

January Abominable Slowman 5k

Race Date
January 19, 2013

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Mike Padilla		219	38	M	1 overall	17:11.66	5:33/M
2	Jeff Young		237	21	M	1 19-24	17:55.40	5:47/M
3	Patrick Babawa		244	26	M	1 25-29	18:41.66	6:02/M
4	Peter Viscardo		221	35	M	1 35-39	18:48.57	6:04/M
5	Daniel Burke	Levittown PA	34	50	M	1 master	19:06.65	6:10/M
6	Julianne Viscardo		220	35	F	1 overall	19:26.54	6:16/M
7	SCOTT BELLAMY	DOWNINGTOWN PA	136	39	M	2 35-39	19:29.78	6:17/M
8	LOU BEVILACQUA	KING OF PRUSSIA	46	28	M	2 25-29	19:32.42	6:18/M
9	KATIE BASH	WEST CHESTER PA	197	24	F	1 19-24	19:33.63	6:18/M
10	Chuck Crabb		216	57	M	1 55-59	19:59.66	6:27/M
11	NICHOLAS OZOROWSKI	NORRISTOWN PA	142	17	M	1 13-18	20:01.69	6:27/M
12	Mike Triscoski		227	50	M	1 50-54	20:10.41	6:30/M
13	JORGE PARRA	PHILADELPHIA PA	153	30	M	1 30-34	20:40.66	6:40/M
14	JENNIFER PANETTA	BERWYN PA	54	42	F	1 master	21:00.53	6:46/M
15	Richard Gosow		224	48	M	1 45-49	21:10.67	6:50/M
16	Thomas Hausch	Brookhaven PA	6	32	M	2 30-34	21:12.94	6:50/M
17	Joseph Parente	Ardmore PA	111	23	M	2 19-24	21:18.67	6:52/M
18	Ben Harvey		239	36	M	3 35-39	21:19.62	6:53/M
19	Jim Mullane		226	42	M	1 40-44	21:22.27	6:54/M
20	Matt Frederick		250	41	M	2 40-44	21:31.85	6:56/M
21	JIM ROWLEY	WAYNE PA	66	41	M	3 40-44	21:35.67	6:58/M
22	James Sillhart		229	45	M	2 45-49	21:38.15	6:59/M
23	Paul Ferruzzi		235	49	M	3 45-49	21:42.12	7:00/M
24	MARITA MCCORMICK	PAOLI PA	59	31	F	1 30-34	21:47.52	7:02/M
25	RICK TRALIES	PHILADELPHIA PA	203	35	M	4 35-39	21:49.92	7:02/M
26	JOHN RIDINGER	LANCASTER PA	189	48	M	4 45-49	22:01.58	7:06/M
27	JOSEPH DOPSOVIC	PHILADELPHIA PA	198	33	M	3 30-34	22:06.64	7:08/M
28	EJ MCGROGAN	AMBLER PA	160	28	M	3 25-29	22:09.59	7:09/M
29	MATT KROPP	WAYNE PA	180	40	M	4 40-44	22:20.67	7:12/M
30	Angelica Riley		243	43	F	1 40-44	22:24.11	7:14/M
31	BOB GULDIN	ROYERSFORD PA	176	58	M	2 55-59	22:32.18	7:16/M
32	Stephen Lawson	Trappe PA	81	50	M	2 50-54	22:52.90	7:23/M
33	Thomas McCann	Pottstown PA	25	29	M	4 25-29	22:56.56	7:24/M
34	KATHRYN WILDER	DOYLESTOWN PA	196	46	F	1 45-49	23:09.17	7:28/M
35	DOUGLAS BLATCHFORD	WAYNE PA	183	43	M	5 40-44	23:09.40	7:28/M
36	Joe Farace		232	47	M	5 45-49	23:10.92	7:28/M
37	THOMAS FOGARTY	MALVERN PA	206	50	M	3 50-54	23:11.12	7:29/M
38	David Rudolph	SCHWENKSVILLE	83	61	M	1 60-64	23:14.64	7:30/M
39	STEPHEN MOYLAN	HATFIELD PA	64	32	M	4 30-34	23:15.86	7:30/M
40	Mike Ciunci	West Chester PA	97	38	M	5 35-39	23:26.42	7:34/M
41	JOE CAMPBELL	LANSDALE PA	60	55	M	3 55-59	23:27.91	7:34/M
42	ARTHUR SCHENCK	EXTON PA	173	30	M	5 30-34	23:32.92	7:35/M
43	Jen Rothbard	Dresher PA	106	37	F	1 35-39	23:33.92	7:36/M
44	Grant Frederick		249	38	M	6 35-39	23:37.62	7:37/M
45	Caroline Godfrey		211	42	F	2 40-44	23:39.24	7:38/M
46	Tim Young		236	52	M	4 50-54	23:40.92	7:38/M
47	JOSHUA BOLAN	SCHWENKSVILLE	56	12	M	1 0-12	23:42.17	7:39/M

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48	CAITLIN VANDERWOLF	SWARTHMORE PA	158	18	F	1 13-18	23:43.29	7:39/M
49	RACHEL MYHRE	COLLEGEVILLE PA	201	7	F	1 0-12	23:46.93	7:40/M
50	BOB O'SHEA	FOUNTAINVILLE PA	51	39	M	7 35-39	23:54.95	7:43/M
51	MORGAN BELLAMY	DOWNINGTOWN PA	135	29	F	1 25-29	24:16.27	7:50/M
52	GERRY FOLEY	AUDUBON PA	166	50	M	5 50-54	24:18.21	7:50/M
53	Rebecca Waddell	Paoli PA	112	39	F	2 35-39	24:19.49	7:51/M
54	KIMBERLY MABRY	KING OF PRUSSIA	121	28	F	2 25-29	24:23.68	7:52/M
55	TIM COREY	KING OF PRUSSIA	47	28	M	5 25-29	24:25.68	7:53/M
56	Janet Gossow		223	51	F	1 50-54	24:29.87	7:54/M
57	JULIA HAVERTINE	BRYN MAWR PA	184	13	F	2 13-18	24:31.95	7:55/M
58	Mary Deluca		233	51	F	2 50-54	24:47.30	8:00/M
59	JOHN MAXEY	NORRISTOWN PA	128	14	M	2 13-18	24:57.67	8:03/M
60	Paul Thompson	Haverford PA	110	28	M	6 25-29	24:58.67	8:03/M
61	Kevin Sullivan	North Wales PA	5	36	M	8 35-39	25:11.89	8:07/M
62	David Smith	Deptford NJ	4	59	M	4 55-59	25:13.32	8:08/M
63	Walt Kostyk		228	51	M	6 50-54	25:28.36	8:13/M
64	Akshaye Dhawan	Ardmore PA	29	31	M	6 30-34	25:29.17	8:13/M
65	Henry Borska		241	12	M	2 0-12	25:30.68	8:14/M
66	Dave Little		246	44	M	6 40-44	25:31.59	8:14/M
67	Nicole ONeil		231	30	F	2 30-34	25:32.20	8:14/M
68	JAMES FREECE	HARLEYSVILLE PA	157	64	M	2 60-64	25:41.33	8:17/M
69	Denise Robinson	CHESTER SPRINGS	90	38	F	3 35-39	25:51.88	8:20/M
70	Stephanie Wujcik	Ardmore PA	174	26	F	3 25-29	25:53.68	8:21/M
71	SANDRA SPIEZIO	EAGLEVILLE PA	193	27	F	4 25-29	25:59.18	8:23/M
72	LUIZ SPIEZIO	EAGLEVILLE PA	194	27	M	7 25-29	25:59.38	8:23/M
73	ANTHONY MARINO	AVALON NJ	168	53	M	7 50-54	26:03.18	8:24/M
74	Barbara Bush		222	52	F	3 50-54	26:12.80	8:27/M
75	Kristin Zado	Haverford PA	43	50	F	4 50-54	26:17.25	8:29/M
76	Katie Eberhart		238	42	F	3 40-44	26:21.32	8:30/M
77	Mark Smith		225	47	M	6 45-49	26:27.85	8:32/M
78	ALICE DOUGLAS	BRYN MAWR PA	190	16	F	3 13-18	26:35.35	8:35/M
79	TODD MCCALLUM	WEST CHESTER PA	126	35	M	9 35-39	26:38.81	8:35/M
80	Charles Ashley	Norristown PA	84	54	M	8 50-54	26:41.64	8:36/M
81	ELIZABETH LASSEN	BRYN MAWR PA	202	47	F	2 45-49	26:44.43	8:37/M
82	ROBERT MAPES	CHESTER SPRINGS	187	36	M	10 35-39	26:51.68	8:40/M
83	ERIN WHITESIDE	NEWBURYPORT MA	177	31	F	3 30-34	26:53.68	8:40/M
84	Rebecca Hoyle	Wayne PA	8	34	F	4 30-34	26:56.68	8:41/M
85	Sean Dempsey		217	38	M	11 35-39	26:57.51	8:42/M
86	Nate Hall	PHILADELPHIA PA	175	29	F	5 25-29	27:00.93	8:43/M
87	Barbara Francis	Radnor PA	31	61	F	1 60-64	27:06.62	8:45/M
88	Joe Diroma	West Grove PA	113	48	M	7 45-49	27:10.68	8:46/M
89	Susan ONeil		230	52	F	5 50-54	27:13.36	8:47/M
90	Dennis Ryal		248	65	M	1 65-69	27:14.68	8:47/M
91	AMY KELLY	SEWELL NJ	169	38	F	4 35-39	27:24.68	8:50/M
92	KEVIN MCCARRICK	CONSHOHOCKEN	125	30	M	7 30-34	27:25.93	8:51/M
93	Tracy Richardson	Audubon PA	92	36	F	5 35-39	27:34.89	8:54/M
94	DENISE RINGHOFFER	CHESTER SPRINGS	76	41	F	4 40-44	27:41.61	8:56/M

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95	Howard Cagle	Carney's Point NJ	21	53	M	9 50-54	27:48.28	8:58/M
96	Evan Pellegrino	Easton PA	104	39	M	12 35-39	27:49.68	8:58/M
97	Marissa Ferruzzi		234	26	F	6 25-29	27:57.18	9:01/M
98	STANLEY HUNT	ABINGTON PA	149	46	M	8 45-49	28:00.43	9:02/M
99	RYAN TRIMBLE	LIMERICK PA	63	9	M	3 0-12	28:01.92	9:02/M
100	LISA CONIGLIO	FALLSINGTON PA	52	41	F	5 40-44	28:19.19	9:08/M
101	Susan Ziegler	Newtown Square PA	82	33	F	5 30-34	28:19.19	9:08/M
102	Jennifer Carroll	Cherry Hill NJ	99	36	F	6 35-39	28:23.63	9:09/M
103	Kevin McDowell	Cherry Hill NJ	98	36	M	13 35-39	28:23.63	9:09/M
104	JO-LYNNE SHANE	SPRING CITY PA	167	40	F	6 40-44	28:35.86	9:13/M
105	Mike Scully		252	64	M	3 60-64	28:37.18	9:14/M
106	Paul Kramer	PERKASIE PA	209	52	M	10 50-54	28:40.69	9:15/M
107	Johannes Six	Emmaus PA	96	33	M	8 30-34	28:42.55	9:15/M
108	Julie Abraham	Chesterbrook PA	23	32	F	6 30-34	28:47.84	9:17/M
109	FRANCESCA NICOLETTI	GLADWYNE PA	186	16	F	4 13-18	29:01.19	9:22/M
110	Nicole Winig		213	16	F	5 13-18	29:11.20	9:25/M
111	RONALD TRIMBLE	LIMERICK PA	62	37	M	14 35-39	29:12.82	9:25/M
112	Kevin Flynn	Blue Bell PA	95	39	M	15 35-39	29:15.19	9:26/M
113	Tracy Flynn	Blue Bell PA	94	36	F	7 35-39	29:15.44	9:26/M
114	RACHEL GALECKI	PHILADELPHIA PA	133	29	F	7 25-29	29:17.90	9:27/M
115	Susan Gill	Perkiomenville PA	19	54	F	6 50-54	29:20.13	9:28/M
116	Tarlan Daryoush	Bryn Mawr PA	146	19	F	2 19-24	29:23.69	9:29/M
117	Colleen Flesher	Paoli PA	87	36	F	8 35-39	29:34.83	9:32/M
118	LEIGH ANN PARENTE	PHILADELPHIA PA	144	41	F	7 40-44	29:37.60	9:33/M
119	Arthur Nemchenko	KING OF PRUSSIA	210	50	M	11 50-54	29:44.18	9:35/M
120	Pam Obrien	Sicklerville NJ	115	42	F	8 40-44	29:46.19	9:36/M
121	Jim Durkin		242	74	M	1 70-99	29:48.22	9:37/M
122	Paul Krepto		214	49	M	9 45-49	29:56.79	9:39/M
123	Megan Urbanski	PHILADELPHIA PA	93	27	F	8 25-29	30:01.89	9:41/M
124	NIKKI ZAFFIRI-BOLAND	SELLERSVILLE PA	122	23	F	3 19-24	30:03.19	9:42/M
125	HILLARY MOHAUPT	PHILADELPHIA PA	48	27	F	9 25-29	30:13.66	9:45/M
126	Andrew Wells	Devon PA	88	44	M	7 40-44	30:13.87	9:45/M
127	DOUG RIDER	WAYNE PA	163	36	M	16 35-39	30:14.28	9:45/M
128	RICHARD NEILL	NARBERTH PA	134	52	M	12 50-54	30:16.31	9:46/M
129	JANET SENZICK	MALVERN PA	123	44	F	9 40-44	30:17.44	9:46/M
130	SAMMY PLASTINO	MALVERN PA	124	10	F	2 0-12	30:17.53	9:46/M
131	Kristin Spaulding	Wayne PA	117	46	F	3 45-49	30:21.59	9:47/M
132	ANDREA HOWARD	BERWYN PA	172	34	F	7 30-34	30:30.17	9:50/M
133	TJ FOGARTY	MALVERN PA	207	15	M	3 13-18	30:30.17	9:50/M
134	AMANDA RASMUSSEN	WAYNE PA	58	39	F	9 35-39	30:36.73	9:52/M
135	Hannah Becker	Wayne PA	9	23	F	4 19-24	30:38.69	9:53/M
136	Hannah Jones-Lewis	Philadelphia PA	15	26	F	10 25-29	30:38.90	9:53/M
137	Natalia Tackett	Wayne PA	179	15	F	6 13-18	30:45.25	9:55/M
138	ASHLEY BONIFER	COLLEGEVILLE PA	57	26	F	11 25-29	30:48.44	9:56/M
139	FRANK KAUFFMAN	DOYLESTOWN PA	127	29	M	8 25-29	30:51.96	9:57/M
140	D.A. Graham	Trenton NJ	13	44	M	8 40-44	30:56.65	9:59/M
141	Krista Trump		245	43	F	10 40-44	30:59.86	10:00/M

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142	Julius Maul	Abington PA	20	38	M	17 35-39	31:03.76	10:01/M
143	AILEEN CURLEY	UPPER DARBY PA	204	16	F	7 13-18	31:03.94	10:01/M
144	TARA DERIVAN	EXTON PA	155	35	F	10 35-39	31:14.55	10:05/M
145	Calvin Idler		247	55	M	5 55-59	31:21.65	10:07/M
146	JOHN BELL	CHADDS FORD PA	195	55	M	6 55-59	31:22.44	10:07/M
147	MB Christiansen		251	56	F	1 55-59	31:34.44	10:11/M
148	David Jacoby	Doylestown PA	89	46	M	10 45-49	31:38.94	10:12/M
149	Maria Read	Thorndale PA	114	34	F	8 30-34	31:40.35	10:13/M
150	NICOLE FAUX	WAYNE PA	118	43	F	11 40-44	31:47.94	10:15/M
151	JENNIFER ANDERSEN	WAYNE NJ	164	29	F	12 25-29	31:54.69	10:17/M
152	SAMANTHA BOWMAN	WEST CHESTER PA	139	36	F	11 35-39	31:56.18	10:18/M
153	Pamela Duda		218	51	F	7 50-54	32:02.87	10:20/M
154	JULIA MCALEESE	VILLANOVA PA	192	14	F	8 13-18	32:04.70	10:21/M
155	Ann Bacon	PHILADELPHIA PA	154	65	F	1 65-69	32:06.75	10:21/M
156	ROBERT LOUIS	GLENSIDE PA	152	65	M	2 65-69	32:09.94	10:22/M
157	MADDIE D'AMICO	GLEN MILLS PA	191	15	F	9 13-18	32:11.69	10:23/M
158	MELISSA SLIFER	WEST CHESTER PA	132	40	F	12 40-44	32:13.45	10:24/M
159	MICHAEL HUGHES	CHESTER SPRINGS	78	10	M	4 0-12	32:13.67	10:24/M
160	DORIA HUGHES	CHESTER SPRINGS	77	40	F	13 40-44	32:14.28	10:24/M
161	CHERYL TAVANO	MULLICA HILL NJ	170	45	F	4 45-49	32:22.94	10:26/M
162	HOLLY BOLAN	SCHWENKSVILLE	55	39	F	12 35-39	32:24.94	10:27/M
163	Melissa Grossman	Penn Valley PA	178	15	F	10 13-18	32:25.94	10:27/M
164	Sascha Harding	Palmyra NJ	86	63	M	4 60-64	32:26.95	10:28/M
165	SUE LIEK-GEWERTZ	BROOMALL PA	61	50	F	8 50-54	32:27.37	10:28/M
166	VANDY ROBINSON	WAYNE PA	148	16	F	11 13-18	32:28.80	10:28/M
167	EMILY TOURJEE	BRYN MAWR PA	185	27	F	13 25-29	32:31.50	10:29/M
168	NATALIE SOLL	PENN VALLEY PA	181	14	F	12 13-18	32:31.62	10:29/M
169	HERBERT THAL	WAYNE PA	162	80	M	2 70-99	32:40.21	10:32/M
170	Angela Cowhey	King of Prussia PA	109	25	F	14 25-29	32:55.44	10:37/M
171	Chris Weale	Warminster PA	100	45	M	11 45-49	33:10.85	10:42/M
172	Rita Lockhead	SCHWENKSVILLE	105	42	F	14 40-44	33:11.45	10:42/M
173	JENNIFER VIEIRA	HAVERTOWN PA	129	38	F	13 35-39	33:29.95	10:48/M
174	PATTI BUTLER	DREXEL HILL PA	130	37	F	14 35-39	33:29.96	10:48/M
175	MEGAN KING	GLEN MILLS PA	188	34	F	9 30-34	33:33.70	10:49/M
176	Helen Dunn	Collegeville PA	16	42	F	15 40-44	33:46.20	10:54/M
177	JENNIFER Staley	Norristown PA	103	25	F	16 25-29	34:08.70	11:01/M
178	Marie Staley	Oaklyn NJ	42	27	F	15 25-29	34:08.70	11:01/M
179	CHRISTINE ROPER	KING OF PRUSSIA	75	32	F	10 30-34	34:20.70	11:05/M
180	PETER ZANGARDI	COLLEGEVILLE PA	74	48	M	12 45-49	34:21.95	11:05/M
181	Christopher Tapley	Wynnewood PA	116	29	M	9 25-29	34:36.62	11:10/M
182	Leigh Foyle	Blue Bell PA	91	38	F	15 35-39	34:44.20	11:12/M
183	BobbiJo HAVILAND	PHILADELPHIA PA	205	32	F	11 30-34	34:45.95	11:13/M
184	Deb Mellinger	Exton PA	41	38	F	16 35-39	34:47.40	11:13/M
185	AMY GILLESPIE	ALDAN PA	71	40	F	16 40-44	34:50.84	11:14/M
186	LOIS LEE	GLENSIDE PA	80	38	F	17 35-39	34:57.82	11:16/M
187	CONSUELA FOGARTY	MALVERN PA	208	50	M	13 50-54	35:07.70	11:20/M
188	KATHLEEN TALLANT	AUDUBON PA	138	46	F	5 45-49	35:15.87	11:22/M

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189	Wendy Carroll	East Norriton PA	32	40	F	17 40-44	35:24.21	11:25/M
190	Kristen Eaton	Bryn Mawr PA	26	26	F	17 25-29	35:35.38	11:29/M
191	Traci Coyle	Merchantville NJ	2	43	F	18 40-44	35:52.64	11:34/M
192	Xiaoling Zhang	Harleysville PA	101	46	F	6 45-49	36:17.20	11:42/M
193	Christine Gladkowski	Warrington PA	85	45	F	7 45-49	36:20.67	11:43/M
194	Elise Kowow-Martinez		215	43	F	19 40-44	36:21.76	11:44/M
195	Brian Dunn	Collegeville PA	17	45	M	13 45-49	36:29.82	11:46/M
196	PAUL RIDDER	MALVERN PA	68	41	M	9 40-44	36:39.38	11:49/M
197	KATIE RIDDER	MALVERN PA	67	10	F	3 0-12	36:39.38	11:49/M
198	Julie Siebert-Johnson	Philadelphia PA	38	31	F	12 30-34	36:47.20	11:52/M
199	CHERYL MANGUM	WAR MINSTER PA	145	29	F	19 25-29	36:49.95	11:53/M
200	CHRISTI BISCH	SOUTHAMPTON PA	140	27	F	18 25-29	36:49.95	11:53/M
201	AMANDA LUCIANI	FAIRLESS HILLS PA	53	28	F	20 25-29	36:53.96	11:54/M
202	JENNIFER MOSES	PHILADELPHIA PA	49	43	F	20 40-44	36:57.21	11:55/M
203	BROOKE VAIL	PHOENIXVILLE PA	79	33	F	13 30-34	37:24.84	12:04/M
204	JOY RICCO	PERKASIE PA	119	43	F	21 40-44	37:29.21	12:05/M
205	Monica Lovett	Drexel Hill PA	11	31	F	14 30-34	37:47.96	12:11/M
206	Shanna McKoy	Philadelphia PA	12	33	F	15 30-34	37:48.29	12:12/M
207	NORMAN CARD	JOHNSON CITY NY	137	35	M	18 35-39	37:59.42	12:15/M
208	Daniel Card	Lockwood NY	37	12	M	5 0-12	37:59.42	12:15/M
209	SARA BRENNER	OXFORD PA	50	43	F	22 40-44	38:24.18	12:23/M
210	KELLY O'BRIEN	CHESTERBROOK	171	43	F	23 40-44	39:22.65	12:42/M
211	BARBARA ROMPALA	BERWYN PA	182	51	F	9 50-54	39:23.47	12:42/M
212	Christina Cozzetto	Bryn Mawr PA	35	24	F	5 19-24	39:30.13	12:45/M
213	JESSICA LEO	SOUDERTON PA	143	25	F	21 25-29	39:30.74	12:45/M
214	Paula Bellwoar	Malvern PA	199	45	F	8 45-49	39:54.47	12:52/M
215	Tricia Murnane	King of Prussia PA	107	35	F	18 35-39	39:56.37	12:53/M
216	Carrie McAdams	Eagleville PA	39	37	F	19 35-39	40:17.70	13:00/M
217	CARLA DIAZ	SOUTHAMPTON PA	141	29	F	22 25-29	40:55.68	13:12/M
218	Michelle Smith	Chester Springs PA	24	39	F	20 35-39	43:47.95	14:07/M
219	Kristi Yingling	Plymouth Meeting NJ	18	32	F	16 30-34	43:48.22	14:08/M
220	ALEXIS ERAZO	WEST CHESTER PA	147	25	F	23 25-29	44:05.61	14:13/M
221	Michael Sinesi	Lumberton NJ	30	52	M	14 50-54	47:29.72	15:19/M
222	Joe Brockway	Quakertown PA	1	79	M	3 70-99	48:59.99	15:48/M
223	Angela Card	Lockwood NY	36	53	F	10 50-54	49:00.28	15:48/M
224	Acacia Snedaker		212	19	F	6 19-24	52:24.20	16:54/M
225	MARK DENIO	WILMINGTON DE	161	43	M	10 40-44	52:31.91	16:56/M
226	Nora Haefele	Stowe PA	7	55	F	2 55-59	52:40.99	16:59/M
227	PAMELA ROBINSON	WAYNE PA	151	57	F	3 55-59	52:41.00	17:00/M
228	ANSLEY MARTIN	HARLEYSVILLE PA	159	16	F	13 13-18	53:34.73	17:17/M
229	Alison Quinn	Lumberton NJ	27	42	F	24 40-44	55:43.50	17:58/M
230	Leslie CirilloPlante	Mountain Lakes NJ	131	48	F	9 45-49	1:00:07.97	19:24/M