

Race Results

Charbo's Run 5 Mile Dorchester, MA 3/23/03



Jeanie Ferreira 59:57
Louise Rossetti 62:13

Run for Humanity 5K Attleboro, MA 3/22/03

Steve Hunt 18:29
Kelesy Hunt 20:18NR

An Ras Nor 5k Cambridge, MA 3/16/03



Steve Hunt 18:18
Kelesy Hunt 20:13
Louise Rossetti 38:24

New Bedford Half Marathon New Bedford, MA 3/16/03

263 Matt Soroka 1:35:57
323 Allan Rube 1:38:07
347 Dave Contrada 1:39:07

609 Elizabeth Tringali 1:47:37

Law Enforcement Half Marathon Wakefield, MA 3/9/03

22nd Male Open Team
15th Male Masters Team
14th Male Seniors Team
239 John Saunders 1:27:11



339 Carl Hefflefinger 1:31:44
401 Bill Gray 1:34:26
464 Julie Hanover 1:37:14
514 Richard Doyle 1:39:09
540 Allan Rube 1:39:49
639 Thomas Conley 1:42:44
692 Steve Moland 1:44:36
732 Yuki Minami 1:45:44
733 Ed Kelly 1:45:47
776 Dave Breeden 1:47:18



842 Michael Thatcher 1:48:38

974 Samy El-Guebaly 1:50:59
1039 Stan Klem 1:53:28
1642 Susan Rube 2:09:57
1697 Allan Sabiski 2:11:37

Law Enforcement 5K Wakefield, MA 3/9/03

24 Nicole Slane 19:18
50 Stephen Hunt 21:08
51 Kelsey Hunt 21:08
52 Bill Spencer 21:12
203 Eric Chorney 25:39
329 Mary Minami 28:04

Irish Feet Are Runnin' 5M Lowell, MA 3/9/03

10 Steve Delahunty 29:18
24 Don McCarty 31:04
63 Michael Dodge 35:11
72 Kenneth Arnold 36:05
95 Kathy Johnson 37:36
113 Traci Swanbon 38:19
129 Pat Kiesselbach 39:00
185 Sharon Yu 41:40
221 Ed Pancoast 43:07
254 Megan Callan 44:43
291 Linda Madden 46:21
305 Pat Smith 47:26
366 Nick Anastasi 56:20
378 Louise Rosetti 62:01

Freeze Your Buns 5 Miler Litchfield, NH 3/2/03

1 Wayne McLeod :30:57
2 Jason Dion 32:11
3 Carl Hefflefinger 33:10
4 Bill Gray 34:09
6 Allan Rube 35:32
7 Jim Ecke 36:15
10 John Sennott 39:32
11 Pat Kiesselbach 41:01
12 Hein ven den Heuvel 41:04
15 Robin Rocha 43:26
17 Allan Sabiski 47:38
18 Mary Slocum 49:38
19 Madeleine Larose 55:54

Freeze Your Buns 5K Litchfield, NH 3/2/03

3 Nicole Slane 19:46
4 Bill Spencer 21:27
5 Cathy Merra 22:16

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- 6 Sam Deperri 23:26
- 8 Kaitlin Burnett 26:08
- 10 Sandra ven den Heuvel 27:44
- 13 Jerry Rocha 30:45
- 14 Bob Welts 31:06
- 16 Ellen Kolb 36:12

Claddagh Pub 4 Miler

Lawrence, MA 3/2/03



- 14 Dave Camire 27:31
- 61 Sharon Yu 33:38
- 137 Nick Anastasi 44:27

Stu's 30K

Clinton, MA 3/2/03

- 8 Jim Belanger 2:02:38
- 196 Yuki Minami 2:41:53
- 201 Ed Kelly 2:43:02
- 259 Shu Minami 2:54:44

Town & Country 10 Miler

Amherst, MA 2/23/03

- 53 Dave Birse 1:10:45
- 97 Dave Contrada 1:15:10
- 129 Allan Rube 1:18:03

Freeze Your Buns 5 Miler

Litchfield, NH 2/16/03

- 1 Jason Dion 31:53
- 2 Peter Vendituoli 31:55
- 3 Bill Gray 34:25
- 8 John McQuaid 39:07
- 9 Yuki Minami 39:18
- 10 Shu Minami 40:09
- 11 John Sennott 40:27
- 13 Mike Merra 41:02
- 14 Hein ven den Heuvel 41:09
- 15 Pat Kiesselbach 41:30
- 17 Gordon Burnett 46:11
- 18 Allan Sabiski 46:41

- 20 Mary Slocum 49:12
- 21 Madeleine Larose 53:03

Freeze Your Buns 5K

Litchfield, NH 2/16/03

- 3 Jim Ecke 22:04
- 4 Cathy Merra 22:39
- 5 Sam Deperri 23:27
- 6 Wayne Hilson 24:51
- 7 Lindsay Panny 25:19
- 8 Sandra ven den Heuvel 28:31
- 9 Judi Moland 28:38
- 10 Linda Panny 30:26
- 11 Mary Minami 32:11
- 12 Bob Welts 32:35
- 13 Ellen Kolb 37:23

Valentine's Day 5 Miler

Bradford, MA 2/15/03

- 91 Yuki Minami 38:32
- 111 Shu Minami 40:04
- 140 Pat Kiesselbach 41:52
- 179 Lillemor Hamnqvist 45:01
- 260 Louise Rosetti 66:42

Valentine's Day 6K

Bradford, MA 2/15/03

- 9 Steve Hunt 23:39
- 14 Nicole Slane 24:08
- 26 Kirsten Green 25:46
- 27 Kelsey Hunt 26:26
- 76 Carol Pelletier 31:53
- 96 Eric Chorney 33:25
- 109 Mary Minami 34:53
- 143 Nick Anastasi 39:44

Boston Prep 16 Miler

Derry, NH 1/26/03

- 17 Jim Belanger 1:44:05
- 37 Rae Eastland 1:48:32
- 57 Peter Vendituoli 1:51:38
- 116 Chip Geisler 2:00:24
- 125 Thomas Parker 2:01:41
- 129 Pamela Hall 2:02:07
- 142 Richard Doyle 2:03:39
- 159 Dick Bersani 2:04:58
- 164 Michael Dodge 2:05:11
- 168 Bill Gray 2:05:31
- 202 Yuki Minami 2:09:53
- 207 Casey McMahon 2:10:22
- 223 John Lewicke 2:11:57
- 225 Steve Moland 2:12:05
- 267 Samy El-Guebaly 2:15:50
- 283 Thomas Conley 2:16:39
- 285 Ed Kelly 2:17:01
- 298 Michael Levesque 2:18:11
- 302 Shu Minami 2:18:38
- 321 Stan Klem 2:21:47
- 345 Michael Thatcher 2:26:52
- 386 Paul Fiori 2:34:36

Freeze Your Buns Series winners

5k

- Cathy Merra 3475 points
- Nicole Slane 2940 points

- Sam Deperri 3308 points
- Bob Welts 2520 points

5 Mile

- Pat Kiesselbach 2952 points
- Mary Slocum 2449 points

- Jason Dion 3788 points
- Bill Gray 3601 points

See www.gatecity.org for all results

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May Expiration continued

- Jan Cline
- Bruce Conti
- Patty Danais
- Michael Farley
- Jeanie Ferreira
- Julie Gibbions
- Colleen Gilbert
- the Goebel's
- Wayne Goertel
- Roger Hall
- the Hamnqvist's
- Julie Hanover
- Wayne T. Hilson
- the Holt's
- Stan Klem
- Mick Konrad
- the Kusari's
- the Lavoies
- Neil Lewis
- Mari Littleton
- Paul MacDougall
- Tahlor Marchi
- Wayne McLeod
- Shaun McMahon
- Robert Meagher
- Kristen Millett
- the Morgenstern's
- Andrew Najberg
- the Parise's
- the Peretti's
- the Picards
- Amy Quinnett
- Michelle Richard
- Damian Rowe
- Allan Sabiski
- Peter Shajenko Jr
- Bill Sturgeon
- Rene' Whiteley-Warren
- Karen Zielinski

April 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
		Club Meeting at Merrimack YMCA AT 7:30					
		Adult workouts at Pennechuck Junior High at 6:00					
6	7	8	9 Adult Track	10	11	12	
13	14 Youth Track Stellos	15	16 Adult Track General Meeting	17 Youth Track Penn- ichuck JH	18	19	
20	21 Youth Track Stellos	22	23 Adult Track	24 Youth Track Penn- ichuck JH	25	26	
27 Parkers Run	28 Youth Track Stellos	29	30 Adult Track	Youth Workouts at 5:30			

May 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go to www.gatecity.org for details of the planned workout.				1 Youth Track Penn- ichuck JH	2	3 Big Lake 1/2 Mar- NHGP
		Youth Workouts at 5:30				
4 Pauline Albert 5k	5 Youth Track Stellos	6	7 Adult Track	8 Youth Track Penn- ichuck JH	9	10
	Youth Workouts at 5:30		Adult workouts at Pennechuck Junior High at 6:00			
11 SNHMC 6K	12 Youth Track Stellos	13	14 Adult Track	15 Youth Track Penn- ichuck JH	16	17
18	19 Youth Track Stellos	20	21 Adult Track General Meeting	22 Youth Track Penn- ichuck JH	23	24
	Club Meeting at Merrimack YMCA AT 7:30					
25	26 Youth Track Stellos	27	28 Adult Track	29 Youth Track Penn- ichuck JH	30	31