

Vestal XX Course and Age Group Records

"I find the Vestal XX to be a runner's true challenge. In my 22 years of running I have found no other race that tests me more. The competition from my fellow runners comes in a distant fourth to the course itself, the heat, and the humidity. The comradeship felt by all who finish is not seen in many other races. It is a race for those who love running."

Eric Eaton, June 1997

The Vestal XX 20 km race has been held every year since 1971. Some of the best age group runners in the USA have run Vestal. Here is a compilation of open records, age-group records, and single-age records for the Vestal XX. Note: The race in 1971 was 12 miles; all subsequent races have been 20 km.

Vestal XX Records

	MALE		
Carter, Tom	29 Vestal	NY 1981	1:03:17
	FEMALE		
Lyford, Charlene	33 Greene	NY 1999	1:14:29
	MALE AGE GROUP 1 - 12		
Tomek, D.	9 Endwell	NY 1980	1:30:09
	MALE AGE GROUP 13 - 14		
Morseman, Bryan	13 Addison	NY 1999	1:19:03
	MALE AGE GROUP 15 - 16		
Lyons, Jim	16 Wilkes Barre	PA 1974	1:10:41
	MALE AGE GROUP 17 - 18		
Boehm, Chip	18 Chenango Forks	NY 1975	1:07:57
	MALE AGE GROUP 35 - 39		
Murray, Dan	35 Tarrytown	NY 1980	1:04:25
	MALE AGE GROUP 40 - 44		
Kneer, Ray	43 Cortland	NY 1985	1:10:06
	MALE AGE GROUP 45 - 49		
Steinbrecher, Earl J.	47 Willseyville	NY 2012	1:12:37
	MALE AGE GROUP 50 - 54		
Stabler, Ed	51 Syracuse	NY 1981	1:13:30
	MALE AGE GROUP 55 - 59		
Cerminaro, Tony	59 Jermyn	PA 1996	1:21:04
	MALE AGE GROUP 60 - 64		
Stabler, Ed	62 N. Syracuse	NY 1991	1:20:45
	MALE AGE GROUP 65 - 69		
Cerminaro, Tony	67 Jermyn	PA 2004	1:31:02
	MALE AGE GROUP 70 - 99		
Cerminaro, Tony	75 Jermyn	PA 2012	1:35:08
	FEMALE AGE GROUP 1 - 12		
Tomek, Pamela	10 Endwell	NY 1972	1:43:07
	FEMALE AGE GROUP 13 - 14		
Bolles, Sue	13 Montrose	PA 1977	1:38:16
	FEMALE AGE GROUP 15 - 16		
Girard, Suzanne	16 Johnson City	NY 1979	1:24:50
	FEMALE AGE GROUP 17 - 18		
Girard, Suzanne	17 Johnson City	NY 1980	1:16:03
	FEMALE AGE GROUP 35 - 39		
Burke, Andrea	35 Endicott	NY 1985	1:15:52
	FEMALE AGE GROUP 40 - 44		
Blaszak, Barbara	41 Syracuse	NY 1991	1:23:32
	FEMALE AGE GROUP 45 - 49		
Betz, Margret	47 Conklin	NY 1984	1:26:58
	FEMALE AGE GROUP 50 - 54		
Betz, Margret	53 Conklin	NY 1990	1:28:36
	FEMALE AGE GROUP 55 - 59		
Betz, Margret	55 Conklin	NY 1992	1:28:44
	FEMALE AGE GROUP 60 - 64		
Betz, Margret	64 Conklin	NY 2001	1:43:24
	FEMALE AGE GROUP 65 - 69		
Betz, Margret	65 Conklin	NY 2002	1:36:08
	FEMALE AGE GROUP 70 - 99		

Single Age Female Bests for Vestal XX

Age	Year	Place	Name	S City	Time
10	1972	84	Tomek, Pamela	F Endwell	1:43:07
12	1974	98	Tomek, Pamela	F Endwell	1:59:59
13	1977	160	Bolles, Sue	F Montrose	1:38:16
14	2007	74	Kulp, Mary Katherine	F Vestal	1:43:44
15	1984	68	Halloran, Mary	F Whitney Point	1:24:55
16	1979	59	Girard, Suzanne	F Johnson City	1:24:50
17	1980	23	Girard, Suzanne	F Johnson City	1:16:03

18	1979	35	Girard, Cindi	F Johnson City	1:20:19
19	1999	44	McPherson, Jestina	F OWEGO	1:29:01
20	1978	38	VonBerg, Karin	F Ithaca	1:20:24
21	1979	37	VonBerg, Karin	F Ithaca	1:20:34
22	2009	7	Radzik, Katie	F Mt. Sinai	1:19:18
23	2012	13	Snead, Samantha	F Moscow	1:22:15
24	2006	15	Matthews, Diane	F Johnson City	1:22:22
25	1995	13	Wiegand, Patricia	F Johnson City	1:16:16
26	1992	28	Lyford, Charlene	F Afton	1:20:50
27	1993	10	Lyford, Charlene	F Afton	1:19:19
28	2014	14	Mazur, Ann	F Charlottesville	1:21:47
29	1995	16	Lyford, Charlene	F Afton	1:17:20
30	1996	7	Lyford, Charlene	F Norwich	1:16:30
31	1997	8	Lyford, Charlene	F Greene	1:16:57
32	1995	24	Winslow, Christa	F Binghamton	1:20:06
33	1999	5	Lyford, Charlene	F Greene	1:14:29
34	1984	31	Burke, Andrea	F Endicott	1:17:08
35	1985	25	Burke, Andrea	F Endicott	1:15:52
36	1984	73	Votruba, Rachel	F Endwell	1:25:19
37	2011	13	Aldridge, Katie	F Alpine	1:24:20
38	1999	37	Mossman, Tanya	F Manilus	1:26:36
39	1996	31	Myette, Suzanne	F Endicott	1:25:51
40	1997	35	Myette, Suzanne	F Endicott	1:28:06
41	1991	34	Blaszak, Barbara	F Syracuse	1:23:32
42	2005	28	Winslow, Christa	F Binghamton	1:27:46
43	2000	24	Myette, Suzanne	F Endicott	1:28:39
44	1989	54	Compton, Susan	F Brooktondale	1:24:20
45	2002	26	Myette, Suzanne	F Endicott	1:27:06
46	1983	105	Betz, Margret	F Conklin	1:29:01
47	1984	84	Betz, Margret	F Conklin	1:26:58
48	1985	142	Rusby, Sally	F Horseheads	1:38:50
49	2006	29	Myette, Suzanne	F Endicott	1:28:40
50	2012	75	Lantry, Kathleen	F Whitney Point	1:39:23
51	1984	138	Dedek, Dolores	F Kirkwood	1:39:40
52	1984	100	Brown, Gloria	F Grand Island	1:29:03
53	1990	57	Betz, Margret	F Conklin	1:28:36
54	2011	45	Myette, Suzanne	F Binghamton	1:35:30
55	1992	69	Betz, Margret	F Conklin	1:28:44
56	1993	59	Betz, Margret	F Conklin	1:34:06
57	1994	51	Betz, Margret	F Conklin	1:31:14
58	2009	89	Werthmuller, Nancy	F Scranton	1:42:30
59	2016	60	Myette, Suzanne	F Port Chester	1:42:32
60	2011	92	Werthmuller, Nancy	F Scott Twp	1:46:40
61	2009	132	Morrissey, Barbara	F Owego	1:53:40
62	2013	86	Werthmuller, Nancy	F Scott Twp	1:49:15
63	2014	110	Werthmuller, Nancy	F Scott Township	1:48:06
64	2001	62	Betz, Margret	F Conklin	1:43:24
65	2002	61	Betz, Margret	F Conklin	1:36:08
66	2003	64	Betz, Margret	F Conklin	1:40:22
67	2018	71	Werthmuller, Nancy	F Scott Township	2:01:39
69	2017	107	Morrissey, Barbara	F New Port Richey	2:35:59

Single Age Male Bests for Vestal XX

Age	Year	Place	Name	S City	Time
8	1979	161	Tomek, D.	M Endwell	1:40:08
9	1980	118	Tomek, D.	M Endwell	1:30:09
10	1975	112	Patch, Dennis	M Endwell	2:02:08
11	1977	178	Homer, Tim	M Vestal	1:42:19
12	2002	44	Nichols, Benjamin	M Endicott	1:31:22
13	1999	17	Morseman, Bryan	M Addison	1:19:03
14	1972	31	Keppler, Michael	M Johnson City	1:20:30
15	1981	39	Mullins, Dan	M Binghamton	1:17:56
16	1974	5	Lyons, Jim	M Wilkes Barre	1:10:41
17	2003	1	Morseman, Bryan	M Addison	1:11:08
18	1975	1	Boehm, Chip	M Chenango Forks	1:07:57
19	1985	3	Mullins, Dan	M Binghamton	1:07:29
20	2006	1	Morseman, Bryan	M Addison	1:09:12
21	1978	1	Boehm, Chip	M Chenango Forks	1:05:01
22	1981	2	Knight, Jim	M Whitehall	1:05:05
23	1980	1	Boehm, Chip	M Chenango Forks	1:04:17
24	1976	1	Carter, Tom	M Binghamton	1:05:49
25	1982	1	Boehm, Chip	M Chenango Forks	1:03:30
26	1985	1	Knight, Jim	M Coplay	1:04:29
27	1981	4	Murphy, Walt	M Maynard	1:06:52
28	1980	3	Carter, Tom	M Endicott	1:04:54
29	1981	1	Carter, Tom	M Vestal	1:03:17
30	1980	4	Wallace, Gary	M Stoneham	1:05:39
31	1983	1	Carter, Tom	M Owego	1:03:41
32	1984	1	Carter, Tom	M Endicott	1:04:05
33	1985	2	Carter, Tom	M Endicott	1:05:53
34	1986	1	Carter, Tom	M Endicott	1:05:25
35	1980	2	Murray, Dan	M Tarrytown	1:04:25
36	1988	1	Carter, Tom	M Binghamton	1:05:33
37	1987	2	Wallace, Gary	M Nashua	1:11:04
38	1988	7	Spataru, David	M Binghamton	1:11:38

39	1991	1 Carter, Tom	M Binghamton	1:08:54
40	1979	7 Jeffers, Peter	M Ithaca	1:12:05
41	2002	3 Fancher, Gary	M Binghamton	1:13:19
42	1986	6 Parmalee, Charles	M Morris	1:11:26
43	1985	6 Kneer, Ray	M Cortland	1:10:06
44	1980	12 Blakely, Jack	M Ithaca	1:12:30
45	1981	13 Blakely, Jack	M Ithaca	1:13:03
46	2010	1 Steinbrecher, Earl J.	M Willseyville	1:13:38
47	2012	2 Steinbrecher, Earl J.	M Willseyville	1:12:37
48	1990	6 Kneer, Ray	M Cortland	1:14:01
49	1991	3 Kneer, Ray	M Cortland	1:12:43
50	2012	7 Leonard, Paul	M Scranton	1:15:24
51	1981	14 Stabler, Ed	M Syracuse	1:13:30
52	2012	10 Cardillo, Joe	M Dummore	1:19:46
53	2013	11 Cardillo, Joe	M Dummore	1:20:46
54	1983	17 Stabler, Ed	M N. Syracuse	1:14:49
55	2015	9 Cardillo, Joe	M Dummore	1:21:33
56	2016	8 Cardillo, Joe	M Dummore	1:22:29
57	2007	12 Powers, Tom	M Newfield	1:24:38
58	2018	6 Cardillo, Joe	M Dummore	1:24:51
59	1996	18 Cerminaro, Tony	M Jermyn	1:21:04
60	1984	85 Bates, John	M Endicott	1:27:13
61	2016	14 Cummins, Brian	M Cortland	1:27:02
62	1991	24 Stabler, Ed	M N. Syracuse	1:20:45
63	1992	30 Stabler, Ed	M N. Syracuse	1:21:16
64	1993	30 Stabler, Ed	M N. Syracuse	1:25:53
65	2018	22 Larison, Ted	M Cortland	1:32:29
66	1982	167 Malanchuk, Andrew	M Johnson City	1:38:59
67	2004	35 Cerminaro, Tony	M Jermyn	1:31:02
68	2006	75 Bostrom, Fred	M Brackney	1:44:55
69	1990	122 Russell, Philip	M Kirkwood	1:39:25
70	1991	124 Russell, Philip	M Kirkwood	1:41:01
71	1992	158 Russell, Philip	M Kirkwood	1:44:27
72	2009	61 Cerminaro, Tony	M Jermyn	1:36:49
73	2011	152 Bostrom, Fred	M Brackney	2:03:03
74	2012	154 Bostrom, Fred	M Brackney	2:06:57
75	2012	56 Cerminaro, Tony	M Jermyn	1:35:08
76	2014	177 Bostrom, Fred	M Brackney	2:15:20
77	2014	84 Cerminaro, Tony	M Jermyn	1:40:51
78	2016	151 Bostrom, Fred	M Brackney	2:38:54
79	2016	73 Cerminaro, Tony	M Jermy	1:47:14
80	2017	70 Cerminaro, Tony	M Jermy	1:55:18
81	2018	73 Cerminaro, Tony	M Jermy	2:02:40