

**ROC Mendon Trail Runs - 20K**  
**Saturday November 7, 2009**                      **Mendon Ponds Park, Mendon, NY**  
**63 Finishers( 17 Female, 46 Male )**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	Class	Age	City	Time	Pace
Overall Female								
1	186	Julie Staub	F	Overall Female	29	Brooklyn	1:49:29	08:48
Overall Male								
1	171	Skip Kunecki	M	Overall Male	19	North Tonawanda	1:29:32	07:12
F20-29								
1	205	Alexa Harding	F	F20-29	25	Rochester	1:53:42	09:09
2	194	Jeannine Rossi	F	F20-29	25	Clifton Springs	2:08:23	10:20
3	190	Jennifer Ward	F	F20-29	28	Syracuse	2:15:33	10:54
4	217	Margaret Stulb	F	F20-29	23		2:20:14	11:17
5	219	Anne Shigley	F	F20-29	22	Rochester	2:27:50	11:54
F30-39								
1	175	Jaynie Nafziger	F	F30-39	30	Filmore	2:03:05	09:54
2	163	Eileen Frawley	F	F30-39	31	Houghton	2:03:09	09:54
3	180	Rebecca Read	F	F30-39	33	St. Catharines	2:11:46	10:36
4	167	Jennifer Henry	F	F30-39	34	Gardners	2:17:27	11:03
F40-49								
1	154	Kimberlee Blied	F	F40-49	45	Webster	2:15:23	10:54
2	177	Maria Pizzacalla	F	F40-49	42	St Catharines	2:16:41	11:00
3	218	Cathy Belic	F	F40-49	48	St Catharines	2:26:53	11:49
4	157	Diane Chesla	F	F40-49	41	St. Catharines	2:26:53	11:49
5	187	Teresa Sukiennicki	F	F40-49	43	Rochester	2:46:03	13:22
F50-59								
1	210	Jo Eaton	F	F50-59	58	Fairport	2:19:54	11:15
2	166	Patti Hahn	F	F50-59	53	Rochester	3:06:19	14:59
M19UNDER								
1	214	Dan Sanchez	M	M19UNDER	16	Syracuse	2:17:57	11:06
M20-29								
1	206	Andy Frank	M	M20-29	25	Rochester	1:43:16	08:18
2	224	David Howe	M	M20-29	23	Baldwinsville	1:47:49	08:40
3	192	Brendan Wolfert	M	M20-29	20	Rochester	1:59:00	09:34
M30-39								
1	212	Steve Perino	M	M30-39	31		1:29:34	07:12
2	169	Timothy Howland	M	M30-39	32	Rochester	1:37:16	07:50
3	203	Greg Aspden	M	M30-39	37	St Catherines	1:38:06	07:54
4	155	James Brennan	M	M30-39	39	Pittsford	1:48:57	08:46
5	184	Henry Schneider	M	M30-39	35	Brooklyn	1:53:40	09:09
6	225	Dan Miller	M	M30-39	39	Auburn	1:56:57	09:25
7	189	Michael Vanham	M	M30-39	38	Rochester	2:01:56	09:49
8	193	Andrew Kubrich	M	M30-39	34	Livonia	2:04:22	10:00
9	207	Tom Schiffert	M	M30-39	32	Rochester	2:07:04	10:13
10	197	Kevin Kehoe	M	M30-39	34		2:09:32	10:25
11	181	Michael Redfern	M	M30-39	34	Grand Island	2:10:57	10:32
12	176	Mark Pecaut	M	M30-39	34	Rochester	2:17:25	11:03

## M40-49

1	159	Martin Coffey	M	M40-49	40	Pittsford	1:39:30	08:00
2	227	Lawrence Creatura	M	M40-49	44	Mendon	1:40:09	08:03
3	195	Dennis Dwyer	M	M40-49	47	Batavia	1:45:54	08:31
4	220	Larry Bernstein	M	M40-49	49		1:50:21	08:53
5	196	Alan McAllister	M	M40-49	40	Rochester	1:57:09	09:25
6	191	John Wilcox	M	M40-49	49	Henrietta	1:58:09	09:30
7	211	Eric Ekholm	M	M40-49	41		2:00:04	09:40
8	188	John Tarduno	M	M40-49	48	Rochester	2:00:48	09:43
9	314	Carmen Gumina	M	M40-49	44	Webster	2:01:05	09:44
10	221	Tony Power	M	M40-49	46	St Catherines	2:01:13	09:45
11	153	Jim Baker	M	M40-49	41	Honeoye Falls	2:04:36	10:01
12	199	Andrew Ciaio	M	M40-49	44		2:07:38	10:16
13	185	John Stanford	M	M40-49	49	Rochester	2:11:34	10:35
14	165	Keith Gregoire	M	M40-49	43	Williamsville	2:11:50	10:36
15	198	Tim Holahan	M	M40-49	44		2:31:08	12:10
16	174	Alan Marciano	M	M40-49	43		2:55:47	14:08

## M50-59

1	170	David Jones	M	M50-59	51	Interlaken	1:44:47	08:26
2	215	Mike Dunn	M	M50-59	53		1:47:03	08:37
3	182	Greg Rosser	M	M50-59	52	Fairport	1:51:23	08:58
4	178	Henri Ragetlie	M	M50-59	51	St. Catharines	1:52:54	09:05
5	222	Lincoln Fancher	M	M50-59	50		1:54:33	09:13
6	161	Dan English	M	M50-59	52	Pittsford	1:55:37	09:18
7	168	Patrick Herron	M	M50-59	52	LeRoy	1:56:43	09:23
8	201	David Brongo	M	M50-59	58		2:08:45	10:21
9	208	James Norris	M	M50-59	50		2:33:18	12:20
10	160	James Culp	M	M50-59	51	Port Perry	2:52:09	13:51
11	226	Philip Mann	M	M50-59	58		3:08:19	15:09

## M60-69

1	202	Graham Noble	M	M60-69	60	Welland	2:00:12	09:40
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## M70-79

1	158	Munroe Clayton	M	M70-79	70	Liverpool	3:22:22	16:17
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