

35th Annual Delmar Dash 5 Miler

Delmar, N.Y.

April 6, 2025 9:00 a.m.

Place	Div/Tot	Name	Ag	S	City	St	Time	Pace
1	1/10	Peter Rowell	36	M	Albany	NY	27:12	5:27
2	1/8	Chuck Terry	42	M	Albany	NY	27:27	5:30
3	1/4	Caleb Mallery	24	M	Albany	NY	27:29	5:30
4	2/10	Thomas O'Grady	39	M	Slingerlands	NY	27:36	5:32
5	3/10	Tim Russell	35	M	Saratoga Spring	NY	28:47	5:46
6	1/7	Christopher Miedema	34	M	Pattersonville	NY	28:57	5:48
7	2/7	Matt Ninneman	32	M	Albany	NY	29:20	5:52
8	4/10	Ben Heller	36	M	Albany	NY	29:27	5:54
9	3/7	Brendan Parker	31	M	GLENMONT	NY	29:44	5:57
10	1/6	Aaron Knobloch	48	M	Niskayuna	NY	29:51	5:59
11	1/1	Jayden Thomas	18	M	Bennington	VT	30:12	6:03
12	1/4	Emily Taft	34	F	Albany	NY	30:16	6:04
13	2/6	Eamon Dempsey	45	M	Delmar	NY	30:38	6:08
14	2/8	Joshua Cordeira	41	M	Bethel	CT	30:38	6:08
15	3/8	John Deer	42	M	Slingerlands	NY	30:51	6:11
16	1/11	Lisa Chase	39	F	Delmar	NY	30:56	6:12
17	4/8	Michael Austin	43	M	Slingerlands	NY	31:14	6:15
18	1/3	Molly Clink	22	F	Punta Gorda	FL	31:23	6:17
19	1/4	Liam Regan	28	M	Cohoes	NY	32:21	6:29
20	4/7	Dylan Hedderman	32	M	Albany	NY	32:55	6:35
21	5/7	Adam Wingate	34	M	Niskayuna	NY	33:03	6:37
22	5/8	Matt Roche	42	M	Delmar	NY	33:37	6:44
23	5/10	Michael McCarthy	39	M	Schenectady	NY	33:38	6:44
24	2/4	Lucas Hurley	24	M	Albany	NY	35:08	7:02
25	3/6	Brien Ragone	48	M	Niskayuna	NY	35:09	7:02
26	6/8	Loren Thomas	40	M	Schenectady	NY	35:20	7:04
27	1/4	Kari Deer	46	F	Slingerlands	NY	35:24	7:05
28	1/4	William Dodds	50	M	Watervliet	NY	35:25	7:05
29	2/11	Catie Baknis	37	F	Delmar	NY	35:29	7:06
30	3/4	Tommy Harvey	24	M	Delmar	NY	35:41	7:09
31	1/18	Erin Rightmyer	41	F	Delmar	NY	35:57	7:12
32	2/18	Janne Rand	40	F	Rexford	NY	36:40	7:20
33	3/11	Katie Potestio	39	F	Delmar	NY	36:56	7:24
34	4/11	Liz Ricci	39	F	Niskayuna	NY	37:20	7:28
35	3/18	Kelly Chang	42	F	Delmar	NY	37:37	7:32
36	2/4	Laura Zima	45	F	Albany	NY	37:49	7:34
37	3/4	Kristen Kuhn	46	F	Delmar	NY	38:11	7:39
38	2/4	Nicholas Funk	26	M	Kinderhook	NY	38:19	7:40
39	4/6	Jeffrey Kuhn	47	M	Delmar	NY	38:29	7:42
40	1/7	George B Burke	59	M	Troy	NY	38:42	7:45
41	2/4	Denis Cote	54	M	east berne	NY	38:46	7:46
42	2/7	Michael Kenneally	58	M	East Greenbush	NY	38:49	7:46
43	2/3	Molly Kane	24	F	Rensselaer	NY	38:54	7:47

44	3/4	Kadin Shafiroff	25 M	Great Barringto	MA	38:55	7:47
45	5/11	Adriane Hao	37 F	Delmar	NY	38:57	7:48
46	6/11	Molly Ruhlman	37 F	Delmar	NY	39:09	7:50
47	5/6	Mike Otoole	49 M	MECHANICVILLE	NY	39:13	7:51
48	6/10	Evan Dwyer	35 M	Albany	NY	39:23	7:53
49	7/8	Christopher Catalano	43 M	Schenectady	NY	39:48	7:58
50	7/10	Gregory Hanselman	35 M	Albany	NY	39:49	7:58
51	1/2	Casey Vincelette	28 F	Troy	NY	39:58	8:00
52	1/3	Wendy Rescott	64 F	WEST SAND LAKE	NY	40:15	8:03
53	8/8	Graeme Dinneen	41 M	Malta	NY	40:18	8:04
54	7/11	Bridget Schultz	36 F	Albany	NY	40:52	8:11
55	8/10	Michael Cheplowitz	39 M	Delmar	NY	41:04	8:13
56	4/18	Alicia Segura	41 F	Delmar	NY	41:05	8:13
57	1/7	Daniel Esper	64 M	Slingerlands	NY	41:24	8:17
58	2/7	Dan Coffey	62 M	Delmar	NY	41:33	8:19
59	1/4	Nicola Macneil	51 F	Rotterdam Junct	NY	41:41	8:21
60	4/4	Adam Film	22 M	Cropseyville	NY	42:26	8:30
61	1/1	Kai Hayes De	12 F	Delmar	NY	42:31	8:31
62	8/11	Kate Jones	36 F	Delmar	NY	42:37	8:32
63	3/7	Michael Verdichizzi	57 M	GLENMONT	NY	42:38	8:32
64	2/4	Katlin Young	34 F	Delmar	NY	42:38	8:32
65	1/3	Michael Wright	71 M	Albany	NY	42:54	8:35
66	5/18	Julie Grimmer	44 F	Delmar	NY	42:55	8:35
67	3/3	Grace McGrath	22 F	Selkirk	NY	43:28	8:42
68	3/4	Edward Rivers	52 M	Selkirk	NY	43:52	8:47
69	6/18	Claire Zartarian	43 F	Delmar	NY	44:23	8:53
70	1/4	Alison Johnson	55 F	Delmar	NY	44:34	8:55
71	7/18	Erin Dolen	43 F	Delmar	NY	44:37	8:56
72	4/7	John Funk	59 M	Kinderhook	NY	44:43	8:57
73	3/7	Denis Hurley	62 M	Delmar	NY	45:05	9:01
74	8/18	Marisa Santos	40 F	Glenmont	NY	45:08	9:02
75	5/7	John Brunner	58 M	Schenectady	NY	45:45	9:09
76	1/3	Steve Vnuk	69 M	Delmar	NY	46:03	9:13
77	1/4	Dave Glass	78 M	Glenville	NY	47:00	9:24
78	9/11	Katie K McNamara	35 F	Delmar	NY	47:08	9:26
79	1/5	Carolyn George	71 F	Albany	NY	47:11	9:27
80	2/4	Lara Kaye	55 F	Averill Park	NY	47:33	9:31
81	2/3	Stephen Jones	70 M	Averill Park	NY	47:44	9:33
82	2/3	Anne Hurley	62 F	Delmar	NY	47:47	9:34
83	4/4	Nicole Cheplowitz	47 F	Delmar	NY	47:54	9:35
84	6/7	Charles Pensabene	34 M	East Greenbush	NY	48:05	9:37
85	9/18	Alejandra Escudero	43 F	Altamont	NY	48:18	9:40
86	1/1	Taj Hayes De	13 M	Delmar	NY	48:27	9:42
87	6/7	Sarah Reed-Esper	59 M	Slingerlands	NY	48:29	9:42
88	10/18	Lauren Barrowman	41 F	Delmar	NY	48:47	9:46
89	11/18	Kristine Welliver	40 F	Delmar	NY	48:47	9:46
90	12/18	Sara Arnold	41 F	Malta	NY	48:48	9:46
91	3/4	Elisa Schneider	59 F	Troy	NY	48:49	9:46
92	6/6	Greg Jones	48 M	Delmar	NY	48:51	9:47
93	13/18	Nicole Lanoue	43 F	Troy	NY	48:53	9:47

94	3/4	Megan Abrams	34	F	Delmar	NY	48:54	9:47
95	14/18	Lindy Davis	43	F	Delmar	NY	48:56	9:48
96	4/4	Arup De	51	M	Delmar	NY	48:59	9:48
97	1/1	Karen Gerstenberger	67	F	Colonie	NY	49:23	9:53
98	7/7	Joe Balnis	31	M	Delmar	NY	49:34	9:55
99	2/3	John Sheehy	67	M	Menands	NY	49:58	10:00
100	7/7	Thomas Okula	58	M	Watervliet	NY	50:18	10:04
101	15/18	Jennifer Kovacs	44	F	Delmar	NY	50:25	10:05
102	2/5	Martha Degrazia	74	F	Slingerlands	NY	50:27	10:06
103	9/10	Mike Abrams	37	M	Delmar	NY	51:02	10:13
104	16/18	Kelly Lord	40	F	Wynantskill	NY	51:28	10:18
105	3/5	Darlene Cardillo	71	F	Delmar	NY	52:04	10:25
106	2/4	Laurie Davignon	51	F	Albany	NY	52:14	10:27
107	4/7	James Delaney	64	M	Randolph	NJ	52:35	10:31
108	5/7	Mark Howe	63	M	East Greenbush	NY	52:36	10:32
109	6/7	Carlo Agneta	60	M	Delmar	NY	52:45	10:33
110	10/11	Kasey Treffiletti	37	F	Delmar	NY	52:50	10:34
111	2/4	Don Vanwely	75	M	Adirondack	NY	54:49	10:58
112	10/10	Patrick Ambrosio	36	M	Delmar	NY	56:02	11:13
113	17/18	Megan Baldwin	41	F	Delmar	NY	56:13	11:15
114	4/5	Katherine Ambrosio	74	F	Delmar	NY	56:30	11:18
115	3/4	Jenifer Kish	51	F	Albany	NY	56:56	11:24
116	4/4	Ashley Luz	32	F	Latham	NY	57:07	11:26
117	2/2	Oneida Shushe	28	F	Slingerlands	NY	57:28	11:30
118	7/7	Stephen Obermayer	63	M	Burnt Hills	NY	58:57	11:48
119	3/3	Leo J. Dipierro	74	M	Cherry Plain	NY	59:35	11:55
120	3/4	Jesse Dinkin	78	M	Schenectady	NY	59:48	11:58
121	4/4	Patrick Snider	29	M	Rensselaer	NY	59:48	11:58
122	3/3	James H. Allen	66	M	Waterford	NY	59:52	11:59
123	4/4	Michele Celello	58	F	East Greenbush	NY	1:00:13	12:03
124	4/4	Charity Armstrong	51	F	Rensselaer	NY	1:02:14	12:27
125	5/5	Martha McCormick	70	F	Delmar	NY	1:04:13	12:51
126	11/11	Kelly Honsaker	39	F	Ballston Spa	NY	1:09:26	13:54
127	18/18	Diane Macri	44	F	Albany	NY	1:09:46	13:58
128	3/3	Nancy Piche'	64	F	Loudonville	NY	1:09:47	13:58
129	4/4	Ray Lee	83	M	Halfmoon	NY	1:19:51	15:59

Record 24:33 Thomas Dalton in 1989