

Race Date
August 20, 2022

LGOWS 5k & 10k
Age Group Results

10k USMS

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1	Kelly Craig	Valparaiso IN	10	2:23:34.4
2	Michelle Stefandl	New York NY	17	2:29:44.4
3	Nancy Steadman Martin	Oceanport NJ	19	2:31:20.8

Female 18 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Gwyneth Maloy	New Haven CT	30	2:41:35.9
2 *	Grace Shimkus	Neptune NJ	54	3:06:01.1

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Kelly Craig	Valparaiso IN	10	2:23:34.4
2 *	Michelle Stefandl	New York NY	17	2:29:44.4
3 *	Miranda Wingfield	Medford MA	36	2:44:11.1
4 *	Amanda Brody	Naugatuck CT	49	2:58:47.9
5 *	Kim Kunzler	New York NY	92	4:15:00.9

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Emily Fogle	Brooklyn NY	27	2:39:39.3
2 *	Leslie Hamilton	New York NY	39	2:47:51.2
3 *	Stevie Smith	Clarence Center	57	3:08:05.7

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Julia Dunne	Milford CT	28	2:39:58.1
2 *	Colleen Stranzl	New York NY	45	2:53:02.6
3 *	Laura Beth Lincoln	Rochester NY	62	3:11:47.2
4 *	Kathy Zunner	Middleport NY	75	3:30:04.9

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Erica Flickinger	Phoenixville PA	53	3:05:01.0
2 *	Megan Perrotta	Long Branch NJ	90	3:57:26.7

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Christy Donley	Silver Spring MD	41	2:48:49.2
2 *	Alison Headley	South Orange NJ	56	3:07:04.3
3 *	Traci McNeil	Riva MD	59	3:10:36.9
4 *	Diana Brodeur	Fort Worth TX	76	3:32:42.0
5 *	Mary Stella	Kingston PA	77	3:34:33.6

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Heidi Williams	Durham NC	23	2:33:53.4
2 *	Becky Goldszal	Havertown PA	46	2:56:09.7
3 *	Suzanne Anziano	Killingworth CT	52	3:04:39.7
4 *	Margaret Bolster	Westport NY	58	3:09:10.6
5 *	Sarah Taft	Utica NY	78	3:37:41.6
6	Marina Sadikoska	Bloomington NJ	89	3:55:51.3

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Hope Mao Oehler	Elkridge MD	72	3:25:08.3
2 *	Rachael Angelini	Rensselaer NY	81	3:43:18.9

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Denise Brown	Napoleon OH	47	2:57:42.3
2 *	Deborah Gilgore	Bethesda MD	74	3:29:34.2

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Nancy Steadman Martin	Oceanport NJ	19	2:31:20.8
2 *	Lisa Turner	Perrysville OH	83	3:45:32.1
3 *	Lori Carena	Brooklyn NY	88	3:53:18.7
4 *	Susan Bowman	New York NY	91	4:03:40.0

Female 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Shirley Loftus-Charley	Afton VA	37	2:44:47.0

10k USMS

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1	Anton Janezich	Bethesda MD	1	2:03:32.0
2	Cj Nuess	Larchmont NY	2	2:06:40.7
3	Daniel Moran	Palmer MA	3	2:14:15.8

Male 18 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Michael Laviani	Honeoye Falls NY	20	2:31:32.4

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Tommy Wolinski	Wallington NJ	13	2:28:32.7
2 *	Juan Poveda Romero	Cary NC	66	3:18:23.7
3 *	Jacek Juda	East Rutherford	87	3:53:09.1

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Anton Janezich	Bethesda MD	1	2:03:32.0
2 *	Spencer Neff	Providence RI	6	2:18:03.5
3 *	Adam Walker	Catonsville MD	8	2:21:53.4
4 *	Frank Ferraro	Odenton MD	25	2:36:58.7

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Cj Nuess	Larchmont NY	2	2:06:40.7
2 *	Ryan Harrell	Mamaroneck NY	12	2:27:58.6
3 *	Tim Rindfleisch	Boston MA	64	3:13:44.8
4 *	Joseph Wells	Vergennes VT	67	3:18:35.8
5 *	Adam Pieczonka	Naples FL	84	3:46:34.2

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Daniel Moran	Palmer MA	3	2:14:15.8
2 *	Stephen Rouch	Kingston PA	5	2:17:49.4
3 *	Ashley Honey	Greenwich CT	7	2:21:31.3
4 *	Zachary McClain	Falls Village CT	16	2:29:17.7
5 *	Diego Lopez	Nutley NJ	29	2:41:04.3
6	Patrick McNelis	Buffalo NY	33	2:42:01.9
7	Ben Frazier Taylor	Saratoga Springs	51	3:01:22.2
8	Erik Deighan	Morton PA	60	3:10:51.0
9	Robert Rhoades	Midlothian VA	86	3:49:39.1

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Russ Scherwitz	Buffalo NY	18	2:30:56.4
2 *	Paul Reader	Barrington IL	21	2:33:42.8
3 *	Onesimo Demira III	Jersey City NJ	43	2:51:37.1
4 *	Brian Ruark	Havertown PA	44	2:52:49.4
5 *	Andras Pataki	Little Falls NJ	55	3:06:18.1

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Albert Garcia	Barrington RI	9	2:23:00.8
2 *	Matt Keller	Barrington IL	11	2:27:33.2
3 *	Jeffrey Jotz	Garwood NJ	24	2:34:59.6
4 *	Steven Smith	Rochester NY	35	2:43:01.3
5 *	Eric Smith	Baldwinsville NY	40	2:48:43.7
6	Michael Gemelli	Rutherford NJ	48	2:57:56.7
7	Carlos Martin Gutierrez	Hoboken NJ	50	2:58:53.8
8	William Blumentals	Needham MA	85	3:48:44.4

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Jerome Frentos	Annapolis MD	4	2:15:38.0
2 *	David Spitzler	San Francisco CA	14	2:28:36.8
3 *	Aaron Gabriel	Palatine IL	15	2:28:56.9
4 *	Paul King	Palatine IL	22	2:33:43.2
5 *	Arthur Boyko	Poughkeepsie NY	34	2:42:52.4
6	Frederico Ziotto	New York NY	38	2:47:45.7
7	David Shapiro	Buffalo NY	68	3:20:27.5
8	Pedro Moreno	Jersey City NJ	70	3:22:51.8
9	Dwayne Schalles	North Charleston	79	3:38:59.2
10	Marc Mansour	Boston MA	80	3:42:17.5

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Sheldon Katz	South Burlington	31	2:41:47.4
2 *	Steven Gruenwald	Faribault MN	61	3:11:12.3
3 *	Chris Zeoli	Middlebury VT	63	3:11:57.0
4 *	Gregory Gomez	Newtonville MA	69	3:20:56.0
5 *	Aaron Kelson	Eveleth MN	73	3:26:04.5
6	Greg Nelson	Germantown MD	82	3:44:39.4

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	John Chambers	New York NY	26	2:37:58.2
2 *	Kevin Scanlan	Oakwood Hills IL	32	2:41:52.6
3 *	Robert Webber	Fayetteville NY	42	2:50:05.2
4 *	Mike Delaney	North Ferrisburgh	65	3:18:08.3

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>O'all</u>	<u>Time</u>
1 *	Ellis Merschoff	Pasadena MD	71	3:23:55.8