

2024 Adirondack Runners Club Grand Prix

Common Roots River Run For the Roots – GP Race #9

<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>	<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>
Andrew McCarthy	40	19:14	13	13	Emily McCarthy	40	19:22	13	13
Harris Lonergan	54	25:17	11	13	Tracey Delaney	58	25:12	11	13
Keenan Wittenberg	39	26:09	9	13	Jane LaBombard	51	27:18	9	11
Mark Sager	72	27:57	8	13	Lisa Grabbe	42	27:53	8	11
Mark Schachner	68	29:40	7	13	Cynthia White	41	33:10	7	9
Daniel Larson	73	29:47	6	11	Deana Endieveri	54	34:21	6	9
Matthew Miczek	52	30:31	5	11	Daniella Grabbe	11	34:34	5	13
Alexander Grabbe	10	36:20	4	13	Regina Grabbe	11	34:34	4	11
Jeremy Grabbe	47	36:25	3	11					

Cerveza Shuffle 10K roadrace - GP Race # 10

<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>	<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>
Lance Purvis	46	40:27	13	13	Emily McCarthy	40	39:39	13	13
Andrew McCarthy	40	41:09	11	11	Lisa Grabbe	42	59:14	11	11
Harris Lonergan	54	55:59	9	13	Heidi Collins	56	1:20:31	9	13
Jim Goodspeed	73	57:21	8	13					
Christopher Kunkel	67	57:35	7	13					
Daniel Larson	73	1:01:32	6	11					
Ed Swanson	75	1:33:17	5	9					