

**2008 TCRC Track Meet Results
Maine-Endwell High School
Endwell, NY**

August 27, 2008

A nice evening for our last meet of the season. Impressive 2 mile times by some very good runners. A big thanks to Kara Hendley for helping me out last night.

Geroge Joseph

Mile
Earl Steinbrecher 4:52
Greg Derrick 4:58
Graham Upton 5:54
Scott Robinson 6:30
Steve Willett 6:45
Mark Hendley 6:48
Lee Anderson 6:51
Linda Bosch 7:00
Martine Bosch 7:25
Joe DiMattina 7:44

800

Earl Steinbrecher 2:26
Jon DeVita 3:03
Lee Anderson 3:15
Ethan Elliott 3:16
Steve Willett 3:17
Jonathan Willett 3:38
Joe DiMattina 3:43
Dawn DeVita 4:39
Nicholas Willett 5:59

400

Steve Willett 1:23
Linda Bosch 1:25
Ethan Elliott 1:26
Kirsten Anderson 1:27
Martine Bosch 1:27
Lee Anderson 1:34
Joe DiMattina 1:44
Jonathan Willett 1:50
Nicole Carter 1:52
Kathleen McKenna 1:57
Jonathan DeVita 1:58
Dawn DeVita 2:00

2 mile

Max Straneva 10:01
Shaun Horan 10:26
Ben Snodgrass 10:44
Gary Fancher 10:46
Mike Olsen 10:49
Jeff Felice 10:53
Phil Kwasney 11:00
Graham Upton 13:15
Aaron Wilks 13:54
Linda Bosch 14:32
Scott Robinson 15:00
Mark Hendley 15:29
Jonathan DeVita 16:08
Steve Willett 16:24
Joe DiMattina 16:56
Dawn DeVita 21:56

August 20, 2008

Great turn-out - 44 runners and ideal weather. Real good times - we had 5 runners under 5:00 and 15 runners under 6:00 in the mile. Thanks to George Joseph, Mike Murphy, and Skip Hamlin. It got a little hectic for a while but they hung in there. Good Job.

Mile

Tom Ryan 4:51

Jeff Smith 4:57
Phil Kwasney 4:58
Steve Esposito 4:59
Mike Olsen 4:59
Gary Fancher 5:00
Jeff Felice 5:03
Steve Gaug 5:11
Tom Plavansky 5:28
Jeff Edson 5:29
Chris Youmans 5:40
Chris Lake 5:41
Greg Amend 5:43
Najib Shah 5:47
Suzy Myette 5:54
Darren Canfield 6:13
Kelsey Myette 6:14
Michelle Vanostrand 6:15
Aaron Wilks 6:17
Jason Wilks 6:25
Vince Kelley 6:40
Matt Goyden 6:41
Lee Anderson 6:53
Heather Warfle 6:58
Steve Willett 7:06
Marla Goyden 7:10
Tom Hamlin 7:15
Joe DiMattina 7:50
Esther Frustino 8:41
Kirsten Anderson 8:45
Clarissa Lett 8:46
Dawn DeVita 9:39
Karen Bee-Donohoe 12:07

800 Meters

John Murray 2:40
Jacob Felice 3:10
Matt Goyden 3:11
Lee Anderson 3:16
Steve Willett 3:22
John Willett 3:41
Alex Amend 3:44
Greg Amend 3:46
Joe DiMattina 3:48
Nicole Carter 4:06
Nicolas Willett 5:24

400 Meters

Jeff Smith :56
Steve Gaug :57
Najib Shah :59
Tom Planavsky 1:01
Jeff Edson 1:03
Chris Youmans 1:05
Chris Lake 1:07
Jason Wilks 1:09
Steve Esposito 1:10
Tom Hamlin 1:18
Lydia Werner 1:20
Heather Warfel 1:21
Michelle Vanostrand 1:22
Jacob Felice 1:23
Matt Goyden 1:24
Steve Willett 1:27
Clarissa Lett 1:31
Kirsten Anderson 1:34
Lee Anderson 1:35
Alex Amend 1:35
Greg Amend 1:40
Joe DiMattina 1:41
John Willett 1:43
Julia Willett 1:49
Kathleen McKenna 1:52
Nick Willett 1:58
Karen Bee-Donohoe 2:15

2 Mile

Phil Kwasney 12:03
Greg Amend 12:37
Chris Simser 13:42
Vince Kelley 13:58
Aaron Wilks 14:13

Steve Willett 16:14
Matt Goyden 16:40
Joe DiMattina 16:42
Esther Frustino 19:06
Dawn DeVita 20:26
Karen Bee-Donohoe 25:45

August 13, 2008

Only two more meets remaining for the 2008 season. Thanks to Aaron Wilks, Tom and Skip Hamlin for helping.

Mile

Jeff Martinez 4:58
Phil Kwasney 5:08
Tom Planavsky 5:26
Chris Lake 5:35
Luke Miller 5:38
Greg Amend 5:46
Jon Murray 5:52
Graham Upton 5:55
Chuck Hein 5:59
Chris Simser 6:18
Darren Canfield 6:20
Steve Willett 6:59
Tom Hamlin 7:30
Joe DiMattina 7:46
Esther Frustino 8:56
Dawn DeVita 9:29

800

Jeff Martinez 2:27
Phil Kwasney 2:37
Tom Planavsky 2:52
Chuck Hein 2:55
Chris Lake 3:11
Jon Murray 3:18
Steve Willett 3:24
Hannah Elliot 3:39
Ariana Riife 3:48
Joe DiMattina 3:50
Nick Willett 5:50

400

Jeff Martinez 1:05
Tom Planavsky 1:06
Chris Lake 1:07
Phil Kwasney 1:10
Darren Canfield 1:18
Hannah Elliott 1:23
Lydia Werner 1:23
Steve Willett 1:28
Dawn DeVita 1:45
Esther Frustino 1:46
Joe Di Mattina 1:48
Julia Willett 1:51
Kathleen McKenna 1:59
Grace Elliott 2:02
Riley Salt 2:14
Nick Willett 2:21

2 mile

Jeff Marrtinez 10:23
Greg Derick 10:33
Greg Amend 12:49
Phil Kwasney 12:56
Graham Upton 12:59
Chuck Hein 13:35
Chris Simser 14:19
Steve Willett 16:09
Tom Hamlin 16:26
Joe DiMattina 17:20
Esther Frustino 20:34
Dawn DeVita 23:13

August 6, 2008

A beautiful evening for running. Thanks to Tom Hamlin for helping.

Mile

Jeff Martinez 5:05
John Johnson 5:08
Greg Amend 5:56
Sterling Payne 6:06
Aaron Wilks 6:20
Jason Wilks 6:27
Nancy Bennett 6:38
John DeVita 7:06
Jeff Felice 7:07
Darren Canfield 7:20
Steve Willett 7:46
Erica McQuade 8:13
Shane Murdock 8:15
Sue Schultz 9:21
Esther Frustino 10:00
Dawn DeVita 10:18

800

Jeff Martinez 2:24
John Johnson 2:30
Greg Amend 2:51
Nancy Bennett 3:05
Aaron Wilks 3:09
Jon DeVita 3:29
Steve Willett 3:31
Dave Talcott 3:33
Erica McQuade 3:38
Dawn DeVita 3:50

400

Jeff Martinez :58
John Johnson 1:00
Darren Canfield 1:03
Aaron Wilks 1:20
Jessica Felice 1:21
Jeff Felice 1:22
Nancy Bennett 1:27
Steve Willett 1:31
Shane Murdock 1:33
Logan Murdock 1:34
Max Bogert 1:35
Julia Willett 1:57
Jon Willett 1:59
Kathleen McKenna 2:06
Colby Murdock 2:12
Reagan McQuade 2:24
Brennan McQuade 2:38

2 mile

Jeff Marinez 11:01
Tom Carter 12:09
Greg Amend 12:49
Sterling Payne 12:55
John Murdock 13:15
Dave Talcott 13:25
Nancy Bennett 14:27
Aaron Wilks 14:59
Jason Wilks 15:59
Erica McQuade 16:32
Steve Willett 16:44
Jon DeVita 16:56
Sue Schultz 18:03
Esther Frustino 20:52
Dawn DeVita 21:34
Nicole Carter 27:01
Liz Carter 27:05

July 30, 2008

The rain held off and it turned out to be a nice evening for running. Thanks to Tom and Skip Hamlin for helping.

Mile

Phil Kwasney 5:28
Greg Amend 5:41
Graham Upton 5:53
Lee Anderson 5:55
Jason Wilks 6:24
Aaron Wilks 6:27
Jon Murray 6:33

Scott Robinson 6:42
Samantha Wilks 6:45
Jonathan DeVita 6:58
Steve Willett 7:33
Dave Talcott 7:46
Shane Murdock 7:51
Kirsten Anderson 8:07
Darren Canfield 8:15
Esther Frustino 8:45
Dawn DeVita 10:02

800

Phil Kwasney 2:29
Greg Amend 2:39
Graham Upton 2:250
Aaron Wilks 2:58
Jon Murray 3:13
Neal Holdsworth 3:15
Scott Robinson 3:41
Steve Willett 3:43
Darren Canfield 3:45
Ariana Rife 3:48

400

Phil Kwasney 1:06
Dave Talcott 1:11
Kevin Schoonmaker 1:15
Jonathan DeVita 1:21
Lydia Werner 1:22
Darren Canfield 1:23
Neil Holdsworth 1:24
Jon Murray 1:28
Aaron Wilks 1:32
Kirsten Anderson 1:33
Clarissa Lett 1:34
Shane Murdock 1:36
Steve Willett 1:38
Kyle Baumlin 1:45
Dawn DeVita 1:48
Scott Robinson 1:48
Julia Willett 1:59
Colby Murdock 2:08
Kathleen McKenna 2:16

2 mile

Phil Kwasney 12:29
Greg Amend 12:39
John Murdock 13:26
Scott Robinson 13:47
Graham Upton 13:54
Kevin Schoonmaker 14:50
Aaron Wilks 14:52
Samantha Wilks 15:38
Jason Wilks 16:06
Dave Talcott 17:12
Steve Willett 17:37
Esther Frustino 20:03
Dawn DeVita 24:12

July 23, 2008

Today's meet was cancelled due to rain and puddles on the track.

July 16, 2008

Interesting night. Black clouds started rolling in about 5:45pm. We rushed and got the mile run started. The runners were soon faced with lightning and thunder. Most finished. After a few minutes we decided to call off the rest of the meet. There were some that wanted to keep going but most wanted to get out of there. We had 29 runners sign-up. Thanks for your help George Joseph.

See you next week (we hope).

1 Mile

Jeff Martinez 4:47
Greg Derick 4:51
Tom Carter 5:03
Phil Kwasney 5:10
Ben Nichols 5:29
Sydney Williams 5:30
Steve Cammisa 5:35
David Nichols 5:58

John Murray 6:00
Graham Upton 6:10
Aaron Wilks 6:41
Jason Wilks 6:45
Samantha Wilks 6:52
Darren Canfield 7:06
Tim Nichols 7:08
Barbara Morrissey 7:52
Kathy Anderson 8:04
Lydia Werner 8:09
Lee Anderson 8:24
Shane Murdock 8:24
Denise Parsons 9:02
Ariana Cammisa 9:12
Nicole Carter 9:24
Dawn Dimock 9:59
Liz Carter 10:48

July 9, 2008

Weather was great. Over 30 runners. 8 runners under 6:00 in the mile. Thanks to Skip Hamlin and George Joseph for all their help.

1 Mile

Shaun Horan, 4:47
Phil Kwasney, 5:20
Ben Nichols, 5:25
Jeff Martinez, 5:40
Joe Hollenbeck, 5:44
Lee Anderson, 5:51
John Murray, 5:56
Rachel Boardman, 5:57
Nancy Bennett, 6:21
Aaron Wilks, 6:27
Jason Wilks, 6:34
Rick Chrisler, 6:36
Samantha Wilks, 6:38
Scott Robinson, 6:46
Darren Canfield, 7:05
Tim Nichols, 7:11
Scott Parks, 7:11
Joe Gwizdalowski, 7:15
Lydia Werner, 7:33
Natalie Hawkes, 7:41
Maria Giurastante, 7:45
Beth Park, 7:55
Kathy Anderson, 8:15
Ester Frustino, 9:03
Chris Simser, 9:28
Dawn DeVita, 10:00

800 Meters

Shaun Horan, 2:19
Ben Nichols, 2:32
Joe Hollenbeck, 2:34
John Murray, 2:52
Lee Anderson, 2:54
Rick Chrisler, 2:56
Nancy Bennett, 2:57
Rachel Boardman, 3:09
Scott Robinson, 3:18
Joe Gwizdalowski, 3:25
Scott Parks, 3:27
Steve Willett, 3:28
Melissa Graveldeing, 3:34
Tim Nichols, 3:50
Jon Willett, 3:51
Beth Parks, 3:54

400 meters

Shaun Horan, 1:01
Ben Nichols, 1:07
Darren Canfield, 1:09
Scott Robinson, 1:18
John Murray, 1:19
Rick Chrisler, 1:20
Natalie Hawkes, 1:21
Maria Giurastante, 1:29
Lydia Werner, 1:30
Joe Gwizdalowski, 1:32
Steve Willett, 1:36
Scott Parks, 1:38
Payton Bennett, 1:45

Tim Nichols,1:48
Beth Parks,1:50
Katie Boardman,1:52
Rachek Boardman,1:54
Julia Willett,2:01
Jon Willett,2:05
Megan Bennett,2:35

2 mile

Mike Murphy,10:37
Phil Kwasney,12:26
Lee Anderson,13:13
Ben Nichols,13:37
Trish Sprong,13:39
Shaun Horan,13:40
Rick Chrisler,14:12
Nancy Bennett,14:21
Aaron Wilks,14:43
Samantha Wilks,14:48
Scott Parks,15:42
Chris Simser,15:45
Joe Gwizdalowski,15:08
Jason Wilks,16:42
Beth Parks,17:05
Steve Willett,18:23
Ester Frustino,21:00
Scott Robinson,21:01
Dawn DeVita,23:15

July 2, 2008

Nice weather Nice turn-out. Thanks to Skip Hamlin, Randy Reynolds and Dan Dougherty for all their help.

1 Mile

Jeff Martinez 4:46
Mike Murphy 4:48
Greg Derick 4:57
Sean Cullen 5:13
Jeff Felice 5:15
Nick Reynolds 5:26
Phil Kwasney 5:27
Joe Hollenbeck 5:41
Luke Miller 5:54
Nick Miller 5:56
Graham Upton 5:58
Chris Mencil 5:58
John Murray 6:01
Rick Chrisler 6:03
Nancy Bennent 6:15
Samantha Wilks 6:26
Jason Wilks 6:28
Darren Canfield 6:34
Scott Parks 6:54
Joe Gwizdalowski 7:05
Ray Brooks 7:05
Scott Robinson 7:15
Dan Daugherty 7:47
Steve Willett 7:47
Beth Parks 7:54
Kathy Anderson 8:04
Ester Frustino 8:22
Dawn Devita 9:19

800 Meters

Jeff Martinez 2:23
Jeff Felice 2:31
Chris Mencil 2:46
Daniel Miller 2:51
Graham Upton 2:52
Nick Miller 2:52
John Murray 2:54
Rick Chrisler 2:57
Aaron Wilks 2:59
Nancy Bennett 3:01
Scott Parks 3:20
Luke Miller 3:21
Ray Brooks 3:22
Dan Daugherty 3:28
Lydia Werner 3:28
Joe Gwizdalowski 3:33
Scott Robinson 3:44

Steve Willett 3:50
Beth Parks 3:54
Kathy Anderson 4:14
Jonathan Willett 4:21
Ellen Dziedzic 4:53

400 Meters

Jeff Martinez :57
Joe Hollenbeck 1:00
Jeff Felice 1:09
Darren Canfield 1:14
John Murray 1:17
Graham Upton 1:18
Scott Robinson 1:22
Rick Chrisler 1:28
Ray Brooks 1:28
Lydia Werner 1:31
Steve Willett 1:31
Joe Gwizdalowski 1:33
Scott Parks 1:34
Daniel Miller 1:34
Nick Miller 1:35
Luke Miller 1:42
Payton Bennett 1:49
Dan Daugherty 1:51
Beth Parks 2:04
Jonathan Willett 2:14
Julie Willett 2:28
Ellen Dziedzic 2:33
Nancy Bennett 3:11
Megan Bennett 3:11

2 Miles

Mike Murphy 11:47
Phil Kwasney 11:50
Daniel Miller 13:25
Nick Miller 13:26
Jeff Felice 13:31
Ray Brooks 13:55
Graham Upton 14:11
Rick Chrisler 14:28
Luke Miller 14:33
Nancy Bennett 14:43
Aaron Wilks 14:58
Samantha Wilks 14:58
Scott Parks 15:22
Joe Gwizdalowski 15:48
Scott Robinson 16:16
Jason Wilks 16:22
Beth Parks 17:25
Steve Willett 18:39
Esher Frustino 20:38
Dawn Devita 21:01

June 18, 2008

Another nice turnout(about 35 runners) for a cool night. Thanks to Ed Jenner, Dan Dougherty, Tom and Skip Hamlin.

Mile

Max Straneva 4:41
Jeff Martinez 4:53
Nick Miller 5:08
Nick Reynolds 5:17
Ben Nichols 5:18
Richard Nichols 5:30
Randy Reynolds 5:41
Luke Miller 5:50
Janine Fitzgerald 5:53
Lee Anderson 5:55
Jon Murray 6:03
Marcus Zimmer 6:32
Jon DeVita 6:33
Samantha Wilks 6:37
Tim Nichols 7:00
Matt Mariani 7:06
Darren Canfield 7:14
Lydia Werner 7:24
Scott Parks 7:25
Larry LePak 7:35
Beth Parks 7:37
Lynn Jenner 7:47

Clarissa Lett 8:15
Kirsten Anderson 8:16
Kathy Anderson 8:23
Ester Frustino 8:47
Dawn DeVita 9:38

800

Jeff Martinez 2:12
Matt Mariani 2:20
Ryan Parks 2:27
Ben Nichols 2:29
Nick Miller 2:46
Darren Canfield 2:52
Lee Anderson 3:05
Marcus Zimmer 3:06
Jon Murray 3:12
Scott Parks 3:30
Larry LePak 3:42
Jonathan Willett 4:06
Ariana Rife 4:12
Tim Nichols 4:24
Julia Willett 4:26
Nicholas Willett 4:54

400

Jeff Martinez :55
Nick Reynolds 1:03
Ben Nichols 1:07
Ryan Parks 1:12
Janine Fitzgerald 1:14
Jonathan DeVita 1:15
Marcus Zimmer 1:20
Lynn Jenner 1:25
Lydia Werner 1:26
Jon Murray 1:26
Lee Anderson 1:27
Larry Lepak 1:36
Scott Parks 1:39
Alex Frustino 1:47
Esther Frustino 1:48
Jonathan Willett 1:49
Dawn DeVita 1:49
Tim Nichols 2:07
Ariana Rife 2:07
Julia Willett 2:10
Nicholas Willett 2:10
Ellen Dziedzic 2:20

2 mile

Mike Olson 11:27
Richard Nichols 11:35
Randy Reynolds 12:29
Ryan Parks 12:31
Ben Nichols 12:52
Janine Fitzgerald 13:00
Jon Murray 13:38
Samantha Wilks 15:00
Scott Parks 15:17
Marcus Zimmer 15:49
Tim Nichols 16:17
Beth Parks 16:26
Kathy Anderson 17:33
Esther Frustino 19:45
Dawn DeVita 22:57

June 11, 2008

Another great evening and another great turnout (over 30 runners). Thanks to Sue Cain, Ed Jenner, Dan Dougherty, Tom and Skip Hamlin for helping out.

Mile

Tom Cummings 5:10
Mike Olson 5:11
Nick Miller 5:17
Ryan Parks 5:18
Casper Magacs 5:40
Joe Hollenbeck 5:43
Luke Miller 5:51
Matt Mariani 6:26
Nancy Bennett 6:27
Jason Wilks 6:29

Aaron Wilks 6:37
John Potterton 6:51
Lydia Stamato 6:52
Darren Canfield 7:06
Joe Gwizdalowski 7:15
Erica McQuade 7:22
Melissa Gravelding 7:22
Scott Parks 7:33
Aly Barmada 7:34
Lynn Jenner 8:19
Kathy Anderson 8:22
Esther Frustino 8:53
Sarah Gwizdalowski 9:19
Dawn DeVita 10:10

800

Josh Schultheis 2:10
Kristin Olson 2:55
Nancy Bennett 2:56
Lydia Stamato 3:08
Joe Gwizdalowski 3:17
Melissa Graveling 3:28
Scott Parks 3:29
Erica Mc Quade 3:32
Beth Parks 3:37
Nick Walling 3:43
Sarah Gwizdalowski 4:18

400

Adrian Milisavljevich 0:56
Joe Hollenbeck 0:59
Matt Mariani 1:01
Josh Schultheis 1:01
Mike Olson 1:03
John Potterton 1:10
Jon DeVita 1:15
Lydia Stamato 1:25
Alexa Walling 1:31
Joe Gwizdalowski 1:33
Melissa Gravelding 1:38
Scott Parks 1:40
Payton Bennett 1:48
Patrick McCullough 1:56
Dawn DeVita 1:58
Nick Walling 1:58
Brendan McQuade 2:14
Erica McQuade 2:20
Christopher McCullough 2:25
Reagan McQuade 2:36
Megan Bennett 2:38

2 mile

Tom Cummings 11:26
Casper Magacs 11:39
Adrian Milisavljevich 11:56
Josh Schultheis 12:44
Kristin Olson 13:51
Nancy Bennett 14:15
Aaron Wilks 14:49
Lydia Stamato 15:39
Joe Gwizdalowski 15:47
Scott Parks 15:48
Erica McQuade 15:50
Melissa Gravelding 15:59
John Potterton 16:39
Beth Parks 16:41
Jason Wilks 17:05
Kathy Anderson 17:47
Ryan Parks 18:23
Darren Canfield 18:26
Esther Frustino 20:06
Sara Gwizdalowski 20:45
Jon DeVita 21:02
Dawn DeVita 21:02

June 4, 2008

A great evening for running, very impressive mile times. Thanks to Tom and Skip Hamlin, Dan Dougherty for helping.

Mile

Josh Schultheis 4:23
Eric Stermer 4:52

Greg Derrick 5:01
Connor Nugent 5:05
Eric Maki 5:15
Phil Kwasney 5:18
Ben Nichols 5:20
Richard Nichols 5:29
Zachary Wahl 5:33
John Grzenda 5:44
Jim DeVona 5:51
Jon Murray 5:57
Lee Anderson 6:00
Dave Talcott 6:06
David Nichols 6:15
Vince Kelley 6:24
Nancy Bennett 6:26
Samantha Wilks 6:28
Jason Wilks 6:33
Jeff Felice 6:43
Jacob Felice 6:44
Jonathan DeVita 6:52
Aaron Wilks 7:03
Tim Nichols 7:09
Joe Gwizdaloski 7:12
Erica McQuade 7:33
Esther Frustino 8:54
Dawn DeVita 9:50

800

Eric Stermer 2:15
Chris Cummings 2:25
Zachary Wahl 2:31
Ben Nichols 2:33
Phil Kwasney 2:34
Richard Nichols 2:44
Jim DeVona 2:48
Lee Anderson 2:51
Jon Murray 2:54
Nancy Bennett 3:00
David Nichols 3:02
Vince Kelley 3:04
Jonathan DeVita 3:16
Steve Willett 3:18
Tim Nichols 3:28
Joe Gwizdalowski 3:32
Erica McQuade 3:41
Scott Parks 3:47
Jonathan Willett 4:15
Dawn DeVita 4:42

400

Chris Cummings :57
Eric Stermer 1:00
Darren Canfield 1:05
Zachary Wahl 1:07
Phil Kwasney 1:08
Richard Nichols 1:09
Greg Derrick 1:12
Lee Anderson 1:18
Jon Murray 1:20
Jim DeVona 1:21
Vince Kelley 1:23
David Nichols 1:24
Jeff Felice 1:29
Joe Gwizdalowski 1:30
Steve Willett 1:31
Tim Nichols 1:33
Payton Bennett 1:52
Jonathan Willett 1:56
Brennan McQuade 2:13
Reagan McQuade 2:23
Megan Bennett 2:41

2 mile

Eric Stermer 11:09
Greg Derrick 11:15
Jeff Felice 11:16
Tom Cummings 11:22
Eric Maki 11:24
John Grzenda 11:42
Richard Nichols 12:00
Phil Kwasney 12:22
Ben Nichols 12:43
Chris Cummings 13:16
Lee Anderson 13:19

Nancy Bennett 13:59
David Nichols 14:08
Samantha Wilks 14:57
Aaron Wilks 15:01
Scott Parks 15:18
Joe Gwizdalowski 15:54
Erica McQuade 16:13
Dave Talcott 16:21
Jason Wilks 16:24
Tim Nichols 16:43
Esther Frustino 19:37
Jonathan DeVita 21:50
Dawn DeVita 21:50

May 28, 2008

A beautiful evening at M-E track, had over 20 runners. Thanks to Tom Hamlin for helping out.

Mile

Mike Murphy 4:55
Prahlad Genung 5:11
Phil Kwasney 5:30
Ben Nichols 5:32
Randy Reynolds 5:53
Joe Hollenbeck 5:55
Jim DeVona 6:10
Jon Murray 6:13
David Nichols 6:14
Rachel Boardman 6:19
Graham Upton 6:22
Nancy Bennett 6:26
Scott Robinson 6:33
Darren Canfield 7:04
Tim Nichols 7:23
Pat Ruehlman 7:33
Joe Gwizdaloski 7:38
Steve Willett 7:48

800

Ben Nichols 2:33
Phil Kwasney 2:40
Michael Murphy 2:48
Jim DeVona 2:56
Jon Murray 2:58
Graham Upton 2:59
Nancy Bennett 3:00
David Nicholos 3:04
Scott Robinson 3:08
Lydia Werner 3:13
Rachel Boardman 3:15
Tim Nichols 3:27
Pat Ruehlman 3:42
Steve Willett 3:57
John Willett 4:04

400

Joe Hollenbeck 1:01
Prahlad Genung 1:05
Ben Nichols 1:08
Darren Canfield 1:10
Phil Kwasney 1:13
Graham Upton 1:17
Lydia Werner 1:23
David Nichols 1:24
Scott Robinson 1:26
Steve Willett 1:33
Alexa Walling 1:36
Tim Nichols 1:38
Nicholas Walling 1:42
Pat Ruehlman 1:44
John Willett 1:47
Payton Bennett 1:54
Nancy Bennett 1:54
Ellen Dziedzic 2:18

2 mile

Mike Murphy 12:05
Phil Kwasney 12:24
Randy Reynolds 12:47
Ben Nichols 13:10
Nancy Bennett 13:58

David Nichols 14:01
Jon Murray 14:06
Rachel Boardman 14:08
Jim DeVona 14:42
Prahlad Genung 14:43
Scott Robinson 15:06
Jason Wilks 15:13
Joe Gwizdaloski 15:50
Tim Nichols 15:56
Pat Ruehlman 16:52
Steve Willett 17:58

May 21, 2008

There were over 30 runners (Tom Carter brought his Track and Field class from BCC) on a cold, windy evening at M-E. Thanks to Tom Hamlin and Dan Dougherty for helping. Very impressive times for Mathew Goyden who is only 9 years old.

1 Mile

Steve Esposito 5:15
Richard Nichols 5:31
Ben Nichols 5:33
Phil Kwasney 5:34
Lee Anderson 6:14
Jim DeVona 6:17
Nancy Bennett 6:33
Jason Wilks 6:48
Jacob Gallagher 6:54
Katie Eaton 7:08
Jeanne Johnson 7:23
Tim Nichols 7:28
Darren Canfield 7:30
Dave Talcott 7:39
Jim Landis 7:54
Erica McQuade 7:55
Esther Frustino 9:06
Kristan Anderson 9:32
Clarissa Lett 9:33
Dawn DeVita 10:02

800

Steve Esposito 2:25
Phil Kwasney 2:28
Joe Bailey 2:36
Richard Nichols 2:39
Ben Nichols 2:41
Adam Holton 2:49
Jim Devona 2:50
Lee Anderson 2:56
Nancy Bennett 3:03
Scott Robinson 3:10
Mathew Goyden 3:16
Jim Landis 3:20
Marla Goyden 3:22
Tim Nichols 3:25
Jeanne Johnson 3:27
Melissa Graveldinger 3:28
Erica McQuade 3:33

400

Joshua Morse 1:03
Phil Kwasney 1:05
Steve Esposito 1:07
Joe Bailey 1:08
Logan Eagan 1:09
Tyler Miller 1:09
Richard Nichols 1:10
Ben Nichols 1:12
Jeff Simpson 1:13
Jarrod Birdsall 1:16
Darren Canfileld 1:17
Lee Anderson 1:19
Antonio Matos 1:21
Craig Rapenske 1:27
Scott Robinson 1:28
Nancy Bennett 1:29
Jim Devona 1:30
Adam Holton 1:32
Jeanne Johnson 1:36
Tim Nichols 1:38
Melissa Graveldinger 1:39
Erica McQuade 1:40

Clarissa Lett 1:42
Kirstan Anderson 1:42
Jessica Shiler 1:43

2 mile

Richard Nichols 12:02
Steve Esposito 12:25
Ben Nichols 13:13
Dave Talcott 13:18
Lee Anderson 13:20
Phil Kwasney 13:29
Nancy Bennett 14:58
Mathew Goyden 15:29
Erica McQuade 15:35
Melissa Graveldinger 15:37
Scott Robinson' 15:58
Marla Goyden 16:09
Johnathan Arrow 16:39
Jason Wilks 16:41
Esther Frustino 19:34
Dawn DeVita 21:53

May 14, 2008

Another nice, though windy, evening at the M-E track. Thanks to Tom and Skip Hamlin, Dan Dougherty for helping out.

Mile

Phil Kwasney 5:50
Trish Spring 6:03
Jon Murray 6:21
Nancy Bennett 6:35
Jason Wilks 6:44
Nicole Becker 6:50
Aaron Wilks 6:52
Samantha Wilks 6:53
Mark Hendley 6:54
Harlan Bigelow 6:56
Lydia Werner 7:04
Erica McQuade 7:41
Steve Willet 7:48
Darren Canfield 7:49
Kara Hendley 7:54
Patrick Ruehlman 8:01
Kathy Anderson 8:27
Esther Frustino 8:49
Dawn DeVita 10:18
Ginny Rober 19:00

800

Phil Kwasney 2:39
Trish Spring 2:49
Nancy Bennett 3:01
Samantha Wilks 3:12
Jason Wilks 3:19
Nichole Becker 3:19
Harlan Bigelow 3:26
Erica McQuade 3:41
Patrick Ruehlman 3:47
Steve Willett 3:49
Darren Canfield 3:51
Jonathan Willett 4:08
Ariana Rife 4:19
Nicholas Willett 4:33
Ginny Rober 6:02

400

Phil Kwasney 1:06
Nichole Becker 1:24
Nancy Bennett 1:27
Lydia Werner 1:29
Harlan Bigelow 1:31
Steve Willett 1:35
Patrick Ruehlman 1:42
Samantha Wilks 1:43
Erica McQuade 1:48
Jonathan Willett 2:12
Ginny Rober 2:52

2 mile

Phil Kwasney 12:55

Trish Spring 13:16
Jon Murray 13:57
Nancy Bennett 14:54
Harlan Bigelow 15:07
Mark Hendley 15:25
Aaron Wilks 15:33
Erica McQuade 16:29
Patrick Ruehlman 16:41
Kathy Anderson 17:47
Kara Hendley 18:00
Steve Willett 18:07
Esther Frustino 19:58
Dawn DeVita 22:47

May 7, 2008

Had a very nice turnout (25 runners) for our opening meet of the season. Thanks to Tom Hamlin and Dan Dougherty for helping with the timing.

George Joseph

Mile
Nick Reynolds 5:35
Tom Plavansky 5:47
Chris Lake 5:51
Phil Kwasney 5:53
Jake Bigelow 5:56
Randy Reynolds 6:10
Lee Anderson 6:12
Jon Murray 6:26
Nancy Bennett 6:44
Rich Rigotti 6:55
Jason Wilkes 7:05
Lydia Werner 7:29
Joe Gwizdalowski 7:36
Pat Ruehlman 8:14
Kirsten Anderson 8:44
Kathy Anderson 8:54
Ginny Rober 15:15

800

Nick Reynolds 2:32
Phil Kwasney 2:33
Tom Planavsky 2:46
Randy Reynolds 2:51
Jake Bigelow 2:52
Lee Anderson 2:56
Chris Lake 3:03
Jon Murray 3:05
Nancy Bennett 3:09
Jason Wilkes 3:21
Sam Bulman 3:22
Logan Murdock 3:24
Patrick Ruehlman 3:44
Jonathan Willett 3:47
Dawn DeVita 4:30
Megan Rigotti 4:33
Rich Rigotti 4:33

400

Tom Planavsky 1:06
Phil Kwasney 1:07
Nick Reynolds 1:08
Chris Lake 1:09
Randy Reynolds 1:13
Jake Bigelow 1:15
Rich Rigotti 1:18
Jason Wilkes 1:21
Lee Anderson 1:22
Lydia Werner 1:25
Sam Bulman 1:28
Nancy Bennett 1:29
Shane Murdock 1:33
Jon Murray 1:39
Logan Murdock 1:39
Patrick Ruehlman 1:45
Julia Willett 1:58
Dawn DeVita 2:01
Jonathan Willett 2:05
Colby Murdock 2:13
Ginny Rober 3:30

2 mile

Lee Anderson 13:30
Phil Kwasney 13:54
Jake Bigelow 14:14
Jon Murray 14:55
Nancy Bennett 15:28
Joe Gwizadolwski 16:09
Kathy Anderson 17:58
Pat Ruehlman 18:07
Shane Murdock 24:10
Dawn DeVita 24:41