

2019 Capital Region Heart Run

Race Date

June 02, 2019

Age Group Results

Finish

Female Open Winners

Place	Name	City	Age	O'all	Time
1	Maggie Sanderson	ALBANY NY	24	12	23:14.2
2	Shannon Averill	Saugerties NY	23	16	23:28.2
3	Megan Daviero	ALBANY	0	28	25:07.7

Female 14 and Under

Place	Name	City	Age	O'all	Time
1	Amahi Waxman	Albany NY	10	69	28:21.0
2	Anne Peters	Clifton park NY	14	108	30:37.7
3	Lucy Urig	Clifton Park NY	12	162	35:28.0
4	Sarah Biazon	Cohoes NY	14	164	35:30.3

Female 15 to 19

Place	Name	City	Age	O'all	Time
1	Therese Biazon	Cohoes NY	19	163	35:30.2
2	Cecilia Vincent	Hoosick Falls NY	19	223	44:37.9

Female 20 to 24

Place	Name	City	Age	O'all	Time
1	Nicole Kaczor	ALBANY NY	24	36	25:44.0
2	Carlee Yavaniski	ALBANY NY	24	66	27:56.0
3	Jennifer Loh	Menands NY	24	83	29:16.4
4	Hayley Faranda	Glenville NY	24	102	30:09.7
5	Abbey Hines	Castleton NY	24	115	31:29.0
6	Madison Martino	Albany NY	20	150	34:01.4
7	Natasha Sachs	Schenectady NY	21	190	38:43.0

Female 25 to 29

Place	Name	City	Age	O'all	Time
1	Ashley Jason	ALBANY NY	27	40	26:14.0
2	Katie Alberts	Albany NY	26	62	27:38.1
3	Amy Pedlow	Albany NY	29	74	28:46.4
4	Alyssa Lowell	Guiderland NY	26	92	29:44.6
5	Hongwei Zhang	ALBANY NY	29	114	31:25.4
6	Brittany Frament	Rensselaer NY	26	121	31:54.2
7	Toressa Young	Catskill NY	28	124	32:11.9
8	Rae Delibero	Cohoes NY	27	140	33:09.1
9	Lauren Graber	TrOY NY	26	141	33:09.2
10	Drazen Bacarra	Schenectady NY	25	171	36:11.5
11	Alison Schlobohm	Joplin MO	28	185	38:25.9
12	Amy DeAngelo	Oneonta NY	29	186	38:30.0
13	Kristen DiPasquale	Rexford NY	26	191	38:43.3
14	Courtney Jones	Latham NY	29	200	40:12.9
15	Jessi Aubuchon	albany NY	29	203	40:23.4
16	Kelsey Piel	Glenville NY	26	217	44:08.3

Female 30 to 34

Place	Name	City	Age	O'all	Time
1	Emily McDonnell	Niskayuna NY	33	43	26:19.6
2	Keai Jiang	ALBANY NY	32	52	27:07.2
3	Elizabeth Halayko	Niskayuna NY	34	56	27:26.9
4	Jennifer Williams	ALBANY NY	33	77	29:00.3
5	Alexandra Kann	ALBANY NY	31	78	29:00.7
6	Lindsey Klinge	ALBANY NY	31	80	29:03.1
7	Patricia Sattelberg	Burnt Hills NY	32	86	29:24.3
8	Marissa Shibley	ALBANY NY	31	91	29:41.1

9	MaryBeth Heneghan	ALBANY NY	30	111	31:02.7
10	Crystal Coolidge	Chatham NY	31	122	32:02.2
11	Amanda Hennessy	Schenectady NY	32	131	32:53.3
12	Erica Garcia	Troy NY	34	135	32:54.9
13	Nikki Schafer	Cobleskill NY	34	149	34:01.3
14	Meghan Davis	ALBANY NY	30	152	34:16.4
15	Nicole Runyon	Rensselaer NY	34	155	34:35.8
16	Megan Meduna	ALBANY NY	33	161	35:17.2
17	Lindsey Kral	Guiderland NY	31	215	43:17.3
18	Cailyn Connors	ALBANY NY	34	218	44:11.4
19	Sarah Cotton	Albany NY	33	221	44:27.5
20	Devin Rose Ira	Selkirk NY	31	231	45:23.1
21	Lauren Tourtellott	Latham NY	31	232	45:23.1

Female 35 to 39

Place	Name	City	Age	O'all	Time
1	Melissa Carroll	Albany NY	35	42	26:18.6
2	Stephanie Wertz	ALBANY NY	36	84	29:20.3
3	Danielle Freebern	ALBANY NY	38	116	31:34.3
4	MaryEllen Torri Torrisi	Albany NY	38	128	32:39.3
5	Abigail Alverson	Glenville NY	38	137	32:57.6
6	Brenda Ross	Ballston Spa NY	38	139	33:04.0
7	Maureen Foley	Albany NY	35	144	33:16.8
8	Rachel Capó	Troy NY	37	165	35:30.4
9	Christina Norris	Duanesburg NY	35	189	38:33.7
10	Mary Constantino	Amsterdam NY	38	195	39:46.7
11	Jessica Ware	ALBANY NY	38	225	44:40.9
12	Ebony Mayo	Latham NY	37	227	45:11.5
13	Veronica Taylor	Schenectady NY	36	247	54:47.2

Female 40 to 44

Place	Name	City	Age	O'all	Time
1	Heather Rogers	Albany NY	41	57	27:27.0
2	Lecia Engle	LONDON OH	44	65	27:55.9
3	Amber Mulford	Watervliet NY	42	71	28:25.1
4	Jocelyn Gleason	Schenectady NY	41	87	29:29.4
5	Robyn Kaminski	Rensselaer NY	42	134	32:54.5
6	Shannon James	Clifton Park NY	40	143	33:16.3
7	Kelly Green	Johnstown NY	41	147	33:39.9
8	Nicole Humiston	Argyle NY	42	157	34:52.9
9	Ursula Merkt	Clifton Park NY	41	166	35:32.5
10	Simone Davis	Vestal NY	41	175	36:56.5
11	Ellen Abbott	Schenectady NY	43	180	37:49.5
12	Elizabeth Dufort	Albany NY	42	207	41:02.4
13	Sara Sokolowski	ALBANY NY	41	219	44:15.1
14	Lattisha Hicks	Clifton Park NY	42	222	44:33.0
15	Margaret Hatch	ALBANY NY	41	230	45:21.7
16	Jennifer Torger Torgersen	Albany NY	43	235	46:25.4

Female 45 to 49

Place	Name	City	Age	O'all	Time
1	Jennifer Webb	Glenmont NY	45	81	29:04.7
2	Michele Bourgeois	Green Island NY	49	101	30:03.5
3	Sonja Stark	Selkirk NY	48	110	30:58.9
4	Smitha Harwood	Ballston Lake NY	46	112	31:02.9
5	Susan Armer	Ballston Spa NY	46	117	31:34.4
6	Elizabeth Nowicki	Delanson NY	45	129	32:39.4
7	Maria Malm	Johnsonville NY	46	158	35:05.4
8	Jessica Peck	albany NY	46	168	35:41.2
9	Tess Madison	Rotterdam NY	47	178	37:33.3
10	Blanca Saucedo	Altamont NY	47	187	38:33.5

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Finish

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
11	Misty Jones	Albany NY	48	188	38:33.6
12	Stacy Sanderson	Schaghticoke NY	49	197	39:59.4
13	Paula LaRoche	Bennington VT	48	199	40:10.0
14	Karen Peters	Clifton Park NY	46	205	40:34.5
15	Gloria Cahill	Hoosick Falls NY	49	206	40:44.8
16	Susan Daigneault	WATERVLIET NY	47	208	41:29.6
17	Judy Harris	Burnt Hills NY	47	212	42:36.7
18	Darcy Poppey	ALBANY NY	46	220	44:25.9
19	Sandra LaBrake	Clifton Park NY	45	233	45:32.7
20	Kelley Pike	Albany NY	45	242	53:23.9
21	Lynda Holt	ALBANY NY	47	253	1:01:59.2

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Tracey Meek	Glenmont NY	50	50	26:44.5
2	Sonya Moroukian	Niskayuna NY	54	61	27:35.1
3	Marisa Alber	Gansevoort NY	52	105	30:24.0
4	Nacole Neahr	Galway NY	51	130	32:44.6
5	Arlene Alber	Gansevoort NY	52	138	33:02.1
6	Donna Topolski	ALBANY NY	54	160	35:08.5
7	Becky Darling	Pawnee VT	52	176	37:22.8
8	Maria DeAngelo	Saranac Lake NY	51	184	38:20.4
9	Sharon Gerasia	Glenville NY	51	228	45:12.1
10	Mary Haloy	Malta NY	53	234	45:32.8
11	Patricia Pillsworth	ALBANY NY	53	243	53:23.9
12	Jacqueline Sheffer	Ballston Spa NY	53	246	54:17.3
13	Cindy Breslin	Clifton Park NY	52	249	55:02.2

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Kirsten LeBlanc	Broadalbin NY	56	68	28:08.7
2	Lisa Carroll	Latham NY	55	125	32:17.6
3	Joan Rooney	Cohoes NY	56	153	34:28.9
4	Kathy Howe	Cohoes NY	59	159	35:08.4
5	Judi West	Latham NY	55	169	36:03.3
6	Irina Holden	Albany NY	55	181	37:49.5
7	Patty Kilgore	Malta NY	58	182	37:59.9
8	Paula Young	Schenectady NY	56	211	42:36.5
9	Helen Yerden	Albany NY	59	224	44:38.1
10	Jacqueline Mereday	Albany NY	55	229	45:20.6
11	Colleen Breen	ALBANY NY	55	237	47:07.6
12	Nadine Healey	troy NY	55	238	47:08.2
13	Debbie Schultz	Troy NY	55	244	53:57.3
14	Lisa Giruzzi	Albany NY	57	251	55:37.8

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Regina Loewenstein	Malta NY	61	89	29:40.0
2	Jennifer Lawrence	ALBANY NY	60	93	29:45.9
3	Laurie Adrian	Latham NY	61	145	33:34.6
4	Maryrose Walsh	ALBANY NY	60	172	36:18.7
5	Josefina Casino-ono	Albany NY	61	177	37:25.4
6	Deborah Aquino-Callahan	Saratoga Springs	63	183	38:10.4
7	Janet Sturgeon	Cohoes NY	61	201	40:21.3
8	Kathy Barlow	TROY NY	64	209	41:35.6
9	Mary Helen Collen	Menands NY	63	213	42:57.8

10	Maureen Murphy	Mechanicville NY	60	226	44:44.0
11	Colleen Murrisky	Troy NY	61	236	46:51.1
12	Marcia Rice	ALBANY NY	62	240	49:33.7
13	Nancy Cashman	East Greenbush	61	241	53:16.0

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Eileen Mahoney	Delmar NY	67	167	35:40.7
2	Georgianne Constantino	Amsterdam NY	68	196	39:56.7
3	Eileen Walker	Albany NY	65	239	48:43.8
4	Gail Sacco	Glenmont NY	65	245	54:15.5
5	Denise Rucinski	Schenectady NY	65	250	55:37.8

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Finish

Male Open Winners

Place	Name	City	Age	O'all	Time
1	Keith Toombs	Oneonta NY	28	1	19:18.4
2	Daniel Brady	Cohoes NY	42	2	20:15.5
3	Matthew Royer	Malta NY	25	3	20:27.5

Male No Age Provided

Place	Name	City	Age	O'all	Time
1	Raymond Lin	Albany NY	0	51	26:55.9
2	Jeffrey Casale	Ballston Lake NY	0	79	29:01.9
3	Greg Daviero	Schenectady NY	0	119	31:52.2

Male 14 and Under

Place	Name	City	Age	O'all	Time
1	Timothy Abbott	Schenectady NY	13	5	22:19.8
2	Johnny Edick	Rensselaer NY	10	9	22:54.4
3	Gavin Winacott	Saratoga Springs	10	10	22:57.7
4	Lucas Davis	Vestal NY	11	18	23:33.5
5	Connor Danz	Rensselaer NY	14	53	27:08.9
6	Cameron Winacott	Saratoga Springs	8	54	27:10.0
7	Nate Thompson	Clifton Park NY	11	72	28:39.5
8	Cooper Bibighaus	Clifton Park NY	10	73	28:45.4
9	Rocco Constantino	Amsterdam NY	8	103	30:14.0
10	Jackson Green	Johnstown NY	10	109	30:39.4
11	Daniel Abbott	Schenectady NY	11	113	31:16.6
12	Bryce Kaminski	Rensselaer NY	8	132	32:53.5
13	Jack James	Clifton Park NY	10	142	33:14.8
14	Gio Constantino	Amsterdam NY	7	146	33:38.5
15	Tyler Davis	Vestal NY	9	174	36:32.4
16	Van Green	Johnstown NY	10	179	37:47.1
17	Davin Melita	Johnstown NY	14	194	39:43.6
18	Nelson Waxmen	Albany NY	8	204	40:31.3
19	Glenn Labiaco	ME	12	252	1:00:06.0

Male 15 to 19

Place	Name	City	Age	O'all	Time
1	Garrick Smith-Growick	Schenectady NY	16	15	23:27.8
2	Tanner Cahill	Hoosick Falls NY	19	99	29:55.5

Male 20 to 24

Place	Name	City	Age	O'all	Time
1	David Beaman	ALBANY NY	24	7	22:24.6
2	Sam Nielsen	Troy NY	24	13	23:24.8
3	Carlos Resstel	Albany NY	24	17	23:30.0
4	Trevor Engle	Albany NY	24	82	29:16.1
5	Austin Church	ALBANY NY	24	90	29:40.9
6	Omesh Budhu	ALBANY NY	22	96	29:51.5
7	Luke Faranda	Scotia NY	22	118	31:44.0
8	Alec Barrett	Albany NY	21	151	34:01.7
9	Tyler Rooney	Halfmoon NY	24	154	34:29.3

Male 25 to 29

Place	Name	City	Age	O'all	Time
1	David Jabaut	ALBANY NY	27	19	23:51.9
2	Lucas Sestito	ALBANY NY	25	21	24:14.6
3	Kristev Hildenbrandt	Schenectady NY	28	33	25:24.1
4	Jonathan McRae	Albany NY	27	35	25:39.2

5	Mohaned Yousif	ALBANY NY	27	37	26:00.4
6	William Engel	Ballston Spa NY	26	45	26:22.0
7	Scott Frament	Rensselaer NY	28	120	31:53.9
8	Stephan Wise	Kingston NY	25	170	36:11.2
9	Leon Ghikas	Rexford NY	27	192	38:46.6

Male 30 to 34

Place	Name	City	Age	O'all	Time
1	Brian Harper	Rotterdam NY	30	20	23:59.3
2	Mike Johnson	Albany NY	30	32	25:19.6
3	Amanuel Ogbamikael	ALBANY NY	30	39	26:08.9
4	Seth Engel	Round Lake NY	30	44	26:20.7
5	Sivaji Gundala	ALBANY NY	32	63	27:42.7
6	Krzysztof Drzymalski	ALBANY NY	32	76	28:56.5
7	Thurman Walling	schenectady NY	34	85	29:23.2

Male 35 to 39

Place	Name	City	Age	O'all	Time
1	Charles Reynolds	Colonie NY	36	4	20:45.7
2	Patrick Kervin	ALBANY NY	35	6	22:22.3
3	Peter Emmott	Cohoes NY	35	23	24:35.9
4	Robert Almeida	Cohoes NY	39	26	24:50.9
5	Frank Nuara	Oneonta NY	37	38	26:05.9
6	Edward Meyer	White Plains NY	37	41	26:15.7
7	Rocky Diamond	scotia NY	35	46	26:25.4
8	Adrian Vela Ponce	COLONIE NY	36	58	27:29.3
9	Andrew Flaherty	Albany NY	39	94	29:46.0
10	Jamie Cooke	ALBANY NY	39	97	29:53.4
11	Dave Constantino	Amsterdam NY	38	104	30:14.3
12	Philip Kaminski	Rensselaer NY	38	136	32:55.1
13	Vincent Capo	Troy NY	37	210	42:34.6

Male 40 to 44

Place	Name	City	Age	O'all	Time
1	Joseph Altobello	Green Island NY	41	8	22:38.7
2	Joshua Rockwood	Knox NY	40	11	22:57.8
3	Jess Smith	Albany NY	44	22	24:16.0
4	Mathew Cantore	Clifton Park NY	43	27	24:51.5
5	Travis Kostell	ALBANY NY	44	48	26:36.0
6	Damon Russo	Clifton Park NY	42	49	26:41.3
7	Michael Ware	ALBANY NY	41	55	27:10.9
8	Tim Higgins	ALBANY NY	40	70	28:22.6
9	Glenn Thompson	Clifton Park NY	40	75	28:52.9
10	Jeffrey Cullen	Kingston NY	43	98	29:54.9
11	Michael Mulligan	Slingerlands NY	40	100	30:01.2
12	David Seacord	SCHENECTADY	43	123	32:06.9

Male 45 to 49

Place	Name	City	Age	O'all	Time
1	Matthew Mangione	RENSSELAER NY	48	14	23:25.7
2	Todd Engle	LONDON OH	49	25	24:46.7
3	Oliver Savcedo	Altamont NY	45	31	25:17.2
4	Craig Buonora	Schenectady NY	49	95	29:48.3
5	Scott Barbolt	ALBANY NY	46	126	32:21.2
6	Shawn Lynch	Guilderland NY	48	148	33:41.5
7	Bryan Humiston	ALBANY NY	45	156	34:38.6
8	Christopher Urig	Clifton Park NY	45	173	36:22.9
9	Sundar Raman	Altamont NY	46	198	40:07.3
10	Kellie Connery	Cohoes NY	49	202	40:21.6
11	James Rice	Guilderland NY	48	214	43:17.0

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Age Group Results

Finish

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Vincent Fiori	Clifton Park NY	53	34	25:29.0
2	Ron Moraski	Waterford NY	51	47	26:31.4
3	Phil Conti	SCHENECTADY	51	59	27:30.5
4	Jim Faranda	Glenville NY	52	60	27:32.2
5	Robert Thomas	Averill park NY	50	64	27:43.3
6	David Figuezoa	Fort Edward NY	54	67	27:56.1
7	Andrew White	Troy NY	52	106	30:31.2
8	Mike Ostrander	Clifton park NY	50	107	30:36.6

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Michael Wallner	Mechanicville NY	55	24	24:43.8
2	Christopher Thomas	Staatsburg NY	59	29	25:09.2
3	John Cochreu	Albany NY	56	127	32:35.2
4	Paul Graffeo	Albany NY	58	133	32:53.8

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Glenn Rockwood	Malta NY	63	193	39:07.9
2	Stephen Breen	ALBANY NY	62	248	55:01.8
3	Leonard Gaylord	Schenectady NY	60	254	1:01:59.7

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Martin Touhey	Albany NY	66	30	25:13.2
2	Joseph Sacco	Glenmont NY	66	216	43:24.2

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	James Callahan	Saratoga Springs	74	88	29:29.6