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# 19th Annual Nashua Soup Kitchen & Shelter 5K & 10K

Nashua, NH, April 15, 2012

[[Overall 5K Results](#) | [Top Ten 5K Males & Females](#) | [Top 5K Police Officers](#) | [5K Age Group Results](#) | [Top Ten 10K Males & Females](#) | [Top 10K Police Officers](#) | [10K Age Group Results](#) | [NH Grand Prix Division Results](#) | [NH Grand Prix Team Points](#) | [NH Grand Prix Age Graded Female Results](#) | [NH Grand Prix Age Graded Male Results](#) ]

## Overall 10K Results

19th Annual Nashua Soup Kitchen & Shelter 10k  
April 15, 2012 10 Kilometers (USATF Certified #NH10035RF) Nashua, NH  
Timing by Granite State Race Services [www.gsr.com](http://www.gsr.com) (see our Calendar of Races) [steve@gsrs.com](mailto:steve@gsrs.com)

| Place | Div/Tot | Div   | Guntime | Nettime | Pace | Name              | Ag | S | Race# | City/state     | Team |
|-------|---------|-------|---------|---------|------|-------------------|----|---|-------|----------------|------|
| 1     | 1/34    | M4049 | 35:58   | 35:58   | 5:48 | Brian Ruhm        | 46 | M | 1238  | Nashua NH      | GCS  |
| 2     | 2/34    | M4049 | 36:40   | 36:40   | 5:54 | Joseph Rogers     | 44 | M | 1266  | Lyndeboro NH   | GCS  |
| 3     | 1/30    | M3039 | 36:48   | 36:47   | 5:56 | Brian Lavoie      | 39 | M | 1157  | Concord NH     | GSRT |
| 4     | 3/34    | M4049 | 36:58   | 36:58   | 5:57 | Eric Williams     | 47 | M | 1127  | Concord NH     | GSRT |
| 5     | 2/30    | M3039 | 37:54   | 37:54   | 6:06 | Gregory Hagley    | 34 | M | 1210  | Lebanon NH     | UVRC |
| 6     | 4/34    | M4049 | 38:21   | 38:21   | 6:11 | Dan Moriarty      | 43 | M | 1277  | Nashua NH      |      |
| 7     | 1/39    | M5059 | 39:32   | 39:31   | 6:22 | Steven Andrews    | 52 | M | 1008  | Etna NH        | UVRC |
| 8     | 1/18    | F2029 | 39:33   | 39:32   | 6:22 | Laura Hagley      | 27 | F | 1211  | Lebanon NH     | UVRC |
| 9     | 3/30    | M3039 | 39:45   | 39:43   | 6:24 | Justin Soucy      | 30 | M | 1257  | Hudson NH      | GCS  |
| 10    | 5/34    | M4049 | 40:11   | 40:10   | 6:28 | Ernesto Burden    | 41 | M | 1020  | Manchester NH  | AARC |
| 11    | 2/39    | M5059 | 40:39   | 40:38   | 6:33 | Perry Seagroves   | 59 | M | 1132  | Concord NH     | GSRT |
| 12    | 4/30    | M3039 | 40:44   | 40:42   | 6:33 | Richard Hostler   | 35 | M | 1056  | Merrimack NH   |      |
| 13    | 1/33    | F3039 | 40:53   | 40:52   | 6:35 | Amy Bernard       | 34 | F | 1245  | Hampstead NH   | GDTC |
| 14    | 5/30    | M3039 | 41:16   | 41:15   | 6:39 | Isaac St. Martin  | 32 | M | 1110  | Manchester NH  | GCS  |
| 15    | 6/34    | M4049 | 41:32   | 41:31   | 6:41 | Michael Dufour    | 47 | M | 1251  | Londonderry NH | GDTC |
| 16    | 3/39    | M5059 | 41:46   | 41:44   | 6:43 | Don McCarty       | 51 | M | 1081  | Nashua NH      |      |
| 17    | 6/30    | M3039 | 41:52   | 41:51   | 6:45 | James Porter      | 38 | M | 1096  | Manchester NH  | AARC |
| 18    | 7/34    | M4049 | 41:58   | 41:56   | 6:45 | Anders Vikstrom   | 45 | M | 1155  | Bedford NH     | AARC |
| 19    | 4/39    | M5059 | 42:08   | 42:07   | 6:47 | Ken Snow          | 56 | M | 1136  | Nashua NH      | GCS  |
| 20    | 7/30    | M3039 | 42:11   | 42:09   | 6:47 | Jim Long          | 39 | M | 1075  | Lunenburg MA   | GCS  |
| 21    | 1/10    | M6069 | 42:36   | 42:34   | 6:51 | Scott Abercrombie | 62 | M | 1004  | Salem NH       | GDTC |
| 22    | 5/39    | M5059 | 42:48   | 42:46   | 6:53 | Richard Galera    | 57 | M | 1171  | Nashua NH      | GCS  |
| 23    | 2/33    | F3039 | 43:00   | 42:58   | 6:55 | Rebecca Noe       | 36 | F | 1086  | Derry NH       | GDTC |
| 24    | 8/30    | M3039 | 43:08   | 43:07   | 6:57 | Daniel Hollenbeck | 37 | M | 1260  | Burlington MA  |      |
| 25    | 9/30    | M3039 | 43:13   | 43:11   | 6:57 | Joel Pickering    | 32 | M | 1261  | Newport NH     |      |
| 26    | 6/39    | M5059 | 43:18   | 43:16   | 6:58 | Dale Hadley       | 51 | M | 1212  | Williston VT   |      |
| 27    | 3/33    | F3039 | 43:18   | 43:16   | 6:58 | Sarah St. Martin  | 33 | F | 1111  | Manchester NH  | GCS  |
| 28    | 8/34    | M4049 | 43:29   | 43:27   | 7:00 | Bill Newsham      | 47 | M | 1252  | Brookline NH   | GCS  |
| 29    | 7/39    | M5059 | 43:58   | 43:56   | 7:05 | Paul Hughes       | 57 | M | 1133  | Chelmsford MA  | GCS  |
| 30    | 8/39    | M5059 | 44:02   | 44:01   | 7:05 | Jim Velino        | 52 | M | 1121  | Amherst NH     | GCS  |
| 31    | 1/40    | F4049 | 44:05   | 44:03   | 7:06 | Karen Long        | 46 | F | 1176  | Nashua NH      | GCS  |
| 32    | 10/30   | M3039 | 44:07   | 44:05   | 7:06 | Peter Boisvert    | 37 | M | 1208  | Goffstown NH   | AARC |
| 33    | 9/39    | M5059 | 44:27   | 44:24   | 7:09 | Mick Fortier      | 55 | M | 1276  | Wilton NH      |      |
| 34    | 2/40    | F4049 | 44:38   | 44:36   | 7:11 | Cindy Edson       | 44 | F | 1253  | Hanover NH     | UVRC |
| 35    | 10/39   | M5059 | 44:46   | 44:42   | 7:12 | Bob Dolan         | 51 | M | 1038  | Manchester NH  | GDTC |
| 36    | 4/33    | F3039 | 44:44   | 44:42   | 7:12 | Emily Jones       | 34 | F | 1284  | Contoocook NH  |      |
| 37    | 11/39   | M5059 | 45:04   | 44:58   | 7:15 | Dave Contrada     | 54 | M | 1216  | Nashua NH      |      |
| 38    | 1/3     | M1617 | 45:22   | 44:58   | 7:15 | Cameron Vallie    | 17 | M | 1269  | Nashua NH      |      |
| 39    | 1/5     | M1415 | 45:24   | 44:58   | 7:15 | Tyler Doven       | 15 | M | 1207  | Nashua NH      |      |
| 40    | 2/5     | M1415 | 45:33   | 45:08   | 7:16 | Brian McAfee      | 15 | M | 1202  | Nashua NH      |      |
| 41    | 9/34    | M4049 | 45:13   | 45:11   | 7:17 | Scott Harris      | 49 | M | 1255  | Manchester NH  | AARC |
| 42    | 12/39   | M5059 | 45:17   | 45:16   | 7:18 | Tom Kolb          | 56 | M | 1063  | Merrimack NH   | GCS  |
| 43    | 2/18    | F2029 | 45:23   | 45:21   | 7:18 | Sonja Kent        | 20 | F | 1001  | Goffstown NH   |      |
| 44    | 11/30   | M3039 | 45:32   | 45:31   | 7:20 | Rick Bernard      | 33 | M | 1243  | Hampstead NH   | GDTC |
| 45    | 13/39   | M5059 | 45:38   | 45:34   | 7:20 | Jim Peters        | 55 | M | 1093  | Derry NH       | GDTC |
| 46    | 12/30   | M3039 | 45:50   | 45:46   | 7:22 | Travis Grace      | 34 | M | 1047  | Springfield OR |      |

|    |       |       |       |        |      |                    |      |      |               |      |
|----|-------|-------|-------|--------|------|--------------------|------|------|---------------|------|
| 47 | 1/1   | M1819 | 46:18 | 45:53  | 7:23 | Alex Agraham       | 18 M | 1267 | Nashua NH     |      |
| 48 | 1/23  | F5059 | 46:09 | 46:05* | 7:25 | Lynn-Marie Fawcett | 56 F | 1197 | Chester NH    | GDTC |
| 49 | 1/7   | M2029 | 46:17 | 46:11  | 7:26 | Zachary Smith      | 29 M | 1108 | Bedford NH    |      |
| 50 | 10/34 | M4049 | 46:36 | 46:29  | 7:29 | Brian Clark        | 47 M | 1028 | Litchfield NH |      |

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19th Annual Nashua Soup Kitchen & Shelter 10k  
 April 15, 2012 10 Kilometers (USATF Certified #NH10035RF) Nashua, NH  
 Timing by Granite State Race Services www.gsr.com (see our Calendar of Races) steve@gsr.com

| Place | Div/Tot | Div   | Guntime | Nettime | Pace | Name                | Ag | S | Race# | City/state      | Team |
|-------|---------|-------|---------|---------|------|---------------------|----|---|-------|-----------------|------|
| 51    | 3/5     | M1415 | 47:00   | 46:35   | 7:30 | Thomas Lessard      | 14 | M | 1206  | Nashua NH       |      |
| 52    | 14/39   | M5059 | 46:46   | 46:42   | 7:31 | Roger Blais         | 54 | M | 1235  | Merrimack NH    |      |
| 53    | 13/30   | M3039 | 46:50   | 46:43   | 7:32 | Richard Ings        | 33 | M | 1057  | Hudson NH       |      |
| 54    | 11/34   | M4049 | 46:52   | 46:48   | 7:32 | Colin Omeara        | 49 | M | 1239  | Derry NH        | GDTC |
| 55    | 15/39   | M5059 | 46:56   | 46:50   | 7:33 | Edward Mahoney      | 57 | M | 1149  | Deerfield NH    | AARC |
| 56    | 12/34   | M4049 | 47:06   | 46:57   | 7:34 | Patrick Garrett     | 46 | M | 1195  | Derry NH        |      |
| 57    | 2/10    | M6069 | 47:06   | 47:00   | 7:34 | John Lewicke        | 64 | M | 1236  |                 | GCS  |
| 58    | 13/34   | M4049 | 47:08   | 47:04   | 7:35 | David Salois        | 43 | M | 1180  | Sandown NH      | GDTC |
| 59    | 3/10    | M6069 | 47:12   | 47:09   | 7:36 | Jim Chaloner        | 63 | M | 1024  | Merrimack NH    |      |
| 60    | 3/40    | F4049 | 47:18   | 47:13   | 7:36 | Liz Johnstone       | 47 | F | 1282  | Weare NH        | GSRT |
| 61    | 14/30   | M3039 | 47:26   | 47:25   | 7:38 | Jeff Butler         | 31 | M | 1293  | Raymond NH      |      |
| 62    | 16/39   | M5059 | 47:34   | 47:30   | 7:39 | Mark Lutter         | 51 | M | 1169  | Hudson NH       | GDTC |
| 63    | 2/23    | F5059 | 47:42   | 47:37   | 7:40 | Pat Bourgault       | 53 | F | 1164  | Concord NH      | GSRT |
| 64    | 17/39   | M5059 | 47:41   | 47:38   | 7:40 | Robert Parent       | 55 | M | 1241  | Manchester NH   | GDTC |
| 65    | 14/34   | M4049 | 47:48   | 47:45   | 7:41 | Sean Coyle          | 48 | M | 1033  | Salem NH        | GDTC |
| 66    | 4/10    | M6069 | 47:56   | 47:53   | 7:43 | Brian Mahoney       | 61 | M | 1200  | Bedford NH      | AARC |
| 67    | 18/39   | M5059 | 48:08   | 48:01   | 7:44 | Jim Ecke            | 58 | M | 1042  | Merrimack NH    | GCS  |
| 68    | 3/23    | F5059 | 48:12   | 48:06*  | 7:45 | Fiona McDonnell     | 55 | F | 1217  | Hollis NH       | GCS  |
| 69    | 19/39   | M5059 | 48:21   | 48:17   | 7:47 | Everett McBride Jr  | 57 | M | 1187  | Salem NH        | GDTC |
| 70    | 2/3     | M1617 | 48:44   | 48:20   | 7:47 | Ryan Sullivan       | 17 | M | 1204  | Nashua NH       |      |
| 71    | 3/3     | M1617 | 48:44   | 48:20   | 7:47 | Adam Nastasia       | 17 | M | 1205  | Nashua NH       |      |
| 72    | 20/39   | M5059 | 48:24   | 48:23   | 7:48 | John Dionne         | 51 | M | 1196  | Nashua NH       | GCS  |
| 73    | 4/40    | F4049 | 48:44   | 48:38   | 7:50 | Rebecca Lawrence    | 47 | F | 1070  | Concord NH      | GSRT |
| 74    | 4/5     | M1415 | 49:03   | 48:38   | 7:50 | Jon Zalman          | 15 | M | 1268  | Nashua NH       |      |
| 75    | 15/34   | M4049 | 48:56   | 48:40   | 7:50 | Steve Blunt         | 48 | M | 1181  | Nashua NH       |      |
| 76    | 5/33    | F3039 | 48:55   | 48:44   | 7:51 | Lyn Vinskus         | 36 | F | 1122  | Concord NH      | GSRT |
| 77    | 15/30   | M3039 | 48:52   | 48:45   | 7:51 | David Hediger       | 36 | M | 1280  |                 |      |
| 78    | 2/7     | M2029 | 48:51   | 48:46   | 7:51 | Michael Montplaisir | 25 | M | 1246  |                 |      |
| 79    | 3/7     | M2029 | 49:01   | 48:58   | 7:53 | Nicholas Catano     | 23 | M | 1023  | Goffstown NH    |      |
| 80    | 21/39   | M5059 | 49:05   | 49:01   | 7:54 | Thomas Conley       | 58 | M | 1030  | Nashua NH       | GCS  |
| 81    | 16/30   | M3039 | 49:20   | 49:15   | 7:56 | Jeffrey Maistrosky  | 31 | M | 1076  | Hudson NH       |      |
| 82    | 1/1     | F1011 | 49:18   | 49:17   | 7:56 | Caroline Fischer    | 10 | F | 1230  | Merrimack NH    |      |
| 83    | 4/7     | M2029 | 49:27   | 49:17   | 7:56 | Nathan Morello      | 27 | M | 1134  | Peterborough NH |      |
| 84    | 5/40    | F4049 | 49:23   | 49:18   | 7:56 | Karen Wright        | 46 | F | 1165  | Nashua NH       |      |
| 85    | 16/34   | M4049 | 49:21   | 49:18   | 7:56 | William Peters      | 49 | M | 1147  | Manchester NH   | AARC |
| 86    | 6/40    | F4049 | 49:20   | 49:19   | 7:57 | Denise Spenard      | 45 | F | 1288  | Manchester NH   | AARC |
| 87    | 1/1     | F1415 | 49:32   | 49:31   | 7:59 | Heidi Ntengeri      | 14 | F | 1237  | Nashua NH       |      |
| 88    | 5/7     | M2029 | 49:44   | 49:32   | 7:59 | Charles Hansen      | 26 | M | 1049  | Moosup CT       |      |
| 89    | 17/34   | M4049 | 49:44   | 49:40   | 8:00 | Dave Gagne          | 40 | M | 1044  | Chester NH      |      |
| 90    | 18/34   | M4049 | 49:47   | 49:41   | 8:00 | Tracy Principio     | 49 | M | 1097  | Nashua NH       |      |
| 91    | 19/34   | M4049 | 49:49   | 49:43   | 8:00 | Daren Boucher       | 43 | M | 1209  | Amherst NH      | GCS  |
| 92    | 17/30   | M3039 | 49:54   | 49:43   | 8:00 | Shaun Neylon        | 31 | M | 1198  | Nashua NH       |      |
| 93    | 7/40    | F4049 | 49:51   | 49:49   | 8:01 | Suzanne Barker      | 41 | F | 1172  | Amherst NH      | GCS  |
| 94    | 22/39   | M5059 | 49:56   | 49:50   | 8:02 | Christopher Jones   | 57 | M | 1058  | Bedford NH      |      |
| 95    | 20/34   | M4049 | 50:19   | 50:17   | 8:06 | Michael Ugarte      | 40 | M | 1163  | Nashua NH       | GCS  |
| 96    | 4/23    | F5059 | 50:25   | 50:18   | 8:06 | Kathie Roy          | 53 | F | 1162  | Merrimack NH    | GCS  |
| 97    | 18/30   | M3039 | 50:34   | 50:28   | 8:08 | Matt Allen          | 32 | M | 1154  | Merrimack NH    |      |
| 98    | 21/34   | M4049 | 50:32   | 50:31   | 8:08 | Ariel Tobi          | 49 | M | 1140  | Lyndeborough NH |      |
| 99    | 6/33    | F3039 | 50:45   | 50:39   | 8:09 | Amy Hediger         | 34 | F | 1281  | Minot ME        |      |
| 100   | 5/23    | F5059 | 50:41   | 50:40   | 8:10 | Nancy Peabody       | 51 | F | 1254  | Londonderry NH  | GDTC |

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| Place | Div/Tot | Div   | Guntime | Nettime | Pace | Name                 | Ag | S | Race# | City/state      | Team |
|-------|---------|-------|---------|---------|------|----------------------|----|---|-------|-----------------|------|
| 101   | 7/33    | F3039 | 50:52   | 50:44   | 8:10 | Amy Doyle            | 37 | F | 1192  | Merrimack NH    | GCS  |
| 102   | 6/23    | F5059 | 51:07   | 51:00   | 8:13 | Andrea Pierce        | 52 | F | 1094  | Hollis NH       | GCS  |
| 103   | 22/34   | M4049 | 51:18   | 51:09   | 8:14 | Kevin Drew           | 48 | M | 1040  | Milford NH      |      |
| 104   | 19/30   | M3039 | 51:19   | 51:14   | 8:15 | Tyler Brannen        | 39 | M | 1272  | Nashua NH       | GCS  |
| 105   | 20/30   | M3039 | 51:38   | 51:14   | 8:15 | Jamie Hallinan       | 38 | M | 1271  | Nashua NH       |      |
| 106   | 8/40    | F4049 | 51:20   | 51:14   | 8:15 | Melissa Wu           | 46 | F | 1275  | Nashua NH       | GCS  |
| 107   | 6/7     | M2029 | 51:20   | 51:15   | 8:15 | Rick McQuaide        | 25 | M | 1214  | Nashua NH       |      |
| 108   | 1/1     | M1213 | 51:26   | 51:22   | 8:16 | Aiden Van Batenburg  | 12 | M | 1120  | Nashua NH       | GCS  |
| 109   | 5/10    | M6069 | 51:28   | 51:23   | 8:17 | Richard Doyle        | 64 | M | 1240  | Lexington MA    | GCS  |
| 110   | 3/18    | F2029 | 51:30   | 51:24   | 8:17 | Emily Soucy          | 29 | F | 1256  | Hudson NH       | GCS  |
| 111   | 23/34   | M4049 | 51:38   | 51:32   | 8:18 | John Cinicolo        | 48 | M | 1244  | Nashua NH       |      |
| 112   | 24/34   | M4049 | 52:19   | 52:04   | 8:23 | Renier De Beer       | 41 | M | 1218  | Nashua NH       |      |
| 113   | 25/34   | M4049 | 52:09   | 52:06   | 8:24 | Scott Ricard         | 43 | M | 1102  | Nashua NH       |      |
| 114   | 8/33    | F3039 | 52:11   | 52:07   | 8:24 | Malia Samuelson      | 30 | F | 1215  | Nashua NH       |      |
| 115   | 1/1     | M0109 | 52:08   | 52:07*  | 8:24 | Ryan Fischer         | 8  | M | 1229  | Merrimack NH    |      |
| 116   | 26/34   | M4049 | 52:21   | 52:12   | 8:25 | Roland Stone         | 40 | M | 1183  | Merrimack NH    | GCS  |
| 117   | 9/33    | F3039 | 52:33   | 52:13   | 8:25 | Renee Porcelli       | 37 | F | 1160  | Merrimack NH    |      |
| 118   | 21/30   | M3039 | 52:24   | 52:18   | 8:25 | Raymond Bailey       | 35 | M | 1161  | Hampstead NH    |      |
| 119   | 23/39   | M5059 | 52:25   | 52:19   | 8:26 | Norman Gill          | 58 | M | 1152  | Hooksett NH     | AARC |
| 120   | 27/34   | M4049 | 52:27   | 52:23   | 8:26 | Mike Guidoboni       | 46 | M | 1233  | Tyngsboro MA    |      |
| 121   | 9/40    | F4049 | 52:42   | 52:35   | 8:28 | Michelle Poublon     | 45 | F | 1232  | Nashua NH       | GCS  |
| 122   | 7/23    | F5059 | 52:52   | 52:45   | 8:30 | Pamela Hall          | 58 | F | 1247  | Litchfield NH   |      |
| 123   | 10/40   | F4049 | 52:52   | 52:48   | 8:30 | Narri Dowd           | 44 | F | 1287  | Goffstown NH    |      |
| 124   | 28/34   | M4049 | 53:04   | 52:56   | 8:31 | Peter Kornik         | 43 | M | 1064  | Merrimack NH    |      |
| 125   | 11/40   | F4049 | 53:15   | 53:12   | 8:34 | Kathy Baril          | 49 | F | 1145  | Concord NH      | GSRT |
| 126   | 4/18    | F2029 | 54:00   | 53:24   | 8:36 | Holly Amato          | 25 | F | 1175  | Milford NH      |      |
| 127   | 24/39   | M5059 | 53:46   | 53:29   | 8:37 | Matthew Plante       | 53 | M | 1199  | Nashua NH       |      |
| 128   | 25/39   | M5059 | 53:41   | 53:39   | 8:38 | Dave Giberti         | 51 | M | 1185  | Derry MA        | GDTC |
| 129   | 10/33   | F3039 | 53:53   | 53:47   | 8:40 | Rose Washington      | 33 | F | 1263  | Londonderry NH  |      |
| 130   | 26/39   | M5059 | 53:55   | 53:48   | 8:40 | Bill Tice            | 55 | M | 1117  | Nashua NH       |      |
| 131   | 1/1     | F1617 | 53:54   | 53:51   | 8:40 | Samantha Ricard      | 16 | F | 1101  | Nashua NH       |      |
| 132   | 27/39   | M5059 | 54:17   | 54:13   | 8:44 | Joseph Lafrance      | 53 | M | 1066  | Tilton NH       | GSRT |
| 133   | 12/40   | F4049 | 54:25   | 54:19   | 8:45 | Yvonne Yen           | 41 | F | 1129  | Nashua NH       |      |
| 134   | 11/33   | F3039 | 55:09   | 54:48   | 8:50 | Pamela Card          | 35 | F | 1139  | Nashua NH       |      |
| 135   | 8/23    | F5059 | 55:06   | 54:56   | 8:51 | Judy Boire           | 56 | F | 1188  | Nashua NH       |      |
| 136   | 28/39   | M5059 | 55:17   | 55:05   | 8:52 | Jon Gundersen        | 57 | M | 1048  | Brookline NH    |      |
| 137   | 13/40   | F4049 | 55:19   | 55:09   | 8:53 | Laura Rallis         | 41 | F | 1248  | Milford NH      | GCS  |
| 138   | 14/40   | F4049 | 56:18   | 56:10   | 9:03 | Joyce Biga           | 44 | F | 1016  | Litchfield NH   |      |
| 139   | 5/18    | F2029 | 56:22   | 56:13   | 9:03 | Jennifer Schlichting | 25 | F | 1135  | Spofford NH     |      |
| 140   | 5/5     | M1415 | 56:43   | 56:18   | 9:04 | Matthew Witzig       | 15 | M | 1203  | Nashua NH       |      |
| 141   | 15/40   | F4049 | 56:25   | 56:22   | 9:05 | Janet Auger          | 48 | F | 1010  | Nashua NH       |      |
| 142   |         |       | 56:49   | 56:25   | 9:05 | Brandon Vallie       |    | M | 1270  |                 |      |
| 143   | 9/23    | F5059 | 56:58   | 56:36   | 9:07 | Laurie Hadley        | 51 | F | 1264  | Kendall Park NJ |      |
| 144   | 10/23   | F5059 | 56:45   | 56:36   | 9:07 | Gayle Oulighan       | 53 | F | 1089  | Carlisle MA     |      |
| 145   | 1/3     | F6069 | 56:56   | 56:47   | 9:09 | Aline Kenney         | 63 | F | 1062  | Nashua NH       | GCS  |
| 146   | 6/10    | M6069 | 56:55   | 56:50   | 9:09 | Mike Stanwyk         | 60 | M | 1173  | Nashua NH       |      |
| 147   | 22/30   | M3039 | 57:01   | 56:51   | 9:09 | Jacob Rube           | 35 | M | 1104  | Nashua NH       |      |
| 148   | 29/39   | M5059 | 57:22   | 57:02   | 9:11 | Lancing Adams        | 50 | M | 1005  | Manchester NH   |      |
| 149   | 6/18    | F2029 | 57:37   | 57:17   | 9:14 | Jennifer Leonardo    | 24 | F | 1071  | Wilmington MA   |      |
| 150   | 23/30   | M3039 | 58:11   | 57:59   | 9:20 | Brian Rice Hawkins   | 31 | M | 1273  | Goffstown NH    | GSRT |

\* Under USATF Age-Group guideline

| Place | Div/Tot | Div   | Guntime | Nettime  | Pace  | Name               | Ag | S | Race# | City/state          | Team |
|-------|---------|-------|---------|----------|-------|--------------------|----|---|-------|---------------------|------|
| 151   | 12/33   | F3039 | 58:04   | 58:00    | 9:20  | Sandy Rodrigue     | 38 | F | 1103  | Nashua NH           |      |
| 152   | 30/39   | M5059 | 58:25   | 58:06    | 9:21  | David Worthen      | 52 | M | 1262  | Wilton NH           |      |
| 153   | 16/40   | F4049 | 58:23   | 58:15    | 9:23  | Jean Manning       | 48 | F | 1077  | Derry NH            | GDTC |
| 154   | 24/30   | M3039 | 58:40   | 58:20    | 9:24  | John Anderson      | 31 | M | 1007  | Raymond NH          |      |
| 155   | 25/30   | M3039 | 58:57   | 58:21    | 9:24  | David Brown        | 39 | M | 1292  | Derry NH            |      |
| 156   | 29/34   | M4049 | 59:03   | 58:22    | 9:24  | Durga Choudhury    | 43 | M | 1259  | Nashua NH           |      |
| 157   | 26/30   | M3039 | 58:51   | 58:33    | 9:26  | Jun Baniqued       | 35 | M | 1011  | Princeton MA        |      |
| 158   | 31/39   | M5059 | 58:57   | 58:35    | 9:26  | Mike Santos        | 54 | M | 1105  | North Chelmsford MA |      |
| 159   | 17/40   | F4049 | 58:53   | 58:45    | 9:28  | Lisa Reilly        | 44 | F | 1099  | Nashua NH           | GCS  |
| 160   | 7/18    | F2029 | 59:05   | 58:51    | 9:29  | Judy Deleon        | 29 | F | 1036  | Bradford MA         | GDTC |
| 161   | 8/18    | F2029 | 59:20   | 59:00    | 9:30  | Tara Chenery       | 24 | F | 1025  | Nashua NH           |      |
| 162   | 32/39   | M5059 | 59:09   | 59:01    | 9:30  | Brian Crawford     | 53 | M | 1220  | Nashua NH           |      |
| 163   | 11/23   | F5059 | 59:21   | 59:06    | 9:31  | Sheila Blunt       | 55 | F | 1182  | Nashua NH           |      |
| 164   | 7/10    | M6069 | 59:12   | 59:07    | 9:31  | Courtney Marshall  | 61 | M | 1079  | Grantham NH         | UVRC |
| 165   | 18/40   | F4049 | 59:31   | 59:08    | 9:31  | Nzenalu Obinelo    | 45 | F | 1088  | Nashua NH           |      |
| 166   | 19/40   | F4049 | 59:32   | 59:10    | 9:32  | Christina Linnehan | 48 | F | 1074  | Nashua NH           |      |
| 167   | 20/40   | F4049 | 59:34   | 59:12    | 9:32  | Carr Lesley        | 42 | F | 1228  |                     |      |
| 168   | 21/40   | F4049 | 59:34   | 59:12    | 9:32  | Kristi Delong      | 45 | F | 1227  | Hollis NH           |      |
| 169   | 22/40   | F4049 | 59:33   | 59:12    | 9:32  | Elizabeth Ide      | 43 | F | 1226  | Hollis NH           |      |
| 170   | 13/33   | F3039 | 59:23   | 59:14    | 9:32  | Katie Duclos       | 32 | F | 1041  | Nashua NH           |      |
| 171   | 9/18    | F2029 | 59:39   | 59:25    | 9:34  | Angela Beckford    | 28 | F | 1013  | Manchester NH       |      |
| 172   | 7/7     | M2029 | 59:54   | 59:25    | 9:34  | Andrew Murphy      | 26 | M | 1085  | Pelham NH           |      |
| 173   | 23/40   | F4049 | 59:33   | 59:26    | 9:34  | Melissa Yokota     | 40 | F | 1130  | Hollis NH           |      |
| 174   | 12/23   | F5059 | 59:41   | 59:32    | 9:35  | Debra Fortier      | 58 | F | 1234  |                     | GSRT |
| 175   | 1/4     | M7099 | 59:41   | 59:35    | 9:36  | Lucien Trudeau     | 71 | M | 1184  | Manchester NH       | AARC |
| 176   | 24/40   | F4049 | 59:46   | 59:43    | 9:37  | Dianne Smigliani   | 44 | F | 1219  | Hudson NH           | GCS  |
| 177   | 14/33   | F3039 | 1:00:11 | 59:52    | 9:38  | Danya Bell         | 39 | F | 1014  | Nashua NH           |      |
| 178   | 15/33   | F3039 | 1:00:05 | 59:55    | 9:39  | Beth Burnham       | 31 | F | 1144  | Walpole NH          |      |
| 179   | 16/33   | F3039 | 1:00:43 | 1:00:22  | 9:43  | Diane Grove        | 37 | F | 1166  | Tewksbury MA        |      |
| 180   | 17/33   | F3039 | 1:00:43 | 1:00:22  | 9:43  | Mairead Orpen      | 32 | F | 1138  | Lowell MA           |      |
| 181   | 13/23   | F5059 | 1:00:51 | 1:00:42  | 9:46  | Lisa Christie      | 59 | F | 1026  | Nashua NH           | GCS  |
| 182   | 1/2     | F7099 | 1:01:39 | 1:01:29* | 9:54  | Jane Levesque      | 70 | F | 1072  | Nashua NH           | GCS  |
| 183   | 14/23   | F5059 | 1:01:52 | 1:01:41  | 9:56  | Debra Underhill    | 53 | F | 1143  | Brattleboro VT      |      |
| 184   | 15/23   | F5059 | 1:01:47 | 1:01:42  | 9:56  | Linda Lutter       | 58 | F | 1170  | Hudson NH           | GDTC |
| 185   | 27/30   | M3039 | 1:02:12 | 1:01:59  | 9:59  | Jay Barrett        | 34 | M | 1250  | Nashua NH           |      |
| 186   | 18/33   | F3039 | 1:02:19 | 1:02:05  | 10:00 | Sarah Barrett      | 33 | F | 1249  | Nashua NH           |      |
| 187   | 10/18   | F2029 | 1:02:37 | 1:02:19  | 10:02 | Crystal Sgro       | 29 | F | 1106  | Merrimack NH        |      |
| 188   | 28/30   | M3039 | 1:02:39 | 1:02:28  | 10:04 | Casey Creamer      | 31 | M | 1279  | Nashua NH           |      |
| 189   | 19/33   | F3039 | 1:02:39 | 1:02:29  | 10:04 | Natalie Corwin     | 31 | F | 1201  | Manchester NH       |      |
| 190   | 16/23   | F5059 | 1:03:07 | 1:02:46  | 10:06 | Carla Tremblay     | 51 | F | 1118  | Litchfield NH       |      |
| 191   | 25/40   | F4049 | 1:03:10 | 1:02:51  | 10:07 | Amy Caine          | 41 | F | 1021  | New Boston NH       |      |
| 192   | 20/33   | F3039 | 1:03:19 | 1:03:02  | 10:09 | Jill McKenzie      | 33 | F | 1082  | Manchester NH       |      |
| 193   | 30/34   | M4049 | 1:03:07 | 1:03:03  | 10:09 | Balaji Sundara     | 43 | M | 1115  | Nashua NH           |      |
| 194   | 26/40   | F4049 | 1:03:19 | 1:03:03  | 10:09 | Christine Lewis    | 41 | F | 1073  | Goffstown NH        |      |
| 195   | 17/23   | F5059 | 1:03:36 | 1:03:08  | 10:10 | Christy Sprinkle   | 52 | F | 1109  | Nashua NH           |      |
| 196   | 21/33   | F3039 | 1:03:39 | 1:03:27  | 10:13 | Katy West          | 34 | F | 1126  | Fitchburg MA        |      |
| 197   | 29/30   | M3039 | 1:03:39 | 1:03:27  | 10:13 | Eric West          | 34 | M | 1125  | Fitchburg MA        |      |
| 198   | 22/33   | F3039 | 1:03:53 | 1:03:35  | 10:14 | Theresa Patenaude  | 30 | F | 1090  | Nashua NH           |      |
| 199   | 2/3     | F6069 | 1:03:47 | 1:03:38  | 10:15 | Emily Strong       | 62 | F | 1112  | Nashua NH           | GCS  |
| 200   | 23/33   | F3039 | 1:03:58 | 1:03:40  | 10:15 | Sarah Lambert      | 33 | F | 1068  | Hudson NH           |      |

4/15/2012 5:27PM

\* Under USATF Age-Group guideline

| Place | Div/Tot | Div   | Guntime | Nettime | Pace  | Name          | Ag | S | Race# | City/state   | Team |
|-------|---------|-------|---------|---------|-------|---------------|----|---|-------|--------------|------|
| 201   | 33/39   | M5059 | 1:04:25 | 1:04:02 | 10:19 | Bruce Walden  | 50 | M | 1123  | Merrimack NH |      |
| 202   | 24/33   | F3039 | 1:04:54 | 1:04:51 | 10:27 | Rebecca Moody | 31 | F | 1084  | Penacook NH  |      |

|                  |       |       |         |         |       |                     |    |   |      |               |      |
|------------------|-------|-------|---------|---------|-------|---------------------|----|---|------|---------------|------|
| 203              | 27/40 | F4049 | 1:05:27 | 1:04:55 | 10:27 | Jen Vogel           | 40 | F | 1278 | Nashua NH     |      |
| 204              | 31/34 | M4049 | 1:05:13 | 1:05:00 | 10:28 | Jay Regan           | 45 | M | 1098 | Nashua NH     |      |
| 205              | 18/23 | F5059 | 1:05:13 | 1:05:01 | 10:28 | Janice Trouville    | 53 | F | 1119 | Lowell MA     |      |
| 206              | 28/40 | F4049 | 1:05:49 | 1:05:31 | 10:33 | Hope Gagne          | 40 | F | 1045 | Chester NH    |      |
| 207              | 11/18 | F2029 | 1:05:38 | 1:05:32 | 10:33 | Lindsey Randlett    | 23 | F | 1191 | Nashua NH     |      |
| 208              | 12/18 | F2029 | 1:05:43 | 1:05:34 | 10:33 | Stephanie Hancock   | 25 | F | 1222 | Groton MA     |      |
| 209              | 25/33 | F3039 | 1:05:41 | 1:05:34 | 10:34 | Mirjam Ijtsma       | 37 | F | 1178 | Derry NH      | GDTC |
| 210              | 29/40 | F4049 | 1:06:00 | 1:05:38 | 10:34 | Mary Palermo        | 47 | F | 1265 | Chelmsford MA |      |
| 211              | 26/33 | F3039 | 1:06:12 | 1:05:42 | 10:35 | Michelle Jean       | 36 | F | 1283 | Bedford NH    |      |
| 212              | 30/40 | F4049 | 1:06:23 | 1:06:02 | 10:38 | Kelly Joy           | 45 | F | 1061 | Auburn NH     |      |
| 213              | 34/39 | M5059 | 1:06:37 | 1:06:19 | 10:41 | Bob Akerley         | 57 | M | 1006 | Princeton MA  |      |
| 214              | 31/40 | F4049 | 1:06:51 | 1:06:29 | 10:42 | Beverly Turnquist   | 43 | F | 1231 | Tyngsboro MA  |      |
| 215              | 27/33 | F3039 | 1:06:44 | 1:06:31 | 10:43 | Sara Comeau         | 30 | F | 1029 | Pelham NH     |      |
| 216              | 3/3   | F6069 | 1:06:41 | 1:06:31 | 10:43 | Pat Kiesselbach     | 62 | F | 1137 | Melbourne FL  | GCS  |
| 217              | 13/18 | F2029 | 1:07:06 | 1:06:38 | 10:44 | Natalie Shea        | 26 | F | 1107 | Lowell MA     |      |
| 218              | 28/33 | F3039 | 1:07:05 | 1:06:50 | 10:46 | Jenna Abreu         | 38 | F | 1291 | Manchester NH | GDTC |
| 219              | 14/18 | F2029 | 1:07:17 | 1:06:56 | 10:47 | Jillian Harris      | 29 | F | 1051 | Derry NH      |      |
| 220              | 8/10  | M6069 | 1:07:51 | 1:07:43 | 10:54 | William Manning     | 69 | M | 1078 | Derry NH      | GDTC |
| 221              | 9/10  | M6069 | 1:08:00 | 1:07:48 | 10:55 | William Studley     | 61 | M | 1114 | Merrimack NH  |      |
| 222              | 19/23 | F5059 | 1:08:22 | 1:08:19 | 11:00 | Bronwyn Corkery     | 50 | F | 1031 | Amherst NH    |      |
| 223              | 2/4   | M7099 | 1:08:39 | 1:08:27 | 11:01 | Richard Miller      | 70 | M | 1083 | Greenville NH |      |
| 224              | 29/33 | F3039 | 1:09:13 | 1:08:44 | 11:04 | Gwen Hill           | 33 | F | 1054 | Hollis NH     |      |
| 225              | 32/40 | F4049 | 1:09:11 | 1:08:59 | 11:07 | Kerri Haskins       | 41 | F | 1258 | Danville NH   |      |
| 226              | 33/40 | F4049 | 1:09:23 | 1:09:07 | 11:08 | Lisa Eaton          | 47 | F | 1153 | Keene NH      |      |
| 227              | 10/10 | M6069 | 1:09:50 | 1:09:38 | 11:13 | Chuck Rossier       | 68 | M | 1141 | Merrimack NH  | GCS  |
| 228              | 32/34 | M4049 | 1:10:14 | 1:09:59 | 11:16 | Peter Frost         | 42 | M | 1043 | Nashua NH     |      |
| 229              | 35/39 | M5059 | 1:10:14 | 1:09:59 | 11:16 | Francis Catano      | 59 | M | 1022 | Goffstown NH  |      |
| 230              | 33/34 | M4049 | 1:10:14 | 1:10:00 | 11:16 | John McCannon       | 44 | M | 1080 | Nashua NH     |      |
| 231              | 30/30 | M3039 | 1:10:18 | 1:10:07 | 11:17 | Steven George       | 30 | M | 1186 | Manchester NH |      |
| 232              | 34/40 | F4049 | 1:10:48 | 1:10:13 | 11:18 | Mary Merkel         | 40 | F | 1146 | Nashua NH     |      |
| 233              | 35/40 | F4049 | 1:11:17 | 1:10:44 | 11:23 | Mirna Eid           | 40 | F | 1193 | Nashua NH     |      |
| 234              | 36/39 | M5059 | 1:11:11 | 1:10:44 | 11:23 | Brian Shea          | 55 | M | 1213 | Lowell MA     |      |
| 235              | 36/40 | F4049 | 1:11:26 | 1:11:18 | 11:29 | Kelly Yannalfo      | 43 | F | 1128 | Andover MA    |      |
| 236              | 3/4   | M7099 | 1:12:03 | 1:11:31 | 11:31 | Dick Kuhl           | 77 | M | 1065 | Bedford NH    | AARC |
| 237              |       |       | 1:12:14 | 1:11:52 | 11:34 | Jane McGrath        |    | F | 1225 | Litchfield NH |      |
| 238              | 20/23 | F5059 | 1:12:10 | 1:11:57 | 11:35 | Dianne Tate         | 57 | F | 1116 | Merrimack NH  |      |
| 239              | 21/23 | F5059 | 1:12:37 | 1:12:17 | 11:38 | Bonney Casnin       | 55 | F | 1286 | Derry NH      | GDTC |
| 240              | 30/33 | F3039 | 1:13:18 | 1:13:00 | 11:45 | Meredith Cipriani   | 30 | F | 1027 | Derry NH      |      |
| 241              | 31/33 | F3039 | 1:13:19 | 1:13:01 | 11:45 | Jillian Hardy       | 33 | F | 1050 | Foxboro MA    |      |
| 242              | 22/23 | F5059 | 1:13:17 | 1:13:04 | 11:46 | Rosa Tejada         | 53 | F | 1289 | Derry NH      | GDTC |
| 243              | 37/40 | F4049 | 1:13:57 | 1:13:47 | 11:53 | Linda Reed          | 44 | F | 1224 | Nashua NH     |      |
| 244              | 38/40 | F4049 | 1:14:11 | 1:13:48 | 11:53 | Christine Pelland   | 43 | F | 1091 | Nashua NH     |      |
| 245              | 32/33 | F3039 | 1:14:22 | 1:14:10 | 11:57 | Zandra Rice Hawkins | 30 | F | 1274 | Goffstown NH  | GSRT |
| 246              | 37/39 | M5059 | 1:14:45 | 1:14:27 | 11:59 | Barry Neill         | 58 | M | 1290 | Derry NH      | GDTC |
| 247              | 15/18 | F2029 | 1:15:03 | 1:14:53 | 12:04 | Heather Delrossi    | 29 | F | 1037 | Windham NH    |      |
| 248              | 16/18 | F2029 | 1:15:23 | 1:15:06 | 12:06 | Jill Coyle          | 25 | F | 1221 | Pepperell MA  |      |
| 249              | 17/18 | F2029 | 1:15:45 | 1:15:12 | 12:07 | Lauren MacNeilage   | 25 | F | 1174 | Milford NH    |      |
| 250              | 38/39 | M5059 | 1:16:00 | 1:15:31 | 12:10 | Reed MacNeilage     | 53 | M | 1179 | Milford NH    |      |
| 4/15/2012 5:27PM |       |       |         |         |       |                     |    |   |      |               |      |

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19th Annual Nashua Soup Kitchen & Shelter 10k

April 15, 2012 10 Kilometers (USATF Certified #NH10035RF) Nashua, NH

Timing by Granite State Race Services www.gsrs.com (see our Calendar of Races) steve@gsrs.com

| Place | Div/Tot | Div   | Guntime | Nettime | Pace  | Name                 | Ag | S | Race# | City/state    | Team |
|-------|---------|-------|---------|---------|-------|----------------------|----|---|-------|---------------|------|
| 251   | 18/18   | F2029 | 1:17:35 | 1:17:11 | 12:26 | Emily Vincent        | 29 | F | 1177  | Boston MA     |      |
| 252   | 39/40   | F4049 | 1:18:56 | 1:18:21 | 12:37 | Elizabeth Hoekstra   | 49 | F | 1156  | Jaffrey NH    |      |
| 253   | 33/33   | F3039 | 1:27:28 | 1:27:15 | 14:03 | Mary Larivee         | 30 | F | 1069  | Boston MA     |      |
| 254   | 4/4     | M7099 | 1:29:12 | 1:29:00 | 14:20 | Roger Gosselin       | 72 | M | 1046  | Manchester NH |      |
| 255   | 34/34   | M4049 | 1:30:25 | 1:30:04 | 14:30 | Jeff Derego          | 42 | M | 1148  | Derry NH      |      |
| 256   | 39/39   | M5059 | 1:31:40 | 1:31:15 | 14:41 | Philip Brothwell     | 52 | M | 1019  | Henniker NH   |      |
| 257   | 23/23   | F5059 | 1:31:48 | 1:31:21 | 14:43 | Brenda Brothwell     | 52 | F | 1018  | Henniker NH   |      |
| 258   | 2/2     | F7099 | 1:33:28 | 1:33:17 | 15:01 | Jeannette Perrin     | 76 | F | 1131  | Nashua NH     |      |
| 259   | 40/40   | F4049 | 1:33:43 | 1:33:22 | 15:02 | Rebecca Vaillancourt | 42 | F | 1242  | Auburn NH     |      |