

SUGARLOAF MOUNTAIN ATHLETIC CLUB'S
NORTHAMPTON 5K CROSS-COUNTRY RACE SERIES
At Community Gardens, Burts Pit Road, Northampton, Ma.
www.sugarloafmountainathletic.org 413 584-7725

Date 8.16.22

Race # 19

Total 869

Total	Men	Women	12&under	Teens	20's	30's	40's	50's	60's	70's
68	53	15	2	19	3	13	8	12	5	6

W=previous winners of the race (5); P.R. = personal record (8); N= newbies (11).

Weather: cool and dry

Volunteers: Eric Ciocca and Jin DeLisle (water stop), Tom White, Lorin and Daryl DeLisle, Tim Yanko, Mark Rabasco, Chris Freeman, Jim Farrick, John Herron, Howard Hanna, Gareth Buckley, Matt Yanko, Marie Gauthier (muffins!), Tom Davidson, Jon Shefftz, Brian St.Jean, Dana and Ed Parrot, Mike Duffy. Betty Matthews, Lou DiSessa, Joshua Roth.

PLACE	TIME	NAME	AGE	Fs	REMARKS
1	17:22	Mark Rabasco	27		W (nineteen wins so far!)
2	17:41	Chris Freeman	33		W 1 st 30+M
3	17:48	Jonathan Briskman	30		W
4	18:21	Todd Robbins	38		
5	18:37	Trevor Adamson	17		1 st teen M
6	18:56	Jude Mourad	17		P.R.
7	18:58	Bryce Spare	39		
8	19:04	Isaac Roth	17		P.R.
9	19:12	John Herron	39		W
10	19:15	Brandon Adamson	17		P.R.
11	19:40	Vincent Gauthier	16		
12	19:56	Denis Cronin	31		P.R.
13	19:59	Isaac Bowles	17		P.R.
14	20:04	Gareth Buckley	46		1 st 40+ M
15	20:13	Matt Rich	46		
16	20:23	Nick Rivers	17		
17	20:31	Howard Hanna	46		W
18	21:10	Ryan Yanko	18		
19	21:58	Lars Sippel	19		N
20	21:59	Nat Markey	20		
21	22:12	Ben Les	15		
22	22:15	Noah Les	15		
23	22:18	Liam Howard	15		
24	22:22	Molly Bail	17	F1	N, 1 st teen woman
25	22:49	Matt Ryczek	17		N
26	22:49	Ty O'Donnell	15		N
27	22:53	Joshua Roth	57		1 st 50+ M

28	22:54	Mary Vaughan	38	F2	1 st 30+ W
29	22:58	Joseph Boisvert	36		P.R.
30	23:33	Tom Davidson	51		
31	23:57	Lorin DeLisle	63		1 st 60+ M
32	24:00	Tim Yanko	12		1 st 12 or younger M
33	24:11	Michael Root	45		
34	24:13	Jonathan Shefftz	55		
35	24:15	Gina Hatch	27	F3	N
36	24:18	J.P. Reardon	39		
37	24:33	Brian St. Jean	62		
38	24:51	Daryl DeLisle	65		
39	25:30	Andrea Doubleday	50	F4	1 st 40+, 50+ woman
40	25:35	Andrew Doubleday	11		2 nd 12 or younger M
41	25:52	Jim Farrick	59		Jim's 671 st race on this course
42	26:49	Dana Parrot	52	F5	
43	26:49	Ed Parrot	52		
44	26:55	Mitch Hartley	52		
45	27:47	Natalie Shaw	17	F6	N
46	27:56	Matt Yanko	52		
47	27:58	Martha McCluskey	64	F7	1 st 60+ woman
48	28:09	Cheryl Shaw	55	F8	
49	28:19	Aidan Gauthier	13		P.R.
50	28:24	Adam Gladstone	34		
51	28:41	Mike Duffy	71		1 st 70+
52	29:40	Roger Stenlund	73		
53	29:42	Joe Timmins	47		
54	31:27	Bob Vaughan	74		
55	31:55	Mark Barile	40		
56	32:03	Alya Mourad	15	F9	N
57	34:15	Betty Matthews	70	F10	1 st 70+ woman
58	34:23	Selina Guider	34	F11	N
59	35:28	Libby Smith	13	F12	
60	35:29	Bob Smith	45		P.R.
61	35:50	Kate McNulty-Vaughan	74	F13	N, 2nd 70+ woman
62	36:09	Bill Miller	62		N
63	36:58	Lou DiSessa	78		
64	37:11	Stephanie Chase	35	F14	
65	41:08	Shawn Robbins	36		
66	41:51	Ruben Rios	54		
67	42:01	Allyson Mazzuchi	45	F15	
68	72:39	John Plata	59		
69					