

KINDERHOOK OK 5K  
June 12, 2010

MALE OVERALL

1 Chuck Terry 28 Albany 15:12  
2 Bradley Lewis 23 Troy 15:50  
3 Dave Vona 27 Valatie 15:58

FEMALE OVERALL

1 Emily Bryans 42 Schenectady 17:39  
2 Amanda Jinks 29 Brooklyn 18:09  
3 Anne Benson 45 Clifton Park 18:31

MALE AGE GROUP: 1 - 14

1 Luyas Vanalstyne 14 Kinderhook 19:09  
2 Devyn Fernandez 14 Valatie 19:13  
3 Jordan Healy 14 Castleton 19:38

FEMALE AGE GROUP: 1 - 14

1 Sydney Sericolo 14 Valatie 23:25  
2 Colleen Tretheway 14 Valatie 23:59  
3 Angela Dennis 14 Ghent 23:59

MALE AGE GROUP: 15 - 19

1 Evan Little 16 Kinderhook 17:19  
2 Anthony Altobelli 17 Kinderhook 17:59  
3 Jack Sullivan 16 Valatie 18:10

FEMALE AGE GROUP: 15 - 19

1 Christina Bartonice 19 Berne 20:10  
2 Kara Patrick 17 East Greenbush 20:35  
3 Hannah Riordan 15 Nassau 25:01

MALE AGE GROUP: 20 - 24

1 Richard Messineo 21 Nassau 17:13  
2 Eric Haywood 24 Great Barrington, MA 17:23  
3 Jeff Vona 23 Brighton, MA 17:32

FEMALE AGE GROUP: 20 - 24

1 Meghan Davey 24 Amsterdam 19:54  
2 Allison Connor 20 Hudson 21:44  
3 Julie Nabozy 20 Valatie 22:43

MALE AGE GROUP: 25 - 29

1 Justin Bishop 29 Colonie 16:31  
2 Joseph Pienta 27 Valatie 17:54  
3 Pete Turner 28 Chesapeake, VA 20:35

FEMALE AGE GROUP: 25 - 29

1 Chelsea Benson 27 Hudson 20:44  
2 Cadie Cargile 25 New Paltz 23:37  
3 Keri Walsh 28 Mc Kownville 24:04

MALE AGE GROUP: 30 - 34

1 Andrew Rickert 31 Delmar 17:42  
2 Robert O'Donnell 34 Albany 21:17  
3 Jared Eicher 31 Scotia 21:18

FEMALE AGE GROUP: 30 - 34

1 Mollie DeFrancescot 30 Chesapeake, VA 19:22  
2 Amy Welsh 30 Hudson 21:21  
3 Karen Baumeister 31 Castleton 21:47

MALE AGE GROUP: 35 - 39

1 Richard Hamlin 37 East Greenbush 18:10  
2 Tom Fraser 37 Valatie 18:49  
3 Keith Garwood 35 Kinderhook 21:07

FEMALE AGE GROUP: 35 - 39

1 Karen Dolge 39 Valatie 19:15  
2 Hilary Cloos 36 Hudson 22:05  
3 Susanne Vogel 37 Valatie 24:22

MALE AGE GROUP: 40 - 44

1 Tim Hoff 44 Albany 17:27  
2 Jon Rocco 43 Colonie 18:09  
3 Walter Bulter 44 Philmont 18:52

FEMALE AGE GROUP: 40 - 44

1 Alison Heaphy 43 North Chatham 21:24  
2 Julie Keating 40 Kinderhook 22:19  
3 Christina Vansluke 43 Catskill 24:34

MALE AGE GROUP: 45 - 49

1 Chuck Heaphy 46 Brooklyn 19:13  
2 Blaine Freedman 46 Pittsfield, MA 19:39  
3 Tom Curry 48 Nassau 20:00

FEMALE AGE GROUP: 45 - 49

1 Nancy Nicholson 48 Queensbury 20:19  
2 Nancy Herbert 46 Kingston 20:54  
3 Joyce Poulin 49 Amsterdam 22:43

MALE AGE GROUP: 50 - 54

1 Derrick Staley 51 Ballston Lake 16:56  
2 William Venner 51 Granville 17:07  
3 Vladimir Ilin 52 Albany 18:00

FEMALE AGE GROUP: 50 - 54

1 Nancy Briskie 52 Rotterdam 20:28  
2 Linda Reed 52 Ghent 22:46  
3 Kathi Davi 52 Hudson 26:05

MALE AGE GROUP: 55 - 59

1 Dale Keenan 59 Selkirk 18:28  
2 Ace Curtiss 56 Great Barrington, MA 20:10  
3 James Louison 55 Amsterdam 20:22

FEMALE AGE GROUP: 55 - 59

1 Judy Phelps 59 Ballston Spa 21:32  
2 Martha Degrazia 59 Slingerlands 22:03  
3 Joy Devries 56 Delmar 22:32

MALE AGE GROUP: 60 - 64

1 Lenny Collins 61 Valatie 20:51  
2 Juergen Reher 60 Wyanntskill 21:09  
3 Jim Fiore 62 Latham 23:10

FEMALE AGE GROUP: 60 - 64

1 Susan Wong 62 Glenmont 22:43  
2 Sue Nealon 60 Troy 29:34  
3 Merry Sheils 61 New York 37:04

MALE AGE GROUP: 65 - 69

1 Jim Hotaling 69 Niverville 25:48  
2 Robert Carroll 69 Kinderhook 35:26  
3 David Booth 66 Chatham 40:15

FEMALE AGE GROUP: 65 - 69

1 Jayne Zinke 67 Valatie 26:19  
2 Bonnie Newkirk 69 Ghent 31:35

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|---------------------------|---------------|----|--------------|-------|
| 3                         | Penny Cushman | 66 | Albany       | 32:30 |
| MALE AGE GROUP: 70 - 99   |               |    |              |       |
| 1                         | Martin Helmer | 70 | East Chatham | 27:24 |
| 2                         | Joe Kelly     | 76 | Albany       | 30:36 |
| 3                         | Ed Simonsen   | 73 | Valatie      | 31:29 |
| FEMALE AGE GROUP: 70 - 99 |               |    |              |       |
| 1                         | Eiko Bogue    | 73 | Schaghticoke | 32:51 |