# CVR Track Triple – 18 Aug 2005
## Complete Results

| Name | Age | Hometown | 1500m | | 800m | | 3000m | | Total |
|------|-----|----------|-------|------|------|------|-------|------|-------|
| | | | Pts. | Time | Pts. | Time | Pts. | Time | Score |
| Age Group: Male 0-39 | | | | | | | | | |
| Sean Steinhagen | 21 | Portland, Me. | 1 | 4:40 | 1 | 2:21 | 1 | 9:58 | 3 |
| Lee S. Stanton | 22 | Fair Haven, Vt. | 2 | 4:45 | 2 | 2:23 | 2 | 10:01 | 6 |
| Rowly Brucken | 36 | Barre, Vt. | 3 | 4:51 | 3 | 2:31 | 3 | 10:46 | 9 |
| Jon Williamson | 39 | Montpelier, Vt. | 4 | 5:18 | 4 | 2:37 | 4 | 11:10 | 12 |
| Age Group: Male 50-59 | | | | | | | | | |
| John Valentine | 55 | Roxbury, Vt. | 1 | 5:35 | 1 | 2:42 | 1 | 12:04 | 3 |
| Greg Gerdel | 58 | Montpelier, Vt. | 2 | 5:50 | 1 | 2:42 | 2 | 13:40 | 5 |
| David Erickson | 52 | Barre, Vt. | 3 | 6:12 | 3 | 3:07 | 3 | 13:50 | 9 |
| Age Group: Male 60+ | | | | | | | | | |
| Ted McKnight | 61 | Jericho, Vt. | 1 | 5:30 | 1 | 2:48 | 2 | 12:25 | 4 |
| John Hackney | 60 | Montpelier, Vt. | 2 | 5:41 | 2 | 2:55 | 1 | 12:06 | 5 |
| Hugh Wilson | 65 | Dorval, Que. | 3 | 6:22 | 3 | 3:17 | 3 | 14:05 | 9 |
| Gordon Johnson | 64 | Derby Line, Vt. | 4 | 6:27 | 4 | 3:30 | 4 | 14:57 | 12 |
| Age Group: Female 0-39 | | | | | | | | | |
| Carmen Lagala | 20 | Montpelier, Vt. | 1 | 5:43 | 1 | 2:51 | 1 | 12:37 | 3 |
| Amy Rogers | 22 | Essex Jct., Vt. | 2 | 6:11 | 2 | 3:13 | 2 | 13:49 | 6 |
| Age Group: Female 40-49 | | | | | | | | | |
| Donna Smyers | 47 | Adamant, Vt. | 1 | 6:02 | 1 | 3:03 | 1 | 12:48 | 3 |
| Age Group: Female 50-59 | | | | | | | | | |
| Phyllis Rubenstein | 52 | Montpelier, Vt. | 1 | 7:19 | 1 | 3:51 | 1 | 16:03 | 3 |

The weather was beautiful, and the track was relatively free of hazards. Not a big turnout for this premier event, but an enthusiastic group of runners seemed to enjoy themselves nonetheless. As usual, events like this do not happen without the help of selfless volunteers. I'd like to thank them all: John Martin, Pam Erickson, Dot Martin, Steve Comolli and Donna Smyers.

Bob Murphy, Acting Race Director

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