

AGE GROUP STANDINGS LONG COURSE THRU 4 RACES

[illegible]

2025 Adirondack Runners Club Grand Prix

AGE GROUP STANDINGS LONG COURSE THRU 4 RACES

		1	2	3	4	5	6	7	8	9	10	11			
		H	R					A	L	S					
		S	T	P	T	F	C	D	A	P	F	T	GRAND	Scored Races	Total Races
Name		S	H	M	L	C	S	F	M	H	B	O	TOTAL Best 7		
70 to 79															
Don	VanWely		11	13	6	13								4	4
Daniel	Larson		13		9									2	2
Ed	Swanson				5	11								2	2
Lee	Pollock				13									1	1
Mark	Sager				11									1	1
Mark	Schachner				8									1	1
Daniel	Olden				7									1	1
80 plus															
Raymond	Lee Jr.		11		13	13								3	3
Jim	Cunningham		13											1	1
		F E M A L E													
Under 20															
Daniella	Grabbe				13									1	1
Elizabeth	Lawler		13											1	1
Regina	Grabbe				11									1	1
20 to 29															
Megan	Kellogg		13											1	1
30 to 39															
Beth	Haldik				11	13								2	2
Melissa	Davidson				13	9								2	2
Vanessa	Negaard					11								1	1
40 to 49															
Justine	Trybendis		11	13	13	11								4	4
Lisa	Grabbe		8	11	8	8								4	4
Cristina	Marchese		9		11	9								3	3
Emily	McCarthy		13			13								2	2
Cynthia	White		7			7								2	2
Beth	Portuese				9									1	1
Lyndsey	Cahill		6											1	1
Rachele	Herrington					6								1	1
Lori	Langdon					5								1	1
Heather	Pauquette		5											1	1
50 to 59															
Christine	Cifone-Clohosey		13		11	13								3	3
Heidi	Collins		7	13										2	2
Kathleen	Tersigni		8			9								2	2
Amy	Campopiano				13									1	1
Michelle	Hunt		11											1	1
Jane	Labombard					11								1	1

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		H		R				A		L		S	GRAND		
		S	T	P	T	F	C	D	A	P	F	T	TOTAL	Scored	Total
Name		S	H	M	L	C	S	F	M	H	B	O	Best 7	Races	Races
60 to 69															
Marcia	Paterson			13	13	13							39	3	3
Michelle	Ching	11	9										20	2	2
Mary	Dalaba	9				11							20	2	2
Barbara	Joudry				11	9							20	2	2
Joanne	Underwood	13											13	1	1
Lois	Shoemaker		11										11	1	1
70 to 79															
Jill	Pederson	13			13	13							39	3	3
Jill	Mehan	11			11	11							33	3	3
Margaret	Wallace	9			9								18	2	2
Cathy	Biss	8			8								16	2	2
Linda	Pollock	7											7	1	1
Diane	Zeccola				7								7	1	1

Bold name = moved to older age group

The Races:	SS	Shamrock Shuffle
	HTH	Helerberg to Hudson Half
	PM	Prospect Mountain Roadrace
	RTL	Race to the Lake
	FC	Firecracker 4
	CS	Cerveza Shuffle 10K
	ADF	Adirondack Distnace Festival 10K
	AM	Adirondack Marathon
	PLH	Lake Placid Half
	FB	Fall Back 5M
	STO	Stockade-athon 15K