

# Adirondack Runner's Club Gran Prix 2016

## Race the Train

## Gran Prix Race #9

<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>OV pts</u>	<u>AG pts</u>
Alex Benway	26	0:51:39	13	13
Mark Sager	65	1:10:05	11	13
Michael Decaprio	41	1:11:29	9	13
Will McGiveney	54	1:11:34	8	13
Chris Coyne	46	1:11:57	7	11
Brian Teague	57	1:12:50	6	11
Rich Elton	64	1:13:11	5	9
Jason York	37	1:13:59	4	13
Lance Decker	46	1:14:08	3	9
Jim Goodspeed	65	1:14:21	2	8
Bryan Corwin	60	1:21:41	1	7
Eduardo Munoz	73	1:24:17	1	13
Stephen Obermayer	55	1:27:12	1	9
Daniel Biggs	35	1:27:20	1	11
Ted Kwasniewski	40	1:29:59	1	8
Jim Young	76	1:34:33	1	11
Donald Yeaton	65	1:47:04	1	6

<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>OV pts</u>	<u>AG pts</u>
Patty Moore	50	1:06:54	13	13
Melissa Kwasniewski	39	1:15:22	11	13
Annalisa Beyerbach	12	1:22:52	9	13
Heather Bala	36	1:23:36	8	11
Tracy Watson	46	1:25:57	7	13
Kelley Anne Burr	34	1:36:33	6	9
Ronda Morris	35	1:36:39	5	8
Laura Clark	69	1:36:54	4	13
Kathleen Tersigni	45	1:40:47	3	11
Wendy Yeaton	53	2:05:12	2	11

## Tony Luciano 5K

## Gran Prix Race #10

<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>OV pts</u>	<u>AG pts</u>
Jason Linendoll	19	18:03	13	13
Will Venner	57	18:26	11	13
Nick Lamando	57	20:35	9	11
Brian Teague	57	23:01	8	9
Jim Goodspeed	65	23:54	7	13
Will McGiveney	54	24:00	6	8
Eduardo Munoz	73	27:27	5	13
Donald Yeaton	65	29:21	4	11
Noah Bernard	6	38:00	3	11
Walt McConnell	84	49:15	2	13

<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>OV pts</u>	<u>AG pts</u>
Megan Linendoll	16	22:24	13	13
Melissa Kwasniewski	39	24:56	11	13
Karen Linendoll	45	26:10	9	13
Cynthia White	34	27:05	8	11
Judi Brown	50	29:42	7	13
Sarah Otto	47	29:46	6	11
Melissa Goodspeed	64	33:50	5	13
Brook Morgan	39	38:01	4	9
Wendy Yeaton	53	40:03	3	11

Notes: These are preliminary results. They do not yet include any volunteer points.  
If you think you have been missed, please email me at [brianteague@live.com](mailto:brianteague@live.com)

Thank you,  
Brian Teague