

**Frozen Foote #2
January 11, 2020**

Course: 53 degrees F, 14 mph wind from SSV

Canton, NY 130 runners and walkers completed the 4 mile course in this first event of the 2019-20 Series. The three fastest men's times went to Jeff Jones, Shawn Spriggs and Paul Graham in 23:37, 24:36 and 26:04, respectively. Jean Bernaquez holds the newly-created 80-89 age group record of 36:18, achieved in 2015. Fellow Canadian Hugh Wilson is the second individual to enter that bracket. Victoria Lederer led the women with a time of 26:10, followed by Carrie and Debbie Pomainville in 27:02 and 28:17.

The next races will be held February 8th and March 14th. Registration opens at 9:30 am in the lobby of Newell Field House. Cost is \$3 per race and \$10 for the series. The race begins at 10:30 am from the circle drive at Newell Field House following the usual course out and back along Miner Street Road. Please park by the field house or in J-lot. Look for details at Northernrunner.org. Questions can be directed to Suna Stone at smcmasters@stlawu.edu or 315-229-5105.

	Men		Women	
Open				
1	Reilly Pierce	29:31	1 Carrie Pomainville	27:02
2	Joshua Tupper	31:39	2 Skylar Fetter	39:36
30-39				
1	Jeff Jones	23:37	3 Olivia Martin	46:26
2	Lyles Trombly	27:09	1 Victoria Lederer	26:10
3	Davis Rogers	28:32	2 Jacqueline Bill	33:53
40-49				
1	Shawn Spriggs	24:36	3 Erica Preston	34:55
2	Paul Graham	26:04	1 Shondel Boyden	29:57
3	Christopher LaPoint	26:51	2 Amy Hollister	30:29
50-59				
1	Gene Perrigo	30:36	3 Angela Villeneuve-Brown	30:53
2	Allen Kelly	31:10	1 Debbie Pomainville	28:17
3	Norm Pomainville	31:20	2 Mary Kelly	34:10
60-69				
1	Paul Pierce	29:36	3 Alena Bicknell	34:47
2	John Ellis	32:17	1 Lyn Short	33:06
3	Paul Preston	34:57	2 Sue Pierce	35:10
70-79				
1	Peter Feickert	34:34	3 Carol Palmer-Garvey	55:00
2	Bob Rogers	36:46	1 Fran Naccarato	60:00
3	Toby Irvn	48:06		
80+				
1	Hugh Wilson	46:49		
2	Jean Bernaquez	49:49		
High School				
1	Finnegan Dean	27:00	1 Arianna Whittaker	33:18
2	Layton Colbert	29:05	2 Holly Goddard	36:26
3	Cooper Stuntz	33:06	3 Maureen Pierce	41:22
Youth				
1	Anthony Fiacco	29:15	1 Sharon Colbert	31:31
2	Lance Bradley	29:15	2 Hannah Ames	42:03
3	Christopher St. Andrews	33:08	2 Sarah Ames	42:03
			2 Aurora Casserly	42:03

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		49 Art Michalek	99:98	48 Pam Beaudette	49:30
Men				49 Carol Palmer-Garvey	55:00
1 Jeff Jones	23:37	Women		50 Fran Naccarato	60:00
2 Shawn Spriggs	24:36	1 Victoria Lederer	26:10	51 Kristy Kulp	99:98
3 Paul Graham	26:04	2 Carrie Pomainville	27:02	52 Piper Klemm	99:98
4 Christopher LaPoint	26:51	3 Debbie Pomainville	28:17	53 Betsy Kepes	99:98
5 Finnegan Dean	27:00	4 Shondel Boyden	29:57	54 Suna Stone	99:98
6 Lyles Trombly	27:09	5 Amy Hollister	30:29	55 Ashley Barr	99:98
7 Eric Barr	27:48	6 Angela Villeneuve-Bro	30:53	56 Lauren Correa	99:98
8 Davis Rogers	28:32	7 Sharon Colbert	31:31		
9 Layton Colbert	29:05	8 Lyn Short	33:06	Walkers	
10 Lance Bradley	29:15	9 Arianna Whittaker	33:18	1 Loni Recker	46:00
11 Anthony Fiacco	29:15	10 Eileen Visser	33:50	2 Will Siegfried	46:49
12 Conrad Stuntz	29:22	11 Jacqueline Bill	33:53	3 Shannon Kenny	53:22
13 Reilly Pierce	29:31	12 Mary Kelly	34:10	4 John Beaudette	56:04
14 Paul Pierce	29:36	13 Alena Bicknell	34:47	5 Jeff Smith	59:00
15 Clay Denesha	30:00	14 Erica Preston	34:55	6 Karen Wright	59:44
16 Kevin McAdoo	30:00	15 Tara LaPoint	35:10	7 Kasey Smith	59:44
17 Dan Lawton	30:05	16 Sue Pierce	35:10	8 Amber Langley	60:00
18 Gene Perrigo	30:36	17 Stephanie Plaisted	35:29	9 Doug Dominy	67:22
19 Allen Kelly	31:10	18 Annie Drake	35:52	10 Paula Jensen-Moulton	68:15
20 Norm Pomainville	31:20	19 Kara McCurdy	36:12	11 Jessica Benedict	69:13
21 Chad Colbert	31:31	20 Jessica DeLorme	36:14	12 Jeffrey McAdoo	69:13
22 Kevin Tupper	31:32	21 Cheryl Stuntz	36:20	13 Matt Turnbull	69:13
23 Joshua Tupper	31:39	22 Sarah McDonough	36:20	14 Jessica Fenlong	69:13
24 Dan Dominie	31:50	23 Holly Goddard	36:26	15 Allan Mooney	72:40
25 John Ellis	32:17	24 Beth Colello	37:27	16 Liz MacDonald	74:00
26 Peter Moody	32:44	25 Cynthia Zebedee	37:27	17 Tarisa Little	74:00
27 Andrew Willard	32:52	26 Lisa Guccione	37:59	18 Paula Skiff	75:30
28 Cooper Stuntz	33:06	27 Anne Carberry	38:16	19 Amy McCormick	99:98
29 Christopher St. Andrew	33:08	28 Skylar Fetter	39:36	20 Cari Dean	99:98
30 Nick Lyndaker	33:18	29 Nicole Avallone	40:33	21 Rachel Holz	99:98
31 Charlie Shene	33:35	30 Meg Lapinski	40:36	22 Shirley Denske	99:98
32 Emre Balikci	34:16	31 Christine St. Andrews	40:36	23 Susan Holz	99:98
33 Peter Feickert	34:34	32 Yasemin Eissenstat	41:01	24 Samantha Glazier	99:98
34 Paul Preston	34:57	33 Maureen Pierce	41:22		
35 Jude Ducharme	36:10	34 Aurora Casserly	42:03		
36 Bob Rogers	36:46	35 Sarah Ames	42:03		
37 Myles LaPoint	37:19	36 Hannah Ames	42:03		
38 Oak McCurdy	38:25	37 Kelly Fountain	43:99		
39 Charles Guy	38:31	38 Mandy Simser	44:00		
40 Mark Hartman	38:31	39 Sue Hughes	44:20		
41 Kent Fetter	39:36	40 Cassandra Caswell	45:40		
42 Hugh Wilson	46:49	41 Olivia Martin	46:26		
43 Toby Irvn	48:06	42 Emma Martin	46:26		
44 Jean Bernaquez	49:49	43 Julie Bradley	46:42		
45 Chuck Langley	51:20	44 Pendra King	47:28		
46 Logan Bradley	53:27	45 Katy Collette	47:28		
47 Allen Bradley	53:27	46 Kara McLuckie	49:30		
48 Harry W. Garvey	55:00	47 Adrienne Hartman	49:30		