

2023 USATF NIAGIARA 3 km CHAMPIONSHIPS

December 3, 2023 • Buffalo, NY

OVERALL MENS RESULTS

Place	Runner	Age	Team	Time
1	Scott Loforte	24	Checkers AC	8:45.6
2	Joe Whelan	33	Bergen Elite	8:49.6
3	Paul Suflita	25	Bergen Elite	8:59.5
4	Aaron Nobles	35	Roadkill Racing	9:21.2
5	Brett Smith	33	Roadkill Racing	9:26.9
6	Bobby Cooper	29	Bergen Elite	9:28.2
7	Sam Cottrell	25	Bergen Elite	9:33.4
8	Greg Selke	33	Bergen Elite	9:44.7
9	Tim Metivier	31	Bergen Elite	9:51.9
10	Joe Moberg	35	Bergen Elite	10:02.7
11	John McMahon	57	Checkers AC	10:04.6
12	Jose Fuentes	59	Checkers AC	10:07.9
13	Matt Palmer	35	Roadkill Racing	10:08.4
14	Jack Erickson	29	Roadkill Racing	10:35.8
15	Jeremey Cook	34	Roadkill Racing	10:44.6
16	Joe Silliman	48	Checkers AC	10:49.9
17	Roger King	38	Greater Buffalo TC	11:26.1
18	Michael Mertens	59	Genesee Valley Harriers	11:58.1
19	Paul Pullinski	59	Checkers AC	13:00.1
20	Joe Zito	49	Checkers AC	13:35.4
21	Frans De Waal	69	Checkers AC	15:48.6
22	Willard Brooks	60	Checkers AC	16:24.7

OVERALL WOMENS RESULTS

Place	Runner	Age	Team	Time
1	Jenny Keenan	40	Checkers AC	10:23.8
2	Alexandra Duggan	35	Checkers AC	10:58.3
3	Mary LeBrun Schultz	42	Checkers AC	11:37.1
4	Alexi Bulloch	33	Roadkill Racing	11:43.8
5	Elizabeth Neel	34	Checkers AC	11:46.2
6	Amy McMahon	55	Checkers AC	12:06.3
7	Elizabeth Randell	57	Checkers AC	13:43.8
8	Lynn Gottfried	44	Bergen Elite	13:54.2
9	Julie King	56	Checkers AC	14:02.6
10	Joann O'Loughlin	57	Checkers AC	14:08.9
11	Rebekah Keaton	54	Checkers AC	14:10.6
12	Mary Bostwick	33	Checkers AC	14:43.3
13	Deb Miller	63	Greater Buffalo TC	15:57.3
14	Heather Lyle	53	Greater Buffalo TC	16:02.3
15	Kathy Gregoire	64	Greater Buffalo TC	16:08.3
16	Daniela Hager-Carbonara	63	Checkers AC	16:37.2
17	Yang Qu	50	Greater Buffalo TC	17:41.3
18	Ann More	61	Checkers AC	18:14.8
19	Mac Mackenzie	80	Greater Buffalo TC	19:54.9
20	Patricia Baker	63	Checkers AC	21:38.2
21	Edna Hyner	89	Checkers AC	25:48.0

MASTERS MENS AGE GRADING RESULTS

Place	Runner	Age	Team	Time	Age Grading
1	Jose Fuentes	59	Checkers AC	10:07.9	90.28%
2	John McMahon	57	Checkers AC	10:04.5	89.25%
3	Joe Silliman	48	Checkers AC	10:49.9	77.24%
4	Michael Mertens	59	Genesee Valley Harriers	11:59.4	76.43%
5	Paul Pullinski	59	Checkers AC	13:00.1	70.35%
6	Frans De Waal	69	Checkers AC	15:58.6	62.67%
7	Joe Zito	49	Checkers AC	13:35.4	62.05%
8	Willard Brooks	60	Checkers AC	16:24.7	56.22%

MASTERS OMENS AGE GRADING RESULTS

Place	Runner	Age	Team	Time	Age Grading
1	Jenny Keenan	40	Checkers AC	10:23.8	84.08%
2	Amy McMahon	55	Checkers AC	12:06.3	83.31%
3	Mary LeBrun Schultz	42	Checkers AC	11:37.1	76.24%
4	Elizabeth Randell	57	Checkers AC	13:43.8	75.06%
5	Joann O'Loughlin	57	Checkers AC	14:08.9	75.83%
6	Julie King	56	Checkers AC	14:02.6	72.53%
7	Edna Hyner	89	Checkers AC	25:48.0	71.21%
8	Mac Mackenzie	80	Greater Buffalo TC	19:54.9	71.06%
9	Rebekah Keaton	54	Checkers AC	14:10.6	70.22%
10	Kathy Gregoire	64	Greater Buffalo TC	16:08.3	69.58%
11	Deb Miller	63	Greater Buffalo TC	15:57.3	69.50%
12	Daniela Hager-Carbonara	63	Checkers AC	16:37.2	67.57%
13	Lynn Gottfried	44	Bergen Elite	13:54.2	64.89%
14	Heather Lyle	53	Greater Buffalo TC	16:02.3	61.37%
15	Ann More	61	Checkers AC	18:14.8	59.26%
16	Yang Qu	50	Greater Buffalo TC	17:41.3	53.83%
17	Patricia Baker	63	Checkers AC	21:38.2	51.25%