

**Seventh Annual
National Union Bank of Kinderhook
OK 5k
June 11, 2005**

***** **AWARDS LIST** *****

***** **MALE OVERALL RESULTS** *****

1 Joe Pienta 22 Brooklyn NY 15:35
2 Ben Greenberg 36 Voorheesville NY 16:18
3 Ken McPherson 30 Red Hook NY 16:45

***** **FEMALE OVERALL RESULTS** *****

1 Kari Gathen 36 Albany NY 19:19
2 Nancy Taormina 46 Albany NY 20:53
3 Joanna Brinkerhoff 17 Ghent NY 20:55

MALE AGE GROUP: 1 - 14

1 25 Dan Waheed 14 Kinderhook NY 19:55
2 35 Jordan Febus 14 Teaneck NJ 20:46
3 41 Aaron George 14 Columbiaville NY 21:02

FEMALE AGE GROUP: 1 - 14

1 101 Megan Wenk 14 Chatham NY 23:45
2 160 Morgan Van Alstyne 12 Kinderhook NY 26:08
3 163 Hannah Riordan 10 Nassau NY 26:26

MALE AGE GROUP: 15 - 19

1 13 Shawn Trowbridge 18 Stuyvesant NY 18:37
2 16 Sam Streeter 16 Ghent NY 19:07
3 17 Alex Jennings 16 Columbiaville NY 19:07

FEMALE AGE GROUP: 15 - 19

1 94 Catherine Nadeau 15 Kinderhook NY 23:41

2 113 Christine Graham 19 Valatie NY 24:08
 3 152 Shylah Weber 17 Nassau NY 25:43

MALE AGE GROUP: 20 - 24

1 4 David Vona 22 Valatie NY 17:28
 2 6 Paul Widjeskag 21 Stuyvesant NY 18:07
 3 9 Edward Crowley 23 Valatie NY 18:20

FEMALE AGE GROUP: 20 - 24

1 52 Hannah Becker 21 Valatie NY 21:49
 2 77 Meghan Dobkins 24 Valatie NY 23:09
 3 116 Nicoletta DiCicco 20 Stuyvesant Falls NY 24:15

MALE AGE GROUP: 25 - 29

1 75 Jonathan Moeller 27 Albany NY 23:05
 2 114 Tom Mullen 26 East Greenbush NY 24:10
 3 134 Brian Kenney 25 East Greenbush NY 25:05

FEMALE AGE GROUP: 25 - 29

1 65 Stacey Horner 25 Ghent NY 22:34
 2 86 Lisa Slade 27 Niskayuna NY 23:24
 3 107 Robyn Smith 29 Germantown NY 23:57

MALE AGE GROUP: 30 - 34

1 23 Tom Fraser 32 Valatie NY 19:41
 2 26 Duane Adams 34 Stephentown NY 19:58
 3 40 Johan Petersson 31 albany NY 21:02

FEMALE AGE GROUP: 30 - 34

1 56 Jessica Van Alstyne 32 Austerlitz NY 21:58
 2 57 Kimberly Miseno-Bow 34 Amsterdam NY 22:08
 3 106 Courtney Dobkins 31 Albany NY 23:57

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******* AWARDS LIST *******

MALE AGE GROUP: 35 - 39

1 8 Jon Rocco 38 Colonie NY 18:14
 2 21 Jim Kelley Smith 39 Port Ewen NY 19:36
 3 22 Kenneth Pierce 37 Hudson NY 19:41

FEMALE AGE GROUP: 35 - 39

1 62 Alison Heaphy 38 N. Chatham NY 22:21
 2 83 Meghan E. Hotaling 36 Delmar NY 23:18
 3 151 Joanna Tremper 35 East Chatham NY 25:43

MALE AGE GROUP: 40 - 44

1 5 Russell Lauer 42 Nassau NY 17:41
 2 7 Dan Cantwell 44 Albany NY 18:12
 3 34 Tom Mack 40 Wynantskill NY 20:44

FEMALE AGE GROUP: 40 - 44

1 46 Pamela White 41 Rhinebeck NY 21:29
 2 66 Joyce Poulin 44 Amsterdam NY 22:37
 3 79 Tina Palmero 42 Clifton Park NY 23:15

MALE AGE GROUP: 45 - 49

1 10 jim maney 47 slingerlands NY 18:25
 2 12 John Parisella 47 Schenectady NY 18:26
 3 19 James Jacobs 48 Berne NY 19:27

FEMALE AGE GROUP: 45 - 49

1 55 Laura Manchester 47 Hillsdale NY 21:54
 2 121 Kim Law 47 East Greenbush NY 24:36
 3 128 Linda Reed 47 Ghent NY 24:48

MALE AGE GROUP: 50 - 54

1 15 Glen Brent 50 Red Hook NY 19:04
2 27 James Louison 50 Amsterdam NY 20:03
3 30 Carl Matuszek 53 Chatham NY 20:20

FEMALE AGE GROUP: 50 - 54

1 154 Rose Marie Hawver 52 Loudonville NY 25:44
2 196 Anna Nadeau 52 Kinderhook NY 27:45
3 207 Margaret Phillips 52 East Schodack NY 28:10

MALE AGE GROUP: 55 - 59

1 33 Ernie Paquin 58 Gansevoort NY 20:28
2 80 Juergen Reher 55 Wynantskill NY 23:15
3 84 Mark F. Fleszar 55 Troy NY 23:21

FEMALE AGE GROUP: 55 - 59

1 137 Mary Collins-Finn 56 Menands NY 25:12
2 235 Merry Sheils 55 New York NY 29:48
3 274 Suzanne Nealon 55 Troy NY 32:21

MALE AGE GROUP: 60 - 64

1 115 Jim Hotaling 64 Niverville NY 24:11
2 197 Mike Leamy 60 Valatie NY 27:46
3 296 Enzo Paoletti 62 Delmar NY 34:11

FEMALE AGE GROUP: 60 - 64

1 100 Jayne Zinke 62 Valatie NY 23:44
2 212 Sibyl Jacobson 62 Canaan NY 28:43
3 316 Diane Christie 62 Merrick NY 38:27

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***** AWARDS LIST *****

MALE AGE GROUP: 65 - 69

1 170 Al Grigull 68 Rhinebeck NY 26:40
2 220 Doug McGivney 67 Kinderhook NY 29:10
3 282 Jack Kampf 68 Latham NY 32:45

FEMALE AGE GROUP: 65 - 69

1 332 Joan Gold 69 Chatham Center NY 44:55

MALE AGE GROUP: 70 - 99

1 190 Dick Green 70 East Chatham NY 27:31
2 243 Daniel Wellner 71 Hillsdale NY 30:23
3 257 Gene Carlough 76 East Chatham NY 31:00

FEMALE AGE GROUP: 70 - 99