

Berlin Pond Five Miler
 2010 CVR/ORS Race Series #7
 USATF #VT05001RF
 Berlin, VT August 5, 2010

***** FEMALE OVERALL RESULTS *****

1	Sarah London	31	Montpelier	VT	34:39
2	Donna Smyers	52	Adamant	VT	36:19
3	Grace Brigham	16	Montpelier	VT	37:04
4	Carrie Cook	35	Montpelier	VT	39:06
5	Alicia Gant	29	Williamstown	VT	39:08
6	Carolyn Ritter	48	Waterbury	VT	39:29
7	Aleksey Jordick	15	Williston	VT	39:32
8	Jen Galfetti	39	Montpelier	VT	40:03
9	Mares Chayer-Randall	38	Essex Jct.	VT	40:14
10	Ann Bushey	52	Montpelier	VT	40:38

Record 33:14 by Megan Valentine in 2006

***** MALE OVERALL RESULTS *****

1	Eric Morse	45	Berlin	VT	27:49
2	John Ostler	24	Montpelier	VT	28:22
3	Christopher Keller	18	Montpelier	VT	30:26
4	Sam Brigham	18	Montpelier	VT	32:06
5	Ed McSweeney	60	Montpelier	VT	32:30
6	Michael Jordick	42	Williston	VT	32:36
7	Ethan Ducharme	19	Marshfield	VT	32:50
8	Bob Emmons	51	So. Duxbury	VT	33:04
9	Eddie Habeck	33	Williamstown	VT	33:30
10	Christian Andresen	54	Montpelier	VT	34:10

Record 27:13 by Gabriel Proctor in 2009

***** AGE GROUP RESULTS *****

FEMALE AGE GROUP 1 - 19

Place	O'All	Name	Age	City	St	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====
1	16	Grace Brigham	16	Montpelier	VT	37:04	7:25
2	24	Aleksey Jordick	15	Williston	VT	39:32	7:55
3	60	Olivia Wyatt	12	Groton	VT	51:04	10:13
4	70	Mai Nguyen	19	Manassas	VA	54:51	10:59

Record 33:33 by Heather McLaughlin in 2006

FEMALE AGE GROUP 20 - 29

Place	O'All	Name	Age	City	St	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====
1	22	Alicia Gant	29	Williamstown	VT	39:08	7:50
2	40	Emily Montgomery	24	So. Royalton	VT	42:15	8:27
3	49	Sara Erickson	26	Barre	VT	46:45	9:21
4	63	Erin Kilrain	25	Burlington	VT	51:41	10:21
5	76	Caitlyn Sikora	25	Montpelier	VT	56:46	11:22
6	79	Shelley Mahoney	28	Barre	VT	1:15:00	15:00

Record 32:16 by Megan Valentine in 2007

FEMALE AGE GROUP 30 - 39

Place	O'All	Name	Age	City	St	Time	Pace
1	11	Sarah London	31	Montpelier	VT	34:39	6:56
New record. Old record 35:47 by Lissa Knauss in 2009							
2	20	Carrie Cook	35	Montpelier	VT	39:06	7:50
3	26	Jen Galfetti	39	Montpelier	VT	40:03	8:01
4	27	Mares Chayer-Randall	38	Essex Jct.	VT	40:14	8:03
5	31	Thao Nguyen	34	Williston	VT	40:44	8:09
6	36	Lauren McTear	30	Waterbury	VT	41:49	8:22
7	37	Meg Allison	37	Moretown	VT	42:05	8:25
8	43	Stacey Bocskor	35	Northfield	VT	42:32	8:31
9	48	Tara Cohen	32	Fayston	VT	46:35	9:19
10	51	Lorien Wroten	31	Waitsfield	VT	48:39	9:44
11	56	Jaime Gadwah	33	Waterford	VT	49:25	9:53
12	59	Danielle Howes	37	Moretown	VT	50:27	10:06
13	61	Kathy Vasques	38	Barre	VT	51:06	10:14
14	69	Ariane Kissam	34	Burlington	VT	54:14	10:51
15	75	Rebecca Bonawitz	38	Schwendsville	PA	56:40	11:20
16	77	Huong Vu	30	Essex Jct.	VT	57:08	11:26

FEMALE AGE GROUP 40 - 49

Place	O'All	Name	Age	City	St	Time	Pace
1	23	Carolyn Ritter	48	Waterbury	VT	39:29	7:54
2	54	Betty Sikora	43	Montpelier	VT	48:47	9:46
3	66	Cheryl Lease	48	Randolph	VT	53:21	10:41
4	74	Denise Ricker	44	Montpelier	VT	56:18	11:16
Record 33:49 by Dot Martin in 2007							

FEMALE AGE GROUP 50 - 59

Place	O'All	Name	Age	City	St	Time	Pace
1	14	Donna Smyers	52	Adamant	VT	36:19	7:16
2	29	Ann Bushey	52	Montpelier	VT	40:38	8:08
3	62	Sheryl Teague	53	Barre	VT	51:41	10:21
4	78	Dawn Bissonnete	52	Colchester	VT	57:30	11:30
5	81	Wendy Gould	50	E. Montpelier	VT	1:15:44	15:09
Record 34:01 by Sue Hackney in 2008							

FEMALE AGE GROUP 60 - 69

Place	O'All	Name	Age	City	St	Time	Pace
1	58	Bobbi Stapenhorst	65	Montpelier	VT	49:56	10:00
2	80	Betty Rose	62	Montpelier	VT	1:15:10	15:02
Record 46:56 by Bobbi Stapenhorst in 2006							

FEMALE AGE GROUP 70 - 99

Place	O'All	Name	Age	City	St	Time	Pace
Record 55:59 by Betty Lacharite in 2007							

MALE AGE GROUP 1 - 19

Place	O'All	Name	Age	City	St	Time	Pace
1	3	Christopher Keller	18	Montpelier	VT	30:26	6:06
2	4	Sam Brigham	18	Montpelier	VT	32:06	6:26
3	7	Ethan Ducharme	19	Marshfield	VT	32:50	6:34

4 68 Viet Nguyen 17 Hamilton NJ 53:43 10:45
Record 27:13 by Gabriel Proctor in 2009

MALE AGE GROUP 20 - 29

Place	O'All	Name	Age	City	St	Time	Pace
1	2	John Ostler	24	Montpelier	VT	28:22	5:41
2	15	Aaron Griggs	23	Montpelier	VT	37:00	7:24
3	28	Andrew McAvoy	26	Montpelier	VT	40:26	8:06
4	38	Jordan Wilson	21	Northfield	VT	42:10	8:26
5	52	Adam Longworth	28	Waitsfield	VT	48:40	9:44

Record 28:07 by Nathan Fields in 2006

MALE AGE GROUP 30 - 39

Place	O'All	Name	Age	City	St	Time	Pace
1	9	Eddie Habeck	33	Williamstown	VT	33:30	6:42
2	33	Geoffrey Farrell	34	Berlin	VT	41:21	8:17
3	44	Josh Reil	32	Marshfield	VT	42:52	8:35
4	46	Rija Ramahatra	32	Northfield	VT	44:27	8:54
5	53	Nathan Phillips	39	East Montpelier	VT	48:42	9:45
6	71	Ian Vankirk	30	Essex Jct.	VT	55:10	11:02
7	72	Chad Shepard	36	Williston	VT	55:13	11:03

Record 27:56 by Marc Gilbertson in 2006

MALE AGE GROUP 40 - 49

Place	O'All	Name	Age	City	St	Time	Pace
1	1	Eric Morse	45	Berlin	VT	27:49	5:34
2	6	Michael Jordick	42	Williston	VT	32:36	6:32
3	13	Scott Nichols	44	Essex	VT	36:11	7:15
4	34	Michael Travis	45	Worcester	VT	41:23	8:17
5	41	Scott Griggs	48	Orange	VT	42:18	8:28
6	65	Damon Lease	48	Randolph	VT	52:45	10:33

New record. Old record 31:01 by Jim Shimberg in 2007

MALE AGE GROUP 50 - 59

Place	O'All	Name	Age	City	St	Time	Pace
1	8	Bob Emmons	51	So. Duxbury	VT	33:04	6:37
2	10	Christian Andresen	54	Montpelier	VT	34:10	6:50
3	12	Tim Noonan	54	Montpelier	VT	35:46	7:10
4	18	Stanley Morse	51	Waterbury	VT	38:54	7:47
5	19	Andy Shuford	50	Montpelier	VT	38:55	7:47
6	21	Steven Burkholder	58	Montpelier	VT	39:06	7:50
7	25	Michael Gordon	53	Essex Jct.	VT	39:55	7:59
8	30	David Erickson	57	Barre	VT	40:39	8:08
9	32	Joe McCarthy	54	Middlesex	VT	40:56	8:12
10	35	Harvey Lavoy	55	E. Corinth	VT	41:43	8:21
11	39	Rick DeAngelis	55	Montpelier	VT	42:14	8:27
12	42	Norm Robinson	54	Montpelier	VT	42:28	8:30
13	47	Steve Peck	57	Wells River	VT	46:27	9:18
14	50	Dan Fontaine	56	Northfield	VT	48:17	9:40
15	55	Michael Chernick	56	Montpelier	VT	48:47	9:46
16	57	John Mahoney	56	Burlington	VT	49:26	9:54

Record 31:45 by Bob Emmons in 2009

MALE AGE GROUP 60 - 69

Place	O'All	Name	Age	City	St	Time	Pace
1	5	Ed McSweeney	60	Montpelier	VT	32:30	6:30
New record. Old record 33:34 by Chuck Arnold in 2009							
2	17	John Valentine	60	Roxbury	VT	37:49	7:34
3	45	Al Daniels	62	Fairfax	VT	43:04	8:37
4	64	Roger Cranse	69	Montpelier	VT	52:16	10:28
5	67	Buddy Longworth	60	Northfield Falls	VT	53:34	10:43

MALE AGE GROUP 70 - 99

Place	O'All	Name	Age	City	St	Time	Pace
1	73	Gerry Carlson	78	Middlesex	VT	56:17	11:16
Record 49:12 by Gerry Carlson in 2006							