

Mendon Trail Runs - 5K
Saturday November 8, 2009 Mendon Ponds, Mendon, NY
35 Finishers (19 Female, 16 Male)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Time	Pace
Overall Female								
	1	816 Mary Holland	F	Overall Female	19	Rochester	29:00	09:21
Overall Male								
	1	835 Eric Stahl	M	Overall Male	14	?	25:37	08:16
No Age								
	1	801 John Bellavia	M			Victor	32:54	10:37
F13UNDER								
	1	819 Marie Bellavia	F	F13UNDER	12	Victor	29:11	09:25
	2	824 Mary Ammielle Nichols	F	F13UNDER	13	Fairport	31:13	10:04
F14-19								
	1	828 Jessica Vay	F	F14-19	17	?	31:35	10:11
	2	815 Emily Cutting	F	F14-19	19	Rochester	33:21	10:46
	3	807 Danielle Maclin	F	F14-19	15		47:40	15:22
F20-29								
	1	809 Maryann Roll	F	F20-29	27	West Seneca	40:30	13:04
	2	834 Sarah Perino	F	F20-29	28	?	40:51	13:11
	3	830 Lauren Shepenger	F	F20-29	22	Syracuse	42:46	13:48
	4	831 Heather Dederich	F	F20-29	20	?	42:46	13:48
	5	813 Katie Wratten	F	F20-29	26	Depew	45:04	14:32
F30-39								
	1	805 Renee Kirk	F	F30-39	37	Bloomfield	32:06	10:21
	2	836 Rebecca Westervelt	F	F30-39	33	Plttsford	32:45	10:34
	3	818 Kelli Kidler	F	F30-39	39	Victor	36:30	11:47
	4	829 Mary Norman	F	F30-39	38	?	37:22	12:03
	5	821 Gretchen Bernstein	F	F30-39	34		37:28	12:05
F40-49								
	1	802 Heather Cappadonia	F	F40-49	44	Brockport	37:25	12:04
	2	806 Melissa Leopard	F	F40-49	41	Rochester	39:49	12:51
F50-59								
	1	814 Julie Taylor Ogoen	F	F50-59	52	Scio	35:12	11:21
M13UNDER								
	1	800 Allen Beaujon	M	M13UNDER	13	Canandaigua	29:38	09:34
	2	833 Connor Judd	M	M13UNDER	13	?	36:47	11:52
	3	825 Zak Gudlin	M	M13UNDER	13	?	44:44	14:26

M14-19

1	812	Brendan Wolfert	M	M14-19	19	Henrietta	28:44	09:16
2	827	Nathan Sugarman	M	M14-19	18	?	37:27	12:05

M20-29

1	817	Joseph Osso Jr	M	M20-29	27	Fairport	28:35	09:13
2	810	Daniel Tracz	M	M20-29	25	Cheektowaga	29:40	09:34

M30-39

1	822	Mark Paris	M	M30-39	37	Mendon	28:39	09:14
2	804	Paul Kessler	M	M30-39	37	Pittsford	32:27	10:28
3	820	Sebold Torno	M	M30-39	39	?	36:11	11:40
4	803	Richard Kapp	M	M30-39	37	Webster	37:36	12:08
5	832	Adam Civalier	M	M30-39	31	Rochester	58:35	18:54

M40-49

1	823	David Nichols	M	M40-49	41	Fairport	29:42	09:35
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M50-59

1	826	Lawrence Sugarman	M	M50-59	54	?	47:12	15:14
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