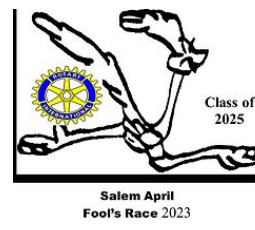


# 42ND SALEM APRIL FOOLS RACES



SALEM HIGH SCHOOL  
SALEM ROTARY EXCHANGE

5K RUN  
RESULTS  
04/01/2023

PLC	BIB	OA PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND	PACE
<b>OVERALL FEMALE 5K</b>								
1	180	18	OF	KELLY, SWEET	15 CAMBRIDGE NY	:27:27.4	: 0.0	4:25
<b>OVERALL MALE 5K</b>								
1	142	1	OM	SHELDON, ETHAN	16 SALEM NY	:19:51.1	: 0.0	6:24
<b>FEMALE 1-14</b>								
1	191	22	F14	COSH, MALLORY	12 QUEENSBURY NY	:27:55.3	: 0.0	4:30
2	127	24	F14	BETHEL, BRYNN	12 SALEM NY	:28:50.4	:55.1	4:39
3	201	59	F14	BATES, RUTH	9 SALEM NY	:49:33.0	21:37.7	7:59
<b>MALE 1-14</b>								
1	158	5	M14	BORCHARDT, KAZUKI	14 SALEM NY	:24:18.0	: 0.0	3:55
2	173	9	M14	HICKLAND, SIMON	10 SALEM NY	:25:15.7	:57.7	4:04
3	224	17	M14	ARMSTRONG, SAWYER	14	:27:18.5	3:00.5	4:24
4	175	19	M14	SNYDER, LUKE	11 SALEM NY	:27:32.2	3:14.2	4:26
5	250	38	M14	PHILLIPS, JOSH	13	:32:27.4	8:09.4	5:14
6	208	40	M14	BURKETT, JAEDYN	13 GLENS FALLS NY	:32:52.3	8:34.3	5:18
7	222	55	M14	HOLMES, OLIVER	7 SALEM NY	:47:49.9	23:31.9	7:42
<b>FEMALE 15-18</b>								
1	246	35	F18	STEELE, MARGUERITE	15	:30:04.9	: 0.0	4:51
<b>MALE 15-18</b>								
1	174	3	M18	HICKLAND, ETHAN	16 SALEM NY	:20:25.9	: 0.0	3:17
2	211	16	M18	II, SOCRATES FRONHOFER	16 SALEM NY	:27:17.3	6:51.4	4:24
<b>FEMALE 25-29</b>								
1	122	42	F29	KLOBNOCK, ROSEANN	29 WELLS VT	:33:59.4	: 0.0	5:28
<b>MAL E 30-34</b>								
1	123	30	M34	CENATE, JOE	30 WELLS VT	:29:40.6	: 0.0	4:47
<b>FEMALE 35-39</b>								
1	249	31	F39	MCEACHRUN, TERRA	37	:29:45.2	: 0.0	4:47
2	120	46	F39	MONICA, MIRANDA	39 SLINGERLANDS NY	:37:18.8	7:33.6	6:01
3	119	47	F39	MONICA, MEGAN	37 MORRISONVILLE NY	:37:32.4	7:47.2	6:03
<b>MALE 35-39</b>								
1	203	10	M39	SHERWIN, TJ	36 ALBANY NY	:25:19.9	: 0.0	4:05
2	248	11	M39	RISHELL, SCOTT	39	:26:09.2	:49.3	4:13
3	135	15	M39	MATTESON, RUSSELL	40 FORT EDWARD NY	:26:54.6	1:34.7	4:20
4	150	19	M39	GARVEY, SCOTT	37 GANSEVOORT NY	:27:32.2	2:12.3	4:26
5	178	21	M39	SNYDER, DAN	39 SALEM NY	:27:33.4	2:13.5	4:26
<b>FEMALE 40-44</b>								
1	192	23	F44	COSH, GWYNNE	40 QUEENSBURY NY	:27:57.6	: 0.0	9:01
2	128	25	F44	BETHEL, MEGHAN	44 QUEENSBURY NY	:28:51.7	:54.1	9:18



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<b>FEMALE 40-44</b>								
3	233	28	F44	DONALDSON, ELIZABETH	44	:29:15.6	1:18.0	9:26
4	102	39	F44	COCHEO, TARYN	43 MANCHESTER CENTER	:32:44.7	4:47.1	10:33
5	103	41	F44	KOVAC, JENNIFER	43 MANCHESTR CTR VT	:33:15.2	5:17.6	10:43
6	110	49	F44	WHITE, CYNTHIA	41 CAMBRIDGE NY	:37:58.3	10:00.7	12:14
7	124	52	F44	WRIGHT, JENNIFER	41 GREENWICH NY	:39:53.7	11:56.1	12:52
<b>MALE 40-44</b>								
1	138	2	M44	PAUQUETTE, LOU	42 CAMBRIDGE NY	:20:16.6	: 0.0	3:16
2	167	7	M44	OSWALD, CHARLIE	44 SALEM NY	:24:44.6	4:28.0	3:59
3	221	57	M44	HOLMES, RANDY	41	:48:25.8	28:09.2	7:48
<b>FEMALE 45-49</b>								
1	200	48	F49	BATES, MARSHA	48 SALEM NY	:37:34.1	: 0.0	6:03
2	121	58	F49	MCNEIL, AMY	48 MANCHESTR CTR VT	:49:09.7	11:35.6	7:55
<b>FEMALE 50-54</b>								
1	181	37	F54	SWEET, HEATHER	51 CAMBRIDGE NY	:31:54.4	: 0.0	5:08
<b>MALE 50-54</b>								
1	149	13	M54	LOHRET, MATTHEW	54 GREENWICH NY	:26:47.1	: 0.0	4:19
2	159	26	M54	GREENE, KEVIN	54 GREENWICH NY	:28:56.1	2:09.0	4:40
3	145	45	M54	MICZEK, MATTHEW	51 SARATOGA SPRINGS N	:36:52.0	10:04.9	5:56
<b>FEMALE 55-59</b>								
1	109	50	F59	MEAGHER, MARY	58 SALEM NY	:38:16.0	: 0.0	6:10
<b>MALE 55-59</b>								
1	225	4	M59	THRASHER, JOHN	56	:21:55.6	: 0.0	3:32
2	202	12	M59	LANGVIN, MIKE	58 ALBANY NY	:26:39.6	4:44.0	4:18
3	243	27	M59	FLYNN, KEVIN	49	:29:00.8	7:05.2	4:40
4	212	44	M59	FRONHOFER, SOCRATES	59 SALEM NY	:36:36.2	14:40.6	5:54
<b>FEMALE 60-64</b>								
1	116	53	F64	HENSON, KATHRYN	63 E GREENBUSH NY	:40:46.2	: 0.0	6:34
<b>MALE 60-64</b>								
1	155	6	M64	FLINT, JIM	64 WEST RUTLAND VT	:24:30.1	: 0.0	3:57
2	106	8	M64	PROULX, DONALD	61 SARATOGA SPGS NY	:25:14.2	:44.1	4:04
3	134	14	M64	STEVENS, PAUL	62 SARATOGA SPGS NY	:26:53.1	2:23.0	4:20
4	184	29	M64	SILVERBERG, STEVEN	64 SCHENECTADY NY	:29:39.4	5:09.3	4:47
5	152	32	M64	GIGLIO, JIM	60 ALBANY NY	:29:49.6	5:19.5	4:48
6	245	33	M64	BROMM, MICHAEL	63	:29:54.8	5:24.7	4:49
<b>FEMALE 65-69</b>								
1	143	51	F69	MEHAN, JILL	68 TROY NY	:38:55.0	: 0.0	6:16
<b>MALE 65-69</b>								



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<b>MALE 65-69</b>								
1	144	34	M69	VNUK, STEVE	67 DELMAR NY	:29:57.8	: 0.0	4:49
2	185	54	M69	SCHACHNER, MARK	65 LAKE GEORGE NY	:42:59.7	13:01.9	6:56
<b>MALE 70-79</b>								
1	179	36	M70	BELLANCA, JAY	70 SALEM NY	:30:39.5	: 0.0	4:56
2	187	43	M70	ROODS, CRAIG	73 GREENWICH NY	:34:37.3	3:57.8	5:35
3	247	56	M70	PAQUIN, ERNIE	76	:48:02.1	17:22.6	7:44
<b>MALE 80+</b>								
1	186	60	M80	LEE, RAYMOND	81 HALFMOON NY	:57:22.6	: 0.0	9:15

60 COMPETITORS

