

SAT APR 23, 2022

SHICKSHINNY, PA, Susquehanna Warrior Trail

'Celebrate Trails Day' Distance Medley

Gareth Henderson, Race Director

Benefit- Northwest Area Cross Country runners-Running Ranger program, a four-week Summer camp

Distance Medley Results			
5K			
	Name	Division	Time
1	Bryan Herbst	M-40	19:59
2	Nick Sommons	M-29	20:02
3	Caleb Clink	M-14	22:34
4	Amy Johnston	F-33	23:34
5	David Abbey	M-14	24:12
6	Brenda Logan	F-55	24:34
7	Debbie Lennox	F-46	25:01
8	Wyatt Orlowski	M-12	25:17
9	Bodie Logsdon	M-13	25:19
10	Paul Eckrote	M-N/A	25:35
11	Charlotte Torres	F-13	27:00
12	Robert Abbey	M-42	27:08
13	Erica Parriot	F-29	27:41
14	Kayla Gronkowski	F-25	27:43
15	Rick Hueholt	M-70	27:44
16	Virginia Bonomo	F-53	28:12
17	Megan Crane	F-33	28:12
18	Beth Kline	F-56	28:13
19	Emily Voyton	F-13	29:55
20	Ron Rawls	M-N/A	30:23
21	Donna Ornosky	F-60	31:18
22	Tiffany Baran	F-41	31:23
23	Ronald Ruda	M-67	31:38
24	Julie Heintzleman	F-42	31:39
25	Steve Kazmierski	M-53	31:42
26	Kathy Eckrote	F-68	32:09
27	Rick Staron	M-54	32:14
28	Sandy Shaffer	F-56	32:35
29	Sarah Donahue	F-39	32:36
30	David Yaple	M-55	34:39
31	N/A	N/A	35:10
32	Jaclyn Michael	F-37	36:13
33	Stephen Baran	M-12	42:18
34	Stefano Tomasacci	F-63	54:11
35	Lona Tomasacci	F-64	54:12
36	Helen Learn	F-62	1:01:44
37	Eugene Learn	M-70	1:02:01
38	Amanda Harding	F-28	1:02:02

Distance Medley Results			
10K			
	Name	Division	Time
1	Brendan Dwyer	M-41	39:31
2	Nick Sommons	M-29	42:27
3	Paul Shaffer	M-53	43:44
4	Mark Aldrich	M-63	46:13
5	Liz Gurzynski	F-N/A	48:16
6	Bryce Harrison	M-N/A	52:26
7	Debbie Lennox	F-46	52:47
8	Savannah Schools	F-27	56:10
9	Kristen Joseph	F-50	56:41
10	Kayla Gronkowski	F-25	57:32
11	Darwin Mack	M-34	59:59
12	Rick Hueholt	M-70	1:00:37
13	Virginia Bonomo	F-53	1:00:38
14	Megan Crane	F-33	1:00:38
15	Jeff Remaly	M-69	1:00:46
16	Mark Reed	M-58	1:01:09
17	Donna Ornosky	F-60	1:07:40
18	N/A	N/A	1:07:47
19	Brenda Bartlett	F-55	1:08:17
20	Joy Blasick	F-44	1:09:11
21	Mike Blasick	M-45	1:09:12
22	Alison Herger	F-42	1:10:45
23	Janint Young	F-48	1:17:22
24	JoAnn Polifko	F-51	1:21:10
25	Anna Antoniello	F-50	1:24:13
26	Marge Majkowski	F-55	1:31:01

Mile			
	Name	Division	Time
1	Tom Walski	M-71	8:57
2	Bentley Newhart	M-7	10:43
3	Jocelyn Newhart	F-10	15:23
4	Jane Logsdon	F-N/A	18:05

Distance Medley Results			
Half Marathon			
	Name	Division	Time
1	Keith Austin	M-56	1:46:14
2	Avery Bischoff	F-28	1:51:11
3	Amy Johnston	F-33	1:55:03
4	William Zarola	M-N/A	2:09:27
5	Erica Parriott	F-29	2:10:46
6	Joe Zarola	M-54	2:12:21
7	Wendy Lukowski	F-44	2:13:40
8	Thomas Majkowski	M-14	2:13:43
9	Jill Snowson	F-45	2:13:43
10	Katie Finnegan	F-42	2:43:00
11	June Buckley	F-59	2:51:01
12	Linda Armstrong	F-73	2:51:19
13	Dan Cook	M-N/A	3:25:24

Five and Dime			
	Name	Division	Time
1	Nick Sommons	M-29	1:02:29
2	Debbie Lennox	F-46	1:17:48
3	Kayla Gronkowski	F-25	1:25:15
4	Rick Hueholt	M-70	1:28:21
5	Virginia Bonomo	F-53	1:28:50
6	Megan Crane	F-33	1:28:50
7	Donna Ornosky	F-60	1:38:03

Sweet-16			
	Name	Division	Time
1	Amy Johnston	F-33	2:18:37
2	Erica Parriot	F-29	2:28:27