

**ROC Mendon Trail Runs - 10K**  
**Saturday November 7, 2009**      **Mendon Ponds Park, Mendon, NY**  
**81 Finishers( 32 Female, 48 Male, 1 Unknown )**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	Class	Age	City	Time	Pace
Overall Female								
1	103	Kim Douglas	F	Overall Female	39		0:49:26	07:58
Overall Male								
1	109	Dave Bischoff	M	Overall Male	47	Fairport	0:40:32	06:32
F19UNDER								
1	43	Michelle Dietz	F	F19UNDER	17	Marcellus	1:00:37	09:47
F20-29								
1	75	Brittany Smith	F	F20-29	25	Canandaigua	0:51:42	08:20
2	38	Rachel Bowcutt	F	F20-29	26	Ballston Spa	1:05:17	10:32
3	209	Allison Sams	F	F20-29	23		1:08:17	11:01
4	107	Heather Dederich	F	F20-29	21		1:09:09	11:09
5	76	Kim Barry	F	F20-29	24	Rochester	1:10:59	11:27
6	73	Maureen Perdue	F	F20-29	27	Rochester	1:11:16	11:30
7	72	Bethany Calkins	F	F20-29	29	Rochester	1:11:18	11:30
8	119	Katie Scorsone	F	F20-29	29	Avon	1:12:09	11:38
9	105	Jeannie Chirico	F	F20-29	25	Camillus	1:20:06	12:55
10	37	Jessica Bakay	F	F20-29	27	Camillus	1:24:09	13:34
11	54	Maria Mancarella	F	F20-29	21	Syracuse	1:24:09	13:34
F30-39								
1	100	Caroline Kenyon	F	F30-39	30		0:58:54	09:30
2	83	Lynn Mullen	F	F30-39	36	Rochester	1:03:28	10:14
3	95	Kristina Marquez	F	F30-39	30	Kenmore	1:04:13	10:22
4	52	Erin Lawler	F	F30-39	32	Dansville	1:13:40	11:53
F40-49								
1	104	Anne Shannon	F	F40-49	43		0:53:37	08:39
2	82	Katyn Kuczek	F	F40-49	43	Rochester	0:55:25	08:56
3	116	Jana Garch	F	F40-49	48	Mendon	0:57:08	09:13
4	84	Marla Cilento	F	F40-49	40	Fishers	1:04:56	10:28
5	77	Christina McLyman	F	F40-49	42	Rochester	1:05:56	10:38
6	69	Trish Vantucci	F	F40-49	43		1:09:40	11:14
7	93	Kim Henshaw	F	F40-49	46	Hilton	1:09:42	11:14
8	42	Tamarah DeWolf	F	F40-49	47	Phelps	1:11:19	11:30
9	53	Julie Leonard	F	F40-49	41	Canandaigua	1:11:19	11:30
10	58	Patricia Palmieri-Phelan	F	F40-49	41	North Chili	1:12:38	11:43
11	113	April Amodei	F	F40-49	45		1:13:28	11:51
12	45	Jeri Frederiksen	F	F40-49	45	East Amherst	1:18:14	12:37
F50-59								
1	68	Sandi Stern	F	F50-59	50	Pittsford	1:01:35	09:56
2	63	Annette Schaff	F	F50-59	59	Penfield	1:09:40	11:14
3	66	Martha Southard	F	F50-59	51	East Syracuse	1:15:25	12:10
M19UNDER								
1	112	Brandon Niescier	M	M19UNDER	19		0:50:40	08:10

## M20-29

1	111 Robert Watson	M	M20-29	20	Jersey Shore	0:48:00	07:45
2	88 Karl Jaanimagi	M	M20-29	29	Henrietta	0:48:08	07:46
3	102 Benjamin Oakleaf	M	M20-29	23	Syracuse	0:55:06	08:53
4	99 Kevin Kaucher	M	M20-29	27		0:55:47	09:00
5	49 Matt Hurley	M	M20-29	20	Fairport	0:57:34	09:17
6	152 Kenneth Allen	M	M20-29	22	Syracuse	1:00:49	09:49

## M30-39

1	96 Josh Harter	M	M30-39	34		0:42:54	06:55
2	90 Andrew Smith	M	M30-39	32		0:45:50	07:24
3	98 Joe Williams	M	M30-39	36	Rochester	0:48:50	07:53
4	118 Joshua Egerton	M	M30-39	33	Webster	0:48:52	07:53
5	80 Matt Groth	M	M30-39	30		0:57:27	09:16
6	36 Derek Bakay	M	M30-39	36	Camillus	0:59:02	09:31
7	87 David Dys	M	M30-39	30	Rochester	1:06:09	10:40
8	204 William Tinkey	M	M30-39	35	Lockport	1:15:30	12:11

## M40-49

1	114 Michael Brown	M	M40-49	45	Pittsford	0:46:20	07:28
2	94 James Roche	M	M40-49	49	Fairport	0:47:44	07:42
3	106 Brent Wingfield	M	M40-49	41	Greenwood	0:50:55	08:13
4	16 Thomas Westfall	M	M40-49	42		0:51:13	08:16
5	110 Ed Martin	M	M40-49	46	Victor	0:57:08	09:13
6	85 Larry Hoffman	M	M40-49	41	Ontario	0:58:49	09:29
7	108 Robert Hitchcock	M	M40-49	43		0:59:54	09:40
8	56 Lew Migliore	M	M40-49	49	Pittsford	1:04:21	10:23
9	213 Dale Dimick	M	M40-49	42		1:05:16	10:32
10	200 John Bonn	M	M40-49	41	Rochester	1:05:19	10:32
11	46 Michael Green	M	M40-49	46	Pittsford	1:06:28	10:43
12	41 Tom DeMeyers	M	M40-49	42	Palmyra	1:10:00	11:17
13	44 Peter Dietz	M	M40-49	48	Marcellus	1:15:25	12:10

## M50-59

1	91 Mark Raybuck	M	M50-59	51	Williamsville	0:45:03	07:16
2	120 John Benson	M	M50-59	51		0:51:22	08:17
3	60 Larry Preston	M	M50-59	58	Lima	0:54:35	08:48
4	70 Kurt Vay	M	M50-59	51	Rochester	0:55:42	08:59
5	101 Matt Degma	M	M50-59	55		0:55:54	09:01
6	97 Steve Anderson	M	M50-59	54	Rochester	0:57:35	09:17
7	89 Wayne MacCarthy	M	M50-59	53	Bloomfield	1:01:18	09:53
8	39 Matt Britt	M	M50-59	55	Batavia	1:01:27	09:55
9	50 Michael Kobilansky	M	M50-59	51	Fairport	1:04:00	10:19
10	59 Paul Phillips	M	M50-59	54	Pittsford	1:04:03	10:20
11	115 Chris Barry	M	M50-59	57		1:04:05	10:20
12	71 Roger Vince	M	M50-59	57	Rochester	1:07:32	10:54
13	117 Glenn Post	M	M50-59	57		1:09:09	11:09
14	92 Gary Preece	M	M50-59	56	Shortsville	1:09:39	11:14

## M60-69

1	51 Herm Kreiley	M	M60-69	66	Dansville	0:57:11	09:13
2	67 Walter Standhart	M	M60-69	65	Rochester	0:57:56	09:21
3	78 Robert Carafice	M	M60-69	66	Rochester	1:21:02	13:04

## M70-79

1	86 Carl Grimm	M	M70-79	70	Rochester	0:53:41	08:40
2	183 Charlie Sabatine	M	M70-79	76	Victor	1:14:12	11:58