

2025 Adirondack Runners Club Grand Prix

LONG COURSE

Shamrock Shuffle 5M roadrace - GP Race # 1

				<u>OV</u>	<u>AG</u>					<u>OV</u>	<u>AG</u>
<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>Pts</u>	<u>Pts</u>		<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>Pts</u>	<u>Pts</u>	
Lou Paquette	44	29:48	13	13		Emily McCarthy	41	31:37	13	13	
Andrew McCarthy	41	32:10	11	11		Megan Kellogg	29	33:12	11	13	
Tom Portuese	43	32:32	9	9		Justine Trybendis	42	34:44	9	11	
Chad Stevens	40	34:02	8	8		Cristina Marchese	40	43:42	8	9	
Greg Ethier	51	34:12	7	13		Lisa Grabbe	43	45:52	7	8	
Lance Purvis	46	34:40	6	7		Christine Cifone-Clohoey	56	46:01	6	13	
Randy Hawkins	48	38:13	5	6		Cynthia White	43	50:50	5	7	
John Woodard	49	38:29	4	5		Michelle Hunt	59	53:27	4	11	
Tim Schwimer	52	39:17	3	11		Mary Dalaba	59	53:35	3	9	
Nicholas Rimualdo	15	39:35	2	13		Jill Pederson	74	53:47	2	13	
Keenan Wittenberg	40	39:44	1	4		Lyndsey Cahill	43	54:37	1	6	
Harris Lonergan	54	43:06	1	9		Heather Pauquette	42	56:38	1	5	
Nicholas Chowske	41	43:12	1	3		Elizabeth Lawler	18	58:00	1	13	
Dan Larson	73	44:45	1	13		Joanne Underwood	67	59:18	1	13	
Christopher Kunkel	68	46:06	1	13		Michelle Ching	64	61:11	1	11	
Vince Fiori	58	46:42	1	8		Jill Mehan	70	62:33	1	11	
Michael Dolan	66	50:05	1	11		Kathleen Tersigni	54	63:09	1	8	
Daniel Rice	51	50:35	1	7		Heidi Collins	57	64:01	1	7	
Ted Rydzewski	60	51:05	1	9		Margaret Wallace	75	67:48	1	9	
Jeremy Grabbe	48	51:19	1	2		Cathy Biss	77	74:52	1	8	
Matthew Miczek	53	53:18	1	6		Linda Pollock	72	74:52	1	7	
Raymond Ruby	57	55:17	1	5							
Don VanWely	75	56:38	1	11							
Garrett Smith	63	65:27	1	8							
Avi Goldstein	37	66:20	1	13							
Jim Cunningham	80	70:36	1	13							
Ray Lee	83	83:30	1	11							

Helderberg to Hudson half roadrace - GP Race # 2

				<u>OV</u>	<u>AG</u>					<u>OV</u>	<u>AG</u>
<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>Pts</u>	<u>Pts</u>		<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>Pts</u>	<u>Pts</u>	
Greg Ethier	51	1:33:41	13	13		Justine Trybendis	42	1:33:57	13	13	
Jim Flint	66	1:39:36	11	13		Marcia Paterson	60	1:51:52	11	13	
Don VanWely	75	2:30:04	9	13		Lisa Grabbe	43	2:17:55	9	11	
Jeremy Grabbe	48	2:55:10	8	13		Lois Shoemaker	62	2:35:03	8	11	
						Michele Ching	64	2:41:12	7	9	
						Heidi Collins	57	2:58:45	6	13	

If you think you have been missed, please email me at brianteague@live.com