

Sap Run 5K
Knox Town Hall, Knox, NY
Saturday, March 30, 2019

Results by White Knight Timing & Race Management

Overall Results

Pl	Comp#	Name	Sex/Age	City/State	Time
1	3082	Machabee, Keith	M22	Delmar, NY	17:37
2	220	Walker, Ryan	M34	Altamont, NY	23:19
3	1387	Carlsen, Zian	M20	South Cairo, NY	23:34
4	1084	Wagner, Victoria	W45	Altamont, NY	24:42
5	1379	Angus, William	M15	Altamont, NY	24:43
6	1400	Gerard, Christopher	M40	Albany, NY	24:44
7	3083	Manley, Christopher	M40	Worcester, NY	24:59
8	1092	Ellis, Ed	M58	Hannacroix, NY	25:17
9	222	Longhi, Gary	M55	Albany, NY	26:16
10	3069	Jonas, Brian	M31	Berne, NY	26:26
11	1378	Angus, Andrew	M45	Altamont, NY	26:45
12	216	Lippert, Tim	M58	Berne, NY	27:33
13	1385	Briody, James	M18	Cairo, NY	27:54
14	3085	McCarthy, John	M47	Albany, NY	28:09
15	208	Bajouwa, Haytham	M54	Berne, NY	28:24
16	225	Joyce, Amy	W50	Delmar, NY	28:48
17	226	Joyce, Andrew	M37	Albany, NY	28:48
18	219	O'Donnell, Jarrett	M44	Delanson, NY	29:06
19	3079	Lamphere, Dale	M57	Canajoharie, NY	29:18
20	3092	Peters, Melinda	W47	Roxbury, NY	29:28
21	5386	Stein, Fletcher	M11	Rexford, NY	29:42
22	1389	Charles, Steven	M34	Albany, NY	29:44
23	215	Korn, Roy	M62	Middleburgh, NY	29:57
24	1392	Corney, Claire	W47	Westerlo, NY	30:02
25	1393	Cowan, Zachary	M30	Altamont, NY	30:12
26	1091	Darling, Kendal	W23	Roxbury, NY	30:18
27	3084	O'Brien, Matthew	M30	East Berne, NY	30:25
28	3071	Keator, Karli	W39	Medusa, NY	30:45
29	1380	Ashe, Charles	M53	East Meredith, NY	30:51
30	1095	Baldwin, Sara	M32	Albany, NY	30:54
31	3097	Segrue, Sean	M50	Altamont, NY	31:02
32	3073	Kergel, Jeremy	M44	Glenville, NY	31:08
33	3072	Kergel, Amanda	W36	Glenville, NY	31:09
34	210	de Vries, Amber	W40	Schoharie, NY	31:12
35	5385	Stein, Devon	W48	Rexford, NY	31:14
36	3086	McCoski, Kelli	W58	Amsterdam, NY	31:26
37	3064	Havlik, Mary	W35	Springfield Center, NY	31:34
38	3063	Havlik, Andrew	M36	Springfield Center, NY	31:35
39	3080	Lamphere, Randie	W53	Canajoharie, NY	31:43
40	1391	Cook, Anne	W55	Berne, NY	31:55
41	3089	Norris, Christina	W35	Duanesburg, NY	32:47
42	217	Bruno, Jessica	W42	Jacksonville, VT	33:45
43	3094	Powarczynski, Amy	W53	Westerlo, NY	34:21
44	1085	Wolfe, Monica	W45	Richfield Springs, NY	34:27
45	224	Mackesey, Tim	M62	Altamont, NY	35:12
46	223	Mackesey, Mindy	W55	Altamont, NY	35:12
47	1386	Calabrese, Sherri	W38	Feura Bush, NY	36:05
48	1088	Barre, Ric	M70	Troy, NY	36:41
49	218	Gabriel, Tony	M34	Lake Peekskill, NY	36:45
50	3076	Klahr, Danielle	W42	Albany, NY	36:51
51	1381	Baldwin, Tracy	W52	Schoharie, NY	36:52

52	1094	Lorman, Lisa	W55	Amsterdam, NY	37:40
53	1100	Peleggi, Larry	M61	Colonie, NY	37:50
54	1384	Bradley, Valerie	W31	Albany, NY	38:48
55	1081	Vermilyea, Christine	W48	Schenectady, NY	39:07
56	1082	Vermilyea, John	M57	Schenectady, NY	39:24
57	221	Hawkes-Teeter, Susan	W67	Berne, NY	40:47
58	1097	Lee, Ray	M77	Halfmoon, NY	42:31
59	1388	Carpenter, Alice	W68	Delmar, NY	43:18
60	207	Vavasour, John	M70	Albany, NY	43:23
61	3070	Jonas, Cassandra	W32	Berne, NY	47:10
62	3068	Johnston, Nancy	W73	Ballston Lake, NY	47:59
63	5391	Vermilyea, Audrey	W16	Schenectady, NY	48:06
64	3090	Ogaard, Lydia	W67	Berne, NY	52:01
65	209	Calleri, Rebecca	W37	Schenectady, NY	52:26
66	213	Thomas, Frankie	W6	Averill Park, NY	1:01:23

Age Groups

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Name                Sex/Age  City/State                Time
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Overall Results Women 5000 Run

1 Wagner, Victoria W45 Altamont, NY 24:42

Overall Results Men 5000 Run

1 Machabee, Keith M22 Delmar, NY 17:37

Women

1-12 Results

1 Thomas, Frankie W6 Averill Park, NY 1:01:23

13-16 Results

1 Vermilyea, Audrey W16 Schenectady, NY 48:06

20-29 Results

1 Darling, Kendal W23 Roxbury, NY 30:18

30-39 Results

1 Keator, Karli W39 Medusa, NY 30:45
2 Kergel, Amanda W36 Glenville, NY 31:09
3 Havlik, Mary W35 Unattached 31:34
4 Norris, Christina W35 Duanesburg, NY 32:47
5 Calabrese, Sherri W38 Feura Bush, NY 36:05
6 Bradley, Valerie W31 Albany, NY 38:48
7 Jonas, Cassandra W32 Berne, NY 47:10
8 Calleri, Rebecca W37 Schenectady, NY 52:26

40-44 Results

1 de Vries, Amber W40 Schoharie, NY 31:12
2 Bruno, Jessica W42 Jacksonville, VT 33:45
3 Klahr, Danielle W42 Albany, NY 36:51

45-49 Results

1 Peters, Melinda W47 Roxbury, NY 29:28
2 Corney, Claire W47 Westerlo, NY 30:02
3 Stein, Devon W48 Rexford, NY 31:14
4 Wolfe, Monica W45 Unattached 34:27
5 Vermilyea, Christine W48 Schenectady, NY 39:07

50-54 Results

1 Joyce, Amy	W50 Delmar, NY	28:48
2 Lamphere, Randie	W53 Canajoharie, NY	31:43
3 Powarczynski, Amy	W53 Westerlo, NY	34:21
4 Baldwin, Tracy	W52 Schoharie, NY	36:52

55-59 Results

1 McCoski, Kelli	W58 Amsterdam, NY	31:26
2 Cook, Anne	W55 Berne, NY	31:55
3 Mackesey, Mindy	W55 Altamont, NY	35:12
4 Lorman, Lisa	W55 Amsterdam, NY	37:40

65-69 Results

1 Hawkes-Teeter, Susan	W67 Berne, NY	40:47
2 Carpenter, Alice	W68 Delmar, NY	43:18
3 Ogaard, Lydia	W67 Berne, NY	52:01

70-74 Results

1 Johnston, Nancy	W73 Ballston Lake, NY	47:59
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Men

1-12 Results

1 Stein, Fletcher	M11 Rexford, NY	29:42
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13-16 Results

1 Angus, William	M15 Altamont, NY	24:43
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17-19 Results

1 Briody, James	M18 Cairo, NY	27:54
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20-29 Results

1 Carlsen, Zian	M20 South Cairo, NY	23:34
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30-39 Results

1 Walker, Ryan	M34 Altamont, NY	23:19
2 Jonas, Brian	M31 Berne, NY	26:26
3 Joyce, Andrew	M37 Albany, NY	28:48
4 Charles, Steven	M34 Albany, NY	29:44
5 Cowan, Zachary	M30 Altamont, NY	30:12
6 O'Brien, Matthew	M30 East Berne, NY	30:25
7 Baldwin, Sara	M32 Albany, NY	30:54
8 Havlik, Andrew	M36 Unattached	31:35
9 Gabriel, Tony	M34 Lake Peekskill, NY	36:45

40-44 Results

1 Gerard, Christopher	M40 Albany, NY	24:44
2 Manley, Christopher	M40 Worcester, NY	24:59
3 O'Donnell, Jarrett	M44 Delanson, NY	29:06
4 Kergel, Jeremy	M44 Glenville, NY	31:08

45-49 Results

1 Angus, Andrew	M45 Altamont, NY	26:45
2 McCarthy, John	M47 Albany, NY	28:09

50-54 Results

1 Bajouwa, Haytham	M54 Berne, NY	28:24
2 Ashe, Charles	M53 East Meredith, NY	30:51
3 Segrue, Sean	M50 Altamont, NY	31:02

55-59 Results

1 Ellis, Ed	M58 Hannacroix, NY	25:17
2 Longhi, Gary	M55 Albany, NY	26:16

3 Lippert, Tim	M58 Berne, NY	27:33
4 Lamphere, Dale	M57 Canajoharie, NY	29:18
5 Vermilyea, John	M57 Schenectady, NY	39:24

60-64 Results

1 Korn, Roy	M62 Middleburgh, NY	29:57
2 Mackesey, Tim	M62 Altamont, NY	35:12
3 Peleggi, Larry	M61 Colonie, NY	37:50

70-74 Results

1 Barre, Ric	M70 Troy, NY	36:41
2 Vavasour, John	M70 Albany, NY	43:23

75-79 Results

1 Lee, Ray	M77 Halfmoon, NY	42:31
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