

Capital City Stampede 10k Run
Montpelier, VT June 8, 2024

Place	Div/Tot	No.	First Na	Last Name	Age	S	City	St	Club	Time	Pace
1	1/7	3708	Daniel	Moncada	34	M	Vergenne	VT		36:57	5:57
2	2/7	3664	Andy	Frakes	31	M	Marshfie	VT	CVR	37:25	6:02
3	3/7	3653	Anthony	Downs	31	M	Essex Ju	VT		38:58	6:17
4	1/9	3647	Eric	Darling	51	M	Shelburn	VT		39:04	6:18
5	1/7	3706	Binney	Mitchell	55	M	Burlingt	VT		39:19	6:20
6	1/8	3745	Dahe	Stoddard	47	M	Cabot	VT		39:29	6:22
7	2/7	3701	Alex	McHenry	58	M	South Bu	VT		39:48	6:25
8	1/3	3705	Luke	Miller	29	M	Montpeli	VT	CVR	39:58	6:26
9	1/1	3744	Eliot	Robinson	16	M	Richmond	VT		40:30	6:32
10	1/1	3715	Matthew	Powers	26	X	South Bu	VT		40:37	6:33
11	2/8	3679	Mark	Hoefst	45	M	Stowe	VT		40:49	6:34
12	1/5	3688	Norm	Larson	68	M	Burlingt	VT		40:56	6:36
13	1/4	3753	Kaylee	Gladu	23	F	Worceste	MA		41:02	6:37
14	3/7	3703	Allen	Mead	57	M	Hinesbur	VT		41:16	6:39
15	1/4	3761	Brian	Eustis	22	M	Essex Jc	VT		41:17	6:39
16	3/8	3719	Tim	Richmond	49	M	Milton	VT		41:37	6:42
17	1/6	3694	Jess	Marini	33	F	Burlingt	VT		41:43	6:43
18	1/8	3743	Sarah	Waterman	40	F	Morristo	VT		42:09	6:47
19	2/4	3693	Justin	MaGill	22	M	Moretown	VT		42:13	6:48
20	1/4	3654	Salvador	Doyle	13	M	Montpeli	VT		42:35	6:52
21	1/5	3733	Jazmyn	Sylvester	28	F	Saint Al	VT		42:53	6:54
22	2/6	3670	Allie	Gratton	31	F	Northfie	VT		42:55	6:55
23	1/3	3698	Peter	Maurais	36	M	Barre	VT	CVR	43:03	6:56
24	1/6	3662	Erin	Fisher	38	F	Essex Ju	VT		43:33	7:01
25	2/4	3713	Danaela	Or	23	F	Montpeli	VT		43:57	7:05
26	2/8	3736	Kimberly	Tillotson	41	F	Barre	VT	CVR	44:06	7:06
27	3/4	3752	Jared	Leonard	23	M	Willisto	VT		44:38	7:11
28	2/9	3727	Sean	Sheehan	50	M	Montpeli	VT	CVR	44:43	7:12
29	2/3	3649	Spencer	Davis	35	M	South Bu	VT		44:47	7:13
30	2/5	3737	Steve	Tomasi	66	M	Derry	NH		44:51	7:13
31	4/8	3665	Adam	French	45	M	Berlin	VT		44:55	7:14
32	2/4	3726	Andy	Sheehan	13	M	Montpeli	VT	CVR	44:59	7:15
33	2/6	3768	Lauren	Purell	38	F	Willisto	VT		46:03	7:25
34	1/1	3716	Sarah	Pribram	56	F	Shelburn	VT		46:17	7:27
35	3/4	3675	Addie	Hedges	21	F	Montpeli	VT	CVR	46:20	7:28
36	3/9	3632	Salvador	Acosta	52	M	Montpeli	VT	CVR	46:22	7:28
37	4/7	3712	Scott	Nichols	58	M	Essex	VT	CVR	46:45	7:32
38	5/8	3687	Chris	Larose	45	M	South Bu	VT		46:55	7:33
39	5/7	3751	Todd	Leonard	58	M	Willisto	VT		47:09	7:36
40	4/9	3668	Michael	Giammusso	52	M	Adamant	VT	CVR	47:24	7:38
41	5/9	3724	Daniel	Scheidt	52	M	Burlingt	VT		47:30	7:39
42	1/4	3672	Matt	Guild	60	M	Bellows	VT		47:34	7:40
43	6/8	3684	Justin	Kolber	45	M	Montpeli	VT		48:30	7:49
44	3/8	3643	Emily	Clark	41	F	Pittsbur	PA		49:21	7:57
45	4/7	3730	Eric	Spencer	34	M	Montpeli	VT		49:32	7:59
46	2/4	3667	Mack	Gardner-M	63	M	Calais	VT	CVR	49:52	8:02
47	1/5	3692	Gordon	MacFarlan	76	M	Burlingt	VT	CVR	50:16	8:06
48	3/5	3677	Tim	Heney	65	M	Montpeli	VT	CVR	50:20	8:07
49	3/6	3748	Elizabet	Whitten	35	F	Cambridg	VT		50:29	8:08
50	1/5	3728	Carolyn	Siccama	53	F	Willisto	VT		51:02	8:13
51	6/9	3762	Mike	Bessette	54	M	St. Alba	VT		51:10	8:15
52	3/4	3755	Isaac	Nadzam	13	M	E. Montp	VT	CVR	51:37	8:19
53	4/8	3749	Ananya	Das	41	F	S. Burli	VT		51:52	8:21
54	2/3	3747	Jordan	Lumsden	29	M	Barre	VT		52:11	8:24
55	7/9	3678	Paul	Hochanade	50	M	Burlingt	VT		52:24	8:26
56	5/7	3746	Randy	Laprade	32	M	Barre	VT		52:32	8:28
57	6/7	3704	Joseph	Merrill	58	M	Montpeli	VT	CVR	52:38	8:29
58	1/4	3756	Karen	Bove	64	F	Burlingt	VT		52:40	8:29
59	3/3	3725	Daniel	Schwartz	39	M	Madison	WI		52:44	8:30
60	1/3	3740	Charles	Windisch	70	M	Jericho	VT	CVR	52:55	8:31
61	2/5	3671	Lorena	Grundy	29	F	Somervil	MA		54:54	8:50
62	6/7	3767	Zach	Ward	31	M	Northfie	VT		54:58	8:51
63	7/7	3652	John	Dorris	31	M	South Bu	VT		55:11	8:53
64	8/9	3729	Chris	Spater	51	M	Burlingt	VT		55:18	8:54
65	3/4	3656	George	Ehrhardt	61	M	Montpeli	VT		55:23	8:55

66	3/5	3644	Lily Clark	25	F Barre VT	55:37	8:58
67	3/3	3685	Kevin Kresock	28	M Randolph VT	55:39	8:58
68	9/9	3754	Kevin Nadzam	50	M E. Montp VT CVR	56:16	9:04
69	7/8	3758	Dang Huynh	49	M Northham MA	56:25	9:05
70	4/6	3659	Laura Farren	36	F Charlott VT CVR	56:26	9:05
71	5/8	3718	Anna Reinold	42	F Barre VT CVR	56:29	9:06
72	1/3	3641	Janis Campbell	73	F Westford VT	56:46	9:09
73	2/5	3702	Ted McKnight	79	M Jericho VT	56:51	9:09
74	5/6	3673	Jessica Hauprich	39	F Saratoga NY	57:14	9:13
75	8/8	3674	Mark Hay	47	M Sprakers NY	57:15	9:13
76	2/5	3741	Xin Yang	53	F Greensbo VT	58:08	9:22
77	1/1	3739	Eleanor Wallace-B	14	F Grand Is VT	58:15	9:23
78	1/1	3763	Ruth Yanai	65	F Syracuse NY	58:28	9:25
79	3/5	3734	Rebekah Thomas	50	F Jericho VT CVR	58:33	9:26
80	4/5	3757	Madelaine Miller	27	F Montpeli VT	59:21	9:33
81	4/5	3669	Michael Gordon	67	M Essex Ju VT	59:50	9:38
82	3/5	3682	Bob Kennedy	76	M Durham NH	1:00:10	9:41
83	6/6	3635	Elizabeth Ansara	38	F Burlingt VT	1:00:53	9:48
84	2/3	3699	Elizabeth McCarthy	71	F Hardwick VT CVR	1:01:15	9:52
85	2/3	3764	Jamie Shanley	71	M Montpeli VT	1:01:27	9:54
86	6/8	3633	Sara Amadon	44	F Burlingt VT	1:01:57	9:59
87	5/5	3750	Rick DeAngelis	68	M Montpeli VT	1:02:15	10:02
88	3/3	3646	Merill Creagh	71	F Barre VT CVR	1:02:26	10:03
89	7/8	3765	Lauren Ascher	40	F Shelburn VT	1:02:40	10:06
90	3/6	3657	Abby Erwin	30	F Montpeli VT CVR	1:02:44	10:06
91	3/3	3696	John Martin	72	M Montpeli VT CVR	1:03:11	10:10
92	4/6	3634	Kelsey Andrews	34	F Burlingt VT	1:03:48	10:16
93	5/6	3732	Becca Standish	34	F Milton VT CVR	1:03:50	10:17
94	4/5	3770	Debbie Goodwin	51	F Middlese VT	1:03:51	10:17
95	5/5	3769	Katrina Phillips	51	F Montpeli VT	1:03:52	10:17
96	2/4	3658	Kate Erwin	61	F Boothbay ME	1:04:21	10:22
97	1/2	3707	Peter Mitchell	84	M Jericho VT	1:04:30	10:23
98	3/4	3735	Phyllis Tillingha	60	F Montpeli VT CVR	1:05:35	10:34
99	1/2	3666	Jaime Gadwah	47	F Waterfor VT CVR	1:07:33	10:53
100	4/4	3760	George Ferron	12	M Montpeli VT	1:08:02	10:57
101	8/8	3759	Maggie Ferron	43	F Montpeli VT	1:08:03	10:57
102	2/2	3742	Stephani Young	45	F Burlingt VT	1:08:22	11:00
103	2/2	3709	Bob Murphy	84	M Barre VT CVR	1:09:16	11:09
104	7/7	3711	Spencer Newman	55	M Burlingt VT	1:12:40	11:42
105	6/6	3710	Eleah Neubauer	33	F Barre VT	1:12:47	11:43
106	5/5	3700	Mackenzi McClung	29	F South Bu VT	1:16:34	12:20
107	4/4	3645	Nathan Costa	20	M Berkley MA	1:19:38	12:49
108	4/4	3661	Maddison Fiola	22	F Somerset MA	1:19:39	12:50
109	4/5	3681	Bob Howe	77	M Barre VT CVR	1:22:44	13:19
110	4/4	3689	Cheryl Lasell	64	F Williams VT CVR	1:23:17	13:25
111	4/4	3721	James Rohr	63	M Barre VT CVR	1:23:18	13:25
112	5/5	3714	Rob Penney	75	M Middlese VT	1:29:58	14:29

Capital City Stampede 10k Run
Montpelier, VT June 8, 2024

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

MALE AGE GROUP: 10 - 14

1	Salvador Doyle	13	Montpelier VT	42:35
2	Andy Sheehan	13	Montpelier VT	44:59
3	Isaac Nadzam	13	E. Montpelier VT	51:37
4	George Ferron	12	Montpelier VT	1:08:02

Record 41:00 by Sargent Burns in 2018

FEMALE AGE GROUP: 10 - 14

1	Eleanor Wallace-Brodeu	14	Grand Isle VT	58:15
---	------------------------	----	---------------	-------

Record 44:55 by Julie Rouelle in 1983

NONB AGE GROUP: 10 - 14

MALE AGE GROUP: 15 - 19

1	Eliot Robinson	16	Richmond VT	40:30
---	----------------	----	-------------	-------

Record 32:17 by Steve Stebbins in 1980

FEMALE AGE GROUP: 15 - 19

Record 34:51 by Judi St. Hilaire in 1979
NONB AGE GROUP: 15 - 19
MALE AGE GROUP: 20 - 24

1	Brian	Eustis	22 Essex Jct.	VT	41:17
2	Justin	MaGill	22 Moretown	VT	42:13
3	Jared	Leonard	23 Williston	VT	44:38
4	Nathan	Costa	20 Berkley	MA	1:19:38

Record 30:29 by Jim Miller in 1983
FEMALE AGE GROUP: 20 - 24

1	Kaylee	Gladu	23 Worcester	MA	41:02
2	Danaela	Or	23 Montpelier	VT	43:57
3	Addie	Hedges	21 Montpelier	VT	46:20
4	Maddison	Fiola	22 Somerset	MA	1:19:39

Record 35:57 by Judi St. Hilaire in 1981
NONB AGE GROUP: 20 - 24

Record 34:02 by Kae Ravichandran in 2022
MALE AGE GROUP: 25 - 29

1	Luke	Miller	29 Montpelier	VT	39:58
2	Jordan	Lumsden	29 Barre	VT	52:11
3	Kevin	Kresock	28 Randolph ctr	VT	55:39

Record 30:26 by Eric Morse in 1993
FEMALE AGE GROUP: 25 - 29

1	Jazymyn	Sylvester-Cros	28 Saint Albans	VT	42:53
2	Lorena	Grundy	29 Somerville	MA	54:54
3	Lily	Clark	25 Barre	VT	55:37
4	Madeline	Miller	27 Montpelier	VT	59:21
5	Mackenzie	McClung	29 South Burlington	VT	1:16:34

Record 35:27 by Lea Hayer in 1983
NONB AGE GROUP: 25 - 29

1	Matthew	Powers	26 South Burlington	VT	40:37
---	---------	--------	---------------------	----	-------

MALE AGE GROUP: 30 - 34

1	Daniel	Moncada	34 Vergennes	VT	36:57
2	Andy	Frakes	31 Marshfield	VT	37:25
3	Anthony	Downs	31 Essex Junction	VT	38:58
4	Eric	Spencer	34 Montpelier	VT	49:32
5	Randy	Laprade	32 Barre	VT	52:32
6	Zach	Wrd	31 Northfield	VT	54:58
7	John	Dorris	31 South Burlington	VT	55:11

Record 30:50 by Eric Morse in 1995
FEMALE AGE GROUP: 30 - 34

1	Jess	Marini	33 Burlington	VT	41:43
2	Allie	Gratton	31 Northfield	VT	42:55
3	Abby	Erwin	30 Montpelier	VT	1:02:44
4	Kelsey	Andrews	34 Burlington	VT	1:03:48
5	Becca	Standish	34 Milton	VT	1:03:50
6	Eleah	Neubauer	33 Barre	VT	1:12:47

Record 36:43 by Gina Sperry in 1991
NONB AGE GROUP: 30 - 34
MALE AGE GROUP: 35 - 39

1	Peter	Maurais	36 Barre	VT	43:03
2	Spencer	Davis	35 South Burlington	VT	44:47
3	Daniel	Schwartz	39 Madison	WI	52:44

Record 32:34 by Tony Bates in 1997
FEMALE AGE GROUP: 35 - 39

1	Erin	Fisher	38 Essex Junction	VT	43:33
2	Lauren	Purell	38 Williston	VT	46:03
3	Elizabeth	Whitten	35 Cambridge	VT	50:29
4	Laura	Farren	36 Charlotte	VT	56:26
5	Jessica	Hauprich	39 Saratoga Springs	NY	57:14
6	Elizabeth	Ansara	38 Burlington	VT	1:00:53

Record 36:37 by Kasie Enman in 2018
NONB AGE GROUP: 35 - 39
MALE AGE GROUP: 40 - 44

Record 33:26 by Charles Kellogg in 1980
FEMALE AGE GROUP: 40 - 44

1	Sarah	Watermana	40 Morristown	VT	42:09
2	Kimberly	Tillotson	41 Barre	VT	44:06
3	Emily	Clark	41 Pittsburgh	PA	49:21
4	Ananya	Das	41 S. Burlington	VT	51:52
5	Anna	Reinold	42 Barre	VT	56:29
6	Sara	Amadon	44 Burlington	VT	1:01:57
7	Lauren	Ascher	40 Shelburne	VT	1:02:40

8 Maggie Ferron 43 Montpelier VT 1:08:03
 Record 38:29 by Sue Barber in 1997
 NONB AGE GROUP: 40 - 44
 MALE AGE GROUP: 45 - 49
 1 Dahe Stoddard 47 Cabot VT 39:29
 2 Mark Hoeft 45 Stowe VT 40:49
 3 Tim Richmond 49 Milton VT 41:37
 4 Adam French 45 Berlin VT 44:55
 5 Chris Larose 45 South Burlington VT 46:55
 6 Justin Kolber 45 Montpelier VT 48:30
 7 Dang Huynh 49 Northhampton MA 56:25
 8 Mark Hay 47 Sprakers NY 57:15
 Record 35:19 by Tom Thurston in 2012
 FEMALE AGE GROUP: 45 - 49
 1 Jaime Gadwah 47 Waterford VT 1:07:33
 2 Stephanie Young 45 Burlington VT 1:08:22
 Record 40:16 by Sue Hackney in 2003
 NONB AGE GROUP: 45 - 49
 MALE AGE GROUP: 50 - 54
 1 Eric Darling 51 Shelburne VT 39:04
 2 Sean Sheehan 50 Montpelier VT 44:43
 3 Salvador Acosta 52 Montpelier VT 46:22
 4 Michael Giannusso 52 Adamant VT 47:24
 5 Daniel Scheidt 52 Burlington VT 47:30
 6 Mike Bessette 54 St. Albans VT 51:10
 7 Paul Hochanadel 50 Burlington VT 52:24
 8 Chris Spater 51 Burlington VT 55:18
 9 Kevin Nadzam 50 E. Montpelier VT 56:16
 Record 34:44 by Doug MacGregor in 1990
 FEMALE AGE GROUP: 50 - 54
 1 Carolyn Siccama 53 Williston VT 51:02
 2 Xin Yang 53 Greensboro VT 58:08
 3 Rebekah Thomas 50 Jericho VT 58:33
 4 Debbie Goodwin 51 Middlesex VT 1:03:51
 5 Katrina Phillips 51 Montpelier VT 1:03:52
 Record 41:41 by Moira Durnin in 2001
 NONB AGE GROUP: 50 - 54
 MALE AGE GROUP: 55 - 59
 1 Binney Mitchell 55 Burlington VT 39:19
 2 Alex McHenry 58 South Burlington VT 39:48
 3 Allen Mead 57 Hinesburg VT 41:16
 4 Scott Nichols 58 Essex VT 46:45
 5 Todd Leonard 58 Williston VT 47:09
 6 Joseph Merrill 58 Montpelier VT 52:38
 7 Spencer Newman 55 Burlington VT 1:12:40
 Record 36:30 by Doug MacGregor in 1996
 FEMALE AGE GROUP: 55 - 59
 1 Sarah Pribram 56 Shelburne VT 46:17
 Record 42:18 by Sarah Pribram in 2023
 NONB AGE GROUP: 55 - 59
 MALE AGE GROUP: 60 - 64
 1 Matt Guild 60 Bellows Falls VT 47:34
 2 Mack Gardner-Morse 63 Calais VT 49:52
 3 George Ehrhardt 61 Montpelier VT 55:23
 4 James Rohr 63 Barre VT 1:23:18
 Record 38:07 by Jim Miller in 2021
 FEMALE AGE GROUP: 60 - 64
 1 Karen Bove 64 Burlington VT 52:40
 2 Kate Erwin 61 Boothbay Harbor ME 1:04:21
 3 Phyllis Tillinghast 60 Montpelier VT 1:05:35
 4 Cheryl Lasell 64 Williamstown VT 1:23:17
 Record 45:28 by Sue Hackney in 2018
 NONB AGE GROUP: 60 - 64
 MALE AGE GROUP: 65 - 69
 1 Norm Larson 68 Burlington VT 40:56
 New record. Old record 41:10 by Norm Larson in 2021
 2 Steve Tomasi 66 Derry NH 44:51
 3 Tim Heney 65 Montpelier VT 50:20
 4 Michael Gordon 67 Essex Junction VT 59:50
 5 Rick DeAngelis 68 Montpelier VT 1:02:15
 FEMALE AGE GROUP: 65 - 69
 1 Ruth Yanai 65 Syracuse NY 58:28

Record 48:31 by Patty Foltz in 2013
NONB AGE GROUP: 65 - 69
MALE AGE GROUP: 70 - 74
1 Charles Windisch 70 Jericho VT 52:55
2 Jamie Shanley 71 Montpelier VT 1:01:27
3 John Martin 72 Montpelier VT 1:03:11

Record 45:25 by Gordon MacFarland in 2019
FEMALE AGE GROUP: 70 - 74
1 Janis Campbell 73 Westford VT 56:46
2 Elizabeth McCarthy 71 Hardwick VT 1:01:15
3 Merrill Creagh 71 Barre VT 1:02:26

Record 55:01 by Erika Campbell in 2022
NONB AGE GROUP: 70 - 74
MALE AGE GROUP: 75 - 79
1 Gordon MacFarland 76 Burlington VT 50:16
2 Ted McKnight 79 Jericho VT 56:51
3 Bob Kennedy 76 Durham NH 1:00:10
4 Bob Howe 77 Barre VT 1:22:44
5 Rob Penney 75 Middlesex VT 1:29:58

Record 50:04 by Jean Bernaquez in 2007
FEMALE AGE GROUP: 75 - 79
Record 1:03:32 by Cindy Quackenbush in 2022
NONB AGE GROUP: 75 - 79
MALE AGE GROUP: 80 - 84
1 Peter Mitchell 84 Jericho VT 1:04:30
2 Bob Murphy 84 Barre VT 1:09:16

Record 55:27 by Jean Bernaquez in 2013
FEMALE AGE GROUP: 80 - 84
NONB AGE GROUP: 80 - 84
MALE AGE GROUP: 85 - 89
FEMALE AGE GROUP: 85 - 89
NONB AGE GROUP: 85 - 89
MALE AGE GROUP: 90 - 94
FEMALE AGE GROUP: 90 - 94
NONB AGE GROUP: 90 - 94