

Wadas and Yelen pick up wins Sunday morning

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ROBERT MINER For The Times Leader



WILKES-BARRE — Chris Wadas and Sherri Yelen — with Berwick on their minds — ran to victories in the Benjamin August Memorial 3 Mile Run on Sunday.

Wadas, 31, of Courtdale, blitzed the flat and fast course that runs through South Wilkes-Barre in 15 minutes and one second. He outraced second-place finisher, Bornfase Nyandusi Omurwa, the 30-year-old Kenyan native who now lives in Kingston, by 1:25 seconds.

“I went out too fast over the first mile,” said Wadas, who was probably explaining about not finishing the race in under 15 minutes. “I finished the first mile in 4:51. So I had to adjust. I ran over the second mile in 5:06 and the third in 5:03. It’s always tough running for a great time when no one is pushing you.”

Wadas, 31, of Courtdale, who is the head track and cross country coach at Misericordia University, has the (9 mile) Run for the Diamonds — the famous Thanksgiving Day race in Berwick — on his mind.

“I really started training hard for Berwick two weeks ago,” said Wadas, who normally runs 10 miles a day. “I’m in good shape right now. And I like my chances in Berwick.”

Yelen, who won top female honors with a seventh-place overall finish in 20:23, also has good feelings about Berwick..

“I was shooting for a sub-20 finish here today,” said Yelen, 41, of Kingston. “But I didn’t quite pull that off. I was cold and felt tight on the way out with the wind blowing in my face. I felt a lot better and loose on the way back after the sun warmed things up a bit. But I was happy with my performance. And I feel confident about Berwick.”

Notes: Omurwa finished the Steamtown Marathon a week ago in 2 hours and 50 minutes, even after suffering a strained calf which really began bothering him at mile 17. His finishing time qualified him for the [Boston Marathon](#). Like Wadas and Yelen, Omurwa hopes to run in Berwick.

Yelen, running in her first marathon, qualified for Boston as well, finishing Steamtown in 3 hours and 40 minutes.

The Benjamin August Memorial is organized by the Jewish Community Alliance of Northeastern Pennsylvania’s Physical Education Department and sponsored by Sandy and Arnold Rifkin in memory of Sandy’s father, Benjamin August.

Jewish Community Center of Wyoming Valley’s Benjamin August 3 Mile Run results

Top 10

1. Chris Wadas, 31, Kingston, 15:01
2. Bornfase Nyandusi Omurwa, 30, Kingston, 16:26
3. Dan Rosa, 43, Hughestown, 18:54
4. George Dunbar, 50, Old Forge, 20:06
5. Dave Giunta, 60, W. Wyoming, 20:15
6. Mike Palermo, 52, Drums, 20:20
7. Sherri Yelen, 41, Kingston, 20:23
8. Jeff Baran, 53, Wilkes-Barre, 20:39
9. Jim Kelly, 39, Harding, 20:49
10. Ron Rawls, 64, Mountain Top, 21:42

Male award winners: Overall: Wadas. Age group winners: 14 & under: 1. Joe Schwartz, Kingston, 33:41. 15-19: none. 20-29: none. 30-34: 1. Bornfase Nyandusi Omurwa, Kingston, 16:26; 2. Mike Stefanik, Exeter, 22:02. 35-39: 1. Jim Kelly, Harding, 20:49; 2. Jamie McGlynn, Kingston, na. Masters division: 40-44: 1. Dan Rosa, Hughestown, 18:54; 2. Shawn Fassett, Dallas, 22:12. 45-49: none. 50-54: 1. George Dunbar, Old Forge, 20:06; 2. Mike Palermo, Drums, 20:20. 60-69: 1. Dave Giunta, W. Wyoming, 20:15; 2. Ron Rawls, Mountain Top, 21:42. 70 & over: 1. George Cosmetis, Dalton, 23:23.

Top 3 females

1. Sherri Yelen, 41, Kingston, 20:23
2. Heather McAndrew, 26, Pittston, 23:14
3. Kim Sweeney, 33, Nanticoke, 24:29

Female award winners: Overall: Yelen. Age group winners: 14 & under: Lauren Kelly, Harding, 37:25. 15-19: 1. Brittany Sugalski, Nanticoke, 24:49. 20-29: 1. Heather McAndrew, [Pittston](#), 20:14; 2. Tiffany Zo Hewitz, Nanticoke, 24:29. 30-34: 1. Kim Sweeney, [Nanticoke](#), 24:29. Masters division: 40-44: none. 45-49: none. 50-59: 1. Libby Moran, Harveys Lake, 27:02. 60-69: Bev Tomasak, Edwardsville, 24:48. 70 & over: none.

Official starter and finishing judge: Vince P. Wojnar. Timing: Vince A. Wojnar. Results: [Insta Results](#). [Racedirector](#): Bill Buzza.

5K Walk results

Top 3 finishers

1. John Wills, 73, Mountain Top, 33:59
2. David Giuliarelli, 58, Ashley, 35:06
3. Jim Hill, 68, Hunlock Creek, 41:08

Field: 60 (50-run, 10-walk)

This report posted at NEPARunner.com. No online link was available or can be found.