

CVR Capital City Stampede 10K  
 2021 CVR/ORO Race Series  
 USATF Certified. No. VT21001JK  
 Montpelier, VT 06/12/2021

Place	Div/Tot	Name	Age	S	City	St	Time	Pace	Clu	Sen
1	1/2	Avery Smart	16	M	Montpelier	VT	35:36	5:44		
2	1/6	Steve Andrews	39	M	Shelburne	VT	35:54	5:47		
3	1/17	Francis Burdett	56	M	Worcester	MA	36:41	5:55		SrG
4	1/3	Jason McGowan	25	M	Newfields	NH	36:49	5:56		
5	2/6	Andy Klem	30	M	Owings	MD	36:56	5:57		CVR
6	2/17	Allen Mead	54	M	Hinesburg	VT	37:45	6:05		SrG
7	1/13	Jim Miller	62	M	Essex Junct	VT	38:07	6:09		SrG
8	3/17	Binney Mitchell	52	M	Burlington	VT	38:51	6:16		SrG
9	4/17	Paul Murphy	51	M	Mendon	VT	39:10	6:19		SrG
10	2/3	Jeffrey Elbaum	25	M	Tampa	FL	39:20	6:20		
11	3/6	Seth Kutikoff	33	M	Burlington	VT	39:36	6:23		
12	1/7	Tim Richmond	46	M	Milton	VT	39:52	6:25		
13	2/7	Jon Floyd	48	M	Waterbury C	VT	40:00	6:27		CVR
14	5/17	Matt Czaplinski	55	M	Northampton	MA	40:07	6:28		SrG
15	1/7	Jennifer Moltz	32	F	Hyde Park	VT	40:37	6:33		
16	6/17	Alex McHenry	55	M	South Burli	VT	40:50	6:35		SrG
17	1/2	Andrea Allen	25	F	Burlington	VT	40:52	6:35		
18	7/17	Mike Early	57	M	Williston	VT	40:56	6:36		SrG
19	2/13	Nick Persampieri	61	M	Burlington	VT	41:02	6:37		CVR SrG
20	8/17	Matt Guild	57	M	Bellows Fal	VT	41:02	6:37		SrG
21	3/13	Norm Larson	65	M	Burlington	VT	41:10	6:38		SrG
22	3/7	Daniel Wheatley	42	M	Plattsburgh	NY	41:54	6:45		
23	9/17	Frank McLaughlin	52	M	Burlington	VT	42:40	6:52		SrG
24	4/7	Nathan Suter	48	M	Montpelier	VT	43:35	7:01		CVR
25	4/13	Michael Flanders	63	M	Cape Elizab	ME	44:11	7:07		CVR SrG
26	2/7	Erica Wheatley	30	F	Plattsburgh	NY	44:21	7:09		
27	10/17	Kari Bradley	53	M	Calais	VT	44:25	7:09		CVR SrG
28	5/7	Craig Manning	46	M	Norwich	VT	44:26	7:09		CVR
29	1/6	Anne Treadwell	53	F	Burlington	VT	44:36	7:11		SrG
30	2/6	Sandra Dickin	54	F	Colchester	VT	44:46	7:13		SrG
31	6/7	Daniel Scheidt	49	M	Burlington	VT	45:09	7:16		
32	3/7	Jess Marini	30	F	Burlington	VT	45:36	7:21		
33	11/17	Scott Nichols	55	M	Essex	VT	45:57	7:24		SrG
34	1/6	Richarda Ericson	45	F	Montpelier	VT	46:01	7:25		CVR
35	5/13	Mack Gardner-Morse	60	M	Calais	VT	46:24	7:29		CVR SrG
36	2/2	Nicholas Kidder	15	M	Williamstow	VT	46:29	7:29		
37	12/17	Kipp Bruning	55	M	Cambridge	VT	46:38	7:31		
38	4/6	Jeff Savage	33	M	East Montpe	VT	46:42	7:31		
39	7/7	Jeff Hope	44	M	Montpelier	VT	46:42	7:31		CVR
40	2/6	Kelly Hadiaris	41	F	Stowe	VT	47:24	7:38		CVR
41	5/6	Stephen Brown	37	M	Montpelier	VT	47:38	7:40		
42	6/6	Derek Zwegust	31	M	Montpelier	VT	47:51	7:43		
43	4/7	Kimberly Caldwell	31	F	Northfield	VT	48:22	7:48		CVR
44	13/17	Peter Luyckx	50	M	Montpelier	VT	48:36	7:50		CVR
45	5/7	Kimberly Tillotson	38	F	Williamstow	VT	49:02	7:54		
46	6/13	Scott Hess	64	M	Montpelier	VT	49:44	8:01		SrG
47	7/13	Jim Shea	62	M	Colchester	VT	50:48	8:11		SrG
48	8/13	Charles Windisch	67	M	Jericho	VT	51:01	8:13		CVR SrG
49	6/7	Tara Cariano	36	F	Northfield	VT	51:08	8:14		CVR
50	1/7	John Hackney	75	M	Montpelier	VT	51:11	8:15		CVR
51	3/6	Tracy Benedict	43	F	Jericho	VT	51:20	8:16		CVR
52	14/17	Scott Lovelette	52	M	Montpelier	VT	51:39	8:19		SrG
53	2/7	Thomas Hogeboom	70	M	Hardwick	VT	51:51	8:21		CVR SrG
54	9/13	John Diebold	62	M	Randolph	VT	53:05	8:33		
55	3/7	Ted McKnight	76	M	Jericho	VT	53:54	8:41		SrG
56	3/6	Willo Sullivan	57	F	Springfield	VT	54:13	8:44		SrG
57	4/6	Marcy Ross	44	F	Westford	VT	54:27	8:46		
58	4/6	Cindy Hampton	58	F	Hartland	VT	54:55	8:51		SrG
59	4/7	John Valentine	71	M	Roxbury	VT	55:16	8:54		CVR SrG
60	1/6	Ann Bushey	63	F	Montpelier	VT	55:22	8:55		CVR SrG
61	1/3	Dot Helling	71	F	Adamant	VT	55:24	8:55		CVR SrG
62	2/2	Avery St. Sauveur	23	F	Winooski	VT	57:01	9:11		
63	15/17	Daniel Bruce	55	M	East Montpe	VT	57:42	9:18		SrG
64	5/6	Meg Allison	48	F	Moretown	VT	57:53	9:19		CVR
65	5/6	Helen Flannery	52	F	West Brookf	VT	58:19	9:24		
66	10/13	Dennis Casey	62	M	Groton	VT	58:42	9:27		SrG
67	2/6	Elizabeth McCarthy	68	F	Hardwick	VT	59:25	9:34		CVR SrG
68	11/13	Michael Gordon	64	M	Essex Junct	VT	59:49	9:38		SrG
69	3/6	Diane McNamara	67	F	Amherst	MA	1:00:14	9:42		SrG
70	3/3	matthew gavlik	29	M	Rye	NY	1:00:36	9:46		
71	12/13	John Martin	69	M	Montpelier	VT	1:04:01	10:19		CVR SrG
72	6/6	Jaime Gadwah	44	F	Saint Johns	VT	1:04:03	10:19		CVR
73	4/6	Kathleen Pantzar	65	F	Essex Junct	VT	1:05:37	10:34		CVR SrG
74	5/7	Peter Terry	74	M	Bradford	VT	1:06:14	10:40		SrG
75	16/17	Bret Appel	53	M	Montpelier	VT	1:07:10	10:49		CVR SrG
76	6/6	Jennifer Brown	51	F	Montpelier	VT	1:07:10	10:49		CVR SrG
77	17/17	Spencer Newman	52	M	Burlington	VT	1:08:39	11:03		
78	6/7	Michael Shover	72	M	Bradford	VT	1:09:49	11:15		
79	2/3	Virginia Reed	72	F	Fairlee	VT	1:10:21	11:20		SrG
80	3/3	Celine Blais	73	F	montpelier	VT	1:10:46	11:24		CVR SrG
81	7/7	Ruth Brown	32	F	Montpelier	VT	1:10:53	11:25		
82	1/2	Phillip Howard	83	M	Burlington	VT	1:12:00	11:36		CVR
83	7/7	Bob Howe	74	M	Barre	VT	1:12:18	11:38		CVR SrG
84	5/6	Rose Bergeron	64	F	Essex Junct	VT	1:14:13	11:57		SrG
85	2/2	Peter Mitchell	81	M	Jericho	VT	1:14:14	11:57		CVR SrG
86	13/13	Joseph Forgione	65	M	Swanton	VT	1:19:50	12:51		SrG
87	6/6	Cheryl Lasell	61	F	Williamstow	VT	1:19:50	12:51		CVR SrG

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

FEMALE AGE GROUP 01 - 19					
Record 38:56 by Caitlin Compton in 1999					
MALE AGE GROUP 01 - 19					
1	1	Avery Smart	16	Montpelier	VT 35:36
2	36	Nicholas Kidder	15	Williamstown	VT 46:29
Record 32:37 by Brent Coon in 1985					
FEMALE AGE GROUP 20 - 29					
1	17	Andrea Allen	25	Burlington	VT 40:52
2	62	Avery St. Sauveur	23	Winooski	VT 57:01
Record 35:28 by Lea Hayer in 1983					
MALE AGE GROUP 20 - 29					
1	4	Jason McGowan	25	Newfields	NH 36:49
2	10	Jeffrey Elbaum	25	Tampa	FL 39:20
3	70	matthew gavlik	29	Rye	NY 1:00:36
Record 30:26 by Eric Morse in 1993					
FEMALE AGE GROUP 30 - 39					
1	15	Jennifer Moltz	32	Hyde Park	VT 40:37
2	26	Erica Wheatley	30	Plattsburgh	NY 44:21
3	32	Jess Marini	30	Burlington	VT 45:36
4	43	Kimberly Caldwell	31	Northfield	VT 48:22 CVR
5	45	Kimberly Tillotson	38	Williamstown	VT 49:02
6	49	Tara Cariano	36	Northfield	VT 51:08 CVR
7	81	Ruth Brown	32	Montpelier	VT 1:10:53
Record 36:37 by Kasie Enman in 2018					
MALE AGE GROUP 30 - 39					
1	2	Steve Andrews	39	Shelburne	VT 35:54
2	5	Andy Klem	30	Owings	MD 36:56 CVR
3	11	Seth Kutikoff	33	Burlington	VT 39:36
4	38	Jeff Savage	33	East Montpelier	VT 46:42
5	41	Stephen Brown	37	Montpelier	VT 47:38
6	42	Derek Zwegust	31	Montpelier	VT 47:51
Record 30:50 by Eric Morse in 1995					
FEMALE AGE GROUP 40 - 49					
1	34	Richarda Ericson	45	Montpelier	VT 46:01 CVR
2	40	Kelly Hadiaris	41	Stowe	VT 47:24 CVR
3	51	Tracy Benedict	43	Jericho	VT 51:20 CVR
4	57	Marcy Ross	44	Westford	VT 54:27
5	64	Meg Allison	48	Moretown	VT 57:53 CVR
6	72	Jaime Gadwah	44	Saint Johnsbury	VT 1:04:03 CVR
Record 38:29 by Sue Barber in 1997					
MALE AGE GROUP 40 - 49					
1	12	Tim Richmond	46	Milton	VT 39:52
2	13	Jon Floyd	48	Waterbury Center	VT 40:00 CVR
3	22	Daniel Wheatley	42	Plattsburgh	NY 41:54
4	24	Nathan Suter	48	Montpelier	VT 43:35 CVR
5	28	Craig Manning	46	Norwich	VT 44:26 CVR
6	31	Daniel Scheidt	49	Burlington	VT 45:09
7	39	Jeff Hope	44	Montpelier	VT 46:42 CVR
Record 34:00 by Randy Sightler in 2001					
FEMALE AGE GROUP 50 - 59					
1	29	Anne Treadwell	53	Burlington	VT 44:36 SrG
2	30	Sandra Dickin	54	Colchester	VT 44:46 SrG
3	56	Willo Sullivan	57	Springfield	VT 54:13 SrG
4	58	Cindy Hampton	58	Hartland	VT 54:55 SrG
5	65	Helen Flannery	52	West Brookfield	VT 58:19
6	76	Jennifer Brown	51	Montpelier	VT 1:07:10 SrG CVR
Record 41:41 by Moira Durnin in 2001					
MALE AGE GROUP 50 - 59					
1	3	Francis Burdett	56	Worcester	MA 36:41 SrG
2	6	Allen Mead	54	Hinesburg	VT 37:45 SrG
3	8	Binney Mitchell	52	Burlington	VT 38:51 SrG
4	9	Paul Murphy	51	Mendon	VT 39:10 SrG
5	14	Matt Czaplinski	55	Northampton	MA 40:07 SrG
6	16	Alex McHenry	55	South Burlington	VT 40:50 SrG
7	18	Mike Early	57	Williston	VT 40:56 SrG
8	20	Matt Guild	57	Bellows Falls	VT 41:02 SrG
9	23	Frank McLaughlin	52	Burlington	VT 42:40 SrG
10	27	Kari Bradley	53	Calais	VT 44:25 SrG CVR
11	33	Scott Nichols	55	Essex	VT 45:57 SrG
12	37	Kipp Bruning	55	Cambridge	VT 46:38
13	44	Peter Luyckx	50	Montpelier	VT 48:36 CVR
14	52	Scott Lovelette	52	Montpelier	VT 51:39 SrG
15	63	Daniel Bruce	55	East Montpelier	VT 57:42 SrG
16	75	Bret Appel	53	Montpelier	VT 1:07:10 SrG CVR
17	77	Spencer Newman	52	Burlington	VT 1:08:39
Record 34:44 by Doug MacGregor in 1990					
FEMALE AGE GROUP 60 - 69					
1	60	Ann Bushey	63	Montpelier	VT 55:22 SrG CVR
2	67	Elizabeth McCarthy	68	Hardwick	VT 59:25 SrG CVR
3	69	Diane McNamara	67	Amherst	MA 1:00:14 SrG
4	73	Kathleen Pantzar	65	Essex Junction	VT 1:05:37 SrG CVR
5	84	Rose Bergeron	64	Essex Junction	VT 1:14:13 SrG
6	87	Cheryl Lasell	61	Williamstown	VT 1:19:50 SrG CVR
Record 45:28 by Sue Hackney in 2018					
MALE AGE GROUP 60 - 69					
1	7	Jim Miller	62	Essex Junction	VT 38:07 SrG
New record. Old record 38:19 by Norm Larson in 2019					
2	19	Nick Persampieri	61	Burlington	VT 41:02 SrG CVR

3	21 Norm Larson	65 Burlington	VT	41:10	SrG
4	25 Michael Flanders	63 Cape Elizabeth	ME	44:11	SrG CVR
5	35 Mack Gardner-Morse	60 Calais	VT	46:24	SrG CVR
6	46 Scott Hess	64 Montpelier	VT	49:44	SrG
7	47 Jim Shea	62 Colchester	VT	50:48	SrG
8	48 Charles Windisch	67 Jericho	VT	51:01	SrG CVR
9	54 John Diebold	62 Randolph	VT	53:05	
10	66 Dennis Casey	62 Groton	VT	58:42	SrG
11	68 Michael Gordon	64 Essex Junction	VT	59:49	SrG
12	71 John Martin	69 Montpelier	VT	1:04:01	SrG CVR
13	86 Joseph Forgione	65 Swanton	VT	1:19:50	SrG
		FEMALE AGE GROUP 70 - 79			
1	61 Dot Helling	71 Adamant	VT	55:24	SrG CVR
2	79 Virginia Reed	72 Fairlee	VT	1:10:21	SrG
3	80 Celine Blais	73 montpelier	VT	1:10:46	SrG CVR
		MALE AGE GROUP 70 - 79			
1	50 John Hackney	75 Montpelier	VT	51:11	CVR
2	53 Thomas Hogeboom	70 Hardwick	VT	51:51	SrG CVR
3	55 Ted McKnight	76 Jericho	VT	53:54	SrG
4	59 John Valentine	71 Roxbury	VT	55:16	SrG CVR
5	74 Peter Terry	74 Bradford	VT	1:06:14	SrG
6	78 Michael Shover	72 Bradford	VT	1:09:49	
7	83 Bob Howe	74 Barre	VT	1:12:18	SrG CVR
	Record 45:25 by Gordon MacFarland in 2019				
		FEMALE AGE GROUP 80 - 99			
		MALE AGE GROUP 80 - 99			
1	82 Phillip Howard	83 Burlington	VT	1:12:00	CVR
2	85 Peter Mitchell	81 Jericho	VT	1:14:14	SrG CVR
	Record 55:27 by Jean Bernaquez in 2013				