

Age Group RUN585 Series Awards Summer 2023

Place	Name	Gender	Age	City	State	TBR Time	TBR Pace	SIC Time	SIC Pace	HSN Time	HSN Pace	Combined Times
Overall Male												
1	Dylan Mitlof	M	23	Webster	NY	0:19:23	6:14	0:30:59	6:14	0:19:12	6:11	1:09:34
Overall Female												
1	Amy Bartell	F	48	Mendon	NY	0:22:12	7:09	0:33:48	6:48	0:21:43	6:59	1:17:43
Female 20-24												
1	Victoria Cleary	F	23	Fairport	NY	0:30:00	9:39	0:48:05	9:40	0:28:30	9:10	1:46:35
Female 25-29												
1	Julia Pringle-Wallace	F	29	Rochester	NY	0:26:25	8:30	0:45:43	9:12	0:26:58	8:40	1:39:06
2	Alexis Ramstine	F	29	Rochester	NY	0:35:38	11:28	0:57:09	11:30	0:32:02	10:19	2:04:49
Female 30-34												
1	Rachel Winter	F	31	Bergen	NY	0:25:10	8:06	0:41:22	8:19	0:24:32	7:54	1:31:04
2	Paige Camp	F	31	Honeoye Falls	NY	0:26:46	8:37	0:44:46	9:00	0:25:45	8:17	1:37:17
3	Hollie Vadney	F	32	Macedon	NY	0:29:17	9:25	0:48:07	9:41	0:28:29	9:10	1:45:53
4	Lindsay Lavicka	F	33	Rochester	NY	0:35:29	11:25	0:58:53	11:51	0:33:25	10:45	2:07:47
5	Karen O'Brien	F	31	Webster	NY	0:44:37	14:21	1:10:46	14:14	0:41:26	13:20	2:36:49
6	Jessica Thompkins	F	34	Rochester	NY	0:44:01	14:10	1:11:42	14:25	0:44:15	14:15	2:39:58
Female 35-39												
1	Angeline VanHalle	F	37	Newark	NY	0:23:06	7:26	0:35:44	7:11	0:20:57	6:44	1:19:47
2	Julie Catan	F	38	Rochester	NY	0:23:55	7:42	0:38:24	7:43	0:22:25	7:13	1:24:44
3	Holly VanEpps	F	39	Rochester	NY	0:26:47	8:37	0:43:00	8:39	0:25:26	8:11	1:35:13
4	Joy Kaminski	F	39	East Rochester	NY	0:27:02	8:42	0:45:05	9:04	0:26:37	8:34	1:38:44
5	Sarah Mastro	F	39	Rochesterer	NY	0:28:11	9:04	0:44:49	9:01	0:26:20	8:28	1:39:20
6	Rhonda Marciano	F	36	Medina	NY	0:26:26	8:30	0:47:31	9:33	0:27:15	8:46	1:41:12
7	Lindsay Pilato	F	39	Penfield	NY	0:27:23	8:49	0:49:27	9:57	0:27:24	8:49	1:44:14
8	Stephanie Hogan	F	39	Lima	NY	0:29:19	9:26	0:44:48	9:01	0:32:43	10:32	1:46:50
9	Pilar Candia	F	37	Rochester	NY	0:31:00	9:59	0:49:06	9:52	0:28:58	9:19	1:49:04
10	Leslie Yorks	F	36	Livonia	NY	0:33:03	10:38	0:49:17	9:55	0:29:21	9:27	1:51:41
11	Nicole Baker	F	35	Walworth	NY	0:31:09	10:01	0:52:47	10:37	0:33:11	10:41	1:57:07
12	Amanda Bouchard	F	37	Perry	NY	0:35:48	11:31	0:51:46	10:25	0:31:01	9:59	1:58:35
13	Dianne Clar	F	36	Honeoye Falls	NY	0:29:53	9:37	0:55:58	11:16	0:33:41	10:50	1:59:32

14	Zoe Guard	F	35	Penfield	NY	0:35:14	11:20	0:54:44	11:01	0:34:55	11:14	2:04:53
	Female 40-44											
1	Brie Stratton	F	41	Port Gibson	NY	0:24:04	7:45	0:37:27	7:32	0:23:04	7:25	1:24:35
2	Jessica Lighthouse	F	40	Rochester	NY	0:27:30	8:51	0:46:01	9:15	0:27:21	8:48	1:40:52
3	Sandra Lyon	F	43	Canandaigua	NY	0:35:06	11:18	0:52:16	10:31	0:32:22	10:25	1:59:44
4	Jennifer Sargent	F	43	Rochester	NY	0:35:26	11:24	0:56:03	11:16	0:33:24	10:45	2:04:53
5	Amanda Kovar	F	41	Geneva	NY	0:35:44	11:30	0:56:03	11:16	0:36:10	11:38	2:07:57
6	Julie Blackall	F	40	Newark	NY	0:43:06	13:52	1:01:26	12:21	0:36:18	11:41	2:20:50
7	Tracy Smith	F	42	Rochester	NY	0:40:51	13:09	1:12:06	14:30	0:42:33	13:42	2:35:30
8	Cheryl Koester	F	42	Rochester	NY	0:52:45	16:59	1:17:36	15:37	0:49:18	15:52	2:59:39
9	Aisha Howard	F	44	Rochester	NY	0:52:45	16:59	1:20:28	16:11	0:49:18	15:52	3:02:31
	Female 45-49											
1	Christine Parnell	F	47	Caledonia	NY	0:25:39	8:15	0:41:59	8:27	0:24:05	7:45	1:31:43
2	Dawn Ver Hague	F	45	Geneseo	NY	0:29:11	9:23	0:47:27	9:33	0:30:19	9:45	1:46:57
3	Dana Sibilio	F	47	Farmington	NY	0:31:04	10:00	1:00:38	12:12	0:31:43	10:12	2:03:25
4	Fabiola Kizer	F	46	Rochester	NY	0:39:56	12:51	0:59:40	12:00	0:37:09	11:57	2:16:45
5	Laura Taylor	F	48	Rochester	NY	0:44:16	14:15	1:06:38	13:24	0:40:18	12:58	2:31:12
6	Colleen Caruana	F	46	Rochester	NY	0:46:05	14:50	1:14:21	14:57	0:48:37	15:39	2:49:03
7	Melissa Kulesza	F	46	Hamlin	NY	0:47:55	15:25	1:13:57	14:53	0:48:09	15:30	2:50:01
8	Allison Morrison	F	46	East Rochester	NY	0:49:03	15:47	1:17:21	15:34	0:49:14	15:51	2:55:38
	Female 50-54											
1	Lori Cratsley	F	53	Springwater	NY	0:27:13	8:45	0:44:13	8:54	0:27:12	8:45	1:38:38
2	Rebekah Burrill	F	50	Rochester	NY	0:29:50	9:36	0:46:46	9:24	0:28:04	9:02	1:44:40
3	Susan Reisig	F	52	Rochester	NY	0:30:12	9:43	0:49:58	10:03	0:28:57	9:19	1:49:07
4	Kelly Goodwin	F	52	Rochester	NY	0:31:32	10:09	0:50:23	10:08	0:30:26	9:48	1:52:21
5	Felicia Reed-Watt	F	53	Rochester	NY	0:32:43	10:32	0:55:29	11:10	0:31:04	10:00	1:59:16
6	Teresa O'Connor	F	54	Rochester	NY	0:35:22	11:23	0:59:06	11:53	0:33:56	10:55	2:08:24
7	Cheri Reed-Watt	F	53	Rochester	NY	0:35:54	11:33	0:58:24	11:45	0:35:05	11:17	2:09:23
8	EILEEN HENWOOD	F	54	Fairport	NY	0:35:29	11:25	1:02:10	12:30	0:36:03	11:36	2:13:42
9	Vicki Earle	F	53	Fairport	NY	0:46:35	14:59	1:13:15	14:44	0:45:10	14:32	2:45:00
	Female 55-59											
1	Zoila Jimenez	F	55	Rochester	NY	0:33:08	10:40	0:52:56	10:39	0:37:03	11:55	2:03:07
2	Cynthia Smith	F	58	Canandaigua	NY	0:35:37	11:28	0:56:22	11:20	0:35:59	11:35	2:07:58
3	Maria Tantillo	F	59	Ontario	NY	0:38:19	12:20	1:04:03	12:53	0:37:55	12:12	2:20:17

4	Karen Vongunden	F	57	Castile	NY	0:35:48	11:31	1:08:41	13:49	0:40:57	13:11	2:25:26
Female 60-64												
1	Linda Keady	F	61	Rochester	NY	0:36:25	11:43	0:55:59	11:16	0:31:55	10:16	2:04:19
2	Sandra Bossert	F	60	Rochester	NY	0:34:29	11:06	0:56:31	11:22	0:34:46	11:11	2:05:46
3	Kiki Blake	F	62	Rochester	NY	0:38:03	12:15	1:03:45	12:49	0:36:43	11:49	2:18:31
4	Pamela Henrie	F	63	Rochester	NY	0:59:58	19:18	1:18:27	15:47	0:58:03	18:41	3:16:28
Female 65-69												
1	Suzanne Koester	F	67	Rochester	NY	0:36:46	11:50	1:04:36	13:00	0:37:58	12:13	2:19:20
2	Deborah Storrings	F	66	Manlius	NY	0:39:34	12:44	1:05:32	13:11	0:39:32	12:43	2:24:38
Female 70 & Up												
1	Karen Hamilton	F	73	Rochester	NY	0:51:07	16:27	1:16:35	15:24	0:48:56	15:45	2:56:38
Male 19 & Under												
1	Kirkland Burrill	M	19	Pittsford	NY	0:29:48	9:35	0:46:41	9:23	0:28:01	9:01	1:44:30
Male 20-24												
1	Jackson Colley	M	24	Rochester	NY	0:30:40	9:52	0:45:17	9:06	0:27:01	8:42	1:42:58
Male 25-29												
1	Nathaniel Watts	M	29	Fairport	NY	0:29:08	9:23	0:47:08	9:29	0:27:14	8:46	1:43:30
2	Drew Wray	M	28	Ontario	NY	0:30:54	9:57	0:54:43	11:00	0:28:45	9:15	1:54:22
Male 30-34												
1	Justin Johnson	M	34	Rochester	NY	0:32:04	10:19	0:48:46	9:48	0:27:33	8:52	1:48:23
2	Brandon Crownover	M	33	Longmont	CO	0:35:22	11:23	0:57:09	11:30	0:32:03	10:19	2:04:34
3	Brian Holloway	M	30	Webster	NY	0:31:37	10:10	1:10:45	14:14	0:41:26	13:20	2:23:48
Male 35-39												
1	Timothy Smilnak	M	35	Rochester	NY	0:21:52	7:02	0:35:25	7:07	0:20:58	6:45	1:18:15
2	Tim Story	M	37	Penfield	NY	0:25:59	8:22	0:41:11	8:17	0:25:41	8:16	1:32:51
3	Mark Magnusson	M	36	Rochester	NY	0:26:21	8:29	0:38:31	7:45	0:28:56	9:19	1:33:48
4	Mike Winter	M	35	Bergen	NY	0:27:37	8:53	0:44:43	9:00	0:24:43	7:57	1:37:03
5	Michael D'Agostino	M	35	Rochester	NY	0:29:40	9:33	0:49:40	9:59	0:27:48	8:57	1:47:08
6	Kevin Kewin	M	36	East Rochester	NY	0:28:56	9:19	0:51:03	10:16	0:29:21	9:27	1:49:20
7	Wesley Adam	M	36	Penfield	NY	0:30:32	9:49	0:50:39	10:11	0:31:54	10:16	1:53:05
8	Dimitrios Kokkinis	M	37	Rochester	NY	0:31:08	10:01	0:54:00	10:52	0:30:27	9:48	1:55:35
9	Eric Pastore	M	37	Rochester	NY	0:38:29	12:23	0:51:13	10:18	0:28:22	9:08	1:58:04
10	Matthew Rothberg	M	35	Rochester	NY	0:37:06	11:56	0:58:58	11:52	0:37:03	11:55	2:13:07
11	Stephen House	M	37	Rochester	NY	0:46:52	15:05	1:11:27	14:22	0:44:43	14:24	2:43:02

Male 40-44

1	Eric Richmond	M	41	Rochester	NY	0:20:15	6:31	0:31:40	6:22	0:19:40	6:20	1:11:35
2	Stephen Mastro	M	43	Rochester	NY	0:24:25	7:51	0:39:35	7:58	0:23:28	7:33	1:27:28
3	Michael Youn	M	43	Rochester	NY	0:26:24	8:30	0:39:31	7:57	0:23:05	7:25	1:29:00
4	Jesse VanEpps	M	40	Rochester	NY	0:25:44	8:17	0:40:07	8:04	0:23:58	7:43	1:29:49
5	Jason Olson	M	44	Rochester	NY	0:26:43	8:36	0:41:23	8:19	0:24:08	7:46	1:32:14
6	Joshua Jensen	M	43	Spencerport	NY	0:26:58	8:41	0:41:30	8:21	0:24:52	8:00	1:33:20
7	William Schifferli	M	43	Rochester	NY	0:25:54	8:20	0:43:19	8:43	0:24:55	8:01	1:34:08
8	Robert Rector	M	40	Webster	NY	0:30:51	9:56	0:53:03	10:40	0:30:34	9:50	1:54:28
9	Stephen Droegmoeller	M	40	Rochester	NY	0:31:41	10:12	0:52:44	10:36	0:30:37	9:51	1:55:02
10	Doug Blackall	M	42	Newark	NY	0:43:06	13:52	1:01:26	12:21	0:36:18	11:41	2:20:50

Male 45-49

1	Jason Caine	M	45	Rochester	NY	0:22:33	7:15	0:35:37	7:10	0:20:53	6:43	1:19:03
2	David Pilato	M	45	Penfield	NY	0:28:33	9:11	0:47:59	9:39	0:28:08	9:03	1:44:40
3	John Gerber	M	47	West Henrietta	NY	0:31:56	10:17	0:52:54	10:38	0:31:29	10:08	1:56:19
4	Ken Wiley	M	47	Geneseo	NY	0:35:11	11:19	0:55:14	11:07	0:32:50	10:34	2:03:15

Male 50-54

1	Ken Goold	M	52	Lima	NY	0:21:41	6:59	0:35:08	7:04	0:20:49	6:42	1:17:38
2	Brian Weller	M	53	Webster	NY	0:24:55	8:01	0:38:58	7:50	0:23:40	7:37	1:27:33
3	Chris Kemp	M	52	Leroy	NY	0:27:22	8:48	0:39:24	7:56	0:23:15	7:29	1:30:01
4	Kevin Wightman	M	54	Hornell	NY	0:25:25	8:11	0:40:23	8:07	0:24:26	7:52	1:30:14
5	Christopher Maira	M	51	Fairport	NY	0:25:29	8:12	0:40:49	8:13	0:23:56	7:42	1:30:14
6	Jeremy Hammond	M	52	Fairport	NY	0:30:03	9:40	0:52:31	10:34	0:31:54	10:16	1:54:28
7	Scott Reed	M	52	Fairport	NY	0:24:44	7:58	0:47:17	9:31	0:45:11	14:32	1:57:12
8	John Sargent	M	54	Rochester	NY	0:35:23	11:23	0:56:02	11:16	0:33:24	10:45	2:04:49
9	Winston Jimenez	M	51	Rochester	NY	0:36:02	11:36	0:55:46	11:13	0:37:59	12:13	2:09:47

Male 55-59

1	Rick Turner	M	58	Bloomfield	NY	0:24:06	7:45	0:38:47	7:48	0:22:08	7:07	1:25:01
2	Mike Cassata	M	56	Ontario	NY	0:25:32	8:13	0:42:37	8:34	0:25:43	8:16	1:33:52
3	Gordie Auckland	M	56	Arkport	NY	0:28:05	9:02	0:44:29	8:57	0:26:59	8:41	1:39:33
4	Michael Mosley	M	55	Rochester	NY	0:28:05	9:02	0:44:39	8:59	0:27:49	8:57	1:40:33
5	Richard Knott III	M	58	Rochester	NY	0:31:23	10:06	0:48:13	9:42	0:29:30	9:29	1:49:06
6	Scott Winslow	M	57	Rochester	NY	0:32:57	10:36	0:56:03	11:16	0:37:08	11:57	2:06:08

Male 60-64

1	Todd Dappen Sr.	M	61	Webster	NY	0:23:52	7:41	0:36:16	7:18	0:21:29	6:55	1:21:37
2	RANDY WICKS	M	60	Fairport	NY	0:25:00	8:03	0:42:52	8:37	0:25:21	8:09	1:33:13
3	Paul Kato	M	63	West Henrietta	NY	0:26:52	8:39	0:43:45	8:48	0:26:30	8:32	1:37:07
4	Robert Cope	M	62	Livonia	NY	0:39:19	12:39	0:57:16	11:31	0:35:41	11:29	2:12:16
5	Scott Erdeli	M	64	Palmyra	NY	0:47:27	15:16	1:16:48	15:27	0:47:17	15:13	2:51:32
6	anthony Guglielmo	M	64	Rochester	NY	0:56:19	18:07	1:32:40	18:38	0:56:47	18:16	3:25:46

Male 65-69

1	Andy Blake	M	67	Rochester	NY	0:27:26	8:49	0:43:00	8:39	0:26:30	8:32	1:36:56
2	Alan Knauf	M	66	Fernandina Beach	FL	0:29:22	9:27	0:45:31	9:09	0:28:00	9:01	1:42:53
3	RICHARD WAHL	M	69	Fairport	NY	0:35:45	11:30	0:58:15	11:43	0:36:41	11:48	2:10:41

Male 70 & UP

1	Carlos Palacio	M	76	Rochester	NY	0:30:27	9:48	0:51:48	10:25	0:30:38	9:52	1:52:53
2	Jon Schoenmaker	M	72	Honeoye Falls	NY	0:35:46	11:31	1:02:47	12:38	0:35:29	11:25	2:14:02