

CanAm Challenge

GVH Invitational Masters 6K

Genesee Valley Park, Rochester

Sunday, November 14, 2004

1 Gary Griffin	Genesee Valley Harriers	20:05.4	1 M40	38 Larry Krol	Checkers AC-Buffalo	23:11.3	7 M50
2 Bob Carroll	Checkers AC-Buffalo	20:13.8	1 M45	39 Dennis Van Kerkhove	Genesee Valley Harriers	23:12.0	18 M40
3 Pat McDermott	Physikult	20:22.1	2 M40	40 Dave Ward	Checkers AC-Buffalo	23:33.0	8 M50
4 Alan Evans	Genesee Valley Harriers	20:30.2	3 M40	41 David Carroll	Checkers AC-Buffalo	23:38.1	19 M40
5 Dan Essler	Checkers AC-Buffalo	20:37.1	2 M45	42 Dave Bowen	Syracuse Chargers	23:40.7	9 M50
6 Rich Grimm	Checkers AC-Buffalo	20:49.5	4 M40	43 Thomas Cook	Unattached	23:41.5	20 M40
7 Mike Rogers	Checkers AC-Buffalo	20:56.8	3 M45	44 Steve Van Kerkhove	Genesee Valley Harriers	23:47.5	21 M40
8 Dave Bischoff	Genesee Valley Harriers	20:57.0	5 M40	45 Ray Stemmer	Unattached-Rochester, NY	23:54.5	22 M40
9 Jamie Black	Unattached-Toronto, Ont	21:05.3	6 M40	46 Jim May	Genesee Valley Harriers	23:55.2	2 M55
10 Richard Raaflaub	Physikult	21:09.9	4 M45	47 John Woods	Syracuse Chargers	23:56.8	14 M45
11 Jim Robinson	Genesee Valley Harriers	21:10.6	1 M50	48 Vince Luongo	Genesee Valley Harriers	23:59.4	23 M40
12 John Van Kerkhove	Genesee Valley Harriers	21:17.7	7 M40	49 Rick Schneider	Syracuse Track Club	24:08.2	15 M45
13 Bob Bolton	Syracuse Chargers	21:21.3	8 M40	50 David Peterson	Checkers AC-Buffalo	24:10.9	3 M55
14 James Waldron	Checkers AC-Buffalo	21:22.6	9 M40	51 Marc Consler	Genesee Valley Harriers	24:13.8	24 M40
15 Raymond Pacque	Checkers AC-Buffalo	21:27.0	5 M45	52 Fred Miller	Syracuse Chargers	24:20.2	10 M50
16 Mark Rybinski	Syracuse Chargers	21:27.8	6 M45	53 Bob Kulwicki	Genesee Valley Harriers	24:28.6	4 M55
17 Mark Johnson	Unattached-Webster, NY	21:29.4	10 M40	54 Peter Forrestel	Checkers AC-Buffalo	24:32.9	11 M50
18 Charlie Andrews	Unattached-Rochester	21:32.4	7 M45	55 David Miller	Syracuse Track Club	24:39.7	25 M40
19 Allen Pettee	Genesee Valley Harriers	21:35.7	11 M40	56 Mike Lyons	Genesee Valley Harriers	24:40.0	26 M40
20 Ed Lindo	Syracuse Chargers	21:38.1	12 M40	57 Herb Engman	High Noon AC-Ithaca	24:41.7	5 M55
21 Peter Glavin	Genesee Valley Harriers	21:47.8	13 M40	58 Fred Lew	Checkers AC-Buffalo	24:42.8	12 M50
22 Gary Moore	Genesee Valley Harriers	21:48.6	8 M45	59 Mark Guasteferro	Checkers AC-Buffalo	24:49.4	27 M40
23 Leo Finucane	Genesee Valley Harriers	21:50.1	9 M45	60 Greg Lavis	Checkers AC-Buffalo	24:49.7	16 M45
24 Gary Radford	Syracuse Chargers	21:56.7	10 M45	61 Dave Blake	Genesee Valley Harriers	24:50.9	6 M55
25 Tim Dwyer	Genesee Valley Harriers	22:04.1	14 M40	62 Tim McMullen	Genesee Valley Harriers	25:06.3	13 M50
26 Tom Hartshorne	High Noon AC-Ithaca	22:07.7	2 M50	63 Jim Schaffstall	Checkers AC-Buffalo	25:12.4	28 M40
27 Tim Ingall	High Noon AC-Ithaca	22:09.4	1 M45	64 Mitch Moore	Genesee Valley Harriers	25:13.6	14 M50
28 Keith Scott	Genesee Valley Harriers	22:31.7	15 M40	65 David Fernandez	High Noon AC-Ithaca	25:15.6	15 M50
29 Chris Buckley	Adirondack AC	22:31.9	16 M40	66 Dick Rybinski	Syracuse Chargers	25:22.2	16 M50
30 Doug Kennedy	Unattached-Portland, Ont.	22:36.9	12 M45	67 Keith Yeates	Genesee Valley Harriers	25:32.8	7 M55
31 John Whitman	High Noon AC-Ithaca	22:37.9	3 M50	68 Roger Howe	Genesee Valley Harriers	25:35.5	8 M55
32 Stephen Forrestel	Checkers AC-Buffalo	22:41.7	1 M55	69 Jack Geddes	Unattached-Toronto, Ont.	25:36.6	1 M65
33 Ted Paget	Checkers AC-Buffalo	22:48.3	4 M50	70 Al Weaver	Syracuse Track Club	25:36.9	17 M50
34 Matthew Caton	Alternative Track Club	22:54.9	17 M40	71 Jim Dolan	Unattached-Webster, NY	25:43.9	18 M50
35 Ron Blackmore	Syracuse Chargers	22:57.2	5 M50	72 Joe Kent	Unattached-Webster, NY	25:47.1	17 M45
36 Don Seitz	Checkers AC-Buffalo	22:58.5	13 M45	73 Clyde Ferguson	Checkers AC-Buffalo	26:02.9	19 M50
37 Brian Dodge	Syracuse Chargers	23:04.4	6 M50	74 Gary Raby, Sr.	Checkers AC-Buffalo	26:06.5	20 M50



Team Canada
Joan,
Vern,
Clara,
Jack,
Cathy,
Ted,
Doug

75 Dave Lawrence	Checkers AC-Buffalo	26:21.6	18 M45	41 Rebecca Harman	Finger Lakes RC	24:36.3	5 W30
76 Joe Reynolds	High Noon AC-Ithaca	26:23.3	1 M60	42 Lynn O'Malley	Physikult	24:40.0	4 W40
77 Jerry Smith	Syracuse Track Club	26:24.9	2 M60	43 Carolyn Smith-Hanna	Genesee Valley Harriers	24:46.5	1 W50
78 Vern Christensen	Unattached-Toronto, Ont.	26:37.5	3 M60	45 Karen Kennedy	Unattached-Portland, Ont.	25:16.5	2 W45
79 Joe Abernethy	Genesee Valley Harriers	26:48.4	4 M60	48 Gail Geiger	Genesee Valley Harriers	25:34.5	5 W40
80 Bill Polito	Genesee Valley Harriers	26:53.9	21 M50	49 Amy Hurta	Checkers AC-Buffalo	25:41.3	6 W30
81 Gregory Hyatt	Checkers AC-Buffalo	26:57.8	22 M50	50 Christine Reynolds	Finger Lakes RC	25:49.3	7 W30
82 Kenneth Gordon	Checkers AC-Buffalo	27:06.5	5 M60	53 Lorrie Tily	Finger Lakes RC	26:06.7	6 W40
83 Dave Sek	Genesee Valley Harriers	27:15.4	6 M60	54 Jennifer Hulme	Checkers AC-Buffalo	26:12.6	8 W30
84 Tom Donnelly	Checkers AC-Buffalo	27:28.8	23 M50	55 Audrey Balander	Finger Lakes RC	26:24.5	3 W45
85 Tim Lawrence	Genesee Valley Harriers	27:35.5	19 M45	56 Jeanne Chiarmonte	Checkers AC-Buffalo	26:28.1	7 W40
86 Joe Spencer	Alternative Track Club	27:36.6	20 M45	57 Patti Ford	Syracuse Chargers	26:37.9	4 W45
87 Ken Lowe	Genesee Valley Harriers	27:37.6	7 M60	58 Zsafia Franck	Finger Lakes RC	26:47.8	2 W50
88 Doug Smith	Unattached-Toronto, Ont.	27:45.1	24 M50	59 Karen Grover	Finger Lakes RC	26:50.3	9 W30
89 Ralph Zimmerman	Checkers AC-Buffalo	27:46.6	8 M60	60 Ruth Yanai	Syracuse Chargers	26:52.0	5 W45
90 Jim Glinesky	Genesee Valley Harriers	27:59.8	9 M55	61 Patty Flanigan	Genesee Valley Harriers	27:03.6	6 W45
91 Roger Niehe	Unattached-Lockport, NY	28:01.9	21 M45	62 KC Bennett	Finger Lakes RC	27:12.7	7 W45
92 John Moore	Checkers AC-Buffalo	28:14.5	9 M60	63 Diane Sardes	Checkers AC-Buffalo	27:19.9	3 W50
93 Roger Salmons	Genesee Valley Harriers	28:27.2	10 M55	64 Patricia Webb	Checkers AC-Buffalo	27:23.6	6 W35
94 Patrick Acer	Genesee Valley Harriers	28:31.0	25 M50	65 Joann O'Loughlin	Checkers AC-Buffalo	27:33.1	7 W35
95 Anthony Muhlneckel	Syracuse Track Club	28:35.0	26 M50	66 Catherine Meyer	Checkers AC-Buffalo	27:33.8	8 W35
96 Roger Roll	Checkers AC-Buffalo	28:41.3	29 M40	67 Clara Northcott	Unattached-Mississauga	27:38.9	4 W50
97 Tom Carr	Genesee Valley Harriers	28:42.7	11 M55	68 Teresa Sukienicki	Genesee Valley Harriers	27:42.3	9 W35
98 David Mullen	Syracuse Track Club	28:46.6	22 M45	70 Noreen Verdoliva	Syracuse Chargers	28:22.0	8 W40
99 Bob Volk	Genesee Valley Harriers	29:03.4	10 M60	72 Joannie Essler	Checkers AC-Buffalo	28:45.2	8 W45
100 Jim Minor	High Noon AC-Ithaca	29:18.9	12 M55	73 Michelle Marino	Finger Lakes RC	29:00.4	5 W50
101 Bruce Lavner	Genesee Valley Harriers	29:34.6	27 M50	74 Beth Scott	Genesee Valley Harriers	29:31.8	6 W50
102 Dave Smith	Genesee Valley Harriers	29:59.7	30 M40	75 Jeanne Herrick	Genesee Valley Harriers	29:45.1	7 W50
103 M. Clair Findlay	Genesee Valley Harriers	30:24.5	13 M55	76 Linda Glowacki	Unattached-Liverpool, NY	29:48.8	9 W45
104 Rich Van Almkerk	Genesee Valley Harriers	32:52.6	14 M55	79 Diane Sherrer	Finger Lakes RC	30:06.7	8 W50
105 Richard Sullivan	Belle Watling AC	33:22.2	1 M75	80 Sue Aigen	Finger Lakes RC	30:29.0	9 W50
				81 Diane Yates	Finger Lakes RC	30:38.8	10 W30
				82 Laura Norwood	Checkers AC-Buffalo	30:41.0	10 W50
				83 Sandra Harmon	Checkers AC-Buffalo	31:41.1	11 W50
				84 Yvonne Tasker	Syracuse Chargers	32:04.2	1 W60
				85 Margaret Jastran	Finger Lakes RC	32:17.1	12 W50
				86 Carolyn Kriesen	Genesee Valley Harriers	32:20.8	2 W60
				87 Lenie Tucker	Syracuse Chargers	32:43.4	1 W65
				88 Joan Christensen	Unattached-Toronto, Ont.	33:00.5	3 W60
				89 Carol Heiligenthaler	Checkers AC-Buffalo	33:09.6	10 W45
				90 PJ Peterman	Finger Lakes RC	33:55.8	13 W50
				91 Marie White	Genesee Valley Harriers	34:06.3	9 W40
				92 Patricia Martin	Genesee Valley Harriers	36:28.2	1 W55
				93 Cathy Tedford	Unattached-North York, Ont.	45:40.0	14 W50

Women

Overall in Open race.

13 Kristin White	Fleet Feet Sports (Syr)	22:37.4	1 W30
16 Heather Webster	Syracuse Chargers	22:40.4	2 W30
18 Becky Heuer	Genesee Valley Harriers	22:53.2	1 W40
23 Murphee Hayes-Falls	Syracuse Chargers	23:22.1	3 W30
25 Debra Morris-Allen	Checkers AC-Buffalo	23:26.9	2 W40
28 Gillian Sharp	Finger Lakes RC	23:35.2	3 W40
32 Coleen Hopkins	Toronto Olympic Club	23:58.9	1 W35
34 Amy Fakterowitz	Checkers AC-Buffalo	24:12.9	2 W35
35 Suzette Taggart	Physikult	24:13.7	3 W35
36 Jennifer Wagner	Genesee Valley Harriers	24:15.9	4 W35
37 Margurita Sviajiana	Unattached-Kingston, Ont.	24:22.2	4 W30
38 Suzanne Myette	Finger Lakes RC	24:23.8	1 W45
40 Brenda Spillman	Checkers AC-Buffalo	24:31.6	5 W35

I took out the sub-30 year old women's results.

USAT&F Masters Long Distance is M40+ and W35+.



Karen Kennedy
2nd W45

Age Group	USA Men	Canada Men	USA Women	Canada Women
30-34	1	none	3,4	1,2
	1pt.	2 pts.	7 pts.	3 pts.
35-39	1	none	1	2
	1 pt.	2 pts.	1 pt.	2 pts.
40-44	1,3,4,5,6	2,7	1,2,3	4,5
	4 pts.	9 pts.	3 pts.	9 pts.
45-49	1,2,3,6,7,8,9,10,11	4,5,12	1	2
	6 pts.	21 pts.	1pt.	2pts.
50-54	1,2,3...23	24	1,2,3,5,...13	4,14
	1 pt.	24 pts.	3 pts.	18 pts.
55-59	1	none	1	none
	1 pt.	2 pts.	1pt.	2pts.
60-64	1,2	3	1,2	3
	1 pt.	3 pts.	1pt.	3 pts.
65-69	none	1	1	none
	2 pts.	1 pt.	1pt.	2pts.
70-74	none	none	none	none
75-79	1	none	none	none
	1pt.	2pts.		
Totals	18 pts.	66 pts.	18 pts.	41 pts.

Final Score

USA 36

Canada 107

USA wins the Challenge with the fewest pts.

Many thanks to Pete Glavin and the Genesee Valley Harriers for hosting the Challenge and making us feel most welcome.

1st W35 Coleen Hopkins



W50 Clara Northcott (L)

