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Naval Nuclear  
Laboratory

33rd HMRRRC-Labor Day 5k  
Central Park Schenectady  
September 5, 2022

Directed by  
HMRRRC

Place	Name	Ag	No.	S	W	City	St	Time	Pace
1	Alex Bianconi	22	820	M		Ballston Lake	NY	17:14	5:34
2	Chuck Terry	40	928	M		Albany	NY	17:31	5:39
3	Ben Heller	33	861	M		Troy	NY	18:45	6:03
4	Thomas Dansereau	35	838	M		Troy	NY	19:21	6:15
5	Andrew Berger	25	953	M		Troy	NY	19:43	6:22
6	Dan Cusach	48	947	M		Fultonville	NY	19:51	6:24
7	Kevin Zalaznik	37	943	M		Niskayuna	NY	20:00	6:27
8	Ryan McCann	47	879	M		Albany	NY	20:08	6:30
9	Holden Maynard	23	878	M		Schenectady	NY	20:15	6:32
10	Brian Northan	47	897	M		Guilderland	NY	20:28	6:36
11	Megan James	33	866	F		Charlton	NY	20:32	6:38
12	Steve Maynard	47	877	M		Schenectady	NY	20:54	6:45
13	Samuel Mercado	59	885	M		Saratoga Spring	NY	21:06	6:49
14	Ed Menis	57	952	M		Schenectady	NY	21:08	6:49
15	Gregory Puerto	35	909	M		Schenectady	NY	21:20	6:53
16	Joe Sgarlata	35	920	M		Glenville	NY	21:25	6:55
17	Joseph McManaman	41	880	M		Schenectady	NY	22:02	7:07
18	Russell Lauer	60	946	M		Troy	NY	22:07	7:08
19	Stephen Jones	68	868	M		Averill Park	NY	22:17	7:12
20	Dave Glass	76	852	M		Glenville	NY	22:36*	7:18
21	Curtis Catron	27	830	M		Albany	NY	22:42	7:20
22	Richard A. Munson	65	893	M		Prattsville	NY	22:42	7:20
23	Charity McManaman	45	881	F		Schenectady	NY	22:43	7:20
24	Joy McManaman	43	882	F		Schenectady	NY	22:45	7:21
25	Lauren Hamilton	58	856	F		SCHENECTADY	NY	22:53	7:23
26	Kay Williams	42	940	F		Scotia	NY	22:59	7:25
27	Christopher Leavitt	34	950	M		Schenectady	NY	23:24	7:33
28	Evan Dwyer	33	844	M		Albany	NY	23:37	7:38
29	Sean Cordes	24	834	M		Latham	NY	23:41	7:39
30	Dallas DeVries	45	945	M		Cohoes	NY	23:43	7:39
31	Jason Butler	51	948	M		Mohawk	NY	23:49	7:41
32	Abigail Kopp	25	954	F		Albany	NY	23:55	7:43
33	David Rabinowitz	71	912	M		New York	NY	23:58	7:44
34	Jessica Northan	46	898	F		Guilderland	NY	24:07	7:47
35	Joshua Milone	14	889	M		Niskayuna	NY	24:11	7:48
36	Christopher Murphy	65	956	M		Scotia	NY	24:11	7:48
37	Kacey Sornberger	47	926	F		Albany	NY	24:25	7:53
38	Kathryn Kelly	36	869	F		Niskayuna	NY	24:33	7:55
39	Laurie Hoyt	56	951	F		Schenectady	NY	24:37	7:57
40	Mike OToole	47	902	M		Mechanicville	NY	24:39	7:58
41	Kim Donegan	41	843	F		Ballston Spa	NY	24:45	7:59
42	Andrew Head	26	860	M		clifton park	NY	24:48	8:00
43	Paul Bennett	71	819	M		Latham	NY	24:51	8:01

44	Kelly Seymour	36	919	F	Burnt Hills	NY	25:03	8:05
45	Tatiana Belenky	32	818	F	Niskayuna, NY	NY	25:11	8:08
46	Jackson Cooper	11	833	M	Burnt Hills	NY	25:32	8:15
47	John G. Silk	72	923	M	Stamford	NY	25:35	8:15
48	Douglas Allers	62	814	M	Glenville	NY	28:21	9:09
49	Bradley Johnson	28	867	M	Niskayuna	NY	28:44	9:16
50	Karen Gerstenberger	65	851	F	Albany	NY	28:46	9:17
51	Bill Bartlett	52	817	M	Amsterdam	NY	28:51	9:19
52	Ravi Chauhan	46	831	M	Albany	NY	28:58	9:21
53	Carolyn George	68	850	F	ALBANY	NY	29:00	9:22
54	Brian Cooper	39	832	M	Burnt Hills	NY	29:10	9:25
55	Catherine A Sliwinski	67	925	F	Albany	NY	29:11	9:25
56	Erika Oesterle	71	901	F	Stamford	NY	29:16	9:27
57	Anne Hurley	59	864	F	Delmar	NY	29:19	9:28
58	Lizette Arroyo	58	960	F	Schenectady	NY	29:24	9:29
59	Gearlyn Swald	25	949	F	Schenectady	NY	29:25	9:30
60	Ellen Gaethier	49	961	F	Schenectady	NY	29:26	9:30
61	Jake Washco	6	936	M	Waterford	NY	29:38	9:34
62	Martha DeGrazia	71	840	F	Slingerlands	NY	29:39	9:34
63	Michael Washco	43	935	M	Waterford	NY	29:41	9:35
64	Thomas Rennells	22	914	M	Schenectady	NY	29:55	9:39
65	Katie Birkholz	22	822	F	Schenectady	NY	29:56	9:40
66	Edesse Murphy	31	894	F	Troy	NY	29:56	9:40
67	Sarah Messick-Milone	43	886	F	Niskayuna	NY	30:00	9:41
68	Elizabeth Selkis	27	918	F	Niskayuna	NY	30:10	9:44
69	Cheryl Lee	54	871	F	Clifton park	NY	30:12	9:45
70	John Brunner	56	959	M	Schenectady	NY	30:22	9:48
71	Linda DeDominicis	54	839	F	Menands	NY	30:27	9:50
72	Wake Biederbeck	23	821	M	Schenectady	NY	30:34	9:52
73	Martin Touhey	69	931	M	Albany	NY	30:34	9:52
74	Cooper Nelson	32	896	M	Delmar	NY	30:35	9:52
75	Melissa Carroll	38	829	F	east greenbush	NY	30:35	9:52
76	Richard Baluch	77	955	M	Delanson	NY	30:36	9:52
77	Michael Burrell	65	825	M	Clifton Park	NY	30:42	9:55
78	Elysia Calhoun	33	827	F	Schenectady	NY	30:51	9:57
79	John Bachandouris	54	815	M	RENSSELAER	NY	30:57	9:59
80	Kevin Quinn	39	911	M	Loudonville	NY	30:59	10:00
81	Lianne Pinchuk	46	906	F	Delmar	NY	31:01	10:01
82	Amy Docnerty	41	957	F	Saratoga Spring	NY	31:32	10:11
83	Denis Hurley	59	865	M	Delmar	NY	32:12	10:24
84	Patricia Greenwood	64	855	F	Schenectady	NY	32:13	10:24
85	Adam Hawrylchak	13	857	M	Guilderland	NY	32:15	10:25
86	Michael Hawrylchak	44	859	M	Guilderland	NY	32:17	10:25
87	Jim Fiore	75	848	M	Latham	NY	32:27	10:28
88	Stephen Obermayer	61	900	M	Burnt Hills	NY	32:28	10:29
89	Kathleen Tersigni	51	929	F	Burnt Hills	NY	33:01	10:39
90	Christina Ryzner	36	916	F	Albany	NY	33:12	10:43
91	Emil Meadors	50	884	M	Ballston Spa	NY	33:44	10:53
92	Cady Cordes	27	835	F	Latham	NY	33:44	10:53
93	Anthony Powers	31	908	M	Latham	NY	34:41	11:12

94	Robert Matthews	67	876	M	Wynantskill	NY	34:50	11:14
95	Brianna Foley	27	849	F	Malta	NY	34:56	11:16
96	Jim Moore	82	892	M	niskayuna	NY	35:04	11:19
97	Nadia Hawrylchak	14	858	F	Guilderland	NY	36:07	11:39
98	Ned Norton	63	899	M	Albany	NY	36:13	11:41
99	Leo J. DiPierro	72	841	M	Cherry Plain	NY	36:15	11:42
100	Valerie Berger	26	958	F	Duanesburg	NY	36:27	11:46
101	Maddie Washco	6	937	F	Waterford	NY	36:48	11:53
102	Edwin Litts	72	873	M	Schenectady	NY	36:52	11:54
103	Melissa Washco	38	938	F	Waterford	NY	36:58	11:56
104	Thomas McTernan	67	883	M	Scotia	NY	37:23	12:04
105	Grace Farrell	63	846	F	Albany	NY	38:01	12:16
106	Kendralyn Shider-Sageho	32	922	F	Medusa	NY	38:01	12:16
107	Arthur March	63	875	M	Schenectady	NY	38:16	12:21
108	Matthew OToole	15	904	M	Mechanicville	NY	38:21	12:23
109	Julie OToole	54	903	F	Mechanicville	NY	38:23	12:23
110	Alice Carpenter	72	828	F	Delmar	NY	38:38	12:28
111	Kelly Honsakerk	37	862	F	Ballston Spa	NY	38:42	12:30
112	Jenifer Kish	48	870	F	Albany	NY	38:50	12:32
113	Ralph Feinstein	68	847	M	Scotia	NY	38:51	12:32
114	Georgia Sullivan	66	927	F	Albany	NY	39:09	12:38
115	Ainsley Pinkowitz	31	907	nb	Troy	NY	40:09	12:57
116	john vavasour	73	933	M	Albany	NY	40:32	13:05
117	Yasmine Sahawneh	25	917	F	clifton park	NY	40:46	13:09
118	Thomas H. Miller	78	888	M	Ballston Lake	NY	40:47	13:10
119	Melissa Miller	51	887	F	Ballston Spa	NY	42:47	13:48
120	Kathy Barlow	67	816	F	Troy	NY	43:30	14:02
121	Maryrose Walsh	64	934	F	Wynantskill	NY	43:31	14:02
122	Jennifer Torgersen	46	930	F	Albany	NY	44:44	14:26
123	Jess Valensi	28	932	F	Malta	NY	44:57	14:30
124	Patricia DiPierro	69	842	F	Cherry Plain	NY	46:09	14:53
125	Leonard Rowe	37	915	M	Latham	NY	46:39	15:03

Record 14:33 by Steve Kogo in 1987

\* Under USATF Age-Group guideline