

Race Date
November 06, 2016

Wyoming Valley Striders 3rd Annual 20K Run

Age Group Results

20K Run Division

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	PATRICIA BUZINKAI	KINGSTON PA	41	113	17	1:35:11	4:46/K

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20K Run Division

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	NOELLE BROUILLARD	SCRANTON PA	25	12	38	1:44:41	5:14/K
2 *	NICOLE GIACOMETTI	OLD FORGE PA	25	76	74	2:00:19	6:01/K
3 *	RUISI WANG	PARSIPPANY NJ	26	27	80	2:01:38	6:05/K
4	KIMBERLY KONNICK	DALLAS PA	26	37	88	2:03:23	6:10/K
5	CASSANDRA KLOCEK	DRUMS PA	24	48	96	2:07:56	6:24/K
6	MEGHAN CAREY	KINGSTON PA	27	3	118	2:36:36	7:50/K
7	NIKITA KOLBECK	WYOMING PA	27	87	120	2:36:59	7:51/K

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	KRISTIN BUCHHOLZ	MOUNTAIN TOP PA	33	118	30	1:41:07	5:03/K
2 *	BRENDA SHARP	SHAVERTOWN PA	33	122	32	1:42:07	5:06/K
3 *	HEIDI STREDNY	TRUCKSVILLE PA	34	121	57	1:53:35	5:41/K
4	GRETCHEN	NANTICOKE PA	31	110	64	1:55:38	5:47/K
5	ELLEN MEEHAN	WILKES BARRE PA	31	109	66	1:57:07	5:51/K
6	KELLY ALFANO	KINGSTON PA	33	108	69	1:58:47	5:56/K
7	COURTNEY MULLEN	PHILADELPHIA PA	30	24	82	2:01:55	6:06/K
8	LAUREN POLLMAN	NANTICOKE PA	34	54	84	2:02:44	6:08/K
9	KATIE LYKON	LARKSVILLE PA	30	2	93	2:04:49	6:14/K
10	MARA SULLIN	FREELAND PA	31	8	108	2:21:40	7:05/K
11	REBECCA FRANCO	WEST PITTSTON PA	30	50	116	2:35:23	7:46/K

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	VICTORIA BLAZICK	TRUCKSVILLE PA	35	65	22	1:38:15	4:55/K
2 *	CHRISTAL ZERMANE	AVOCA PA	37	77	24	1:38:57	4:57/K
3 *	KAREN MOSKEL	KINGSTON PA	38	6	39	1:45:43	5:17/K
4	AMY FELDMAN	SHAVERTOWN PA	35	18	62	1:55:10	5:46/K
5	VIRGINIA TREVETHAN	SHAVERTOWN PA	35	74	67	1:57:09	5:51/K
6	HILARY BLAKE	CLARKS SUMMIT PA	38	15	83	2:02:38	6:08/K
7	STACEY MEARS	DRUMS PA	36	95	92	2:04:39	6:14/K
8	LEAH HOLLAND	CONYNGHAM PA	37	134	101	2:18:10	6:55/K

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	MELISSA OBMANN	MOUNTAIN TOP PA	43	133	26	1:39:52	5:00/K

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Female 40 to 44

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2 *	JACKIE KEARN	NANTICOKE PA	40	58	35	1:43:59	5:12/K
3 *	RACHEL CAUSAK	LEBANON PA	42	45	65	1:56:07	5:48/K
4	JILL SNOWDON	DALLAS PA	40	52	72	1:59:47	5:59/K
5	KATE ELLIOTT	SCRANTON PA	41	79	76	2:00:40	6:02/K
6	THERESA STOOK	MOUNTAIN TOP PA	43	22	79	2:01:31	6:05/K
7	LEA CLARK	HUDSON PA	40	132	100	2:12:08	6:36/K
8	SANDY MORAN	LEHIGHTON PA	41	124	103	2:19:31	6:59/K
9	JULIE BURKHARDT	MOUNTAIN TOP PA	43	107	104	2:19:51	7:00/K
10	STACEY UNVARSKY	WILKES BARRE PA	44	100	110	2:21:46	7:05/K

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	PAMELA ULICNY	VALLEY VIEW PA	47	32	23	1:38:34	4:56/K
2 *	DEANA MANZONI	DALLAS PA	48	73	31	1:41:51	5:06/K
3 *	BRENDA LOGAN	BLOOMSBURG PA	49	33	33	1:42:45	5:08/K
4	MELISSA DELFINO	DUNMORE PA	47	72	34	1:42:58	5:09/K
5	LOREEN ROMANIA	PAXINOS PA	47	49	43	1:46:50	5:21/K
6	SHERRY HARVEY	JERMYN PA	46	56	55	1:52:49	5:38/K
7	TRACI STRUNGIS	MOUNTAINTOP PA	47	86	61	1:54:51	5:45/K
8	BRENDA CASSARO	CARBONDALE PA	49	84	71	1:59:03	5:57/K
9	PATTI POTOMIS	HUNLOCK CREEK PA	49	60	87	2:03:11	6:10/K
10	JILL SCHOEPFLIN	BLOOMSBURG PA	48	46	94	2:04:50	6:15/K
11	PAULA POWELL	PITTSTON PA	46	13	95	2:05:15	6:16/K
12	BETSY HUHN	FALLS PA	46	55	117	2:35:24	7:46/K

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	HOLLI NAUMAN	HAMBURG PA	50	38	89	2:03:31	6:11/K
2 *	LISA WOODWORTH	WILKES BARRE PA	51	75	112	2:23:25	7:10/K
3 *	SANDRA ORRSON	SHAVERTOWN PA	53	39	114	2:28:49	7:26/K

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	MARJORIE ADAMS	DALLAS PA	57	135	40	1:45:58	5:18/K
2 *	LAURIE CHIUMENTO	WILKES BARRE PA	57	71	85	2:03:00	6:09/K
3 *	KATE GALINUS	LANSDALE PA	59	101	105	2:21:07	7:03/K

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Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
4	BARB RUPERT	SHICKSHINNY PA	59	4	115	2:28:50	7:27/K

Female 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	PATTI TURISSINI	SCOTT TWP PA	64	93	50	1:48:53	5:27/K
2 *	BEVERLY TOMASAK	EDWARDSVILLE PA	64	85	68	1:58:18	5:55/K

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Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	MICKEY MOORHEAD	WILKES BARRE PA	23	69	1	1:15:04	3:45/K

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Male 20 to 29

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1 *	ALEX SABA	MOUNTAIN TOP PA	25	120	2	1:19:05	3:57/K
2 *	ERIC SHAVER	DALLAS PA	25	41	8	1:28:05	4:24/K
3 *	MICHAEL LEGATH	WHITE HAVEN PA	24	43	29	1:40:59	5:03/K
4	SCOTT EDWARDS	SCRANTON PA	28	5	49	1:48:48	5:26/K
5	RYAN WENRICH	WYOMING PA	27	88	51	1:50:15	5:31/K
6	PRESTON ALLEN	WESTON PA	27	130	59	1:53:46	5:41/K
7	DOUGLAS VANSTON	OLD FORGE PA	26	117	119	2:36:43	7:50/K

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	GEORGE WATSON	SCRANTON PA	30	90	11	1:32:16	4:37/K
2 *	TOM PIASECKI	OLYPHANT PA	30	82	16	1:35:01	4:45/K
3 *	ZACHARY RITZ	OREFIELD PA	32	29	63	1:55:25	5:46/K
4	STEVE MIHAL	WEATHERLY PA	34	25	77	2:00:48	6:02/K
5	BRADLEY DRAGO	FORTY FORT PA	31	40	109	2:21:46	7:05/K

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	MARKUS ANTTILA	S ABINGTON TWP PA	36	138	4	1:25:00	4:15/K
2 *	COREY PONCAVAGE	MOUNTAIN TOP PA	39	137	6	1:26:27	4:19/K
3 *	RANDY SHEMANSKI	DUNMORE PA	39	80	7	1:27:52	4:24/K
4	BRIAN HILBURT	DALLAS PA	38	97	18	1:35:15	4:46/K
5	ROBERT CICCI	PECKVILLE PA	35	123	27	1:39:59	5:00/K
6	JOHN WOLFERSBERGER	PHILADELPHIA PA	39	36	52	1:50:43	5:32/K
7	LOU MATTIOLI	SUGARLOAF PA	38	9	81	2:01:39	6:05/K
8	DEREK CANALES	FREELAND PA	35	10	99	2:10:59	6:33/K

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	CHRIS PAHOSKI	DICKSON CITY PA	44	126	12	1:32:45	4:38/K
2 *	CHRIS ROBERTS	SHAVERTOWN PA	42	30	36	1:44:11	5:13/K
3 *	BRIAN BROWN	LEWISBURG PA	42	64	97	2:10:11	6:31/K
4	JAMES BILLINGSLEY	DURYEA PA	43	59	111	2:23:11	7:10/K

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1 *	JOE DRUMSTA	SCRANTON PA	48	129	9	1:28:26	4:25/K
2 *	JOE DECKER	OLYPHANT PA	46	104	13	1:33:33	4:41/K
3 *	RON LOZOWSKI	WARREN GLEN NJ	47	131	47	1:48:29	5:25/K
4	THOMAS POWELL SR	PITTSTON PA	48	14	73	2:00:14	6:01/K
5	ANDREW BEIDLER	SCRANTON PA	49	116	75	2:00:19	6:01/K
6	THOMAS GRANOSKI	HUNLOCK CREEK PA	48	61	86	2:03:10	6:10/K
7	JASON CESARI	WHITE HAVEN PA	45	16	90	2:03:31	6:11/K
8	BOB MCHUGH	ARCHBALD PA	48	98	123	3:10:21	9:31/K

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	PAUL LEONARD	SCRANTON PA	54	112	3	1:22:51	4:09/K
2 *	GEORGE BURGER	MOUNTAIN TOP PA	52	63	15	1:34:58	4:45/K
3 *	KENNETH CASTANZO	DUNMORE PA	52	31	19	1:36:19	4:49/K
4	GEORGE DUNBAR JR	OLD FORGE PA	53	127	21	1:37:51	4:54/K
5	ROB LEGATH	WHITE HAVEN PA	54	42	41	1:46:22	5:19/K
6	LARRY ALLES	MOUNTAIN TOP PA	52	70	42	1:46:48	5:20/K
7	DONALD HART	WEST WYOMING PA	52	81	53	1:51:17	5:34/K
8	WILLIAM ZAROLA	DALLAS PA	52	51	56	1:53:28	5:40/K
9	JACK LEE	MOUNTAIN TOP PA	54	67	70	1:58:52	5:57/K
10	STEPHEN FENSKE	SHAVERTOWN PA	53	53	78	2:01:03	6:03/K
11	JOSEPH SOPRANO	HANOVER TWP. PA	50	21	98	2:10:50	6:33/K

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	STEVE BOUCHER	ZION GROVE PA	55	11	14	1:34:02	4:42/K
2 *	ROCK WARNAGIRIS	HUNLOCK CREEK PA	57	111	25	1:39:21	4:58/K
3 *	MICHAEL RAWLS	MOUNTAIN TOP PA	58	106	37	1:44:28	5:13/K
4	KEVIN MORAN	HARVEYS LAKE PA	56	96	44	1:47:15	5:22/K
5	ED ZULKOSKI	MOUNTAIN TOP PA	59	66	46	1:47:44	5:23/K
6	BILL ELLSWORTH	EDWARDSVILLE PA	57	136	54	1:51:25	5:34/K
7	RICHARD HUGHES	MOUNTAIN TOP PA	55	68	58	1:53:38	5:41/K
8	JACK MORAN	SOUTH ABINGTON	56	114	60	1:54:47	5:44/K
9	HENRY WOLFE	WILKES BARRE PA	57	34	102	2:18:51	6:57/K
10	CHIP TAYLOR	SCRANTON PA	57	102	106	2:21:21	7:04/K
11	PATRICK L SHIELDS	DRUMS PA	56	125	121	2:44:12	8:13/K
12	PAUL COVERT	MADISON TWP PA	57	17	122	3:02:39	9:08/K

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20K Run Division

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	LOU GUNDERMAN	WHITE HAVEN PA	64	115	5	1:25:02	4:15/K
2 *	BILL COOK	SCRANTON PA	62	128	10	1:29:15	4:28/K
3 *	LEO TURISSINI	SCOTT TWP PA	64	92	20	1:37:25	4:52/K
4	DENNIS WOLFE	WILLIAMSPORT PA	64	35	113	2:27:24	7:22/K

Male 65 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	BILL FIORE	CLARKS GREEN PA	65	28	28	1:40:49	5:02/K
2 *	TONY CERMINARO	JERMYN PA	80	94	45	1:47:44	5:23/K
3 *	JOE DUTKO	MOUNTAIN TOP PA	70	78	48	1:48:36	5:26/K
4	GEORGE NICHOLLS	MOUNTAIN TOP PA	69	62	91	2:04:05	6:12/K
5	FRED KRESSLER	BLOOMSBURG PA	69	47	107	2:21:22	7:04/K