

USATF Niagara Mountain Running Championships

hosted by Swain Mountain Race

August 5, 2023

MEN RESULTS

<u>Place</u>	<u>Runner</u>	<u>Age</u>	<u>Team</u>	<u>Time</u>	<u>Pace</u>
1	Payton Gleason	23	Bergen Elite	58:47	8:46
2	Scott Loforte	23	Checkers AC	1:00:32	9:02
3	Attilio Lospinoso	26	Syracuse TC	1:01:57	9:15
4	EJ Boyce	42	Bergen Elite	1:03:02	9:24
5	Chip O'Hara	42	Syracuse TC	1:04:06	9:34
6	Robert Cooper	28	Bergen Elite	1:05:28	9:46
7	Aaron Nobles	35	Roadkill Racing	1:07:28	10:04
8	Jack Broderick	26	Roadkill Racing	1:08:50	10:16
9	Joe Moberg	34	Bergen Elite	1:12:10	10:46
10	Richie Merriam	40	Bergen Elite	1:14:26	11:07
11	Dave Cook	39	Syracuse TC	1:14:52	11:10
12	Luke Dunkelberg	28	Roadkill Racing	1:15:17	11:14
13	Mike Welden	40	Bergen Elite	1:15:25	11:15
14	Jon Melnik	47	Checkers AC	1:27:18	13:02
15	Gregg Piechota	46	unattached	1:28:45	13:15
16	Jeremy Cook	34	Roadkill Racing	1:32:47	13:51
17	Harvey Brice	52	Checkers AC	1:40:49	15:03
18	Joe Zito	48	Checkers AC	1:42:14	15:16
19	Joe Rapone	40	Bergen Elite	1:42:44	15:20
20	Walter Potocki	43	Checkers AC	1:43:33	15:27
21	Jesus Melendez Vincete	47	Roadkill Racing	1:51:47	16:41
22	Michael Baker	48	Checkers AC	1:56:30	17:23
23	Scott Laffer	42	Roadkill Racing	2:12:20	19:45

WOMEN RESULTS

<u>Place</u>	<u>Runner</u>	<u>Age</u>	<u>Team</u>	<u>Time</u>	<u>Pace</u>
1	Lindsay Piraino	27	Roadkill Racing	1:08:44	10:16
2	Elizabeth Ryan	30	Bergen Elite	1:14:51	11:10
3	Olivia Wallace	33	Bergen Elite	1:20:34	12:01
4	Elizabeth Matthews	43	GVH	1:21:53	12:13
5	Colleen Coon	32	Bergen Elite	1:24:16	12:33
6	Jenn Spitzer	32	Bergen Elite	1:27:58	13:08
7	Julia Varble	60	Roadkill Racing	1:34:33	14:07
8	Tammy Putt	38	Bergen Elite	1:35:39	14:17
9	Annie Ball	39	Bergen Elite	1:36:47	14:27
10	Shealyn Doody	26	Roadkill Racing	1:40:02	14:56
11	Amanda Dole	32	Bergen Elite	1:40:04	14:56
12	Ashlie Roberts	38	Roadkill Racing	1:40:41	15:02
13	Jacalyn Lembo	57	GVH	1:42:09	15:15
14	Beth Watson	32	Bergen Elite	1:44:56	15:40
15	Valerie Vermeulen	66	Roadkill Racing	1:57:52	17:36
16	Kaye Treanor	53	Roadkill Racing	2:06:59	18:57
17	Valerie Kean	54	Roadkill Racing	2:13:25	19:55
18	Martha Doody	53	Roadkill Racing	2:26:13	21:49
19	Deb Miller	63	Roadkill Racing	2:43:34	24:25
20	Barbara Sauer	75	GBTC	3:30:19	31:23

MEN AGE GRADING RESULTS

<u>Place</u>	<u>Runner</u>	<u>Age</u>	<u>Team</u>	<u>Time</u>	<u>Age Grade</u>
1	EJ Boyce	42	Bergen Elite	1:03:02	80.70%
2	Chip O'Hara	42	Syracuse TC	1:04:06	79.36%
3	Richie Merriam	40	Bergen Elite	1:14:26	67.33%
4	Mike Welden	40	Bergen Elite	1:15:25	66.45%
5	Jon Melnik	47	Checkers AC	1:27:18	60.71%
6	Gregg Piechota	46	unattached	1:28:45	60.23%
7	Harvey Brice	52	Checkers AC	1:40:49	54.89%
8	Joe Zito	48	Checkers AC	1:42:14	52.28%
9	Walter Potocki	43	Checkers AC	1:43:33	49.53%
10	Joe Rapone	40	Bergen Elite	1:42:44	48.78%
11	Jesus Melendez Vincete	47	Roadkill Racing	1:51:47	47.41%
12	Michael Baker	48	Checkers AC	1:56:30	45.88%
13	Scott Laffer	42	Roadkill Racing	2:12:20	38.39%

WOMEN AGE GRADING RESULTS

<u>Place</u>	<u>Runner</u>	<u>Age</u>	<u>Team</u>	<u>Time</u>	<u>Age Grade</u>
1	Julia Varble	60	Roadkill Racing	1:34:33	74.33%
2	Elizabeth Matthews	43	GVH	1:21:53	70.28%
3	Jacalyn Lembo	57	GVH	1:42:09	66.11%
4	Valerie Vermeulen	66	Roadkill Racing	1:57:52	64.92%
5	Kaye Treanor	53	Roadkill Racing	2:06:59	50.56%
6	Valerie Kean	54	Roadkill Racing	2:13:25	48.72%
7	Deb Miller	63	GBTC	2:43:34	44.79%
8	Martha Doody	53	Roadkill Racing	2:26:13	43.91%
9	Barbara Sauer	75	GBTC	3:30:19	41.95%

TEAM RESULTS

<u>OPEN MEN</u>	<u>TIME</u>
1) BERGEN ELITE	5:33:51
2) ROADKILL RACING	6:56:07

<u>OPEN WOMEN</u>	<u>TIME</u>
1) BERGEN ELITE	7:03:16

<u>MASTERS MEN</u>	<u>AGE GRADE</u>
1) CHECKERS AC	263.29

<u>MASTERS WOMEN</u>	<u>AGE GRADE</u>
1) ROADKILL RACING	282.43