

2023 Adamant Half Marathon and Relay  
 May 7, 2023  
 Adamant, VT

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

Place	Div/Tot	Name	R Div	Time	Pace
1	1/2	Ira O'Meara-Costello	I M4049	1:32:40	7:05
2	2/2	Richard Gallagher	I M4049	1:36:35	7:23
3	1/11	Jason Mazurowski	I M3039	1:37:39	7:27
4	1/7	Kristen Munson	I F4049	1:40:25	7:40
5	2/11	James Secor	I M3039	1:44:13	7:57
6	3/11	Lorne Currier	I M3039	1:47:47	8:14
7	2/7	Anna Milkowski	I F4049	1:49:06	8:20
8	1/10	Mariana Wingood	I F3039	1:49:26	8:21
9	2/10	Becca Waldo	I F3039	1:52:11	8:34
10	4/11	Scott Silverstein	I M3039	1:52:36	8:36
11	1/6	Michael Giammusso	I M5059	1:55:16	8:48
12	1/4	Richarda E & Colleen K	R F	1:55:25	8:49
13	2/6	Timothy Lamson	I M5059	1:55:30	8:49
14	1/2	Michael T & Mack G-M	R M	1:58:14	9:02
15	1/4	Julie Connor	I F2029	1:58:31	9:03
16	3/7	Jacqueline Jancaitis	I F4049	1:59:15	9:06
17	3/6	Salvador Acosta	I M5059	2:01:56	9:18
18	1/2	Thomas Hogeboom	I M7099	2:05:36	9:35
19	3/10	Emily Wilmers	I F3039	2:06:11	9:38
20	2/2	Tim H & Liam H	R M	2:07:21	9:43
21	2/4	Metta Trautmann	I F2029	2:07:42	9:45
22	4/10	Kathryn Delay	I F3039	2:07:52	9:46
23	5/10	Abagael Giles	I F3039	2:09:21	9:52
24	2/4	Natalie C & Clara A	R F	2:09:30	9:53
25	4/6	Michael Debonis	I M5059	2:09:50	9:55
26	5/11	Nick Lamson	I M3039	2:10:56	10:00
27	1/1	Emery Mattheis	I M2029	2:11:03	10:00
28	2/2	John Hackney	I M7099	2:13:25	10:11
29	6/10	Carly Brown	I F3039	2:13:41	10:12
30	4/7	Kristin Van Lenten	I F4049	2:14:05	10:14
31	5/7	Sarah Katz	I F4049	2:15:15	10:19
32	6/11	Michael Chartrand	I M3039	2:16:29	10:25
33	7/10	Kristine Chartrand	I F3039	2:16:32	10:25
34	7/11	Al Hermsen	I M3039	2:21:14	10:47
35	5/6	Robert Spalding	I M5059	2:22:04	10:51
36	3/4	Anna Gerretson	I F2029	2:22:16	10:52
37	4/4	Julia Stacom	I F2029	2:22:16	10:52
38	8/10	Saybra Varisano	I F3039	2:22:47	10:54
39	9/10	Julie Williamson	I F3039	2:22:57	10:55
40	8/11	Matthew Caldwell	I M3039	2:23:14	10:56
41	6/6	Fred Gillen	I M5059	2:25:09	11:05
42	1/3	Kim Musgrave	I F5059	2:28:38	11:21
43	1/3	Laura Medalie	I F6069	2:29:13	11:23
44	2/3	Patricia Clark	I F6069	2:30:04	11:27
45	1/1	Elizabeth McCarthy	I F7099	2:30:44	11:30
46	9/11	Benjamin Kidder	I M3039	2:32:09	11:37
47	3/4	Alana P & Hannah B	R F	2:32:20	11:38
48	4/4	Kaylee M & Taylor S	R F	2:32:22	11:38
49	6/7	Thalia Stolper	I F4049	2:37:37	12:02
50	2/3	Phyllis Tillinghast	I F5059	2:37:56	12:03
51	10/11	Andrew Celeste	I M3039	2:38:41	12:07
52	10/10	Sophia Burke	I F3039	2:38:45	12:07
53	11/11	Drew Roeder	I M3039	2:41:21	12:19
54	1/1	Robert L & Katherine L	R C	2:47:37	12:48
55	3/3	Rose Bergeron	I F6069	2:59:13	13:41
56	3/3	Kimberly Luebbers	I F5059	2:59:13	13:41
57	7/7	Lisa Rose Johnson	I F4049	3:08:01	14:21

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

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*  
 1 Kristen Munson 42 Montpelier VT 1:40:25  
 Record 1:24:26 by Kasie Enman in 2021  
 \*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*  
 1 Ira O'Meara-Costello 40 Hardwick VT 1:32:40  
 Record 1:23:50 by Stephen Larock in 2021  
 \*\*\*\*\* NonBinary OVERALL RESULTS \*\*\*\*\*  
 FEMALE AGE GROUP 01 - 19  
 Record 1:38:36 by Cecilia Morin in 2019  
 MALE AGE GROUP 01 - 19  
 Record 1:36:05 by Beckett Markosian in 2019

FEMALE AGE GROUP 20 - 29

1	15 Julie Connor	26 East Montpelier	VT N	1:58:31
2	21 Metta Trautmann	27 Helena	MT N	2:07:42
3	36 Anna Gerretson	29 East Montpelier	VT N	2:22:16
4	37 Julia Stacom	29 N Chittenden	VT N	2:22:16

Record 1:37:15 by Maria Smith-Lopez in 2019  
MALE AGE GROUP 20 - 29

1	27 Emery Mattheis	29 Randolph	VT Y	2:11:03
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Record 1:25:36 by George Aitken in 2022

FEMALE AGE GROUP 30 - 39

1	8 Mariana Wingood	36 Waterbury	VT N	1:49:26
2	9 Becca Waldo	34 Woodbury	VT N	1:52:11
3	19 Emily Wilmers	34 Plainfield	VT N	2:06:11
4	22 Kathryn Delay	33 Montpelier	VT N	2:07:52
5	23 Abagael Giles	30 Burlington	VT N	2:09:21
6	29 Carly Brown	37 Huntington	VT N	2:13:41
7	33 Kristine Chartrand	37 East Calais	VT Y	2:16:32
8	38 Saybra Varisano	38 Burlington	VT N	2:22:47
9	39 Julie Williamson	38 Essex Junction	VT N	2:22:57
10	52 Sophia Burke	32 Littleton	NH N	2:38:45

Record 1:41:17 by Elizabeth Markison in 2022  
MALE AGE GROUP 30 - 39

1	3 Jason Mazurowski	35 Woodbury	VT N	1:37:39
2	5 James Secor	35 Montpelier	VT N	1:44:13
3	6 Lorne Currier	31 Worcester	VT N	1:47:47
4	10 Scott Silverstein	36 Richmond	VT N	1:52:36
5	26 Nick Lamson	30 Montpelier	VT Y	2:10:56
6	32 Michael Chartrand	39 East Calais	VT Y	2:16:29
7	34 Al Hermsen	39 Brookfield	VT Y	2:21:14
8	40 Matthew Caldwell	35 Northfield	VT Y	2:23:14
9	46 Benjamin Kidder	32 Montpelier	VT Y	2:32:09
10	51 Andrew Celeste	32 Montpelier	VT Y	2:38:41
11	53 Drew Roeder	35 Burlington	VT N	2:41:21

Record 1:23:50 by Stephen Larock in 2022

FEMALE AGE GROUP 40 - 49

1	4 Kristen Munson	42 Montpelier	VT Y	1:40:25
2	7 Anna Milkowski	48 Montpelier	VT Y	1:49:06
3	16 Jacqueline Jancaitis	40 Barre	VT Y	1:59:15
4	30 Kristin Van Lenten	42 Ephrata	PA N	2:14:05
5	31 Sarah Katz	44 Jericho	VT Y	2:15:15
6	49 Thalia Stolper	43 Campton	NH N	2:37:37
7	57 Lisa Rose Johnson	46 Collingswood	NJ N	3:08:01

Record 1:24:26 by Kasie Enman in 2021  
MALE AGE GROUP 40 - 49

1	1 Ira O'Meara-Costello	40 Hardwick	VT N	1:32:40
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New record. Old record 1:32:56 by Gabriel McGann in 2021

2	2 Richard Gallagher	43 Essex Junction	VT N	1:36:35
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FEMALE AGE GROUP 50 - 59

1	42 Kim Musgrave	55 Montpelier	VT Y	2:28:38
2	50 Phyllis Tillinghast	58 Montpelier	VT Y	2:37:56
3	56 Kimberly Luebbers	54 Williston	VT N	2:59:13

Record 1:43:11 by Sarah Pribram in 2022  
MALE AGE GROUP 50 - 59

1	11 Michael Giammusso	51 Adamant	VT Y	1:55:16
2	13 Timothy Lamson	56 Montpelier	VT Y	1:55:30
3	17 Salvador Acosta	51 Montpelier	VT Y	2:01:56
4	25 Michael Debonis	51 Moretown	VT N	2:09:50
5	35 Robert Spalding	54 Cape May	NJ N	2:22:04
6	41 Fred Gillen	59 Moretown	VT N	2:25:09

Record 1:30:11 by Tom Thurston in 2019  
FEMALE AGE GROUP 60 - 69

1	43 Laura Medalie	60 Montpelier	VT Y	2:29:13
2	44 Patricia Clark	63 Worcester	MA N	2:30:04
3	55 Rose Bergeron	66 Essex Junction	VT N	2:59:13

Record 1:56:56 by Maggie Plante in 2022  
MALE AGE GROUP 60 - 69

Record 1:41:34 by Jim Flint in 2019  
FEMALE AGE GROUP 70 - 99

1	45 Elizabeth McCarthy	70 Hardwick	VT Y	2:30:44
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Record 2:12:33 by Dot Helling in 2021  
MALE AGE GROUP 70 - 99

1	18 Thomas Hogeboom	71 Hardwick	VT Y	2:05:36
2	28 John Hackney	77 Montpelier	VT Y	2:13:25

Record 1:59:50 by John Hackney in 2021

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\*\*\*\*\*RELAY RESULTS\*\*\*\*\*

Place	Relay Partner	Relay Partner	R Time	Pace
1	Richarda Ericson	Colleen Kutin	F 1:55:25	8:49
2	Michael Travis	Mack Gardner-Morse	M 1:58:14	9:02
3	Tim Howard	Liam Hahn	M 2:07:21	9:43

4	Natalie Chapell	Clara Ayer	F	2:09:30	9:53
5	Alana Palameta	Hannah Barrett	F	2:32:20	11:38
6	Kaylee Merrill	Taylor Swamp	F	2:32:22	11:38
7	Katherine Long	Robert Luebbers	C	2:47:37	12:48

\*\*\*\*\*RELAY RESULTS WITH SPLITS\*\*\*\*\*

Place	Div/Tot	Name	R	Leg1	Leg2	Finish	Pace
1	1/4	Ericson	Kutin	F	1:03:58	51:27	1:55:25 8:49
2	1/2	Travis	Gardner-Morse	M	1:17:46	40:28	1:58:14 9:02
3	2/2	Howard	Hahn	M	1:17:04	50:17	2:07:21 9:43
4	2/4	Chapell	Ayer	F	1:18:19	51:11	2:09:30 9:53
5	3/4	Palameta	Barrett	F	1:27:33	1:04:47	2:32:20 11:38
6	4/4	Merrill	Swamp	F	1:37:19	55:03	2:32:22 11:38
7	1/1	Long	Luebbers	C	1:44:45	1:02:52	2:47:37 12:48