

# 2023-2024 Freezeroo. Don Curran Memorial 5K

12/8/2023

## Results by Age Group

### 19 and Under Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	145 Dixon, Jake	Fairport, NY	Male	17	19 and Under Male	18:04.267	5	5	
2	89 Jorstad, Matthew	Rochester, NY	Male	18	19 and Under Male	22:55.133	39	32	
3	147 Flanagan, Harrison	Holley, NY	Male	14	19 and Under Male	23:18.330	43	34	
4	148 Flanagan, Sullivan	Holley, NY	Male	11	19 and Under Male	29:57.927	106	63	

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Results by Age Group

20-24 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	142 Ruhland, Elizabeth	North Chili, NY	Female	23	20-24 Female	26:55.397	82	29	

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## Results by Age Group

### 25-29 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	410 Anbar, Rebecca	Syracuse, NY	Female	26	25-29 Female	31:43.947	118	48	
2	406 Schmidt, Alayna	East Rochester, NY	Female	26	25-29 Female	35:44.483	131	53	
3	411 Aragon, Merelyn	Rochester, NY	Female	26	25-29 Female	37:52.643	136	57	

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Results by Age Group

25-29 Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	149 Gala, John	Spencerport, NY	Male	27	25-29 Male	18:20.437	7	7	
2	112 Ruhland, Matthew	Hilton, NY	Male	25	25-29 Male	20:15.750	16	15	

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Results by Age Group

30-34 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	97 Antonio, Sara	Rochester, NY	Female	32	30-34 Female	21:22.733	22	5	
2	111 Spencer, Lisa	Honeoye Falls, NY	Female	34	30-34 Female	28:36.077	93	36	

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## Results by Age Group

### 30-34 Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	101 Richards, David	Rochester, NY	Male	31	30-34 Male	16:26.447	1	1	
2	122 Kramer, Josh	Irondequoit, NY	Male	33	30-34 Male	22:51.857	38	31	
3	49 Curley, Luke	Rochester, NY	Male	33	30-34 Male	23:34.697	49	38	

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## Results by Age Group

## 35-39 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	150 Hansen, Jennie	Rochester, NY	Female	39	35-39 Female	20:12.177	15	1	
2	128 Higgins, Laura	Rochester, NY	Female	37	35-39 Female	20:23.293	17	2	
3	127 Bardin, Addie	Rochester, NY	Female	37	35-39 Female	22:18.743	31	6	
4	156 Perry, Ashley	Springwater, NY	Female	36	35-39 Female	26:30.087	78	26	
5	41 McCabe, Carly	West Henrietta, NY	Female	39	35-39 Female	28:56.477	97	39	
6	22 Nesbitt, Christina	Caledonia, NY	Female	38	35-39 Female	31:25.173	114	46	
7	12 Jones, Erica	Pittsford, NY	Female	38	35-39 Female	33:10.100	122	51	
8	44 Ziomek, Jessica	Pittsford, NY	Female	35	35-39 Female	48:21.840	143	62	
9	38 Lyon, Danielle	Canandaigua, NY	Female	39	35-39 Female	52:52.023	144	63	

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## Results by Age Group

### 35-39 Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	23 Nesbitt, Philip	Caledonia, NY	Male	37	35-39 Male	17:57.557	4	4	
2	88 Gajewski, Benjamin	Geneseo, NY	Male	37	35-39 Male	18:22.167	8	8	
3	102 Beatty, Ian	Avon, NY	Male	39	35-39 Male	21:25.787	24	19	
4	130 Burgoyne, Russell	Honeoye Falls, NY	Male	39	35-39 Male	22:16.040	29	24	



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## Results by Age Group

## 40-44 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	129 Nagel, Kirsten	Pittsford, NY	Female	40	40-44 Female	20:53.863	20	3	
2	126 Courtney, Katie	spencerport, NY	Female	42	40-44 Female	23:25.490	47	10	
3	417 Gottfried, Lynn	Penfield, NY	Female	43	40-44 Female	23:34.237	48	11	
4	77 Dowling, Rachel	Rochester, NY	Female	44	40-44 Female	24:12.383	56	13	
5	28 McFarlane, Melissa	Canandaigua, NY	Female	44	40-44 Female	25:58.637	73	23	
6	69 Della Pietra, Rachael	East Rochester, NY	Female	44	40-44 Female	26:14.373	75	24	
7	29 Douglass, Violet	Rochester, NY	Female	42	40-44 Female	27:25.333	87	31	
8	57 Niertit, Amy	Rochester, NY	Female	42	40-44 Female	28:53.793	96	38	

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## Results by Age Group

## 40-44 Male

Pos	Bib	Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	132	Mackenzie, Samuel	Rochester, NY	Male	40	40-44 Male	17:30.087	3	3	
2	133	Byler, Chad	Honeoye Falls, NY	Male	40	40-44 Male	18:10.800	6	6	
3	160	Hansen, David	Rochester, NY	Male	40	40-44 Male	19:53.137	13	13	
4	30	Rapone, Joe	Le Roy, NY	Male	40	40-44 Male	19:54.160	14	14	
5	134	MacAllister, Bill	Webster, NY	Male	43	40-44 Male	22:43.173	37	30	
6	151	Parente, Nicholas	Victor, NY	Male	42	40-44 Male	26:43.710	81	53	
7	14	Sherwood, Spencer	Rochester, NY	Male	40	40-44 Male	27:24.137	86	56	
8	91	OBrien, Andy	ROCHESER, NY	Male	42	40-44 Male	30:42.187	109	64	
9	39	Lyon, Thomas	Canandaigua, NY	Male	44	40-44 Male	33:01.963	120	71	
10	125	Fires, David	Rochester, NY	Male	43	40-44 Male	38:50.520	138	80	

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## Results by Age Group

## 45-49 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	117 Patterson, Heather	Rochester, NY	Female	48	45-49 Female	21:17.387	21	4	
2	116 George, Jeanette	Palmyra, NY	Female	49	45-49 Female	24:17.427	57	14	
3	35 DiSalvo, Jennifer	Spencerport, NY	Female	49	45-49 Female	24:36.047	61	15	
4	158 Frese, Jennifer	Honeoye Falls, NY	Female	47	45-49 Female	25:40.227	70	21	
5	61 Reynolds, Jenny	Arkport, NY	Female	45	45-49 Female	28:57.573	98	40	
6	26 Arnold, Carolyn	Rochester, NY	Female	47	45-49 Female	39:13.917	139	59	
7	15 Beaver, Vickey	Rochester, NY	Female	49	45-49 Female	57:25.620	145	64	

## 2023-2024 Freezeroo. Don Curran Memorial 5K

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## Results by Age Group

## 45-49 Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	408 Organ, Jeff	Durango, CO	Male	45	45-49 Male	18:43.180	9	9	
2	113 Kumar, Prem	Pittsford, NY	Male	48	45-49 Male	22:37.817	35	29	
3	412 Knarr, Jason	Webster, NY	Male	46	45-49 Male	22:59.540	40	33	
4	153 Vidmar, Jason	Rochester, NY	Male	46	45-49 Male	23:20.433	46	37	
5	161 Smith, Michael	Rochester, NY	Male	48	45-49 Male	23:42.670	51	40	
6	70 Schmidt, Timothy	East Rochester, NY	Male	48	45-49 Male	24:11.103	55	43	
7	4 Berardi, Cory	Rochester, NY	Male	45	45-49 Male	27:08.980	84	54	
8	85 Cefalo, Michael	Rochester, NY	Male	47	45-49 Male	29:44.267	103	60	
9	146 Flanagan, Joe	Holley, NY	Male	45	45-49 Male	29:57.057	105	62	

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## Results by Age Group

## 50-54 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	8 Larson, Cindy	Rochester, NY	Female	52	50-54 Female	23:06.680	41	8	
2	18 Hays, Michelle	Penfield, NY	Female	52	50-54 Female	23:17.860	42	9	
3	152 Abdella, Michelle	Batavia, NY	Female	51	50-54 Female	24:04.513	54	12	
4	46 Cratsley, Lori	Springwater, NY	Female	53	50-54 Female	25:15.363	65	17	
5	60 Frye, Michelle	Rochester, NY	Female	51	50-54 Female	25:16.053	66	18	
6	155 Ashenfelder, Stephanie	Henrietta, NY	Female	50	50-54 Female	25:39.957	69	20	
7	24 Reisig, Susan	Rochester, NY	Female	52	50-54 Female	26:38.043	79	27	
8	34 Shields, Ruth	Canandaigua, NY	Female	51	50-54 Female	27:30.333	88	32	
9	141 Labarron-roberts, Kathy	hornell, NY	Female	54	50-54 Female	29:07.400	99	41	
10	67 Sanford, Tanya	Rochester, NY	Female	53	50-54 Female	39:14.037	140	60	

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## Results by Age Group

## 50-54 Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	415 Andrews, Mark	Rochester, NY	Male	52	50-54 Male	16:36.633	2	2	
2	7 Larson, Mark	Rochester, NY	Male	54	50-54 Male	20:33.067	18	16	
3	79 Davio, Michael	Fairport, NY	Male	52	50-54 Male	21:49.717	26	21	
4	27 Heeks, Dale	Fairport, NY	Male	50	50-54 Male	23:20.260	45	36	
5	66 MEEHAN, RICHARD	Farmington, NY	Male	53	50-54 Male	25:13.060	64	48	
6	114 Ciecierega, Joseph	Geneseo, NY	Male	50	50-54 Male	26:27.393	76	52	
7	159 Blatto-Vallee, Gary	Webster, NY	Male	53	50-54 Male	29:56.487	104	61	

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## Results by Age Group

## 55-59 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	124 Bice, Lisa	Churchville, NY	Female	55	55-59 Female	22:42.593	36	7	
2	84 McLyman, Christina	Rochester, NY	Female	56	55-59 Female	26:30.000	77	25	
3	86 Jakubowski, Bonnie	Fairport, NY	Female	55	55-59 Female	27:07.310	83	30	
4	414 Weber, Jean	Fairport, NY	Female	56	55-59 Female	27:32.540	89	33	
5	55 Ciaio, Laura	Victor, NY	Female	56	55-59 Female	29:20.567	100	42	
6	136 Godshall, Karen	Spencerport, NY	Female	59	55-59 Female	29:25.097	102	43	
7	62 Dipasquale, Kimberly	Conesus, NY	Female	59	55-59 Female	30:21.913	108	45	
8	402 Strutz, Laura	Rochester, NY	Female	59	55-59 Female	33:32.750	124	52	
9	104 HENWOOD, EILEEN	Fairport, NY	Female	55	55-59 Female	35:56.540	132	54	
10	48 Schofield, Coleen	Rochester, NY	Female	55	55-59 Female	36:26.207	135	56	

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## Results by Age Group

## 55-59 Male

Pos	Bib	Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	103	Ciancione, Timothy	Rochester, NY	Male	58	55-59 Male	19:18.780	10	10	
2	99	Kellman, Matthew	Penfield, NY	Male	59	55-59 Male	20:50.037	19	17	
3	58	Ekholm, Eric	Honeoye Falls, NY	Male	55	55-59 Male	21:24.127	23	18	
4	96	Rubeck, Christopher	Conesus, NY	Male	55	55-59 Male	21:34.893	25	20	
5	75	Weber, Bill	Fairport, NY	Male	57	55-59 Male	22:04.930	27	22	
6	100	Bongard, Jim	Webster, NY	Male	59	55-59 Male	22:23.420	33	27	
7	5	Cox, Jeffrey	Rochester, NY	Male	55	55-59 Male	22:29.187	34	28	
8	54	Ciaio, Andrew	Victor, NY	Male	58	55-59 Male	23:19.267	44	35	
9	418	Nowakowski, Gregory	Rochester, NY	Male	55	55-59 Male	23:51.333	52	41	
10	416	Foster, Joe	Shadyside, OH	Male	59	55-59 Male	24:31.327	60	46	
11	10	Whorton, James	Rochester, NY	Male	56	55-59 Male	24:56.047	63	47	
12	94	Erickson, Paul	Hemlock, NY	Male	57	55-59 Male	27:36.193	90	57	
13	107	Kinnear, John	Manchester, NY	Male	56	55-59 Male	31:05.417	112	67	
14	119	Butler, Thomas	Rochester, NY	Male	59	55-59 Male	35:32.877	129	77	



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## Results by Age Group

## 60-64 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	93 Vanderberg, Carol	Batavia, NY	Female	61	60-64 Female	24:54.503	62	16	
2	63 Valvano, Joy	Pittsford, NY	Female	61	60-64 Female	25:52.897	72	22	
3	115 Trabucco, Cathie	Rochester, NY	Female	64	60-64 Female	27:54.257	91	34	
4	419 White, Marie	Henrietta, NY	Female	62	60-64 Female	28:24.617	92	35	
5	137 Mudar, Pamela	Orchard Park, NY	Female	60	60-64 Female	28:45.437	95	37	
6	51 Battaglia, Linda	Rochester, NY	Female	60	60-64 Female	32:04.400	119	49	
7	139 Paeth, Marlene	Kendall, NY	Female	60	60-64 Female	33:07.847	121	50	
8	13 Meyers, Marti	Henrietta, NY	Female	62	60-64 Female	36:04.810	133	55	
9	409 Ralph, Gloria	Rochester, NY	Female	62	60-64 Female	59:49.647	147	66	

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## Results by Age Group

## 60-64 Male

Pos	Bib	Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	20	Dwyer, Tim	Rochester, NY	Male	64	60-64 Male	19:47.700	12	12	
2	65	Taggerty, Daniel	Rochester, NY	Male	60	60-64 Male	22:10.627	28	23	
3	121	Madigan, Mark	Pittsford, NY	Male	62	60-64 Male	23:37.110	50	39	
4	106	Hunt, Bill	Brockport, NY	Male	62	60-64 Male	23:54.837	53	42	
5	74	Lindblom, Peter	Rochester, NY	Male	62	60-64 Male	25:48.533	71	50	
6	73	Brewster, Novis	Rochester, NY	Male	64	60-64 Male	26:02.277	74	51	
7	138	Paeth, Ronald	Kendall, NY	Male	60	60-64 Male	28:40.137	94	58	
8	87	Rosengrant, Wes	Churchville, NY	Male	63	60-64 Male	29:22.207	101	59	
9	407	Hawkins, Tom	Williamson, NY	Male	64	60-64 Male	31:01.280	111	66	
10	3	Cope, Robert	Livonia, NY	Male	63	60-64 Male	34:45.007	127	75	
11	52	Norris, James	Fairport, NY	Male	64	60-64 Male	35:37.617	130	78	

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Results by Age Group

65-69 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	95 Guth, Cheryl	Rochester, NY	Female	69	65-69 Female	25:28.967	68	19	
2	108 Crowe, Mary	Rochester, NY	Female	67	65-69 Female	26:39.317	80	28	
3	105 Riley, Anne	Fairport, NY	Female	67	65-69 Female	30:09.417	107	44	
4	403 Shavick, Margaret	Rochester, NY	Female	67	65-69 Female	38:26.057	137	58	
5	16 Obrien, Nancy	Webster, NY	Female	69	65-69 Female	45:59.190	142	61	
6	42 Lamark, Peg	Rochester, NY	Female	68	65-69 Female	57:26.977	146	65	

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## Results by Age Group

## 65-69 Male

Pos	Bib	Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	40	Brunett, Peter	Honeoye Falls, NY	Male	65	65-69 Male	19:36.083	11	11	
2	143	Benson, John	Rochester, NY	Male	65	65-69 Male	22:17.440	30	25	
3	64	Palmieri, John	Baldwinsville, NY	Male	66	65-69 Male	22:21.237	32	26	
4	19	DeWeaver, Douglas	Rochester, NY	Male	66	65-69 Male	24:25.257	59	45	
5	33	DeMarco, Joe	Nunda, NY	Male	69	65-69 Male	25:17.493	67	49	
6	76	Degma, Matt	Rochester, NY	Male	69	65-69 Male	30:46.460	110	65	
7	163	Curry, John	Brockport, NY	Male	66	65-69 Male	31:05.807	113	68	
8	47	Alston, Wilton	Rochester, NY	Male	65	65-69 Male	31:28.613	116	69	
9	32	TheWonderDog, Callie	Rochester, NY	Male	67	65-69 Male	31:41.480	117	70	
10	123	Sillick, Daniel	Hilton, NY	Male	67	65-69 Male	34:43.660	126	74	
11	404	Clary, Kevin	Pavilion, NY	Male	65	65-69 Male	35:27.673	128	76	

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## Results by Age Group

### 70-74 Male

Pos	Bib	Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	413	Persia, Paul	Batavia, NY	Male	71	70-74 Male	24:23.750	58	44	
2	109	Crowe, Bill	Rochester, NY	Male	73	70-74 Male	27:11.157	85	55	
3	154	Burkhartt, Glen	Fairport, NY	Male	73	70-74 Male	33:24.077	123	72	
4	37	Zonitch, John	Albion, NY	Male	70	70-74 Male	34:21.453	125	73	
5	6	Matzan, Andy	Rochester, NY	Male	71	70-74 Male	36:14.953	134	79	

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Results by Age Group

75-79 Female

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	110 Lewandowski, Mitzie	Rochester, NY	Female	76	75-79 Female	31:27.200	115	47	

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Results by Age Group

75-79 Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	9 Murphy, William	Rochester, NY	Male	75	75-79 Male	1:03:31.863	148	82	

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Results by Age Group

80 and Over Male

Pos	Bib Last, First	City, State	Gen	Age	Age Group	Finish Time	Overall	Gender	Points
1	56 Rogers, Dwight	Churchville, NY	Male	82	80 and Over Male	40:20.677	141	81	