

**Broome County Triathlon**  
**Saturday July 11, 2009**      **Dorchester Park, Whitney Point, NY**  
**110 Finishers**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	Class	Age	City	Swim	T1 + Bike + T2	Run	Final Time
Overall Female										
1	60	Christa Winslow	F	Overall Female	45	Binghamton	16:47	0:41:14	23:18	1:21:19
Overall Male										
1	103	Bob Stocks	M	Overall Male	43	Binghamton	11:54	0:35:34	21:42	1:09:11
Overall Masters Female										
1	26	Shannon Gawronski	F	Overall Masters Female	41	Norwich	16:27	0:44:54	27:40	1:29:01
Overall Masters Male										
1	77	Paul Dittman Jr.	M	Overall Masters Male	41	Hilton	11:47	0:39:08	23:55	1:14:50
F14-16										
1	104	Shanna Swanson	F	F14-16	15	Lansing	15:55	0:51:46	27:45	1:35:25
2	10	Katie Bowen	F	F14-16	16	Vestal	14:35	1:04:37	37:06	1:56:19
F17-19										
1	43	Kalani Personius	F	F17-19	19	Binghamton	14:12	0:56:03	25:35	1:35:50
2	53	Sue-Mei Slogar	F	F17-19	19	Vestal	20:15	0:49:32	35:47	1:45:33
F20-24										
1	46	Sheila Rhodes	F	F20-24	20	Dryden	13:10	0:47:44	33:09	1:34:03
2	45	Kathryn Poe	F	F20-24	24	Owego	20:41	0:50:23	27:02	1:38:05
3	34	Angela James	F	F20-24	23	Whitney Point	16:49	1:06:08	47:05	2:10:03
F25-29										
1	83	Sara Gdovin	F	F25-29	26	Binghamton	13:34	0:47:39	25:46	1:26:58
2	105	Ashley Tierney	F	F25-29	25	Thompson	20:51	0:43:58	23:09	1:27:58
3	5	Ashley Bartle	F	F25-29	25	Boston	17:50	0:45:19	25:44	1:28:52
4	28	Ericka Hachmeister	F	F25-29	25	Elmira	22:01	0:45:57	21:42	1:29:40
5	74	Abby Costello	F	F25-29	25	Oxford	19:23	0:45:51	26:37	1:31:51
6	78	Renee Doat	F	F25-29	26	Greene	15:38	0:47:57	32:55	1:36:30
7	24	Erin Eldermire	F	F25-29	29	Brooktondale	23:45	0:59:27	34:11	1:57:23
F30-34										
1	99	Jennifer Reis	F	F30-34	33	Endicott	17:33	0:45:35	24:08	1:27:16
2	35	Heather Ludwig	F	F30-34	30	Endicott	17:34	0:44:23	28:18	1:30:15
3	39	Elizabeth McGrath	F	F30-34	31	Kirkwood	17:15	0:50:00	29:44	1:36:58
4	57	Cindy Sylvester	F	F30-34	30	Endwell	21:06	0:55:08	29:08	1:45:22
5	22	Kimberly Dinga	F	F30-34	33	Vestal	21:04	0:51:38	37:03	1:49:45

## F35-39

1	87	Kelley Hamlin	F	F35-39	38	Endicott	15:18	0:44:10	24:46	1:24:15
2	81	Stephanie Gardner	F	F35-39	37	Dryden	20:07	0:45:10	23:29	1:28:46
3	62	Kori Wood	F	F35-39	38	Montrose	19:55	0:48:02	25:38	1:33:35
4	36	Rindy Karpel	F	F35-39	38	Endicott	20:28	0:52:27	28:41	1:41:36
5	3	Stacey Axtell-Whiting	F	F35-39	38	Deposit	26:00	1:04:31	29:31	2:00:03
6	69	Jo Cator	F	F35-39	37	Whitney Point	20:11	0:58:30	41:40	2:00:22

## F40-44

1	102	Melissa Smith	F	F40-44	44	Ithaca	17:36	0:45:44	27:18	1:30:39
2	96	Susana Mendez	F	F40-44	40	Brooktondale	20:54	0:55:00	30:07	1:46:01
3	2	Grace Andres	F	F40-44	40	Endicott	24:54	0:50:57	33:11	1:49:02

## F45-49

1	15	Irene Cobb	F	F45-49	45	Nicholson	18:05	0:49:13	24:58	1:32:16
2	64	Nancy Almann	F	F45-49	48	Ithaca	20:39	0:48:45	32:15	1:41:39
3	44	Michiyo Pestridge	F	F45-49	48	Marathon	24:27	0:54:26	34:44	1:53:37
4	100	Susan Schultz	F	F45-49	47	Apalachin	26:19	0:59:13	31:40	1:57:12

## F50-54

1	84	Pauline Gregory	F	F50-54	50	Vestal	18:22	0:50:51	33:55	1:43:08
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## F60-64

1	20	Mary Pat D'Angelo	F	F60-64	60	Lafayette	19:16	0:49:16	29:34	1:38:06
2	85	Susan Habecker	F	F60-64	61	Ithaca	41:13	0:57:57	35:13	2:14:24

## F65-69

1	17	Patricia Coveny	F	F65-69	68	Endicott	37:02	1:23:06	48:54	2:49:02
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## M14-16

1	56	Colin Staiger	M	M14-16	16	Binghamton	17:39	0:41:50	24:29	1:23:57
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## M20-24

1	66	Michael Ariel	M	M20-24	23	Norwood	10:31	0:40:04	23:54	1:14:30
2	8	Adam Bielecki	M	M20-24	21	Vestal	12:27	0:43:59	25:14	1:21:41
3	58	William Tobin	M	M20-24	23	Ithaca	17:38	0:43:59	25:02	1:26:39
4	31	Eric Hansen	M	M20-24	24	Ithaca	12:48	0:47:53	26:54	1:27:34
5	54	Joshua Sorber	M	M20-24	21	Johnson City	20:00	0:45:01	23:17	1:28:18
6	12	Evan Brown	M	M20-24	21	Kirkwood	22:49	0:56:24	25:12	1:44:24

## M25-29

1	27	Michael Grygus	M	M25-29	29	Endwell	14:32	0:34:28	20:28	1:09:27
2	98	Richard Nichols	M	M25-29	25	Apalachin	14:30	0:40:18	23:13	1:18:01
3	79	Matthew Dunn	M	M25-29	28	Binghamton	16:43	0:46:38	24:57	1:28:17
4	50	Jamie Scott	M	M25-29	28	Endicott	13:56	0:58:41	26:01	1:38:38
5	37	Alex Marks	M	M25-29	26	Owego	20:29	0:52:00	26:41	1:39:10
6	14	Jason Chekansky	M	M25-29	28	Auburn	27:30	0:50:01	28:17	1:45:48
7	82	Jon Gdovin	M	M25-29	28	Binghamton	20:16	0:52:51	32:49	1:45:55
8	51	Jesse Skellett	M	M25-29	25	Owego	30:03	0:51:14	26:21	1:47:38

9	29	Michael Hallstrom	M	M25-29	25	Elmira	23:49	0:58:57	28:49	1:51:35
M30-34										
1	80	Charles Eldermire	M	M30-34	34	Brooktondale	14:13	0:40:35	23:46	1:18:35
2	41	Jon MocarSKI	M	M30-34	33	Baldwinsville	19:17	0:41:32	23:36	1:24:25
3	33	Jamie Hoyt	M	M30-34	32	Binghamton	17:20	0:44:41	26:32	1:28:34
4	38	Timothy Maxson	M	M30-34	33	Ithaca	22:41	0:44:26	23:14	1:30:21
5	23	Gene Egan	M	M30-34	33	Cortland	15:27	0:46:21	29:06	1:30:54
6	7	Frank Bianco	M	M30-34	32	Binghamton	24:01	0:48:42	23:07	1:35:50
M35-39										
1	72	JC Colling	M	M35-39	37	Endwell	14:07	0:40:07	21:53	1:16:08
2	89	Peter Johanns	M	M35-39	39	Van Etten	16:11	0:40:05	24:10	1:20:26
3	18	Travis Crocker	M	M35-39	38	Freeville	16:45	0:39:52	24:29	1:21:06
4	6	Bill Begeal	M	M35-39	39	Ithaca	16:14	0:42:04	25:52	1:24:10
5	59	Jim Wetekamp	M	M35-39	35	Endwell	15:12	0:47:40	25:09	1:28:01
6	40	Lars Mead	M	M35-39	38	Binghamton	20:12	0:47:20	26:18	1:33:50
7	70	Dan Ciaravino	M	M35-39	38	Endicott	18:11	0:53:50	29:28	1:41:30
M40-44										
1	75	Scott Costley	M	M40-44	41	Rosendale	14:22	0:38:15	22:33	1:15:10
2	93	Steve Long	M	M40-44	44	Laconia	16:29	0:37:46	22:25	1:16:41
3	107	Jerry Washo	M	M40-44	44	Montrose	14:13	0:40:35	22:19	1:17:06
4	16	David Colegrove	M	M40-44	40	Syracuse	15:42	0:39:01	25:28	1:20:10
5	49	Dean Russo	M	M40-44	40	Dryden	20:06	0:44:59	23:03	1:28:08
6	65	Juan Alvarez-Calderon	M	M40-44	40	Brooktondale	19:01	0:46:00	26:17	1:31:18
7	25	Todd Farr	M	M40-44	41	Vestal	15:40	0:49:23	27:43	1:32:46
8	21	Paul Darsky	M	M40-44	41	Marathon	20:30	0:45:51	28:28	1:34:49
M45-49										
1	73	Bob Connelly	M	M45-49	49	Stamford	15:37	0:39:42	25:08	1:20:27
2	67	Bob Beavan	M	M45-49	46	Johnson City	15:39	0:48:22	26:26	1:30:27
3	32	Alan Hess	M	M45-49	45	Vestal	17:58	0:48:14	29:36	1:35:48
4	76	Ed Desantis	M	M45-49	45	Binghamton	19:57	0:49:37	28:21	1:37:55
5	108	Michael Welch	M	M45-49	49	Endicott	20:18	0:51:13	29:13	1:40:44
6	71	WM Ciariavino	M	M45-49	45	Vestal	17:16	0:54:43	29:30	1:41:29
M50-54										
1	61	Daniel Wood	M	M50-54	52	Montrose	18:50	0:39:52	23:38	1:22:21
2	13	Mark Brugger	M	M50-54	50	Endicott	18:28	0:44:08	21:47	1:24:22
3	9	Barry Bonitz	M	M50-54	50	Endwell	17:13	0:45:53	25:51	1:28:57
4	91	David Jones	M	M50-54	51	Interlaken	20:03	1:09:59		1:30:02
5	11	Thomas Bowen	M	M50-54	51	Vestal	14:29	0:53:42	25:54	1:34:05
6	47	Mark Rodee	M	M50-54	50	Groton	21:18	0:50:10	24:36	1:36:05
7	88	Roy Husung	M	M50-54	50	Rush	17:17	0:50:41	28:12	1:36:10
8	95	Robert Mains	M	M50-54	51	Saratoga Springs	17:33	0:51:05	33:57	1:42:34
M55-59										
1	97	Thomas Minora	M	M55-59	58	Clarks Summit	18:56	0:49:16	29:33	1:37:45

2	4	Dan Bartschi	M	M55-59	57	Vestal	18:37	0:52:27	33:44	1:44:48
3	101	Howard Segal	M	M55-59	55	Oneonta	17:35	1:04:08	28:37	1:50:19
M60-64										
1	86	Terry Habecker	M	M60-64	62	Ithaca	14:29	0:39:25	23:51	1:17:44
2	68	Steven Burke	M	M60-64	60	Ithaca	20:46	0:47:15	24:51	1:32:52
3	42	Chris Newell	M	M60-64	61	Cortland	16:24	0:53:48	30:48	1:41:00
4	94	Bob Macnaught	M	M60-64	61	Walton	19:25	0:50:58	37:08	1:47:30
5	30	Thomas Hamlin	M	M60-64	63	Brackney	42:08	1:06:49	33:37	2:22:34
M65-69										
1	55	Len Sowinski	M	M65-69	65	Scott Township	19:51	0:47:01	23:42	1:30:34
2	92	Dick Litzel	M	M65-69	69	Newark Valley	16:54	0:45:41	28:07	1:30:42
M75-79										
1	48	Al Rogers	M	M75-79	76	Duryea	25:31	1:26:43	51:50	2:44:05
Masters Co-Ed										
1	112	Team Thors Army	Team	Masters Co-Ed			27:11	0:47:39	25:54	1:40:44
Open Co-Ed										
1	110	Team CJs Triple Threat	Team	Open Co-Ed			23:10	0:46:09	23:04	1:32:22
2	116	Team Long Shots	Team	Open Co-Ed			21:03	0:52:11	32:10	1:45:24
Open Female										
1	111	Team The Edge	Team	Open Female			19:06	0:43:52	25:58	1:28:56
2	115	Team Starburst	Team	Open Female			17:23	1:00:51	23:25	1:41:39
3	114	Team Dont Expect Too Much	Team	Open Female			19:09	1:00:18	44:59	2:04:25
Open Male										
1	109	Team Bike Mike and the Binghamton Boys	Team	Open Male			12:12		34:24	1:07:36
2	113	Team Senioritis	Team	Open Male			16:45	0:52:25	22:54	1:32:04