

# Thirty-Seventh Annual Vestal XX 20 Kilometer Road Race June 16, 2007

**Note:** Complete, searchable results of this year's race and ALL previous races are available from [Active.com](#).

Congratulations to overall male winner, Patrick Murphy, and the overall female winner, Shelby Perkins. Congratulations also to the high school boys winner, Jeff Martinez, and the high school girls winner, Kelly Billingere. Jeff finished in 1:20:07 and was fifth overall.

These accomplishments are certainly special, but none could happen without the efforts of all the volunteers who make the running of the Vestal XX possible each year.

The start and finish of the race were altered this year due to the construction of the new Vestal High School Stadium. They were moved to the old High School on Main Street. The best thing about this new venue was the huge tree under which registration was done as well as refreshments after the race.

Fred Bostrom, Race Director.

## Award List

### Tom Carter High School Awards

5	Jeff Martinez	15	M	Binghamton	NY	1:20:07	6:27	709
57	Kelly Billingere	18	F	Binghamton	NY	1:39:25	8:00	636

## Open Awards

### AWARD LIST

THIRTY-SIXTH ANNUAL VESTAL XX

TWENTY KILOMETER ROAD RACE

Vestal, New York June 17, 2006 8:00 A.M.

#### Overall Male Winners

1	Patrick Murphy	23	M	1:13:28
2	Gary Fancher	46	M	1:17:00
3	Boris Dzikovski	42	M	1:17:54

Record 1:03:17 by Tom Carter in 1981

#### Overall Female Winners

1	Shelby Perkins	22	F	1:26:11
2	Mary Shea	38	F	1:29:12
3	Jennifer Hastings	20	F	1:30:57

Record 1:14:29 by Charlene Lyford in 1999

## Age Graded Awards

\*\*\*\*\*

\* RESULTS GRADED BY AGE AND SEX BASED ON WORLD MASTERS ASSOCIATION TABLES \*

\* This listing is produced by adjusting each finisher's time based on tables \*

\* produced by Alan Jones for the World Masters Athletics organization. These \*

\* will replace the old (1994) tables generated by the World Association of \*

\* Veteran Athletes. \*

\* 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	Tom Powers	57	M	1:24:38	1:10:21	79.56
2	Jeff Martinez	15	M	1:20:07	1:13:53	75.77
3	Eric Maci	45	M	1:21:02	1:14:39	74.97
4	Nancy Werthmuller	56	F	1:44:57	1:23:37	74.51
5	Michael Olson	41	M	1:19:20	1:15:28	74.16
6	Larry Franks	58	M	1:33:01	1:16:36	73.07
7	Gabriel Yankowitz	57	M	1:32:37	1:16:59	72.70
8	Ron Hulslander	50	M	1:27:14	1:17:05	72.60
9	Chungsik Choi	46	M	1:25:21	1:18:00	71.76
10	Paul McMahon	58	M	1:35:04	1:18:18	71.49
11	Mark Brugger	47	M	1:27:08	1:18:58	70.89
12	Mike Sopinski	47	M	1:27:32	1:19:20	70.56
13	Barbara Morrissey	59	F	1:56:00	1:28:37	70.30
14	Ryan Garges	19	M	1:21:55	1:20:05	69.89
15	Greg Derick	35	M	1:20:49	1:20:08	69.85
16	Harland Bigelow	60	M	1:39:59	1:20:51	69.23
17	Jeff Felice	40	M	1:24:31	1:21:03	69.06
18	John Kirby	43	M	1:26:49	1:21:17	68.86
19	Graham Upton	52	M	1:33:36	1:21:19	68.84
20	Kurt Grassmann	56	M	1:37:15	1:21:34	68.62
21	Katie Danner	33	F	1:31:24	1:30:56	68.53
22	Michael Russ	24	M	1:22:08	1:22:08	68.14
23	Bill McGovern	47	M	1:30:53	1:22:22	67.96
24	John Lomasney	49	M	1:32:35	1:22:31	67.83
25	Michael Finch	19	M	1:24:26	1:22:33	67.81
26	Kristin Olson	37	F	1:33:54	1:31:57	67.77
27	Tim Rent	50	M	1:33:47	1:22:53	67.53

## Overall Results

TWENTY KILOMETER ROAD RACE

Triple Cities Runners Club

USATF Certified. Registration No. NY-07043-JG

Vestal, New York June 16, 2007 Weather: Sunny, mid 60s

Place	Name	Age	S	City	St	Club	Time	Pace	PerF
1	Patrick Murphy	23	M	Binghamton	NY	TCRC	1:13:28	5:55	773
2	Gary Fancher	46	M	Windsor	NY		1:17:00	6:12	737
3	Boris Dzikovski	42	M	Ithaca	NY		1:17:54	6:17	729
4	Michael Olson	41	M	Vestal	NY	TCRC	1:19:20	6:24	716
5	Jeff Martinez	15	M	Binghamton	NY		1:20:07	6:27	709
6	Greg Derick	35	M	Endicott	NY	TCRC	1:20:49	6:31	703
7	Eric Maci	45	M	Cortland	NY		1:21:02	6:32	701
8	Ryan Garges	19	M	Warren Cente	PA	Pro Care	1:21:55	6:36	693
9	Michael Russ	24	M	Clarks Summi	PA		1:22:08	6:37	691
10	Michael Finch	19	M	Rome	PA	Pro Care	1:24:26	6:48	672
11	Jeff Felice	40	M	Endicott	NY	TCRC	1:24:31	6:49	672
12	Tom Powers	57	M	Newfield	NY	FLRC	1:24:38	6:49	671
13	Chungsik Choi	46	M	Johnson City	NY	TCRC	1:25:21	6:53	665
14	Shelby Perkins	22	F	Syracuse	NY		1:26:11	6:57	734
15	Paul O'Hara	35	M	Scranton	PA		1:26:41	6:59	655
16	Stephen Gaug	18	M	Vestal	NY	Vestal CC	1:26:45	6:59	655
17	John Kirby	43	M	Scranton	PA	SOAR	1:26:49	7:00	654
18	Mark Brugger	47	M	Endicott	NY		1:27:08	7:01	652
19	Ron Hulslander	50	M	Cortland	NY	TCRC	1:27:14	7:02	651
20	Joseph Gallagher	19	M	Apalachin	NY		1:27:31	7:03	649
21	Mike Sopinski	47	M	Binghamton	NY		1:27:32	7:03	649
22	Stephen Nichols	19	M	Endicott	NY	TCRC	1:29:10	7:11	637
23	Mary Shea	38	F	Binghamton	NY		1:29:12	7:11	709
24	Davis Gates	44	M	Summit	NJ		1:29:31	7:13	634
25	Michael Murphy	33	M	Warren Cente	PA	Pro Care	1:29:52	7:14	632
26	Adrian Robert	37	M	Preble	NY		1:29:56	7:15	631
27	Mike McKenney	33	M	Mechanicsbur	PA		1:30:29	7:17	628
28	Greg Amend	42	M	Endicott	NY	TCRC	1:30:49	7:19	625
29	Bill McGovern	47	M	Marathon	NY	TCRC	1:30:53	7:19	625
30	Jennifer Hastings	20	F	Vestal	NY		1:30:57	7:20	695
31	Joe Hollenbeck	15	M	Port Crane	NY		1:31:03	7:20	624
32	Richard Nichols	22	M	Endicott	NY	TCRC	1:31:23	7:22	621
33	Katie Danner	33	F	Alpine	NY	FLRC	1:31:24	7:22	692
34	George Gerner, III	18	M	Vestal	NY		1:32:18	7:26	615
35	John Lomasney	49	M	Apalachin	NY		1:32:35	7:27	613
36	Gabriel Yankowitz	57	M	Manlius	NY	Syracuse C	1:32:37	7:28	613

37	Larry Franks	58 M	Smyrna	NY Syracuse C	1:33:01	7:30	610
38	Vince Fox	48 M	Vestal	NY TCRC	1:33:08	7:30	610
39	Chuck Hein	48 M	Vestal	NY TCRC	1:33:20	7:31	608
40	Graham Upton	52 M	Binghamton	NY TCRC	1:33:36	7:32	607
41	Tim Rent	50 M	Endwell	NY TCRC	1:33:47	7:33	605
42	Kristin Olson	37 F	Vestal	NY TCRC	1:33:54	7:34	673
43	Paul McMahon	58 M	Binghamton	NY TCRC	1:35:04	7:39	597
44	Lynann Lorenz	27 F	Apalachin	NY	1:35:13	7:40	664
45	Erin Kelly	34 F	Cazenovia	NY Head to To	1:35:30	7:42	662
46	David Ruston	49 M	Binghamton	NY	1:36:07	7:45	591
47	Kurt Grassmann	56 M	Jettingen	GE TSV Hilriz	1:37:15	7:50	584
48	Kevin Nelson	42 M	Silver Sprin	MD MCRR	1:37:22	7:51	583
49	David Antonaitis	46 M	Endicott	NY	1:37:27	7:51	583
50	Jon McDonough	36 M	North Chili	NY Mendon Cyc	1:37:42	7:52	581
51	Tim Greer	49 M	Endicott	NY	1:38:11	7:55	578
52	Yvonne Smith	24 F	Binghamton	NY	1:38:12	7:55	644
53	Richard VanHall	47 M	Owego	NY	1:38:30	7:56	576
54	Larry Bosket	47 M	Apalachin	NY	1:38:41	7:57	575
55	John Murdock	38 M	Vestal	NY	1:39:03	7:59	573
56	Scott Breen	36 M	Endicott	NY	1:39:23	8:00	571
57	Kelly Billingiere	18 F	Binghamton	NY	1:39:25	8:00	636
58	Carl Kobeski	51 M	Factoryville	PA Bobcats	1:39:34	8:01	570
59	Paul Moss	46 M	Johnson City	NY	1:39:45	8:02	569
60	Harland Bigelow	60 M	Lisle	NY TCRC	1:39:59	8:03	568
61	Timothy Foley	52 M	Binghamton	NY	1:40:12	8:04	567
62	Liz Pflignardt	21 F	Tioga Center	NY	1:40:16	8:05	631
63	Christopher Pilotti	44 M	Vestal	NY	1:40:19	8:05	566
64	Paul Heiland	47 M	Endicott	NY	1:40:35	8:06	565
65	John Riese	47 M	Central Squa	NY	1:40:46	8:07	563
66	David Hagstrom	47 M	Lansing	NY	1:41:37	8:11	559
67	Andrew Davis	20 M	vestal	NY	1:41:49	8:12	558
68	Lisa Gallagher	42 F	Vestal	NY	1:41:58	8:13	620
69	Michael Lewis	28 M	Endicott	NY	1:42:02	8:13	556
70	Nick Reynolds	16 M	Binghamton	NY	1:42:12	8:14	556
71	John Monopoli	18 M	Vestal	NY	1:43:11	8:19	550
72	Hal Coghill	46 M	Owego	NY Ithaca Tr	1:43:22	8:20	549
73	Erika Gates	17 F	Vestal	NY	1:43:42	8:21	610
74	Mary Katherine Kulp	14 F	Vestal	NY Vestal HS	1:43:44	8:21	609
75	Russ Hartman	59 M	Johnson City	NY TCRC	1:43:48	8:22	547
76	Kevin Tripp	36 M	Masonville	NY	1:44:23	8:24	544
77	David Losee	36 M	Denver	NY	1:44:24	8:25	544
78	Sarah White	17 F	Vestal	NY	1:44:25	8:25	606
79	Ron Dellapenta	41 M	Endicott	NY	1:44:27	8:25	544
80	Andrew Ciaravino	17 M	Vestal	NY Vestal XC	1:44:42	8:26	542

81	Nancy Werthmuller	56	F	Scranton	PA	1:44:57*	8:27	602
82	Kelly Ford	33	F	Binghamton	NY	1:45:15	8:29	601
83	William Ondrako	54	M	Binghamton	NY TCRC	1:45:34	8:30	538
84	Brian Deskin	45	M	Vestal	NY	1:45:35	8:30	538
85	Megan Whalon	22	F	Vestal	NY	1:46:32	8:35	593
86	Jean Ziolkowski	47	F	Apalachin	NY TCRC	1:46:35	8:35	593
87	Mark Ciaravino	43	M	Vestal	NY	1:47:35	8:40	528
88	Janie Cregan	47	F	Endicott	NY TCRC	1:47:53	8:41	586
89	Sue Priestley	42	F	Binghamton	NY TCRC	1:48:31	8:44	583
90	Josphy Gwizdaloski	54	M	Endwell	NY	1:48:50	8:46	522
91	Lydia Stamato	21	F	Binghamton	NY	1:49:08	8:47	579
92	Ray Brooks	52	M	Johnson City	NY UAC	1:49:16	8:48	520
93	Eileen Mushalla	47	F	Vestal	NY TCRC	1:50:19	8:53	573
94	Lisa Abbott	38	F	Freevillen	NY	1:50:59	8:56	570
95	Kim Winslow	27	F	Johnson City	NY TCRC	1:51:10	8:57	569
96	Susan Cain	39	F	Maine	NY	1:51:26	8:58	567
97	Vicki Becker	47	F	Binghamton	NY	1:51:28	8:59	567
98	James Casselberry	51	M	Elmira	NY	1:52:02	9:01	507
99	Joseph Betzenhauser	52	M	Endicott	NY TCRC	1:52:21	9:03	505
100	Lauren Gates	15	F	Vestal	NY	1:52:39	9:04	561
101	Fred Bostrom	69	M	Brackney	PA TCRC	1:52:47	9:05	503
102	Lisa Mallery	48	F	Vestal	NY Mallery	1:53:13	9:07	558
103	Susan Choi	49	F	Johnson City	NY	1:53:21	9:08	558
104	Alexis Stanley	19	F	vestal	NY	1:54:13	9:12	554
105	Di Mattina Joe	59	M	Endicott	NY	1:54:42	9:14	495
106	Kim Melrose-Harty	47	F	Endicott	NY	1:55:04	9:16	549
107	Kevin Harty	49	M	Endicott	NY	1:55:04	9:16	493
108	Heather Warfle	17	F	Vestal	NY	1:55:53	9:20	546
109	Karen Fennie	47	F	Binghamton	NY TCRC	1:55:58	9:20	545
110	Barbara Morrissey	59	F	Owego	NY TCRC	1:56:00	9:21	545
111	Tim Kamp	42	M	Binghamton	NY	1:57:22	9:27	484
112	Herb Male	54	M	Vestal	NY	1:57:38	9:28	483
113	Kathy Anderson	45	F	Endwell	NY TCRC	1:58:02	9:30	536
114	Bill O'Brien	60	M	Austin	TX	1:58:15	9:31	480
115	Karen Gates	43	F	Vestal	NY	2:00:25	9:42	525
116	Dan Gates	42	M	Vestal	NY	2:00:26	9:42	471
117	Peter Morgan	27	M	Johnson City	NY	2:02:02	9:50	465
118	Paula Williams	53	F	johnson city	NY	2:02:14	9:51	517
119	Holly Parkyn	52	F	Conklin	NY	2:03:08	9:55	513
120	Don Slogar	45	M	Vestal	NY	2:03:52	9:59	458
121	Anne Reichert	45	F	Binghamton	NY TCRC	2:04:06	10:00	509
122	Vince Kelley	50	M	Binghamton	NY Anne & Vin	2:04:07	10:00	457
123	Diana LaBelle	38	F	Binghamton	NY	2:04:20	10:01	509

124	Ronald Burton	55	M	Hallstead	PA	2:07:45	10:17	444
125	Terry Ross	39	M	Binghamton	NY OTB	2:08:02	10:19	443
126	Jennifer Woltjen	49	F	Endwell	NY	2:09:22	10:25	489
127	Brendan Flynn	67	M	Binghamton	NY TCRC	2:09:26	10:25	439
128	Kevin Pasterchik	49	M	Binghamton	NY TCRC	2:09:26	10:25	439
129	Douglas Dziedzic	45	M	Binghamton	NY TCRC	2:11:17	10:34	432
130	Anthony Mazza	61	M	Binghamton	NY BAE System	2:11:57	10:38	430
131	Theresia Golluscio	41	F	Vestal	NY	2:14:06	10:48	471
132	Don Burton	55	M	Frederick	MD	2:15:06	10:53	420
133	Victoria Cabanos	42	F	New York	NY	2:15:45	10:56	466
134	Mark Williams	59	M	johnson city	NY	2:45:05	13:18	344
135	Ron Slocum	63	M	Binghamton	NY	2:45:46	13:21	343

\* Under USATF Age-Group guideline