

Adamant Black Fly 4 Miler
May 2, 2009
Adamant, VT

Place	Name	Age	M/F	Town	Time	Pace
1	Bob Emmons	50	M	S Duxbury	24:07	6:02
2	Ryan Joy	24	M	N Montpelier	24:53	6:14
3	Mack Gardner-Morse	48	M	Calais	26:29	6:38
4	Peter Martel	36	M	Randolph	26:51	6:43
5	Donna Smyers	51	F	Adamant	26:58	6:45
6	Grant Orenstein	54	M	Calais	27:12	6:48
7	Mark McEathron	43	M	Montpelier	27:31	6:53
8	Dick Millar	47	M	Montpelier	27:40	6:55
9	Mike Bessette	38	M	St Albans	27:48	6:57
10	Andy Felice	37	M	East Calais	28:38	7:10
11	John Martin	57	M	Montpelier	29:16	7:19
12	Austin McEathren	13	M	Montpelier	29:30	7:23
13	Matt McEathron	10	M	Montpelier	29:58	7:30
14	Bob Murphy	69	M	Barre	30:05	7:32
15	Andrew McAvoy	25	M	Montpelier	30:12	7:33
16	David Erickson	56	M	Barre	30:34	7:39
17	Megan Coleman	25	F	Middlebury	30:35	7:39
18	Jason Grignon	34	M	Shelburne	30:44	7:41
19	Sue Emmons	53	F	S Duxbury	31:35	7:54
20	Ford Porter	9	M	Adamant	32:12	8:03
21	Charles Christiansen	69	M	Berlin	33:08	8:17
22	Andrea McLaughlin	46	F	Barre	33:15	8:19
23	Becky Diedrich	44	F	Berlin	33:19	8:20
24	Jessica Scharf	27	F	Burlington	38:33	9:39
25	Denise Joy	55	F	N Montpelier	56:13	14:04