

**Forty-Fifth Annual Vestal XX 20 Kilometer Road Race**  
**Triple Cities Runners Club**  
**USATF Certified. Registration No. NY-07043-JG**  
**Vestal, NY**  
**June 20, 2015 8:00 AM**  
**Weather: Sunny, 60s to mid 70s**

Results also posted to [RunSignUp.com](http://RunSignUp.com).

**Award List**

Overall Male Winners

1 Christian Thompson Christian Thompson 26 M 1:04:58  
 2 Cole Crosby Cole Crosby 26 M 1:13:24  
 3 Steve Esposito Steve Esposito 25 M 1:14:17  
 Record 1:03:17 by Tom Carter in 1981

Overall Female Winners

1 Katie O'Regan 30 F 1:22:39  
 2 Emily Piza-Taylor 38 F 1:32:40  
 3 Allison Lawruk 34 F 1:35:00  
 Record 1:14:29 by Charlene Lyford in 1999

**High School Awards**

Top Highschool Boys Finishers

Place	Name	Age	S	City	St	Time
1	Joshua Lewis	17	M	Vestal	NY	1:39:01

Top Highschool Girls Finishers

Place	Name	Age	S	City	St	Time
None						

**Age Graded Awards**

\*\*\*\*\*  
 RESULTS GRADED BY AGE AND SEX BASED ON WORLD MASTERS ATHLETICS / USATF  
 2015 MEN AND WOMEN TABLES.

This listing is produced by adjusting each finisher's time based on tables produced by Alan Jones for the WMA and USATF. The resulting time is theoretically what each runner should be able to run at about age 27. The last column shows, as a percent, how close each runner came to a world-class performance after adjusting for age. The overall 3 male and 3 female winners have been excluded from this list  
 \*\*\*\*\*

Place	Name	Ag	S	Time	Agegrad	Age	%
1	Joe Cardillo	55	M	1:21:49	1:09:13	80.85	
2	Keith Eggleston	55	M	1:25:34	1:12:24	77.30	
3	Nancy Werthmuller	64	F	1:51:59	1:21:46	76.19	
4	Michael Hamilton	27	M	1:14:24	1:14:24	75.22	
5	Jon Lovesky	46	M	1:23:02	1:15:52	73.77	
6	Mike Green	53	M	1:28:21	1:16:05	73.56	
7	Eric Maki	53	M	1:28:37	1:16:19	73.34	
8	Stephen Nichols	60	M	1:34:39	1:16:31	73.14	
9	Dennis Uhlig	61	M	1:35:34	1:16:33	73.11	
10	Jeff Felice	48	M	1:25:23	1:16:44	72.94	
11	Michael Olson	49	M	1:26:10	1:16:48	72.88	
12	Ron Hulslander	58	M	1:33:39	1:17:07	72.57	
13	Ray Mitchell	52	M	1:30:08	1:18:17	71.49	
14	Thomas Mullins	47	M	1:26:43	1:18:35	71.22	
15	Dana Carris	19	M	1:21:04	1:19:15	70.62	
16	Jack Hillenbrand	20	M	1:20:40	1:19:45	70.18	
17	Eric Symons	40	M	1:23:11	1:19:46	70.17	
18	Robert Kuchera	54	M	1:34:41	1:20:49	69.25	
19	Aaron Perry	31	M	1:21:20	1:21:20	68.81	
20	Barbara Ann Morrissey	67	F	2:09:52	1:30:35	68.78	
21	Steve Cammisa	47	M	1:29:49	1:21:24	68.76	
22	Mark Rando	50	M	1:32:09	1:21:25	68.73	
23	Benjamin Snodgrass	23	M	1:21:33	1:21:33	68.63	
24	Mike Sopinski	55	M	1:37:45	1:22:42	67.67	
25	Paul E. McMahon	66	M	1:48:48	1:23:04	67.38	
26	Patti Trabucco	39	F	1:35:27	1:32:55	67.05	
27	Brian Cummins	60	M	1:43:21	1:23:33	66.98	

# Overall Results

Place	Name	Age	City	St	Time	Pace	EarlyStart
1	Christian Thompson	26	M Glenside	PA	1:04:58	5:14	
2	Cole Crosby	26	M Endicott	NY	1:13:24	5:55	
3	Steve Esposito	25	M Binghamton	NY	1:14:17	5:59	
4	Michael Hamilton	27	M Oneonta	NY	1:14:24	6:00	
5	Jack Hillenbrand	20	M Harpursville	NY	1:20:40	6:30	
6	Dana Carris	19	M Vestal	NY	1:21:04	6:32	
7	Aaron Perry	31	M Vestal	NY	1:21:20	6:33	
8	Benjamin Snodgrass	23	M Apalachin	NY	1:21:33	6:34	
9	Joe Cardillo	55	M Dummore	PA	1:21:49	6:35	
10	Katie O'Regan	30	F Lititz	PA	1:22:39	6:39	
11	Jon Lovesky	46	M Endicott	NY	1:23:02	6:41	
12	Eric Symons	40	M Greene	NY	1:23:11	6:42	
13	Jeff Felice	48	M Endicott	NY	1:25:23	6:53	
14	Keith Eggleston	55	M Groton	NY	1:25:34	6:54	
15	Michael Olzinski	29	M Brooklyn	NY	1:25:44	6:54	
16	Michael Olson	49	M Vestal	NY	1:26:10	6:56	
17	Thomas Mullins	47	M Cortland	NY	1:26:43	6:59	
18	Robert Damiano	37	M Nicholson	PA	1:26:48	6:59	
19	Craig Basel	19	M Owego	NY	1:26:52	7:00	
20	Scott Hornung	31	M Bainbridge	NY	1:27:23	7:02	
21	Christopher Cowden	41	M Johnson City	NY	1:28:12	7:06	
22	Mike Green	53	M Dalton	PA	1:28:21	7:07	
23	Peter SALADIS	39	M Vestal	NY	1:28:27	7:07	
24	Eric Maki	53	M Cortland	NY	1:28:37	7:08	
25	Steve Cammisa	47	M Vestal	NY	1:29:49	7:14	
26	Jim DeVona	32	M Binghamton	NY	1:30:06	7:15	
27	Ray Mitchell	52	M Kingsley	PA	1:30:08	7:16	
28	Michael Murphy	41	M Wyalusing	PA	1:31:46	7:23	
29	Mark Rando	50	M Endicott	NY	1:32:09	7:25	
30	James Gagnon	47	M Greene	NY	1:32:28	7:27	
31	Brett Stankevich	33	M Vestal	NY	1:32:35	7:27	
32	Emily Piza-Taylor	38	F Binghamton	NY	1:32:40	7:28	
33	Ryan Andrews	48	M Tunkhannock	PA	1:33:28	7:32	
34	Ron Hulslander	58	M Cortland	NY	1:33:39	7:33	
35	Stephen Nichols	60	M Endicott	NY	1:34:39	7:37	
36	Robert Kuchera	54	M Apalachin	NY	1:34:41	7:38	
37	Kyle Breior	36	M Oneonta	NY	1:34:57	7:39	
38	Allison Lawruk	34	F Camphill	PA	1:35:00	7:39	
39	Patti Trabucco	39	F Marathon	NY	1:35:27	7:41	
40	Dennis Uhlig	61	M Sidney	NY	1:35:34	7:42	
41	Ed Stickles	47	M Rye	NY	1:36:30	7:46	
42	Jason Riesbeck	34	M Endicott	NY	1:36:50	7:48	
43	Mike Sopinski	55	M Binghamton	NY	1:37:45	7:52	
44	Christopher Pilotti	52	M Binghamton	NY	1:38:12	7:55	
45	Mike Dziok	39	M Tully	NY	1:38:31	7:56	
46	Joshua Lewis	17	M Vestal	NY	1:39:01	7:58	
47	Joseph Kuchera	17	M Apalachin	NY	1:39:06	7:59	
48	Emily Kowalczyk	25	F Vestal	NY	1:40:04	8:04	
49	Tom Hanselman	38	M Endwell	NY	1:40:25	8:05	
50	Rachel Johnson	36	F Endicott	NY	1:40:31	8:06	
51	Nate Mulcahy	41	M Vestal	NY	1:40:37	8:06	
52	Tim Vymislicky	45	M Endicott	NY	1:42:19	8:14	
53	Charles Wellman	37	M Johnson City	NY	1:42:26	8:15	
54	Wayne Alt	42	M Vestal	NY	1:42:43	8:16	
55	John Galli	40	M Apalachin	NY	1:43:02	8:18	
56	Steve Page	59	M Greene	NY	1:43:08	8:18	
57	Logan Robinson	30	F Vestal	NY	1:43:10	8:19	
58	Scott Savory	30	M Greene	NY	1:43:17	8:19	
59	Brian Cummins	60	M Cortland	NY	1:43:21	8:19	
60	Graham Upton	60	M Binghamton	NY	1:43:34	8:20	
61	Tristan Baxendale	25	M Endicott	NY	1:44:49	8:27	
62	Jonathan Devita	25	F Binghamton	NY	1:44:57	8:27	
63	Mike Halloran	56	M Theresa	NY	1:45:16	8:29	
64	Todd Groves	35	M Apalachin	NY	1:45:21	8:29	
65	Scott Breen	44	M Endicott	NY	1:45:38	8:30	
66	Jim Mitchell	50	M Binghamton	NY	1:45:44	8:31	
67	John Dzury	49	M Vestal	NY	1:45:56	8:32	
68	Andrew Norton	21	M Greene	NY	1:46:26	8:34	
69	Shelly Otero	41	F Binghamton	NY	1:46:35	8:35	
70	Paul Moore	52	M Johnson City	NY	1:46:57	8:37	
71	Jenn Homa	33	F Hightstown	NJ	1:47:07	8:38	
72	John Riese	56	M Central Square	NY	1:47:36	8:40	
73	Chuck Stephens	60	M Maine	NY	1:47:45	8:41	
74	Paul E. McMahon	66	M Binghamton	NY	1:48:48	8:46	
75	Linda Harding	50	F Vestal	NY	1:49:02	8:47	
76	Everett Vail	53	M Binghamton	NY	1:49:11	8:48	
77	Bach Nguyen	17	M Vestal	NY	1:49:20	8:48	
78	Richard Nichols	30	M Vestal	NY	1:49:47	8:50	
79	Brian Walsh	46	M Vestal	NY	1:50:34	8:54	
80	Kelly Ford	41	F Binghamton	NY	1:51:16	8:58	
81	Ryan Magill	42	M Binghamton	NY	1:51:23	8:58	
82	Dave Talcott	55	M Owego	NY	1:51:39	8:59	
83	Nancy Werthmuller	64	F Scott Township	PA	1:51:59	9:01	

84 Lynn Hinman	36 F Columbia X Rds	PA 1:52:03	9:01
85 Rachel Parsons	38 F Greene	NY 1:52:10	9:02
86 Joyce Zenel	45 F Binghamton	NY 1:52:15	9:02
87 Erin Talcott	37 F Owego	NY 1:52:52	9:05
88 Grant Briggs	47 M Windsor	NY 1:53:09	9:07
89 Andy Lisick	40 M Johnson City	NY 1:53:09	9:07
90 Julie Perlick	53 F Brackney	PA 1:53:17	9:07
91 Fred Trost	31 M Endicott	NY 1:53:19	9:08
92 Ron Knapick	54 M Endwell	NY 1:53:30	9:08
93 William Ciaranino	51 M Endicott	NY 1:54:45	9:14
94 Jen Fancher	35 F Montrose	PA 1:55:04	9:16
95 Paul Heiland	55 M Endicott	NY 1:56:11	9:21
96 Todd Kopalek	44 M Apalachin	NY 1:56:20	9:22
97 John Clark	32 M Binghamton	NY 1:56:46	9:24
98 Martin Likewise	29 M Johnson City	NY 1:56:48	9:24
99 Don Slogar	53 M Vestal	NY 1:57:02	9:26
100 Lea Randesi	34 F Endicott	NY 1:57:06	9:26
101 Joe Betzenhauser	60 M Endwell	NY 1:57:08	9:26
102 Kathleen Lantry	53 F Whitney Point	NY 1:57:31	9:28
103 Diana Bean	56 F Brackney	PA 1:57:36	9:28
104 Trisha Chambers	28 F Vestal	NY 1:57:55	9:30
105 Kevin Pasterchik	57 M Binghamton	NY 1:58:15	9:31
106 Kevin Nelson	50 M Alexandria	VA 1:58:25	9:32
107 Anne Seepersaud	38 F Binghamton	NY 1:58:25	9:32
108 Kathleen Rifkin	51 F Middletown	NY 1:58:34	9:33
109 Steven Ferrante	51 M Vestal	NY 1:58:55	9:35
110 Brian Craig	42 M Manassas	VA 1:59:07	9:36
111 Ron Dellapenta	49 M Endicott	NY 1:59:14	9:36
112 Dawn Devita	51 F Binghamton	NY 2:00:06	9:40
113 Rita Fluharty	42 F Binghamton	NY 2:00:44	9:43
114 Susan Schultz	53 F Apalachin	NY 2:03:06	9:55
115 Harland Bigelow	68 M Lisle	NY 2:03:50	9:58
116 Mindy Leahey	41 F Endwell	NY 2:04:38	10:02
117 Vani Leahey	44 F Binghamton	NY 2:04:38	10:02
118 Teal Yajko	40 F Binghamton	NY 2:05:46	10:08
119 Sarah Winter	27 F Binghamton	NY 2:05:47	10:08
120 Thad DeMulder	49 M Vestal	NY 2:06:43	10:12
121 Corrine Young	34 F Endicott	NY 2:07:00	10:14
122 Jennifer Woltjen	57 F Endicott	NY 2:07:11	10:14
123 Kirsten Reynolds	43 F Conklin	NY 2:07:58	10:18
124 Mike Terwilliger	60 M Brooktondale	NY 2:08:27	10:21
125 Mary Lake	58 F Chenango Bridge	NY 2:08:38	10:22 X
126 Andrew Lake	59 M Chenango Bridge	NY 2:08:40	10:22 X
127 Tyler Dingman	16 M Vestal	NY 2:09:48	10:27
128 Barbara Ann Morrissey	67 F Owego	NY 2:09:52	10:27
129 Vincent Colombo	62 M Deposit	NY 2:10:58	10:33
130 Will Styles	30 M Binghamton	NY 2:16:09	10:58 X
131 Sara Boucher	31 F Binghamton	NY 2:16:09	10:58 X
132 Lawrence Lepak	65 M Endicott	NY 2:17:23	11:04
133 Fred Bostrom	77 M Brackney	PA 2:22:06	11:27 X
134 Diane Golden	37 F Endicott	NY 2:22:25	11:28 X
135 Laura Hodel	35 F Endwell	NY 2:24:05	11:36 X
136 Alyssa Leonard	30 F Friendsville	PA 2:26:02	11:45 X
137 Anne McGuigan	53 F Conklin	NY 2:29:19	12:01 X
138 Ann O'Neil	58 F Conklin	NY 2:29:19	12:01 X
139 Nicki Conroy	53 F Endicott	NY 4:15:30	20:34 X
140 Ron Slocum	71 M Windsor	NY 4:15:31	20:34 X

Record 1:03:17 by Tom Carter in 1981