

# Race Results

Super bowl 5k  
Lowell, Ma  
Jan 26, 2003

Joey Rizzo 17:54 1st age  
Steve Hunt 18:30  
Nicole Slane 19:08 3rd Female



Steve & Kelsey

Kelsey Hunt 20:05 1st age  
Carl Murphy 20:26  
Dave Ferris 20:37  
Lindsay Panny 22:03 2nd age  
Pat Kisselback 2nd age  
Nick Anastasi 33:01  
Louise Rossetti 44:33

Disney Half Marathon  
Jan 12, 2003

Maurice Ferrigno, Nashua, 2:06:58;  
Samantha Buechner, Nashua, 2:09:41;  
Kim De Costa, Hudson, 2:09:41;  
Stacie Buechner, Nashua, 2:27:06;  
Julianne Noonan, Nashua, 2:55:57;  
Helen Ferrigno, Nashua, 3:25:29;

Disney Marathon

Erin Moskun, Hollis, 3:42:43;  
James Moskun, Hollis, 4:30:08;  
Allan Sabiski, Nashua, 4:50:00;

Freeze Your Buns  
Litchfield  
5K Results Jan 19, 2003

Hunt, Steve 0:19:46  
Hansen, Jim 0:19:59  
Slane, Nicole 0:20:31  
de BruynKops, Peter 0:21:35  
Merra, Cathy 0:22:29  
Panny, Lindsay 0:22:45  
Ecke, Jim 0:23:08  
Kerns, Andrew 0:23:27  
Burkinshaw, Eldon 0:23:36



Emily

Mastropiero, Emily 0:24:59  
Spencer, Bill 0:25:01  
Moland, Judi 0:27:04  
Panny, Linda 0:30:38  
Thatcher, Mike 0:30:47  
Welts, Bob 0:31:13  
Kolb, Ellen 0:36:39  
Cotreau, Andy 0:38:13  
Rocha, Jerry 0:38:14

5 Mile Results Jan 19, 2003

Belanger, Jim 0:30:57  
Vendituoli, Peter 0:33:00  
Saunders, John 0:33:11  
Gray, Bill 0:35:03  
Minami, Yuki 0:37:08  
Minami, Shu 0:40:02  
Breedon, Dave 0:41:09  
Ferris, Dave 0:41:50  
Deichler, Ed 0:42:43  
Kiesselbach, Pat 0:42:53  
Rocha, Robin 0:46:01  
Burnett, Kaitlin 0:48:15  
Burnett, Gordon 0:48:16  
Sabiski, Allan 0:49:04  
Slocum, Mary 0:50:00  
Larose, Madeleine 0:53:27

Freeze Your Buns  
Litchfield  
5K Results Jan 5, 2003

Merra, Anthony 0:20:20  
Shattuck, Doug 0:20:22  
Slane, Nicole 0:20:27  
Neville, Ashley 0:22:25  
Merra, Cathy 0:22:47  
Burkinshaw, Eldon 0:23:05  
Merra, Chris 0:23:15  
Hils on, Wayne 0:23:34  
Mastropiero, Emily 0:24:09  
Plante, Caitlin 0:24:11  
Deperri, Sam 0:24:20  
Plante, Brittaney 0:25:22  
Welts, Bob 0:29:40  
Minami, Mary 0:31:33  
Kolb, Ellen 0:36:56

5 Mile Results Jan 5, 2003



Jim

Belanger, Jim 0:30:42  
Neville, Michael 0:33:53  
Hansen, Jim 0:34:01  
Gray, Bill 0:34:39  
Rowe, Damian 0:35:59  
Phillips, Lincoln 0:36:31  
Dwyer, Frank 0:36:54  
McMahon, Casey 0:38:06  
Burnett, Gordon 0:39:36  
Parker, John 0:40:07  
Minami, Shu 0:40:36  
Merra, Mike 0:41:02  
Kiesselbach, Pat 0:43:24  
Patnode, Karl 0:46:51  
Burnett, Kaitlin 0:47:46  
Slocum, Mary 0:55:02  
Larose, Madeleine 0:55:48

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Peanut Butter Chip Chase 5K  
Temple, NH 1/1/03

Sara Lewicke 1st Female

- 4 John Paul Lewicke 18:41
- 5 Ryan McCarty 18:52
- 6 Wayne McLeod 18:55
- 7 Sara Lewicke 18:57
- 8 Don McCarty 19:00
- 9 Dave Birse 10:35
- 11 Peter Vendituoli 20:04
- 20 Bob Veilleux 20:44
- 23 Anthony Merra 20:52
- 27 Walter Swanbon 21:14
- 28 Damian Rowe 21:17
- 29 Kevin Hodge 21:32
- 30 Liz Black 21:35
- 31 John Lewicke 21:44
- 35 Chantal Croteau 22:15
- 42 Mike Merra 22:46
- 43 Chris Merra 22:57
- 44 Steve Moland 23:00
- 48 Cathy Merra 23:16
- 61 Traci Swanbon 25:38
- 65 Teanna Croteau 26:08
- 78 Melaney Hodge 27:44
- 86 Rick Schnabble 28:47
- 109 Judi Moland 36:30
- 110 Ellen Kolb 36:37
- 112 Shelby Moland 39:04
- 115 Holly McCarty 43:21
- 121 Ian McCarty 47:44

New Years Day 10K  
Salisbury, MA 1/1/03

- 20 Jim Belanger 37:37
- 55 Dave Contrada 40:25
- 57 Peter Malinowski 40:32
- 93 Yuki Minami 42:45
- 115 Jim Ecke 43:41
- 199 Shu Minami 48:51
- 302 Carol Pelletier 54:44
- 376 Louise Rosetti 80:25

New Years Day 5K  
Salisbury, MA 1/1/03

- 29 Dave Camire 20:29
- 118 Sharon Yu 24:17
- 159 Eric Chorney 25:27
- 228 Carol Malinowski 27:56
- 264 Mary Minami 29:07

Millennium Mile  
Londonderry, NH 12/29/02

- 45 John Kennedy 4:33
- 52 Mark Fraser 4:38
- 53 Joey Rizzo 4:39
- 78 Nicole Slane 4:55
- 79 Adrien Cooper 4:55
- 80 Peter Vendituoli 4:57
- 84 Walter Swanbon 5:00
- 93 Dana Breeden 5:04
- 94 Michael Peabody 5:04
- 95 Jim Hansen 5:04
- 97 Damian Rowe 5:08
- 98 Doug Shattuck 5:08
- 109 Peter de Bruyn Kops 5:17
- 121 Ashley Neville 5:25
- 124 Andrew Kerns 5:27



Samantha

- 125 Samantha Moland 5:27
- 133 Lindsay Panny 5:30
- 137 Bill Spencer 5:32
- 138 Kelsey Hunt 5:34



Kim & Kelsey

- 141 Kim McAuliffe 5:30
- 157 Madeline Trolan 5:45
- 161 Ashley Morgenstern 5:48
- 165 Dave Breeden 5:52
- 168 Kaitlin Burnett 5:54
- 173 Nancy Peabody 5:57
- 178 Gordon Burnett 6:00
- 183 Eldon Burkinshaw 6:03
- 226 Christina de Bruyn Kops 6:51
- 230 Monica Vendituoli 6:54
- 232 Carolyn Morgenstern 6:54

- 239 Nathan Peabody 7:08
- 240 Rosanne Trolan 7:09
- 241 Lyle Trolan 7:09
- 251 Meredith Peabody 7:20
- 280 Evan Kerns 8:53

Larry Robinson 10 Miler  
Andover, MA 12/15/02

- 20 Wayne McLeod 1:03:02
- 27 Jim Belanger 1:04:01
- 42 Peter Vendituoli 1:07:42
- 74 Dave Contrada 1:11:09
- 80 Heidi Havron 1:11:41
- 100 Yuki Minami 1:13:32
- 120 Carl Hefflefinger 1:15:03
- 384 Allis on Black 1:37:03

Larry Robinson 5K  
Andover, MA 12/15/02

- 21 Thomas Merrill 21:49
- 75 Eric Chorney 26:41

Jingle Bell Run 5K  
Concord, NH 12/7/02

Caitlin Rush 1st Female

- 28 Caitlin Rush 19:56
- 33 Joseph Rush 20:27
- 34 Ashley Neville 20:34
- 35 Lindsay Panny 20:35
- 64 Allison Pinal 22:39
- 176 Bill Sturgeon 29:08

Turkey Trot 5K  
Derry, NH 11/28/02

- 7 John Kennedy 17:25
- 20 Don McCarty 18:49
- 24 Jim Belanger 19:01
- 25 Joey Rizzo 19:05
- 29 Peter Vendituoli 19:30
- 41 Joseph Kennedy 20:22
- 57 John Hennessey 21:18
- 60 Michael Dodge 21:23
- 63 Dana Breeden 21:35
- 70 Michael Labonte 21:50
- 74 Ian McQuaid 22:03
- 79 Steve Moland 22:24
- 91 Samantha Moland 23:03
- 93 Michael Levesque 23:05
- 109 Tom Conley 23:40
- 110 Kevin Hodge 23:41
- 113 Dave Breeden 23:45
- 115 John McQuaid 23:48
- 116 Gordon Burnett 23:49

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153 Kaitlin Burnett 25:12  
176 Douglas McQuaid 26:30  
178 Gordon McQuaid 26:32  
196 Melaney Hodge 27:19  
208 Judi Moland 27:57  
269 Nina Labonte 32:42  
274 Kyle Hilson 32:56  
275 Wayne Hilson 32:57

Thanks For Giving 5K  
Lowell, MA 11/28/02

8 Brian Bigelow 19:25  
16 Fran Dwyer 20:52  
23 Kim McAuliffe 21:24  
37 Kevin Slattery 23:01  
40 Sharon McAuliffe 23:34  
43 John Dionne 24:03  
55 Ethan Dionne 24:41  
84 Linda Madden 26:23  
109 Lisa Christie 27:38  
129 Bob Welts 28:55

Slattery's Turkey Trot 5M  
Fitchburg, MA 11/24/02

43 Sara Lewicke 30:01  
60 John Paul Lewicke 31:0  
136 John Lewicke 34:32  
712 Nancy Meadows 53:45

Galloping Gobbler 5 Miler  
Concord, NH 11/28/02

39 Heidi Havron 34:32  
255 Allison Black 47:51

Jingle Bell Run 10K  
Portsmouth, NH 11/23/02

10 Adrien Cooper 38:41  
40 Yuki Minami 43:16  
45 Ed Kelly 43:43  
50 Pamela Hall 44:16  
59 Richard Doyle 45:01  
70 Samantha Moland 46:31  
82 Stan Klem 47:47  
87 Michael Levesque 48:00  
97 Steve Moland 48:53  
125 Pat Kiesselbach 51:22  
146 Michael Thatcher 53:00  
156 Eric Chorney 54:24  
160 Shu Minami 54:37  
173 Patricia Belanger 55:50  
179 Allison Black 56:32  
195 Ed Donovan 59:17

### From National Masters.Com

World Track Ranking  
65-69 Age Group  
Bill Spencer  
Mile 3rd  
3000 Meters 10th

70-74 Age Group  
Bill Engle  
3000 Meters 12th

### From Running Times

National Masters of the Year  
Road Racing

65-69 Age Group  
Bill Spencer  
Honorable Mention

80-84 Age Group  
Louise Rossetti  
Honorable Mention

### From New England Runner

NH Runner of the Year

70-79 Age Group  
Bill Engle

Mass Runner of the Year

80 + Female  
Louise Rossetti

### From USATF Running Center

NH Road Rankings

Age 9  
Mari Littleton 1st, NR  
Caitlin Rush 2nd, NR

Age 10  
Caitlin Rush 1st, NR  
Lindsay Panny 2nd, NR

Age 11  
Lindsay Panny 1st, NR  
Chantal Croteau 2nd, NR  
Kelsey Hunt 3rd, NR  
Ashley Neville 4th, NR  
Emily Mastropiero 5th

Age 11 Boys  
Alex Karwoski 1st, NR

Age 12  
Nicole Slane 1st, NR  
Ashley Neville 2nd, NR  
Brittaney Plante 3rd

Age 12 Boys  
Chris Merra 4th

Age 13  
Nicole Slane 1st, NR  
Nicole Wheeler 2nd  
Samantha Buechner 3rd  
Michelle Weysham 4th  
Kim McAuliffe 5th  
Brittaney Plante 6th  
Mindy Adams 7th

Age 13 Boys  
Mike Neville 2nd

Age 14  
Ashley Morgenstern 2nd  
Kim McAuliffe 4th

Age 14 Boys  
Ryan McCarty 1st, NR  
Anthony Merra 3rd  
Joey Rizzo 4th

NR = Exceeds National Rank Time

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up.

Like I said earlier, this is an opinion article so here are my picks for good quality gear at reasonable prices: Best of Times, crew or mock turtle neck lightweight long sleeve tee from NRC \$20, AJT medium weight tights and tops from NRC \$35, Best of Time Chill Factor heavier tights from NRC \$45. Best of Time Polar-fleece mittens and gloves from NCR \$9. Powder Dry polypro double layer lightweight hat from NCR \$9. Shielded men's brief are expensive at \$17 from either NRC or RRS but they have a dramatic effect on men's comfort.

February 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Freeze Your Buns	3	4	5	6	7	8
Wednesday night workouts at Pennichuck Junior High						
9 Come Run My Run with the Swanbon's	10	11	12	13	14	15 Bradford Valentine Day 5m/6k Haverhill
16 Freeze Your Buns	17	18	19 Club Meeting Merrimack YMCA	20	21	22
23 DH Jones 10m, Amherst, Ma	24	25	26	27	28	

March 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Freeze Your Buns	3	4	5	6	7	8
Wednesday night workouts at Pennichuck Junior High						
9 Irish Feet are Run- ning 5m, Lowell Ma	10	11	12	13	14	15
16	17	18	19 Club Meeting Merrimack YMCA	20	21	22 Youth Track Meet Tufts
23	24	25	26	27	28 National Masters Indoor Track Boston	29 National Masters Indoor Track Boston
30 Eastern States 20 Mile	31					