

2019 New Jersey Race Walk Series
 USATF-NJ 1 Hour Race Walk Championship
 Manchester High School
 Manchester, NJ
 Hosted by The Freehold Area Running Club
 8/04/2019 - Clear, sunny, 80°, no wind, 8:30 am

1 Hour Race Walk

1: Jacob Lawson	M16	PA UNA	1:55	3:58	6:00	8:02	10:04	12:06	14:09	16:13	18:18	20:24	22:31	24:40	26:47	28:55	31:03	33:12	35:21	37:32	39:44	41:58	44:13	46:25	48:48	50:51	52:57	55:10	57:16	59:17	11,340m
2: Grace Endy	F16	NJ W. Flyers	1:55	3:58	6:00	8:08	10:19	12:33	14:48	17:06	19:25	21:43	24:00	26:17	28:34	30:54	33:13	35:34	37:55	40:16	42:35	44:55	47:16	49:38	51:59	54:20	56:38	59:25		10,491m	
3: John Soucheck	M53	SAC	2:20	4:40	7:01	9:22	11:47	14:13	16:38	19:02	21:29	23:56	26:25	28:52	31:20	33:52	36:22	38:52	41:22	43:52	46:23	48:53	51:24	53:54	56:24	58:55			9,767m		
4: Fred Linkhart	M66	FARC	2:45	5:30	8:12	10:59	13:40	16:22	19:04	21:44	24:27	27:04	29:55	32:42	35:29	38:14	40:59	43:45	46:32	49:14	52:08	54:48	57:35						8,756m		
5: Tim Chelius	M63	SAC	2:37	5:22	8:10	10:59	13:43	16:29	19:15	22:02	24:51	27:40	30:30	33:08	36:10	39:05	41:55	44:45	47:40	50:36	53:30	56:29	59:27						8,476m		
6: John Fredericks	M71	FARC	2:42	5:30	8:15	11:02	13:44	16:33	19:20	22:10	25:01	27:55	30:49	33:15	36:29	39:43	42:41	45:41	48:37	51:33	54:30	57:26							8,362m		
7: Judy Cocce	F59	SAC	2:45	5:33	8:21	11:08	13:59	16:48	19:44	22:42	25:40	28:37	31:30	34:28	37:30	40:32	43:34	46:39	49:41	52:44	55:48	58:57							8,140m >>		
8: Panseluta Geer	F72	SAC	2:59	6:01	9:05	12:04	15:00	17:57	20:54	23:51	26:52	29:50	32:51	35:52	38:58	41:55	45:02	48:07	51:14	54:28	57:44								7,872m >		
9: John Morrison	M70	PVTC	2:53	6:01	9:07	12:05	15:03	17:59	20:56	23:54	26:52	30:00	33:12	36:35	39:54	43:18	46:41	50:05	53:42	57:18									7,514m >		
10: Linda Reeves	F63	FARC	3:04	6:20	9:36	12:52	16:10	19:23	22:37	25:48	29:01	32:14	35:31	38:47	42:03	45:21	48:38	51:55	55:18	58:36									7,367m >		
Kay Carmines	F73	So. Cal. TC	3:09	6:24	9:44	13:07	16:35	19:58	23:25	26:52	30:19	33:48	37:17	41:44	45:12	52:16*	55:51	59:31											6,446m >>>>DQ		

Official 10K - 3 Watches

Jacob Lawson 52:57.2

Grace Endy 56:38.9

Judges: Wayne Baker, Chief, National
 Avram Shapiro, Master
 Marcia Shapiro, Master
 (Elliott Denman, Master)
 Barbara Tupper, Assoc.
 Steven Tupper, Assoc.

Recorder:
 David Friedman, Assoc.
 Pit Lane: Ron Salvio, Apprentice

Timers:
 Ron Salvio, Apprentice
 Larry Kalb, NJSIAA
 Wayne Baker, National

Starter: Larry Kalb, NJSIAA

Course Biker: Mike Bergum

Lap Recorders:
 Janet Bergum (Chief)
 Gene Geer
 Larry Kalb, NJSIAA

Hospitality: Rick Bessette

Hydration: Jim Bergum

Meet/Series Director: Ron Salvio (FARC) 609-758-5454, Salvio17@comcast.net

Next Races: 10/27/19 15k Harry Wright Lake - 11/10/19 5k Harry Wright Lake