

ROC Mendon Trail Runs - 20K
Saturday November 7, 2009 **Mendon Ponds Park, Mendon, NY**
64 Finishers(18 Female, 46 Male)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Lap 1	Lap 2	Total	Pace
1	171	Skip Kunecki	M		1	Overall Male	19	North Tonawanda	0:43:53	0:45:39	1:29:32	07:12
2	212	Steve Perino	M		2	M30-39	31		0:44:00	0:45:34	1:29:34	07:12
3	169	Timothy Howland	M		3	M30-39	32	Rochester	0:48:06	0:49:11	1:37:16	07:50
4	203	Greg Aspden	M		4	M30-39	37	St Catherines	0:48:25	0:49:41	1:38:06	07:54
5	159	Martin Coffey	M		5	M40-49	40	Pittsford	0:46:57	0:52:33	1:39:30	08:00
6	227	Lawrence Creatura	M		6	M40-49	44	Mendon	0:40:58	0:59:11	1:40:09	08:03
7	206	Andy Frank	M		7	M20-29	25	Rochester	0:49:25	0:53:51	1:43:16	08:18
8	170	David Jones	M		8	M50-59	51	Interlaken	0:51:10	0:53:37	1:44:47	08:26
9	195	Dennis Dwyer	M		9	M40-49	47	Batavia	0:52:11	0:53:43	1:45:54	08:31
10	215	Mike Dunn	M		10	M50-59	53		0:52:11	0:54:52	1:47:03	08:37
11	224	David Howe	M		11	M20-29	23	Baldwinsville	0:51:04	0:56:46	1:47:49	08:40
12	155	James Brennan	M		12	M30-39	39	Pittsford	0:52:02	0:56:55	1:48:57	08:46
13	186	Julie Staub	F		1	Overall Female	29	Brooklyn	0:54:25	0:55:04	1:49:29	08:48
14	220	Larry Bernstein	M		13	M40-49	49		0:50:50	0:59:31	1:50:21	08:53
15	182	Greg Rosser	M		14	M50-59	52	Fairport	0:52:56	0:58:28	1:51:23	08:58
16	178	Henri Ragetlie	M		15	M50-59	51	St. Catharines	0:54:31	0:58:23	1:52:54	09:05
17	184	Henry Schneider	M		16	M30-39	35	Brooklyn	0:54:25	0:59:15	1:53:40	09:09
18	205	Alexa Harding	F		2	F20-29	25	Rochester	0:54:35	0:59:07	1:53:42	09:09
19	222	Lincoln Fancher	M		17	M50-59	50		0:54:26	1:00:07	1:54:33	09:13
20	161	Dan English	M		18	M50-59	52	Pittsford	0:54:51	1:00:46	1:55:37	09:18
21	168	Patrick Herron	M		19	M50-59	52	LeRoy	0:55:56	1:00:47	1:56:43	09:23
22	225	Dan Miller	M		20	M30-39	39	Auburn	0:54:02	1:02:55	1:56:57	09:25
23	196	Alan McAllister	M		21	M40-49	40	Rochester	0:56:38	1:00:31	1:57:09	09:25
24	191	John Wilcox	M		22	M40-49	49	Henrietta	0:56:12	1:01:57	1:58:09	09:30
25	192	Brendan Wolfert	M		23	M20-29	20	Rochester	0:56:33	1:02:27	1:59:00	09:34
26	211	Eric Ekholm	M		24	M40-49	41		0:54:54	1:05:10	2:00:04	09:40
27	202	Graham Noble	M		25	M60-69	60	Welland	0:55:35	1:04:36	2:00:12	09:40
28	188	John Tarduno	M		26	M40-49	48	Rochester	0:57:37	1:03:11	2:00:48	09:43
29	314	Carmen Gumina	M		27	M40-49	44	Webster	1:00:05	1:00:59	2:01:05	09:44
30	221	Tony Power	M		28	M40-49	46	St Catherines	0:58:25	1:02:48	2:01:13	09:45
31	189	Michael Vanham	M		29	M30-39	38	Rochester	0:54:56	1:07:00	2:01:56	09:49
32	175	Jaynie Nafziger	F		3	F30-39	30	Filmore	0:58:50	1:04:15	2:03:05	09:54
33	163	Eileen Frawley	F		4	F30-39	31	Houghton	0:58:52	1:04:18	2:03:09	09:54
34	193	Andrew Kubrich	M		30	M30-39	34	Livonia	0:59:17	1:05:05	2:04:22	10:00
35	153	Jim Baker	M		31	M40-49	41	Honeoye Falls	0:58:30	1:06:06	2:04:36	10:01
36	207	Tom Schiffert	M		32	M30-39	32	Rochester	1:02:58	1:04:06	2:07:04	10:13
37	199	Andrew Ciaio	M		33	M40-49	44		1:01:43	1:05:55	2:07:38	10:16
38	194	Jeannine Rossi	F		5	F20-29	25	Clifton Springs	1:01:30	1:06:53	2:08:23	10:20
39	201	David Brongo	M		34	M50-59	58		1:03:28	1:05:18	2:08:45	10:21
40	197	Kevin Kehoe	M		35	M30-39	34		0:59:33	1:09:59	2:09:32	10:25
41	181	Michael Redfern	M		36	M30-39	34	Grand Island	1:00:47	1:10:10	2:10:57	10:32
42	185	John Stanford	M		37	M40-49	49	Rochester	1:03:59	1:07:35	2:11:34	10:35
43	180	Rebecca Read	F		6	F30-39	33	St. Catharines	1:03:21	1:08:25	2:11:46	10:36
44	165	Keith Gregoire	M		38	M40-49	43	Williamsville	1:01:24	1:10:25	2:11:50	10:36
45	172	Donna Loeb	F		7	F40-49	49	Geneva	1:03:28	1:10:58	2:14:26	10:49
46	154	Kimberlee Blik	F		8	F40-49	45	Webster	1:05:19	1:10:04	2:15:23	10:54
47	190	Jennifer Ward	F		9	F20-29	28	Syracuse	1:04:54	1:10:39	2:15:33	10:54
48	177	Maria Pizzacalla	F		10	F40-49	42	St Catharines	1:05:21	1:11:20	2:16:41	11:00
49	176	Mark Pecaut	M		39	M30-39	34	Rochester	1:06:01	1:11:24	2:17:25	11:03
50	167	Jennifer Henry	F		11	F30-39	34	Gardners	1:06:08	1:11:19	2:17:27	11:03
51	214	Dan Sanchez	M		40	M19UNDER	16	Syracuse	1:09:10	1:08:48	2:17:57	11:06
52	210	Jo Eaton	F		12	F50-59	58	Fairport	1:06:39	1:13:15	2:19:54	11:15
53	217	Margaret Stulb	F		13	F20-29	23		1:09:10	1:11:04	2:20:14	11:17
54	218	Cathy Belic	F		14	F40-49	48	St Catherines	1:10:27	1:16:25	2:26:53	11:49
55	157	Diane Chesla	F		15	F40-49	41	St. Catharines	1:10:27	1:16:25	2:26:53	11:49
56	219	Anne Shigley	F		16	F20-29	22	Rochester	1:08:24	1:19:26	2:27:50	11:54
57	198	Tim Holahan	M		41	M40-49	44		1:07:23	1:23:45	2:31:08	12:10
58	208	James Norris	M		42	M50-59	50		1:11:47	1:21:31	2:33:18	12:20

59	187	Teresa Sukiennicki	F	17	F40-49	43	Rochester	1:16:54	1:29:09	2:46:03	13:22
60	160	James Culp	M	43	M50-59	51	Port Perry	1:14:59	1:37:10	2:52:09	13:51
61	174	Alan Marciano	M	44	M40-49	43		1:17:55	1:37:52	2:55:47	14:08
62	166	Patti Hahn	F	18	F50-59	53	Rochester	1:28:16	1:38:03	3:06:19	14:59
63	226	Philip Mann	M	45	M50-59	58		1:23:02	1:45:17	3:08:19	15:09
64	158	Munroe Clayton	M	46	M70-79	70	Liverpool	1:35:29	1:46:53	3:22:22	16:17
DNF	151	Richard Adams	M		M20-29	26	Rochester	0:56:48		0:56:48	
DNF	216	Glenn Widor	M		M40-49	41		1:01:09		1:01:09	