

35th Annual Delmar Dash 5 Miler
 Delmar, N.Y.
 April 6, 2025 9:00 a.m.

***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS *****

1	Emily Taft	34 Albany	NY	30:16
2	Lisa Chase	39 Delmar	NY	30:56
3	Molly Clink	22 Punta Gorda	FL	31:23

***** MALE OVERALL RESULTS *****

1	Peter Rowell	36 Albany	NY	27:12
2	Chuck Terry	42 Albany	NY	27:27
3	Caleb Mallery	24 Albany	NY	27:29

MALE AGE GROUP: 1 - 19

1	11 Jayden Thomas	18 Bennington	VT	30:12
2	86 Taj Hayes De	13 Delmar	NY	48:27

FEMALE AGE GROUP: 1 - 19

1	61 Kai Hayes De	12 Delmar	NY	42:31
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MALE AGE GROUP: 20 - 24

1	24 Lucas Hurley	24 Albany	NY	35:08
2	30 Tommy Harvey	24 Delmar	NY	35:41
3	60 Adam Film	22 Cropsyville	NY	42:26

FEMALE AGE GROUP: 20 - 24

1	43 Molly Kane	24 Rensselaer	NY	38:54
2	67 Grace McGrath	22 Selkirk	NY	43:28

MALE AGE GROUP: 25 - 29

1	19 Liam Regan	28 Cohoes	NY	32:21
2	38 Nicholas Funk	26 Kinderhook	NY	38:19
3	44 Kadin Shafiroff	25 Great Barrington	MA	38:55

FEMALE AGE GROUP: 25 - 29

1	51 Casey Vincelette	28 Troy	NY	39:58
2	117 Oneida Shushe	28 Slingerlands	NY	57:28

MALE AGE GROUP: 30 - 34

1	6 Christopher Miedema	34 Pattersonville	NY	28:57
2	7 Matt Ninneman	32 Albany	NY	29:20
3	9 Brendan Parker	31 GLENMONT	NY	29:44

FEMALE AGE GROUP: 30 - 34

1	64 Katlin Young	34 Delmar	NY	42:38
2	94 Megan Abrams	34 Delmar	NY	48:54
3	116 Ashley Luz	32 Latham	NY	57:07

MALE AGE GROUP: 35 - 39

1	4 Thomas O'Grady	39 Slingerlands	NY	27:36
2	5 Tim Russell	35 Saratoga Springs	NY	28:47
3	8 Ben Heller	36 Albany	NY	29:27

FEMALE AGE GROUP: 35 - 39

1	29 Catie Baknis	37 Delmar	NY	35:29
2	33 Katie Potestio	39 Delmar	NY	36:56
3	34 Liz Ricci	39 Niskayuna	NY	37:20

MALE AGE GROUP: 40 - 44

1	14 Joshua Cordeira	41 Bethel	CT	30:38
2	15 John Deer	42 Slingerlands	NY	30:51
3	17 Michael Austin	43 Slingerlands	NY	31:14

FEMALE AGE GROUP: 40 - 44

1	31 Erin Rightmyer	41 Delmar	NY	35:57
2	32 Janne Rand	40 Rexford	NY	36:40
3	35 Kelly Chang	42 Delmar	NY	37:37

MALE AGE GROUP: 45 - 49

1	10 Aaron Knobloch	48 Niskayuna	NY	29:51
2	13 Eamon Dempsey	45 Delmar	NY	30:38
3	25 Brien Ragone	48 Niskayuna	NY	35:09

FEMALE AGE GROUP: 45 - 49

1	27 Kari Deer	46 Slingerlands	NY	35:24
2	36 Laura Zima	45 Albany	NY	37:49
3	37 Kristen Kuhn	46 Delmar	NY	38:11

MALE AGE GROUP: 50 - 54

1	28 William Dodds	50 Watervliet	NY	35:25
2	41 Denis Cote	54 east berne	NY	38:46
3	68 Edward Rivers	52 Selkirk	NY	43:52

FEMALE AGE GROUP: 50 - 54

1	59 Nicola Macneil	51 Rotterdam Junction	NY	41:41
2	106 Laurie Davignon	51 Albany	NY	52:14
3	115 Jenifer Kish	51 Albany	NY	56:56

MALE AGE GROUP: 55 - 59

1	40 George B Burke	59 Troy	NY	38:42
2	42 Michael Kenneally	58 East Greenbush	NY	38:49
3	63 Michael Verdichizzi	57 GLENMONT	NY	42:38

FEMALE AGE GROUP: 55 - 59

1	70 Alison Johnson	55 Delmar	NY	44:34
2	80 Lara Kaye	55 Averill Park	NY	47:33
3	91 Elisa Schneider	59 Troy	NY	48:49

MALE AGE GROUP: 60 - 64

1	57 Daniel Esper	64 Slingerlands	NY	41:24
2	58 Dan Coffey	62 Delmar	NY	41:33
3	73 Denis Hurley	62 Delmar	NY	45:05

FEMALE AGE GROUP: 60 - 64

1	52 Wendy Rescott	64 WEST SAND LAKE	NY	40:15
2	82 Anne Hurley	62 Delmar	NY	47:47
3	128 Nancy Piche'	64 Loudonville	NY	1:09:47

MALE AGE GROUP: 65 - 69

1	76 Steve Vnuk	69 Delmar	NY	46:03
2	99 John Sheehy	67 Menands	NY	49:58
3	122 James H. Allen	66 Waterford	NY	59:52

FEMALE AGE GROUP: 65 - 69

1	97 Karen Gerstenberger	67 Colonie	NY	49:23
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FEMALE AGE GROUP: 70 - 74

1	79 Carolyn George	71 Albany	NY	47:11
2	102 Martha Degrazia	74 Slingerlands	NY	50:27
3	105 Darlene Cardillo	71 Delmar	NY	52:04

MALE AGE GROUP: 70 - 74

1	65 Michael Wright	71 Albany	NY	42:54
2	81 Stephen Jones	70 Averill Park	NY	47:44
3	119 Leo J. Dipierro	74 Cherry Plain	NY	59:35

MALE AGE GROUP: 75 - 99

1	77 Dave Glass	78 Glenville	NY	47:00
2	111 Don Vanwely	75 Adirondack	NY	54:49
3	120 Jesse Dinkin	78 Schenectady	NY	59:48