

2015 Flashlight 5K Lake George - 9/19/2015

Lake George
Rankings

Event 1 Mixed 99 & Under 5k Run RR

Name	Age Team	Avg Mile	Finals	Points
Overall Results Women 5000 Run				
1 Keely, Susan	W50 Glens Falls, NY	7:42.8	23:57.68	
Overall Results Men 5000 Run				
1 Warner, Stephen	M23 Una	6:17.0	19:31.06	
10 & Under Results - Women 5000 Run				
1 Russell, Grace	W9 Una	11:24.3	35:25.91	
2 Crossman, Hazel	W10 Una	11:42.1	36:21.25	
3 Rath, Mia	W9 Una	11:45.6	36:32.18	
4 Giumarra, Sadie	W10 Una	12:11.8	37:53.55	
5 Swan-Scott, Rowan	W10 Una	12:12.0	37:54.14	
6 Harrington, Cara	W8 Una	12:12.1	37:54.31	
7 Moynihan, Nora	W9 glens falls, NY	12:12.2	37:54.79	
8 Lunt, C.J.	W9 Queensbury, NY	12:12.3	37:55.14	
9 Sylofski, Maegan	W5 Gansevoort, NY	12:12.6	37:55.89	
10 Lindheimer, Tessa	W7 Una	13:03.8	40:35.07	
11 Cook, Madeline	W8 Pennington, NJ	14:21.9	44:37.61	
12 Deitz, Makenna	W9 Ravena, NY	14:52.9	46:13.94	
13 Cook, Elyse	W5 Pennington, NJ	14:53.5	46:15.70	
14 Simpson, Emma	W8 Laurel, MD	16:49.5	52:16.21	
11-14 Results - Women 5000 Run				
1 Geczy, Meghan	W13 Queensbury, NY	8:14.5	25:36.12	
2 Skiba, Gabrielle	W13 Una	8:31.2	26:28.25	
3 D'Aloia, Nevaeh	W11 Una	8:47.9	27:19.83	
4 Lindheimer, Alyssa	W13 Una	9:19.8	28:59.17	
5 Bowie, Savannah	W14 Una	9:29.6	29:29.64	
6 Walter, Maddison	W12 UNA	9:46.9	30:23.43	
7 Skiba, Julia	W11 Una	10:13.7	31:46.48	
8 Lindheimer, Ella	W11 Una	10:17.3	31:57.88	
9 Brodt, Reilley	W11 Una	10:53.3	33:49.59	
10 Lunt, Emily	W12 Queensbury, NY	10:56.1	33:58.29	
11 Harrington, Cailin	W13 Glens Falls, NY	10:59.8	34:09.77	
12 Thalheimer, Chloe	W12 Fort Plain, NY	12:04.4	37:30.34	
13 Giumarra, Natalie	W13 Una	12:11.3	37:51.97	
14 Swan Scott, Willow	W14 Una	12:11.7	37:53.03	
15 Adeson, Elliana	W13 Queensbury, NY	12:11.7	37:53.23	
16 Koudelka, Emily	W12 Una	12:11.9	37:53.71	
17 Aubrey, Anna	W11 Argyle, NY	14:01.1	43:32.97	
15-19 Results - Women 5000 Run				
1 Phelps, Melissa	W16 Una	8:09.1	25:19.35	
2 LaBelle, Emily	W15 Hudson Falls, NY	8:30.9	26:27.22	
3 Bessette, Brianna	W16 Cohoes, NY	8:43.0	27:04.70	
4 Aubrey, Autumn	W15 Argyle, NY	9:20.2	29:00.49	
5 Murphy, Aubrey	W15 Una	9:29.6	29:29.46	
6 Huges, Rebecca	W19 Una	9:42.7	30:10.21	
7 Chang, Jade	W19 Ballston Spa, NY	10:31.0	32:40.33	
8 Naves, Lilly	W15 Una	11:05.9	34:28.78	
9 Fleming, Marisa	W19 Salem, NY	12:12.4	37:55.32	
10 Chang, Mei-Ling	W18 Ballston Spa, NY	12:45.2	39:37.10	
20-29 Results - Women 5000 Run				
1 May, Alyssa	W26 Una	7:46.4	24:08.97	
2 Orozco, Ana	W27 Una	8:37.2	26:46.84	
3 Liebers, Britalena	W28 Glenville, NY	8:57.8	27:50.77	
4 Cambell, Alex	W20 Una	10:13.5	31:45.84	

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5	Tabor, Andrea	W25 fort ann, NY	10:28.7	32:33.27
6	DeLeo, Lena	W28 Beacon, NY	10:31.3	32:41.12
7	Graham, Julie	W25 Beacon, NY	10:31.3	32:41.36
8	Mastrianni, Christina	W29 Lake Luzerne, NY	10:34.2	32:50.12
9	DeLeo, Lara	W24 Balmville, NY	10:53.1	33:49.00
10	Grace, Heather	W29 UNA	11:06.8	34:31.54
11	Siegler, Brittany	W25 Ballsron Spa, NY	11:24.9	35:27.63
12	Cook, Caitlin	W25 Una	11:40.4	36:15.93
13	Towne, Amanda	W27 Milldale, CT	12:04.1	37:29.49
14	Matuszak, Emily	W22 Albany, NY	12:46.6	39:41.51
15	Mann, Samantha	W29 Una	12:50.3	39:53.03
16	Steele, Katie	W23 Queensbury, NY	14:11.4	44:04.91

30-39 Results - Women 5000 Run

1	Frasier, Sarah	W35 Una	8:27.5	26:16.70
2	LeMay, Krista	W35 Glens Falls, NY	8:47.4	27:18.56
3	Nowc, Moira	W34 Waterford, NY	8:57.9	27:51.06
4	Pomainville, Julie	W38 Fort Ann, NY	9:11.9	28:34.57
5	Thaler, Jess	W33 Schenectady, NY	9:46.1	30:20.72
6	Walter, Allison	W39 UNA	10:09.9	31:34.81
7	Pleat, Tara	W38 Clifton Park, NY	11:26.1	35:31.44
8	Clark, Monica	W36 Edmeston, NY	11:31.6	35:48.70
9	Moss, Kimberly	W33 Queensbury, NY	11:56.3	37:05.40
10	Warner, April	W31 Granville, NY	12:00.8	37:19.15
11	Thalheimer, Amy	W39 Fort Plain, NY	12:05.3	37:33.30
12	Pelton, Maria	W38 Una	12:05.5	37:34.00
13	Henel, Kristine	W32 Queensbury, NY	13:24.9	41:40.62
14	Bogue, Julie	W38 Waterford, CT	14:21.7	44:37.10
15	Cook, Kerri	W36 Pennington, NJ	14:53.6	46:16.01

40-49 Results - Women 5000 Run

1	LaBombard, Jane	W42 Una	8:14.1	25:35.11
2	Lamere, Erica	W42 fort Edward, NY	8:30.5	26:25.79
3	French, Rose	W47 Moriah, NY	8:42.1	27:01.86
4	Olmstead, Kristin	W43 Hudson Falls, NY	8:42.5	27:03.08
5	Monroe, Tammy	W44 Una	9:33.6	29:42.12
6	Goertzen, Danielle	W41 Queensbury, NY	9:51.3	30:36.88
7	Skiba, Karen	W44 Una	10:20.2	32:06.65
8	Murray, Tina	W42 Queensbury, NY	10:34.3	32:50.40
9	DeCianni-Brown, Anita	W49 Green Island, NY	10:44.4	33:21.92
10	Sherman, Suzanne	W46 Broadalbin, NY	10:45.6	33:25.80
11	Schreiber, Barbara	W49 Laurel, MD	11:08.7	34:37.47
12	Watkins, Kerry	W41 Corinth, NY	11:24.6	35:26.93
13	Eckert, Caprice	W46 Edmeston, NY	11:31.7	35:48.96
14	Crisino, Melanie	W41 Una	11:45.7	36:32.41
15	Pruiksmas, Susan	W48 Greenwich, NY	11:54.0	36:58.13
16	Bishop, Maureen	W48 Granville, NY	11:57.7	37:09.52
17	Bishop, Julie	W47 Hudson Falls, NY	11:59.9	37:16.48
18	Aubrey, Amy	W44 Argyle, NY	12:05.4	37:33.50
19	Geczy, Colleen	W45 Queensbury, NY	12:11.6	37:52.74
20	Moynihan, Melissa	W45 glens falls, NY	12:12.2	37:54.61
21	Harrington, Erin	W44 Una	12:12.5	37:55.68
22	Clarke, Suzanne	W48 Una	12:18.5	38:14.14
23	Aleva, Michelle	W40 Glens Falls, NY	12:59.7	40:22.35
24	Lindheimer, Tara	W41 Una	13:04.8	40:38.21
25	Chambers, Marybeth	W47 Glens Falls, NY	13:23.1	41:34.95
26	Pidgeon, Stephanie	W45 Glens falls, NY	13:25.2	41:41.51

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27	Wishart, Brenda	W43 Una	14:00.7	43:31.78
28	Sylofski, Dawn	W41 Gansevoort, NY	14:24.4	44:45.41
50-59 Results - Women 5000 Run				
1	Warner, Susan	W55 Una	9:38.0	29:55.56
2	Motler, Susan	W53 Una	9:47.6	30:25.39
3	DeMayo, Donna	W55 Una	11:13.6	34:52.77
4	Henderson, Jacqueline	W50 Ft. Edward, NY	11:17.0	35:03.26
5	Lind, JoAnne	W50 Basye, VA	11:56.9	37:07.33
6	Saville, Carol	W54 Una	12:12.9	37:56.91
7	MacQuinn, Cindy	W56 Salem, NY	12:30.2	38:50.53
8	Wishart, Donna	W59 Una	14:00.4	43:30.85
60-69 Results - Women 5000 Run				
1	Hazelton, Carol	W60 Una	9:47.5	30:25.17
10 & Under Results - Men 5000 Run				
1	Harrington, Aidan	M10 Glens Falls, NY	9:28.8	29:26.96
2	Walter, Jack	M10 Una	9:46.9	30:23.26
3	Crossman, Finley	M8 Una	10:09.0	31:31.93
4	Rath, Carson	M10 Una	10:13.8	31:46.78
5	Okeeffe, Grant	M6 Queensbury, NY	11:41.0	36:17.92
6	Music, Michael	M7 Una	11:51.2	36:49.50
7	Porter, Cameron	M7 Una	11:53.4	36:56.22
8	Clarke, Sawyer	M8 Una	12:16.9	38:09.25
9	Aleva, Alec	M9 Glens Falls, NY	12:50.4	39:53.33
10	Chambers, Brett	M7 Glens Falls, NY	13:21.4	41:29.62
11	Cook, Joey	M Pennington, NJ	14:23.3	44:41.88
11-14 Results - Men 5000 Run				
1	Lane, Matthew	M12 Una	6:54.0	21:25.99
2	Rath, Jack	M12 Una	7:23.9	22:58.99
3	Russell, Patrick	M11 Una	10:53.4	33:49.77
4	Brown, Zachary	M14 Una	12:10.7	37:50.20
5	Brown, Nick	M12 Una	12:11.4	37:52.20
6	Caimano, Ross	M12 Una	12:11.5	37:52.49
7	Walton, David	M11 Queensbury, NY	12:12.6	37:56.08
8	Wishart, Brandon	M11 Una	14:00.6	43:31.46
15-19 Results - Men 5000 Run				
1	Hallstead, Justin	M19 Mechanicville, NY	7:56.8	24:41.35
20-29 Results - Men 5000 Run				
1	Murphy, Samuel	M27 Una	7:36.2	23:37.34
2	Sheerer, Andrew	M24 queensbury, NY	7:36.3	23:37.66
3	Pabis, Christopher	M29 Una	8:12.3	25:29.31
4	Dillenberger, Alex	M29 queensbury, NY	8:23.0	26:02.47
5	Simpson, Quinn	M22 Laurel, MD	8:44.3	27:08.74
6	Dunlap, Breydi	M22 Una	8:52.6	27:34.58
7	Kramer, Ryan	M22 Una	8:52.7	27:34.86
8	De Leo, Dante	M26 Newburgh, NY	9:22.1	29:06.24
9	Szevin, John	M27 New Paltz, NY	9:22.2	29:06.51
10	Girard, Camden	M21 Una	10:13.6	31:46.09
11	Wright, Caleb	M24 New Paltz, NY	10:53.0	33:48.68
12	Conover, Jon	M22 Scotia, NY	12:48.3	39:46.86
13	Perry, Paige	M23 Hadley, NY	14:10.9	44:03.39
30-39 Results - Men 5000 Run				
1	Bott, Eric	M33 Una	6:26.6	20:01.11
2	LeMay, Joel	M35 Glens Falls, NY	8:19.3	25:51.10
3	Geist, George	M30 Una	8:30.1	26:24.54
4	Barrows, Joe	M35 Glens Falls, NY	9:46.2	30:21.25

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5	Okeeffe, Patrick	M39	Queensbury, NY	11:41.3	36:18.68
6	Moss, David	M36	Queensbury, NY	11:56.5	37:06.03
7	Henel, Alexander	M32	Queensbury, NY	13:25.1	41:41.07
8	Cook, Geoff	M37	Pennington, NJ	14:23.3	44:42.16
40-49 Results - Men 5000 Run					
1	Besette, Ron	M49	Cohoes, NY	7:27.9	23:11.58
2	Pruiksmas, Paul	M48	Greenwich, NY	7:56.9	24:41.63
3	Lindheimer, William	M41	Una	8:06.4	25:11.09
4	Iamere, Cleve	M45	Fort Edward, NY	8:29.3	26:22.16
5	Skiba, Michael	M44	Una	8:31.8	26:29.96
6	Antonak, William	M44	Una	8:55.1	27:42.31
7	Sauter, Michael	M44	Latham, NY	10:16.7	31:55.76
8	Goertzen, Brad	M40	Queensbury, NY	10:32.6	32:45.22
9	Graue, Eric	M42	Troy, NY	11:24.8	35:27.44
10	Sylofski, Mike	M42	Gansevoort, NY	12:12.7	37:56.32
11	Moynihan, David	M47	Glens Falls, NY	12:13.0	37:57.10
12	Wishart, Alan	M43	Una	13:30.6	41:58.25
13	Aubrey, Kenneth	M46	Argyle, NY	14:01.6	43:34.49
14	Simpson, Robert	M49	Laurel, MD	16:49.5	52:16.21
50-59 Results - Men 5000 Run					
1	May, Kevin	M55	Una	7:44.8	24:03.90
2	Lane, Thomas	M53	Una	7:55.4	24:36.80
3	Bishop, Walter	M52	Granville, NY	8:55.4	27:43.29
4	Johnson, Gregg	M59	Una	10:20.4	32:07.22
5	Chambers, David	M50	Glens Falls, NY	13:21.4	41:29.82
6	Bishop, Marty	M51	Hudson Falls, NY	15:23.2	47:48.08
60-69 Results - Men 5000 Run					
1	Schachner, Mark	M60	Lake George, NY	8:01.0	24:54.40
2	Liotta, Joseph	M65	Una	9:02.5	28:05.49
70-99 Results - Men 5000 Run					
1	Elder, William	M71	Gansevoort, NY	12:12.8	37:56.73