

CVR Capital City Stampede 10K
 2022 CVR/ORO Race Series
 USATF Certified. No. VT21001JK
 Montpelier, VT 06/11/2022

Place	Div/Tot	Name	Age	S	City	St	Time	Pace	Clu	Sen
1	1/1	Kae Ravichandran	24	N	Burlington	VT	34:02	5:29		
2	1/7	Blake Resler	39	M	Winooski	VT	34:17	5:32		
3	2/7	Teague O'Connor	38	M	Burlington	VT	35:34	5:44		
4	3/7	Stephen Gonzalez	37	M	Williamstow	VT	36:32	5:53	CVR	
5	1/3	George Aitken	28	M	Waterbury C	VT	37:09	5:59	CVR	
6	1/8	Erin Magill	22	F	Moretown	VT	37:23	6:01		
7	2/8	Danielle Winslow	28	F	Richmond	VT	38:15	6:10		
8	1/9	Tim Richmond	47	M	Milton	VT	38:30	6:12		
9	1/10	Alex McHenry	56	M	South Burli	VT	38:49	6:15		SrG
10	4/7	Seth Kutikoff	34	M	Burlington	VT	39:24	6:21		
11	1/11	Lori Howe	34	F	Jericho	VT	40:03	6:27	CVR	
12	2/9	Jon Floyd	49	M	Waterbury C	VT	40:29	6:31		
13	1/7	Nick Persampieri	62	M	Burlington	VT	41:01	6:36	CVR	SrG
14	3/8	Jazymyn Sylvester-C	26	F	Saint Alban	VT	41:15	6:39		
15	2/11	Jess Marini	31	F	Burlington	VT	42:10	6:48		
16	5/7	Ian McCallum-Cook	33	M	Burlington	VT	42:14	6:48		
17	4/8	Andrea Allen	26	F	Burlington	VT	42:38	6:52		
18	2/3	Brian Eustis	20	M	Essex Junct	VT	42:45	6:53		
19	3/9	Patrick Campbell	41	M	Warren	VT	42:50	6:54		
20	1/8	Sarah Pribram	54	F	Shelburne	VT	43:17	6:58		SrG
21	4/9	Morgan Gerdel	44	M	Waiuku	VT	43:42	7:02		
22	3/11	Kiaby Regan	33	F	Cambridge	VT	44:06	7:06		
23	2/10	Salvador Acosta	50	M	Montpelier	VT	44:06	7:06	CVR	SrG
24	5/9	Damian Bolduc	45	M	Craftsbury	VT	44:09	7:07		
25	4/11	Kimberly Caldwell	32	F	Northfield	VT	44:39	7:12	CVR	
26	3/10	Steve Eustis	52	M	Essex Junct	VT	44:42	7:12		SrG
27	2/8	Anne Treadwell	54	F	Burlington	VT	44:49	7:13	CVR	SrG
28	6/9	Craig Manning	47	M	Norwich	VT	45:15	7:17		
29	3/8	Sandra Dickin	55	F	Burlington	VT	45:41	7:22		SrG
30	2/7	Mack Gardner-Morse	61	M	Calais	VT	45:42	7:22	CVR	SrG
31	4/10	Scott Nichols	56	M	Essex	VT	46:10	7:26	CVR	SrG
32	1/7	Anna Milkowski	47	F	Montpelier	VT	46:11	7:26	CVR	
33	5/10	Frank McLaughlin	53	M	Burlington	VT	46:31	7:30		
34	6/7	Jeff Savage	34	M	East Montpe	VT	47:09	7:36		
35	5/8	Nora Varhue	29	F	Milton	VT	47:28	7:39		
36	6/10	Peter Luyckx	51	M	Montpelier	VT	47:32	7:39	CVR	SrG
37	7/7	Nick Ferron	39	M	Middlesex	VT	47:56	7:43		
38	5/11	Tara Cariano	37	F	Northfield	VT	48:18	7:47	CVR	
39	6/11	Kimberly Tillotson	39	F	Williamstow	VT	48:20	7:47	CVR	
40	7/10	Scott Lovelette	53	M	Montpelier	VT	48:26	7:48		SrG
41	3/3	Scott Blackwell	28	M	Hardwick	VT	48:38	7:50		
42	7/11	Naomi Hahr	38	F	Richmond	VT	48:46	7:51		
43	1/9	Donna Smyers	64	F	Adamant	VT	49:03	7:54	CVR	SrG
44	6/8	Phoebe Briney	20	F	Burlington	VT	49:46	8:01		
45	2/9	Liz Champagne	64	F	South Burli	VT	49:58	8:03		SrG
46	1/11	Gordon MacFarland	74	M	Burlington	VT	50:02	8:04	CVR	SrG
47	4/8	Caroly Siccama	51	F	Williston	VT	50:23	8:07		SrG
48	3/7	Charles Windisch	68	M	Jericho	VT	50:28	8:08	CVR	SrG
49	2/7	Tara Soraghan	40	F	Lancaster	NH	50:47	8:11		
50	4/7	Mark Mulder	64	M	Burlington	VT	50:49	8:11		
51	5/7	Jim Shea	63	M	Colchester	VT	51:19	8:16		SrG
52	2/11	Thomas Hogeboom	71	M	Hardwick	VT	52:33	8:28	CVR	SrG
53	3/9	Dot Martin	61	F	Montpelier	VT	52:33	8:28	CVR	SrG
54	7/8	Lily Clark	23	F	Moretown	VT	53:15	8:35		
55	3/11	Toshiharu Furukawa	74	M	Essex Junct	VT	53:36	8:38		SrG
56	7/9	Lukas Huffman	43	M	Montpelier	VT	53:54	8:41		
57	8/9	Kevin Nadzan	48	M	East Montpe	VT	54:08	8:43		
58	6/7	Darrel Lasell	64	M	Williamstow	VT	54:33	8:47	CVR	SrG
59	4/9	Ann Bushey	64	F	Montpelier	VT	54:36	8:48	CVR	SrG
60	1/11	Erika Campbell	73	F	Ridgewood	NJ	55:01	8:52		SrG
61	4/7	Ed McKeigh	77	M	Jericho	VT	55:07	8:53		SrG
62	3/7	Emma Dickinson	41	F	Providence	RI	55:38	8:58		
63	8/10	Tim Rothfuss	52	M	West Lebanon	NH	55:41	8:58		SrG
64	9/10	Steven Read	57	M	Piermont	NH	56:07	9:02		
65	8/11	Cassandra Saikin	34	F	Littleton	NH	56:30	9:06		
66	8/8	Madra Choromanska	27	F	Hardwick	VT	57:08	9:12		
67	4/7	Jill Smith	43	F	Williston	VT	57:17	9:13		
68	5/9	June Golato	60	F	Essex Junct	VT	57:28	9:15		
69	2/3	Dorothy (Do Helling	72	F	Adamant	VT	57:52	9:19	CVR	SrG
70	9/11	Meghan Nunes	36	F	Montpelier	VT	58:03	9:21		
71	5/8	Mimi Reeves	55	F	Milton	VT	58:45	9:28		
72	9/9	Jim Poe	43	M	Montpelier	VT	58:48	9:28		
73	5/11	Carl Champion	71	M	Rutland	VT	59:19	9:33		
74	6/9	Elizabeth McCarthy	69	F	Hardwick	VT	59:47	9:38	CVR	SrG
75	6/8	Cindy Barr	53	F	West Berlin	VT	1:02:21	10:03		
76	5/7	Sara Holquist	41	F	Montpelier	VT	1:02:46	10:06	CVR	
77	10/11	Hope Seggelink	30	F	Montpelier	VT	1:03:23	10:12		
78	3/3	Cindy Quackenbush	75	F	Monson	MA	1:03:32	10:14		SrG
79	6/7	Evonne Cho	41	F	Montpelier	VT	1:03:57	10:18		
80	6/11	John Martin	70	M	Montpelier	VT	1:03:58	10:18	CVR	SrG
81	7/9	Cathy Martell	64	F	Saint Alban	VT	1:04:00	10:18		SrG
82	7/7	Jaime Gadwah	45	F	Waterford	VT	1:05:55	10:37	CVR	
83	7/11	Carrlane Quackenbus	76	M	Monson	MA	1:06:06	10:39		SrG
84	8/11	Michael Shover	73	M	Bradford	VT	1:06:14	10:40		
85	11/11	Morgan Burke	30	F	East Hardwi	VT	1:11:08	11:27		
86	9/11	Peter Terry	75	M	Bradford	VT	1:11:56	11:35		SrG
87	8/9	Rose Bergeron	65	F	Essex Junct	VT	1:12:37	11:42	CVR	SrG
88	7/8	Katherine Long	56	F	Richmond	VT	1:12:37	11:42		SrG
89	7/7	Gary Furlong	68	M	Milton	VT	1:13:34	11:51		SrG
90	1/3	Peter Mitchell	82	M	Jericho	VT	1:14:20	11:58		SrG
91	10/10	Barry Gould	53	M	Milton	VT	1:14:21	11:58		SrG
92	8/8	Laura Gould	51	F	Milton	VT	1:14:21	11:58		SrG
93	2/3	Frank Fahey	84	M	Milton	VT	1:15:52	12:13		SrG
94	3/3	Phillip Howard	84	M	Burlington	VT	1:21:36	13:08		
95	10/11	Robert Penny	73	M	Middlesex	VT	1:21:37	13:08		
96	9/9	Cheryl Lasell	62	F	Williamstow	VT	1:23:25	13:26	CVR	SrG
97	11/11	Bob Howe	75	M	Barre	VT	1:28:01	14:10	CVR	SrG

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 ***** NON-BINARY AGE GROUP RESULTS *****

NONB AGE GROUP: 20 - 29
 Place Div
 1 1 Kae Ravichandran 24 Burlington VT 34:02

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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
 Record 32:37 by Brent Coon in 1985

FEMALE AGE GROUP 20 - 29

1	6	Erin Magill	22	Moretown	VT	37:23	
2	7	Danielle Winslow	28	Richmond	VT	38:15	
3	14	Jazmyn Sylvester-C	26	Saint Albans	VT	41:15	
4	17	Andrea Allen	26	Burlington	VT	42:38	
5	35	Nora Varhue	29	Milton	VT	47:28	
6	44	Phoebe Briney	20	Burlington	VT	49:46	
7	54	Lily Clark	23	Moretown	VT	53:15	
8	66	Madra Choromanska	27	Hardwick	VT	57:08	

Record 35:28 by Lea Hayer in 1983

MALE AGE GROUP 20 - 29

1	5	George Aitken	28	Waterbury Center	VT	37:09	CVR
2	18	Brian Eustis	20	Essex Junction	VT	42:45	
3	41	Scott Blackwell	28	Hardwick	VT	48:38	

Record 30:26 by Eric Morse in 1993

FEMALE AGE GROUP 30 - 39

1	11	Lori Howe	34	Jericho	VT	40:03	CVR
2	15	Jess Marini	31	Burlington	VT	42:10	
3	22	Hibby Regan	32	Cambridge	VT	44:02	
4	25	Kimberly Caldwell	32	Northfield	VT	44:39	CVR
5	38	Tara Cariano	37	Northfield	VT	48:18	CVR
6	39	Kimberly Tillotson	39	Williamstown	VT	48:20	CVR
7	42	Naomi Hahr	38	Richmond	VT	48:46	
8	65	Cassandra Saikin	34	Littleton	NH	56:30	
9	70	Meghan Nunes	36	Montpelier	VT	58:03	
10	77	Hope Seggelink	30	Montpelier	VT	1:03:23	
11	85	Morgan Burke	30	East Hardwick	VT	1:11:08	

Record 36:37 by Kasie Enman in 2018

MALE AGE GROUP 30 - 39

1	2	Blake Ressler	39	Winooski	VT	34:17	
2	3	Teague O'Connor	38	Burlington	VT	35:34	
3	4	Stephen Gonzalez	37	Williamstown	VT	36:32	CVR
4	10	Seth Kutikoff	34	Burlington	VT	39:24	
5	16	Ian McCallum-Cook	33	Burlington	VT	42:14	
6	34	Jeff Savage	34	East Montpelier	VT	47:09	
7	37	Nick Ferron	39	Middlesex	VT	47:56	

Record 30:50 by Eric Morse in 1995

FEMALE AGE GROUP 40 - 49

1	32	Anna Milkowski	47	Montpelier	VT	46:11	CVR
2	49	Tara Soraghan	40	Lancaster	NH	50:47	
3	62	Emma Dickinson	41	Providence	RI	55:38	
4	67	Jill Smith	43	Williston	VT	57:17	
5	76	Sara Holquist	41	Montpelier	VT	1:02:46	CVR
6	79	Evonne Cho	41	Montpelier	VT	1:03:57	
7	82	Jaime Gadwah	45	Waterford	VT	1:05:55	CVR

Record 38:29 by Sue Barber in 1997

MALE AGE GROUP 40 - 49

1	8	Tim Richmond	47	Milton	VT	38:30	
2	12	Jon Floyd	49	Waterbury Center	VT	40:29	
3	19	Patrick Campbell	41	Warren	VT	42:50	
4	21	Morgan Gerdel	44	Wailuku	HI	43:42	
5	24	Damian Bolduc	45	Craftsbury Cmmn	VT	44:09	
6	28	Craig Manning	47	Norwich	VT	45:15	
7	56	Lukas Huffman	43	Montpelier	VT	53:54	
8	57	Kevin Nadzan	48	East Montpelier	VT	54:08	
9	72	Jim Poe	43	Montpelier	VT	58:48	

Record 34:00 by Randy Sightler in 2001

FEMALE AGE GROUP 50 - 59

1	20	Sarah Pribram	54	Shelburne	VT	43:17	SrG
2	27	Anne Treadwell	54	Burlington	VT	44:49	SrG CVR
3	29	Sandra Dickin	55	Burlington	VT	45:41	SrG
4	47	Carolyn Siccama	51	Williston	VT	50:23	SrG
5	71	Mimi Reeves	55	Milton	VT	58:45	
6	75	Cindy Barr	53	West Berlin	VT	1:02:21	
7	88	Katherine Long	56	Richmond	VT	1:12:37	SrG
8	92	Laura Gould	51	Milton	VT	1:14:21	SrG

Record 41:41 by Moira Durnin in 2001

MALE AGE GROUP 50 - 59

1	9	Alex McHenry	56	South Burlington	VT	38:49	SrG
2	23	Salvador Acosta	50	Montpelier	VT	44:06	SrG CVR
3	26	Steve Eustis	52	Essex Junction	VT	44:42	SrG
4	31	Scott Nichols	56	Essex	VT	46:10	SrG CVR
5	33	Frank McLaughlin	53	Burlington	VT	46:31	
6	36	Peter Luyckx	53	Montpelier	VT	47:32	SrG CVR
7	40	Scott Lovelette	53	Montpelier	VT	48:26	SrG
8	63	Tim Rothfuss	52	West Lebanon	NH	55:41	SrG
9	64	Steven Read	57	Piermont	NH	56:07	
10	91	Barry Gould	53	Milton	VT	1:14:21	SrG

Record 34:44 by Doug MacGregor in 1990

FEMALE AGE GROUP 60 - 69

1	43	Donna Smyers	64	Adamant	VT	49:03	SrG CVR
2	45	Liz Champagne	64	South Burlington	VT	49:58	SrG

3	53 Dot Martin	61 Montpelier	VT	52:33	SrG	CVR
4	59 Ann Bushey	64 Montpelier	VT	54:36	SrG	CVR
5	68 June Golato	60 Essex Junction	VT	57:28		
6	74 Elizabeth McCarthy	69 Hardwick	VT	59:47	SrG	CVR
7	81 Cathy Martell	64 Saint Albans	VT	1:04:00	SrG	
8	87 Rose Bergeron	65 Essex Junction	VT	1:12:37	SrG	CVR
9	96 Cheryl Lasell	62 Williamstown	VT	1:23:25	SrG	CVR
Record 45:28 by Sue Hackney in 2018						
MALE AGE GROUP 60 - 69						
1	13 Nick Persampieri	62 Burlington	VT	41:01	SrG	CVR
2	30 Mack Gardner-Morse	61 Calais	VT	45:42	SrG	CVR
3	48 Charles Windisch	68 Jericho	VT	50:28	SrG	CVR
4	50 Mark Mulder	64 Burlington	VT	50:49		
5	51 Jim Shea	63 Colchester	VT	51:19	SrG	
6	58 Darrel Lasell	64 Williamstown	VT	54:33	SrG	CVR
7	89 Gary Furlong	68 Milton	VT	1:13:34	SrG	
Record 38:07 by Jim Miller in 2021						
FEMALE AGE GROUP 70 - 79						
1	60 Erika Campbell	72 Ridgewood	NJ	55:01	SrG	
2	69 Dorothy (Do Helling	72 Adamant	VT	57:52	SrG	CVR
3	78 Cindy Quackenbush	75 Monson	MA	1:03:32	SrG	
MALE AGE GROUP 70 - 79						
1	46 Gordon MacFarland	74 Burlington	VT	50:02	SrG	CVR
2	52 Thomas Hogeboom	71 Hardwick	VT	52:33	SrG	CVR
3	55 Toshiharu FuruKawa	74 Essex Junction	VT	53:36	SrG	
4	61 Ted McKnight	77 Jericho	VT	55:07	SrG	
5	73 Carl Champion	71 Rutland	VT	59:19		
6	80 John Martin	70 Montpelier	VT	1:03:58	SrG	CVR
7	83 Carrlane Quackenbus	76 Monson	MA	1:06:06	SrG	
8	84 Michael Shover	73 Bradford	VT	1:06:14		
9	86 Peter Terry	75 Bradford	VT	1:11:56	SrG	
10	95 Robert Penny	73 Middlesex	VT	1:21:37		
11	97 Bob Howe	75 Barre	VT	1:28:01	SrG	CVR
Record 45:25 by Gordon MacFarland in 2019						
FEMALE AGE GROUP 80 - 99						
MALE AGE GROUP 80 - 99						
1	90 Peter Mitchell	82 Jericho	VT	1:14:20	SrG	
2	93 Frank Fahey	84 Milton	VT	1:15:52	SrG	
3	94 Phillip Howard	84 Burlington	VT	1:21:36		
Record 55:27 by Jean Bernaquez in 2013						