

USATF NATIONAL MASTERS 5K CROSS COUNTRY CHAMPIONSHIPS & CAN-AM CHALLENGE  
 Hosted By USATF Niagara At Delaware Park, Buffalo, NY  
 September 23, 2018

Results By Leone Timing & Results Services  
 www.leonetiming.com

MASTERS MEN 40+ RACE RESULTS

PLACE	NAME	SEX	AGE	TIME	PACE	TEAM	RESIDENCE	BIB
1	David Angell	M	41	16:29	5:19	Roanoke Valley Elite	Blue Ridge VA	5
2	Michael Gill	M	41	16:44	5:24		Canada	78
3	Philippe Rolly	M	46	17:16	5:34	Capital Area Runners	McLean VA	188
4	Jake Stookey	M	42	17:16	5:34	Willow Street AC	Clifton Park NY	210
5	Brian Lombardo	M	40	17:30	5:38	Checkers AC	Williamsville NY	124
6	Kirt Komocki	M	45	17:32	5:39	Genesee Valley Harriers	Rochester NY	113
7	Jonathan Frieder	M	47	17:46	5:43	Garden State Track Club New Balance	Rye Brook NY	75
8	Tim Rieth	M	42	17:48	5:44	Genesee Valley Harriers	Rochester NY	184
9	Michael Selig	M	40	17:56	5:47	Checkers AC	Orchard Park NY	198
10	Shawn Williams	M	41	17:57	5:47	Garden State Track Club New Balance	Bloomfield NJ	228
11	Josh Harter	M	43	18:01	5:48	Genesee Valley Harriers	Avon NY	92
12	Kevin Burke	M	45	18:08	5:51	Checkers AC	Buffalo NY	27
13	Eric Sambolec	M	40	18:12	5:52	Genesee Valley Harriers	Ithaca NY	191
14	Thomas Knowles	M	42	18:13	5:52	Garden State Track Club New Balance	Oakland NJ	112
15	Juan Martinez	M	40	18:22	5:55	Willow Street AC	Jamesville NY	130
16	Volker Burkowski	M	47	18:33	5:58	Willow Street AC	Gansevoort NY	28
17	Michael McGrane	M	48	18:37	6:00	Boston Athletic Association	Ashland MA	137
18	Andrew Bucci	M	45	18:41	6:01	Genesee Valley Harriers	Rochester NY	23
19	Robert Irwin	M	45	18:46	6:03	Willow Street AC	Guilderland NY	101
20	Thomas Regan	M	44	18:48	6:03	Genesee Valley Harriers	Rochester NY	177
21	Brian Lazzaro	M	44	18:53	6:05	Genesee Valley Harriers	Ithaca NY	116
22	Matthew DiPreto	M	40	18:57	6:06	Greater Philadelphia TC	Newtown Square PA	59
23	Matthew Dore	M	43	18:59	6:07	Checkers AC	Buffalo NY	61
24	Delvin Dinkins, Sr.	M	47	19:02	6:08	Greater Philadelphia TC	Hillsborough NJ	58
25	John Stadlander	M	53	19:04	6:09	Willow Street AC	Clifton Park NY	205
26	Matthew Cutrona	M	48	19:06	6:09	Pike Creek Valley Running Club	Wilmington DE	48
27	Bernard Henry	M	48	19:09	6:10		Aurora IL	95
28	James Price	M	46	19:15	6:12	Checkers AC	Williamsville NY	167
29	Twanta Craig	M	41	19:31	6:17		Kenmore NY	43
30	Andrew Reed	M	47	19:33	6:18	Willow Street AC	Niskayuna NY	175
31	Brian Turdo	M	40	20:30	6:36	Greater Philadelphia TC	Phillipsburg NJ	218
32	Donovan Rebbechi	M	45	21:12	6:50	Greater Philadelphia TC	Penn Valley PA	174
33	Gilles Frenette	M	41	21:19	6:52		Canada	74
34	Neill Clark	M	47	22:18	7:11	Greater Philadelphia TC	Bala Cynwyd PA	36

USATF NATIONAL MASTERS MEN'S AGE GROUP: 40 - 44

PLACE	NAME	AGE	TIME	TEAM	RESIDENCE	BIB
1	David Angell	41	16:29	Roanoke Valley Elite	Blue Ridge VA	5
2	Michael Gill	41	16:44		Canada	78
3	Jake Stookey	42	17:16	Willow Street AC	Clifton Park NY	210
4	Brian Lombardo	40	17:30	Checkers AC	Williamsville NY	124
5	Tim Rieth	42	17:48	Genesee Valley Harriers	Rochester NY	184
6	Michael Selig	40	17:56	Checkers AC	Orchard Park NY	198
7	Shawn Williams	41	17:57	Garden State Track Club New Balance	Bloomfield NJ	228
8	Josh Harter	43	18:01	Genesee Valley Harriers	Avon NY	92
9	Eric Sambolec	40	18:12	Genesee Valley Harriers	Ithaca NY	191
10	Thomas Knowles	42	18:13	Garden State Track Club New Balance	Oakland NJ	112
11	Juan Martinez	40	18:22	Willow Street AC	Jamesville NY	130
12	Thomas Regan	44	18:48	Genesee Valley Harriers	Rochester NY	177
13	Brian Lazzaro	44	18:53	Genesee Valley Harriers	Ithaca NY	116
14	Matthew DiPreto	40	18:57	Greater Philadelphia TC	Newtown Square PA	59
15	Matthew Dore	43	18:59	Checkers AC	Buffalo NY	61
16	Twanta Craig	41	19:31		Kenmore NY	43
17	Brian Turdo	40	20:30	Greater Philadelphia TC	Phillipsburg NJ	218
18	Gilles Frenette	41	21:19		Canada	74

## USATF NATIONAL MASTERS MEN'S AGE GROUP: 45 - 49

PLACE	NAME	AGE	TIME	TEAM	RESIDENCE	BIB
1	Philippe Rolly	46	17:16	Capital Area Runners	McLean	VA 188
2	Kirt Komocki	45	17:32	Genesee Valley Harriers	Rochester	NY 113
3	Jonathan Frieder	47	17:46	Garden State Track Club New Balance	Rye Brook	NY 75
4	Kevin Burke	45	18:08	Checkers AC	Buffalo	NY 27
5	Volker Burkowski	47	18:33	Willow Street AC	Gansevoort	NY 28
6	Michael McGrane	48	18:37	Boston Athletic Association	Ashland	MA 137
7	Andrew Bucci	45	18:41	Genesee Valley Harriers	Rochester	NY 23
8	Robert Irwin	45	18:46	Willow Street AC	Guilderland	NY 101
9	Delvin Dinkins, Sr.	47	19:02	Greater Philadelphia TC	Hillsborough	NJ 58
10	Matthew Cutrona	48	19:06	Pike Creek Valley Running Club	Wilmington	DE 48
11	Bernard Henry	48	19:09		Aurora	IL 95
12	James Price	46	19:15	Checkers AC	Williamsville	NY 167
13	Andrew Reed	47	19:33	Willow Street AC	Niskayuna	NY 175
14	Donovan Rebbechi	45	21:12	Greater Philadelphia TC	Penn Valley	PA 174
15	Neill Clark	47	22:18	Greater Philadelphia TC	Bala Cynwyd	PA 36

## MEN'S 40+ TEAM RESULTS

1.	32	Genesee Valley Harriers	(	18:03	1:30:14	1:09)
1	3	Kirt Komocki	45	Rochester	NY	17:32
2	4	Tim Rieth	42	Rochester	NY	17:48
3	6	Josh Harter	43	Avon	NY	18:01
4	8	Eric Sambolec	40	Ithaca	NY	18:12
5	11	Andrew Bucci	45	Rochester	NY	18:41
6	( 13)	Thomas Regan	44	Rochester	NY	18:48
7	( 14)	Brian Lazzaro	44	Ithaca	NY	18:53
2.	49	Checkers AC	(	18:22	1:31:48	1:45)
1	2	Brian Lombardo	40	Williamsville	NY	17:30
2	5	Michael Selig	40	Orchard Park	NY	17:56
3	7	Kevin Burke	45	Buffalo	NY	18:08
4	16	Matthew Dore	43	Buffalo	NY	18:59
5	19	James Price	46	Williamsville	NY	19:15
3.	50	Willow Street AC	(	18:25	1:32:01	1:48)
1	1	Jake Stookey	42	Clifton Park	NY	17:16
2	9	Juan Martinez	40	Jamesville	NY	18:22
3	10	Volker Burkowski	47	Gansevoort	NY	18:33
4	12	Robert Irwin	45	Guilderland	NY	18:46
5	18	John Stadtlander	53	Clifton Park	NY	19:04
6	( 20)	Andrew Reed	47	Niskayuna	NY	19:33
4.	98	Greater Philadelphia TC	(	20:24	1:41:59	3:21)
1	15	Matthew DiPretore	40	Newtown Square	PA	18:57
2	17	Delvin Dinkins, Sr.	47	Hillsborough	NJ	19:02
3	21	Brian Turdo	40	Phillipsburg	NJ	20:30
4	22	Donovan Rebbechi	45	Penn Valley	PA	21:12
5	23	Neill Clark	47	Bala Cynwyd	PA	22:18

## MASTERS MEN 40+ AGE GRADED RESULTS

PLACE	NAME	SEX	AGE	GRADE	TIME	TEAM	RESIDENCE	BIB
1	David Angell	M	41	83.76	16:29	Roanoke Valley Elite	Blue Ridge	VA 5
2	Philippe Rolly	M	46	82.91	17:16	Capital Area Runners	McLean	VA 188
3	Michael Gill	M	41	82.51	16:44		Canada	78
4	Jonathan Frieder	M	47	81.18	17:46	Garden State Track Club New Balance	Rye Brook	NY 75
5	Kirt Komocki	M	45	81.05	17:32	Genesee Valley Harriers	Rochester	NY 113
6	Jake Stookey	M	42	80.53	17:16	Willow Street AC	Clifton Park	NY 210
7	John Stadtlander	M	53	79.18	19:04	Willow Street AC	Clifton Park	NY 205
8	Kevin Burke	M	45	78.37	18:08	Checkers AC	Buffalo	NY 27

9	Brian Lombardo	M 40	78.33	17:30	Checkers AC	Williamsville	NY	124
10	Tim Rieth	M 42	78.12	17:48	Genesee Valley Harriers	Rochester	NY	184
11	Michael McGrane	M 48	78.05	18:37	Boston Athletic Association	Ashland	MA	137
12	Volker Burkowski	M 47	77.75	18:33	Willow Street AC	Gansevoort	NY	28
13	Josh Harter	M 43	77.74	18:01	Genesee Valley Harriers	Avon	NY	92
14	Shawn Williams	M 41	76.92	17:57	Garden State Track Club New Balance	Bloomfield	NJ	228
15	Michael Selig	M 40	76.44	17:56	Checkers AC	Orchard Park	NY	198
16	Thomas Knowles	M 42	76.33	18:13	Garden State Track Club New Balance	Oakland	NJ	112
17	Matthew Cutrona	M 48	76.08	19:06	Pike Creek Valley Running Club	Wilmington	DE	48
18	Andrew Bucci	M 45	76.06	18:41	Genesee Valley Harriers	Rochester	NY	23
19	Bernard Henry	M 48	75.88	19:09		Aurora	IL	95
20	Delvin Dinkins, Sr.	M 47	75.78	19:02	Greater Philadelphia TC	Hillsborough	NJ	58
21	Robert Irwin	M 45	75.73	18:46	Willow Street AC	Guilderland	NY	101
22	Eric Sambolec	M 40	75.32	18:12	Genesee Valley Harriers	Ithaca	NY	191
23	Thomas Regan	M 44	75.04	18:48	Genesee Valley Harriers	Rochester	NY	177
24	Brian Lazzaro	M 44	74.71	18:53	Genesee Valley Harriers	Ithaca	NY	116
25	Juan Martinez	M 40	74.64	18:22	Willow Street AC	Jamesville	NY	130
26	James Price	M 46	74.37	19:15	Checkers AC	Williamsville	NY	167
27	Matthew Dore	M 43	73.78	18:59	Checkers AC	Buffalo	NY	61
28	Andrew Reed	M 47	73.77	19:33	Willow Street AC	Niskayuna	NY	175
29	Matthew DiPretore	M 40	72.34	18:57	Greater Philadelphia TC	Newtown Square	PA	59
30	Twanta Craig	M 41	70.74	19:31		Kenmore	NY	43
31	Donovan Rebbechi	M 45	67.03	21:12	Greater Philadelphia TC	Penn Valley	PA	174
32	Brian Turdo	M 40	66.87	20:30	Greater Philadelphia TC	Phillipsburg	NJ	218
33	Gilles Frenette	M 41	64.77	21:19		Canada		74
34	Neill Clark	M 47	64.68	22:18	Greater Philadelphia TC	Bala Cynwyd	PA	36