

Adamant 20 Miler 2016

Coming off of the US Olympic Trials Marathon, followed by the Boston Marathon, Leah Frost smashed her 2015 record by almost 8 minutes, finishing the hilly 20 Miler course in 2:15:34. Leah finished 1st overall, beating the first male relay team of Gavin Boyles and Mack Gardner-Morse by 50 seconds. The first male finisher was Jonathon Rea from Stowe in 2:17:17. The most hotly contested age group was the 50-59 women where Dot Martin edged out Sue Hackney in 2:39:51 vs 2:40:25. All participants enjoyed the post race feed of a variety of soups, bread, cheese and cookies. Proceeds benefit the Adamant Music School which hosts this scenic run. Black flies were out in force to hassle the volunteers who valiantly stayed out there with the assistance of copious insect repellent. Many thanks to the large volunteer force including: Sigh Searles, Greg Wight, John Kaeding, June Burr, John Martin, Sean and Amy Murphy, Sue Emmons, Sarah Drapp, Newton Baker, Pam and Dave Erickson, Tim Noonan and Barb Flint.

Eric Ryea and Donna Smyers, Race Directors

7th Annual Adamant 20 Miler and Relay
May 7, 2016
Adamant, VT

*****OVERALL RESULTS Individual and Relay*****

Place	Div/Tot	Name	R Div	Time	Pace
1	1/3	Leah Frost	I F3039	2:15:34	6:47
2	1/2	Boyles/Gardner-Morse	R M	2:16:24	6:50
3	1/6	Jon Rea	I M2029	2:17:17	6:52
4	2/6	Casey Hubbard	I M2029	2:18:13	6:55
5	3/6	Ross Saxton	I M2029	2:22:25	7:08
6	4/6	Joseph Kill	I M2029	2:23:47	7:12
7	5/6	Caleb Clark	I M2029	2:27:36	7:23
8	1/2	Tim Lamson	I M4049	2:30:51	7:33
9	2/2	Bradley/Bradley	R M	2:31:27	7:35
10	1/7	Jim Flint	I M5059	2:32:10	7:37
11	1/2	Dot Martin	I F5059	2:39:51	8:00
12	1/6	Dylan Broderick	I F2029	2:40:21	8:02
13	2/2	Sue Hackney	I F5059	2:40:25	8:02
14	1/4	Chris Leforce	I M3039	2:42:46	8:09
15	1/4	Chris Andresen	I M6069	2:43:03	8:10
16	2/2	Ben Ellingson	I M4049	2:46:22	8:20
17	2/4	Chuck Arnold	I M6069	2:47:31	8:23
18	2/7	Bobby Glide-Em	I M5059	2:50:12	8:31
19	2/6	Sarah Bryan	I F2029	2:54:57	8:45
20	1/2	Colvin/Jancaitis	R F	2:55:07	8:46
21	3/6	Karen Krupa	I F2029	2:55:39	8:47
22	3/7	Thomas Nuovo	I M5059	2:55:39	8:47
23	1/4	Karen Oppenheimer	I F4049	3:00:00	9:00
24	4/7	Mark Mulder	I M5059	3:01:39	9:05
25	2/4	Sandra Dickin	I F4049	3:01:50	9:06
26	3/4	Erin Randall-Mullins	I F4049	3:02:46	9:09
27	5/7	Tom Cardinal	I M5059	3:02:47	9:09
28	4/4	Katrina Phillips	I F4049	3:05:36	9:17
29	1/1	John Hackney	I M7099	3:06:42	9:21
30	1/2	Carlie Krolick	I F6069	3:07:32	9:23
31	2/4	Alan McGrath Jr	I M3039	3:07:41	9:24
32	6/6	Benjamin Deede	I M2029	3:09:58	9:30
33	6/7	Mark Howard	I M5059	3:10:18	9:31
34	4/6	Brittain Lovett	I F2029	3:13:40	9:41
35	3/4	Derek Macdonald	I M3039	3:14:00	9:42
36	4/4	Douglas Farnham	I M3039	3:15:54	9:48
37	2/3	Jessica Parker	I F3039	3:15:58	9:48
38	7/7	Dodge Bingham	I M5059	3:22:13	10:07
39	5/6	Alyssa Malone	I F2029	3:23:03	10:10
40	1/1	Deangelis/Kissam	R C	3:28:41	10:27
41	3/4	John Izzo	I M6069	3:28:53	10:27
42	2/2	Pelkey/Blow	R F	3:36:32	10:50
43	2/2	Janis Campbell	I F6069	3:40:25	11:02
44	4/4	John Kaeding	I M6069	4:01:38	12:05
45	6/6	Shaina Kasper	I F2029	4:24:01	13:13
46	3/3	Corey Elane Austin	I F3039	4:39:29	13:59

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

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

1 Leah Frost 32 Glover VT 2:15:34
New record. Old record 2:23:14 by Leah Frost in 2015

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

1 Jon Rea 29 Stowe VT 2:17:17
Record 2:04:58 by David Herr in 2012

FEMALE AGE GROUP 01 - 19
MALE AGE GROUP 01 - 19
FEMALE AGE GROUP 20 - 29

1	12 Dylan Broderick	25 Montpelier	VT 2:40:21
2	19 Sarah Bryan	25 Burlington	VT 2:54:57
3	21 Karen Krupa	25 S Burlington	VT 2:55:39
4	34 Brittain Lovett	29 Charlotte	VT 3:13:40
5	39 Alyssa Malone	25 Burlington	VT 3:23:03
6	45 Shaina Kasper	26 Montpelier	VT 4:24:01

MALE AGE GROUP 20 - 29

1	3 Jon Rea	29 Stowe	VT 2:17:17
2	4 Casey Hubbard	28 Marshfield	MA 2:18:13
3	5 Ross Saxton	28 Calais	VT 2:22:25
4	6 Joseph Kill	26 Braintree	VT 2:23:47
5	7 Caleb Clark	27 Calais	VT 2:27:36
6	32 Benjamin Deede	29 Worcester	VT 3:09:58

FEMALE AGE GROUP 30 - 39

1	1 Leah Frost	32 Glover	VT 2:15:34
2	37 Jessica Parker	33 Fairfax	VT 3:15:58
3	46 Corey Elane Austin	36 Waterbury Ctr	VT 4:39:29

MALE AGE GROUP 30 - 39

1	14 Chris Leforce	37 Colchester	VT 2:42:46
2	31 Alan McGrath Jr	31 Lyndonville	VT 3:07:41
3	35 Derek Macdonald	37 S Burlington	VT 3:14:00
4	36 Douglas Farnham	35 Montpelier	VT 3:15:54

FEMALE AGE GROUP 40 - 49

1	23 Karen Oppenheimer	42 Shelburne	VT 3:00:00
2	25 Sandra Dickin	49 Colchester	VT 3:01:50
3	26 Erin Randall-Mullins	41 Colchester	VT 3:02:46
4	28 Katrina Phillips	45 Montpelier	VT 3:05:36

MALE AGE GROUP 40 - 49

1	8 Tim Lamson	49 Adamant	VT 2:30:51
2	16 Ben Ellingson	45 Montpelier	VT 2:46:22

FEMALE AGE GROUP 50 - 59

1	11 Dot Martin	55 Williamstown	VT 2:39:51
2	13 Sue Hackney	59 Montpelier	VT 2:40:25

MALE AGE GROUP 50 - 59

1	10 Jim Flint	57 Craftsbury	VT 2:32:10
2	18 Bobby Glide-Em	57 S Duxbury	VT 2:50:12
3	22 Thomas Nuovo	53 Burlington	VT 2:55:39
4	24 Mark Mulder	57 Burlington	VT 3:01:39
5	27 Tom Cardinal	52 Essex Jct	VT 3:02:47
6	33 Mark Howard	53 Marshfield	VT 3:10:18
7	38 Dodge Bingham	52 Montpelier	VT 3:22:13

FEMALE AGE GROUP 60 - 69

1	30 Carlie Krolick	61 Charlotte	VT 3:07:32
2	43 Janis Campbell	65 Jeffersonville	VT 3:40:25

MALE AGE GROUP 60 - 69

1	15 Chris Andresen	60 Montpelier	VT 2:43:03
2	17 Chuck Arnold	68 Burlington	VT 2:47:31
3	41 John Izzo	67 Salisbury	VT 3:28:53
4	44 John Kaeding	68 Worcester	VT 4:01:38

FEMALE AGE GROUP 70 - 99
MALE AGE GROUP 70 - 99

1	29 John Hackney	70 Montpelier	VT 3:06:42
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*****LEG 1 13 Miles RESULTS*****

Place	Div/Tot	Name	R	Age	S	City	St	Leg1	Pace
1	1/2	Gavin Boyles	R	40	M	Montpelier	VT	1:23:25	6:25
2	1/4	Leah Frost	I	32	F	Glover	VT	1:27:00	6:42
3	1/6	Casey Hubbard	I	28	M	Marshfield	MA	1:27:26	6:44
4	2/6	Jon Rea	I	29	M	Stowe	VT	1:28:31	6:49
5	3/6	Ross Saxton	I	28	M	Calais	VT	1:30:06	6:56
6	4/6	Joseph Kill	I	26	M	Braintree	VT	1:32:33	7:08
7	5/6	Caleb Clark	I	27	M	Calais	VT	1:32:34	7:08
8	1/2	Tim Lamson	I	49	M	Adamant	VT	1:34:48	7:18
9	2/2	Jacob Bradley	R	15	M	E Montpelier	VT	1:37:55	7:32
10	1/7	Jim Flint	I	57	M	Craftsbury	VT	1:37:58	7:33
11	1/6	Dylan Broderick	I	25	F	Montpelier	VT	1:42:45	7:55
12	2/2	Ben Ellingson	I	45	M	Montpelier	VT	1:43:04	7:56

13	1/2	Dot Martin	I	55	F	Williamstown	VT	1:43:14	7:57
14	2/2	Sue Hackney	I	59	F	Montpelier	VT	1:44:00	8:00
15	1/4	Chris Leforce	I	37	M	Colchester	VT	1:44:13	8:01
16	1/4	Chris Andresen	I	60	M	Montpelier	VT	1:45:04	8:05
17	2/7	Bobby Glide-Em	I	57	M	S Duxbury	VT	1:45:07	8:06
18	2/4	Chuck Arnold	I	68	M	Burlington	VT	1:45:50	8:09
19	2/4	Alan McGrath Jr	I	31	M	Lyndonville	VT	1:51:28	8:35
20	2/6	Sarah Bryan	I	25	F	Burlington	VT	1:51:29	8:35
21	3/7	Thomas Nuovo	I	53	M	Burlington	VT	1:51:51	8:37
22	3/6	Karen Krupa	I	25	F	S Burlington	VT	1:52:01	8:37
23	4/7	Mark Mulder	I	57	M	Burlington	VT	1:54:25	8:49
24	1/4	Sandra Dickin	I	49	F	Colchester	VT	1:54:49	8:50
25	2/4	Karen Oppenheimer	I	42	F	Shelburne	VT	1:55:05	8:52
26	5/7	Tom Cardinal	I	52	M	Essex Jct	VT	1:55:05	8:52
27	3/4	Erin Randall-Mullins	I	41	F	Colchester	VT	1:55:05	8:52
28	4/4	Katrina Phillips	I	45	F	Montpelier	VT	1:55:31	8:54
29	6/6	Benjamin Deede	I	29	M	Worcester	VT	1:56:28	8:58
30	1/1	John Hackney	I	70	M	Montpelier	VT	1:56:55	9:00
31	1/4	Nina Aitken	R	61	F	Waterbury Ctr	VT	1:57:01	9:01
32	2/4	Sandy Colvin	R	47	F	Montpelier	VT	1:57:42	9:04
33	3/4	Douglas Farnham	I	35	M	Montpelier	VT	1:57:49	9:04
34	6/7	Mark Howard	I	53	M	Marshfield	VT	1:59:06	9:10
35	1/2	Carlie Krolick	I	61	F	Charlotte	VT	1:59:07	9:10
36	3/4	Caitlin Cusack	R	36	F	Bristol	VT	2:00:49	9:18
37	4/4	Derek Macdonald	I	37	M	S Burlington	VT	2:01:12	9:20
38	2/4	Jessica Parker	I	33	F	Fairfax	VT	2:01:29	9:21
39	4/6	Brittain Lovett	I	29	F	Charlotte	VT	2:02:52	9:28
40	1/1	Rick Deangelis	R	60	M	Montpelier	VT	2:02:56	9:28
41	5/6	Alyssa Malone	I	25	F	Burlington	VT	2:05:21	9:39
42	7/7	Dodge Bingham	I	52	M	Montpelier	VT	2:08:42	9:54
43	3/4	John Izzo	I	67	M	Salisbury	VT	2:08:43	9:55
44	4/4	Gail Pelkey	R	51	F	Waterbury	VT	2:08:51	9:55
45	2/2	Janis Campbell	I	65	F	Jeffersonville	VT	2:12:21	10:11
46	4/4	John Kaeding	I	68	M	Worcester	VT	2:31:36	11:40
47	6/6	Shaina Kasper	I	26	F	Montpelier	VT	2:34:02	11:51
48	3/4	Corey Elane Austin	I	36	F	Waterbury Ctr	VT	2:55:32	13:31
49	4/4	Sarah Springer	I	33	F	S Burlington	VT	2:55:34	13:31

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*****LEG2 7 Miles RESULTS*****

Place	Name	R	Age	S	City2	St	Time	Pace
1	Leah Frost	I	32	F	Glover	VT	48:34	6:57
2	Jon Rea	I	29	M	Stowe	VT	48:46	6:58
3	Casey Hubbard	I	28	M	Marshfield	MA	50:47	7:16
4	Joseph Kill	I	26	M	Braintree	VT	51:14	7:20
5	Ross Saxton	I	28	M	Calais	VT	52:19	7:29
6	Mack Gardner-Morse	R	55	M	Calais	VT	52:59	7:35
7	Kari Bradley	R	48	M	E Montpelier	VT	53:32	7:39
8	Jim Flint	I	57	M	Craftsbury	VT	54:12	7:45
9	Caleb Clark	I	27	M	Calais	VT	55:02	7:52
10	Tim Lamson	I	49	M	Adamant	VT	56:03	8:01
11	Sue Hackney	I	59	F	Montpelier	VT	56:25	8:04
12	Dot Martin	I	55	F	Williamstown	VT	56:37	8:06
13	Jacqueline Jancaitis	R	33	F	Barre	VT	57:25	8:13
14	Dylan Broderick	I	25	F	Montpelier	VT	57:36	8:14
15	Chris Andresen	I	60	M	Montpelier	VT	57:59	8:17
16	Chris Leforce	I	37	M	Colchester	VT	58:33	8:22
17	Chuck Arnold	I	68	M	Burlington	VT	1:01:41	8:49
18	Ben Ellingson	I	45	M	Montpelier	VT	1:03:18	9:03
19	Sarah Bryan	I	25	F	Burlington	VT	1:03:28	9:04
20	Karen Krupa	I	25	F	S Burlington	VT	1:03:38	9:06
21	Thomas Nuovo	I	53	M	Burlington	VT	1:03:48	9:07
22	Karen Oppenheimer	I	42	F	Shelburne	VT	1:04:55	9:17
23	Bobby Glide-Em	I	57	M	S Duxbury	VT	1:05:05	9:18
24	Sandra Dickin	I	49	F	Colchester	VT	1:07:01	9:35
25	Mark Mulder	I	57	M	Burlington	VT	1:07:14	9:37
26	Erin Randall-Mullins	I	41	F	Colchester	VT	1:07:41	9:41
27	Tom Cardinal	I	52	M	Essex Jct	VT	1:07:42	9:41
28	Carlie Krolick	I	61	F	Charlotte	VT	1:08:25	9:47
29	John Hackney	I	70	M	Montpelier	VT	1:09:47	9:59
30	Katrina Phillips	I	45	F	Montpelier	VT	1:10:05	10:01
31	Brittain Lovett	I	29	F	Charlotte	VT	1:10:48	10:07
32	Mark Howard	I	53	M	Marshfield	VT	1:11:12	10:11
33	Derek Macdonald	I	37	M	S Burlington	VT	1:12:48	10:24
34	Benjamin Deede	I	29	M	Worcester	VT	1:13:30	10:30
35	Dodge Bingham	I	52	M	Montpelier	VT	1:13:31	10:31
36	Jessica Parker	I	33	F	Fairfax	VT	1:14:29	10:39

37	Alan McGrath Jr	I	31	M	Lyndonville	VT	1:16:13	10:54
38	Alyssa Malone	I	25	F	Burlington	VT	1:17:42	11:06
39	Douglas Farnham	I	35	M	Montpelier	VT	1:18:05	11:10
40	John Izzo	I	67	M	Salisbury	VT	1:20:10	11:28
41	Ariane Kissam	R	40	F	Montpelier	VT	1:25:45	12:15
42	Charleen Blow	R	49	F	Graniteville	VT	1:27:41	12:32
43	Janis Campbell	I	65	F	Jeffersonville	VT	1:28:04	12:35
44	John Kaeding	I	68	M	Worcester	VT	1:30:02	12:52
45	Corey Elane Austin	I	36	F	Waterbury Ctr	VT	1:43:57	14:51
46	Shaina Kasper	I	26	F	Montpelier	VT	1:49:59	15:43

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*****RELAY RESULTS*****

Place	First Leg	Second Leg	R Leg1	Leg2	Finish
1	Gavin Boyles	Mack Gardner-Morse	M 1:23:25	52:59	2:16:24
2	Jacob Bradley	Kari Bradley	M 1:37:55	53:32	2:31:27
3	Sandy Colvin	Jacqueline Jancaitis	F 2:01:29	53:38	2:55:07
4	Rick Deangelis	Ariane Kissam	C 2:02:56	1:25:45	3:28:41
5	Gail Pelkey	Charleen Blow	F 2:08:51	1:27:41	3:36:32
6	Nina Aitken		F 1:57:01		
7	Caitlin Cusack	Erin Preston	F 1:59:07		