

FRW – Top performances by athletes (within the USATF Adirondack Region)
Two decades of history

Top Open – Sub 16:30 5K

1} Cheri Goddard- Kenah	15:31
2} Cheri Goddard	15:32
3} Cheri Goddard –Kenah	15:47
4} Megan Hogan	15:50
5} Liz Maloy	15:53
6} Megan Hogan	15:54
7} Lori Hewig	16:01
8} Lori Hewig	16:07
9} Emily McCabe	16:11
10} Cheri Goddard	16:11
11} Lisa Vaill	16:25
12} Lisa Vaill	16:29

Top 12 Masters- 5K

Lori Hewig	16:52
Emily Bryans	17:39
Lori Hewig	18:00
Lori Kingsley	18:04
Renee Tolan	18:07
Emily Bryans	18:15
Lori Kingsley	18:16
Emily Bryans	18:17
Lori Kingsley	18:18
Emily Bryans	18:25
Erin Corcoran	18:32
Linda Kimmey	18:45

Top 7 50+ 5K

1} Nancy Nicholson	20:23
2} Nancy Briskie	20:28
3} Nancy Briskie	20:28
4} Jayne Zinke	20:38
5} Anne Benson	20:38
6} Jayne Zinke	20:53
7} Martha Degrazia	21:01

Top 7 18 or Under- 5K

1} Hannah Davidson	17:08
2} Nicole Blood	17:19
3} Erin Davis	17:24
4} Maggi Szpac	17:39
5} Hannah Davidson	17:42
6} Julia Flower	17:46
7} Keelin Hollowood	17:52

1} Margret Betz 62	21:02
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USATF ADK Age-Group History – most recent 20 years

2015 – Open

1} Nicole Blood	17:41
2} Julia Flowers	17:46
3} Sara Dunham	18:07

Masters-

1} Renee Tolan	18:07
2} Emily Bryans	19:01
3} Erin Corcoran	19:37

18 or Under	Julia Flower 16	17:46
50+	Anne Benson 50	20:38

2014 – Open

1} Megan Hogan	15:50
2} Sara Dunham	17:31
3} Karen Bertasso	17:58

Masters

1} Erin Corcoran	18:32
2} Emily Bryans	18:55
3} Gretchen Oliver	19:35

18 or Under Julia Flower 15 17:59
50+ Colleen Bracket 52 21:13

2013- Open

		Masters	
1} Megan Hogan	16:30	1} Emily Bryans	18:17
2} Sara Dunham	18:10	2} Anne Benson	19:39
3} Mesha Brewer	18:11	3} Terri Artess	19:54

18 or under Keelin Hollowood 18 18:24
50+ Nancy Nicholson 51 21:50

2012 - Open

		Masters	
1} Nicole Irving	17:13	1} Lori Kingsley	18:18
2} Mary Champaign	17:18	2} Emily Bryans	18:25
3} Maggi Szpac	17:39	3} Anne Benson	18:58

18 or under Maggi Szpac 17 17:39
50+ Nancy Nicholson 50 20:23

2011- Open

		Masters	
1} Megan Hogan	15:54	1} Emily Bryans	17:39
2} Nicole Blood	17:05	2} Lori Kingsley	18:04
3} Jodi Schoppmann	17:25	3} Anne Benson	19:03

18 or under Keelin Hollowood 16 18:00
50+ Donna Thraikill 52 21:40

2010- Open

		Masters	
1} Liz Maloy	15:53	1} Anne Benson	19:00
2} Hannah Davidson	17:52	2} Kari Gathen	19:24
3} Keelin Hollowood	18:11	3} Judy Guzzo	19:53

18 or under Keelin Hollowood 15 18:11
50+ Nancy Briskie 52 21:09

2009- Open

		Masters	
1} Jillian King	17:37	1} Lori Kingsley	18:16
2} Jen Adams	17:48	2} Anne Benson	18:57
3} Keelin Hollowood	17:52	3} Kari Gathen	19:54

18 or under Keelin Hollowood 14 17:52
50+ Nancy Briskie 51 20:28

2008- Open

		Masters	
1} Emily McCabe	16:40	1} Emily Bryans	18:15
2} Hannah Davidson	17:08	2} Anne Benson	18:50

3} Allyssa Lotmore 17:36 3} Lori Kingsley 19:11

18 or under Hannah Davidson 18 17:08
50+ Nancy Briskie 50 20:28

2007- Open

Masters

1} Emily McCabe 16:11 1} Mary Buck 19:52
2} Hannah Davidson 17:42 2} Judy Guzzo 20:22
3} Brina Sequine 17:59 3} Cheryl Debraccio 20:55

18 or under Hannah Davidson 17 17:42
50+ Judy Phelps 56 21:34

2006- Open

Masters

1} Jessica Manzer 18:04 1} Anne Benson 19:27
2} Eileen Combs 18:14 2} Karen Mohr 19:41
3} Brina Sequine 18:15 3} Mary Buck 19:48

18 or Under Brina Sequine 16 18:15
50+ Judy Phelps 55 21:31

2005- Open

Masters

1} Eileen Combs 17:53 1} Karen Mohr 19:25
2} Kara Lynn Kerr 18:23 2} Anne Benson 19:39
3} Katie Twarog 18:36 3} Anne Gullickson 19:50

18 or under Nicole Sobloski 17 18:59
50+ Karen Provencher 50 21:11

2004-Open

Masters

1} Katie Twarog 18:11 1} Nancy Malkiewicz 19:54
2} Roxanne Wegman 18:17 2} Nancy Taormina 20:05
3} Liz Phelps 18:18 3} Linda Kimmey 20:17

18 or under Roxanne Wegman 16 18:17
50+ Martha Degrazia 53 21:42

2003-Open

Masters

1} Mollie DeFrancesco 16:57 1} Karen Vanderwood 19:22
2} Nicole Blood 17:19 2} Inge Aiken 19:27
3} Emily Bryans 18:06 3} Linda Kimmey 19:38

18 or Under Nicole Blood 15 17:19
50+ Martha Degrazia 52 21:01

2002- Open

Masters

1} Nicole Blood	17:57	1} Lori Hewig	18:00
2} Lori Hewig	18:00	2} Inge Aiken	19:07
3} Emily Bryans	18:24	3} Beth Stalker	19:46

18 or Under	Nicole Blood 14	17:57
50+	Martha Degrazia 51	21:15

2001- Open

1} Lori Hewig	16:52	1} Lori Hewig	16:52
2} Emily Bryans	17:13	2} Beth Stalker	19:00
3} Deb Springer	17:52	3} Linda Kimmey	19:44

Masters

18 or Under	Nicole Blood 13	17:59
50+	Elaine Lutzker 51	21:27

2000- Open

1} Dana Ostrander	17:28	1} Linda Kimmey	19:38
2} Kathleen Boyle	17:41	2} Beth Stalker	19:39
3} Emily Bryans	17:45	3} Denise Herman	19:57

Masters

18 or Under	Kirsten Hornbach 15	18:13
50+	Elaine Lutzker 51	21:21

1999- Open

1} Cheri Goddard - Kenah	15:31	1} Linda Kimmey	18:45
2} Dana Ostrander	17:16	2} Denise Herman	19:36
3} Charlene Lyford	17:35	3} Janice Roche	20:07

Masters

18 or under	Danielle Coon 16	18:09
50+	Margret Betz 62	21:02

1998- Open

1} Cheri Goddard - Kenah	15:47	1} Merle Myerson	19:14
2} Lisa Vaill	16:59	2} Jeryl Simpson	19:17
3} Susan Yagielski	17:10	3} Denise Herman	19:28

Masters

18 or Under	Jen Kramer 16	17:59
50+	Candi Shermerhorn	21:30

1997- Open

1} Cheri Goddard	15:32	1} Denise Herman	19:32
2} Lisa Vaill	16:50	2} Karen Provencher	20:05
3} Erin Davis	17:24	3} Lisa Faist -Stanton	20:14

Masters

18 or Under	Erin Davis 18	17:24
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50+ Jayne Zinke 54 20:53

1996- Open Masters
1} Lori Hewig 16:07 1} Not available

50+ Jayne Zinke 20:38

Prior age-group complete data unavailable; notable early 5K performances - 1990 - 1995 listed below.

1995 - Cheri Goddard 16:11
1993- Lisa Vaill 16:25
1992- Lori Hewig 16:01
1991- Lori Hewig 16:32
1990- Lisa Vaill 16:29
Lori Hewig 17:00

55+ Anny Stockman 21:22

For the purpose of this report -

- * Athletes lived within the USATF ADK region but were not necessarily USATF members.
- * Athletes who went to college out of state but returned to this region are included.
- * Athletes who went to school in this region, competed here on a regular basis after school but later moved out of state are included.
- * Athletes living in border regions of Binghamton, and Kingston are generally included.