

29th Annual Norwich Family YMCA Turkey Trot  
 Age Group Results  
 November 21, 2010  
 Results By FastFinishes.net

5k Run

Overall Female Open Winners

Place	Time	Name	City	Age	Overall	Pace
1	20:51.0	Jeanette Cudney	Cazenovia NY	14	30	6:44/M

Female 1 to 12

Place	Time	Name	City	Age	Overall	Pace
1	23:37.9	Colby Lucas	New Woodstock NY	12	77	7:37/M
2	27:20.1	Hayley Martin	Laurens NY	9	169	8:49/M
3	29:06.0	Emily Shattuck	Norwich NY	10	230	9:23/M
4	32:06.1	Riley Peterson	Oxford NY	10	307	10:21/M
5	34:41.3	Hali Lucia	Unadilla NY	8	349	11:11/M
6	35:21.4	Alexa Lucia	Unadilla NY	6	358	11:24/M
7	36:15.6	Anna Ticknor	Norwich NY	11	366	11:42/M
8	36:16.3	Hunter Hagenbuch	Norwich NY	11	367	11:42/M
9	38:33.3	Riley Smith	Bainbridge NY	12	392	12:26/M
10	39:05.8	Gabe Sutton	Norwich NY	7	397	12:36/M
11	40:08.8	Delilah Geislinger	Norwich NY	10	404	12:57/M
12	45:36.5	Jessie Sutton	Norwich NY	7	432	14:43/M
13	45:49.6	Breanen Rought	Binghamton NY	9	434	14:47/M
14	46:03.2	Camille Hawkins	Bainbridge NY	11	436	14:51/M
15	46:10.4	Rachel Tefft	Oxford NY	9	437	14:54/M
16	46:15.8	Sierra Conant	Norwich NY	6	439	14:55/M
17	46:43.3	Audrey Farrell	Hamilton NY	12	440	15:04/M
18	46:52.0	Alexis Hamilton	Oxford NY	11	441	15:07/M
19	47:12.3	Sara Hodge	Oxford NY	12	444	15:14/M
20	49:26.5	Margo Brown	Norwich NY	10	449	15:57/M
21	50:12.3	Elizabeth Karlson	Norwich NY	10	451	16:12/M
22	52:39.6	Vanessa Hadlock	Oxford NY	10	459	16:59/M
23	55:20.9	Heaven Heisler	Oxford NY	10	469	17:51/M
24	55:21.1	Hannah Ryan	Oxford NY	10	470	17:51/M

Female 13 to 15

Place	Time	Name	City	Age	Overall	Pace
1	21:30.0	Isamarie Ramos	Afton NY	15	41	6:56/M
2	24:35.7	Faith Pike	Norwich NY	15	104	7:56/M
3	25:44.3	Danielle Slate	Plymouth NY	15	127	8:18/M
4	26:16.8	Meghan Meers	Gilbertsville NY	13	137	8:28/M
5	26:27.9	Autumn Butler	Morris NY	13	147	8:32/M
6	26:42.1	Kylee O'Hara	Bainbridge NY	13	152	8:37/M
7	27:32.1	Hadley Lucas	New Woodstock NY	15	181	8:53/M
8	27:34.4	Rachel Jackson	Munnsville NY	13	182	8:54/M
9	28:15.5	Abby Snow	Norwich NY	15	195	9:07/M
10	28:22.2	Emily Knowles	Guilford NY	15	202	9:09/M

11	28:44.1	Natalie Cappadonia	Hamilton NY	15	211	9:16/M
12	28:50.7	Alissa Rivera	Bainbridge NY	13	218	9:18/M
13	28:53.3	Olivia Birdsall	Gilbertsville NY	14	221	9:19/M
14	29:14.7	Brianna Dygert	Oneida NY	13	233	9:26/M
15	29:31.2	Kally DeGroat	Munnsville NY	13	238	9:31/M
16	31:44.8	Taylor Cannistra	Bainbridge NY	13	296	10:14/M
17	31:46.2	Morgan Gormley	Bainbridge NY	13	298	10:15/M
18	32:21.3	Christina Bochicchio	Bainbridge NY	15	311	10:26/M
19	32:29.6	Meaghan Hopkins	Sidney NY	13	315	10:29/M
20	34:06.7	Dhia DeGroat	Munnsville NY	14	342	11:00/M
21	36:08.5	Samantha Jackson	Munnsville NY	14	363	11:39/M
22	36:35.0	Marlie Gormley	Bainbridge NY	13	369	11:48/M
23	37:17.2	Melinda Ocasio	Bainbridge NY	15	379	12:02/M
24	37:32.3	Ashlee Occasio	Bainbridge NY	14	381	12:06/M
25	38:03.7	Alex Opperman	Oneida NY	13	387	12:16/M
26	38:23.4	Cassie Marshall	Munnsville NY	14	390	12:23/M
27	39:00.7	Davis Casey	Bainbridge NY	13	394	12:35/M
28	39:46.7	Marissa Mitchell	Norwich NY	13	403	12:50/M

Female 16 to 19

Place	Time	Name	City	Age	Overall	Pace
1	21:19.3	Rae Tobey	Cazenovia NY	16	36	6:53/M
2	21:48.5	Kristen Brooks	Binghamton NY	17	48	7:02/M
3	22:11.7	Sarah Spittler	Norwich NY	16	54	7:09/M
4	22:50.6	Anna Padovani	Delhi NY	16	64	7:22/M
5	24:25.8	Alyshia Crawford	Oxford NY	18	97	7:53/M
6	24:42.9	Emily Bauerle	Bainbridge NY	16	105	7:58/M
7	26:17.7	Sierra Morris	Sherburne NY	16	139	8:29/M
8	27:16.0	Grace Dunshee	Sherburne NY	16	166	8:48/M
9	27:16.2	Cleo Daoud	Norwich NY	17	167	8:48/M
10	27:27.7	Chloe McElligott	Mt. Upton NY	16	179	8:51/M
11	28:07.2	Melisa Robertson	Morris NY	16	191	9:04/M
12	28:28.3	Alex Powers	S. New Berlin NY	19	204	9:11/M
13	28:50.9	Megan Ferrara	Guilford NY	16	219	9:18/M
14	29:34.1	Elisha Kelly	Norwich NY	19	241	9:32/M
15	29:44.9	Stephanie Parsons	Afton NY	18	248	9:35/M
16	32:30.2	Karla Paul	Bainbridge NY	17	317	10:29/M
17	32:36.3	Gina Bochicchio	Bainbridge NY	16	320	10:31/M
18	37:09.0	Danielle Wengert	Edmeston NY	19	377	11:59/M
19	37:50.7	Jillian Parsons	Bainbridge NY	19	383	12:12/M
20	45:31.3	Becky Allen	Oxford NY	17	430	14:41/M
21	48:31.2	Erica Sawyer	Norwich NY	19	447	15:39/M
22	51:05.4	Shaina Ripley	Oxford NY	19	452	16:29/M
23	51:05.7	Danielle Ripley	Oxford NY	19	453	16:29/M

Female 20 to 29

Place	Time	Name	City	Age	Overall	Pace
1	22:48.4	Ashley Collier	Norwich NY	20	62	7:21/M
2	23:17.4	Sarah Lazarus	So. New Berlin NY	24	69	7:31/M
3	23:17.5	Gabrielle Dello	Mt. Upton NY	22	70	7:31/M

4	23:20.4	Rachel Karam	Clifton Park NY	22	72	7:32/M
5	23:38.2	Kodie Tanner	Norwich NY	25	79	7:37/M
6	24:06.9	Stephanie Munro	Syracuse NY	24	92	7:46/M
7	26:06.9	Jena Robertson	Oxford NY	25	134	8:25/M
8	26:19.9	Elly Powers	S. New Berlin NY	23	142	8:29/M
9	26:28.2	Megan Lindoerfer	Sherburne NY	23	148	8:32/M
10	26:38.8	Rebecca Tompkins	Oxford NY	24	151	8:35/M
11	26:48.2	Kristen Clarke	Latham NY	25	154	8:39/M
12	27:12.7	Kelly Cirigliano	Sidney NY	29	162	8:46/M
13	27:24.5	Tamara Conant	Norwich NY	29	173	8:50/M
14	27:26.6	Rachel Gleason	Walton NY	21	178	8:51/M
15	28:37.6	Katarina Holowacz	Bainbridge NY	20	208	9:14/M
16	28:44.9	Jessica Cole	Oxford NY	29	212	9:16/M
17	28:47.4	Amanda Gage	Mt. Upton NY	27	216	9:17/M
18	29:15.9	Lindsay Nash	Norwich NY	25	234	9:26/M
19	31:08.6	Kari Loomis	Norwich NY	28	279	10:03/M
20	31:08.7	Alicia Burrell	Norwich NY	29	280	10:03/M
21	31:09.0	Sara Locke	Oxford NY	23	282	10:03/M
22	31:19.1	Julia Stevens	Norwich NY	28	286	10:06/M
23	31:29.4	Bridgette Crawford	Norwich NY	26	290	10:09/M
24	32:31.6	Kari Mohrien	Norwich NY	26	319	10:29/M
25	33:10.3	Amelia Bednark	South New Berlin NY	25	332	10:42/M
26	33:12.0	Kelly Branigan	Binghamton NY	26	334	10:43/M
27	33:22.0	Katy Carey	Greene NY	28	336	10:46/M
28	35:18.7	Alicia Woodard	Norwich NY	23	353	11:23/M
29	35:21.1	Jeanette Dunckel	Oxford NY	29	357	11:24/M
30	35:26.5	Stephanie Adamczyk	New York Mills NY	23	361	11:26/M
31	36:38.6	Brittany Evon	Oxford NY	20	371	11:49/M
32	36:43.5	Colleen Schindler	Hamilton NY	23	373	11:51/M
33	37:08.6	Daisy Murphy	Oxford NY	20	376	11:59/M
34	37:10.1	Lisa Magrath	Norwich NY	25	378	11:59/M
35	37:55.1	Sarah Kulis	Sherburne NY	29	386	12:14/M
36	38:24.9	Amanda Morse	South Otselic NY	20	391	12:23/M
37	41:49.2	Dilek Ululeaya	Norwich NY	28	415	13:29/M
38	41:49.6	Cassie Stanton	Waterville NY	23	416	13:29/M
39	42:08.0	Amy Pollock	Ithaca NY	28	418	13:35/M
40	43:51.4	Kari Ruff-Rivera	Oneonta NY	26	423	14:09/M
41	44:53.0	Elizabeth Bonacci	Norwich NY	24	428	14:29/M
42	46:12.5	Danielle Whitman	Verona NY	27	438	14:54/M
43	46:53.8	Aimee Carman	Edmeston NY	20	442	15:07/M
44	47:27.6	Valerie Haley	Sherrill NY	27	446	15:18/M
45	54:14.6	Kourtney Panzo	Sherburne NY	20	463	17:30/M
46	54:15.4	Chelsea DeForest	Norwich NY	20	464	17:30/M
47	58:42.8	Samantha Chlad	Hamilton NY	21	480	18:56/M

Female 30 to 39

Place	Time	Name	City	Age	Overall	Pace
1	22:38.3	Melissa Swislosky	Mt. Upton NY	39	60	7:18/M
2	25:05.3	Diane DiStefano	Norwich NY	39	114	8:05/M
3	25:27.7	April Smith	Norwich NY	33	120	8:13/M
4	25:28.3	Alesha Hesse	Oxford NY	34	121	8:13/M

5	25:38.7	Katie Wolford	Norwich NY	32	123	8:16/M
6	27:25.4	Linda Slate	Plymouth NY	39	177	8:51/M
7	28:13.0	Nikki Brooks	Norwich NY	35	194	9:06/M
8	28:17.3	Marissa Zogg	Cortland NY	30	196	9:07/M
9	28:17.4	Diane Sulton	Earlville NY	37	197	9:07/M
10	28:18.9	Carly Dougher	Norwich NY	37	198	9:08/M
11	28:22.4	CARRIE BARTON	McDonough NY	32	203	9:09/M
12	28:35.4	Lisa Schuchman	Harpursville NY	39	207	9:13/M
13	28:41.5	Paula Fitch	Unadilla NY	39	209	9:15/M
14	28:46.1	Amy Hill	New Berlin NY	33	214	9:17/M
15	29:02.9	Rebecca Reed	Munnsville NY	30	227	9:22/M
16	29:08.7	Misty Cloyd	Montour Falls NY	31	231	9:24/M
17	29:22.8	Bekky hargrave	Norwich NY	33	236	9:28/M
18	29:38.7	Marcy Hagenbuch	Norwich NY	38	243	9:34/M
19	29:39.1	Gretchen Walsh	Norwich NY	38	244	9:34/M
20	29:41.4	Celeste Bloomingdale	South Plymouth NY	33	245	9:35/M
21	29:44.6	Lori Erario	Oneonta NY	39	247	9:35/M
22	29:55.0	JoAnn Luyster	Oxford NY	30	253	9:39/M
23	30:04.4	Amber Cook	Sidney NY	32	258	9:42/M
24	30:29.4	Jill Rude	Norwich NY	37	267	9:50/M
25	31:05.2	Peg Newell	Liverpool NY	37	275	10:02/M
26	31:07.9	Jill Eddy	Norwich NY	32	277	10:02/M
27	31:09.0	Mary Schultz	Norwich NY	34	281	10:03/M
28	32:04.8	Maureen Squier	Oxford NY	39	306	10:21/M
29	32:06.2	Kathleen Hanson	Norwich NY	36	308	10:21/M
30	32:49.7	Victoria Bellinger	Otego NY	36	326	10:35/M
31	32:57.1	Debbie Chapin	Norwich NY	30	328	10:38/M
32	35:18.7	Vicki Lucia	Unadilla NY	39	354	11:23/M
33	35:22.3	Michelle Marshall	Unadilla NY	38	359	11:25/M
34	36:37.8	Alexie Torkildsen	Afton NY	33	370	11:49/M
35	36:48.8	Dawn Lawyer	Mount Upton NY	31	375	11:52/M
36	37:54.9	Victoria Mitchell	Norwich NY	37	385	12:14/M
37	39:02.3	Joan Wicks	Afton NY	37	395	12:35/M
38	39:41.7	Margaret Fetzko	Earlville NY	37	402	12:48/M
39	40:47.2	Betsy Hyer	Pitcher NY	31	405	13:09/M
40	40:47.3	Jennifer Rice	Norwich NY	32	406	13:09/M
41	42:25.2	Sara Mele	Norwich NY	32	419	13:41/M
42	49:26.1	Karen Ambrosio	Norwich NY	37	448	15:57/M
43	52:33.6	Sherry Backman	Gilbertsville NY	34	457	16:57/M
44	52:34.7	Kerry Osterwald	Gilbertsville NY	32	458	16:57/M
45	52:56.8	Leigh Gombach	Unadilla NY	31	461	17:05/M
46	54:35.8	Karen Shattuck	Norwich NY	35	466	17:36/M
47	55:36.6	Amanda Musson	Unadilla NY	37	471	17:56/M
48	57:49.5	Emily Snyder	Ithaca NY	31	478	18:39/M

Female 40 to 49

Place	Time	Name	City	Age	Overall	Pace
1	23:09.8	Kathleen Lantry	Whitney Point NY	48	68	7:28/M
2	25:00.3	Michele DuMond	Walton NY	41	111	8:04/M
3	26:12.5	Tracy Brandt	Oneonta NY	42	136	8:27/M
4	26:37.5	Mary Ann Scheer	Norwich NY	40	150	8:35/M

5	26:43.8	Mary Houck	Verona Beach NY	49	153	8:37/M
6	27:14.4	Amy Robertson	Morris NY	49	164	8:47/M
7	27:16.3	Christine Edwards	Norwich NY	45	168	8:48/M
8	27:20.5	Carolyn Mullin	Afton NY	46	171	8:49/M
9	27:28.9	Jennifer Davis	Oxford NY	41	180	8:52/M
10	28:30.2	Amy Spittler	Norwich NY	48	205	9:12/M
11	28:34.3	Sally Halbert	Unadilla NY	41	206	9:13/M
12	28:52.4	Kelly Small	Earlville NY	40	220	9:19/M
13	28:56.9	Robin Lucas	New Woodstock NY	49	223	9:20/M
14	28:58.3	Stephanie Lane	Methuen NH	45	225	9:21/M
15	29:03.6	Christine Oliver	Oxford NY	42	228	9:22/M
16	29:32.5	Tammy Cappadonia	Hamilton NY	42	239	9:32/M
17	29:33.5	Wendy Buckley	Meridale NY	42	240	9:32/M
18	29:50.6	Jennifer Turner	Norwich NY	44	250	9:37/M
19	30:03.1	Irene DeJager	Smithville Flats NY	42	257	9:42/M
20	30:06.0	christina wheeler	Edmeston NY	41	259	9:43/M
21	30:06.1	Aimee Andersen	Truxton NY	46	260	9:43/M
22	30:35.7	Beth O'Hara	Bainbridge NY	47	270	9:52/M
23	30:39.9	Aida Rull	Norwich NY	45	271	9:53/M
24	30:40.5	Joann Cerasani	Plymouth NY	46	272	9:54/M
25	31:10.0	Patti Haddad	Bainbridge NY	46	283	10:03/M
26	31:10.5	Beth Gonzalez	S. New Berlin NY	49	284	10:03/M
27	31:23.6	Betsey Baio	New Berlin NY	46	288	10:07/M
28	31:48.7	Sandra Welch	Endicott NY	44	299	10:15/M
29	32:25.7	Maureen Bartlett	Norwich NY	44	312	10:27/M
30	32:36.5	Susan Kulis	Sherburne NY	49	321	10:31/M
31	32:53.4	Victoria McElligott	Mt. Upton NY	47	327	10:36/M
32	33:38.1	Sandy Mack	Oxford NY	46	338	10:51/M
33	33:45.9	Kate Conant	Norwich NY	41	340	10:53/M
34	34:09.4	Cindy Bell	Cazenovia NY	47	343	11:01/M
35	34:33.3	Lucille Adsit	Sherburne NY	43	346	11:09/M
36	35:02.6	Lisa Henderson	Oneonta NY	40	352	11:18/M
37	36:46.5	Michelle Williamson	Norwich NY	43	374	11:52/M
38	37:25.7	Amy Ryan	Sherburne NY	40	380	12:04/M
39	37:50.9	Brenda Parsons	Bainbridge NY	48	384	12:12/M
40	38:10.9	Kimberly Pineau	Bainbridge NY	41	389	12:19/M
41	39:06.9	Sharon Pelosi	Norwich NY	41	398	12:37/M
42	41:11.9	Christina Simonds	Otego NY	41	411	13:17/M
43	43:51.5	Tracy Ruff	Bainbridge NY	49	424	14:09/M
44	45:03.2	Melissa Karpovich	Greene NY	46	429	14:32/M
45	49:42.0	Chris May	Warners NY	42	450	16:02/M
46	55:15.6	Linda Degnan	Oxford NY	45	468	17:49/M
47	55:37.9	Maria Langille	Norwich NY	42	472	17:56/M
48	55:38.2	Maureen Hurley	Norwich NY	47	473	17:57/M
49	55:45.8	Denise Moore	Oxford NY	47	474	17:59/M

Female 50 to 59

Place	Time	Name	City	Age	Overall	Pace
1	23:50.6	Barb Cudney	Cazenovia NY	53	85	7:41/M
2	23:58.3	Karla Eisch	Vestal NY	54	89	7:44/M
3	23:58.9	Cathy Brackett	Oneonta NY	50	90	7:44/M

4	24:35.2	Dedra Croll	Vernon NY	50	102	7:56/M
5	25:51.4	MaryAnn MacIntosh	Manlius NY	51	129	8:20/M
6	26:55.3	Laureen Clarke	Norwich NY	58	158	8:41/M
7	27:35.4	Denise Soke	Walton NY	58	183	8:54/M
8	27:52.6	Susan Primmer	Oneonta NY	51	189	8:59/M
9	28:18.9	Terri Seager	Smyrna NY	52	199	9:08/M
10	29:59.3	Teresa Woodard	Norwich NY	51	255	9:40/M
11	30:07.6	Mychele Cotton	S. New Berlin NY	52	262	9:43/M
12	31:18.5	Janet Handy	Norwich NY	50	285	10:06/M
13	31:35.6	Kim Burrell	Norwich NY	52	293	10:11/M
14	31:49.7	Deb Sutton	Norwich NY	50	300	10:16/M
15	32:06.3	Cynthia Thomsen	New Berlin NY	51	309	10:21/M
16	32:37.3	Cindy Benner	Laurens NY	54	322	10:31/M
17	32:47.3	Vickie Anderson	Bainbridge NY	50	324	10:35/M
18	33:09.3	Barbara Green	Delhi NY	55	330	10:42/M
19	33:10.3	Pamela Powers	S. New Berlin NY	57	331	10:42/M
20	33:26.6	JoAnn Wormuth	Bainbridge NY	58	337	10:47/M
21	34:40.7	Grace Mohrien	Nineven NY	59	348	11:11/M
22	38:04.0	Barb Schindler	Hamilton NY	50	388	12:17/M
23	38:49.3	Beth Bonacum	Bovina Center NY	56	393	12:31/M
24	41:10.5	Pamela Hernandez	Mt. Vision NY	55	410	13:17/M
25	41:18.3	Ann Wheeler	Norwich NY	50	412	13:19/M
26	43:20.2	Gail Holowacz	Bainbridge NY	55	421	13:59/M
27	44:49.9	June Frazer	Delhi NY	53	426	14:27/M
28	45:32.5	Ginny Allen	Oxford NY	52	431	14:41/M
29	46:02.7	Pamela Tompkins	Bainbridge NY	52	435	14:51/M
30	52:27.6	grace mooney	norwich NY	52	454	16:55/M
31	53:07.7	Becky Dorwart	Johnson city NY	53	462	17:08/M
32	55:54.3	Karen Mertz	Sidney NY	50	475	18:02/M
33	55:54.6	Karen Maddalone	Bainbridge NY	51	476	18:02/M

#### Female 60 to 69

Place	Time	Name	City	Age	Overall	Pace
1	31:07.8	Claire Ders	South Otselic NY	60	276	10:02/M
2	39:11.8	Georgia Bell	Unadilla NY	60	399	12:38/M

#### Female 70 to 79

Place	Time	Name	City	Age	Overall	Pace
1	34:23.5	Sally Endress	Laurens NY	70	345	11:05/M
2	41:09.6	June Vyse Grovener	Mt. Upton NY	79	409	13:16/M
3	47:10.1	Patricia Coveny	Endicott NY	70	443	15:13/M

#### Overall Male Open Winners

Place	Time	Name	City	Age	Overall	Pace
1	16:52.1	Scott Gleason	Walton NY	24	1	5:26/M

#### Male 1 to 12

Place	Time	Name	City	Age	Overall	Pace
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1	28:06.0	Marcus Cashman	Norwich NY	9	190	9:04/M
2	28:59.9	Daniel Norris	Guilford NY	12	226	9:21/M
3	29:25.8	Jake Walsh	Norwich NY	12	237	9:29/M
4	29:36.3	Drew Walsh	Norwich NY	10	242	9:33/M
5	30:18.3	Dakota Friedel	Oxford NY	10	265	9:46/M
6	30:48.6	Michael Carson	Norwich NY	10	273	9:56/M
7	31:08.0	Walter Ders	South Otselic NY	9	278	10:03/M
8	31:59.7	Jason Davis	Oxford NY	9	305	10:19/M
9	34:34.9	Jacob Marshall	Unadilla NY	8	347	11:09/M
10	35:21.1	Ryan Marshall	Unadilla NY	6	356	11:24/M
11	39:05.2	John Winters	Endwell NY	12	396	12:36/M
12	41:21.1	Terry Hollenbeck	Binghamton NY	11	414	13:20/M
13	52:29.6	Daniel Backman	Gilbertsville NY	11	456	16:56/M

Male 13 to 15

Place	Time	Name	City	Age	Overall	Pace
1	19:52.0	Adam Bauerle	Bainbridge NY	13	17	6:25/M
2	20:30.3	Cameron Prime	Norwich NY	15	25	6:37/M
3	20:38.0	Mathew Robinson	Oneonta NY	14	27	6:39/M
4	21:06.7	Noah McKee	Sidney NY	14	35	6:48/M
5	21:40.3	Ian Benedict	Sherburne NY	14	45	6:59/M
6	22:10.6	James Mealey	Mt. Upton NY	13	53	7:09/M
7	23:05.0	Richard Parsons	Afton NY	15	67	7:27/M
8	23:18.6	Nur-al-Din Harper	Norwich NY	15	71	7:31/M
9	23:53.6	Kevin Dunshee	Sherburne NY	14	87	7:42/M
10	24:58.6	Allen Wheeler	Edmeston NY	13	109	8:03/M
11	25:03.7	Doug Lee	Bainbridge NY	13	112	8:05/M
12	25:17.0	Ethan Green	Unadilla NY	15	118	8:09/M
13	25:43.9	nicholas mooney	norwich NY	14	126	8:18/M
14	26:17.9	Chase Lucas	New Woodstock NY	14	140	8:29/M
15	26:18.1	David Riley	Norwich NY	14	141	8:29/M
16	26:48.5	Andrew Spathelf	Bainbridge NY	13	155	8:39/M
17	27:02.1	Jacob Cuzzo	Guilford NY	13	160	8:43/M
18	27:04.1	Kevin Davis	Oxford NY	13	161	8:44/M
19	27:41.1	Cody Leonard	Endicott NY	14	186	8:56/M
20	29:53.2	Tyler Olson	New Berlin NY	15	252	9:38/M
21	36:18.5	Ben Kane	Bainbridge NY	13	368	11:43/M
22	40:47.6	Tyler Conant	Norwich NY	14	407	13:09/M
23	42:46.9	Lukas Fetzko	Earlville NY	14	420	13:48/M
24	43:57.9	Thomas Marvin	Sherburne NY	14	425	14:11/M

Male 16 to 19

Place	Time	Name	City	Age	Overall	Pace
1	17:10.7	Steven Spittler	Norwich NY	19	3	5:32/M
2	17:57.4	Leri Anderson	Oneonta NY	17	7	5:47/M
3	18:25.4	Sam Kane	Bainbridge NY	17	9	5:56/M
4	18:27.0	Conner Fuller	Bainbridge NY	17	10	5:57/M
5	19:06.9	Devon Rivera	Bainbridge NY	16	12	6:10/M
6	19:31.2	Cody Primmer	Oneonta NY	17	13	6:18/M
7	19:51.3	Jamie Zieno	Norwich NY	16	16	6:24/M

8	19:52.2	john Mooney	norwich NY	16	19	6:25/M
9	19:54.2	Jack Hillenbrand	Norwich NY	16	20	6:25/M
10	20:05.2	Dean Howard	Masonville NY	17	23	6:29/M
11	20:40.3	Jason Woodard	Norwich NY	18	28	6:40/M
12	21:02.8	Jeremy Hamilton	Norwich NY	16	33	6:47/M
13	21:24.1	Corey Mohrien	Nineven NY	18	38	6:54/M
14	21:34.2	Ryan Tomaroq	Norwich NY	17	42	6:57/M
15	21:38.6	Brad Chango	Norwich NY	16	44	6:59/M
16	22:10.3	Joshua Norris	Guilford NY	18	52	7:09/M
17	22:56.1	Alex Trass	Greene NY	17	66	7:24/M
18	23:21.2	Brock Kinney	Smithville Flats NY	17	74	7:32/M
19	29:05.1	Adam Cottell	New Berlin NY	18	229	9:23/M
20	29:58.4	Kenny Formato	Oxford NY	17	254	9:40/M
21	30:07.2	Jacob Langille	Norwich NY	17	261	9:43/M
22	32:30.1	Daren Terpstra	Nineveh NY	17	316	10:29/M
23	37:34.2	Branden Everitt	Oxford NY	19	382	12:07/M
24	54:25.2	Mike Perez	Oxford NY	19	465	17:33/M

Male 20 to 29

Place	Time	Name	City	Age	Overall	Pace
1	17:01.7	Shaun Horan	Norwich NY	29	2	5:29/M
2	17:24.4	Mike Hamilton	Oneonta NY	23	4	5:37/M
3	17:39.3	Justin Pedersen	Gilbertsville NY	21	6	5:42/M
4	18:19.3	Ben Howard	Masonville NY	20	8	5:55/M
5	19:00.3	Joel Drake	Gillett PA	29	11	6:08/M
6	19:36.6	Casey Mohrien	Nineven NY	20	14	6:19/M
7	20:20.2	Deral Richardson	Afton NY	28	24	6:34/M
8	20:58.7	Jeff Schindler	Hamilton NY	22	32	6:46/M
9	21:22.2	Justin Smith	New Berlin NY	28	37	6:54/M
10	21:26.1	Andrew Funke	Baltimore MD	27	39	6:55/M
11	21:47.1	Andre Bryant	Norwich NY	25	47	7:02/M
12	22:06.7	John DeAndrea	Franklin NY	23	51	7:08/M
13	23:20.8	Nathan Gehm	Norwich NY	24	73	7:32/M
14	23:45.3	Andrew Maddalone	Bainbridge NY	20	82	7:40/M
15	24:28.4	Jordan Treen	Waterville NY	24	99	7:54/M
16	24:54.6	Matthew Maddalone	Bainbridge NY	24	107	8:02/M
17	25:41.7	Zachary Williams	Norwich NY	22	124	8:17/M
18	26:11.2	Matt Metzger	Norwich NY	27	135	8:27/M
19	26:30.9	Matt Snyder	Otego NY	27	149	8:33/M
20	27:01.9	Michael Wildenstein	South New Berlin NY	23	159	8:43/M
21	27:24.7	Justin Chase	Morris NY	21	174	8:50/M
22	27:36.3	Michael Ricchiuti	Delmar NY	26	184	8:54/M
23	28:08.9	Rick Mohrien	Norwich NY	28	192	9:05/M
24	29:10.8	Jenna Calvert	Munnsville NY	26	232	9:25/M
25	33:11.4	Andrew Powers	S. New Berlin NY	28	333	10:42/M
26	33:12.3	Adam Kitchen	Binghamton NY	28	335	10:43/M
27	33:39.5	Andrew Chase	Morris NY	20	339	10:51/M
28	34:19.0	Michael Smola	Norwich NY	29	344	11:04/M
29	34:49.5	David Crawford	Norwich NY	26	351	11:14/M
30	41:19.7	Nathan Grassi	Endicott NY	23	413	13:20/M
31	47:19.3	Nathanael Phillips	New Berlin NY	20	445	15:16/M

32 52:56.1 Seth Odell Unadilla NY 27 460 17:05/M

Male 30 to 39

Place	Time	Name	City	Age	Overall	Pace
1	17:28.6	Raymond Revell	Wurtsboro NY	37	5	5:38/M
2	19:39.6	Rich Wilson	Norwich NY	39	15	6:20/M
3	20:05.2	Kyle Breier	Oneonta NY	31	22	6:29/M
4	20:56.6	Tom Stemper	Clifton Park NY	30	31	6:45/M
5	21:29.7	Robb Munro	Sidney NY	33	40	6:56/M
6	21:37.0	Steve Wack	Salisbury VT	37	43	6:58/M
7	21:49.2	Frank Bianca	Binghamton NY	32	49	7:02/M
8	22:48.7	Jason Olson	New Berlin NY	37	63	7:21/M
9	22:54.2	Steve Pelosi	Norwich NY	32	65	7:23/M
10	23:47.9	Brian Leinbach	Clinton NY	33	83	7:40/M
11	25:09.2	Dan Matthus	Whitesboro NY	36	117	8:07/M
12	25:42.8	William Erario	Oneonta NY	37	125	8:17/M
13	26:04.8	Marc Hawkins	Bainbridge NY	35	131	8:25/M
14	26:05.7	Glenn Rigerman	Greene NY	36	133	8:25/M
15	26:20.5	Lenny Larson	Sidney NY	38	143	8:30/M
16	27:13.2	Daniel Cirigliano	Sidney NY	30	163	8:47/M
17	27:20.2	Randall Martin	Laurens NY	36	170	8:49/M
18	27:51.4	Ron Brooks	Norwich NY	34	188	8:59/M
19	29:48.6	Paul Sims	Norwich NY	32	249	9:37/M
20	30:01.6	Andy Wolford	Norwich NY	31	256	9:41/M
21	30:33.5	Daniel Phillips	Afton NY	39	268	9:51/M
22	31:30.3	Ralph Formato	Oxford NY	39	291	10:10/M
23	32:28.1	Ed Mitchell	Norwich NY	38	313	10:28/M
24	40:48.1	T.J. Conant	Norwich NY	36	408	13:10/M
25	44:53.0	Matthew Caldwell	Norwich NY	30	427	14:29/M
26	57:52.0	Stephen Snyder	Ithaca NY	31	479	18:40/M

Male 40 to 49

Place	Time	Name	City	Age	Overall	Pace
1	19:52.1	Timothy Mcnamara	Sidney NY	48	18	6:25/M
2	20:48.7	Bill Trass	Greene NY	42	29	6:43/M
3	21:05.4	Jim Gagnon	Greene NY	42	34	6:48/M
4	21:45.4	John Lewis	Bainbridge NY	48	46	7:01/M
5	21:53.9	Ramon Madrid	Vestal NY	40	50	7:04/M
6	22:17.9	Patrick Newell	Norwich NY	43	57	7:11/M
7	23:24.1	Gary Kulis	Sherburne NY	47	75	7:33/M
8	23:42.0	John Peterson	Franklin NY	47	81	7:39/M
9	23:55.0	John Vasilopoulos	Greene NY	47	88	7:43/M
10	24:04.9	Thomas Lawson	Norwich NY	41	91	7:46/M
11	24:09.9	Eric Montalvo	Oxford NY	40	94	7:47/M
12	24:31.2	Robert Scanlon	Schenevus NY	46	101	7:55/M
13	24:35.5	Michael DiStefano	Norwich NY	45	103	7:56/M
14	25:08.4	David Brandt	Oneonta NY	43	116	8:06/M
15	25:19.4	Chris Salerno	Norwich NY	43	119	8:10/M
16	25:34.4	Nevin Henderson	Oneonta NY	43	122	8:15/M
17	25:44.5	Michael Rose	Norwich NY	42	128	8:18/M

18	26:04.5	Art Ticknor	Norwich NY	46	130	8:25/M
19	26:20.6	Jeff Meers	Gilbertsville NY	42	144	8:30/M
20	26:22.1	Kevin Stapleton	Sherburne NY	46	145	8:30/M
21	26:23.8	Mike Duncan	Endicott NY	45	146	8:31/M
22	26:51.5	Scott Fisher	Sidney NY	45	156	8:40/M
23	27:15.1	Mark Manwarren	Morrisville NY	42	165	8:47/M
24	27:25.1	Mike Duncan	Endwell NY	45	176	8:51/M
25	28:11.1	Brian Wallace	North Syracuse NY	40	193	9:05/M
26	28:19.2	Dave Loeffler	Norwich NY	40	200	9:08/M
27	28:45.5	Pat Palmer	Binghamton NY	47	213	9:16/M
28	28:47.6	Andrew Ruffino	Morris NY	40	217	9:17/M
29	28:57.8	Tim Carson	Norwich NY	45	224	9:20/M
30	29:44.0	Joe Gonzalez	S. New Berlin NY	47	246	9:35/M
31	29:52.9	Ed Lucia	Unadilla NY	41	251	9:38/M
32	30:08.6	Pete Bauerle	Bainbridge NY	47	263	9:43/M
33	30:54.0	Marc Saffren	Manorville NY	40	274	9:58/M
34	31:33.1	Christopher Farrell	Hamilton NY	47	292	10:11/M
35	31:40.3	Eric Conant	Norwich NY	43	294	10:13/M
36	31:52.4	Ed Desantis	Binghamton NY	46	303	10:17/M
37	32:11.7	Tommy Kleh	Masonville NY	43	310	10:23/M
38	32:30.9	David Hopkins	Afton NY	46	318	10:29/M
39	32:40.3	George Vultaggio	Endwell NY	49	323	10:32/M
40	36:11.3	Jonathan Ryan	Sherburne NY	41	365	11:40/M
41	39:37.5	Dave Hawkins	Mt. Upton NY	42	401	12:47/M
42	43:29.7	David Mack	Norwich NY	45	422	14:02/M
43	45:39.5	Scott Sutton	Norwich NY	41	433	14:44/M
44	52:28.0	mike mooney	norwich NY	49	455	16:55/M
45	55:06.7	William Backman	Gilbertsville NY	43	467	17:46/M

Male 50 to 59

Place	Time	Name	City	Age	Overall	Pace
1	20:01.5	Ray Cudney	Cazenovia NY	52	21	6:27/M
2	22:13.6	Bruce Lee	Port Crane NY	53	55	7:10/M
3	22:15.8	Jeffrey Lent	Unadilla NY	51	56	7:11/M
4	22:21.5	Larry Brooks	Binghamton NY	59	58	7:13/M
5	22:28.5	William' Spittler	Norwich NY	55	59	7:15/M
6	22:39.4	Harold Gardner	Norwich NY	59	61	7:18/M
7	23:29.7	Paul De Andrea	Franklin NY	57	76	7:35/M
8	23:38.0	Michael Langan	Manlius NY	51	78	7:37/M
9	23:50.5	Kerry Zemek	Binghamton NY	52	84	7:41/M
10	24:08.7	Paul Oliver	Great Bend PA	57	93	7:47/M
11	24:11.6	Ted Ronsvalle	Greene NY	51	95	7:48/M
12	24:18.4	Dennis Uhlig	Sidney NY	57	96	7:50/M
13	24:28.4	Neal Evans	Utica NY	55	98	7:54/M
14	24:56.2	Dale Fox	Bainbridge NY	57	108	8:03/M
15	24:59.5	Jeff Schindler	Hamilton NY	52	110	8:04/M
16	25:05.2	Joe Coe	Norwich NY	55	113	8:05/M
17	25:07.9	Dale Palmer	Bainbridge NY	52	115	8:06/M
18	26:05.7	Tim Cunningham	Oxford NY	52	132	8:25/M
19	26:52.3	Kurt Funke	South New Berlin NY	53	157	8:40/M
20	27:24.8	David Garland	Norwich NY	54	175	8:50/M

21	27:36.9	Ron Pike	Norwich NY	55	185	8:54/M
22	27:41.6	Fred Mohrien	Nineveh NY	59	187	8:56/M
23	28:21.0	Bob Carey	Binghamton NY	51	201	9:09/M
24	28:53.6	Randy Templeman	Endicott NY	56	222	9:19/M
25	29:19.0	Steve Craig	Norwich NY	56	235	9:27/M
26	30:35.6	Jeff Anderson	Bainbridge NY	52	269	9:52/M
27	31:27.8	Terry Conant	Norwich NY	57	289	10:09/M
28	31:44.0	Diana Schaffer	Norwich NY	52	295	10:14/M
29	31:45.1	Rick Schaffer	Norwich NY	51	297	10:15/M
30	31:50.7	Michael Welch	Endicott NY	50	301	10:16/M
31	31:52.1	Linda Callea	Norwich NY	54	302	10:17/M
32	32:48.5	Larry Cagrinety	South New Berlin NY	50	325	10:35/M
33	35:20.2	Tim Woodard	Norwich NY	51	355	11:24/M
34	35:28.1	Michael Waters	Norwich NY	56	362	11:26/M
35	36:09.6	Bruce Daly	Hartwick NY	55	364	11:40/M
36	39:31.6	Gary Plunkett	Rome NY	53	400	12:45/M
37	55:58.3	Jim Maddalone	BAinbridge NY	50	477	18:03/M

#### Male 60 to 69

Place	Time	Name	City	Age	Overall	Pace
1	20:33.6	Bong Joon Yoon	Vestal NY	63	26	6:38/M
2	23:38.7	Harland Bigelow	Lisle NY	64	80	7:37/M
3	23:51.6	Michael Andersen	Truxton NY	62	86	7:42/M
4	24:29.2	Bob Neuland	Norwich NY	65	100	7:54/M
5	26:17.4	John Ders	South Otselic NY	61	138	8:29/M
6	27:24.4	Gary Hall	Port Crane NY	61	172	8:50/M
7	28:43.5	Rich Breslin	Greene NY	61	210	9:16/M
8	28:46.2	Bud Steirer	Binghamton NY	66	215	9:17/M
9	31:55.9	Gene Rood	Oxford NY	68	304	10:18/M
10	32:29.0	Tim Wennrich	Hamilton NY	64	314	10:29/M
11	32:57.2	Chris Natoli	Norwich NY	63	329	10:38/M
12	35:23.2	Stephen Paul	Endicott NY	60	360	11:25/M
13	36:42.3	Thomas Hamlin	Brackney PA	64	372	11:50/M
14	41:59.3	Richard Hernandez	Mt. Vision NY	63	417	13:33/M

#### Male 70 to 79

Place	Time	Name	City	Age	Overall	Pace
1	24:46.2	Kermit Cadrette	Rome NY	72	106	7:59/M
2	30:11.4	Dillon Maier	Oneonta NY	75	264	9:44/M
3	30:24.0	Jim Wheeling	Otego NY	76	266	9:48/M
4	31:23.3	Robin Vieyra	Endwell NY	70	287	10:07/M
5	34:42.3	Skip Endress	Laurens NY	70	350	11:12/M

#### Male 80 and over

Place	Time	Name	City	Age	Overall	Pace
1	33:58.3	Willis Moses	Vestal NY	84	341	10:57/M