

NRCM Polar Bear Dip and Dash - 12/31/2012  
 Portland, Maine  
 Results

Event 1 Women 19&U 5000 Meter Run

Name	Age Team	Finals	Points
Results - Women 19 & Under			
1 Nagy, Erzsie	17 Unattached	18:59.03	
2 Goodwin, Zoe	16 Unattached	25:13.63	
3 Wellington, Emma	13 Unattached	29:06.69	
4 Feeney, Courtney	18 Unattached	30:04.65	
5 Burke, Kayla	18 Unattached	32:26.10	
6 Mejia, Andrea	18 Unattached	32:50.02	
7 Dans, Maya	10 Unattached	35:25.92	
8 Delisle, Ella	8 Unattached	36:56.11	
9 Renell, Victoria	14 Unattached	40:47.85	
10 Gillis, Valery	13 Unattached	41:13.68	
11 Smith, Domonique	18 Unattached	43:13.26	
12 Delisle, Alexis	10 Unattached	45:30.47	

Event 1 Women 20-29 5000 Meter Run

Name	Age Team	Finals	Points
Results - Women 20-29			
1 Bogar, Laura	22 Unattached	23:44.19	
2 LaBonte, Andrea	29 Unattached	25:07.31	
3 Dore, Melissa	28 Unattached	26:20.64	
4 Sumner, Amanda	24 Unattached	26:45.97	
5 Kinson, Laura	23 Unattached	27:43.10	
6 Foley, Victoria	29 Unattached	28:10.20	
7 Irving, Melinda	26 Unattached	29:56.49	
8 Mallory, Heather	26 Unattached	30:48.11	
9 Connay, Kerri	22 Unattached	30:48.48	
10 Wyatt, Laura	25 Unattached	31:10.92	
11 Lyttle, Lonicera	24 Unattached	31:22.25	
12 Amundsen, Crystal	29 Unattached	33:28.91	
13 htapatail, Ashley	29 Unattached	35:04.51	
14 Timoney, Shannon	25 Unattached	38:16.39	
15 Shapiro, Fiana	28 Unattached	38:21.03	
16 Anderson, Sarah	25 Unattached	38:30.88	
17 Plato, Stella	23 Unattached	40:12.16	
18 Renell, Melanie	22 Unattached	40:48.13	

Event 1 Women 30-39 5000 Meter Run

Name	Age Team	Finals	Points
Results - Women 30-39			
1 Irish, Christine	37 Unattached	19:19.64	
2 Piesik, Jen	37 Unattached	22:24.78	
3 Nelson, Sara	35 Unattached	23:25.39	
4 Lattin, Pamela	38 Unattached	24:20.12	

5	Herald, Jennifer	31	Unattached	25:22.18
6	Ashnell, Laura	34	Unattached	26:53.67
7	Mann, Megan	35	Unattached	27:48.65
8	Holbrook, Tanya	31	Unattached	28:29.12
9	Delisle, Michelle	34	Unattached	28:48.89
10	Seko, Yurika	33	Unattached	29:00.30
11	Fletcher, Lulu	31	Unattached	29:40.67
12	Ferris, Jessica	31	Unattached	30:17.58
13	Lopresti, Star	34	Unattached	30:17.89
14	MacNeil, Jacqueline	35	Unattached	30:36.24
15	Sharma, Sunita	37	Unattached	30:36.52
16	Benn, Amanda	32	Unattached	31:07.17
17	Atkinson-Lewis, Amanda	33	Unattached	31:56.10
18	Spencer, Erica Beck	39	Unattached	32:20.71
19	McCoog, Michaela	38	Unattached	33:56.08
20	Vazquez, Cynthia	34	Unattached	34:44.90
21	Smith, Michelle	32	Unattached	35:04.97
22	Dans, Jeanette	38	Unattached	35:26.57
23	Sheaffer, Rani	39	Unattached	35:48.38
24	Anderson, Sally	30	Unattached	36:15.59
25	Creedon, Jessica	38	Unattached	42:04.21
26	Malinowski, Becky	36	Unattached	42:13.43
27	Reeve, Elizabeth	36	Unattached	45:17.71

Event 1 Women 40-49 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Women 40-49				
1	Daly, Heidi	41	Unattached	23:46.12
2	Harper, Wendy	44	Unattached	24:25.48
3	Millard, Julie	49	Unattached	24:53.12
4	Gulnick, Jeanne	44	Unattached	26:46.77
5	Call, Toni	42	Unattached	29:38.96
6	Mejia, Maria	43	Unattached	30:45.71
7	Waltz, Erica (Ricki)	48	Unattached	30:48.80
8	Welch, Leigh	45	Unattached	31:26.63
9	Street, Tracy	46	Unattached	31:27.40
10	Carleton, Sandra	43	Unattached	31:47.84
11	Delisle, Sally	45	Unattached	32:30.06
12	Martin, Norma	40	Unattached	33:02.70
13	Dube, Jennifer	46	Unattached	34:24.64
14	Singer, Laura	44	Unattached	35:27.52
15	Sanders, Marcie	40	Unattached	36:55.43
16	Capron, Jennifer	43	Unattached	41:31.33
17	Larrabee, Katherine	41	Unattached	41:33.24
18	Harrington, Carol	40	Unattached	42:11.35
19	Abate, Christine	41	Unattached	42:12.43
20	Vogel, suze	41	Unattached	45:17.36
21	Helyne, May	45	Unattached	48:37.62

Event 1 Women 50+ 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Women 50+				
1	Hunt, Leslie	55	Unattached	25:52.41

2	Uhlig, Kristin	60	Unattached	29:46.25
3	Day, Anita M	57	Unattached	30:15.71
4	Reny, Mary Kate	50	Unattached	31:04.52
5	Maguire, Patricia	57	Unattached	34:35.43
6	Cormier, Monica	53	Unattached	37:16.50
7	Akers, Peggy	65	Unattached	42:16.14
8	Thorp, Shelly	54	Unattached	44:06.38
9	Harrington, Terry Lee	62	Unattached	44:38.56
10	Martin, Maryanne	55	Unattached	55:15.83

Event 1 Men 19&U 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 19 & Under				
1	Stanhope, Jon	16	Unattached	18:07.12
2	Delisle, Cameron	16	Unattached	19:34.75
3	Mejia, Jorge M	19	Unattached	21:02.68
4	Delisle, Hudson	13	Unattached	25:03.21

Event 1 Men 20-29 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 20-29				
1	Ford, Stephen	26	Unattached	20:05.40
2	Baker, Eben	29	Unattached	20:50.59
3	McVety, Wiley	25	Unattached	20:55.97
4	Dore, Bryan	29	Unattached	21:40.55
5	Whiting, Chris	20	Unattached	21:41.43
6	Smith, Joshua R	23	Unattached	22:14.56
7	Childs-Mitchell, Lycien	23	Unattached	23:43.52
8	Voishnis, Jay	25	Unattached	25:07.63
9	Marshall, Greg	22	Unattached	26:21.89
10	Butler, Douglass	24	Unattached	26:57.20
11	Greenhalgh, Fred	29	Unattached	27:20.41
12	Kokoll, Christopher	24	Unattached	29:46.64
13	Reynolds, Nathan	21	Unattached	29:56.82
14	Griffiths, Kyle	24	Unattached	31:28.14
15	Maguire Jr, Sean	25	Unattached	34:31.33
16	Clarke, Sam	24	Unattached	35:49.13
17	Kessler, Andrew	29	Unattached	49:36.38

Event 1 Men 30-39 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 30-39				
1	Fletcher, Ben	32	Unattached	18:17.41
2	Perrine, Justin	33	Unattached	22:19.27
3	Hossenlopp, David	30	Unattached	22:22.13
4	Salko, David	37	Unattached	22:30.51
5	Winchester, Tim	38	Unattached	25:34.46
6	Smith, Andrew	36	Unattached	25:46.72
7	Smith, Brad	32	Unattached	26:44.84
8	Churchill, Steven	34	Unattached	28:14.28
9	Faulkner, Jeff	38	Unattached	29:00.57

10	Curts, Jarod	33	Unattached	33:03.08
11	Dolan, Shannon	30	Unattached	37:02.28
12	Kessler, Will	33	Unattached	49:39.15

Event 1 Men 40-49 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 40-49				
1	Mejia, Jorge	43	Unattached	20:25.50
2	Coupe, Phil	45	Unattached	20:57.10
3	D'Water, Cole	42	Unattached	22:38.08
4	Degron, Paul	41	Unattached	22:47.88
5	Delisle, Steven	45	Unattached	22:59.02
6	Delisle, Jeff	43	Unattached	23:39.19
7	Smith, Michael Del	49	Unattached	25:06.70
8	Gordon, Glenn	49	Unattached	28:45.00
9	Capron, John	40	Unattached	32:31.83
10	Jenson, David	42	Unattached	32:56.53
11	Wellington, Joe	48	Unattached	33:16.50
12	Gillis, Ian	42	Unattached	41:27.96

Event 1 Men 50+ 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 50+				
1	Matthews, John	56	Unattached	19:39.99
2	Lapointe, Steve	56	Unattached	23:00.33
3	Stringos, Gust	57	Unattached	23:56.78
4	Beneman, David	54	Unattached	27:35.97
5	Richard, Steve	51	Unattached	31:36.71
6	Robert, Pratt	76	Unattached	42:02.17
7	Farley, Reynolds	74	Unattached	46:13.62