26