

2015 GCR Gold Medal 5K

Age Group Results

February 14, 2015

Results produced by Gulf Coast Runners [Gulf Coast Runners](#)

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Female Open Winners

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Allyson Holland	Naples FL	1960	32	9	21:44.0	21:46.0	6:59/M

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Female Masters Winners

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Amber Crowley	Naples FL	1918	57	19	24:19.1	24:21.2	7:48/M

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Female 14 and under

Record: Sophie Barry - Year: 2011 - Time: 20:44.5

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Madison Weeks	Naples FL	2048	14	27	24:51.7	24:57.2	8:00/M
2	Aleah Sadaty	Naples FL	1343	14	113	32:52.5	33:04.0	10:36/M
3	Morgan MacRides	Naples FL	1987	8	152	39:17.3	39:21.7	12:37/M
4	Alyssa Galligan	Naples FL	1242	14	173	47:38.5	47:42.9	15:17/M
5	Gabriella Fornuto	Victor NY	1941	10	178	54:25.5	54:28.3	17:27/M

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Female 15 to 19

Record: Anna Barry - Year: 2011 - Time: 21:25.5

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Alyssa Danner	Naples FL	1924	16	58	28:05.3	28:09.4	9:01/M
2	Mallory Bell	Naples FL	1893	16	60	28:37.7	28:40.1	9:11/M
3	Katie Kalmans	Naples FL	1970	15	75	29:27.1	29:43.7	9:31/M
4	Kelsey Mahoney	Naples FL	1988	15	79	29:30.0	29:46.5	9:32/M
5	Rachel Ranschau	Naples FL	1142	19	114	32:56.2	33:07.8	10:37/M

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Female 20 to 24

Record: Katie Crouse - Year: 2010 - Time: 22:04.1

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Catalina Schenone	Naples FL	2029	23	12	23:03.6	23:05.3	7:24/M
2	Kate Burdick	Naples FL	1904	22	85	29:56.2	30:06.1	9:39/M

3	Morgan Palmer	Naples FL	2018	21	97	31:13.8	31:16.0	10:01/M
4	Muniele Militao	Naples FL	2005	21	119	33:47.0	33:49.7	10:50/M
5	Teresa Fata	Naples FL	1936	20	167	43:57.9	44:12.4	14:10/M

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Female 25 to 29

Record: Lauren Carpinello - Year: 2012 - Time: 23:33.5

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Veronica Kochis	Naples FL	1974	26	28	25:02.9	25:05.1	8:02/M
2	Jaimee Sidisky	Naples FL	2032	25	30	25:28.0	25:32.0	8:11/M
3	Lauren Bogan	Naples FL	1528	29	33	25:45.5	25:49.0	8:16/M
4	Jessica Guth	Naples FL	1952	29	51	27:44.6	27:49.1	8:55/M
5	Jillian Pixley	Rochester Hills MI	2021	25	130	33:58.2	34:38.2	11:06/M
6	Emily Gann	Naples FL	1946	29	160	41:39.9	41:58.5	13:27/M
7	Sydney Fletcher	Bonita Springs FL	1940	25	164	43:13.4	43:20.4	13:53/M
8	Lisa Albero	Naples FL	1882	29	169	45:16.6	45:35.6	14:37/M

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Female 30 to 34

Record: Laura Sarkis - Year: 2011 - Time: 20:17.4

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Naomi Andrews	Washington DC	1282	33	34	25:51.7	25:54.3	8:18/M
2	Karle Fata	Naples FL	1933	34	37	26:03.0	26:05.5	8:22/M
3	Stephanie Churchill	Parkton MD	1912	31	77	29:38.5	29:45.3	9:32/M
4	Jessica Spencer	Naples FL	2036	32	156	39:59.0	40:11.8	12:53/M
5	Tracy Flack	Naples FL	1939	32	157	40:00.8	40:13.5	12:53/M

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Female 35 to 39

Record: Charsye Smith - Year: 2013 - Time: 19:47.4

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Amanda Wilczynski	Naples FL	2051	38	42	26:29.9	26:33.1	8:31/M
2	Claudia Walraven	Los Angeles CA	1481	39	104	31:32.9	31:46.9	10:11/M
3	Juliet Perrucci	Naples FL	2019	36	123	33:59.3	34:11.2	10:57/M
4	Liz Zack	South Orange NJ	2056	39	149	38:53.5	39:01.7	12:30/M
5	Shannon Sedio	Naples FL	2030	38	154	39:25.0	39:34.5	12:41/M

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Female 40 to 44

Record: Rachel Lee - Year: 2013 - Time: 18:38.7

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Lesley Mahoney	Naples FL	1989	40	55	27:47.3	27:56.8	8:57/M
2	Megan Case	Overland Park KS	1911	42	67	28:47.1	28:55.0	9:16/M
3	Becca Gatian	Naples FL	1948	40	100	31:34.0	31:42.5	10:10/M
4	Ellen Roy	Barrington IL	1350	40	103	31:31.9	31:46.4	10:11/M
5	Charity Dawley	Naples FL	1925	40	109	32:07.3	32:18.7	10:21/M
6	Dawnalee Holowell	Naples FL	1962	40	127	34:24.2	34:33.1	11:04/M
7	Danyelle Dalfonse	Naples FL	1922	40	175	51:13.2	51:22.2	16:28/M

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Female 45 to 49

Record: Kelsey Reller - Year: 2014 - Time: 22:36.4

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Kristen Bouchard	Naples FL	1156	45	45	26:34.0	26:40.6	8:33/M
2	Machelle Ketterhagen	Prospect Heights IL	1971	49	47	26:43.1	26:54.6	8:37/M
3	Lori Reckley	Marco Island FL	2022	49	53	27:47.1	27:51.8	8:56/M
4	Elizabeth Hackett	Naples FL	1278	46	81	29:48.0	29:56.5	9:36/M
5	Jeannine Mauro	Victor NY	1998	45	88	30:12.9	30:12.9	9:41/M
6	Kathy Bigham	Naples FL	1896	47	95	31:06.8	31:11.2	10:00/M
7	Lara Fermanis	Los Angeles CA	1518	46	102	31:32.2	31:46.3	10:11/M
8	Deena Newman	Naples FL	2012	47	107	31:48.5	31:55.3	10:14/M
9	Gigi Laux	Naples FL	1980	46	111	32:41.7	32:54.1	10:33/M
10	Jackie Gantzer	Naples FL	1947	47	118	33:22.5	33:33.5	10:45/M
11	Laura Beaupre	Allentown PA	1891	49	129	34:27.7	34:38.0	11:06/M

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Female 50 to 54

Record: Amy Rappaport - Year: 2012 - Time: 20:45.6

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Sheri Mann	Yorktown VA	1991	53	21	24:23.0	24:27.6	7:50/M
2	Alaine Cosgrove	Naples FL	1914	51	46	26:41.7	26:44.0	8:34/M
3	Anne-Maree Matthews	Naples FL	1997	50	48	27:14.6	27:19.1	8:45/M
4	Michelle Arnold	Naples FL	1889	51	49	27:26.0	27:30.7	8:49/M
5	Jane Clark	Holland MI	1913	52	64	28:41.7	28:50.1	9:14/M
6	Betsi Jones	Bonita Springs FL	1966	53	90	30:16.2	30:16.2	9:42/M
7	Naila Torrens	Naples FL	2041	51	105	31:41.5	31:50.3	10:12/M
8	Christina Evans	Naples FL	1932	52	115	33:07.2	33:15.0	10:39/M
9	Jennifer Starnes	Bonita Springs FL	2038	54	116	33:12.0	33:17.2	10:40/M
10	Erikka Thalheimer	Naples FL	1543	51	134	34:47.4	34:53.0	11:11/M
11	Melanie Handschmann	Naples FL	1954	52	142	36:33.5	36:46.1	11:47/M
12	Vi Dreher	Westlake OH	1927	54	150	38:52.8	39:03.0	12:31/M
13	Margot Kenzie	Naples FL	1157	52	159	41:28.0	41:36.0	13:20/M
14	Julie Harney	Naples FL	1955	53	161	42:02.0	42:05.4	13:29/M
15	Mary MacKey	Sewickley PA	1567	53	165	43:20.6	43:39.7	13:59/M
16	Marlene Ashley	Naples FL	1890	52	174	50:37.3	50:51.7	16:18/M
17	Jenifer Brock	Wichita Falls TX	1903	54	179	56:55.7	57:15.2	18:21/M

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Female 55 to 59

Record: Sharon Vos - Year: 2014 - Time: 20:57.9

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Linda Moseley	Naples FL	2009	57	40	26:24.8	26:27.6	8:29/M
2	Marilyn Duarte	Naples FL	1930	59	56	27:53.6	27:59.9	8:58/M
3	Ann Messner	Naples FL	1252	57	80	29:43.1	29:48.6	9:33/M
4	Dianne Jordan	Loveland OH	1967	58	89	30:05.6	30:15.6	9:42/M
5	Pamela Gilfoy	Naples FL	1949	58	96	31:05.5	31:14.9	10:01/M
6	Maureen Marvin	Bonita Springs FL	1996	55	106	31:45.2	31:52.4	10:13/M
7	Patricia Campbell	Naples FL	1907	59	112	32:48.4	33:01.9	10:35/M
8	Janet Klagholz	Marco Island FL	1973	59	135	34:46.1	35:00.4	11:13/M

9	Barbara Winfield	Naples FL	2054	59	140	36:11.4	36:28.9	11:41/M
10	Ruth Bethem	Naples FL	1895	55	180	57:04.7	57:15.3	18:21/M

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Female 60 to 64

Record: Betty Worgan - Year: 2014 - Time: 25:52.2

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Flo Currier	Kitchener ON	1920	63	35	25:57.8	26:02.1	8:21/M
2	Margaret Grathwohl	Naples FL	1951	64	86	30:03.6	30:07.5	9:39/M
3	Maria Lane	Naples IL	1979	63	108	31:52.3	31:59.7	10:15/M
4	Joan Guthier	Naples FL	1953	63	146	37:38.7	37:55.8	12:09/M
5	Mary Costello	Naples FL	1916	64	171	46:05.6	46:15.1	14:49/M

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Female 65 to 69

Record: Terry Guadi - Year: 2014 - Time: 26:01.4

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Barbara Zack	Naples FL	2055	67	98	31:10.1	31:16.0	10:01/M
2	Margarita Snyder	Naples FL	2035	65	99	31:12.1	31:17.5	10:02/M
3	Mona Freedman	Naples FL	1942	65	141	36:19.7	36:34.7	11:43/M
4	Renee Taylor	Naples FL	2040	67	143	36:36.9	36:51.8	11:49/M
5	Christine Ljungkull	Ottawa ON	1982	65	147	38:30.2	38:36.1	12:22/M
6	Sherry Turner	Naples FL	2043	68	155	39:26.4	39:42.3	12:43/M
7	Joann Drennan	Naples Florida NJ	1928	66	176	52:58.5	53:06.0	17:01/M

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Female 70 to 74

Record: Betty Lou Tucker - Year: 2010 - Time: 31:01.4

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Nili Olay	Naples FL	2014	70	170	45:56.5	46:11.7	14:48/M

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Female 75 and over

Record: Geri Owens - Year: 2011 - Time: 39:25.5

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Carol Montgomery	Naples FL	2007	80	172	47:16.2	47:32.3	15:14/M

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Male Open Winners

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Griffin MacKey	Naples FL	1986	16	1	17:28.2	17:29.3	5:36/M

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Male Masters Winners

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Thomas Cosgrove	Naples FL	1915	52	8	21:41.2	21:43.1	6:58/M

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Male 14 and under

Record: Dan O'Dell - Year: 2013 - Time: 19:46.3

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Colin Williams	Naples FL	2053	14	6	20:23.0	20:27.9	6:33/M
2	Cipriano Martinez	Naples FL	1995	14	7	21:35.2	21:36.4	6:55/M
3	Nicolas Dalfonse	Naples FL	1923	10	62	28:45.3	28:47.9	9:14/M
4	Cameron Reuthe	Bonita Springs FL	2023	14	137	35:26.1	35:43.7	11:27/M
5	Stephen Sedio	Naples FL	2031	10	153	39:23.8	39:32.9	12:40/M
6	Josh Mauro	Victor NY	1999	10	177	54:06.0	54:07.7	17:21/M

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Male 15 to 19

Record: Sherlin Herard - Year: 2010 - Time: 18:50.2

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Reems Landreth	Naples FL	1978	16	15	23:47.3	23:49.6	7:38/M
2	Max Fata	Naples FL	1934	17	52	27:40.9	27:50.5	8:55/M
3	Cole Messner	Naples FL	2004	18	61	28:37.1	28:40.7	9:11/M
4	Jared Kornetti	Naples FL	1635	15	76	29:28.7	29:43.8	9:31/M
5	Carlos Ramos	Naples FL	1638	17	78	29:29.9	29:46.4	9:32/M
6	Ryan Ketterhagen	Naples FL	1972	17	124	34:10.5	34:22.6	11:01/M

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Male 20 to 24

Record: Michael Hensley - Year: 2010 - Time: 16:24.1

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Armando Sanchez	Naples FL	1544	21	44	26:35.8	26:38.8	8:32/M

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Male 30 to 34

Record: Andy Nesheim - Year: 2012 - Time: 17:14.0

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	John Biffar	Cape Coral FL	2057	31	4	19:53.2	19:54.3	6:23/M
2	Kenneth Bereski II	Miami Beach FL	1894	34	5	20:00.9	20:01.9	6:25/M
3	Andrew Holland	Naples FL	1961	31	23	24:20.9	24:34.3	7:52/M
4	Paul Smith	Naples FL	2034	30	26	24:48.4	24:52.1	7:58/M
5	Jeff Leigh	Wichita Falls TX	1981	34	50	27:17.4	27:35.3	8:50/M
6	Matthew McRoberts	Bonita Springs FL	2001	31	94	31:04.0	31:11.0	10:00/M
7	Kyle Crepeau	Rochester Hills MI	1917	30	132	33:59.0	34:39.7	11:06/M
8	Joseph Monroy	Naples FL	2006	32	144	37:35.2	37:41.7	12:05/M

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Male 35 to 39

Record: Carl Egbert - Year: 2011 - Time: 16:38.9

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Sean Melvin	Naples FL	2003	37	2	19:35.6	19:37.1	6:17/M
2	Tommy Hugo	Estero FL	1963	35	3	19:36.1	19:37.2	6:17/M
3	Ian Oswald	Fort Stewart GA	2015	35	133	34:29.1	34:48.9	11:09/M

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Male 40 to 44

Record: Matthew Novack - Year: 2010 - Time: 18:07.8

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Mike Breno	South Orange NJ	1901	41	36	25:55.5	26:03.1	8:21/M

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Male 45 to 49

Record: Matt Triggs - Year: 2010 - Time: 18:41.8

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	John Riordan	Cork	2027	48	13	23:33.9	23:35.2	7:34/M
2	Dale Bondanza	Naples FL	1898	45	16	23:46.9	23:50.9	7:38/M
3	Mike Wentworth	Bonita Springs FL	2049	47	24	24:42.6	24:44.5	7:56/M
4	Rolando Vasallo	Naples FL	2044	47	32	25:36.4	25:41.8	8:14/M
5	Dennis Case	Overland Park KS	1910	45	66	28:47.5	28:55.0	9:16/M
6	Rob Wardlaw	Naples FL	2047	47	72	29:09.6	29:17.2	9:23/M
7	Robert Reuthe	Bonita Springs FL	2024	45	138	35:26.6	35:43.9	11:27/M

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Male 50 to 54

Record: Jeffrey Lease - Year: 2011 - Time: 19:11.1

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Kevin O'Brien	N.reading MA	2013	50	10	21:56.3	21:57.8	7:02/M
2	Steven Burdick	Naples FL	1905	54	14	23:39.0	23:42.1	7:36/M
3	Patrick Philbin	Naples FL	2020	53	18	24:06.6	24:08.1	7:44/M
4	Timothy Lyster	Naples FL	1984	51	22	24:20.6	24:33.9	7:52/M
5	Joseph Wilczynski	Naples FL	2052	50	43	26:30.0	26:33.3	8:31/M
6	Perry West	Naples FL	2050	53	57	28:01.5	28:04.8	9:00/M
7	Tom Beaupre	Allentown PA	1892	50	131	34:28.0	34:39.0	11:06/M
8	William Galligan	Naples FL	1239	51	145	37:49.5	37:54.4	12:09/M
9	Steve Fata	Naples FL	1935	52	166	43:40.6	43:55.1	14:05/M
10	Alan Brock	Wichita Falls TX	1902	52	168	44:16.2	44:34.3	14:17/M

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Male 55 to 59

Record: Nick Ruchty - Year: 2014 - Time: 20:00.1

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Paul Bouchard	Naples FL	1155	55	11	21:57.8	21:59.7	7:03/M
2	Chuck Moseley	Naples FL	2008	56	17	23:54.5	23:56.2	7:40/M
3	John Lanham	Naples FL	1036	55	25	24:49.6	24:51.6	7:58/M
4	Dan Fitapelli	Naples FL	1938	55	41	26:24.4	26:29.4	8:29/M
5	John Alker	Naples FL	1885	55	83	29:58.4	30:01.8	9:37/M
6	Paul Lopresti	Naples FL	1983	55	87	30:07.1	30:08.9	9:39/M
7	Matt McCullough	Naples FL	2000	56	93	30:42.7	30:53.9	9:54/M
8	Douglas Kabak	Cranford NJ	1969	57	110	32:10.0	32:21.8	10:22/M
9	David James	Naples FL	1964	55	158	41:27.9	41:27.9	13:17/M

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Male 60 to 64

Record: Bruce Strangman - Year: 2014 - Time: 22:02.2

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
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1	John Hockstra	Naples FL	1959	60	39	26:13.4	26:19.5	8:26/M
2	Al Aldi	Glenville NY	1883	64	59	28:11.4	28:16.9	9:04/M
3	Michael Jordan	Loveland OH	1968	63	73	29:22.6	29:33.4	9:28/M
4	Ray Branstiter	Bonita Springs FL	1899	64	120	33:43.6	33:53.9	10:52/M
5	Vic Rogers	Somers Point NJ	2028	63	126	34:19.5	34:24.6	11:02/M
6	Bruce Grathwohl	Naples FL	1950	64	128	34:30.3	34:36.9	11:05/M
7	Rob Mann	Yorktown VA	1990	63	139	35:41.7	35:54.6	11:30/M

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Male 65 to 69

Record: Jeff Martin - Year: 2010 - Time: 21:46.4

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Ken Currier	Kitchener ON	1921	65	29	25:20.4	25:24.6	8:08/M
2	Brian Carlson	Naples FL	1908	67	54	27:49.6	27:54.8	8:57/M
3	Steve Siegert	Naples FL	2033	65	63	28:47.2	28:49.5	9:14/M
4	Jack Cumming	Naples FL	1919	69	65	28:45.3	28:53.9	9:15/M
5	Richard Traverse	Naples FL	2042	66	69	29:05.2	29:07.3	9:20/M
6	John Burke	Naples FL	1906	67	70	29:03.3	29:08.6	9:20/M
7	Thomas Owczarski	Naples FL	2016	69	71	29:00.7	29:09.3	9:21/M
8	Thomas McVean	Naples FL	2002	69	82	29:53.4	29:56.8	9:36/M
9	Michael Harper	Naples FL	1956	66	92	30:27.2	30:34.3	9:48/M
10	Raymond Feeley	Marco Island FL	1937	68	121	33:44.9	33:56.0	10:53/M
11	Carlos Duarte	Naples FL	1929	69	122	33:55.9	34:06.2	10:56/M
12	Gerry Arleth	Somers Point NJ	1888	67	125	34:19.5	34:24.6	11:02/M
13	John Spring	Naples FL	2037	67	136	35:14.5	35:18.2	11:19/M
14	Bob Taylor	Naples FL	2039	68	163	42:23.6	42:40.8	13:41/M

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Male 70 to 74

Record: Larry Eaton - Year: 2011 - Time: 23:26.3

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Klaren Alexander	Naples FL	1884	71	20	24:20.3	24:22.7	7:49/M
2	Don Owens	Naples FL	2017	71	31	25:37.1	25:41.3	8:14/M
3	James Derham	Naples FL	1926	72	38	26:16.2	26:18.1	8:26/M
4	Jeff Martin	Naples FL	1994	73	68	28:50.3	28:56.7	9:16/M
5	Michael Vitale	Ft. Myers FL	2046	73	84	29:56.0	30:04.4	9:38/M
6	John Brennen	Naples FL	1900	74	91	30:16.7	30:23.6	9:44/M
7	John Fermanis	Naples FL	1494	74	101	31:29.1	31:44.0	10:10/M
8	Doug MacAulay	Ottawa ON	1985	72	117	33:25.3	33:31.4	10:45/M
9	Tom Carroll	Ingleside IL	1909	70	151	39:10.4	39:19.4	12:36/M

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Male 75 to 79

Record: Larry Eaton - Year: 2013 - Time: 25:01.4

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	Larry Eaton	Naples FL	1931	77	74	29:33.2	29:36.0	9:29/M
2	David Bloom	Naples FL	1897	76	148	38:33.4	38:39.6	12:23/M
3	Jerald Vetowich	Naples FL	2045	78	162	42:20.0	42:20.0	13:34/M