

2006 TCRC Track Meet Results Maine-Endwell High School Endwell, NY

August 30, 2006

A nice, but windy, evening at M-E for our last meet of the season. Thanks to Ed Jenner, Grace Tabeek, Dan Dougherty and Tom Hamlin for helping.

George Joseph

Mile

Byron LaBare 4:49
Bill Talkiewicz 5:10
Greg Amend 5:36
Doug Garner 5:40
Jeff Felice 5:40
John Murdock 5:44
Sterling Payne 5:51
Jason Wilks 6:11
Nancy Bennett 6:11
Steve Willet 6:58
Skip Hamlin 7:09
Joe Gwizdaloski 7:50
Dawn DeVita 9:49

800

Aaron Wilks 2:48
Doug Garner 2:53
Nancy Bennett 2:55
John Murdock 3:02
Jason Wilks 3:23
Steve Willett 3:25

400

John Murdock 1:11
Steve Willett 1:29
Shane Murdock 1:40
Payton Bennett 2:27
Megan Bennett 4:14
Nancy Bennett 4:14

2 mile

Jordan Varano 9:58
Byron LaBare 10:42
Mike Olsen 11:46
Greg Amend 11:55
Lynann Lorenz 11:56
Suzanne Myette 12:05
Jeff Felice 12:05
Graham Upton 13:09
Nancy Bennett 13:35
John Murdock 14:29
Steve Willett 15:32
Skip Hamlin 15:38
Joe Gwizdaloski 15:44
Jason Wilks 16:07
Dawn DeVita 23:56

August 23, 2006

On another beautiful evening for running, around 40 runners took part in the next to last meet of the year. A big thanks to Sue Cain and Dan Dougherty for helping. It was nice to see Tom Ryan and Pat Murphy again (and they both ran some impressive times). Also it was great to see Tom Hamlin running instead of helping.

George Joseph

Mile

Pat Murphy 4:51
Tom Ryan 4:51
Mike Olsen 4:57
Gary Fancher 4:57
Kelly Bellingiere 5:27
Doug Garner 5:40
Lynann Lorenz 5:42
Jason Wilks 6:06

Dan Young 6:08
Jeff Felice 6:11
Nancy Bennett 6:12
Danny Alweis 6:17
Vince Kelley 6:18
Aaron Wilks 6:20
Jason Felice 6:36
Jim Landis 6:39
Steve Willett 6:56
Doug Sutton 7:04
Erica McQuade 7:27
Ryan Longo 7:31
Karla Eisch 7:31
Samantha Wilks 7:34
Joe Gwizdaloski 7:40
Mandy Symons 7:43
Anne Reichert 7:55
Tony Mazza 8:09
Tom Hamlin 8:34
Nick Willett 10:12
Dawn DeVita 10:17

800

Tom Ryan 2:23
Pat Murphy 2:24
Danny Alweis 2:44
Nancy Bennett 2:52
Vince Kelley 3:03
Steve Willett 3:15
Kristen Olsen 3:18
Doug Sutton 3:20
Anne Reichert 3:53
Tony Mazza 3:58
Nick Willett 4:55
Dawn DeVita 4:59
Karen Bee Donahoe 5:30
Johnathon Willett 5:32

400

Tom Ryan 1:02
Pat Murphy 1:04
Steve Willett 1:21
Doug Sutton 1:26
Samantha Wilks 1:33
Kristen Olsen 1:34
Ashley Kelley 1:53
Nick Willett 2:18
Brennen McQuade 2:39
Patrick McCullough 2:50
Erica McQuade 2:51
Reagan McQuade 2:51
Mandy Symons 2:51
Ben Olsen 3:18

2 mile

Pat Murphy 10:04
Dan Young 11:34
Kelly Bellingiere 11:42
Greg Amend 12:07
Doug Garner 13:04
Nancy Bennett 13:37
Vince Kelley 13:46
Aaron Wilks 14:20
Kristen Olsen 14:44
Jeff Felice 14:47
Jason Wilks 14:47
Danny Alweis 15:08
Jason Felice 15:18
Steve Willett 15:21
Doug Sutton 15:35
Karla Eisch 15:39
Larry LePak 16:01
Erica McQuade 16:18
Joe Gwizdaloski 16:49
Mandy Symons 17:11
Tony Mazza 17:14
Anne Reichert 17:56
Samantha Wilks 19:18
Tom Hamlin 20:30
Dawn DeVita 25:59
Karen Bee Donahoe 26:03

August 16, 2006

Another perfect evening for running. Over 30 runners took part in the meet. Some very impressive times in the mile. Thanks to Tom Hamlin for helping out.

George Joseph

Mile

Jordan Varano 4:40
Steve Cammisa 5:17
Kelly Billingere 5:29
Greg Amend 5:36
Suzanne Myette 5:38
Graham Upton 5:39
Chuck Hein 5:43
Stew Higgins 5:45
Lee Anderson 5:49
Lynann Lorenz 5:57
Sterling Payne 6:04
Jason Wilks 6:05
Nancy Bennett 6:25
Kevin Pasterchik 6:36
Harlan Bigelow 6:46
Steve Willett 6:50
Jim Landis 6:52
Lynn Jenner 7:18
Joe Gwizdaloski 7:30
Kirsten Anderson 9:38
Dawn DeVita 10:31

800

Steve Cammisa 2:38
Greg Amend 2:42
Lee Anderson 2:47
Lyann Lorenz 2:53
Nancy Bennett 2:57
Doug Sutton 3:11
Steve Willett 3:22
Dawn DeVita 4:57
Nicholas Willett 5:34

400

Ryan Tronovitch 1:07
Stew Higgins 1:08
Steve Cammisa 1:09
Lee Anderson 1:09
Sterling Payne 1:13
Danielle Fiedler 1:14
Jim Landis 1:20
Steve Willett 1:24
Doug Sutton 1:26
Dawn DeVita 2:00
Nicholas Willett 2:02
Jonathon Willett 2:20
Victoria Payne 2:40
Arianna Cammisa 2:48

2 mile

Steve Cammisa 10:46
Tom Carter 11:06
Byron LaBare 11:37
Kelly Billingere 11:57
Lynann Lorenz 12:08
Greg Amend 12:26
Suzanne Myette 12:29
Chuck Hein 12:34
Lee Anderson 13:08
Nancy Bennett 13:50
Kevin Pasterchik 13:58
Jason Wilks 14:55
Steve Willett 15:26
Doug Sutton 15:43
Joe Gwizdaloski 16:25
Lynn Jenner 18:17

August 9, 2006

A beautiful evening at M-E track; had 25 runners. Thanks to Sue Cain and Tom Hamlin for helping out.

George Joseph

Mile

Steve Cammisa 5:04
Bill Talkiewicz 5:07
Chuck Hein 5:46

Greg Amend 5:51
Lynann Lorenz 5:56
Kelly Billingere 6:05
Jason Wilks 6:06
Aaron Wilks 6:17
Sterling Payne 6:18
George Groome 7:00
Larry LePak 7:23
Lynn Jenner 7:33
Erica McQuade 7:43
Joe Gwizdaloski 7:53
Mandy Symons 7:55
Dawn DeVita 10:27

800

John Murdock 2:29
Greg Amend 2:46
Kelly Billingere 2:50
Sterling Payne 3:00
Steve Willett 3:06
Erica McQuade 3:36
Mandy Symons 3:36
Max Bogert 4:10
Logan Murdock 4:10
Dawn DeVita 4:40

400

Chuck Hein 1:08
Aaron Wilks 1:13
Steve Willett 1:24
Kelly Billingere 1:30
Logan Murdock 1:50
Max Bogert 1:51
George Groome 1:54
Dawn Devita 2:04
Sterling Payne 2:16
Riley Salt 2:16
Arianna Cammisa 2:43
Colby Murdock 3:09
John Murdock 3:09
Patrick McCullogh 3:32
Chris Cammisa 4:00

2 mile

Jordan Varano 10:06
Steve Cammisa 10:45
Kelly Billingere 11:58
Greg Amend 12:21
Lynann Lorenz 12:26
Aaron Wilks 14:14
John Murdock 14:21
George Groome 14:42
Jason Wilks 14:59
Joe Gwizdaloski 16:48
Erica McQuade 17:27
Lynn Jenner 17:38
Mandy Symons 18:17

August 2, 2006

Had 11 runners on a warm night, but a nice breeze, at M-E. Thanks to Tom Hamlin, Kevin Pasterchik and Dan Dougherty for helping (and Riley for cheering the runners on).

George Joseph

Mile
Jason Wilks 6:37
Joe Gwizdalski 8:14
Dan Dougherty 8:18
Dawn DeVita 11:28

800

Matt Mariani 2:19
Casey Kies 2:56
Danielle Fiedler 3:02
Jason Wilks 3:28
Dan Dougherty 3:48
Dawn DeVita 5:16

400

Chad Kies :55
Jason Wilks 1:19
Casey Kies 1:26
Sterling Payne 1:47
Dawn DeVita 2:18
Riley Salt 2:23

George Joseph 2:23
Matt Mariani 2:24
Dan Dougherty 2:24

2 mile
Sterling Payne 14:17
Joe Gwizdaloski 17:26

July 26, 2006

Another beautiful night to run. 28 runners attended. Highlight was 3 year old Colby Murdock completing the 400 in 3:20. Thanks to Dan Dougherty, George Joseph and Ed Jenner for assisting.

Tom Hamlin

1 Mile

Bob Nugent - 5:00
Bill Talkiewicz - 5:11
Chad Kies - 5:31
Randy Reynolds - 5:34
John Murdock - 5:42
Greg Amend - 5:55
Sterling Payne - 6:05
Graham Upton - 6:15
Jason Wilks - 6:20
Nancy Bennett - 6:22
Danielle Fiedler - 7:01
Steve Willet - 7:03
Neil Holdsworth - 7:06
Lynn Jenner - 7:22
Samantha Wilks - 7:36
Mike Krieger - 7:55
Joe Gwizdaloski - 8:04
Dawn DeVita - 10:52

800

Jordan Varano - 2:09
Chad Kies - 2:36
Randy Reynolds - 2:38
Greg Amend - 2:45
Sterling Payne - 3:00
Nancy Bennett - 3:03
Jason Wilks - 3:18
Graham Upton - 3:26
Neil Holdsworth - 3:30
Steve Willet - 3:33
Samantha Wilks - 3:44
Tony Mazza - 3:58
Logan Murdock - 4:01
Max Bogert - 4:03
Becky Talkiewicz - 4:57
Dawn Devita - 5:03

400

Brendan Nugent - 1:01
Bill Talkiewicz - 1:02
Randy Reynolds - 1:09
Graham Upton - 1:15
Jason Wilks - 1:19
Mike Krieger - 1:24
Steve Willet - 1:28
Niel Holdsworth - 1:43
Shane Murdock - 1:44
Samantha Wilks - 1:46
Tony Mazza - 1:49
Logan Murdock - 1:52
Max Bogert - 2:01
Dawn DeVita - 2:18
Victoria Payne - 2:34
Sterling Payne - 2:36
Colby Murdock - 3:20

2 Mile

Jordan Varano - 10:33
Greg Amend - 12:32
Nick Reynolds - 13:33
Nancy Bennett - 14:09
Graham Upton - 14:20
Sterling Payne - 14:53
Jason Wilks - 16:24
Joe Gwizdaloski - 18:19

July 19, 2006

21 runners ran on a warm humid night. Thanks to George Joseph (he's back) and Sue Cain (she has new clothing available) for assisting with the meet.

Tom Hamlin

1 Mile

Bob Nugent - 4:55
Kevin Bandru - 5:06
Bill Talkiewicz - 5:20
Stephen Nichols - 5:23
Kelly Billingere - 5:39
Lynann Lorenz - 5:50
Aaron Wilks - 6:18
Jason Wilks - 6:50
Doug Sutton - 6:58
Tim Lulkoski - 7:05
Mike Krieger - 7:21
Dave Buchta - 8:40
Lynn Jenner - 9:14
Dawn DeVita - 11:14

800

Kelly Billingere - 2:35
Dan Alweis - 2:39
Stephen Nichols - 2:39
Tim Lulkoski - 3:06
Jason Wilks - 3:21
Doug Sutton - 3:25
Mike Krieger - 3:30
Dave Buchta - 4:13
Dawn DeVita - 5:09

400

Bill Talkiewicz - 1:03
Aaron Wilks - 1:10
Jason Wilks - 1:11
Stephen Nichols - 1:12
Kelly Billingere - 1:13
Tim Lulkoski - 1:14
Doug Sutton - 1:28
Dave Buchta - 1:46
Shane Murdock - 1:47
Logan Murdock - 1:55
Max Bogert - 1:59
Dawn DeVita - 2:19
Patrick (Cain??) - 2:54
Colby Murdock - 3:11
John Murdock - 3:13

2 Mile

Kevin Bandru - 11:08
Kelly Billingere - 12:31
Lynann Lorenz - 12:38
John Murdock - 12:54
Stephen Nichols - 13:36
Aaron Wilks - 14:56
Dan Alweis - 15:21
Tim Lulkoski - 15:22
Doug Sutton - 15:26
Jason Wilks - 17:00

July 12, 2006

17 runners. Pretty humid and threats of rain. Thanks to Dan Dougherty & Tom Billingere for assisting.

Tom Hamlin

1 Mile

Kelly Billingere - 5:30
Bill Talkiewicz - 5:30
Randy Reynolds - 5:42
Lynann Lorenz - 5:44
Vince Kelley - 6:23
Nancy Bennett - 6:33
Kaitlyn Schultz - 6:44
Jason Wilks - 6:51
Lynn Jenner - 7:02
Tim Lulkoski - 7:09
Mike Krieger - 7:35
JoAnn Navarro - 8:00
Anne Riechert - 8:23
Alison McQuade - 9:54
Karen Bee-Donahue - 12:39

800

Randy Reynolds - 2:41
Kelly Billingere - 2:42
Nancy Bennett - 2:57
Tim Lulkoski - 3:09
Jason Wilkes - 3:14
Neil Holdsworth - 3:17
Mike Krieger - 3:32
JoAnn Navarro - 3:38
Anne Reichert - 3:55
Vince Kelley - 3:55
Karen Bee-Donahue - 5:30

400

Bill Talkiewicz - 1:03
Randy Reynolds - 1:09
Jason Wilks - 1:14
Kelly Billingere - 1:16
Tim Lulkoski - 1:18
Vince Kelley - 1:22
Nancy Bennent - 1:25
Mike Krieger - 1:26
Neil Holdsworth - 1:28
Alison McQuade - 1:55
Karen Bee-Donahue - 2:31

2 Mile

Kelly Billingere - 12:23
Lynann Lorenz - 13:42
Randy Reynolds - 13:43
Nancy Bennett - 14:50
Susan Schultz - 17:08
Lynn Jenner - 17:20
Neil Holdsworth - 17:27
Jason Wilks - 17:47
Anne Reichert - 18:39
Vince Kelley - 18:39

July 5, 2006

Beautiful night to run. 19 runners. Thanks to Kevin Pasterchik and Dan Dougherty for assisting.

Tom Hamlin

Mile

Jordan Varano - 4:55
Kelly Bellingiere - 5:37
Randy Reynolds - 5:42
John Murdock - 5:52
Nick Reynolds - 5:59
Jason Wilks - 6:42
Aaron Wilks - 6:48
Lynn Jenner - 7:07
Kaitlyn Schultz - 7:20
Erica McQuade - 7:47
Sue Schultz - 7:55
Alison McQuade - 10:03
Dawn Devita - 10:58

800

Matt Mariani - 2:19
Kelly Billingere - 2:40
Nick Reynolds - 2:55
Jason Wilks - 3:14
Neil Holdsworth - 3:15
Erica McQuade - 3:37
Logan Murdock - 3:47
Shane Murdock - 3:48
Dawn Devita - 4:52
Alison McQuade - 4:53

400

Matt Mariani - 1:10
Kelly Billingere - 1:14
Nick Reynolds - 1:16
Jason Wilks - 1:18
Lynn Jenner - 1:21
Sue Schultz - 1:38
Neil Holdsworth - 1:45
Shane Murdock - 1:50
Logan Murdock - 1:50
Dawn Devita - 2:13

2 Mile

Jordan Varano - 10:28
Anette Acuff - 11:24
Max Straneva - 11:27
Randy Reynolds - 12:27
Kelly Billingere - 12:39
John Murdock - 13:40
Aaron Wilks - 14:50
Lynn Jenner - 16:45
Erica McQuade - 16:49
Dawn Devita - 25:06

June 28, 2006

Meet cancelled due to severe flooding.

June 21, 2006

Karen Fennie's report on the [Red Dress Run](#) and [Red Dress Photos](#) are posted.

June 14, 2006

Last night the rain held off...for a change...and we had a great turnout. Thanks to Dan Dougherty, Ed Jenner, Tom Hamlin and Sue Cain (and Patrick & Christopher) for helping out. And I have to mention Keven and Debbie Loveland, past TCRC members that moved to Florida, came down to say hello and ran while we did the meet.....great to see them again.

Grace

1 Mile

Jordan Varano-4:52
Annette Acuff-5:05
Dan Young-5:09
Jeff Martinez-5:10
Max Straneva-5:17
LynnAnn Lorenz-6:18
Jason Wilks-6:23
George Joseph-6:24
Greg Amend-6:35
Aaron Wilks-6:41
Doug Sutton-6:55
Lynn Jenner-7:00
Tim Lulkoski-7:04
Samantha Wilks-8:12
Dave Buchta-8:32
Dawn Devita-10:38
Karen Bee-Donahue-12:21

800 M

Jeff Martinez-2:28
Dan Young-2:33
Greg Amend-2:41
LynnAnn Lorenz-2:49
Aaron Wilks-2:58
Tim Lulkoski-3:04
Doug Sutton-3:19
Michael Young-3:34
Arianna Young-3:47
Samantha Young-3:47
Dave Buchta-4:05
Dawn Devita-5:18
Karen Bee-Donahue-5:12

400 m

Matt Mariani-:54
Dan Young-1:04
Annette Acuff-1:05
Jeff Martinez-1:08
Tim Lulkoski-1:12
Jason Wilks-1:24
Doug Sutton-1:27
Michael Young-1:31
Arianna Young-1:37
Aaron Wilks-1:41
Samantha Wilks-1:52
Dave Buchta-1:52
Dawn Devita-2:14
Karen Bee-Donahue-2:29
Patrick McCullough-3:05

2-Mile

Jordan Varano-10:26
Greg Amend-12:19
LynnAnn Lorenz-13:02
Dan Young-13:29
George Joseph-14:24

Aaron Wilks-14:59
Doug Sutton-15:29
Tim Lulkoski-15:34
Jason Wilks-16:37
Lynn Jenner-17:06

June 7, 2006

What a great night for a Wednesday workout!(a touch of sarcasm) Constant rain and cooler temps. I filled in for Grace who was working late (how did she know it would be raining like that?). Under the umbrellas were Ed Jenner, Tom Hamlin, and Dan Dougherty. Thanks guys for keeping me honest. Results for the 7 hearty souls that ran follow...

Barney

1 MILE
David Crandall 5:19
Greg Amend 5:48
Lynann Lorenz 5:48
Nancy Bennett 6:38
Tim Lulkoski 7:12
Lynn Jenner 7:13
Dawn DeVita 10:06

800 METER
Greg Amend 2:54
Nancy Bennett 2:58
Tim Lulkoski 3:16
Dawn DeVita 5:13

400 METER
David Crandall 1:02
Ryan Cook 1:03
Tim Lulkoski 1:15
Nancy Bennett 1:25
Dawn DeVita 2:30

2 MILE
Lynann Lorenz 12:16
Greg Amend 12:43
David Crandall 13:02
Nancy Bennett 14:40
Tim Lulkoski 16:06
Lynn Jenner 16:52

May 31, 2006

A total of 12 runners braved the bad weather last night. Thanks to Tom Hamlin and Dan Dougherty for helping me. Grace Tabeeek will be in charge of the meets in June, Tom Hamlin will take over for July and I will be back for August.

George Joseph

Mile

Greg Derick	4:54
Jeff Naylor	4:57
David Crandell	5:23
Brian Tolan	5:40
Lynann Lorenz	5:46
Nancy Bennett	6:17
Jason Wilks	6:26
Aaron Wilks	6:43
Steve Willett	7:00
Tim Lulkowski	7:23
Dawn DeVita	10:02

800

Greg Derick	2:36
Brian Tolan	2:43
Nancy Bennett	2:59
Aaron Wilks	3:06
Jason Wilks	3:09
Tim Lulkowski	3:18
Steve Willett	3:32
Dawn DeVita	4:43

400

Jeff Naylor	:58
Greg Derick	1:03
Brian Tolan	1:11
Tim Lulkowski	1:14
Nancy Bennett	1:21
Aaron Wilks	1:27
Jason Wilks	1:34
Dawn DeVita	2:05

2 mile

Jordan Varano	10:16
David Crandell	12:06
Lynann Lorenz	12:13
Greg Derick	12:14
Aaron Wilks	16:12
Jason Wilks	17:32
Tim Lulkowski	17:33

May 24, 2006

A nice evening to run at M-E track. We had 20 runners(including two 4 year olds who ran the 400 without stopping). Thanks to Jordan Varano and Dan Dougherty for helping me.

George Joseph

Mile

Annette Acuff	5:13
Randy Reynolds	5:32
Seve Nichols	5:33
Ben Nichols	5:35
Brian Tolan	5:44
Richard Nichols	5:55
Nick Reynolds	5:59
Jeremy Anderson	6:24
Lee Anderson	6:25
Jason Wilks	6:41
Rich Begliomini	6:55
Arron Wilks	6:57
Steve Willett	6:59
Nancy Werthmuller	7:03
Doug Sutton	7:06
Mike Gott	7:50
David Nichols	7:54
Tim Nichols	8:54
Dawn DeVita	9:47

800

Ben Nichols	2:33
Lynann Lorenz	2:37
Randy Reynolds	2:40
Brian Tolan	2:44
Nick Reynolds	2:46
Lee Anderson	2:52
Jason Wilks	3:14
Rich Begliomini	3:21
Arron Wilks	3:23
Doug Sutton	3:25
Nancy Werthmuller	3:28
Steve Willett	3:44
David Nichols	3:57
Tim Nichols	4:01
Dawn DeVita	4:29

400

Annette Acuff	1:03
Richard Nichols	1:05
Brain Tolan	1:11
Steve Nichols	1:12
Lee Anderson	1:13
Arron Wilks	1:21
Jason Wilks	1:25
Doug Sutton	1:28
Steve Willett	1:32
Nacny Werthmuller	1:32
Rich Begliomini	1:34
David Nichols	1:42
Tim Nichols	1:49
Dawn Devita	2:00
Nick Willett	2:25
John Willett	2:30
Riley Salt	2:38
Julia Willett	2:58

2 mile

Randy Reynolds	12:08
Lynann Lorenz	12:08
Steve Nichols	13:09
Ben Nichols	13:14
Lee Anderson	13:35
Richard Nichols	14:33
Nancy Werthmuller	15:07

Rich Begliomini	15:09
Doug Sutton	15:28
Jason Wilks	16:02
Steve Willett	17:04

May 17, 2006

We had 18 runners last night. Tom Carter brought down some of his students for their final exam. Our runners keep improving their times, week after week. Thanks to Tom Hamlin, Randy Reynolds, Ed Jenner and Dan Dougherty for helping me. George Joseph

Mile

Jordan Varano	4:43
Daniel Alweis	5:47
Lynann Lorenz	5:49
Doug Garner	6:02
Nick Reynolds	6:04
Jason Wilks	6:08
Nancy Bennett	6:20
Stephen Krall	6:42
Alicia DuBrava	6:44
Jim Landis	6:53
Doug Sutton	7:14
Erica McQuade	7:36
Samantha Wilks	8:27
Dawn DeVita	9:49

800

Jordan Varano	2:33
Doug Garner	2:44
Lynann Lorenz	2:45
Nancy Bennett	3:01
Jason Wilks	3:20
Jim Landis	3:21
Doug Sutton	3:28
Samantha Wilks	4:43
Dawn DeVita	4:45

400

Dan Alweis	1:00
Jordan Varano	1:01
Chad Kemak	1:02
Stephen Krall	1:09
Katie Tyler	1:11
Nick Reynolds	1:13
Jason Wilks	1:15
Doug Garner	1:17
Nancy Bennett	1:22
Alicia DuBravo	1:23
Derek Coppola	1:24
Amy Weeks	1:26
Doug Sutton	1:29
Samantha Wilks	1:59

2 mile

Lyann Lorenz	12:24
Nancy Bennett	14:02
Doug Sutton	15:43
Erica McQuade	16:36
Stephen Krall	16:58
Jason Wilks	17:04
Dawn DeVita	23:42

May 10, 2006

A beautiful evening at Maine-Endwell Track.... We had 22 runners total. Thanks to Ed Jenner and Dan Dougherty for helping me. George Joseph

Mile

Jordan Varano	4:48
David Crandell	5:15
Tom D'Onofrio	5:38
Stephen Nichols	5:43
Lynann Lorenz	5:45
Nancy Bennett	6:18
Sterling Naslund	6:24
Jason Wilks	6:28
Nancy Werthmuller	6:49
Rich Begliomini	6:49
Steve Willett	7:03
David Nichols	7:17
Skip Hamlin	7:27

Erica McQuade	7:32
Jeanne Johnson	7:36
Sue Schultz	7:56
Kyle Moore	8:04
Bob Moore	8:04
Tim Nichols	8:57
Dawn DeVita	9:07

800

Jordan Varano	2:16
Kyle Moore	2:35
Bob Moore	2:37
Tom D'onfrio	2:40
Lynann Lorenz	2:41
Stephen Nichols	2:52
Nancy Bennett	2:56
Jason Wilkes	3:00
Rich Begliomini	3:14
Nancy Werthmuller	3:16
Steve Willett	3:23
Skip Hamlin	3:26
Erica McQuade	3:37
David Nichols	3:41
Tim Nichols	4:13
Nancy LaBare	4:15
Dawn Devita	4:25

400

Jordan Varano	1:02
Stephen Nichols	1:10
Tom D'Onofrio	1:12
Jason Wilks	1:16
Sterling Naslund	1:21
Bob Moore	1:22
Nancy Bennett	1:25
Skip Hamlin	1:28
Nancy Werthmuller	1:29
Rich Begliomini	1:30
Steve Willett	1:33
David Nichols	1:38
Erica McQuade	1:43
Sue Schultz	1:48
Tim Nichols	1:54
Nancy LaBare	2:00
Dawn DeVita	2:03

2 mile

Jordan Varano	11:24
David Crandell	11:41
Bob Moore	12:27
Tom D'Onfrio	13:22
Ben Nichols	13:26
Nancy Bennett	14:33
Nancy Werthmuller	15:31
Rich Begliomini	15:32
Jason Wilks	16:15
Steve Willett	16:24
Erica McQuad	16:43
Skip Hamlin	17:27
Sue Schultz	18:05

May 3, 2006

Our first meet had a total of 14 runners. A little windy, but temps not too bad. Thanks to Tom Hamlin and Ed Jenner for helping me out. The amazing Tom Carter ran a 4:56 mile with no warmup, he showed up 5 minutes before the mile and jumped into it. So much for warmups. We also had a Special Olympic runner (David Crandell) who ran an impressive 5:19 mile.

George Joseph

Mile

Tom Carter	4:56
Jordan Varano	4:57
David Crandell	5:19
Randy Reynolds	5:28
Lyann Lorenz	6:05
Nancy Bennett	6:25
Jason Wilkes	6:49
Skip Hamlin	7:57
Erica McQuade	7:59
Jeanne Johnson	8:04
Anne Reichert	8:35
Vince Kelley	8:36
Dawn DeVita	10:04

800

Jordan Varano	2:17
David Crandell	2:31
Nancy Bennett	3:02
Jason Wilks	3:30
Skip Hamlin	3:40
Erica McQuade	3:49
Anne Reichert	4:04
Vince Kelley	4:05
Dawn DeVita	4:30

400

Jordan Varano	1:04
David Crandell	1:10
Vince Kelley	1:17
Jason Wilks	1:19
Nancy Bennett	1:24
Jeanne Johnson	1:28
Skip Hamlin	1:33
Erica McQuade	1:45
Dawn DeVita	1:56

2 mile

Jordan Varano	11:27
Randy Reynolds	12:10
Lynanne Lorenz	12:31
Brian Tolan	12:44
Nancy Bennett	15:03
David Crandell	15:26
Jason Wilks	16:45
Skip Hamlin	17:34
Erica McQuade	17:52
Anne Reichert	18:48
Vince Kelley	18:50