For Immediate Release

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Saturday, November 7, 2026

Roszko Is The Autumn Champ; Makes It Six Wins In Last Seven Races

ROXBURY – As the runners stood near the starting carpet, there were many colored leaves on the ground, but the temperature was warm enough that sweatpants and hoodies were not required as they ran on slightly rain-covered winding roads.

The Roxbury Road Runners Club's nine-month series approached the eighth pole. There will be only two more official races. Its 50th season will conclude November 28. A competitor from New Fairfield who started running the races this spring has emerged as the autumn titan.

Stephen Roszko, 39, though, didn't take command until the field reached a stretch of steep hills on Saturday, November 7, that went from the 1.7-mile to the 3.0-mile mark along Squire Road and Apple Lane.

Said Roszko, "I usually run hills pretty good."

Second-place finisher Nick Lamplough said, "The second half of that race is advanced and not for the faint of heart."

Roszko stretched his lead going down the roller-coaster incline in the fourth mile and was timed in 31-minutes, 47.67-seconds over the 4.5-mile loop.

It was his sixth win in the last seven races held at Roxbury.

Lamplough's runner-up clocking was 32:25 and Mark Andrejczyk, 53, of Shelton finished third in 32:43.

Lamplough, 43, of Bridgewater was running his first race in the Roxbury

series.

He operates a financial communications firm in New York City but spends much of his time in Connecticut.

“Bridgewater is quiet, the land is beautiful and so are the people. There are some nice hills to run on,” he explained.

Since the series is “in my backyard” he decided to “check it out,” and said he plans to compete regularly in the series, which has the most races of any in Connecticut.
Lamplough had a personal best of 4:53 in the mile at Chelsea High School in Massachusetts, but played lacrosse when he got to Boston College.

He said he now trains four to 10 miles a week on Saturdays. The Roxbury race became that regiment.

Kayleigh Constantine, 30, of Southbury was the female winner for the second consecutive week and placed sixth overall. The former Danbury High School standout was timed in 35:49.

Chris Deming, 60, of Danbury is on the verge of capturing his third season title in the last five years. He has 1,397 points.

Miriam Aceved0, 49, of New Milford is second overall and first among the women. She has 1,132 points and is virtually assured the female points title for a second straight years.

Third overall is Scott Benjamin, 68, of New Milford with 1,064 points, fourth is Matt Cappiello, 61, of Southbury at 1,039 and Franklyn Gandiaga, 39, of Derby is currently fifth with 1,037 points.

Mike Abraham, 67, of Roxbury, a former cross country coach at New Milford High School is sixth with 989 points. He captured the season title the last two years. Steve Leslie, 62, of Brookfield is seventh overall with 963 points.

The Roxbury Fall Classic, which includes a 50-kilometer race, marathon and half-marathon, is scheduled for Saturday, November 14.
Registration is available at https://runsignup.com/Race/CT/Roxbury/RoxburyMarathonHalfMarathonand50k.

Runners should bring at least one non-perishable good. They will be donated to the Roxbury Food Pantry at the Roxbury Church of Christ.

The regular series will continue on Saturday, November21, 8:30 a.m., with a 4.2-mile race that will include a trip on the jeep path along the Horrigan Trail.

The races, which are sanctioned by the Roxbury Recreation Commission, start and finish near the Everett B. Hurlburt community

Park at 18 Apple Lane.

Registration is available through Roxbury Road Runners Club.

Runners should arrive early and check in so that they are logged into the computer system or sign the entry sheet near the starting area.

Current and former military personnel, current and former first responders and youth entrants should inquire about discount fees. The general charge is $45 for a season pass and $10 for the weekly waiver.

The ninth annual Roxbury Thanksgiving Day Charity Race is slated for Thursday, November 26, 9 a.m., over a 3.1-mile route.

Registration can be accessed via https://runsignup.com/Race/CT/Roxbury/RoxburyThanksgivingDayCharityRace.

The fee is $10 plus a $1.60 handling charge – for a grand total of $11.60. Race-day registration of $15 per runner – plus a $1.90 handling fee for a grand total of $16.90 - - will be available November 26 at the pavilion to the community park from 7:30 to 8:50 a.m.

If you are interested in working as a registration table attendant or course marshal for the Thanksgiving Day race, please contact Scott Benjamin at ScottBenjaminWCSU2014@gmail.com or (v/m) (860) 354-3521.

Additional information on the series is available via the Roxbury Races Facebook Page.

Full results from the November 7 race are available via Roxbury Road Runners Club.