

# GET YOUR REAR IN GEAR



## 5 KILOMETER RACE AND WALK

Contoocook, New Hampshire

### OFFICIAL RESULTS

09/10/2022

PLC	BIB	OA PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND	PACE
<b>5 KM GIRLS 0-19</b>								
1	35	26	5AF	CHRISTIE, ALEXIS	17 CONCORD	:35:30.0	: 0.0	11:27
2	150	29	5AF	SANBORN, TAYLOR	11	:36:45.8	1:15.8	11:51
3	5	30	5AF	ASTAPHAN, JOCELYN	7 HILLSBOROUGH	:37:05.0	1:35.0	11:57
<b>5 KM BOYS 0-19</b>								
1	1	8	5AM	ARMSTRONG, CAMERON	19 PENACOOK	:28:56.7	: 0.0	9:20
2	68	14	5AM	MITCHELL, EARL	13 HOPKINTON	:29:51.2	:54.5	9:37
3	4	23	5AM	ASTAPHAN, JAMIESON	9 HILLSBOROUGH	:33:38.8	4:42.1	10:51
4	27	37	5AM	CALHOUN, JACK	11 DOVER	:42:03.3	13:06.6	13:33
5	89	38	5AM	RYAN, JACK	12 WINDHAM	:42:04.0	13:07.3	13:34
<b>5 KM BOYS 20-29</b>								
1	44	5	5BM	GAUTAM, YASHANSHU	28 HAMDEN	:28:36.2	: 0.0	9:13
<b>5 KM WOMEN 30-39</b>								
1	53	12	5CF	IPPOLITO, BETHANY	32 NORTH BRANFORD	:29:31.9	: 0.0	9:31
2	157	13	5CF	WEST, ALLYSON	33	:29:46.6	:14.7	9:36
3	72	24	5CF	NEVES, HOLLY	36 LITCHFIELD	:35:10.4	5:38.5	11:20
4	62	27	5CF	LARPENTER, MARGARET	31 NEWPORT	:35:48.4	6:16.5	11:33
5	155	28	5CF	AQUIZAP, ELIZABETH	36	:35:51.2	6:19.3	11:33
6	30	34	5CF	CARLSON, JENNIFER	32 HAMDEN	:38:32.3	9:00.4	12:25
<b>5 KM MEN 30-39</b>								
1	52	9	5CM	IPPOLITO, AL	32 CENTER OSSISPEE	:29:01.4	: 0.0	9:21
2	73	24	5CM	NEVES, NELSON	37 LITCHFIELD	:35:10.4	6:09.0	11:20
<b>5 KM WOMEN 40-49</b>								
1	28	10	5DF	CALHOUN, KELLY	45 DOVER	:29:28.5	: 0.0	9:30
2	93	16	5DF	STEPHENSON, LISA	46 CONCORD	:30:11.8	:43.3	9:44
3	8	17	5DF	BEAUDOIN, LAURA	41 HOPKINTON	:30:40.2	1:11.7	9:53
4	87	18	5DF	ROY, CHRISTY	42 DEERING	:30:45.2	1:16.7	9:55
5	36	21	5DF	CHRISTIE, BRIDGET	47 CONCORD	:32:52.2	3:23.7	10:36
6	94	33	5DF	TELA, STACY	45 HILLSBOROUGH	:37:40.8	8:12.3	12:09
7	71	35	5DF	MURPHY, JESSICA	47 PLYMOUTH	:41:14.7	11:46.2	13:18
8	86	36	5DF	ROGERS, SARAH	47 MILTON	:42:01.7	12:33.2	13:33
9	65	41	5DF	MANCHESTER, CHRISTINE	47 MANCHESTER	:45:41.5	16:13.0	14:44
10	81	44	5DF	RHODES, SHANNON	44 BOW	:52:59.0	23:30.5	17:05
11	45	46	5DF	GRIMMETT, MELYNDA	44 LOWELL	:54:42.7	25:14.2	17:38
12	43	48	5DF	DUFFIELD, CHRISTY	42 LONDONDERRY	1:04:50.1	35:21.6	20:54
<b>5 KM MEN 40-49</b>								
1	154	1	5DM	WICKS, CHARLES	43	:21:18.5	: 0.0	6:52
2	78	3	5DM	PIPER, BEN	40 CONCORD	:26:02.1	4:43.6	8:23
3	59	4	5DM	LAROCQUE, NICK	43 HOPKINTON	:27:58.1	6:39.6	9:01



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PLC	BIB	OA PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND	PACE
<b>5 KM MEN 40-49</b>								
4	55	7	5DM	JR, GARY CHRISTIE	49 CONCORD	:28:43.1	7:24.6	9:15
5	50	11	5DM	HILL, THOMAS	46 CONCORD	:29:30.4	8:11.9	9:31
6	69	15	5DM	MITCHELL, ROBERT	44 HOPKINTON	:29:56.7	8:38.2	9:39
7	6	31	5DM	ASTAPHAN, MICHEAL	48 HILLSBOROUGH	:37:23.1	16:04.6	12:03
<b>5 KM WOMEN 50-59</b>								
1	9	6	5EF	BEAUDOIN, VICKI	51 DONNELLY	:28:37.5	: 0.0	9:14
2	3	20	5EF	ARMSTRONG, MICHELLE	53 PENACOOK	:32:25.8	3:48.3	10:27
3	88	39	5EF	RYAN, COLLEEN	51 WINDHAM	:43:40.6	15:03.1	14:05
4	74	43	5EF	NEWBEGIN, PAULA	50 CONTOOCCOOK	:45:48.3	17:10.8	14:46
5	151	45	5EF	BRADLEY, MIIKO	50	:53:04.8	24:27.3	17:07
6	152	47	5EF	BIELONIS, ROSE	52	1:01:03.1	32:25.6	19:41
<b>5 KM MEN 50-59</b>								
1	156	2	5EM	LEWINE, DAVID	58	:24:03.9	: 0.0	7:45
2	2	19	5EM	ARMSTRONG, DAVE	52 PENACOOK	:31:21.5	7:17.6	10:06
3	90	40	5EM	RYAN, JOHN	53 WINDHAM	:43:42.2	19:38.3	14:05
<b>5 KM WOMEN 60-69</b>								
1	21	41	5FF	BILODEAU, LORRAINE	64 MANCHESTER	:45:41.5	: 0.0	14:44
<b>5 KM MEN 60-69</b>								
1	54	32	5FM	JOHNSTONE, BRUCE	63 WEARE	:37:25.2	: 0.0	12:04
<b>5 KM WOMEN 70 AND UP</b>								
1	91	22	5GF	SHAW, MARIE	70 GROTON	:33:34.8	: 0.0	10:49

48 COMPETITORS





OFFICIAL RESULTS

09/10/2022

OA	CLS	PLC	BIB	PLC	NAME	LOCATION	CLASS	TIME	PACE
1		1	154	1	CHARLES WICKS	43	5DM M 40/49	:21:18	6:52/3.1
2		1	156	1	DAVID LEWINE	58	5EM M 50/59	:24:03	7:45/3.1
3		2	78	2	BEN PIPER	40 CONCORD	5DM M 40/49	:26:02	8:23/3.1
4		3	59	3	NICK LAROCQUE	43 HOPKINTON	5DM M 40/49	:27:58	9:01/3.1
5		1	44	1	YASHANSHU GAUTAM	28 HAMDEN	5BM M 20/29	:28:36	9:13/3.1
6		1	9	1	VICKI BEAUDOIN	51 DONNELLY	5EF F 50/59	:28:37	9:14/3.1
7		4	55	4	GARY CHRISTIE JR	49 CONCORD	5DM M 40/49	:28:43	9:15/3.1
8		1	1	1	CAMERON ARMSTRONG	19 PENACOOK	5AM M 0/19	:28:56	9:20/3.1
9		1	52	1	AL IPPOLITO	32 CENTER OSSIPEE	5CM M 30/39	:29:01	9:21/3.1
10		1	28	1	KELLY CALHOUN	45 DOVER	5DF F 40/49	:29:28	9:30/3.1
11		5	50	5	THOMAS HILL	46 CONCORD	5DM M 40/49	:29:30	9:31/3.1
12		1	53	1	BETHANY IPPOLITO	32 NORTH BRANFORD	5CF F 30/39	:29:31	9:31/3.1
13		2	157	2	ALLYSON WEST	33	5CF F 30/39	:29:46	9:36/3.1
14		2	68	2	EARL MITCHELL	13 HOPKINTON	5AM M 0/19	:29:51	9:37/3.1
15		6	69	6	ROBERT MITCHELL	44 HOPKINTON	5DM M 40/49	:29:56	9:39/3.1
16		2	93	2	LISA STEPHENSON	46 CONCORD	5DF F 40/49	:30:11	9:44/3.1
17		3	8	3	LAURA BEAUDOIN	41 HOPKINTON	5DF F 40/49	:30:40	9:53/3.1
18		4	87	4	CHRISTY ROY	42 DEERING	5DF F 40/49	:30:45	9:55/3.1
19		2	2	2	DAVE ARMSTRONG	52 PENACOOK	5EM M 50/59	:31:21	10:06/3.1
20		2	3	2	MICHELLE ARMSTRONG	53 PENACOOK	5EF F 50/59	:32:25	10:27/3.1
21		5	36	5	BRIDGET CHRISTIE	47 CONCORD	5DF F 40/49	:32:52	10:36/3.1
22		1	91	1	MARIE SHAW	70 GROTON	5GF F 70/99	:33:34	10:49/3.1
23		3	4	3	JAMIESON ASTAPHAN	9 HILLSBOROUGH	5AM M 0/19	:33:38	10:51/3.1
24		3	72	3	HOLLY NEVES	36 LITCHFIELD	5CF F 30/39	:35:10	11:20/3.1
24		2	73	2	NELSON NEVES	37 LITCHFIELD	5CM M 30/39	:35:10	11:20/3.1
26		1	35	1	ALEXIS CHRISTIE	17 CONCORD	5AF F 0/19	:35:30	11:27/3.1
27		4	62	4	MARGARET LARPENTER	31 NEWPORT	5CF F 30/39	:35:48	11:33/3.1
28		5	155	5	ELIZABETH AQUIZAP	36	5CF F 30/39	:35:51	11:33/3.1
29		2	150	2	TAYLOR SANBORN	11	5AF F 0/19	:36:45	11:51/3.1
30		3	5	3	JOCELYN ASTAPHAN	7 HILLSBOROUGH	5AF F 0/19	:37:05	11:57/3.1
31		7	6	7	MICHEAL ASTAPHAN	48 HILLSBOROUGH	5DM M 40/49	:37:23	12:03/3.1
32		1	54	1	BRUCE JOHNSTONE	63 WEARE	5FM M 60/69	:37:25	12:04/3.1
33		6	94	6	STACY TELA	45 HILLSBOROUGH	5DF F 40/49	:37:40	12:09/3.1
34		6	30	6	JENNIFER CARLSON	32 HAMDEN	5CF F 30/39	:38:32	12:25/3.1
35		7	71	7	JESSICA MURPHY	47 PLYMOUTH	5DF F 40/49	:41:14	13:18/3.1
36		8	86	8	SARAH ROGERS	47 MILTON	5DF F 40/49	:42:01	13:33/3.1
37		4	27	4	JACK CALHOUN	11 DOVER	5AM M 0/19	:42:03	13:33/3.1
38		5	89	5	JACK RYAN	12 WINDHAM	5AM M 0/19	:42:04	13:34/3.1
39		3	88	3	COLLEEN RYAN	51 WINDHAM	5EF F 50/59	:43:40	14:05/3.1
40		3	90	3	JOHN RYAN	53 WINDHAM	5EM M 50/59	:43:42	14:05/3.1
41		9	65	9	CHRISTINE MANCHESTER	47 MANCHESTER	5DF F 40/49	:45:41	14:44/3.1
41		1	21	1	LORRAINE BILODEAU	64 MANCHESTER	5FF F 60/69	:45:41	14:44/3.1
43		4	74	4	PAULA NEWBEGIN	50 CONTOOCCOOK	5EF F 50/59	:45:48	14:46/3.1
44		10	81	10	SHANNON RHODES	44 BOW	5DF F 40/49	:52:59	17:05/3.1
45		5	151	5	MIIKO BRADLEY	50	5EF F 50/59	:53:04	17:07/3.1
46		11	45	11	MELYNDA GRIMMETT	44 LOWELL	5DF F 40/49	:54:42	17:38/3.1
47		6	152	6	ROSE BIELONIS	52	5EF F 50/59	1:01:03	19:41/3.1
48		12	43	12	CHRISTY DUFFIELD	42 LONDONDERRY	5DF F 40/49	1:04:50	20:54/3.1

48 COMPETITORS

