

Place	First Name	Last Name	Age	Gender	Age Group	Time
Overall	Male					
1	Zach	Zawatski	17	M	15-19	18.30
2	Mike	Bond	17	M	15-19	19.05
3	Rich	Riopel	45	M	40-49	19.42
Overall	Female					
8	Cassy	Raia	19	F	15-19	21.37
12	Emma	Zawatski	12	F	≤ 14	22.55
15	Cara	Nelius	42	F	40-49	24.12
≤ 14	Male					
4	Pierce	Siegel	11	M	≤ 14	20.12
10	Johnathon	Sciortino	10	M	≤ 14	22.08
13	Braeden	McClave	13	M	≤ 14	23.36
≤ 14	Female					
21	Olivia	Gehman	12	F	≤ 14	25.49
32	Kayla	Sciortino	12	F	≤ 14	28.59
38	Courtney	Speck	12	F	≤ 14	30.14
15-19	Male					
5	Chris	Deffigos	17	M	15-19	21.04
6	Joseph	LoCurcio	17	M	15-19	21.05
7	John	Fiffick	19	M	15-19	21.17
15-19	Female					
47	Ava	Gehman	15	F	15-19	34.33
20-29	Male					
19	Grover	Raia	20	M	20-29	24.47
20-29	Female					
29	Katie	Rafferty	29	F	20-29	28.08
40	Micaela	Conde	29	F	20-29	31.18
42	Mariela	Conde	26	F	20-29	32.18
30-39	Male					
14	Chris	Gross	37	M	30-39	24.09
16	Patrick	O'Leary	38	M	30-39	24.22
20	Alejandro	Ramirez	34	M	30-39	25.30
30-39	Female					
28	Lauren	Spiegelhoff	33	F	30-39	27.46
34	Ryan Ann	Fitch	39	F	30-39	29.46
43	Nicole	Cyr	35	F	30-39	33.08
40-49	Male					
9	Tim	Fitch	40	M	40-49	22.04
17	Darrin	Goldman	43	M	40-49	24.26
25	Jonathan	Lyon	44	M	40-49	27.15

Place	First Name	Last Name	Age	Gender	Age Group	Time
40-49	Female					
24	Magna	Ayon	40	F	40-49	26.46
30	Brigit	Lee	41	F	40-49	28.29
31	Joanna	Caporossi	41	F	40-49	28.39
50-59	Male					
23	Mike	Cavanaugh	55	M	50-59	26.07
26	Frank	Ambrosino	55	M	50-59	27.23
39	Kevin	Toth	51	M	50-59	30.21
50-59	Female					
	None					
60-69	Male					
33	Jim	Nosuchinsky	66	M	60-69	29.35
37	Peter	Slater	66	M	60-69	30.12
45	Ronald	Spiegelhoff	64	M	60-69	33.52
60-69	Female					
36	Cathy	Akridge	67	F	60-69	30.10
51	Lynn	Glenn	65	F	60-69	40.31
70-79	Male					
53	James	Bergum	70	M	70-79	41.39
80 +	Male					
48	Ralph	Garfield	83	M	80 +	35.08
55	Olie	Nelson	83	M	80 +	43.22
Racewalkers - 2.5 Miles						
	Male					
	Dennis	Hayden	68	M	60-69	32.41
	Female					
	Patti	Ferriola	56	F	50-59	28.48
	Diane	Spiegelhoff	63	F	60-69	36.23
	Overall Placement					
Place	First Name	Last Name	Age	Gender	Age Group	Time
1	Zach	Zawatski	17	M	15-19	18.30
2	Mike	Bond	17	M	15-19	19.05
3	Rich	Riopel	45	M	40-49	19.42
4	Pierce	Siegel	11	M	≤ 14	20.12
5	Chris	Deffigos	17	M	15-19	21.04
6	Joseph	LoCurcio	17	M	15-19	21.05
7	John	Fiffick	19	M	15-19	21.17
8	Cassy	Raia	19	F	15-19	21.37
9	Tim	Fitch	40	M	40-49	22.04
10	Johnathon	Sciortino	10	M	≤ 14	22.08
11	Jackson	Pavlovich	17	M	15-19	22.11

Place	First Name	Last Name	Age	Gender	Age Group	Time
38	Courtney	Speck	12	F	≤ 14	30.14
46	Daniella	Catao	14	F	≤ 14	34.31
52	Avery	Cyr	9	F	≤ 14	40.49
8	Cassy	Raia	19	F	15-19	21.37
47	Ava	Gehman	15	F	15-19	34.33
29	Katie	Rafferty	29	F	20-29	28.08
40	Micaela	Conde	29	F	20-29	31.18
42	Mariela	Conde	26	F	20-29	32.18
28	Lauren	Spiegelhoff	33	F	30-39	27.46
34	Ryan Ann	Fitch	39	F	30-39	29.46
43	Nicole	Cyr	35	F	30-39	33.08
44	Kate	Schorr	39	F	30-39	33.36
50	Candace	Wong	35	F	30-39	38.56
15	Cara	Nelius	42	F	40-49	24.12
24	Magna	Ayon	40	F	40-49	26.46
30	Brigit	Lee	41	F	40-49	28.29
31	Joanna	Caporossi	41	F	40-49	28.39
35	Rachel	Sciortino	41	F	40-49	29.47
54	Christina	Gehman	46	F	40-49	42.48
36	Cathy	Akridge	67	F	60-69	30.10
51	Lynn	Glenn	65	F	60-69	40.31
4	Pierce	Siegel	11	M	≤ 14	20.12
10	Johnathon	Sciortino	10	M	≤ 14	22.08
13	Braeden	McClave	13	M	≤ 14	23.36
22	Justin	Miller	13	M	≤ 14	26.03
1	Zach	Zawatski	17	M	15-19	18.30
2	Mike	Bond	17	M	15-19	19.05
5	Chris	Deffigos	17	M	15-19	21.04
6	Joseph	LoCurcio	17	M	15-19	21.05
7	John	Fiffick	19	M	15-19	21.17
11	Jackson	Pavlovich	17	M	15-19	22.11
18	Thomas	Assenza	16	M	15-19	24.28
19	Grover	Raia	20	M	20-29	24.47
14	Chris	Gross	37	M	30-39	24.09
16	Patrick	O'Leary	38	M	30-39	24.22
20	Alejandro	Ramirez	34	M	30-39	25.30
3	Rich	Riopel	45	M	40-49	19.42
9	Tim	Fitch	40	M	40-49	22.04
17	Darrin	Goldman	43	M	40-49	24.26
25	Jonathan	Lyon	44	M	40-49	27.15
27	Brian	Marley	49	M	40-49	27.29
23	Mike	Cavanaugh	55	M	50-59	26.07
26	Frank	Ambrosino	55	M	50-59	27.23
39	Kevin	Toth	51	M	50-59	30.21
41	Mark	Germanski	51	M	50-59	31.39
33	Jim	Nosuchinsky	66	M	60-69	29.35
37	Peter	Slater	66	M	60-69	30.12
45	Ronald	Spiegelhoff	64	M	60-69	33.52
49	Dennis	Murachanian	61	M	60-69	38.21
53	James	Bergum	70	M	70-79	41.39
48	Ralph	Garfield	83	M	80 +	35.08

June 26, 2019

FREEHOLD AREA RUNNING CLUB
5K SUMMER SERIES

Week 1

Place	First Name	Last Name	Age	Gender	Age Group	Time
55	Olie	Nelson	83	M	80 +	43.22