

**Winter Series #5 -- The 10-Miler (Grand Prix Event)**  
**15F with 20 mph Winds -- SUNY/Albany - March 2, 2025**

<b>1</b>	<b>Thomas</b>	<b>O'Grady</b>	<b>M</b>	<b>39</b>	<b>Slingerlands</b>	<b>59:49</b>
2	Drew	Burns	M	27	Delmar	1:00:38
3	Christopher	Miedema	M	34	Pattersonville	1:01:58
4	Matt	Ninneman	M	32	Albany	1:03:11
5	Ben	Heller	M	36	Albany	1:04:34
6	Matt	Crave	M	47	Schenectady	1:06:03
7	Josh	Merlis	M	43	Albany	1:07:17
8	Caleb	Mallery	M	24	Albany	1:07:21
9	Liam	Regan	M	28	Cohoes	1:07:28
10	Robert	Diamond	M	33	Latham	1:07:33
<b>11</b>	<b>Kerry</b>	<b>Flower</b>	<b>F</b>	<b>24</b>	<b>Schenectady</b>	<b>1:08:26</b>
12	Dave	Thoman	M	39	Albany	1:08:59
13	Lisa	Chase	F	38	Delmar	1:09:08
14	Jacob	Andrews	M	31	Troy	1:09:46
15	Shylah	Weber	F	36	Troy	1:11:32
16	Jeffrey	Krywaczyk	M	39	Rennselaer	1:11:37
17	Ed	Menis	M	60	Schenectady	1:11:47
18	Kyle	McCormack	M	30	Albany	1:12:37
19	Ryan	McCann	M	50	Albany	1:13:50
20	Peter	Rowell	M	36	Albany	1:13:57
21	Aaron	Major	M	46	Pattersonville	1:13:59
22	Robert	Ordish	M	39	Niskayuna	1:14:00
23	Emily	Taft	F	34	Albany	1:14:02
24	Daniel	Murphy	M	50	Delmar	1:14:29
25	Steve	Lindsey	M	26	Schenectady	1:14:46
26	Megan	James	F	35	Charlton	1:14:48
27	Christopher	Kurkjian	M	65	Ballston Lake	1:18:36
28	Mercedes	Planavsky	F	25	Albany	1:19:37
29	Nick	Demos	M	60	Ballston Lake	1:20:09
30	Kelsey	Wingate	F	33	Niskayuna	1:21:55
31	Adam	Wingate	M	34	Niskayuna	1:21:55
32	Travis	Carr	M	32	Schenectady	1:22:58
33	Colleen	Murray	F	51	Voorheesville	1:22:58
34	Michelle	Carr	F	36	Schenectady	1:23:43
35	Meaghan	Podlaski	F	27	Albany	1:23:46
36	Kieran	Weidner	M	56	Ballston Lake	1:24:00
37	Christopher	Catalano	M	42	Schenectady	1:24:25
38	Danielle	Eckler	F	31	Troy	1:24:30
39	Carolann	Koleci	F	52	Albany	1:25:17
40	Lyman	Tinc	M	40	Saratoga Springs	1:25:37
41	Emily	Nugent	F	25	Albany	1:25:41
42	David	Roy	M	70	Schoharie	1:26:53
43	Mark	Nunez	M	68	Ballston Lake	1:27:02

44	Brendan	Kisselback	M	31	Saratoga Springs	1:27:43
45	Laurie	Hoyt	F	59	Schenectady	1:27:55
46	Keith	Johnson	M	40	Castleton	1:28:11
47	Jennifer	Bryant	F	43	Albany	1:28:13
48	Christine	Varley	F	60	Latham	1:28:20
49	Mike	OToole	M	49	Mechanicville	1:28:44
50	Emily	DeCocker	F	25	Albany	1:28:50
51	Alison	Heaphy	F	58	Troy	1:28:52
52	Elizabeth	?????	F	26	Albany	1:28:52
53	Keegan	Connolly	M	27	Little Falls	1:29:19
54	Denis	Cote	M	54	East Berne	1:30:06
55	John	Paniccia	M	57	Clifton Park	1:30:14
56	Angela	Sickles	F	38	Rexford	1:30:14
57	Neil	Sergott	M	53	Clifton Park	1:31:02
58	Gary	Shelnutt	M	62	Troy	1:31:48
59	Yanni	Lambropoulos	M	59	Troy	1:31:49
60		No Card				
61	John	Sestito	M	61	Johnsonville	1:32:47
62	Jennifer	Richardson	F	44	Albany	1:32:17
63	Joey	Tavarez	M	27	Albany	1:33:48
64	David	Halloran	M	53	Colonie	1:34:03
65	Dillon	Kircher	M	49	Albany	1:34:28
66	Caroline	Nelson	F	34	Troy	1:34:32
67	Victoria	Wagner	F	50	Altamont	1:34:52
68	Stephen	Jones	M	70	Averill Park	1:35:49
69	Stefan	Smith	M	54	Scotia	1:36:49
70	Vicky	Tiberia	F	34	Albany	1:38:23
71	Bill	Moreland	M	59	Latham	1:38;24
73	Megan	Stewart	F	40	Burnt Hills	1:38:24
74	Nicole	Russell	F	32	Troy	1:39:39
75	Karen	Dott	F	68	Colonie	1:39:42
76	Sarah	Rodman	F	46	Clifton Park	1:40:36
77	Mark	Stark	M	60	Clifton Park	1:40:52
78	Tom	McGuire	M	73	Slingerlands	1:41:10
79	Kathleen	Dougherty	F	60	Troy	1:43:08
80	Melissa	Carroll	F	41	East Greenbush	1:43:45
81	Dhiraj	Shrotri	M	29	Albany	1:44:12
82	Kristin	Krieg	F	25	Cohoes	1:45:25
83	John	Brunner	M	58	Schenectady	1:47:22
84	Kristina	Rao	F	34	Burnt Hills	1:49:00
85	Pam	Eistertz	F	32	Castleton on Hudson	1:49:53
86	Felip	Smith	M	23	Schenectady	1:51:30
87	Martha	DeGrazia	F	73	Slingerlands	1:55:51
88	Linda	DeDominicis	F	56	Menands	1:58:25
89	Carmelo	Rao	M	67	Burnt Hills	2:07:50

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