

Race Date
September 27, 2015

CLEVELAND HEROES 5 MILE 2 MILE 2015

Age Group Results

5 MILE RUN

Female TOP 5 MILE FINISHERS

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Allison Rendlesham	Lakewood OH	29	367	12	35:14.1	7:03/M
2	Bridget Lyons	Avon Lake OH	23	175	14	35:22.7	7:04/M
3	Lizzie Nemeth	Akron OH	29	202	29	37:22.6	7:28/M

CLEVELAND HEROES 5 MILE 2 MILE 2015

Age Group Results

Race Date
September 27, 2015

5 MILE RUN

FEMALE 14 & UNDER

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Colette Conway	Cleveland OH	12	49	63	40:26.3	8:05/M
2 *	Kayla Maust		13	306	65	40:43.0	8:09/M
3 *	Gabby Pirinelli	Bay Village OH	13	216	66	40:44.4	8:09/M
4	Jill Durkin	Bat village OH	14	77	67	40:45.6	8:09/M
5	Mary Therese Conway	Cleveland OH	13	50	74	41:31.4	8:18/M
6	Ava Ransom	Bay Village OH	13	357	113	43:38.1	8:44/M
7	Taylor Kozak	Bay village OH	14	156	126	44:13.8	8:51/M
8	Hannah Akel	Fairview Park OH	11	6	129	44:27.0	8:53/M
9	Rachael Mancuso		14	379	325	1:06:01.7	13:12/M

FEMALE 15 to 17

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Megan Wolff	Strongsville OH	16	297	94	42:25.3	8:29/M
2 *	Sierra Kastak	Avon Lake OH	16	140	333	1:10:43.8	14:09/M

FEMALE 18 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jessie Thompson	Givsonia PA	19	271	78	41:39.9	8:20/M
2 *	Andrea Gaietto	Cleveland Heights OH	24	340	81	41:46.9	8:21/M
3 *	Melissa Campbell	Bellevue OH	24	40	138	44:45.7	8:57/M
4	Sara Sefancin		22	238	186	48:12.1	9:38/M
5	Megan Sefancin		24	239	187	48:12.2	9:38/M
6	Erin Tesny	Cleveland OH	24	270	191	48:18.0	9:40/M
7	Lizzy Tisdale	Jefferson OH	23	273	242	52:17.8	10:27/M
8	Emily Kucia	Brunswick OH	19	363	270	53:32.0	10:42/M
9	Rachel Ippilito	Lakewood OH	24	353	291	57:02.8	11:24/M
10	Nikki Hadlock	Cleveland OH	18	354	293	57:08.5	11:26/M
11	Jessica Walsh-Frazier	Cleveland OH	22	337	295	57:33.0	11:31/M
12	Mary Ellen Kowalski	Parma OH	23	155	301	58:15.3	11:39/M
13	Grace Corrigan	Avon Lake OH	18	56	334	1:11:04.9	14:13/M

FEMALE 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Casey Bevington	Wellington OH	28	24	31	37:25.5	7:29/M
2 *	Mary Lehane	cleveland OH	25	166	47	39:25.1	7:53/M
3 *	Ashley Stearns	Parma OH	26	255	51	39:33.8	7:55/M

CLEVELAND HEROES 5 MILE 2 MILE 2015

Age Group Results

Race Date
September 27, 2015

5 MILE RUN

FEMALE 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
4	Jordan Daugherty	Olmsted Twp OH	25	369	75	41:32.2	8:18/M
5	Abbie Gallagher	Fairview Park OH	29	365	97	42:28.0	8:30/M
6	Liz Sherman	Fairview Park OH	25	245	110	43:25.5	8:41/M
7	Hannah Drown		27	309	116	43:48.7	8:46/M
8	Ashley Belzer	Cleveland OH	29	22	132	44:33.0	8:55/M
9	Ashley Cranston	Akron OH	27	60	152	46:09.9	9:14/M
10	Jennifer King	Strongsville OH	29	149	175	47:27.3	9:29/M
11	Rachael Schreiberis	Cleveland OH	27	366	189	48:13.6	9:39/M
12	Kellie Schuler	North Olmsted OH	29	236	220	50:32.6	10:06/M
13	Kirsten Simmons	Strongsville OH	27	248	231	51:52.2	10:22/M
14	Breanna Pyrda	Berea OH	25	220	233	51:53.6	10:23/M
15	Colleen Welker	North Olmsted OH	26	290	236	51:57.9	10:23/M
16	Courtney Sheehy	Kirtland OH	28	242	253	52:38.6	10:32/M
17	Rachel Cook	Fairview Park OH	29	52	257	52:53.5	10:35/M
18	Kelsey Guyer	Cleveland OH	26	120	266	53:25.0	10:41/M
19	Allie Busser	Cleveland OH	29	34	267	53:25.0	10:41/M
20	Sara Sofranko	Parma OH	26	254	268	53:27.1	10:41/M
21	Megan Payne	Columbus OH	27	210	274	54:20.4	10:52/M
22	Erin Hennessey	Cleveland OH	29	128	283	56:42.6	11:20/M
23	Julie Wise	Westlake OH	25	294	284	56:42.7	11:20/M
24	Monica Callahan	North Olmsted OH	26	37	294	57:23.1	11:29/M
25	Lauren Swindell	Lakewood OH	28	264	302	58:15.5	11:39/M
26	Victoria Boyd	Shaker Heights OH	27	28	311	1:00:05.9	12:01/M
27	Beth Mccann	cleveland OH	26	185	328	1:06:24.5	13:17/M

FEMALE 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jennifer Waters	Medina OH	32	289	41	38:43.8	7:45/M
2 *	Anne Geib	Fairview Park OH	34	103	43	39:02.9	7:48/M
3 *	Kelly Smith	Fairview park OH	31	252	46	39:12.4	7:50/M
4	Lyndsy Roser	Medina OH	32	228	56	40:00.9	8:00/M
5	Marissa Bechtold	North Olmsted OH	30	21	61	40:18.2	8:04/M
6	Kelly Donnelly	Berea OH	30	68	82	41:47.2	8:21/M
7	Christina Siegel		31	311	102	42:52.0	8:34/M
8	Becky Eby	Stow OH	31	78	115	43:47.0	8:45/M
9	Theresa Tymoszczuk	Lyndhurst OH	31	277	131	44:31.0	8:54/M
10	Deborah Corrigan	Cleveland OH	31	54	142	44:52.7	8:58/M
11	Erin Gordon	Seville OH	32	112	151	46:08.2	9:14/M
12	Regan Blayney	Lakewood OH	33	331	156	46:23.5	9:17/M
13	Lauren Antall	Cleveland OH	31	14	161	46:29.4	9:18/M

CLEVELAND HEROES 5 MILE 2 MILE 2015

Age Group Results**5 MILE RUN****FEMALE 30 to 34**

Place	Name	City	Age	Bib No	Overall	Time	Pace
14	Emily Adams	Westlake OH	31	1	163	46:37.6	9:19/M
15	Eileen McCarthy	Cleveland OH	33	187	170	47:07.6	9:25/M
16	Christin Vernick	Cleveland OH	30	285	171	47:09.0	9:26/M
17	Heather Gorski	North Ridgeville OH	34	115	172	47:11.8	9:26/M
18	Rachel Elbon	Cleveland OH	31	84	176	47:28.3	9:30/M
19	Julie Byrnes	North Ridgeville OH	32	35	210	49:50.6	9:58/M
20	Kristin Nelson	Avon OH	34	201	211	49:53.4	9:59/M
21	Erin Eigenbrod	Fairview park OH	30	83	212	49:59.1	10:00/M
22	Holly Campbell	Wellington OH	32	41	223	50:59.5	10:12/M
23	Bridget Gorman	Westlake OH	34	113	224	51:00.6	10:12/M
24	Susan VanderSluis	Elyria OH	33	280	235	51:57.7	10:23/M
25	Karri King	Cleveland OH	30	151	238	52:02.4	10:24/M
26	Susan Efferth	Bay Village OH	32	81	244	52:19.1	10:28/M
27	Lauren McAdams	Cleveland OH	32	183	248	52:26.5	10:29/M
28	Krista McNamara	North Olmsted OH	34	191	251	52:33.9	10:31/M
29	Beth Ryan	Lakewood OH	34	231	254	52:39.6	10:32/M
30	Sarah Callahan	Lorain OH	30	39	285	56:43.1	11:21/M
31	Jamie Wilson	Huron OH	30	291	287	56:48.7	11:22/M
32	Louisa Martone	Lakewood OH	34	362	292	57:07.2	11:25/M
33	Andrea Schillo	Cleveland OH	34	380	299	57:50.1	11:34/M
34	Krista Petrolla	Cleveland OH	31	214	313	1:01:13.1	12:15/M
35	Sabra Bonnett	Cleveland OH	31	26	322	1:05:10.0	13:02/M
36	Melissa Curtin	Parma OH	34	61	332	1:10:43.0	14:09/M
37	Jennifer Vanderwyst	Brunswick Hills OH	32	281	335	1:12:53.8	14:35/M
38	Katie Kovach	Port Deposit MD	31	154	336	1:13:06.0	14:37/M
39	Anna Summers	Vermilion OH	31	259	338	1:24:25.4	16:53/M

FEMALE 35 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Tracy Mack	Cleveland OH	35	176	49	39:28.2	7:54/M
2	* Becca Borchert	Cleveland OH	35	368	95	42:25.4	8:29/M
3	* Maureen Soeder	Cleveland OH	35	253	130	44:28.9	8:54/M
4	Sharon Risko	Olmsted Falls OH	38	226	166	46:49.8	9:22/M
5	Noelle Yohman	Bay Village OH	35	299	167	46:53.2	9:23/M
6	Karen Hansen	Cleveland OH	36	327	200	49:14.9	9:51/M
7	Krissy Hansen	Cleveland OH	37	123	202	49:18.2	9:52/M
8	Nichole Fewell	Parma OH	35	88	208	49:39.9	9:56/M
9	Anna Howard	Willowick OH	38	342	219	50:29.9	10:06/M
10	Christina Leon	Hinckley OH	38	167	227	51:24.6	10:17/M
11	Mandy Gebbie-Clayton	strongsville OH	36	102	228	51:25.5	10:17/M

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5 MILE RUN

FEMALE 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
12	Kelly Barr	Cleveland OH	36	20	272	54:02.8	10:48/M
13	Melissa Hong	North Ridgville OH	39	132	276	54:23.9	10:53/M
14	Lisa Lawrence	Rocky River OH	37	164	279	54:50.7	10:58/M
15	Jeanette Ward	Wilmette IL	38	287	282	56:10.1	11:14/M
16	Jennifer Turley	Cleveland OH	37	275	300	58:02.4	11:36/M
17	Elizabeth Mancuso		39	178	326	1:06:01.7	13:12/M
18	Amy Ballachino	Brunswick OH	36	18	331	1:09:10.3	13:50/M

FEMALE 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Patricia McGinty	Cleveland OH	44	188	37	38:11.4	7:38/M
2 *	Aubrey Christ	Fairview Park OH	42	45	83	41:52.6	8:22/M
3 *	Hallie Kinzel	Avon OH	40	152	134	44:37.1	8:55/M
4	Karen Tijanich	Avon OH	40	272	135	44:37.1	8:55/M
5	Elaine Keating	Willoughby OH	44	144	165	46:45.9	9:21/M
6	Julie Kenny	Westlake OH	41	148	178	47:41.8	9:32/M
7	Meg Agoston	Parma OH	41	3	206	49:31.6	9:54/M
8	Laura Breese	Elyria OH	41	29	213	49:59.4	10:00/M
9	Mary Katherine Carty	avon OH	41	42	226	51:14.0	10:15/M
10	Rochelle Bottone	Bay Vilage OH	42	27	247	52:23.8	10:29/M
11	Mary Harley	Valley City OH	41	349	252	52:36.6	10:31/M
12	Beverly Reginelli	North Ridgeville OH	41	224	258	52:53.7	10:35/M
13	D Gibson		44	315	263	53:21.1	10:40/M
14	Jennifer Scavone	University Heights OH	42	234	280	55:39.7	11:08/M
15	Julia Rutkowski	Cleveland OH	44	229	281	55:41.1	11:08/M
16	Theresa Franke	Fairview park OH	42	95	290	57:01.8	11:24/M
17	Christine Ahrens	Lakewood OH	41	5	314	1:01:15.1	12:15/M
18	Julie Davidson	Lakewood OH	42	64	317	1:02:54.4	12:35/M
19	Katy Lundberg	Grafton OH	42	173	318	1:02:54.5	12:35/M
20	Dawn Gillard	Cleveland OH	44	109	324	1:05:24.4	13:05/M
21	Vanessa Knipper	Lorain OH	42	153	330	1:08:31.8	13:42/M

FEMALE 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Lee Anne Chambers	Cleveland OH	47	304	55	39:56.7	7:59/M
2 *	Coleen Hales	Grafton OH	46	121	62	40:20.4	8:04/M
3 *	Maureen Anderson	Brunswick OH	47	10	106	42:59.5	8:36/M
4	Maria Murphy	Copley OH	45	200	120	43:56.1	8:47/M

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Age Group Results

Race Date
September 27, 2015

5 MILE RUN

FEMALE 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
5	Heather Ransom	Bay Village OH	46	356	127	44:15.8	8:51/M
6	Judy Langel	Cleveland OH	45	162	169	47:02.7	9:24/M
7	Sarah Vergon	Rocky River OH	45	360	174	47:16.8	9:27/M
8	Maureen Leneghan	Cleveland OH	45	326	198	49:00.0	9:48/M
9	Mary Vedouras	Parma OH	48	283	216	50:05.3	10:01/M
10	Renee Foley	Cleveland OH	46	91	237	52:00.9	10:24/M
11	J Bascone	Cleveland OH	46	347	245	52:22.2	10:28/M
12	Debra Waters	Brook Park OH	46	288	256	52:52.8	10:34/M
13	Carey Patton	Cleveland OH	46	208	260	52:57.0	10:35/M
14	Angie Zruhar		48	314	262	53:17.0	10:39/M
15	Elizabeth Ann Kelley	Lakewood OH	45	377	264	53:21.1	10:40/M
16	Eileen Chambers	Lakewood OH	48	43	296	57:37.8	11:31/M
17	Nina Greller	Olmsted Twp. OH	47	116	303	58:33.2	11:43/M
18	Carmen Gandarilla	Cleveland OH	46	100	309	59:47.0	11:57/M
19	Karelyn Darvas	Cleveland OH	48	63	321	1:04:47.8	12:57/M

FEMALE 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	patti sparks	Rocky River OH	52	361	48	39:25.6	7:53/M
2 *	Rhonda Verb	Bay Village OH	52	284	154	46:20.1	9:16/M
3 *	Mary Pat Wise	Westlake OH	51	293	177	47:34.3	9:31/M
4	Catherine Fox	Cleveland OH	51	94	183	48:09.9	9:38/M
5	Kathleen Nofel	Middleburg Heights OH	51	205	196	48:44.8	9:45/M
6	Noreen Hernan	Euclid OH	53	129	218	50:14.2	10:03/M
7	Gloria Dugan	Rocky River OH	50	329	232	51:53.3	10:23/M
8	Brigid Andrews	Cleveland OH	52	324	240	52:08.5	10:26/M
9	Julie Youdath	Cleveland OH	52	300	249	52:28.2	10:30/M
10	Marnie Wagner	Lakewood OH	53	286	297	57:38.1	11:32/M
11	Anita Simko	Elyria OH	51	247	304	58:46.0	11:45/M
12	Mickey Mencin	Olmsted Falls OH	54	194	312	1:00:13.4	12:03/M
13	Susan Olson	Bay Village OH	53	206	315	1:01:15.2	12:15/M

FEMALE 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Joanne Collins	Avon OH	56	47	52	39:39.6	7:56/M
2 *	Diane Siders	Sagamore Hills OH	59	246	140	44:47.3	8:57/M
3 *	Kathy Underhill	Olmsted Falls OH	55	278	141	44:48.1	8:58/M
4	Catherine Gallagher	Westlake OH	55	98	147	45:40.5	9:08/M

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Age Group Results

5 MILE RUN

FEMALE 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
5	Judith Ditzel	Richmond Hts. OH	59	319	221	50:55.0	10:11/M
6	Melissa Isaly-Johns	Avon Lake OH	55	307	229	51:38.3	10:20/M
7	Diane Dunleary	Cleveland OH	56	328	239	52:08.0	10:26/M
8	Susan Antall	Cleveland OH	57	13	255	52:46.9	10:33/M
9	Mary Martin	Avon lake OH	57	180	261	53:13.2	10:39/M
10	Penny Swierad	Strongsville OH	58	262	271	53:59.3	10:48/M
11	Barb Switala	North Olmsted OH	55	265	273	54:18.9	10:52/M
12	Nancy Brown	cleveland OH	58	31	275	54:23.2	10:53/M

FEMALE 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Rae Alexander	Strongsville OH	60	7	96	42:26.6	8:29/M
2 *	Linda Roesch	Marietta OH	61	227	182	48:07.6	9:37/M
3 *	Ann Gilbert	Lakewood OH	64	107	337	1:16:28.7	15:18/M

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Age Group Results

5 MILE RUN

Male TOP 5 MILE FINISHERS Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kevin Somerville	Mogadore OH	29	355	1	26:49.9	5:22/M
2	Marc Bullard	Lakewood OH	37	32	2	30:12.6	6:02/M
3	Andrew Belzer	Bay Village OH	31	23	3	31:48.9	6:22/M

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5 MILE RUN

MALE 14 & UNDER

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Sam Marshall	Cleveland OH	14	330	21	36:13.5	7:15/M
2 *	Nathan Ream	Kirtland OH	10	222	26	36:56.7	7:23/M
3 *	Joseph Kastelic	Cleveland OH	13	141	71	41:12.2	8:14/M

MALE 15 to 17

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Sam Orians	Willoughby OH	16	343	4	32:22.5	6:28/M
2 *	Jack Ruddy	Cleveland OH	17	345	70	41:02.0	8:12/M
3 *	Liam Doherty		17	76	181	48:02.2	9:36/M
4	Nicholas Leon	Cleveland OH	17	169	190	48:14.7	9:39/M

MALE 18 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Cameron Szatala	Berea OH	24	267	86	41:59.7	8:24/M
2 *	Alex Moore	Cleveland OH	22	197	122	43:59.4	8:48/M
3 *	David Harkacz	Lorain OH	24	124	306	58:55.9	11:47/M

MALE 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jacob Moskowitz	Shaker Heights OH	26	341	5	33:19.1	6:40/M
2 *	Anthony Tenagbe	Lakewood OH	28	378	16	35:32.3	7:06/M
3 *	Benjamin Switala	North Olmsted OH	28	266	19	36:09.9	7:14/M
4	David Lam	North Ridgeville OH	29	160	38	38:26.3	7:41/M
5	Jason Guyer	Cleveland OH	26	119	42	39:00.7	7:48/M
6	Matt Turoczi	North Olmsted OH	26	276	77	41:39.5	8:20/M
7	Cory Smith	Cuyahoga Falls OH	27	251	79	41:40.5	8:20/M
8	Jim Edwards	North Olmsted OH	29	80	90	42:18.3	8:28/M
9	Brett King	Columbus OH	26	150	100	42:50.5	8:34/M
10	Brendan Schuler	North Olmsted OH	29	237	179	47:50.7	9:34/M
11	Zachary Callahan	North Olmsted OH	26	38	286	56:43.2	11:21/M

MALE 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	John Zingale	North Ridgeville OH	34	303	7	33:48.3	6:46/M

CLEVELAND HEROES 5 MILE 2 MILE 2015

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5 MILE RUN**MALE 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2 *	Kellen Alexander	Strongsville OH	30	8	9	34:34.3	6:55/M
3 *	Mark Dougherty	Lakewood OH	31	71	15	35:25.6	7:05/M
4	Nick Stefanko	Parma OH	31	256	20	36:10.7	7:14/M
5	Kevin Bringman	Fairview Park OH	31	30	23	36:17.4	7:15/M
6	Justin Parks		31	374	34	37:51.5	7:34/M
7	Andrew Posante	Fairview Park OH	30	218	59	40:08.9	8:02/M
8	Joe Geib	Fairview Park OH	34	104	88	42:05.7	8:25/M
9	Andrew Rios	Strongsville OH	32	225	93	42:23.4	8:29/M
10	Mike Malloy	Cleveland OH	30	334	108	43:16.1	8:39/M
11	Herbert Reese	Cleveland OH	34	223	111	43:30.6	8:42/M
12	Sean McNeeley	Strongsville OH	33	193	118	43:51.6	8:46/M
13	Brian Karpel	Rocky River OH	34	139	119	43:52.5	8:46/M
14	Dennis Myslenski		31	312	125	44:07.5	8:49/M
15	Ryan Wolanin	Brookpark OH	32	364	136	44:41.8	8:56/M
16	Aaron Costello	Huron OH	33	58	149	46:03.5	9:13/M
17	Darryl Smigelski	Parma OH	31	250	159	46:26.8	9:17/M
18	Sean Schuler	Fairview park OH	32	235	193	48:31.0	9:42/M
19	Billy Edwards	Lakewood OH	33	79	201	49:16.9	9:51/M
20	Jeffrey Hynes	North Ridgeville OH	32	138	230	51:49.6	10:22/M
21	Scott Efferth	Bay Village OH	32	82	243	52:18.8	10:28/M
22	Terry Lowther	Bay Village OH	34	172	246	52:23.2	10:29/M
23	Sean Byrnes	North Ridgeville OH	32	36	259	52:55.6	10:35/M
24	Brian Holleran	Cleveland OH	34	370	277	54:37.0	10:55/M
25	Robert Gnagy	Amherst OH	33	110	288	56:48.9	11:22/M
26	Matthew Krell	Cleveland OH	31	158	289	56:58.1	11:24/M
27	Nicholas Kavouras	Parma OH	30	143	327	1:06:24.1	13:17/M

MALE 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	John Fazio	Middleburg Hts. OH	39	87	6	33:30.0	6:42/M
2 *	Max Martin	Lakewood OH	35	179	22	36:16.9	7:15/M
3 *	Michael Heffernan	rocky river OH	39	127	28	37:17.5	7:27/M
4	Adam Andolina	Cleveland OH	36	11	50	39:28.6	7:54/M
5	Patrick Mason	Valley City OH	39	181	54	39:47.5	7:57/M
6	Brian Fox	Avon OH	38	93	57	40:03.1	8:01/M
7	Dan Wochele	Chagrin Falls OH	38	295	68	40:51.1	8:10/M
8	Jody Kravanis	Shaker Heights OH	35	157	84	41:55.1	8:23/M
9	Michael McNamara	Olmsted Falls OH	37	359	107	43:08.7	8:38/M
10	Jude Feyedelem	Lakewood OH	39	90	114	43:39.5	8:44/M
11	William Baron	Fairview Park OH	38	19	117	43:51.0	8:46/M

CLEVELAND HEROES 5 MILE 2 MILE 2015

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5 MILE RUN

MALE 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
12	Jeff Koons	Cleveland OH	37	323	121	43:59.0	8:48/M
13	Christopher McNamara	North Olmsted OH	35	190	144	45:13.0	9:03/M
14	Mark Adams	Westlake OH	39	2	164	46:37.7	9:19/M
15	Jonathan R Fewell	Parma OH	35	89	207	49:39.7	9:56/M
16	James Houska	Cleveland OH	38	134	234	51:55.3	10:23/M
17	Nick Susanjar	Brooklyn OH	35	260	241	52:14.6	10:27/M

MALE 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Peter Nintcheff	Fairview Park OH	42	204	18	35:43.3	7:09/M
2	* Lance Ream	Kirtland OH	41	221	27	36:57.2	7:23/M
3	* Michael Bonick	Wickliffe OH	44	25	33	37:40.0	7:32/M
4	Patrick Condon	Painesville OH	43	48	44	39:07.4	7:49/M
5	Jim Lupton	parma OH	44	174	45	39:10.0	7:50/M
6	Joe Pulizzi	Cleveland OH	42	219	53	39:42.6	7:56/M
7	Manus McCaffery	Parma OH	42	351	58	40:06.3	8:01/M
8	Matthew Planisek	Avon OH	40	217	73	41:20.4	8:16/M
9	Jason Saksa	Columbia OH	43	232	80	41:46.6	8:21/M
10	Tony Keffer	Avon OH	41	145	89	42:12.4	8:26/M
11	Jason Dabila	Cleveland OH	41	62	98	42:29.7	8:30/M
12	James Slaughter	bayvillage OH	43	249	124	44:04.8	8:49/M
13	Sam Livingston	Medina OH	41	171	128	44:20.8	8:52/M
14	Tom Drake	Wellington OH	42	74	137	44:43.0	8:57/M
15	Bill Fazekas	Willoughby OH	44	86	145	45:25.6	9:05/M
16	Mark Dent	Fairview Park OH	42	65	148	46:01.5	9:12/M
17	Jeff Nenadal	Parma OH	41	203	168	46:53.6	9:23/M
18	John Woidke	Cleveland OH	40	296	173	47:15.8	9:27/M
19	Matthew Gorski	North Ridgeville OH	41	114	185	48:11.2	9:38/M
20	Mike Daso	Lakewood OH	42	335	192	48:25.6	9:41/M
21	Brad Lamb	Westlake OH	41	161	195	48:36.5	9:43/M
22	Michael Ruane	Cleveland OH	43	317	197	48:58.9	9:48/M
23	Joel Moyer	Lakewood OH	44	198	205	49:26.1	9:53/M
24	Matthew Winters		40	313	225	51:01.2	10:12/M
25	Bryan Gallagher	Cleveland OH	40	352	269	53:29.1	10:42/M
26	Tom Lazzaro	Lakewood OH	40	165	316	1:01:15.3	12:15/M

MALE 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
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CLEVELAND HEROES 5 MILE 2 MILE 2015

Age Group Results

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September 27, 2015

5 MILE RUN

MALE 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Bill Wingler	Strongsville OH	45	292	8	33:54.9	6:47/M
2 *	Craig Healey	Cleveland OH	47	126	17	35:37.9	7:07/M
3 *	Angel Marrero	Cleveland OH	46	333	25	36:51.3	7:22/M
4	Thomas Baker	Lakewood OH	45	17	30	37:24.4	7:29/M
5	Christopher Lieb	Cleveland OH	45	371	32	37:35.6	7:31/M
6	Frank Szabo	Avon Lake OH	46	348	39	38:37.0	7:43/M
7	Christopher Gillard	Cleveland OH	47	108	87	42:02.5	8:24/M
8	Wayne Naida	Cleveland OH	46	308	91	42:18.5	8:28/M
9	Scott Hank	Fairview Park OH	45	122	99	42:48.4	8:34/M
10	Porter Vergon	Rocky River OH	45	358	101	42:51.6	8:34/M
11	James Hughes	North Olmsted OH	49	137	104	42:53.3	8:35/M
12	Mike Maher	Cleveland OH	49	177	105	42:53.3	8:35/M
13	Michael Strauss	Fairview Park OH	46	257	123	44:03.3	8:49/M
14	shawn zerman	valley city OH	46	301	139	44:47.2	8:57/M
15	Robert Taylor	cleveland OH	46	269	150	46:08.0	9:14/M
16	Steve Shenk	Euclid OH	46	305	184	48:10.2	9:38/M
17	Tom Sabu	Cleveland OH	46	350	199	49:05.4	9:49/M
18	Tim Patton	Cleveland OH	47	209	204	49:26.0	9:53/M
19	Dean Leon	Hinckley OH	46	168	214	50:05.1	10:01/M
20	Joe Rutkowski	Cleveland OH	45	230	217	50:12.0	10:02/M
21	RJ Arhar	Westlake OH	46	15	265	53:21.7	10:40/M
22	Anthony Donofrio	Fairview Park OH	48	69	298	57:49.8	11:34/M
23	Mark Frazier	Cleveland OH	49	344	305	58:50.7	11:46/M
24	allen clark	sheffield lake OH	47	46	307	59:11.1	11:50/M
25	DANIEL MCCANDLESS	CLEVELAND OH	46	184	323	1:05:13.2	13:03/M

MALE 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Patrick Renner		53	310	10	34:57.3	6:59/M
2 *	Michael Polito	Lakewood OH	50	376	11	35:06.3	7:01/M
3 *	Neil Dostal	Cleveland OH	54	70	13	35:17.6	7:03/M
4	Matthew Yetter	Lakewood OH	50	298	24	36:23.7	7:17/M
5	Brian McCann	parma OH	50	186	35	37:55.7	7:35/M
6	Dan Drellishak	Avon OH	52	75	40	38:40.4	7:44/M
7	Timothy Gut	North Olmsted OH	54	118	72	41:16.7	8:15/M
8	Joseph Colombo	Cleveland OH	54	322	85	41:58.4	8:24/M
9	Scott Latone	Strongsville OH	53	163	92	42:19.2	8:28/M
10	john Marconi	Cleveland OH	51	339	109	43:21.1	8:40/M
11	paul taubeneck	cleveland OH	50	268	112	43:36.2	8:43/M
12	Scott Bakalar	Lorain OH	54	16	133	44:36.9	8:55/M

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5 MILE RUN

MALE 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
13	William Swindell	Lakewood OH	53	263	153	46:15.0	9:15/M
14	Mark Anderson	Brunswick OH	51	9	157	46:24.2	9:17/M
15	Mike Corrigan	North Olmsted OH	53	57	158	46:24.3	9:17/M
16	Tom Vedouras	Parma OH	52	282	215	50:05.2	10:01/M
17	Christopher Grey	Cleveland OH	52	117	222	50:57.6	10:11/M
18	Paul Mayer	Westlake OH	52	182	278	54:46.6	10:57/M

MALE 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Brian Sweeney	Cleveland OH	58	261	36	38:06.8	7:37/M
2 *	Mark Costello	Huron OH	56	59	60	40:17.4	8:03/M
3 *	Tom McGuire	Cleveland OH	55	189	69	40:55.0	8:11/M
4	Anthony Sampson	Cleveland OH	57	233	76	41:36.6	8:19/M
5	Andrew Holtzhauser	Rocky River OH	56	131	103	42:53.1	8:35/M
6	Bill Kennedy	Reminderville OH	55	147	160	46:27.6	9:17/M
7	Matt Sheehan	Cleveland OH	57	241	162	46:34.9	9:19/M
8	Daniel Sefancin		56	240	188	48:12.5	9:38/M
9	Bruce Underhill	Olmsted Falls OH	59	279	194	48:34.6	9:43/M
10	R FUCHS	CLEVELAND OH	55	97	203	49:22.6	9:52/M
11	Neal Drown	Avon Lake OH	58	338	209	49:46.0	9:57/M
12	Joe Gilbert	Lakewood OH	55	106	250	52:33.6	10:31/M
13	Brian Hefferner	Cleveland OH	55	325	308	59:33.6	11:55/M
14	Ronald Likover	University Heights OH	59	336	310	1:00:04.9	12:01/M
15	Hugh Mullen	South Euclid OH	56	199	320	1:04:04.0	12:49/M
16	James Antall	Cleveland OH	57	12	329	1:08:26.4	13:41/M

MALE 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jerry Huber	Cleveland OH	62	136	143	44:57.8	8:59/M
2 *	Timothy McNamara	Cleveland OH	60	192	146	45:25.7	9:05/M
3 *	William Mone	Cleveland OH	64	196	155	46:20.7	9:16/M
4	Joe Zone	Cleveland OH	61	316	319	1:03:34.9	12:43/M

MALE 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Billy Stross	Cleveland OH	67	258	64	40:38.4	8:08/M

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5 MILE RUN

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MALE 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2 *	Glenn Friedman	Cleveland OH	67	96	180	47:50.9	9:34/M