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# Pine Tree Running Journal Vol. 1 No. 3

Roland J. Thibault

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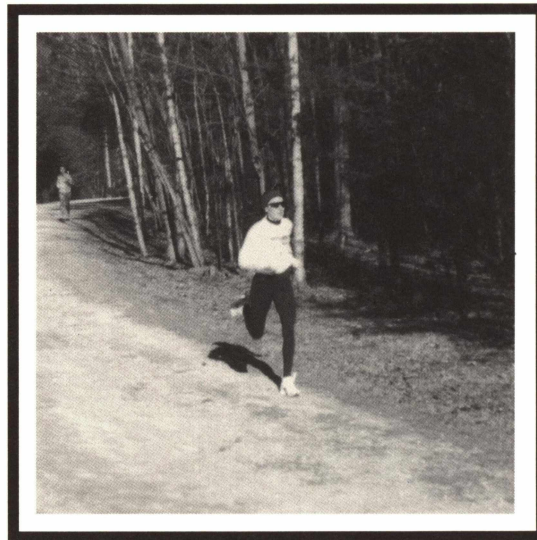
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# PINE TREE RUNNING JOURNAL

Covering Maine's Endurance Sports

## JULIA WINS BIG AT U.S. WOMEN'S MARATHON CHAMPIONSHIP



**ALSO IN THIS ISSUE:** Midwinter Classic 10 Miler, January Thaw 4.5 Miler,  
High School Indoor Track Results, High School Championship  
Meet Results, State Class A and B Results, MECTA Report, and  
News and Information from the Running Scene

Pine Tree Running Journal  
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Westbrook, ME 04092

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Its April and the running is great! For those of you who braved the winter to stay in shape for spring races, the spring beckons. Hopefully you have staved off injuries and are prepared for the race of your choosing, whether it be the Boston Marathon or the Boys Club Race. If you slacked off this winter (shame on you!) and put on more pounds than miles (OK, I'll admit it, I'm guilty of this), then now is the perfect time to get back into shape. The weather will soon cooperate to some degree and we can get down to some serious running.

By now you should know that Julia Kirtland won the National Womens Marathon Championship and will compete in Athens in August. Unity College also won two national championships in mens and womens cross country. The dominance of Maine athletes on the regional and national level is becoming more and more prominent.

You will notice that there are very few road race results in this issue (although I tried to add a few by backtracking to race results from five years ago). With very few races going on in January and February, it was difficult to add anything more. You will soon be inundated with results from the early spring races.

Speaking of spring races, it is getting hard for me to find out about all of the races that are going on. If you know anyone who is putting on a race, or just have information on an upcoming race, please contact me and let me know. It is very time consuming to track down all of the races on the calendar, so any help would be greatly appreciated. I would like to be able to compile a yearly race calendar, so the earlier I get the information, the better.

Until May, Keep your feet moving and your eyes on the horizon.

Roland

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# CALENDAR OF UPCOMING EVENTS

## ROAD RACING

NOTE: EVERY EFFORT HAS BEEN MADE TO VERIFY RACE TIMES AND INFORMATION, BUT SOME INFORMATION MAY BE FALSE, SO PLEASE CALL AHEAD BEFORE GOING TO A RACE.

### March

- 3/23 **Boston Primer 15Miler**- Readfield at 11 AM. Maranacook School. Contact: Bob Brosius, RR 2 Box 7100, Winthrop, ME 04364. (207) 395-2464. Or email at brosiub@hlthsrc.com.
- 3/29 **Wild Katahdin Trust Snow Run 5 Miler**- Houlton at 11 AM. Contact : Steve McDonald of the Aroostook Mustards.

### April

- 4/5 **The Championship 25K Race** - Rockland. Contact: Ken Sylvester at 594-7035.
- 4/6 **Presidential 5-Miler** - Kennebunkport at 10 AM. Contact : David McCullough at 967-3227.
- 4/12 **13th Annual Terrier Trot 5 Miler**- Thomas College in Waterville at 9 AM. Contact: Jim Moore at 873-0080.
- 4/21 **101st Boston Marathon** - Boston at Noon.
- 4/21 **Portland Patriots Day 5-Miler** - Portland at Noon. Contact: Boys Club at (207) 874-1070.
- 4/26 **April Amble 4 Miler** - Westbrook College in Portland at 10 AM. Contact: Brian Gillespie at 797-76211.
- 4/27 **Old Town Pet Run** - Old Town-Orono YMCA at 10:30 AM. Contact Roberta Fowler at (207) 827-2658.

### May

- 5/3 **17th Annual Rocky Coast Road Race** - Boothbay Harbor . Contact: (207) 633-2855. or Fax to (207) 633-6865.
- 5/4 **Saucony Road Race/ 1st Race of Sub5 Race Series 5K**- Bangor. Contact: (207) 942-7644 or Fax to (207) 942-1134.
- 5/17 **17th Annual Hospital Week 3 Mile** - York. Contact: (207) 363-1040.
- 5/18 **Veryfine Marathon/ 15K at Sugarloaf/USA** - Kingfield. Contact Chip Carey, RR 1 Box 5000, Sugarloaf USA, Kingfield, ME. 04947. (207) 237-2000. Email: chip@sugarloaf.com.
- 5/18 **Third Annual Kittery Outlet Road Race 5K**- Kittery. Contact: (207) 698-5817.
- 5/23 **YMCA Back Bay 5K** - Back Cove in Portland at 6PM. Contact: Mike Pratico or Jennifer Martin at 874-1111.
- 5/25 **Live Your Dreams 5M Run/Walk** - Kennebunk at 8:30 AM. Contact: Debra Fitts, c/o 175 Port Road, Kennebunk, ME 04043. Call (207) 967-8514.
- 5/25 **Keybank Vermont City Marathon & Marathon Relay** - Burlington, VT. Contact: Andrea Riha, P.O. Box 152, Burlington, VT. 05402-152. (800) 880-8149 or (802) 863-8412.
- 5/26 **Memorial Mile** - Cumberland Center at 8 AM Kids Run/ 8:45 AM Adult Run. Contact Maryellen Fitzpatrick at (207) 829-4657.

### Beyond

- 6/1 **21st Maine Sport/Peter Otts Camden 10K** - Camden 10K/1Mile. Contact: (207) 236-7120.
- 6/1 **Cobscook Bay 10K for Downeast Hospice** - Pembroke at 10AM. Contact: Jonathan Aretakis, P.O. Box 157, Pembroke, ME 04666. Call (207) 726-5858.
- 6/7 **15th Annual Nubble Light Runaway 10K**- York. Contact: (207) 363-1040.
- 6/8 **11th Annual Oakhurst/ Shaws Milk Run 4 Miler** - Portland. Contact: (207) 781-5887.
- 6/21 **37th Annual Mount Washington Road Race**. Lottery draws already picked.
- 6/28 **Strawberry Festival Run and Walk 5 mile/2.5 mile** - South Berwick. Contact: (207) 698-5817.
- 7/4 **Bridgton Four on the Fourth** - Bridgton. Contact: Jay Spenciner at (207) 647-3347.
- 7/4 **19th Four on the 4th Road Race** - York. Four mile run/ Four mile skate/ 1 mile run. Contact: (207) 363-1040.
- 7/9,7/16,7/23,7/30,and 8/6 **Summer Fun Run Series** - Falmouth High School at 6:30 PM. FREE races for all ages - 1/2 Mile, Mile, and 5K Cross Country. Contact: Jim McCorkle at 781-3134 or Roland Thibault at 854-5168.
- 7/12 **16th Pottle Hill 10K / 1Mile** - Mechanic Falls. Contact: (207) 345-3511.
- 7/19 **Pat's Pizza/ Yarmouth Clam Festival Classic 5 Miler** - Yarmouth. Contact: (207) 829-5079.
- 7/25 **Ocean Park 5K**- Old Orchard Beach at 7 PM. Contact: Paul Casey at 284-7487.
- 7/26 **19th Casco Days 4 Miler** - Casco. Contact: (207) 627-4201.
- 9/7 **Women's Distance Festival 5K** - Portland at 8:30 AM. Contact: 5K Sports, 190 US Route 1, Falmouth, ME 04105. Call: (207) 781-3134.
- 9/20 **Bar Harbor Half Marathon** - Bar Harbor at 8:30 AM. Mount Desert Island YMCA. Contact: Sharyn Kingma, 20 Park Street, Bar Harbor, ME 04609. Call (207) 288-3511.
- 9/27 **Eliot Festival Day 5K** - Eliot at 8:30 AM. Contact: Randy Bartlett at 439-3707.
- 10/19 **Physical Therapy 8K** - Brunswick at 9 AM. Contact: John LeRoy, 2 Howards Hill Road, Brunswick, ME 04011. Call (207) 725-8680.

# NEWS & VIEWS

## MUIR WINS MILE IN BOSTON

Alan Muir won the Masters mile at the Commonwealth Invitational at the Gordon Track at Harvard University on January 25th. Alan ran 4:38.42 to win the race while competing for the Boston Athletic Association.

## CITY CHALLENGE

The city of Boston has been challenged to prove that it has the fastest runners on the East Coast, in the Battle of the Running Cities. The race will take place in Atlantic City on May 18th, and will feature a 10-Kilometer race with runners from Atlantic City, Baltimore, New York, Philadelphia, Washington, and Boston pitted against each other. The event is hosted by the Trump Plaza Hotel and Casino and the New York Road Runners Club. Plans call for the 50 fastest times for each city to count towards determining the winner, and money won will go to a designated charity in the name of the host city.

Ed.Note: This is a very neat idea with a lot of possibilities, perhaps Maine could have its own challenge race with teams from each club in the northern, central, and southern areas pitted against each other. If anyone has any ideas, please contact me or your local running clubs. Anyone for a little healthy competition?

## MAINERS RUN FRANKLIN PARK RACES

Maine finishers in the US Cross Country Championships at Stanford University in Stanford, CA on December 7th were as follows: Mens Open 10K race - Rusty Snow (64th in 30:52), Sam Wilbur (68th in 30:56), Jamie LaChance (105th in 31:27), and Andy Spaulding (114th in 31:33). Masters 10K race - Alan Muir (25th in 35:17, scoring for the BAA to help them place third overall) . Women's Open 6K race - Lynn Jennings (1st in 21:06), Cathy O'Brien (13th in 21:46), and Christine Snow-Reaser (82nd in 23:40). Womens Masters 6K race - Jane Rasmussen (32nd in 55:36).

## NIFTY-FIFTY HAS FORMER MAINER

Former Mainer Paul Days-Merrill placed second at the Nifty Fifty 50Mile Ultramarathon on November 29th in Coventry, Rhode Island. Paul's time was 5:46:52.

## CAPE SENIOR WINS DIVISION IN DARE TO RUN

Lloyd Slocum of Cape Elizabeth won the 60+ division at the Dare to Run 10K in Somersworth, New Hampshire on November 10th. Lloyd clocked 41:39. In the companion 5K, Auburn's Ron Newbury finished 5th overall with a time of 17:09, which was good for only second in the Masters Division.

## AGELESS BUT NOT TIMELESS

Two of Maines elder statesmen distance runners have been putting as many miles on their autos as they have on their legs this past fall. Carlton Mendell and Julius Marzul, staples on the Maine roads, travelled to West Concord, New Hampshire on November 3rd to compete in the Fred J.Hackett 10K, with Carlton winning the 70 and Over division in 57:31, and Julius placing 3rd in the 70-74 division in 1:10:44. On the 17th of November they were again off to Tewksbury, Massachusetts for the Run Your Turkey Off 15K, finishing 1-2 in the 70 and over division with times of 1:18:42 and 1:51:23. Also competing in Tewksbury was Jane Rasmussen of Tenants Harbor who took the 60+ division with a 26:26 for the companion 5K. The Senior Division for the womens 5L was won by a former Mainer, Robin Emery-Rappa, in 20:17.

## FLEET FEET AT GREAT ISLAND 5K

Former Berwick Academy and UMaine standout Jamie LaChance won the 3rd Annual Great Island 5K in Newcastle, New Hampshire on October 13th. Jamies time of 14:52 was a course record, and good enough to put him 11 seconds ahead of fourth place finisher Sean Tynan, a former teammate at UMaine. Christine Snow-Reaser of Hollis Center ran 18:01 to finish as fifth woman.

## MORE NEWS FROM FRANKLIN PARK

Several Maine runners (and former Maine runners) made the trip to Franklin Park in Boston for the USATF New England Championship Cross Country Meet on November 10th. Rusty Snow lead his Central Mass. Striders with a 14th place showing and a 30:42 for the 10K course. Following closely behind were Sean Tynan (20th - 30:57) and Jamie Lachance (22nd - 31:05) of the Greater Lowell Striders. In the Masters 8K race, Alan Muir finished in 28:30 to place 23rd. On the womens' side, Kennebunks Sally Perkins ran the 6K course in 22:17 to place 22nd for the Central Mass. Striders, while Nancy Kneeland, also of Kennebunk, finished as 7th Master with a time of 25:34. Jane Rasmussen of Tenants Harbor also ran well, finishing third in the 60-65 grouping with a 33:38 clocking.

## KNEELAND AHEAD ON TRAILS

Nancy Kneeland warmed up for her cross country runs by competing at the 14th Annual Yankee Runner Short Run 5K at the Governor Dummer Academy in Byfield, Massachusetts on September 22nd. Nancy ran 21:44 to finish as 10th woman.



# NEWS & VIEWS

## RELAY ANYONE? CAPE BRETON? WINNEPESAUKEE?

Any runner interested in competing in the Cape Breton 24 Hour Relay in Canada with a team from eastern Maine? Kevin Dow reports that he and a few friends have created at least 2 teams and are looking for others as a third team or alternates. This is a great chance for companionship, team-spirit and exercise. If you would like more information, please contact Kevin (843-6719), or Peter Millard (866-3503).

Bob Payne has noted : "I am planning to build three teams for the 1997 Lake Winnepesaukee Relay. Two 50-59 teams and one 60-69 team. I will be looking for alternates for all three teams. No one wants to be an alternate, but I have used an alternate three of the last four years. I would like to have all three teams set by mid-June. If interested, contact Bob Payne at (207) 655-2165 or write Bob at 402 Rte 85, Raymond, ME 04071 after April 6th."

\*Editors Note: After unsuccessfully attempting to field a team last year, I am going to make another effort to put a team together for this years relay (I would have to say that the 1995 race that I ran with a team from Connecticut had to be a highlight in my running career) If

you would like to be a member of the team, please contact me at (207) 854-5168. All ages and abilities are welcome as this is more of a fun event than a competition.

## IS THERE A DOCTOR AT BOSTON MARATHON?

Dr. Stephen Reed, 49, of Wiscasset will be running his eighth straight Boston Marathon this year after posting some unusually consistent times over those years. Reed, a general medical practitioner, has run all except one of his marathons under three hours. Last year, at age 48, he clocked an impressive 2:54. His best time at Boston was 2:42:17. Also, as of mid-May, Reed will have run 21 years without missing a single day, certainly one of the most impressive running streaks in the world. It was enough to catch the eye of Runners World several years ago when he had a "mere" streak of 14 years. The magazine did a brief profile of the Wiscasset man. Early this winter, Reed stepped on a curb and hurt his foot, but still hobbled along to keep his running streak going. He said in late January that he hoped that it would not be bothering him when April rolled around. He was already officially entered as of January. (Story courtesy :Rick Krause)

## Maine Road Racing Grand Prix Series

sponsored by 5K Sports, Falmouth

Races: Bowdoin and Back 10 Miler, Bar Harbor Half Marathon, Eliot Festival 5K, Physical Therapy 8K, and Great Pumpkin 10K

Awards : Gift Certificates to 5K Sports

Organized by: Steve Podgajny, Vice President, Maine Association USATF

### OPEN

Byrne Decker	106	\$125
Scott Brown	98	\$ 75
Mike Grigware	64	\$ 50
Rob Pierce	60	

Rose Prest-Morrison		\$125
Christine Reaser	82	\$ 75
Denise Harlow	48	\$ 50

### MASTERS

Dennis McIver	110	\$100
Judd Esty Kendall	58	\$ 50
George Towle	56	\$ 25

Maureen Sproul	140	\$100
Jane Rau	50	\$ 50
Ellen Spring	48	\$ 25

### SENIORS

Joel Croteau	146	\$100
Mike Daly	98	\$ 50
Guy Berthiaume	60	\$ 25

Louisa Dunlap	136	\$100
Gretchen Read	90	\$ 50
Heather Higbee	74	\$ 25

Points were scored as follows : 1st (30) /2nd(28) /3rd (26) / 4th (24)/ 5th (22) / 6th (20) / 7th (18)/ 8th (16) / 9th (14)/ 10th (12)

**A QUICK NOTE ABOUT NEWS & VIEWS:** Anyone interested in sending news items or letters to the News & Views column is welcome (and encouraged ) to do so. I enjoy hearing about things from peoples everyday lives, as well as your comments about the magazine, etc. ( Besides, I love opening mail and reading it. )

# RUNNING HONORS

## New England Runner announces Top New England athletes for 1996:

Open Women: 9. Julia Kirtland  
 Supermen (70-74)  
 (75-79)

10. Joan Samuelson  
 1. Russ Bradley  
 1. Carlton Mendell

## Top New England Runner Athletes for Maine 1996

### Division

Open  
 Masters  
 Seniors  
 60+  
 70+  
 College Track  
 College XC

### Male

Rob Pierce  
 Danny Paul  
 Joel Croteau  
 Hap Hazzard  
 Russ Bradley  
 Dereck Treadwell (UMaine)  
 Matt Twiest (Bates)

### Female

Julia Kirtland  
 Maureen Sproul  
 Gretchen Read  
  
 Darcy Storin (Bowdoin)  
 Kara Patterson (Colby)

High School Track  
 High School XC

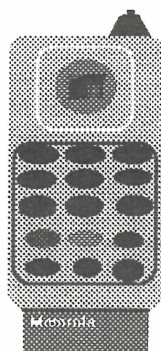
James Johnson (Bowdoin)  
 Parker Pruett (Sumner)  
 Parker Pruett (Sumner)

Marjie VanOrden (Morse)  
 Lynette Batt (Mt Blue)

## Maine Races on the list for Top 100 New England Races in 1996

Sugarloaf Marathon/15K  
 Bridgton 4 on the Fourth  
 Peaks Island 5-Miler  
 Bowdoin and Back 10 Miler  
 Bar Harbor Half Marathon  
 Eliot Festival 5K  
 Women's Distance Festival 5K  
 NylCare Maine Marathon/Casco Bay Half Marathon

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## GROUP RUNS

<i>Location</i>	<i>Group</i>	<i>Day/Time</i>	<i>Leaves from...</i>	<i>Contact</i>
Bangor	YMCA Running Club	Mon & Fri 6 PM	Bangor YMCA	Annette Hatch-Clein 942-3476
Brunswick		Saturdays-8 AM	Brunswick Junior High	John LeRoy 725-8680
Falmouth	All abilities welcome	Saturday - 7 AM	5K.Sports- Route 1	Jim McCorkle 781-3134
Gardiner		Odd Saturdays-8:30AM Even Saturday-8:30AM	Gardiner High School Cony High School	Tom Thibeau
Gorham	Pine Tree Running Group	Sundays - 9 AM	Gorham High School	Roland Thibault 854-5168
Portland	USM Morning group	Daily- 5:45 AM	USM gym	Mel Fineberg 774-8868 Ruth Hefflefinger 797-4625
Portland	Rat Pack	Sundays- 7 AM	Payson Park	Ron Deprez 772-4312 Mike Reali 829-2014
South Portland	S.P. Road Runners	Thursdays-5:30 PM	S.P. High School	Russ Bradley 799-3864 Donna Moulton 799-2894

If there are any group runs that you know of, or if you would like to start a group of your own, please contact the publisher. It is always nice to meet new people while also getting the motivation to run, especially during the dark, cold, and wet months that lie ahead.

## THOUGHTS ON THE RUN

"The most effective way to cope with change is to help create it."

"To dream of the person that you would like to be is to waste the person that you are."

# Corporate Track Report

## UNUM WINS MECTA STATE CHAMPIONSHIP BLUE CROSS/BLUE SHIELD PLACES SECOND

## BIW PLACES THIRD IN NATIONAL COMPETITION HELD AT COLBY COLLEGE (Your Company Name) WINS BIG AT MECTA STATE CHAMPIONSHIP

reported by Cheryl Gilbert, President of MECTA

Every January, the Maine Corporate Track Association (aka MECTA) begins to ask themselves the question of the year. It is the same question we've been asking ourselves repeatedly since I can remember. How can we get more companies to establish Corporate track teams in Maine, and join us in the fun and competition of Corporate track? This is a question we have a hard time answering. Blue Cross/Blue Shield, Bath Iron Works, and UNUM have had teams since MECTA's inception in 1986. ABB Environmental and HealthSource joined later, but are still with us. Once a team joins us, they enjoy it so much they are committed to stay. So the answer must be that you do not know us!

This year we intend to let you know that we are here and that **we want you to join us**. The most important thing about Corporate Track is the fun you can have, and the friendships you can establish with people from your own company, and from other companies in Maine. You also need to know that we are family oriented. We not only encourage you to bring your families to our meets as team members and volunteers, but we provide children's races at the Regional and State meets to encourage their participation as well.

When I ask people to join our track team I'm usually met with a surprised look and an "I'm not good enough for that!" Corporate track is not like High School and College Track. It is comprised of people just like you and me who happen to work for the same company. Like road races, we compete in age divisions. Under 29 years old, 30-39, 40-49, 50-59, and 60+. But unlike road races, we do not have to run nearly as far. Our longest distance is the 2-mile, our shortest, the 100 meter. We also have field events : long jump, high jump, shot put, and discus. Some of our athletes were on High School and College teams, and some never competed in any athletic event before joining their company's team. The one common goal is to meet people from all aspects of your company, and from other companies, who want to have FUN by establishing and maintaining some kind of fitness routine.

The majority of the meets are held at Portland schools, with one each year in Falmouth and Brunswick. They begin at 5:30 PM, so as to allow you to work then play, and are usually on week nights (except for the Regional and State Meets which take longer and are on Saturdays).

What do you need to organize a team for your company? First, a team captain (this is probably you) to contact one of us and say "I'm interested in forming a team for my company." Second, you need some money. MECTA dues and fees are determined by the size of your company (the dues for the first year are half-price). The third is a uniform (everyone must wear the same tee shirt with the team/company name) and lastly, your team needs the schedule so that you will know when and where to show up for our first meet. Oh yes, some team mates! You will need these also. It's best to have at least four so you can join in the relays, but the more the merrier. That will be your hardest job, getting people to join!

MECTA will make everything else easy for you. All you need to do now is to sit down and make the first call to one of the names listed below. Our captains meetings are not mandatory, but are very informational and beneficial, especially for first year teams. They are held on the third Tuesday of each month at the UNUM wellpower facility on Congress Street, South Portland.

So please, JOIN THE FUN TODAY! Call on of us listed below or come to our next captains meeting.

---

### 1997 MECTA TRACK & FIELD SCHEDULE

#### Meet Schedule:

Wednesday May 28  
Wednesday June 11  
Saturday June 21  
Friday June 27  
Wednesday July 9  
Saturday July 26

#### Meet Locations:

TBD  
TBD  
MECTA Regional Meet (? Thornton Academy)  
TBD  
TBD  
MECTA State Meet (TBD)

#### FMI Please Contact:

Cheryl Gilbert  
Tom Blake  
Larry Dearborn

Bath Iron Works  
UNUM  
ABB Environmental

(207) 442-1817  
(207) 799-5723  
(207) 775-5401

Home (207) 443-3923



# TRAINING TIPS

## Running Related Medical Reports

### Connection Found Between Hard Runs and Lower Risk of Heart Disease

In a recent American Medical Association's Archives of Internal Medicine report, a researcher reported that "more than thirty minutes of strenuous exercise a day could greatly reduce the risk of heart disease." The study involved 8000 male runners, and also showed that "the risk of coronary heart disease decreased with each 10-mile increase in weekly distance run - up to 40-49 miles per week." Also, Paul Williams reports, runners averaging more than 50 miles per week are 2.5 times as likely to have high levels of HDL cholesterol, the good cholesterol, than runners who average less than 10 miles per week. And as you expected, this also means that runners aren't battling high blood pressure, and are less likely to be dealing with high cholesterol readings.

Williams does caution however that these results are for generally healthy people, and anyone intending to start an exercise program should always have a physical examination from their physician. And, as always, runners also face other medical problems from excessive mileage, which may include musculoskeletal injuries, chronic fatigue, an absence of menstrual periods, a weakened immune system, and other overuse problems. The key, as always, is moderation so that you may lead a healthy and happy (and hopefully long) life.

\*The previous report was taken from a Reuters news report that appeared in the January 27th edition of the Boston Globe

### A TURKEY ON A TREADMILL GIVES US INSIGHT ON RUNNING

Scientists have done experiments with turkeys running on treadmills to determine that tendons actually do some of the work that we once thought the muscles did. According to Thomas J. Roberts of Harvard University, the tendons act much like springs to do most of the work in running. The tendons actually store energy and then release it to push you off the ground. The researchers at Harvard's Museum of Comparative Zoology made the discovery by implanting sensors into the legs of five turkeys and teaching them to run on a treadmill. Of course, besides giving us new insight on how our bodies function, it also gives new meaning to the term "Turkey Trot".

\* This report was taken from an Associated Press report that appeared in the Portland Press Herald on February 21st

#### **PINE TREE RUNNING JOURNAL**

**CALENDARS**

**RESULTS**

**RACE APPLICATIONS**

**NEWS**

**PICTURES**

#### **COMING IN MAY**

- \* Results from Early Spring Races.
- \* Athlete Profiles of Runners from around the state.
- \* A Report on Training Techniques.
- \* High School Outdoor Track Preview and Athlete Profiles.
- \* A Town Focus report on a Running Town in Maine.

# KIRTLAND WINS NATIONAL CHAMPIONSHIP MARATHON

## The South Harpswell Runner Will Head to World Championship Race in August

It was a news story that many Maine runners read with great delight. On February 8th, Julia Kirtland of South Harpswell became the National Champion in the Marathon, running a 6:02 pace over the Columbia, South Carolina course. That brought Julia home with a time of 2:37:46, more than a minute and a half ahead of second place finisher Cheryl Collins of Pittsburgh. Third place finisher Mary Alico of Winter Park, Florida will also go to Athens, Greece as a member of the US team on August 9th.

To say that Julia was prepared for the race would be an understatement. With much of the past year focused on this race, Julia has been living and training in Columbia for the past three months. Tune-up races showed her level of fitness, as she placed second in the Nations Bank 10K in Charlotte, North Carolina with a time of 34:15, and in tenth place in the highly competitive Gasparilla 15K in Tampa, Florida. Her time of 52:15 for the 9.3 mile race was a very quick pace of 5:36 per mile.

Fit and fast, Julia focused on placing in the top three in Columbia. With less than perfect conditions (rain, drizzle, cold, windy) Julia settled into the pack for the opening miles, clocking 5:55 for the first mile, content to let Jeanne Peterson of New York take the lead. At mile ten, Julia found herself in a pack of three women, chasing the leader. With Peterson fading, Julia passed her decidedly at mile sixteen with both Alico and Collins just off the lead. A hard mile thrown in at mile seventeen broke it open, and by mile twenty-one Julia had a one minute lead, which she would stretch to over a minute and a half by races end despite fighting leg cramps in the closing mile.

And so, the Maine running community will wait with anticipation to see how Julia will fare at the World Championship Marathon on August 9th in Athens, Greece. For Julia, making the team is the realization of a goal and the culmination of a lot of hard work. For the Maine running community it is a chance to see one of its own showcase their talents in the national spotlight. Julia is a member of our family, and we take pride in her accomplishments at all levels. Most importantly, in spirit we will be running with Julia as she competes in Athens, much as we run next to her at our local road races. We wish Julia luck in Athens, and congratulate her on her victory.

---

Editors note: I would like to thank Julia's husband, Paul Hickey, for continuously updating me on Julia's progress over the past months. While Julia has been in South Carolina, living the good life, Paul has been here in Maine holding down the fort. I appreciate the support that he has given to the magazine ( and I am sure that Julia appreciates the support that Paul has given her). Now I'm waiting for a picture of Julia reading the Pine Tree Running Journal in front of one of the famous buildings in Athens (perhaps the Acropolis). And of course my competitors (Runners World) will be looking to get the scoop on all the action (although I think that I may have beaten them to the punch on this story). At any rate, I will try to keep everyone posted on all of the Julia-news leading up to and following the race in August. Until then, keep your feet moving and your eyes on the horizon.



# UNITY COLLEGE WINS NATIONAL CROSS COUNTRY TITLE

The Running Rams of Unity College had a lot to rejoice in when both its men and women won National team titles on November 2nd in Rochester Hills, Michigan. It was the first national title for both teams, despite recent near-misses in the National Small College Athletic Association, and was done in a very convincing fashion.

On the women's side, Unity placed all seven of its athletes into the top twelve slots to take the title over host Michigan Christian College (30 to 37). Nobuko Tawara placed second overall with a 21:46 for the 5K course to lead Unity to the title. Oakland's Rebecca Roy placed fourth in 22:39, with Angela Douglas taking sixth spot in 24:28. Others in the top twelve were Amber Hayden, Melanie Price, Rose Leon-deVivere, and Kerrin Knight.

J. Aaron Bailey of Wiscasset paced the mens team with a second place finish (27:38 for 5 miles). What was most impressive for the Unity team, however, was the placement of its runners. All seven runners finished within a two-minute span to keep the Rams total to a low 20 points. York College of York, Nebraska was second with 42 points. It was the first National Championship for Unity, who were runners-up in both 1993 and 1995.

Others who finished in the top twelve for the men included: Raymon Webster IV (3rd in 27:58), Joel Flewelling (4th in 28:13), Michael Ferrell (5th in 28:18), Captain Shawn Jyawook (6th in 28:20), Ryan Adams of East Wilton (7th in 28:39), David Kane (9th in 29:13), and James Cogswell of Searsport (11th place).

Coach L. Mark Kibler was impressed with the victories, and equally impressed with his teams rapid improvement over the course of the season. Many team members ran personal bests at the national meet to ensure the titles. According to Kibler, "Our times were over a minute faster than I had anticipated." Fortunately for Unity, they were also over a minute faster than the competition had anticipated.

## 1997 USATF MEMBERSHIPS

The 1997 USA Track & Field Memberships are now currently available. Please fill in the form below and return the form along with payment (checks or money orders made payable to Maine USATF) to: Maine Assoc. USATF, PO BOX 214, Canaan, ME 04924-0214. Inquiries please call 207-474-8876. Please enclose a self-addressed, stamped envelope. Youth Registrations (born after the year 1979) : \$10  
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# HIGH SCHOOL REPORT

The excitement that was generated at the State Indoor Track Meets is always very contagious to those who are spectating at these events. This year's events were very thrilling, indeed, with several State Records being broken by a wide array of athletes. The excellence of Maine High School Athletes continues to impress me year after year, and this year was no exception.

In this issue, look for results from most of this season's meets, including all state meet results and league championship results. Also, look for your friends (or enemies or friendly rivals) in the pictures that adorn the bottom of several pages. After shooting several rolls of film, I had a lot of pictures to choose from. (Remember, those pictures that I don't use will be given away at the display table that I will set up at some outdoor meets this spring)

Also in this issue, I have included an article on volunteering, as I feel that our sport is in desperate need of some new blood to keep it moving strongly in a positive direction. The officials that we have now are great, but they won't be around forever, so more young people need to get involved. Think about it next time you are at a young person's track meet, or watching someone running in a road race. Volunteers are the lifeblood of our sport.

Finally, I hope that the winter has treated you all very well, and that the break between seasons has left you all refreshed and ready to fly (or jump or throw) this spring. Of course, remember to get into shape early to avoid injuries. Spring can be a brutal time of the year, especially if your muscles are unprepared to brave the sometimes raw, cold, windy conditions.

Until May, Stay Cool and keep reading Pine Tree Running Journal. See you at the meets!



## In This Section:

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- 14** Keeping Pace: News from Former High School Athletes at College
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- 17** Results: State Class A & B

CMITL Championships,  
Southwestern Champs.,  
EMITL Championships,

Early Season Results  
from CMITL, EMITL,  
Southwestern Maine  
Girls Indoor Track  
Conference,  
and Southern Maine





## ATHLETE PROFILE - Chris Jovanelli of Brewer

If, as the experts predict, it takes seven years to develop into a distance runner, then Chris Jovanelli has quite a career ahead of him. After three years of running, the Brewer senior has already developed into a state champion with a two-mile victory at the Class A Indoor State Meet. Leading for nearly the entire race, Chris finished in 10:10.82 (a PR), holding off a late charge by Cheverus freshman Ryan Fenton that lead to a photo finish. Fortunately for Chris, the picture showed that he was the victor.

And if a picture tells a thousand words, then the smile on Chris' face following the race was a sure sign that he had reaped the rewards of running. According to Chris, "There is no sport as rewarding as distance running. Years of training and hard work go into a tough and painful race, but there is no feeling as great as finishing a race and knowing that you ran one of your best races ever." The months of "pushing speedwork to the limit" had paid off with a state championship.

So what will the future hold for Chris Jovanelli with regards to distance running? After a succesful cross country season (where he was fourteenth in the State Class A meet in 17:45 for the 5K course) and an even better indoor season, he is looking to finish up his career at Brewer High with a succesful outdoor season. Afterwards he would like to compete at the college level. If the experts are right, then Chris will continue to develop into a solid distance runner over the next four years. And most would agree that he already is a pretty solid distance runner.



Chris winning the Class A Indoor State 2-Mile

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# COACHES CORNER

Training Tips for High School Athletes

## NO DEPOSIT, NO RETURN - A REPORT ON VOLUNTEERING

by Roland Thibault

Don't raise your hands all at once, but how many of you have ever volunteered to coach or work at a track meet? Have you ever helped out without the promise of pay for your time or effort? And have you ever thanked the volunteer officials that spend their days with a stopwatch so that you can compete each week? If not, perhaps it is time for you to volunteer and give a little bit back to your sport.

First of all, volunteering is a great way to learn about your sport. Time spent coaching can give you insight on new techniques, and you may possibly observe new ways of training. If you believe in the adage that you learn from your mistakes, then coaching can give you an opportunity to learn from the mistakes of others, hopefully making everyone better in the process.

On the subject of mistakes, it also helps that you can teach youngsters how to avoid the mistakes that you have made in training. Younger athletes benefit from having an older person to bounce ideas off, other than their coach, and they respect someone closer to their age, while also looking up to them for their athletic ability. You may be able to demonstrate proper technique, which is a plus to those visual learners (and those older coaches who are unable to make those athletic moves any longer). It is very important for young athletes to see excellence so that they will strive for it.

If coaching is not your thing, then perhaps you would be interested in officiating at your local track meets. Besides the possible monetary rewards (you won't get rich, so you should do it for other reasons) there are other benefits that are less obvious. Be warned, however, that it is not always an easy job and it is often thankless (although you could make a difference in this by thanking your officials). There are benefits though. First of all, the people that you will be working with are often legends of the sport who have achieved a level of success in track and field. Those older people that you see at the finish line were once competing like you are now. They know what they are talking about because they have been there. The stories that they could tell you are often entertaining and will give you an insight into the history of track & field.

These people will also help you derive another benefit of volunteering; they can teach you a lot about the rules of track and field, which always come in handy when you are competing. So even if you aren't interested in volunteering (or you don't have the time), get to know some of the officials, or just say thanks to them for the time that they spend allowing you to compete.

So, the next time that you are bored or need something new to generate your enthusiasm for Track & Field, think about volunteering to coach or officiate. The young athletes that you work with will be thankful (just as you were towards all those that helped you in your development) and you may learn a bit in the process. Remember that you chose this sport to be involved with, so get involved so others may participate also. Track and Field needs your energy and knowledge to continue to be the great sport that it is, so give a little back to the sport that has given you so much.

### Some Tips on Volunteering

- \* If you are interested in helping out, don't wait to be asked. Go to your local athletic director, middle school coach, or meet director and ask them if there is anything you can do.
- \* There are some rules about coaching and volunteering for high school athletes so talk to your coach before you volunteer to coach. Usually it is alright to officiate at meets.
- \* There are officiating clinics in Maine at regular intervals during the year. These clinics give you an opportunity to learn new rules, meet other officials, and become certified as an official in Maine (note: you do not need to be certified to be an official at most meets, but it is necessary at many of the larger meets, and it is basically a good idea to be certified if you can.)
- \* Only volunteer during the off-seasons so as not to compromise your competitiveness. If you feel that you need a break from the sport during your off-season then take it. There is plenty of time to volunteer when you are finished competing (i.e. high school and possibly college).
- \* Remember that good officials and coaches are always needed, so if you have the time spend it helping out younger athletes with the same dreams that you had at their age.



# KEEPING PACE

## News from former Maine High School Athletes at local and out of state Colleges.

\*Former High School Athletes from Maine won their events at the Women's New England Division III Indoor Track Championships at Bowdoin College on February 15th. Colby's **Cindy Pomerleau** (Mt Ararat) won both the Long Jump (5.18 meters) and the Shot Put (13.10 meters). Former Westbrook runner **Meg Randall** of Williams College placed first in the 5000 meter run with a time of 18:22.36 to help her team win the team Championship.

\*Brandeis Coach **Bruce Bickford** reports that several of his Maine-bred athletes have had successful indoor seasons this year. Greely-grad **Geoff Getz** (older brother of record-setter Katie) recently won the 800 meter run for the Division III Championships at MIT on February 15th. Geoff clocked 1:53.50 for the victory. (Earlier in the season, Geoff also won the Dartmouth relay 800 meter with a time of 1:58.19.) Also performing well at Div III's were **Emily Holdtman** (Greely) and **David Frank** (Cheverus). The Brandeis men placed 4th in team scoring, and the women were third.

\***Joe Bedard** (Rumford) was recently named as male Student-Athlete of the Week at Lynchburg College in Virginia. Joe has gained provisional qualification to the NCAA Division III championships in the Long Jump. His jump of 22 feet, 11 1/4 inches placed him fourth at the Virginia Tech Invitational, and earned him a school record.

\***Jill Corey** (Portland) set a school record of 6.9 seconds in the 55-meter run at Lafayette College in Easton, Pennsylvania.

\***Rebecca Ryan** (Cumberland) of Colby College won the 3000 meter at a dual meet at Bates on January 12th. Her time was 11:11.77. On the Men's side, former Gorham High School star **Chip Noble** won the 55 meter event for Bates with a time of 6.99.

\*Top UMaine Finishers at the America East Championship Indoor Track Meet on February 15th:

55 meter High Hurdles : 4th **Peter Phelan** (Brewer) 8.15

High Jump: 4th **Neil Willey** (Medomak Valley) 6-4

800: 3rd **Thinh Ly** (Biddeford) 1:53.17

1000: 2nd **Dereck Treadwell** (Milford) 2:23.68

1 Mile: 1st **Dereck Treadwell** (Milford) 4:04.90

3000: 4th **Mike Rice** (Morse) 8:42.80

Long Jump: **Peter Phelan** 20-5

Pole Vault : 2nd **Neil Willey** 14-5 1/2

Outstanding Performer of the Year : **Dereck Treadwell** (UMaine)  
WOMEN

55 meter High Hurdles: 2nd **Nicole Motil** (Thornton Academy) 8.39

1 Mile: 4th **Jaclyn Maurer** (Gorham) 5:13.42

3000: 3rd **Nichol Stevens** (Old Town) 10:10.58

**Amanda Brewer** (Thornton Academy) 11:40.02

4X800 Relay: 6th **Jaclyn Maurer** (Gorham), **Addy Myrick** (Thornton), **Karen Noyes** (Westbrook), **Forney** 10:19.58

\*Sumner High Schools **Parker Pruett**, who recently competed in the Foot Locker National Championship Cross Country race and set a state record in the Class B 1000 (2:14) was also named as a Prep All-American in Track and Field News for the High School Steeplechase. Parkers time for the 3000 meter barrier race was 9:44.37.

\*Local area athletes who competed in the NCAA Division I National Cross Country Meet in Tucson, Arizona on November 23rd: **Jeremy Howard** of UNH who placed 163rd with a time of 35:30 on the 10K course (Jeremy competed with an injury that has nagged him all season.) **Jodie Lake** of Boston College (Livermore Falls) placed 149th, running 19:59 for the 5K course.

\*Jeremy and Jodie also competed at the IC4A Meet at Franklin Park on November 16th, with Jeremy placing 42nd in the mens race (30:24 for 10K) and Jodie placing 63rd in the womens 5K (17:54). Jodie was just 24 seconds behind **Gladys Ganiel** of Providence who placed 34th.

\***Dereck Treadwell** of UMaine placed 17th in the New England Intercollegiate Championship meet on October 26th at Franklin Park, running 24:38 for the 5-mile course. On the womens side, **Gladys Ganiel** placed 9th (17:34), **Jodie Lake** finished in 15th (17:52), and Colby's **Kara Patterson** finished 20th (18:08).

\*Maine finishers at meet at Bates College on Jan.27.97  
Women: **Cindy Pomerleau** (Colby) placed in 55 Hurdles, High Jump, and Long Jump, and Shot Put

**Stella Striligas** (Springfield) Placed in 55 meters, 200,

**Kara Patterson** (Colby) 1000, 1500

**Meg Randall** (Williams) 1500

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# **END OF SEASON INDOOR STATE MEET WRAPUP REPORT**

## **CLASS A BOYS - FEBRUARY 17TH AT BATES COLLEGE, LEWISTON**

Scoring big points in the middle distance races, with at least two athletes placing in each of the 300, 600, and mile, as well as the shot put, Cheverus High dominated the A meet with a total of 100 points. That was good enough to beat both South Portland and Edward Little (both with 46 points) and Brewer who were fourth with 42 points.

Leading the way for the Stags was middle-distance ace Ryan Toothaker with victories in the mile and 1000. Also winning events were Trevor Hughes(600), Nick Nappi (300), and the relay team of Nappi, Hughes, Toothaker, and Brian Veroneau. Eric Mosley and Jimmy Ouellette combined for 14 points in the shot put.

South Portland scored early with Chris Salamone winning the 55 meter dash and Paul Thompson taking the 55 hurdles. Others scoring for the Riots were Brad Bannon, Best, and Tim Lawson. Edward Little was lead by outstanding sophomore Ben Fletcher who placed second in the mile, and third in the 1000. Boyer, Meyer, and Williams added to the Eddies effort. Waterville had two winners, with Jason Fortin winning the Shot Put and Eric Foss winning the Pole Vault.

## **CLASS A GIRLS - FEBRUARY 17TH AT BATES COLLEGE, LEWISTON**

In a very close girls meet, the MT. Ararat girls used solid performances in a balance of events to win the Class A State title. The meet was broken open, however, by the 1-2 finish of Beth McNelly and O'Farrell in the pole vault, with McNelly setting a State Class A record vault of 8 feet 3 inches. That was more than enough points to vault Mt Ararat over Thornton Academy, 46 to 40. Deering finished third with 36 points.

The story of the meet, however, had to be the performance of EL's Zoey O'Sullivan who had a hand in scoring 30 of her teams 31.5 points. With wins in the 300, 55 meter dash (in which she ran a record of 7.27 in the trials) and an anchor leg on the winning relay team, Zoey dominated the sprint events. All of this and she is still only a junior.

Thornton Academys efforts were strongest in the distances and jumps, with Meghan Foley, Melissa LeClair, Christy McKinnon, Neisha Brown, and Hannah Zaitlin doing all of the scoring. Deering was lead by Brooke Stanhopes winning high jump, Anne Marie Dionnes sprinting, and Claire Fontaines finish in the mile.

Eastern Maine was represented well by strong Bangor (fourth) and Brewer (fifth) squads. Sarah Parcak of Bangor won the long jump, and Jen Puiia of Brewer won the 600 to lead their teams. Jenna Richardson of Waterville (mile) and Carole LaPlante of Gardiner (Shot Put) also won events.



Runners in the Boy's 2-Mile race



The Girl's 600 Meter Run



The Girl's Mile



# **END OF SEASON INDOOR STATE MEET WRAPUP REPORT**

## **CLASS B BOYS - FEBRUARY 15TH AT UNIVERSITY OF MAINE AT ORONO**

The story of the Class B meet at UMaine Orono, on both the boys' and girls' sides, was the amount of state records that were broken. The Scarborough boys team used a record run in the relay to seal its team victory, 84 to 67 over Orono. The team of Andrew Locke, Kyle Webber, Greg Hobbs, and Jessemar Ross ran 1:34.57 in the 880 Relay to add ten points to the Redskins' winning margin.

The other record in the boys meet belonged to Sumner High Schools outstanding distance runner Parker Pruett in the 1000. His time of 2:14.46 shattered the previous record (2:17.13) and put him almost ten seconds ahead of second place finisher Rob Beliveau of Scarborough.

Beliveau's second place finish (and fifth in the mile) was the typical fashion of scoring for Scarborough, as they had 6 second place finishes on the day, securing their win. Orono was lead by Craig Sidell and Mike Pare who each won two events. A trio of athletes also scored in the pole vault to add to their score. Ellsworth, the third place team, relied on its distance duo of Joey and Louie Luchini to bolster its score. They combined for 34 of their schools' 36 points.

Other event winners were Austin Hardy of Wells in the 600 (1:16.25) and Willy Hall of Leavitt who had the hat-trick, winning three events. Hall owned the jumps, both long and triple, and stepped over the competition in the hurdles.

## **CLASS B GIRLS - FEBRUARY 15TH AT UNIVERSITY OF MAINE AT ORONO**

The depth of talent at the Class B girls meet was evident at nearly every event. At the end of the day a total of four state records had fallen and several others had been challenged. Greely High's Kate Getz walked away with two state jumping records, and her team walked away with the team trophy in a very close competition with runner-up Scarborough. Mattanawcook Academy of Lincoln scored all of its points in the distance events to place third.

Getz won all three jumping events, taking the long jump(16-10), triple jump (State Record of 37-5 3/4), and High Jump (State Record of 5-4). She was challenged all of the way, however, by Meg Muller of Hebron Academy, and Sarah Keenan of Foxcroft Academy. Muller even equalled the State Record in the High Jump, but finished second due to having more misses at a lower height than Getz. Keenan was second in both the long jump and triple jump, just inches behind Getz in each.

Besides the high jump record, Muller also broke the 60 Yard Hurdles record with a time of 8.54 seconds, and won the 600 Yard run in 1:29.25. The other record of the day belonged to Jen Sutyak of Scarborough who vaulted 8-6 in the fairly new pole vault event for girls. Orono's Kate Yerxa dominated the shot put with a throw that was almost two feet ahead of the rest of the field. The distance events were equally dominated by Mary LeBrun of Mattanawcook who won the mile and 2-mile events over Megami Komori of Madison.

In all, Scarborough had four individual event winners, but could not overtake Greely after both teams were disqualified in the relays. Kate Toye lead Scarborough with wins in the 60 Yard Dash and 300 Yard Run, and Jessica Curlew held off a late charge by Mattanawcooks Jana Hatch to win the 1000, but the combination of Getz and several other well-placed points for Greely was too much for Scarborough to overcome without points in the relay.

---

## **MAINE ASSOCIATION OF TRACK & FIELD OFFICIALS CLINIC ON APRIL 5TH**

The Maine Association of Certified Track & Field Officials will be conducting a clinic on April 5, 1997 in the Presque Isle area for all interested persons who are seeking certification/recertification of the sport.

The clinic will cover Interpretation of the Rules, How to Become a Certified Track & Field Official, etc. The clinic is free to all those persons seeking to become certified officials. A small fee will be charged to those officials who are already holding a certification level (USATF and NFSHSA Level Officials). Lunch will be provided. Dress comfortably.

Competition Rule Books for both USA Track & Field and National Federation of State High School Associations will be available for purchase at the clinic. Please contact Mary Cady at 866-5674 or Valaree Foss at 474-8876 for more information. This is an all day clinic.



# STATE CLASS B HIGH SCHOOL INDOOR TRACK

February 15, 1997

University of Maine, Orono

## Boys Scores

Scarborough	84
Orono	67
Ellsworth	36
Leavitt	30
Hampden	28
Gorham	27
Hermon	27
Sumner	13
Greely	13
Winthrop	12
Wells	10
MDI	10
Belfast	8
Lake Region	8
Cape Elizabeth	7
Mattanawcook	7
Foxcroft	5
Bucksport	4
Gray-New Gloucester	2
Erskine	2
Maranacook	2
Madison	1
George Stevens	NS
Marshwood	NS

## HIGH JUMP

1 Mike Pare	Oro	5-10
2 Mike Rumney	Bel	5-10
3 Craig Sidell	Oro	5-10
4 Matt Spera	Gor	5-8
5 Everett Hutchinson	Buck	5-8
6 Justin Wright	Oro	5-6
7 Kyle Howard	Buck	5-6
8 Levi Watkin	GNG	5-6
9 Dan May	Sca	5-6

## 60 YARD HURDLES

1 Willy Hall	Lea	7.78
2 Kyle Webber	Sca	7.86
3 Matt Stepp	Gor	7.92
4 Jeff Mateja	Oro	8.12
5 Adam Marquis	Eis	8.21
6 Mike Pare	Oro	8.30

## 60 YARD DASH

1 Craig Sidell	Oro	6.69
2 Jessemar Ross	Sca	6.70
3 Andrew Locke	Sca	6.72
4 Mark Bridges	LR	6.88
5 Aaron Clark	Her	6.90
6 Brandon Hagopian	Mad	7.23

## LONG JUMP

1 Willy Hall	Lea	20-10 1/2
2 Gregg Hobbs	Sca	20-3
3 Matt Stepp	Ham	19-7 1/2
4 Mark Bridges	LR	18-6
5 Norm Lunn	GNG	18-5 1/4
6 Kris Donovan	Her	18-1 1/2

## POLE VAULT

1 Mike Pare	Oro	13-0
2 Jeff White	Ham	12-6
3 Brett Matthews	Sca	12-0
4 Matt Pare	Oro	11-6
5 Dan Bartlett	Ham	10-6
6 Kevin Stecher	Oro	10-6

## MILE RUN

1 Joey Luchini	Ei	4:28.86
2 Mike Mouradian	Gor	4:35.85
3 Louie Luchini	Ei	4:36.00
4 Jay Moor	Her	4:40.91
5 Rob Beliveau	Sca	4:41.42
6 Matt Lunt	CE	4:43.50

## 600 YARD RUN

1 Austin Hardy	Wel	1:16.25
2 Greg Hobbs	Sca	1:16.33
3 Aaron Webster	Mat	1:18.45
4 Jeremy LaRose	CE	1:20.94
5 Jason Goding	Win	1:21.18
6 Nick Jordan	Ei	1:21.20

## 1000 YARD RUN

1 Parker Pruet	Sum	2:14.46
	record	
2 Rob Beliveau	Sca	2:23.32
3 Jay Moor	Her	2:24.74
4 Todd Atkins	Ham	2:25.01
5 Matt Lunt	CE	2:25.49
6 Kris Rolleston	Fox	2:26.35

## 300 YARD RUN

1 Craig Sidell	Oro	32.96
2 Andrew Locke	Sca	33.19
3 Jessemar Ross	Sca	33.73
4 Aaron Clark	Her	34.25
5 Parker Pruet	Sum	34.36
6 Aaron Webster	Mat	34.70

## TRIPLE JUMP

1 Willy Hall	Lea	43-8 1/2
2 Matt Stepp	Ham	40-1 1/2
3 David Lacy	Gre	39-1
4 Robbie Fisk	Fox	37-7 1/2
5 Kris Donovan	Her	37-7
6 Matt Keep	Ei	37-6

## SHOT PUT

1 Jeff McDaniel	MDI	47-7 1/2
2 Russ Farrer	Sca	45-7
3 Weston Beal	Gre	45-7
4 Nick Bizier	Win	45-4
5 Brian Johnson	Buck	44-5
6 Chad Welton	Mar	44-4 1/4

## TWO MILE RUN

1 Joey Luchini	Ei	9:44.00
2 Louie Luchini	Ei	9:50.63
3 Mike Mouradian	Gor	10:07.55
4 Preston Ringo	Oro	10:19.93
5 Zack Groom	Gre	10:27.98
6 Brendan O'Keefe	Sum	10:33.30

## 4 X 220 RELAY

1 Scarborough	(Locke, K. Webber, Ross, Hobbs)	1:34.57
	record	
2 Hermon		1:38.32
3 Orono		1:38.58
4 Gorham		1:39.83
5 Winslow		1:39.86
6 Greely		1:40.14

## Girls Scores

Greely	58
Scarborough	55
Mattanawcook	35
Foxcroft	34
Hebron	30
Gorham	30
McAuley	22
MDI	21
Madison	20
Cape Elizabeth	20
Ellsworth	19
Hampden	12
Gray-New Gloucester	11
Orono	10
Bucksport	8
Erskine	6
George Stevens	5
Hermon	4
Winthrop	2
Wells	1
Belfast	NS
John Bapst	NS
Lake Region	NS
Leavitt	NS
Maranacook	NS
Marshwood	NS
Sumner	NS

## LONG JUMP

1 Kate Getz	Gre	16-10
2 Sarah Keenan	Fox	16-4 1/4
3 Kim Carpenter	GNG	15-3 1/4
4 Brooke Lawsing	GSA	15-2
5 Sanna Suophohja	Ham	14-10
6 Johnette Philbert	Wel	14-8 1/4

## 60 YARD HURDLES

1 Meg Muller	Heb	8.54 record
2 Delia VanLoenen	McA	8.65
3 Christine Shorey	Gor	9.29
4 Melissa Hoffman	Gre	9.38
5 Sarah Skiff	MDI	9.45
6 Beth Havencamp	Fox	9.85

## 60 YARD DASH

1 Kate Toye	Sca	7.48
2 Brooke Deforte	Gor	7.72
3 Monica Bergman	CE	7.82
4 Jen Sutyak	Sca	7.82
5 Emily Todd	Fox	7.88
6 Mara Partridge	Sca	7.94

## MILE RUN

1 Mary LeBrun	Mat	5:35.33
2 Megami Komori	Mad	5:41.78
3 Wendy Case	Gre	5:41.98
4 Becky Fowler	CE	5:42.55
5 Shannon Markley	Buck	5:42.85
6 Jana Hatch	Mat	5:42.85

## SHOT PUT

1 Kate Yerxa	Oro	37-11 3/4
2 Connie Beal	Gre	36-2 1/4
3 Kristine Tassimari	Eis	33-0 3/4
4 Amanda Hovey	Mad	31-3
5 Heidi Doucette	Gre	29-9 3/4
6 Trish Beaulieu	Buck	29-9 1/4

## 600 YARD RUN

1 Meg Muller	Heb	1:29.25
2 Bethany Folsom	Ei	1:33.18
3 Kyla Lynch	Sca	1:33.64
4 Emily Todd	Fox	1:34.39
5 Janna Rearick	Gre	1:34.73
6 Melissa Hoffman	Gre	1:36.36

## 1000 YARD RUN

1 Jessica Curlew	Sca	3:01.41
2 Jana Hatch	Mat	3:01.59
3 Becky Fowler	CE	3:03.47
4 Shannon Markley	Buck	3:05.32
5 Lindsey Scott	Gor	3:05.63
6 Jen Ditzel	Fox	3:06.03

## 300 YARD RUN

1 Kate Toye	Sca	37.85
2 Delia VanLoenen	McA	37.96
3 Emily Todd	Fox	39.76
4 Brooke Deforte	Gor	39.88
5 Megan McKeen	CE	41.00
6 Bethany Folsom	Ei	41.06

## TWO MILE RUN

1 Mary LeBrun	Mat	12:12.66
2 Megami Komori	Mad	12:23.62
3 Corrie Pietras	Mat	12:26.03
4 Alyson Grant	Sca	12:43.10
5 Willow McVeigh	Ham	12:43.10
6 Wendy Case	Gre	12:47.78

## HIGH JUMP

1 Kate Getz	Gre	5-4 record
2 Meg Muller	Heb	5-4 record
3 Delia VanLoenen	McA	5-0
4 Sarah Keenan	Fox	5-0
5 Allison Cherry	Ei	4-10
6 Lindsay Foster	GNG	4-10

## POLE VAULT

1 Jen Sutyak	Sca	8-6 record
2 Amy Swanberg	MDI	8-0
3 Alissa Jones	MDI	8-0
4 Meghan Palmer	MDI	8-0
5 Melissa Fowler	CE	7-6
6 Amber Baird	Buck	7-0

## TRIPLE JUMP

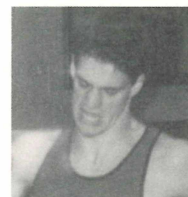
1 Kate Getz	Gre	37-5 3/4
	record	
2 Sarah Keenan	Fox	37-1 3/4
3 Briana Lemieux	Gre	32-10
4 Kim Carpenter	GNG	32-9
5 Allison Cherry	Ei	32-2 3/4
6 Brooke Lawsing	GSA	31-11 1/2

## 4 X 220 RELAY

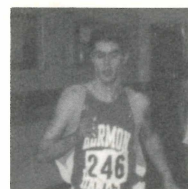
1 Gorham	(Lacy Plummer, Kyra Chadbourne, Christine Shorey, Brooke Deforte)	1:53.09
2 Hampden		1:55.51
3 Ellsworth		1:58.78
4 Hermon		1:59.00
5 Winslow		2:00.44
6 MDI		2:00.52



Meg Muller of Hebron Academy



Austin Hardy of Wells



Jay Moor of Hermon



Aja Higgins of Greely



# STATE CLASS A HIGH SCHOOL INDOOR TRACK

February 17, 1997  
Bates College, Lewiston

## BOS SCORES

Cheverus	100
South Portland	46
Edward Little	46
Brewer	42
Waterville	39
Mount Ararat	27
Bonny Eagle	22
Deering	21
Westbrook	14
Brunswick	12
Portland	8
Thornton Academy	6
Bangor	6
Morse	6
Windham	6
Skowhegan	1
Old Town	1
Biddeford	NS
Messalonskee	NS
Mt Blue	NS
Sanford	NS

## HIGH JUMP

1 Byron Watson	Brun	6-4
2 Salvaggio	Ch	6-4
3 Boyer	EL	6-0
4 Dyer	We	5-10
5 Jones	Wa	5-10
6 Lamb	SP	5-8

## SHOT PUT

1 Jason Fortin	Wa	53-0 3/4
2 Mosley	Ch	50-8
3 Ouellette	Ch	48-2 1/4
4 Lawson	SP	48-1 1/2
5 Williams	EL	47-0 1/4
6 Collins	Bre	45-5 1/2

## 55 METER DASH

1 Chris Salamone	SP	6.78
2 Harmon	We	6.92
3 Best	SP	6.93
4 McGovern	De	7.01
5 Burnes	Bre	7.03
6 Ouellette	EE	7.03

## 55 METER HURDLES

1 Paul Thompson	SP	7.97
2 Boyer	EL	8.01
3 Veroneau	Ch	8.21
4 Goodness	Bre	8.34
5 Miller	We	8.40
6 Tardif	MA	8.44

## 600

1 Trevor Hughes	Ch	1:17.32
2 O'Brien	MA	1:18.64
3 LaFreniere	EE	1:18.68
4 Connolly	Ch	1:18.80
5 Kress	De	1:19.80
6 Goodness	Bre	1:19.81

## MILE

1 Ryan Toothaker	Ch	4:32.56
2 Fletcher	EL	4:35.23
3 Higbee	MA	4:41.18
4 Fenton	Ch	4:44.46
5 Pollock	Bru	4:45.83
6 Bannon	SP	4:46.27

## 1000

1 Ryan Toothaker	Ch	2:24.32
2 Higbee	MA	2:25.40
3 Fletcher	EL	2:26.77
4 Pile	Ban	2:27.18
5 Rogerson	Ban	2:27.67
6 Hoskins	OT	2:27.73

## 300

1 Nick Nappi	Ch	33.76
2 Salamone	SP	34.02
3 Hughes	Ch	34.15
4 Gorham	EE	34.54
5 Getchell	De	34.97
6 Libby	Wa	35.08

## POLE VAULT

1 Eric Foss	Wa	11-6
2 Scott	EL	11-0
3 Evan	Mor	11-0
4 Holmes	MA	10-6
5 Ryder	TA	10-0
6 Mims	SP	10-0

## LONG JUMP

1 Douen Heak	De	21-0 1/4
2 Seth Burnes	Bre	19-11 3/4
3 John Schwarze	Bre	19-7 3/4
4 Best	SP	19-7 1/2
5 Doehler	EE	19-4
6 Ouellette	EE	19-3 1/2

## TWO MILE RUN

1 Chris Jovanelli	Bre	10:10.82
2 Fenton	Ch	10:10.92
3 Olson	Wi	10:12.4
4 Nelson	TA	10:21.7
5 Grover	Wa	10:25.2
6 Monty	Sk	10:25.2

## TRIPLE JUMP

1 Aaron Prill	Bre	41-8 1/4
2 Meyer	EL	41-4 3/4
3 Kervin	Wa	40-8 1/4
4 Doehler	EE	40-5
5 Kheang	Po	40-3
6 Heak	De	40-1

## 4 X 220 RELAY

1 Cheverus (Nick Nappi, Trevor Hughes, Brian Veroneau, Ryan Toothaker)	1:36.35
2 Waterville	1:38.46
3 Portland	1:39.46
4 Bonny Eagle	1:39.46
5 Deering	1:39.46
6 South Portland	1:40.22

## GIRLS SCORES

Mt Ararat	46
Thornton Academy	40
Deering	36
Bangor	32
Brewer	31.5
Edward Little	31.5
Biddeford	31
Old Town	30
Waterville	24
Portland	23
Morse	18
Windham	16
South Portland	11
Gardiner	10
Bonny Eagle	8
Westbrook	5
Skowhegan	2
Nokomis	NS

## LONG JUMP

1 Sarah Parcak	Ban	17-0 3/4
2 Puia	Bre	16-7 1/2
3 Foley	TA	16-4 1/2
4 Neault	Bi	16-3 3/4
5 Roy	OT	16-3 1/4
6 Shafer	Mor	15-10 3/4

## POLE VAULT

1 Beth McNelly	MA	8-3
Class A State Record		
2 O'Farrell	MA	7-0
3 Brown	TA	6-6
4 Ruggieri	OT	6-6
5 Saucier	EL	6-6
6 Smith	Bre	6-6

## 55 METER DASH

1 Zoey O'Sullivan	EL	7.28
(7.27 in trials Class A State record)		
2 Roy	OT	7.55
3 Dionne	De	7.60
4 Aines	MA	7.63
5 Crall	MA	7.8
6 Smith	We	7.82

## 55 METER HURDLES

1 Nicole Binette	Bi	8.64
2 O'Brien	De	8.64
3 Kinney	Po	8.81
4 Laderbush	Wi	9.09
5 Foley	TA	9.12
6 Zaitlin	TA	9.33

## MILE RUN

1 Jenna Richardson	Wa	5:25.97
2 Austin	EE	5:30.95
3 Beazley	MA	5:34.46
4 McKinnon	TA	5:34.51
5 Fontaine	De	5:36.04
6 Bodkin-Rubino	Bre	5:36.51

## TRIPLE JUMP

1 Sadie Shafer	Mor	34-8
2 Comeau	Ban	34-5 1/4
3 Kates-Chinoy	Ban	34-4 3/4
4 Pettigrew	MA	33-0 3/4
5 Aines	MA	32-8 1/2
6 Tracowski	OT	32-7

## 600

1 Jen Puia	Bre	1:32.86
2 Holmes	OT	1:32.90
3 Hopkins	Wa	1:34.24
4 Salamone	SP	1:34.53
5 Rioux	Bi	1:34.72
6 Knights	SP	1:35.49

## SHOT PUT

1 Carole LaPlante	Gar	41-2
2 Newcomb	Wi	36-11
3 Workman	Wa	35-0 1/2
4 Fish	We	33-5 1/2
5 Michaud	Sko	33-1
6 Bushey	Bi	31-11

## 1000

1 Briana Neault	Bi	2:49.14
2 Diekmann	Bru	2:53.30
3 Ranger	SP	2:54.57
4 Foley	TA	2:55.35
5 Richardson	Wa	2:58.71
6 Harnish	Ban	2:59.19

## 300

1 Zoey O'Sullivan	EL	37.91
2 Dionne	De	38.95
3 Holmes	OT	39.89
4 Gallagher	Wi	40.03
5 Puia	Bre	40.07
6 Murphy	Bre	40.19

## HIGH JUMP

1 Brooke Stanhope	De	5-0
2 Kinney	Po	5-0
3 Shafer	Mor	5-0
4 Zaitlin	TA	5-0
5 Brown	TA	4-10
6 Parcak	Ban	4-8
6 Kates-Chinoy	Ban	4-8

## TWO MILE

1 Michela Adrian	Po	11:55.77
2 LeClair	TA	12:23.26
3 Kruswick	MA	12:26.53
4 McKinnon	TA	12:34.75
5 Beazley	MA	12:39.47
6 MacDougall	MA	12:40.04

## 4 X 220 RELAY

1 Edward Little (Ali Hill, Sarah Laperle, Krissy Saucier, Zoey O'Sullivan)	1:42.19
2 Brewer	1:53.64
3 Bangor	1:54.57
4 Biddeford	1:54.62
5 Deering	1:54.69
6 Mt Ararat	1:54.82



Start of the  
Girls Mile



Zoey O'Sullivan  
of Edward Little



# CENTRAL MAINE INDOOR TRACK LEAGUE CHAMPIONSHIP

February 7, 1997

Farley Field House, Bowdoin College

## BOYS SCORES

Waterville	142
Greely	116.5
Mt Ararat	102
Brunswick	71.5
Wells	69
Gray-New Gloucester	34
Madison	24
Winslow	20
Erskine Academy	19
Lake Region	14
Skowhegan	8

## JUNIOR 60

1 Pedersen B	6.9
2 Denno Gr	7.0
3 Kervin Wa	7.1
4 Lavallee Gr	7.1
5 Stackhouse MA	7.2
6 Clendenning GNG	7.2

## SENIOR 60

1 Bridges LR	6.7
2 An Libby Wa	6.8
3 Jacobsson B	6.9
4 Marquis EA	6.9
5 Smith We	7.1
6 York EA	7.1

## JUNIOR HURDLES

1 Tardif MA	8.1
2 Robinson Gr	8.2
3 Holmes MA	8.8
4 Giblin B	8.8
5 Morrison GNG	9.3
6 Philips B	10.4

## SENIOR HURDLES

1 Marquis EA	7.9
2 Laplante Wat	8.2
3 Jones Wa	8.3
4 Smith We	8.4
5 Griffin We	8.5
6 Pettinga We	9.6

## MILE

1 Groom Gr	4:38.0
2 Pollock B	4:38.5
3 Lantz MA	4:48.0
4 Higbee MA	4:49.0
5 Ericson We	4:53.0
6 Savage B	4:57.1

## JUNIOR 600

1 Smith Gr	1:24.0
2 Grover Wa	1:24.2
3 Tuttle Wa	1:25.0
4 Nallon B	1:26.0

5 Arel Wi	1:27.0
6 Bjorkdahl Gr	1:27.9

## SENIOR 600

1 Hardy We	1:17.6
2 O'Brien MA	1:18.5
3 Crooker MA	1:20.0
4 Goding Wi	1:20.0
5 McMorrow Wa	1:21.0
6 Currier We	1:22.3

## 1000

1 Higbee MA	2:27.9
2 Pollock B	2:28.1
3 Sirois We	2:29.5
4 Dixon EA	2:30.0
5 Smith Gr	2:30.7
6 Haywood Wa	2:32.3

## JUNIOR 300

1 Robinson Gr	35.6
2 Denno Gr	35.6
3 Arel Wi	36.2
4 Pedersen B	36.7
5 Stackhouse MA	36.9
6 McKinley Wa	37.2

## SENIOR 300

1 An Libby Wa	34.5
2 Ad. Libby Wa	34.6
3 Estes Ma	34.6
4 Clements MA	34.6
5 Jacobsson B	35.3
6 Jones GNG	35.3

## TWO MILE

1 O'Brien MA	10:05.0
2 Groom Gr	10:12.0
3 Ericson We	10:37.1
4 Savage B	10:38.0
5 Grover Wa	10:46.0
6 Lantz MA	10:48.6

## JUNIOR RELAY

1 Greely	1:40.3
2 Waterville	1:47.6
3 Mt Ararat	1:48.0
4 Wells	1:50.9
5 Winslow	1:51.6
6 Skowhegan	1:51.7

## SENIOR RELAY

1 Waterville	1:38.4
2 Wells	1:38.4
3 Mt Ararat	1:40.5
4 Gray-New Gloucester	1:41.9
5 Greely	1:44.0
6 Madison	1:45.0

## JUNIOR HIGH JUMP

1 Albee Gr	5-10
2 Tardif MA	5-4
3 Baker GNG	5-2
4 McKinley Wa	5-2
5 Wallace B	5-2
6 Lavallee Gr	5-2

## SENIOR HIGH JUMP

1 Laplante Wa	5-6
2 Jones Wa	5-6
3 Watkin GNG	5-4
4 Moreau We	5-0
5 Haywood Wa	5-0
6 Herbert MA	5-0

## POLE VAULT

1 Foss Wa	12-3
2 Laplante Wa	11-0
3 Thompson GNG	10-0
4 Griffin We	9-6
5 Holmes MA	9-6
6 King Ma	9-0

## LONG JUMP

1 Estes Ma	19-5 3/4
2 Neboshynsky B	18-8 1/4
3 Pomerlow S	18-5 3/4
4 Bridges LR	18-5 3/4
5 Tardif MA	18-3
6 Kervin Wa	18-2 1/4

## TRIPLE JUMP

1 Lacy Gr	39-7 1/4
2 Clements MA	38-0
3 Estes Ma	37-8 3/4
4 Hale B	37-5 1/2
5 Neboshynsky B	36-11 1/2
6 Griffin We	36-4 1/4

## JUNIOR SHOT PUT

1 Edgecomb We	41-2
2 Balocchi GNG	40-7 1/2
3 Albee Gr	39-2
4 Bisson B	37-8
5 Wahl Wa	37-6
6 Brazer We	37-1

## SENIOR SHOT PUT

1 Fortin Wa	53-8
2 Beal Gr	48-7
3 Bizier Wi	47-1
4 Hardy We	44-11
5 Mason Wa	41-9 1/2
6 Hughes S	41-2

## GIRLS SCORES

Mt Ararat	132
Greely	95
Waterville	61
Skowhegan	29
Gray New Gloucester	29
Brunswick	20
Madison	18
Erskine Academy	12
Lake Region	4
Wells	2
Winslow	1

## 60

1 Aines MA	7.4
2 Crall MA	7.6
3 Getz Gr	7.7
4 Heinig MA	7.8
5 Tamaki Gr	7.8
6 Ireland S	7.8

## 60 HURDLES

1 Hoffman Gr	9.2
2 Heinig MA	9.2
3 Weiss Gr	9.6
4 Merrill LR	9.7
5 Crosman MA	9.7
6 Carpenter GNG	9.8

## MILE

1 Richardson Wa	5:44.0
2 Beazley MA	5:45.1
3 Komori Ma	5:46.0
4 Case Gr	5:47.0
5 MacDougall MA	5:53.0
6 Millar MA	5:54.0

## 600

1 Hopkins Wa	1:35.7
2 Hoffman Gr	1:36.5
3 York EA	1:37.5
4 Hanson MA	1:38.0
5 Crosman MA	1:38.4
6 Pelletier Wa	1:40.2

## 1000

1 Diekmann B	2:58.6
2 Richardson Wa	3:02.4
3 Hanson MA	3:04.1
4 Kuswick MA	3:06.5
5 Millar MA	3:10.3
6 Theriault Wa	3:10.5

## 300

1 Merritt S	40.2
2 Cyr Gr	40.3

3 French S	40.7
4 Crall MA	41.1
5 Nichols Wa	41.5
6 Moulton Gr	42.0

## TWO MILE

1 Komori Ma	12:32.0
2 Beazley MA	12:56.5
3 MacDougall MA	12:57.1
4 Fendersen GNG	13:14.0
5 Serdjénian Wa	13:20.0

## 880 RELAY

1 Waterville	1:54.7
2 Mt Ararat	1:54.7
3 Greely	1:57.6
4 Skowhegan	2:00.0
5 Brunswick	2:01.3
6 Winslow	2:01.7

## HIGH JUMP

1 Foster GNG	5-0
2 Diekmann B	4-8
3 Weiss Gr	4-8
4 Crall MA	4-8
5 Hopkins Wa	4-6
6 Pettigrew MA	4-6

## POLE VAULT

1 McNelly MA	8-0
2 Bodwell GNG	7-0
3 O'Farrell MA	6-6
4 Hoffman Gr	6-0
5 Spence Wa	6-0
6 Boucher Wa	6-0

## LONG JUMP

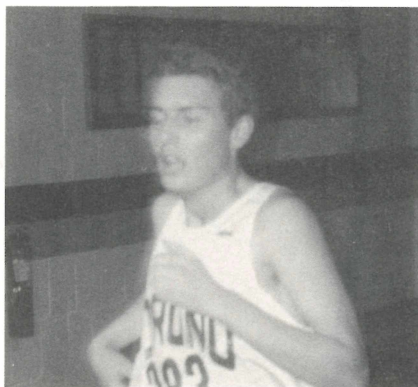
1 Aines MA	15-10 1/4
2 Getz Gr	15-9 3/4
3 Carpenter GNG	14-8 1/2
4 French S	14-8 1/4
5 Ouellette Wa	14-5 1/2
6 Philibert We	14-3 1/2

## TRIPLE JUMP

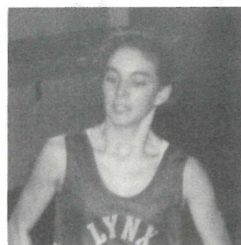
1 Getz Gr	35-5 3/4
2 Lemieux Gr	33-8
3 Aines MA	33-2
4 Pettigrew MA	32-9 1/2
5 Carpenter GNG	32-2 3/4
6 Tebbetts Wa	30-9 1/4

## SHOT PUT

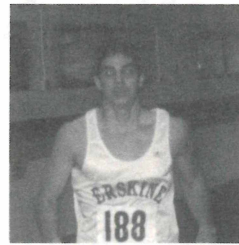
1 Workman Wa	35-11
2 Beal Gr	35-6
3 Tassinari EA	35-5
4 Michaud S	33-7 1/2
5 Hovey Ma	32-0
6 Morgage We	30-0



Orono's Preston Ringo



A Mattanawcook Academy Distance Runner



A Member of the Erskine Academy Team



Tossing the Shot at the State Class B Meet



# EASTERN MAINE INDOOR TRACK LEAGUE CHAMPIONSHIP

February 8, 1997

University of Maine, Orono

## BOYS SCORES

Brewer	101
Orono	81
Ellsworth	68
Hampden Academy	39.5
Bangor	32
Hermon	26
Bucksport	15.5
Foxcroft Academy	13
MDI	11
Old Town	9
Mattanawcook	7
John Bapst	NS

## MILE

1 Joey Luchini Ell	4:22.28
2 Louie Luchini Ell	4:32.68
3 Moor Her	4:37.27
4 Rubino Bre	4:49.66
5 Jordan Ban	4:51.76
6 Barnes HA	NT

## 60 HURDLES

1 Brian Goodness Bre	7.81
2 Mateja Or	8.08
3 Mi Pare Or	8.22
4 Moore OT	8.31
5 Uffleman Bu	8.35
6 Getchell Bre	8.47

## 600

1 Craig Sidell Or	6.73
2 Clark H	6.82
3 Burnes Bre	6.89
4 Soucie Ban	7.06
5 Capehart Ban	7.08
6 Schwarze Bre	7.14

## 600

1 Brian Goodness Bre	1:18.06
2 Prill Bre	1:18.78
3 Webster MA	1:18.98
4 Jordan El	1:21.27
5 Hatch Bu	1:21.82
6 Barnes HA	1:22.93

## 1000

1 Joey Luchini Ell	2:20.11
2 Rogerson Ban	2:23.00
3 Pile Ban	2:25.16
4 Moor Her	2:25.19
5 Atkins HA	2:25.71
6 Hoskins OT	2:25.72

## 3000

1 Craig Sidell Or	33.23
2 Burnes Br	34.08
3 Goodness Br	34.09
4 Mateja Or	34.35
5 Clark Her	34.56
6 Webster MA	34.66

## TWO MILE

1 Louie Luchini Ell	9:48.58
2 Joey Luchini Ell	10:12.27
3 Atkins HA	10:33.04
4 Rolleston FA	10:35.20
5 Ringo Or	10:37.01
6 Rubino Bre	10:41.42

## SHOT PUT

1 Jeff McDaniel MDI	48-3 1/2
2 Collins Bre	47-1
3 Johnson Bu	44-9 3/4
4 Roi Bu	43-7 1/4
5 Cevic FA	42-9 1/2
6 Coffin Bre	41-1

## LONG JUMP

1 Clancy King Ell	20-1
2 Burnes Bre	19-9 3/4
3 Conlon Bre	19-0
4 Schwarze Bre	18-11 3/4
5 Stepp HA	18-8 1/2
6 Martin Bre	17-11

## HIGH JUMP

1 Mike Pare Or	5-10
2 Sidell Or	5-8
3 More Bre	5-8
4 Wright Oro	5-6
5 Conlon Bre	5-6
6 Stepp HA	5-4
6 Hutchinson Bu	5-4

## TRIPLE JUMP

1 Aaron Prill Bre	42-7 1/2
2 Stepp HA	41-8 1/2
3 King El	41-8 1/2
4 Campbell FA	38-10 1/2
5 Keep El	37-5 3/4
6 Crockett Or	36-0 3/4

## POLE VAULT

1 Mike Pare Or	13-0
2 White HA	11-0
3 Ma Pare Or	11-0
4 Bartlett HA	10-6
5 Nguyen FA	10-0
6 Boudreau MDI	10-0

## 880 RELAY

1 Bangor	1:39.23
(Soucie,Capehart,Rogerson,Boley)	
2 Hampden	1:39.91
3 Hermon	1:39.94
4 Old Town	1:40.69
5 Orono	1:41.00
6 Foxcroft	1:41.51

## GIRLS SCORES

Brewer	127
Bangor	55
Old Town	55
Mattanawcook	42
Foxcroft	39
MDI	38
Ellsworth	19.5
Hampden Academy	10.5
Orono	10
Bucksport	5
John Bapst	NS
Belfast	NS
George Stevens	NS

## 600

1 Theresa Roy OT	7.53
	PVC Record
2 Corbett Bre	7.79
3 Garland El	7.91

4 Todd FA	7.91
5 Comer Bre	7.92
6 Lancaster Ban	8.00

## 60 HURDLES

1 Rachel Young Bre	9.34
2 Skiff MDI	9.43
3 Tracewski OT	9.48
4 Sevigny Bre	9.69
5 Murphy Bre	9.75

## MILE

1 Mary LeBrun Ma	5:36.27
2 Bodkin-Rubino Bre	5:36.57
3 Pietras Ma	5:40.55
4 Hatch Ma	5:45.74
5 Harnish Ban	5:47.24
6 Hews Bre	5:50.83

## 600

1 Jen Puia Bre	1:32.31
2 Holmes OT	1:32.59
3 Palmer MDI	1:33.23
4 Folsom El	1:33.72
5 Todd FA	1:34.45
6 Allen Bre	1:34.59

## 3000

1 Elizabeth Holmes OT	39.66
2 Puia Bre	39.68
3 Todd FA	39.96
4 Murphy Bre	40.61
5 Harnish Ban	40.69
6 Comer Bre	40.73

## 1000

1 Hollie Harnish Ban	2:56.51
2 Weissman Bre	2:57.52
3 McGuire Bre	3:00.26
4 Hatch Ma	3:00.46
5 Haines Bre	3:00.80
6 Markley Bu	3:01.83

## TWO MILE

1 Mary LeBrun Ma	12:12.62
2 Pietras Ma	12:21.30
3 Bodkin-Rubino Bre	12:37.90
4 Hews Bre	12:55.70
5 Markley Bu	13:14.25
6 Bubar Bre	13:15.18

## LONG JUMP

1 Jen Puia Bre	16-9 1/2
2 Parcak Ban	16-2 1/2
3 Keenan FA	16-1 1/2
4 Comeau Ban	15-11 1/2
5 Roy OT	15-6 1/4
6 Burrill HA	15-2 1/4

## TRIPLE JUMP

1 Sarah Keenan FA	35-2 1/4
2 Kates-Chinoy Ban	34-8
3 Comeau Ban	34-4 1/2
4 Burrill HA	33-9 1/2
5 Young Bre	32-10 1/2
6 Tracewski OT	32-10

## HIGH JUMP

1 Sarah Keenan FA	5-0
2 Parcak Ban	5-0
3 Cherry El	4-10
4 Sevigny Bre	4-10
5 Peterson Bre	4-8
6 Dede El	4-8

## SHOT PUT

1 Kate Yerxa Or	35-8 3/4
2 Thomas Bre	32-10 1/2
3 Small OT	29-8 1/2
4 Dufour Bre	29-3 1/2
5 Beaulieu Bu	28-6 3/4
6 Dyer FA	28-1 3/4

## POLE VAULT

1 Meghan Palmer MDI	8-0 1/2
2 Jones MDI	7-6
3 Swanberg MDI	7-0
4 Ruggeri OT	6-6
5 Smith Bre	6-6
6 Burrill HA	6-6

## 880 RELAY

1 Brewer	1:53.23
(Murphy,Comer,Allen,Corbett)	
2 Old Town	1:53.71
3 Bangor	1:56.16
4 Hampden	1:57.06
5 Ellsworth	1:59.25
6 Hermon	1:59.70

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# SOUTHWESTERN CHAMPIONSHIPS

February 8, 1997

Portland Exposition Building

## BOYS SCORES

Cheverus	131
South Portland	94
Scarborough	67.5
Gorham	52.5
Edward Little	48.5
Deering	46
Westbrook	37.5
Portland	32
Thornton Academy	28
Windham	27
Bonny Eagle	27
Biddeford	19
Cape Elizabeth	10

## JUNIOR 40

1 Fletcher EL	5.0
2 Shirrell CH	5.0
3 Dyer WI	5.1
4 Davis Sc	5.2
5 C. Kheang Po	5.2
6 Gaines TA	5.4

## INTERMEDIATE 40

1 Dorazio Po	4.8
2 Harmon We	4.8
3 Getchell De	4.9
4 Dodge TA	4.9
5 Falconer Po	5.0
6 Demers TA	5.0

## SENIOR 40

1 Locke Sc	4.7
2 Salamone SP	4.7
3 Hart CH	4.8
4 Hunter EL	4.9
5 Veilleux EL	5.0
6 Dymond WI	5.0

## JUNIOR HURDLES

1 Huynh Go	6.1
2 Lamb SP	6.2
3 McCutcheon SP	6.3
4 Sither Sc	6.4
5 Kilfoil Sc	7.0
6 A.Davis We	7.0

## INTERMEDIATE HURDLES

1 Spera Go	5.9.
2 Fisher WI	6.1
3 Bradley EL	6.3
4 Matthews Sc	6.4
5 N.Miller We	6.5
6 Weymeyer Go	6.5

## SENIOR HURDLES

1 Choi Bi	5.8
2 Webber Sc	5.9
3 Thompson SP	5.9
4 Boyer EL	6.0
5 Veroneau CH	6.1
6 Lamontagne Po	6.2

## JUNIOR 300

1 Mims SP	38.0
2 Graney De	38.1
3 Fearon Go	38.7

4 Sither Sc	38.8
5 Gaines TA	38.9
6 M.Tripp EE	39.0

## INTERMEDIATE 300

1 Nappi CH	35.8
2 Getchell De	36.4
3 Gorham EE	36.6
4 Carter Po	36.8
5 Demers Ch	37.0
6 Meyer EL	37.2

## SENIOR 300

1 Hobbs Sc	35.2
2 Salamone SP	35.8
3 Dymond WI	37.0
4 C.Burton We	37.1
5 McGovern De	37.2
6 Pribish TA	37.3

## JUNIOR 600

1 Fletcher EL	1:19.9
2 Riseman Go	1:24.0
3 Follansbee SP	1:24.3
4 Caton De	1:25.8
5 A.Olson Sc	1:26.0
6 Harrison Ch	1:26.3

## INTERMEDIATE 600

1 Connolly Ch	1:21.0
2 Lafreniere EE	1:21.1
3 Young Ch	1:23.8
4 Beaupre Bi	1:25.5
5 N.Miller We	1:25.9
6 Clingsmith TA	1:26.0

## SENIOR 600

1 Hughes Ch	1:22.4
2 Kress De	1:23.3
3 Kory Wentworth TA	1:23.8
4 Mills SP	1:25.0
5 Peschiera Ch	1:25.4
6 Laviolet EE	1:27.7

## 1000

1 Lunt CE	2:31.1
2 Milliken Ch	2:33.3
3 Littlejohn SP	2:34.1
4 Petit TA	2:35.4
5 Baker WI	2:36.3
6 Huynh Po	2:36.8

## MILE

1 Toothaker Ch	4:41.7
2 Beliveau Sc	4:42.5
3 Bannon SP	4:51.1
4 Goodrich We	4:54.0
5 MacLaughlin Ch	4:54.5
6 Cantara Bi	4:58.0

## TWO MILE

1 Mouradian Go	10:13.2
2 Fenton Ch	10:25.0
3 P.Nelson TA	10:26.4
4 Olson WI	10:29.3
5 McKeough We	10:41.6
6 J.Johnson Sc	10:44.5

## JUNIOR RELAY

1 Cheverus	1:08.1
(Shirrell, Tribuno, Kimball, Folan)	

2 South Portland	1:08.5
3 Gorham	1:08.6
4 Westbrook	1:09.2
5 Thornton Academy	1:09.8
6 Biddeford	1:10.3

## INTERMEDIATE RELAY

1 Portland	1:41.2
(Dorazio, Angelo, Falconer, Carter)	

2 Bonny Eagle	1:41.8
3 Deering	1:41.9
4 Biddeford	1:44.0
5 Westbrook	1:44.0
6 Edward Little	1:44.3
6 Scarborough	1:44.3

## SENIOR RELAY

1 Cheverus	2:12.2
(Hart, Hughes, Veroneau, Toothaker)	
2 Scarborough	2:12.8
3 South Portland	2:18.9
4 Deering	2:19.2
5 Portland	2:20.2
6 Gorham	2:21.4

## SHOT PUT

1 Mosley Ch	51-5
2 Fecteau EL	50-0
3 Ouellette Ch	49-7 1/2
4 Lawson SP	47-6
5 Farren Sc	46-0
6 McGowen SP	44-3 1/2

## HIGH JUMP

1 Salvaggio Ch	6-4
2 Dyer We	6-0
3 Thompson SP	6-0
4 Doehler EE	6-0
5 Boyer EL	6-0
6 Lamb SP	5-10

## GIRLS SCORES

Thornton Academy	81
Scarborough	72
South Portland	54.5
Biddeford	48
Deering	47
Windham	45.5
Portland	39
Edward Little	39
Westbrook	18
McAuley	17
Gorham	13.5
Bonny Eagle	11.5
Cape Elizabeth	10

## JUNIOR SHOT PUT

1 Edwards Po	29-6 1/2
2 R. Ross Sc	26-9 1/4
3 Blanchard WI	25-7 3/4
4 Spera Go	25-6 1/4

5 Partridge Sc	25-5 3/4
6 Atherton De	25-3

## SENIOR SHOT PUT

1 Newcomb WI	37-11 3/4
2 Fish We	32-9 1/2
3 Busby Bi	32-8 3/4
4 Ryder SP	31-8
5 Watson Bi	30-7 3/4
6 N.Dore EL	29-1 1/2

## JUNIOR 300

1 O'Brien De	41.7
2 Gallagher WI	41.9
3 Deering SP	42.4
4 Hill EL	42.6
5 Furbish TA	42.7
6 Kinney Po	42.9

## 1000

1 Neault Bi	2:51.1
2 Ranger SP	2:56.4
3 Austin EE	2:56.4
4 Foley TA	2:56.5
5 Curlew Sc	2:59.8
6 Fontaine De	3:00.7

## MILE

1 McKinnon TA	5:43.1
2 T. Ross Sc	5:52.3
3 Fowler CE	5:54.0
4 Schulz Go	6:01.5
5 DiGiacomo TA	6:02.6
6 Kahill SP	6:04.9

## HIGH JUMP

1 Kinney Po	5-2
2 Zaitlin TA	5-2
3 N. Brown TA	5-0
4 Stanhope De	5-0
5 J. Welsh Sc	5-0
6 Neault Bi	4-10

## SENIOR 300

1 O'Sullivan EL	39.2
new league record	
2 Toye Sc	40.5
3 Dionne De	40.9
4 Deforte Go	41.0
5 Labarre SP	41.8
6 Binette Bi	41.9

## JUNIOR HURDLES

1 O'Brien De	6.5
ties league record	
2 Kinney Po	6.7
3 Zaitlin TA	6.9
4 Salamone SP	7.1
5 Nolan Sc	7.1
6 Ly Bi	7.1

## JUNIOR 40

1 Hoffman SP	5.4
2 Hill EL	5.5
3 Dymond WI	5.5
4 Bergman CE	5.5

5 Hatch TA	5.5
6 Gallagher WI	5.6

## JUNIOR 600

1 Salamone SP	1:36.1
2 Zaitlin TA	1:38.1
3 Rioux Bi	1:38.4
4 Kinsman TA	1:41.1
5 S.McCallum BE	1:41.5
6 Germano WI	1:42.1
6 Chadbourne Go	1:42.1

## SENIOR HURDLES

1 Binette Bi	6.4
new league record	
2 Foley TA	6.4
3 VanLoenen McA	6.5
4 Laderbush WI	6.6
5 Willis SP	6.7
6 Huff De	7.2

## SENIOR 40

1 O'Sullivan EL	5.1
ties league record	
2 Toye Sc	5.3
3 Dionne De	5.4
4 Smith We	5.4
5 Neault Bi	5.4
6 Deforte Go	5.6

## SENIOR 600

1 VanLoenen McA	1:34.0
2 Lynch Sc	1:36.1
3 Knights SP	1:38.6
4 Kirby TA	1:38.8
5 Sutyak Sc	1:39.1
6 Rabine De	1:39.2

## TWO MILE

1 Adrian Po	11:46.3
2 Leclair TA	12:18.6
3 Welch We	12:22.2
4 Grant Sc	12:36.7
5 Smith De	13:15.1
6 Morin Bi	13:29.9

## JUNIOR RELAY

1 Windham	1:56.4
(Dymond, Bercume, Ackroyd, Gallagher)	
2 Scarborough	1:56.6
3 Thornton Academy	1:56.9
4 Deering	1:58.8
5 Bonny Eagle	1:59.1
6 South Portland	1:59.1

## SENIOR RELAY

1 Scarborough	1:52.2
(B.Welsh, Lynch, Sutyak, Toye)	
2 Biddeford	1:53.9
3 Edward Little	1:54.9
4 Thornton Academy	1:56.5
5 Bonny Eagle	1:56.9
6 McAuley	1:58.4

## GRETCHEN EASTLER FINISHES FOURTH IN NATIONAL RACEWALK

Gretchen Eastler, formerly of Farmington, finished fourth in the 3000 meter Racewalk at the recent National Indoor Track & Field Championship at the Georgia Dome in Atlanta, Georgia. Gretchen was just one second out of third place, and set a PR by 20 seconds. Gretchen and her father, Tom Eastler, have helped to pave the way for the advent of racewalking as an event in high school track in the state of Maine. It is a great event, and takes a lot of patience and skill, so if you might be interested in starting a group of walkers for your high school team, contact your high school coach and let him/her know you are interested.



# EASTERN MAINE INDOOR TRACK LEAGUE

February 1, 1997  
University of Maine, Orono

## BOYS SCORES

Brewer	189
Ellsworth	57
Bucksport	46
Hermion	45
Foxcroft	24
Mattanawcook	19
George Stevens	13
Belfast	11

### 6 0

1 Aaron Clark Her	6.95
2 Burnes Bre	6.95
3 Schwarze Bre	7.12
4 Haynes Ma	7.15
5 Chase GS	7.17
6 Salinas Bre	7.23

## 60 HURDLES

1 Brian Goodness Bre	8.07
2 Getchell Bre	8.52
3 Duffey Bre	8.70
4 Foster E	8.84
5 Hand Her	9.62
6 Keep E	9.91

## MILE

1 Joey Luchini Ell	4:24.38
2 L. Luchini Ell	4:35.67
3 Moor Her	4:41.14
4 Jovanelli Br	4:41.84
5 Rubino Br	4:48.95
6 Schwarze Bre	5:02.40

### 6 0 0

1 Brian Goodness Bre	1:18.63
2 Martin Bre	1:19.24
3 Webster Ma	1:19.44
4 Hatch Bu	1:21.43
5 Prill Bre	1:22.20
6 Jordan E	1:22.66

### 3 0 0

1 Seth Burnes Bre	34.33
2 Goodness Bre	34.36
3 Webster Ma	34.80
4 Duffey Bre	35.34
5 Chase GS	35.82
6 Burgess Her	36.37

### 1 0 0 0

1 Jay Moor Her	2:26.90
2 Davis Bre	2:27.19
3 Rolleston FA	2:30.21
4 Harriman GS	2:33.72
5 Basiel Ma	2:36.80
6 Maleck E	2:39.06

## LONG JUMP

1 John Schwarze Bre	19-1
2 Conlon Bre	18-11 1/4
3 Burnes Bre	18-4 3/4
4 Martin Bu	17-7 1/2
5 Pelkey Bu	17-7 1/2
6 Marcinkus GS	17-7

## SHOT PUT

1 Matt Collins Bre	45-6
2 Roi Bu	44-0
3 Johnson Bu	43-7
4 Cevik FA	41-6 1/2
5 Coffin Bre	40-5
6 Marzolf Bu	39-5 3/4

## TWO MILE

1 Joey Luchini Ell	9:51.27
2 L. Luchini E	9:54.27
3 Jovanelli Bre	10:20.57
4 Rolleston FA	10:40.44
5 Trenkle GS	10:41.26
6 Rubino Bre	10:42.69

## 880 RELAY

1 Brewer	1:39.95
(Duffey,Dwyer,Martin,Prill)	
2 Hermion	1:41.88
3 Ellsworth	1:42.00
4 Foxcroft	1:42.37
5 George Stevens	1:43.11
6 Bucksport	1:45.30

## POLE VAULT

1 Tom Dwyer Bre	11-0
2 Orcutt Bu	9-6
3 Poland Her	9-0
4 LeBlanc Bre	9-0
5 Chesley Her	8-6
6 Moses Bu	8-6

## TRIPLE JUMP

1 Aaron Prill Bre	41-9 1/4
2 King E	41-4 1/2
3 Fisk FA	38-0 3/4
4 Schwarze Bre	36-10 1/4
5 Keep Bre	36-7
6 More Bre	35-10

## HIGH JUMP

1 Mike Rumney Bel	5-8
2 Conlon Bre	5-6
3 Howard Bu	5-6
4 Hutchinson Bu	5-6
5 More Bre	5-6
6 Leighton Ma	5-6

Hampden	134
Orono	122
Bangor	71
MDI	37
Old Town	31
Nokomis	4
John Bapst	3

### 6 0

1 Craig Sidell Or	6.67
2 Childers Ha	6.71
3 Capehart Ban	7.02
4 Soucie Ban	7.07
5 Frost Ha	7.22
6 Preston Ha	7.26

## 60 HURDLES

1 Jeff Mateja Or	8.14
2 Mi Pare Or	8.23
3 Moore OT	8.32
4 Ma Pare Or	8.64
5 Burns MDI	9.34

## MILE

1 Ethan Jordan Ban	4:56.42
2 Barnes Ha	5:03.02
3 Herskowitz MDI	5:09.22
4 Ellis Ban	5:11.30
5 Coyle JB	5:22.77
6 Ociepa Ha	5:24.08

### 6 0 0

1 Justin Barnes Ha	1:22.00
2 Boley Ban	1:23.13
3 Janicki Ha	1:25.75
4 Jones N	1:27.33
5 Falls OT	1:27.52
6 Bosse Ha	1:30.11

### 3 0 0

1 Craig Sidell Or	33.43
2 Childers Ha	34.65
3 Mateja Or	34.85
4 Soucie Ban	35.18
5 Preston Ha	35.44
6 Burns MDI	35.68

### 1 0 0 0

1 Chris Hoskins OT	2:25.07
2 Atkins Ha	2:27.33
3 Pile Ban	2:27.96
4 Virota Ban	2:29.66
5 Rogerson Ban	2:33.16
6 Nickerson Ha	2:41.92

## LONG JUMP

1 Matt Stepp Ha	19-2 1/2
2 White Ha	18-2 1/4
3 Thomas Ha	17-9 1/2
4 Tribou Ha	17-4 1/2
5 Morin OT	17-4
6 Gifford MDI	17-1 3/4

## SHOT PUT

1 Jeff McDaniel MDI	47-3
2 Crochere Or	40-6 1/4

3 Thomas Or	38-9
4 Stillwell MDI	37-4 1/4
5 Thai Ban	35-6 1/2
6 Heikkinen OT	34-6 1/2

## TWO MILE

1 Todd Atkins Ha	10:29.40
2 Virota Ban	11:06.38
3 Barnes Ha	11:16.49
4 Hermansen OT	11:26.81
5 Ellis Ban	11:49.75
6 Pile Ban	12:12.08

## 880 RELAY

1 Bangor	1:40.38
(Soucie,Capehart,Rogerson,Jordan)	
2 Hampden	1:41.79
3 Old Town	1:42.37
4 MDI	1:43.87
5 Orono	1:45.56
6 John Bapst	1:53.50

## POLE VAULT

1 Mike Pare Or	13-0
2 Ma Pare Or	12-0
3 White Ha	11-6
4 Stecher Or	10-6
5 Boudreau MDI	10-0
6 Pelletier MDI	9-6

## TRIPLE JUMP

1 Matt Stepp Ha	39-10 1/4
2 Mateja Or	36-5 1/4
3 Ma Pare Or	36-3
4 Crockett Or	35-7 1/2
5 Boudreau MDI	34-1 1/2
6 Swanberg MDI	33-9 3/4

## HIGH JUMP

1 Craig Sidell Or	6-0
2 Mi Pare Or	5-10
3 Hamel Ha	5-6
4 Stepp Ha	5-6
5 Swanberg MDI	5-4
6 Iverson MDI	5-2

## GIRLS SCORES

Bangor	114
Old Town	100
Hampden	95
MDI	55
Orono	11
John Bapst	8
Nokomis	7

### 6 0

1 Theresa Roy OT	7.56
2 Lancaster Ban	7.96
3 McCabe Ha	8.07
4 Ruggeri OT	8.16
5 Harding MDI	8.25
6 Walls JB	8.29

## 60 HURDLES

1 Sarah Skiff MDI	9.59
2 Tracewski OT	9.68
3 Dilts Ha	9.90
4 Pottle Ha	10.33
5 Dawson Ban	10.48
6 Harding MDI	11.17

## MILE

1 Willow McVeigh Ha	6:02.14
2 Gaige Ban	6:08.53
3 Noble N	6:11.03
4 Smith OT	6:11.47
5 Swasey Ban	6:28.80
6 Sekera JF	6:52.27

### 6 0 0

1 Elizabeth Holmes OT	1:34.43
2 Palmer MDI	1:34.72
3 Bennett Ha	1:39.08
4 Conley Ha	1:40.31
5 Lvin OT	1:42.19
6 Donnelly Ha	1:43.06

### 3 0 0

1 Danielle McCabe Ha	41.20
2 Holmes OT	41.46
3 Harnish Ban	41.60

4 Lancaster Ban	41.96
5 Skiff MDI	42.60
6 Vinal Or	43.65

## 1 0 0 0

1 Hollie Harnish Ban	3:00.95
2 Laliberte OT	3:07.27
3 Stevens OT	3:12.94
4 White Ha	3:20.12
5 Cianchette Ha	3:20.38
6 Maurais OT	3:28.14

## LONG JUMP

1 Sarah Parcak Ban	16-8 1/4
2 Comeau Ban	15-9
3 Roy OT	15-5 1/2
4 Burrill Ha	14-11 1/2
5 Suopohja Ha	14-0 1/2
6 Lvin OT	13-3 1/4

## SHOT PUT

1 Kate Yerxa Or	35-9
2 Small OT	29-10 1/4
3 Johnson MDI	29-3
4 Albert Ha	26-6 1/2
5 Day OT	25-8 1/4
6 Elmore Ban	25-5 1/4

## TWO MILE

1 Stephany Gaige Ban	13:23.79
2 Smith OT	14:10.82

## 880 RELAY

1 Old Town	1:56.08
(Roy,Lvin,Gauthier,Holmes)	
2 Hampden	1:57.56
3 Bangor	1:57.70
4 MDI	2:01.78
5 John Bapst	2:07.95
6 Nokomis	2:12.96

## POLE VAULT

1 Alissa Jones MDI	8-0 1/2
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## EMITL RECORD

2 Palmer MDI	7-6
3 Burrill Ha	7-0
4 Swanberg MDI	7-0
5 Ruggeri OT	6-6
6 Nichols Ban	5-6

## TRIPLE JUMP

1 Amanda Burrill Ha	33-6
2 Comeau Ban	33-2 1/4
3 Kates-Chinoy Ban	33-2 1/4
4 Lancaster Ban	32-3
5 Tracewski OT	30-11
6 Ryan Ban	29-9 3/4

## HIGH JUMP

1 Sarah Parcak Ban	5-0
2 Kates-Chinoy Ban	4-6
3 Ingram Ha	4-6
4 Evans JB	4-6
5 Bossie Ha	4-4
6 Rudell Ban	4-4

Brewer	193
Foxcroft	75
Mattanawcook	46
Ellsworth	37
Bucksport	26
Hermion	13
George Stevens	11
Belfast	2

### 6 0

1 Jen Corbett Bre	7.77
2 Todd FA	7.93
3 Garland E	7.95
4 Comer Bre	8.02
5 Wooley Ma	8.14
6 Bosse Her	8.16

## 60 HURDLES

1 Allison Cherry Ell	9.75
2 Seigny Bre	9.81
3 Murphy Bre	9.83
4 Hovencamp Her	9.87
5 Allen Bre	10.10
6 Dede E	10.20

## MILE

1 Mary LeBrun Ma	5:30.42
2 Bodkin-Rubino Bre	5:30.94
3 Pietras Ma	5:47.28
4 Markley Bu	5:50.92
5 Hatch Ma	5:52.44
6 Hews Bre	5:53.77

### 6 0 0

1 Jen Puiia Bre	1:36.69
2 Allen Bre	1:37.60
3 Todd FA	1:39.55
4 Crocker Ma	1:41.97
5 Herring FA	1:43.78
6 Norton Bre	1:46.58

### 3 0 0

1 Jen Puiia Bre	40.48
2 Murphy Bre	40.70
3 Todd FA	40.80
4 Comer Bre	40.94
5 Folsom E	41.24
6 Clifton GS	42.07

### 1 0 0 0

1 Abby Weissman Bre	2:59.63
2 Markley Bu	3:02.25
3 Haines Bre	3:02.59
4 Hatch Ma	3:04.72
5 McGuire Bre	3:04.93
6 Holbrook GS	3:06.33

## LONG JUMP

1 Sarah Keenan FA	16-8 1/4
2 Puiia Bre	15-6 1/4
3 Taylor Her	15-6 1/4
4 Lawwing GS	14-5 1/4
5 Umel Bre	14-4 1/2
6 Clifton GS	13-7

## SHOT PUT

1 Christi Thomas Bre	31-2 1/2
2 Beaulieu Bu	29-3 3/4
3 Hutton FA	29-1 1/2
4 Dufour Bre	28-3
5 Dyer FA	27-0 1/2
6 Pluard Bre	26-6 3/4

## TWO MILE

1 Mary LeBrun Ma	12:12.57
2 Bodkin-Rubino Bre	12:21.13
3 Pietras Ma	12:41.45
4 Hews Bre	13:11.72
5 Bubar Bre	13:36.24
6 Whittier Ma	13:38.91

## 880 RELAY

1 Brewer	1:56.50
(Murphy,Comer,Weissman,Corbett)	
2 Ellsworth	1:58.42
3 Hermion	2:00.05
4 Foxcroft	2:04.69



# CENTRAL MAINE INDOOR TRACK LEAGUE

February 1, 1997 & January 18, 1997

Farley Field House at Bowdoin College

## February 1 Meets

### BOYS SCORES

Waterville	145
Greely	131
Gray-New Gloucester	64
Madison	30
Winslow	28
Skowhegan	22

### JUNIOR 60

1 A.Douthier Gr	7.1
2 Denno Gr	7.1
3 Kervin Wa	7.1
4 Lavallee Gr	7.2
5 Jendenning GNG	7.2
6 Pensor Gr	7.5

### SENIOR 60

1 B. Hagopian Ma	6.9
2 Libby Wa	6.9
3 Lacy Gr	7.1
4 Lunn GNG	7.2
5 Daly Wa	7.4
6 Waterman GNG	7.5

### JUNIOR HURDLES

1 Robinson Gr	8.3
2 Paul Wa	10.2
3 Hussey GNG	10.3
4 Baker GNG	10.9
5 Dyer Wa	11.0
6 MacDonald GNG	11.4

### SENIOR HURDLES

1 Jones Wa	8.3
2 LaPlante Wa	8.3
3 Jensen Gr	9.5
4 Stormon GNG	9.7

### LONG JUMP

1 Estes Ma	19-4 1/2
2 Robinson Gr	18-9
3 Kervin Wa	18-7 1/4
4 Daly Wa	18-6 1/2
5 Lunn GNG	18-6
6 Lomelow S	17-10 3/4

### MILE

1 Groom Gr	4:41.6
2 Monty S	4:49.2
3 Begin Wi	5:05
4 Spearrin S	5:05.9
5 Anderson GNG	5:12
6 Hoermann GNG	5:44

### POLE VAULT

1 LaPlante Wa	12-0
2 Foss Wa	11-6
3 Mansfield Wa	9-0
4 Routhier Gr	7-0
5 Glendenning GNG	7-0

### JUNIOR 600

1 Goding Wi	1:23.6
2 McMorrow Wa	1:25.3
3 Hagopian Ma	1:27.7

### SENIOR 600

1 Grover Wa	1:24.6
2 Smith Gr	1:26.3
3 Arel Wi	1:27.6
4 Tuttle Wa	1:28.2
5 Bjorkdahl Gr	1:29.3
6 Leighton Gr	1:34.6

### 1000

1 Smith Gr	2:33.3
2 Haywood Wa	2:35.3
3 Weber Gr	2:39.6
4 French S	2:39.9
5 Whitney Wi	2:46
6 Jensenius Gr	2:46.5

### JUNIOR 300

1 Robinson Gr	35.6
2 Denno Gr	35.6
3 Routhier Gr	36.0
4 Arel Wi	36.9
5 McKinley Wa	37.9
6 Spearrin S	38.2

### SENIOR 300

1 Libby Wa	34.8
2 Jones GNG	35.0

3 Ad.Libby Wa	35.3
4 Estes Ma	36.5
5 McMorrow Wa	35.9
6 Haywood Wa	36.4

### JUNIOR HIGH JUMP

1 Albee Gr	5-2
2 Lavallee Gr	5-0
3 Baker GNG	4-10
4 Additon Wa	4-10
5 McKinley Wa	4-10
6 Penson Gr	4-10

### SENIOR HIGH JUMP

1 Laplante Wa	5-4
2 Watkin GNG	5-4
3 Waterman GNG	5-0
4 Peatman S	4-8

### JUNIOR SHOT PUT

1 Wahl Wa	38-5
2 Baiocchi GNG	37-12
3 Albee Gr	30-10
4 Velequez Wa	36-2
5 Additon Wa	35-11
6 Levesque Wa	34-5

### SENIOR SHOT PUT

1 Fortin Wa	48-10
2 Beal Gr	44-1
3 Bizier Wi	43-0
4 Hughes S	41-6
5 Mason Wa	41-4
6 Harlow Gr	39-6

### TWO MILE

1 Monty S	10:42.4
2 Moger Wi	10:47.0
3 Grover Wa	11:01.4
4 Mannett S	12:13.1
5 Drew GNG	12:38.9
6 Anderson GNG	12:39.2

### GIRLS SCORES

Greely	149
Waterville	84
Skowhegan	58
Gray-New Gloucester	45
Madison	20
Winslow	12

### 60

1 Getz Gr	7.7
2 French S	7.8
3 Tamaki Gr	7.8
4 Cyr Gr	7.9
5 Alexander Gr	8.1
6 Ouellette Wa	8.1

### 60 HURDLES

1 Hoffman Gr	9.5
2 Merritt S	9.8
3 Foss S	9.8
4 Weiss Gr	9.9
5 Carpenter GNG	10.2
6 Caiazza GNG	10.3

### POLE VAULT

1 Hoffman Gr	6-0
2 Roberts GNG	6-0
3 Pence Wa	5-0
4 Sargent S	5-0
5 Foster GNG	4-10
6 Weiss Gr	4-8

### HIGH JUMP

1 Hopkins Wa	4-8
2 O'Donnell Gr	4-6
3 Sargent S	4-4
4 Fenderson GNG	4-2

### MILE

1 Komori Ma	5:43.4
2 Case Gr	5:43.0
3 Fenderson GNG	6:04.9
4 Wilson S	6:04
5 Sendjenain Wa	6:11.6
6 Ouellette Wa	6:22.1

### 600

1 Hopkins wa	1:35.4
2 Hoffmann Gr	1:36.1

3 Bibber GNG	1:39.8
4 Pelletier Wa	1:41.5
5 Porter Gr	1:43.6
6 Spence Wa	1:47.4

### LONG JUMP

1 Getz Gr	15-9 1/2
2 Carpenter GNG	14-6
3 Porter Gr	14-3
4 Frost Gr	13-9 3/4
5 Megumi Ma	13-5 1/2
6 Merritt S	13-4 1/4

### 1000

1 Richardson Wa	3:06.8
2 Theriault Wa	3:13.9
3 Higgins Gr	3:14.4
4 Benin Wi	3:16.4
5 Wilson S	3:17.8
6 Legg Wa	3:17.9

### 300

1 Cyr Gr	40.4
2 French S	40.5
3 Merritt S	41.1
4 Tebbetts Wa	42.1
5 Moulton Gr	42.3
6 Nichols Wa	42.7

### SHOT PUT

1 Beal Gr	35-6 1/2
2 Workman Wa	34-9
3 Doucette Gr	29-6
4 Haley Gr	26-5
5 Kennie Gr	26-0
6 Chung Gr	25-6

### TWO MILE

1 Richardson Wa	13:02.5
2 Komoro Ma	13:04.8
3 Higgins Gr	13:15.9
4 Begin Wi	13:24.9
5 Theriault Wa	13:35
6 Fenderson GNG	13:38

### 880 RELAY

1 Waterville	1:55.9
2 Skowhegan	1:56.0
3 Greely	2:00.5
4 Winslow	2:03.7
5 Gray New Gloucester	2:04.5

## JANUARY 18 MEETS

### BOYS SCORES

Greely	97
Mt Ararat	83
Brunswick	81
Lake Region	

### JUNIOR 60

1 Pederson B	6.8
2 Stackhouse MA	7.1
3 Denno Gr	7.3
4 Routhier Gr	7.3
5 Penson Gr	7.3

### SENIOR 60

1 Bridges LR	6.8
2 Jacobsson B	6.9
3 Lacy Gr	7.2
4 Cole B	7.4
5 Tal B	7.5

### SENIOR SHOT PUT

1 Beal Gr	46-8 1/2
2 Carpenter B	41-6 1/2
3 Harlow Gr	37-10 3/4
4 Trufant B	36-10
5 Sheuffinger LR	36-1 1/2

### JUNIOR HURDLES

1 Tardiff MA	8.3
2 Robinson Gr	8.6
3 Holmes MA	9.2
4 Goblin B	9.2
5 Neboshynsky B	10.2

### SENIOR HURDLES

1 Jensen Gr	9.3
2 Deans MA	9.2
3 Clements MA	10.5
4 Lesniak LR	11.3

### LONG JUMP

1 Bridges LR	18-9
2 MacDonald LR	18-8 1/4
3 Robinson Gr	17-6
4 Neboshynsky B	16-10 1/4
5 Irving LR	16-7

### JUNIOR SHOT PUT

1 Albee Gr	37-5
2 Bisson B	36-0 1/2
3 Hinds MA	35-7 3/4
4 Woerter MA	34-3 1/2
5 Thompson B	33-0 3/4

### MILE

1 Pollock B	4:39.8
2 O'Brien MA	4:41.5
3 Towle Gr	4:53.7
4 Savage B	4:59.7
5 Lantz MA	5:12.2

### JUNIOR 600

1 Smith Gr	1:21.8
2 Nallon B	1:25.3
3 Bjorkdahl Gr	1:27.2
4 Minkowsky MA	1:31.4
5 Carter MA	1:32.6

### 1000

1 O'Brien MA	2:28.1
2 Weber Gr	2:41.2
3 Coffin B	2:46.3
4 Goodspeed Gr	2:48.4
5 Lantz MA	2:48.9

### JUNIOR 300

1 Robinson Gr	35.3
2 Denno Gr	35.7
3 Stackhouse MA	36.8
4 Routhier Gr	37.1
5 Pederson B	37.1

### SENIOR 300

1 Clements MA	35.1
2 Jacobsson B	35.6
3 Neboshynsky B	35.6
4 Bridges LR	35.8
5 Herbert MA	37.8

### TRIPLE JUMP

1 McDonald LR	39-2 1/2
2 Lacy Gr	38-9 1/2
3 Neboshynsky B	38-7
4 Clements MA	37-2
5 Hale B	35-7

### POLE VAULT

1 Holmes MA	9-0
2 Routhier Gr	9-0
3 Parker B	8-0
4 Tal B	8-0
5 Wilson B	8-0

### TWO MILE

1 Savage B	10:54.0
2 Crooker MA	11:27.2
3 Drew Gr	12:15.9
4 Devoe Gr	13:10.5

### JUNIOR RELAY

1 Greely	1:43.4
(Denno,Ruthier,na, Robinson)	
2 Mt Ararat	1:47.1
3 Brunswick	1:48.3
4 Lake Region	2:05.8

### SENIOR RELAY

1 Brunswick	1:43.6
(Voll,Buggin,Coffin,Jacobsson)	
2 Mt Ararat	1:45.0
3 Lake Region	1:48.2
4 Greely	1:52.1

### JUNIOR HIGH JUMP

1 Tardiff MA	5-6
2 Albee Gr	5-2
3 Theberge B	5-2
4 Lavallee Gr	5-0

### SENIOR HIGH JUMP

1 Wallace B	5-1
2 Herbert B	4-10
3 Johnson LR	4-8
4 Jensen Gr	4-8

### GIRLS SCORES

Mt Ararat	95
Greely	92
Brunswick	11
Lake Region	4

### 60

1 Aines MA	7.4
2 Hienig MA	7.7
3 Tamaki Gr	8.1
4 Cyr Gr	8.1
5 Lemieux Gr	8.1

### 60 HURDLES

1 Hoffman Gr	9.2
2 Hienig MA	9.3
3 Crosman MA	9.8
4 Weiss Gr	9.8
5 Merrill LR	10.0

### HIGH JUMP

1 Getz Gr	5-1
2 Weiss Gr	4-10
3 O'Donnell Gr	4-8
4 Pettigrew MA	4-4
5 Crall MA	4-4

### MILE

1 Brazley MA	5:47.0
2 Case Gr	5:47.6
3 Diekmann B	5:57.5
4 MacDougall MA	5:59.5
5 Smith Gr	6:37.1

### 600

1 Hoffman Gr	1:37.8
2 Crosman MA	1:38.2
3 Kruswick MA	1:41.6
4 Millar MA	1:41.6
5 Porter Gr	1:43.1

### LONG JUMP

1 Getz Gr	16-5
2 Aines MA	14-11 1/2
3 Hienig MA	14-2 1/4
4 Pettigrew MA	13-10 3/4
5 Scribner LR	13-8 1/2

### 1000

2 Brazley	MA	3:12.8
3 MacDougall	MA	3:13.5
4 Higgins	Gr	3:13.7
5 Temple	B	3:38.8
<b>SHOT PUT</b>		



# SOUTHWESTERN MAINE TRACK CONFERENCE MEETS

February 1, 1997  
Portland Exposition Building

Cheverus 79.5  
South Portland 77.5  
Deering 43

## MILE

1 Fenton Ch 4:47.0  
2 StLouis De 4:51.1  
3 Bannon SP 4:52.9  
4 Pyle SP 5:10.0

## SHOT PUT

1 Mosley Ch 49-8  
2 Lawson SP 45-11 1/2  
3 McGowan SP 44-7 1/2  
4 Curran SP 41-0 3/4

## HIGH JUMP

1 Salvaggio Ch 6-6  
2 Lamb SP 5-10  
3 Thompson SP 5-10  
4 McCutcheon SP 5-6  
4 Peters Ch 5-6

## JUNIOR 40

1 Mims SP 5.1  
2 Piacitelli Ch  
3 Neault SP  
4 Follansbee SP

## INTERMEDIATE 40

1 MacMath De 5.0  
2 Getchell De  
3 Jolin De  
4 Diamon SP

## SENIOR 40

1 Salamone SP 4.9  
2 Hart Ch  
3 Best SP  
4 McGovern De

## JUNIOR HURDLES

1 Lamb SP 6.3  
2 Graney De  
3 McCutcheon SP  
4 Snyder Ch

## INTERMEDIATE HURDLES

1 Heak De 6.5  
2 Sirois SP  
3 Prue Ch  
4 Khuu De

## SENIOR HURDLES

1 Thompson SP 6.0  
2 Veroneau Ch  
3 Grumbine De  
4 Peschiera Ch

## JUNIOR 300

1 Mims SP 38.3  
2 Kimball Ch 38.5  
3 Graney De 38.9  
4 Tubbs SP 39.1

## INTERMEDIATE 300

1 Nappi Ch 35.4  
2 Grindle De 35.6  
3 Getchell De 36.4  
4 Jolin Ch 39.1

## SENIOR 300

1 Salamone SP 37.6  
2 Best SP 38.6  
3 Waters De 39.9  
4 Lovett Ch 39.7

## JUNIOR 600

1 Follansbee SP 1:24.4  
2 Caton De 1:25.6  
3 Harrison Ch 1:26.2  
4 Ly SP 1:29.7

## INTERMEDIATE 600

1 Connolly Ch 1:24.3  
2 Young Ch 1:24.4  
3 Diamon SP 1:28.2  
4 Perkins SP 1:28.2

## SENIOR 600

1 Hughes Ch 1:24.9  
2 Peschiera Ch 1:28.0  
3 Bearor Ch 1:36.4  
4 Clark SP 1:40.0

## 1000

1 Toothaker Ch 2:26.8  
2 MacLaughlin Ch 2:34.2  
3 Littlejohn SP 2:34.2  
4 Morrill SP 2:39.1

## JUNIOR RELAY

1 South Portland 1:09.2  
(Lamb, Ly, Main, Tubbs)  
2 Cheverus 1:09.3

## INTERMEDIATE RELAY

1 Deering 1:41.3  
(MacMath, Heak, Lucarelli, Grindle)  
2 Cheverus 1:42.4

## SENIOR RELAY

1 Cheverus 2:16.3  
(Hart, Hughes, Veroneau, Toothaker)  
2 Deering 2:24.0

Westbrook 92  
Portland 70  
Edward Little 69  
Bonny Eagle 57

## MILE

1 Goodrich We 4:53.2  
2 B.Flynn EE 5:01.0  
3 Paulin EE 5:16.4  
4 Chayer We 5:40.8  
5 McKeough We 5:40.8

## SHOT PUT

1 Fecteau EL 46-9 1/4  
2 Williams EL 42-9 3/4  
3 DiPietro We 41-6 1/2  
4 Rinaldi We 41-4  
5 Gillies Po 38-6 1/2

## HIGH JUMP

1 Dyer We 6-0  
2 Doehler EE 5-10  
3 Heatley We 5-10  
4 C.Burton We 5-10  
5 Boyer EL 5-8

## JUNIOR 40

1 Heatley We 5.2  
2 Fletcher EL  
3 C Kheang Po  
4 Martin We  
5 S.Miller We

## INTERMEDIATE 40

1 Harmon We 4.9  
2 Dorazio Po  
3 Bourget EE  
4 A. Brown EL  
5 DiDonato We

## SENIOR 40

1 Veilleux EL 4.9  
2 Ouellette We  
3 B Kheang Po  
4 Baril EL  
5 Fecteau EL

## JUNIOR HURDLES

1 A. Davis We 6.6  
2 Ouellette We  
3 Rodney Po  
4 Bradley EL 6.3  
2 Scott EL  
3 N.Miller We  
4 Lemieux EE  
5 Doehler EE

## SENIOR HURDLES

1 Boyer EL 6.2  
2 Lamontagne Po  
3 Dyer We  
4 Thomas Po  
5 Gignac Po

## JUNIOR 300

1 C Kheang Po 39.8  
2 Rodney Po 40.4  
3 Corliss EE 43.6  
4 Donnelly Po 49.6  
5 Singh Po 49.7

## INTERMEDIATE 300

1 Gorham EE 35.9  
2 Carter Po 36.8  
3 Meyer EL 37.1  
4 Falconer Po 37.5  
5 Metcalf Po 39.9

## SENIOR 300

1 Hunter EL 36.8  
2 Turner We 37.5  
3 Gignac Po 38.6  
4 Boyer EL 38.6  
5 Dawson Po 38.9

## JUNIOR 600

1 A.Davis We 1:27.1  
2 Carlo Po 1:29.8  
3 Hill B 1:37.1  
4 D.Theriault We 1:37.8  
5 Burns Go

## INTERMEDIATE 600

1 Lafreniere EE 1:22.6  
2 N.Miller We 1:24.9  
3 Wiggins EL 1:25.0  
4 Angelo Po 1:25.7  
5 T.Burton We 1:30.1

## SENIOR 600

1 Laviolette EE 1:28.0  
2 Thomas Po 1:30.4  
3 Scott EE 1:32.2  
4 Robichaud We 1:36.4  
5 Conley We 1:39.0

## 1000

1 Fletcher EL 2:28.3  
2 C.Burton We 2:38.8  
3 Huynh Po 2:38.9  
4 Perry We 2:39.8  
5 J.Davis We 2:41.7

## JUNIOR RELAY

1 Westbrook 1:08.9  
(Martin, Miller, Ouellette, Heatley)  
2 Bonny Eagle 1:13.4  
3 Edward Little 1:16.5

## INTERMEDIATE RELAY

1 Portland 1:41.1  
(Dorazio, Carter, Falconer, Smith)  
2 Bonny Eagle 1:41.2  
3 Westbrook 1:44.4

## SENIOR RELAY

1 Portland 2:19.6  
(Mazziotti, Gillies, Lamontagne, B Kheang)  
2 Bonny Eagle 2:20.5  
3 Edward Little 2:23.0

Scarborough 109  
Gorham 65  
Windham 59  
Cape Elizabeth 37

## MILE

1 Mouradian Go 4:43.4  
2 Chadwick Sc 5:28.2  
3 Ju Coulston Sc 5:49.8  
4 E. Dyer Wi 5:57.3

## SHOT PUT

1 Farren Sc 45-3 1/2  
2 Joyce CE 41-1  
3 Wood Sc 39-7  
4 Delahanty CE 37-3 1/2

## HIGH JUMP

1 Spera Go 5-9  
2 May Sc 5-8  
3 Hobbs Sc 5-4  
4 Doughty CE 5-4  
4 Fasulo Go 5-2

## JUNIOR 40

1 Dyer Wi 5.2  
2 Davis Sc  
3 D.Olson Sc  
4 A.Olson Sc  
5 Waldstein Sc

## INTERMEDIATE 40

1 Larose CE 5.1  
2 Bibeau Wi  
3 May Sc  
4 M.Woodside Wi  
5 Lanoie Go

## SENIOR 40

1 Ross Sc 4.8  
2 Dymond Wi  
3 Brown Go  
4 Fasulo Go  
5 Edwards CE

## JUNIOR HURDLES

1 Huynh Go 6.2  
2 Sither Sc  
3 Kilfoil Sc  
4 Doughty CE  
5 Burns Go

## INTERMEDIATE HURDLES

1 Spera Go 5.8  
ties league record  
2 Matthews Sc  
3 Weymeyer Go  
4 Jerry Wi

## SENIOR HURDLES

1 Webber Sc 6.4  
2 Bittner Go  
3 J.Thompson Wi  
4 Butterworth CE

## JUNIOR 300

1 J.Dyer Wi 39.8  
2 Fearon Go 39.9  
3 A.Olson Sc 40.2  
4 Ferland Wi 40.8  
5 Williams Sc 42.3

## INTERMEDIATE 300

1 Spera Go 37.7  
2 Bibeau Wi 38.1  
3 Lanoie Go 43.9

## SENIOR 300

1 Locke Sc 35.9  
2 Dymond Wi 36.3  
3 Laura Wi 38.0  
4 Moulton Go 38.7  
5 Jackson CE 41.5

## JUNIOR 600

1 J.Johnson Sc 1:26.3  
2 Riseman Go 1:28.0  
3 Burns Go 1:28.1  
4 Doughty CE 1:29.9  
5 Kilfoil Sc 1:32.7

## INTERMEDIATE 600

1 Larose CE 1:24.6  
2 Bouchard Sc 1:27.6  
3 Weymeyer Go 1:33.2  
4 Flynn CE 1:37.7  
5 Tilton Wi 1:39.1

## SENIOR 600

1 Hobbs Sc 1:20.4  
2 J.Thompson Wi 1:28.0  
3 Bittner Go 1:34.6  
4 Butterworth CE 1:42.7

## 1000

1 Beliveau Sc 2:26.8  
2 Lunt CE 2:30.2  
3 Bates Sc 2:36.7  
4 A. Johnson Sc 2:50.2  
5 Miller CE 2:51.9

## INTERMEDIATE RELAY

1 Scarborough 1:45.5  
(Matthews, Bouchard, May, Brackett)  
2 Windham 1:58.7

## SENIOR RELAY

1 Scarborough 2:21.3  
(Wood, Locke, Webber, Ross)  
2 Gorham 2:21.9  
3 Windham 2:42.9

Thornton Academy 99  
Biddeford 60

## MILE

1 Cantara Bi 4:58.2  
2 Petit TA 4:58.6  
3 Nelson TA 4:59.1

## SHOT PUT

1 Bedell TA 41-11  
2 Dube Bi 41-10  
3 Petrin Bi 36-3

## HIGH JUMP

1 Boillard Bi 5-8  
2 Drapeau Bi 5-8  
3 Choi Bi 5-8

## JUNIOR 40

1 S.Fink TA 5.1  
2 D.Fink TA  
3 Johnson Bi

## INTERMEDIATE 40

1 Dodge TA 4.9  
2 Demers TA  
3 Fontaine TA

## SENIOR 40

1 Pribish TA 5.0  
2 Drapeau Bi  
3 Bonville TA

## JUNIOR HURDLES

1 Desmarais TA 6.5  
2 Kimball TA  
3 Labelle Bi

## INTERMEDIATE HURDLES

1 Beaupre Bi 6.5  
2 Olson TA  
3 Paquette TA

## SENIOR HURDLES

1 Choi Bi 6.0  
2 Ko Wentworth TA  
3 Ke Wentworth TA

## JUNIOR 300

1 Gaines TA 38.2  
2 Desmarais TA 38.2  
3 Camire Bi 39.7

## INTERMEDIATE 300

1 Contois Bi 38.0  
2 Hebert TA 39.8  
3 Roberts Bi 39.9

## SENIOR 300

1 Choi Bi 36.9  
2 Drapeau Bi 37.3  
3 Pribish TA 37.6

## JUNIOR 600

1 Gilbert TA 1:28.5  
2 Belair TA 1:30.2  
3 Moller TA 1:33.5

## INTERMEDIATE 600

1 Clingensmith TA 1:26.2  
2 Beaupre Bi 1:28.2  
3 Cote Bi 1:29.8

## SENIOR 600

1 DiGiacomo TA 1:27.5  
2 Clark Bi 1:28.8  
3 Sheehan TA 1:29.4

## 1000

1 Ko Wentworth TA 2:40.0  
2 Nelson TA 2:45.5  
3 Perkins TA 2:47.0

## JUNIOR RELAY

1 Thornton Academy 1:07.1  
(Gaines, D.Fink, S.Fink, Kimball)

## INTERMEDIATE RELAY

1 Biddeford 1:45.3  
(McAlevy, Contois, Cantara, Rousseau)

## SENIOR RELAY

1 Thornton Academy 2:28.6  
(Ryder, Boville, Ke Wentworth, DiGiacomo)



# SOUTHERN MAINE GIRLS INDOOR TRACK CONFERENCE

February 1, 1997  
Portland Exposition Building

Gorham 89  
Edward Little 86  
Bonny Eagle 74  
Catherine McAuley 46  
Cape Elizabeth 14

## JUNIOR SHOT PUT

1 Hill EL 25-3  
2 Spera Go 24-11 3/4  
3 Benoit McA 23-0 3/4  
4 Weeman EE 23-1 1/4  
5 Morton EE 20-4 3/4

## SENIOR SHOT PUT

1 N.Dore EL 28-1 3/4  
2 Black EE 25-3  
3 Dufresne EE 25-0  
4 Saucier EL 24-3 1/2  
5 S.Dore EL 22-8

## JUNIOR 300

1 Hill EL 42.4  
2 B.McCallum BE 44.7  
3 Drew EE 45.4  
4 Zuba Go 47.4  
5 Sullivan Go 47.5

## 1000

1 Austin EE 3:04.3  
2 Scott Go 3:12.0  
3 Moreau EL 3:16.9  
4 Conley McA 3:17.0  
5 Thornton EL 3:19.0

## MILE

1 Fowler CE 5:56.0  
2 Schulz Go 6:00.8  
3 Douglas Go 6:06.3  
4 Welch EE 6:07.4  
5 Ferrante McA 6:23.1

## HIGH JUMP

1 VanLoenen McA 5-4  
2 Deforte Go 4-8  
3 Houlihan Go 4-6  
4 S.McCallum BE 4-4  
5 Higley EE 4-4

## SENIOR 300

1 O'Sullivan EL 40.4  
2 Deforte Go 42.3  
3 Farwell McA 42.6  
4 Laperle EL 42.7  
5 Plummer Go 43.0

## JUNIOR 40

1 Hill EL 5.3  
2 Bergman CE 5.6  
3 Benoit McA 5.6  
4 Chadbourne Go 6.0  
5 Drew EE 6.0

## JUNIOR HURDLES

1 Houlihan Go 7.4  
2 Vincent EL 7.8  
3 Cloutier EE 8.3

4 Giroux Go 8.3

5 Nowak McA 8.3

## JUNIOR 600

1 S. McCallum BE 1:44.1  
2 Higley EE 1:44.2  
3 Chadbourne Go 1:46.4  
4 Philbrick Go 1:47.8  
5 Verrill EL 1:50.1

## SENIOR 40

1 O'Sullivan EL 5.3  
2 Deforte Go 5.5  
3 Farwell McA 5.5  
4 Plummer Go 5.7  
5 Laperle EL 5.9

## SENIOR HURDLES

1 VanLoenen McA 6.8  
2 Shorey Go 7.1  
3 Tron EE 7.3  
4 Saucier EL 7.8

## SENIOR 600

1 VanLoenen McA 1:38.0  
2 Pelletier EL 1:40.0  
3 Purington BE 1:40.3  
4 Moody Go 1:45.6

## JUNIOR RELAY

1 Bonny Eagle 2:01.7  
(S.McCallum,Drew,B.McCallum,Pfefferberger)  
2 Gorham 2:04.7  
3 Edward Little 2:05.3  
4 McAuley 2:07.8

## SENIOR RELAY

1 Edward Little 1:56.4  
(Laperle,Saucier,Pelletier,O'Sullivan)  
2 Gorham 1:57.0  
3 Bonny Eagle 2:00.1

Beth Austin Bonny Eagle  
Athlete of the Meet

South Portland 80  
Deering 75  
Portland 40  
Westbrook 36

## JUNIOR SHOT PUT

1 Edwards Po 29-0 1/4  
2 Atherton De 24-11 1/4  
3 Margolis-Pineo De 22-3 1/2  
4 Hoffman SP 22-2 3/4  
5 Velez Po 21-10 1/4

## SENIOR SHOT PUT

1 Fish We 31-9 3/4  
2 Ryder SP 29-10 3/4  
3 Grover De 27-7 3/4  
4 Scott De 25-6  
5 Guare SP 24-5 3/4

## JUNIOR 300

1 O'Brien De 42.2  
2 Hoffman SP 42.5  
3 Kinney Po 43.7  
4 Herrick De 45.0  
5 Gregoire De 45.4

## 1000

1 R.Ranger SP 2:56.9  
2 Adrian Po 2:57.6  
3 Iverson We 3:14.5  
4 Stead De 3:16.0  
5 Marcigliano We 3:16.8

## MILE

1 Fontaine De 5:55.3  
2 Black We 6:11.1  
3 Smith De 6:11.2  
4 Moore Po 6:13.4  
5 Watson De 6:27.3

## HIGH JUMP

1 Kinney Po 5-2  
2 Stanhope De 5-2  
3 Smith We 4-8  
4 Darling SP 4-6

## SENIOR 300

1 Dionne De 40.3  
2 Labarre SP 42.2  
3 Smith We 42.8  
4 Willis SP 43.8  
5 Doyon SP 44.3

## JUNIOR 40

1 Hoffman SP 5.5  
2 Murphy Po 5.9  
3 Beardsley SP 5.9  
4 Margolis-Pineo De 6.0  
5 Juneau-Vogel De 6.0

## JUNIOR HURDLES

1 Kinney Po 6.8  
2 Salamone SP 7.0  
3 Coolbrith SP 7.3  
4 Ames De 7.5  
5 Atherton De 7.9

## JUNIOR 600

1 Salamone SP 1:40.2  
2 Greene SP 1:44.2  
3 Coolbrith SP 1:48.0  
4 Weste De 1:48.1  
5 Pierpont We 1:51.3

## SENIOR 40

1 Dionne De 5.3  
2 Smith We 5.4  
3 Labarre SP 5.5  
4 Knights SP 5.9  
5 Pushcock Po 5.9

## SENIOR HURDLES

1 Willis SP 7.0  
2 Huff De 7.2  
3 Doyon SP 7.4  
4 Salls Po 7.7  
5 Gieringer Po 7.8

## SENIOR 600

1 Welch We 1:40.7  
2 Rabine De 1:41.2  
3 Knights SP 1:41.7  
4 Drouin We 1:46.0  
5 Wark We 1:53.6

## JUNIOR RELAY

1 Deering 2:02.6  
(Gregoire,O'Brien,Herrick,Margolis-Pineo)  
2 Portland 2:03.7  
3 South Portland 2:03.7

## SENIOR RELAY

1 South Portland 1:55.3  
(Willis,Doyon,Knight,Labarre)  
2 Deering 1:58.5  
3 Westbrook 2:00.9

Rachel Ranger  
South Portland  
Athlete of the Week

Thornton Academy 70.5  
Biddeford 58  
Scarborough 56.5  
Windham 36

## JUNIOR SHOT PUT

1 Partridge Sc 26-2 1/2  
2 Blanchard Wi 25-9 1/2  
3 R. Ross Sc 25-9 1/4  
4 Ly Bi 24-10  
5 Bercume Wi 22-8

## SENIOR SHOT PUT

1 Newcomb Wi 36-2 1/4  
2 Busby Bi 32-2 1/2  
3 Watson Bi 29-11 1/2  
4 Zenahlik TA 27-9 3/4  
5 B.Welsh Sc 27-8 1/2

## JUNIOR 300

1 Gallagher Wi 42.1  
2 Furbish TA 42.9  
3 Rioux Bi 43.0  
4 Nolan Sc 43.9  
5 Savage TA 45.7

## 1000

1 Foley TA 3:02.3  
2 Curlew Sc 3:02.9  
3 S.Brown TA 3:09.4  
4 Pike TA 3:20.3  
5 Cyr Bi 3:21.2

## MILE

1 Leclair TA 5:42.6  
2 McKinnon TA 5:43.2  
3 T.Ross Sc 5:53.6  
4 DiGiacomo TA 5:55.0  
5 Grant Sc 5:57.8

## HIGH JUMP

1 Neault Bi 5-0  
2 J.Welsh Sc 4-10  
3 Zaitlin TA 4-10

4 Foster TA 4-10

5 N.Brown TA 4-8

## SENIOR 300

1 Toye Sc 40.9  
2 Binette Bi 41.9  
3 Ciampinelli Sc 43.5  
4 B.Welsh Sc 43.7  
5 Tarpay Bi 43.7

## JUNIOR 40

1 Rioux Bi 5.5  
2 Partridge Sc 5.6  
3 Dymond Wi 5.6  
4 Hatch TA 5.6  
5 Stickles Bi 5.7

## JUNIOR HURDLES

1 Zaitlin TA 6.8  
2 Nolan Sc 7.3  
3 Ly Bi 7.4  
4 Germano Wi 7.5  
5 Kinsman TA 7.5

## JUNIOR 600

1 Zaitlin TA 1:40.6  
2 Germano Wi 1:42.9  
3 Kinsman TA 1:43.4  
4 Ly Bi 1:48.9  
5 Olson Wi 1:52.5

## SENIOR 40

1 Toye Sc 5.2  
2 Neault Bi 5.3  
3 Sutyak Sc 5.5  
4 Kirby TA 5.9  
5 Zenahlik TA 5.9

## SENIOR HURDLES

1 Binette Bi 6.5  
ties league record  
2 Foley TA 6.7  
3 Laderbush Wi 6.7  
4 Ciampinelli Sc 7.2  
5 Saucier TA 7.6

## SENIOR 600

1 Neault Bi 1:30.7  
2 Lynch Sc 1:38.9  
3 Kirby TA 1:40.4  
4 Sutyak Sc 1:41.5  
5 Conley TA 1:41.5

## JUNIOR RELAY

1 Scarborough 2:00.8  
(Nolan,Partridge,Hammond,Curlew)  
2 Thornton Academy 2:01.9  
3 Windham 2:03.4

## SENIOR RELAY

1 Biddeford 1:55.2  
(Neault,Jacques,Tarpy,Binette)  
2 Windham 2:06.9

Hannah Zaitlin  
Thornton Academy  
Athlete of the Week

Eastern Maine Indoor Track League All-Conference Team:

Boys first team: Craig Sidell of Orono (60 yd dash,300,high jump)

Joey Luchini of Ellsworth(600,1000,mile,2-mile)

Brian Goodness of Brewer (60yd hurdles)

Mike Rumney of Belfast(High Jump)

Mike Pare of Orono (High Jump,Pole Vault)

John Schwarze of Brewer (Long Jump)

Jeff McDaniel of MDI (Shot Put)

Clancy King of Ellsworth (Triple Jump)

Andy Duffy,Tom Dwyer,Jeff Conlon,Aaron Prill of Brewer (880 relay)

Boys Second team:

60: Aaron Clark (Hermon), Seth Burnes (Brewer)

60 Hurdles: Jeff Mateja (Orono), Mike Pare (Orono)

300: Brian Goodness (Brewer),Seth Burnes (Brewer)

600: Brian Goodness (Brewer), Aaron Webster(Mattanawcook)

1000: Chris Hoskins(Old Town),Danny Davis (Brewer)

Mile: Louie Luchini (Ellsworth),Chris Jovanelli (Brewer)

Long Jump: Clancy King (Ellsworth),Seth Burnes(Brewer)

Pole Vault: Jeff White (Hampden),Matt Pare(Orono)

Shot Put: Matt Collins(Brewer), Josh Roi(Bucksport)

Triple Jump: Jake Leyendecker (Ellsworth),Aaron Prill (Brewer)

880 Relay: Orono (Sidell,Mateja,Pare,Wright),Hermon(Hallett,Moor,Burgess,Clark)

PINE TREE RUNNING JOURNAL

Girls First Team:

60: Theresa Roy(Old Town)

60 Hurdles: Rachel Young (Brewer)

300: Carrie Murphy (Brewer)

600: Jen Puia (Brewer)

1000: Rachael Bodkin-Rubino (Brewer)

Mile Mary LeBrun (Mattanawcook)

2-mile: Mary LeBrun

High Jump: Sarah Keenan (Foxcroft)

Long Jump: Jen Puia (Brewer)

Shot Put: Kate Yerxa (Orono)

Triple Jump: Sarah Keenan (Foxcroft)

Pole Vault: Alissa Jones (MDI)

880 Relay: Brewer(Murphy,Corner,Weissman,Corbett)

Girls Second Team:60: Jen Corbett (Brewer),Beth Lancaster (Bangor)

60 Hurdles: Sarah Skiff (MDI), Carrie Murphy (Brewer)

300: Jen Puia (Brewer), Elizabeth Holmes (Old Town)

600: Elizabeth Holmes (Old Town), Bethany Folsom (Ellsworth)

1000: Abby Weissman (Brewer), Hollie Harnish (Bangor)

Mile: Rachael Bodkin-Rubino, Corrie Pietras(Mattanawcook)

2 Mile: Bodkin-Rubino, Pietras

High Jump: Sarah Parcak (Bangor), Allison Cherry (Ellsworth)



# EASTERN MAINE INDOOR TRACK LEAGUE

January 25, 1997

University of Maine, Orono

## BOYS SCORES

Brewer	150
Orono	85
Hampden	70
Ellsworth	49
MDI	19
Hermion	13
Belfast	10
Nokomis	NS

### 6 0

1 Josh Childers HA	6:7.1
2 Sidell Oro	6:7.5
3 Burnes Br	7:0.1
4 Schwarze Br	7:1.3
5 Frost HA	7:1.8
6 Salinas B	7:1.9

### 60 HURDLES

1 Jeff Mateja Oro	8:0.4
2 Goodness Br	8:0.5
3 Mi. Pare Oro	8:1.9
4 Ma.Pare Oro	8:5.3
5 Getchell Br	8:6.6
6 Duffey Br	8:7.7

### MILE

1 Louie Luchini Ell	4:43.91
2 Rubino Br	4:59.63
3 Barnes HA	5:03.39
4 Benn Br	5:04.70
5 Differ Ell	5:04.92
6 St.Cyr Ell	5:08.07

### 6 0 0

1 Joey Luchini Ell	1:17.92
2 Goodness Br	1:18.03
3 Prill Br	1:20.11
4 Martin Br	1:20.14

### 3 0 0

1 Craig Sidell Oro	33.44
2 Goodness Br	34.20
3 Childers HA	34.27
4 Burnes Br	34.29
5 Mateja Oro	34.77
6 Duffey Br	35.38

### 1 0 0 0

1 Danny Davis Br	2:25.81
2 Todd Atkins HA	2:27.85
3 Ringo Oro	2:27.98
4 J.Luchini Ell	2:28.42
5 L.Luchini Ell	2:28.84
6 Benjamin Ell	2:28.94

### TWO MILE

1 Chris Jovanelli Br	10:24.12
2 Davis Br	10:48.58
3 Rubino Br	10:50.37
4 Benn Br	11:00.48
5 Barnes HA	11:07.84
6 Hawes Hb	11:56.05

### LONG JUMP

1 Seth Burnes Br	19-5 1/2
2 King Ell	19-1 1/2
3 Stepp HA	19-1 1/2
4 Kris Donovan He	18-11
5 Schwarze Br	18-9 3/4
6 White HA	18-2 1/4

### TRIPLE JUMP

1 Clancy King Ell	41-4 1/2
2 Prill Br	40-9 3/4
3 Stepp HA	40-2
4 Donovan Hb	37-10 3/4
5 Schwarze Br	37-5 1/4
6 Keep Ell	37-4 3/4

### HIGH JUMP

1 Mike Rumney Be	6-0
2 Mi.Pare Oro	5-10
3 Conlon Br	5-8
4 More Br	5-4
5 Ma.Pare Oro	5-4
6 Wright Oro	5-4

## SHOT PUT

1 Jeff McDaniel MDI	47-3 1/4
2 Collins Br	44-9 1/4
3 C.Coffin Br	41-1 3/4
4 Sidell Oro	40-0 3/4
5 Moore Hb	39-7 1/2
6 D.Coffin Br	39-5 1/4

## POLE VAULT

1 Mike Pare Oro	12-6
2 Ma Pare Oro	12-0
3 White HA	12-0
4 Marden HA	10-6
5 Barnes HA	10-0
6 Boudreau MDI	9-6

## 880 RELAY

1 Hampden	1:39.16
(Childers,Thomas,Barnes,Preston)	
2 MDI	1:44.85
3 Orono	1:47.19

Bucksport	105
Bangor	79
Mattanawcook	60
Old Town	57
Foxcroft	57
George Stevens	31
John Bapst	10

### 6 0

1 Matt Soucie Ba	7.10
2 Chase GSA	7.11
3 Capehart Ba	7.18
4 Webster Ma	7.22
5 Haynes Ma	7.24
6 Morin OT	7.49

## 60 HURDLES

1 Adam Moore OT	8.53
2 Uffleman Bu	8.65
3 Boyington Ma	10.12
4 Trafton JB	11.11

### MILE

1 Tom Campbell FA	4:48.31
2 Hoskins OT	4:50.98
3 Jordan Ba	4:51.62
4 Virotta Ba	4:58.99
5 Byard JB	5:13.89
6 Valenoti Bu	5:15.85

### 6 0 0

1 Aaron Webster Ma	1:19.42
2 Falls OT	1:24.71
3 Belhadj FA	1:24.91
4 Richards Ma	1:34.08
5 Purcell Bu	1:50.60
6 Guethler Bu	1:57.57

### 3 0 0

1 Aaron Webster Ma	34.60
2 Uffleman Bu	35.32
3 Soucie Ba	35.67
4 Chase GSA	35.72
5 Moore OT	36.03
6 Leighton Ma	36.27

### 1 0 0 0

1 John Rogerson Ba	2:27.43
2 Pile Ba	2:28.53
3 Hoskins OT	2:29.61
4 Harriman GSA	2:31.35
5 Virotta Ba	2:31.70
6 Rolleston FA	2:31.86

## TWO MILE

1 Kris Rolleston FA	10:49.38
2 Jordan Ba	11:05.19
3 Basiel Ma	11:18.06
4 Jones GSA	11:21.48
5 Hermansen OT	11:25.55
6 Byard JB	11:40.68

## LONG JUMP

1 Everett Hutchinson Bu	17-4
2 Morin OT	17-1
3 Pelkey Bu	16-11 1/2

4 Leighton Ma	16-7 1/2
5 Haynes Ma	16-6
6 Marcinkus GSA	15-10
1/4	

## TRIPLE JUMP

1 Tom Campbell FA	38-1
2 Fisk FA	36-2 3/4
3 Martin Bu	35-6 1/4
4 Haynes Ma	34-9 3/4
5 Dufresne Ma	33-9 1/4
6 Hale JB	32-9

## HIGH JUMP

1 Keith Marcinkus GSA	5-6
2 Howard Bu	5-4
3 Moses Bu	5-2
4 Bulay OT	5-2
5 Leighton Ma	5-2
6 Hutchinson Bu	5-0

## SHOT PUT

1 Brian Johnson Bu	43-11
1/2	
2 Cevik FA	43-11
3 Roi Bu	42-10
3/4	
4 Marzoff Bu	38-6 3/4
5 Boyington Ma	38-2 1/2
6 Thai Ba	36-5 3/4

## POLE VAULT

1 Joe Orcutt Bu	9-0
2 Hucksins Ba	9-0
3 Moses Bu	8-6
4 O'Neill Bu	8-6
5 Shorette OT	8-0

## 880 RELAY

1 Bangor	1:41.31
(Soucie,Capehart,Rogerson,Jordan)	
2 Bucksport	1:41.84
3 Old Town	1:43.62
4 Foxcroft	1:44.14
5 John Bapst	1:52.82
6 Mattanawcook	1:53.38

## GIRLS SCORES

Brewer	178.5
Hampden	76
Ellsworth	58.5
MDI	52
Hermion	24
Orono	10
Nokomis	3
Belfast	NS

### 6 0

1 Jen Corbett Br	7.87
2 Garland Ell	7.93
3 Fraser HA	8.03
4 Skiff MDI	8.08
5 Comer Br	8.10
6 C.Congleton HA	8.15

## 60 HURDLES

1 Rachel Young Br	9.56
2 Skiff MDI	9.60
3 Wetmore Ell	9.72
4 Cherry Ell	9.80
5 Sevigny Br	9.86
6 Allen Br	9.94
6 Dede Ell	9.94

### MILE

1 Willow McVeigh HA	5:55.23
2 Hewes Br	5:58.93
3 McGuire Br	6:03.61
4 Goodspeed He	6:04.94
5 Kneeland Hb	6:07.85
6 Noble N	6:09.72

### 6 0 0

1 Beth Folsom Ell	1:33.75
2 Puia Br	1:33.76
3 Palmer MDI	1:34.95
4 Weissman Br	1:37.52
5 Allen Br	1:37.59
6 Brann HA	1:38.37

## 3 0 0

1 Jen Puia Br	39.83
2 Folsom Ell	40.87
3 Comer Br	41.05
4 McCabe HA	41.88
5 Fraser HA	42.39
6 Bothby Br	42.94

## 1 0 0 0

1 Rachael Bodkin-Rubino Br	2:52.77
2 McGuire Br	3:10.78
3 Hawkes Br	13:11.33
4 Weissman Br	3:14.21
5 White HA	3:15.72
6 Cianchette HA	3:24.57

## TWO MILE

1 Rachael Bodkin-Rubino Br	12:47.07
2 Hews Br	13:11.33
3 McVeigh HA	13:24.41
4 Bubur Br	13:32.16
5 Hawkes Br	13:38.72
6 White HA	14:03.12

## LONG JUMP

1 Becky Taylor He	15-5
2 Puia Br	15-4 1/2
3 Burrill HA	15-1 1/2
4 Suopohja HA	14-10 1/4
5 Umel Br	14-10
6 Young Br	14-9

## TRIPLE JUMP

1 Amanda Burrill HA	32-7 1/2
2 Cherry Ell	32-1 1/2
3 Young Br	32-1 1/4
4 Corbett Br	31-3
5 Dejong Ell	29-10
6 Peterson Br	29-4 3/4

## HIGH JUMP

1 Allison Cherry Ell	4-8
2 Sevigny Br	4-8
3 Bossie HA	4-8
4 Ingram HA	4-6
5 Dede Ell	4-6
6 Peterson Br	4-6

## SHOT PUT

1 Kate Yerxa Oro	36-10 1/2
2 Thomas Br	30-2
3 Johnson MDI	29-3 1/2
4 Dufour Br	26-3 1/2
5 Leighton Br	25-7 1/2
6 Pluard Br	25-6 3/4

## POLE VAULT

1 Meghan Palmer MDI	7-6
2 Swanberg MDI	7-6
3 Jones MDI	7-6
4 Cianchette HA	7-0
5 Burrill HA	7-0
6 M.McLaughlin Br	6-6

Bangor	107
Foxcroft	87
Old Town	85
Mattanawcook	56
Bucksport	51.5
George Stevens	8
John Bapst	5.5

### 6 0

1 Theresa Roy OT	7.77
2 Lancaster Ba	7.85
3 Todd FA	8.09
4 Parcak Ba	8.16
5 Lawsing GSA	8.29
6 Allen Bu	8.35
6 Walls JB	8.35

## 60 HURDLES

1 Beth Hovencamp FA	10.04
2 Tracewski OT	10.53
3 Dawson Ba	10.72
4 Carter Bu	11.07
5 Dyer FA	11.51

6 Taber JB	11.64
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## MILE

1 Mary LeBrun Ma	5:42.85
2 Markley Bu	5:53.01
3 Pietras Ma	5:55.91
4 Holbrook GSA	5:57.97
5 Harnish Ba	6:02.07
6 Hatch Ma	6:06.95

### 6 0 0

1 Emily Todd FA	1:29.60
2 Holmes OT	1:39.67
3 Crocker Ma	1:41.10
4 Lvin OT	1:45.31
5 Holbrook GSA	1:45.34
6 Herring FA	1:45.45

### 3 0 0

1 Elizabeth Holmes OT	40.55
2 Todd FA	40.92
3 Harnish Ba	41.58
4 Lancaster Ba	42.09
5 Walls JB	42.35
6 Dawson Ba	42.72

### 1 0 0 0

1 Shannon Markley Bu	3:05.93
2 Harnish Ba	3:08.28
3 Hatch Ma	3:08.80
4 Laliberte OT	3:10.06
5 Haynes Ma	3:12.38
6 Stevens OT	3:15.41

## TWO MILE

1 Mary LeBrun Ma	12:18.55
2 Pietras Ma	12:55.85
3 Gaige Ba	13:35.71
4 Bell Ma	13:42.55
5 Smith OT	13:47.82
6 Whittier Ma	13:59.85

## LONG JUMP

1 Sarah Keenan FA	16-7
2 Parcak Ba	15-11 3/4
3 Comeau Ba	15-8 1/2
4 Roy OT	14-10 1/2
5 Rudell Ba	14-10 1/2
6 Beaulieu bu	13-8

## TRIPLE JUMP

1 Sarah Keenan FA	34-10 1/4
2 Comeau Ba	33-0 3/4
3 Kates-Chinoy Ba	32-7
4 Tracewski OT	31-0 1/2
5 Hovencamp FA	30-8
6 Evans JB	30-4

## HIGH JUMP

1 Sarah Keenan FA	5-2
2 Parcak Ba	4-8
3 Kates-Chinoy Ba	4-6
4 Rudell Ba	4-2
5 Nye FA	4-2
6 Manos OT	3-8

## SHOT PUT

1 Jessica Small OT	29-7
2 Beaulieu BU	29-2 1/4
3 Dyer FA	26-3 1/2
4 Eliason FA	26-1 1/4
5 Hutton FA	25-9



# SOUTHWESTERN MAINE TRACK CONFERENCE MEETS

January 25, 1997

Portland Exposition Building

Cheverus 123.5  
Biddeford 56.5  
Bonny Eagle 54  
Windham 47

## MILE

1 Olson Wi 4:55.8  
2 Cantara Bi 4:59.7  
3 Somma Ch 5:35.5

## SHOT PUT

1 Mosley Ch 49-9 1/4  
2 Lamkin Wi 44-8  
3 Ouellette Ch 43-9 1/2  
4 Paul Bi 42-6 1/2  
5 Dube Bi 42-3

## HIGH JUMP

1 Salvaggio Ch 6-4  
2 Doehler EE 5-10  
3 Boillard Bi 5-8  
4 Peters Ch 5-8  
5 Warner Bi 5-8

## JUNIOR 40

1 Shirrell Ch 5.1  
2 Johnson Bi  
3 Dyer Wi  
4 Piacitelli Ch  
5 Ferland Wi

## INTERMEDIATE 40

1 Gorham EE 4.9  
2 Bourget EE  
3 Jolin Ch  
4 Rousseau Bi  
5 Cote Bi

## SENIOR 40

1 Hart Ch 4.9  
2 Dymond Wi  
3 Ouellette EE  
4 Lamkin Wi  
5 Drapeau Bi

## JUNIOR HURDLES

1 Labelle Bi 6.7  
2 Snyder Ch  
3 Lambert EE  
4 Hathorn Ch  
5 Clancy Bi

## INTERMEDIATE HURDLES

1 Fisher Wi 6.3  
2 Beaupre Bi  
3 Doehler EE  
4 Contois Bi  
5 Prue Ch

## SENIOR HURDLES

1 Choi Bi 6.1  
2 Veroneau Ch  
3 Belanger Bi  
4 Peschiera Ch  
5 J.Thompson Wi

## JUNIOR 300

1 Kimball Ch 38.8  
2 M.Tripp EE 39.4  
3 Folan Ch 39.4  
4 Camire Bi 40.0  
5 Snyder Ch 41.1

## INTERMEDIATE 300

1 Gorham EE 35.6  
2 Nappi Ch 36.1  
3 Contois Bi 37.5  
4 Jolin Ch 37.9  
5 Kozun EE 40.6

## SENIOR 300

1 Hughes Ch 36.4  
2 Laura Wi 38.7  
3 Lovett Ch 38.8  
4 Tole Ch 39.1

## JUNIOR 600

1 Harrison Ch 1:25.4  
2 Fenton Ch 1:26.4  
3 B.Flynn EE 1:30.5  
4 B.Tripp EE 1:31.6

5 Ryan Bi 1:35.5

## INTERMEDIATE 600

1 Lafreniere EE 1:21.8  
2 Connolly Ch 1:24.4  
3 Young Ch 1:25.3  
4 Beaupre Bi 1:27.9  
5 O'Connell Ch 1:29.6

## SENIOR 600

1 Toothaker Ch 1:18.1  
2 Dymond Wi 1:23.6  
3 Laviolet EE 1:26.2  
4 Peschiera Ch 1:27.9  
5 Clark Bi 1:29.7

## 1000

1 Baker Wi 2:35.2  
2 Milliken Ch 2:38.6  
3 Bowden Ch 2:41.3  
4 MacLaughlin Ch 2:42.0  
5 Riley Ch 2:43.8

## JUNIOR RELAY

1 Cheverus 1:09.1  
(Shirrell, Kimball, Tribuno, Folan)  
2 Biddeford 1:10.7  
3 Bonny Eagle 1:12.9

## INTERMEDIATE RELAY

1 Windham 1:51.1  
(Fisher, Olson, M. Woodside, Kelton)

## SENIOR RELAY

1 Cheverus 2:19.4  
(Hughes, Cieslak, Hart, Veroneau)  
2 Bonny Eagle 2:23.2  
3 Biddeford 2:23.3

South Portland 94  
Portland 54  
Gorham 48

## MILE

1 Mouradian Go 4:38.0  
2 Bannon SP 5:04.2  
3 Pyle SP 5:06.7  
4 Morrill SP 5:27.9

## SHOT PUT

1 Lawson SP 47-8  
2 McGowen SP 42-10  
3 Leconte SP 42-6 1/4  
4 Curran SP 40-2 1/2

## HIGH JUMP

1 Lamb SP 6-2  
2 Spera Go 5-10  
3 Thompson SP 5-8  
4 Carter Po 5-8

## JUNIOR 40

1 Mims SP 5.2  
2 C. Kheang Po  
3 Follansbee SP  
4 Riseman Go

## INTERMEDIATE 40

1 Dorazio Po 5.1  
2 Diamon SP  
3 Smith Po  
4 Carey SP

## SENIOR 40

1 B.Kheang Po 5.0  
2 Gillies Po  
3 Brown Go  
4 Fasulo Go

## JUNIOR HURDLES

1 Huynh Go 6.2  
2 Lamb SP  
3 Burns Go  
4 Corbett SP

## INTERMEDIATE HURDLES

1 Spera Go 5.9  
2 Weymeyer Go  
3 Sirois SP  
4 Bartlett SP

## SENIOR HURDLES

1 Thompson SP 6.0  
2 Lamontagne Po  
3 Thomes Po

4 Moulton Go

## JUNIOR 300

1 Mims SP 38.1  
2 C.Kheang Po 38.6  
3 Fearon Go 38.9  
4 Tubbs SP 39.7

## INTERMEDIATE 300

1 Dorazio Po 36.7  
2 Spera Go 37.4  
3 Falconer Po 37.7  
4 Piper SP 39.0

## SENIOR 300

1 Salamone SP 36.0  
2 Best SP 37.5  
3 Moulton Go 38.2  
4 Gignac Po 41.1

## JUNIOR 600

1 Riseman Go 1:25.0  
2 Burns Go 1:25.2  
3 Carlo Po 1:27.2  
4 Ly SP 1:27.5

## INTERMEDIATE 600

1 Perkins SP 1:28.2  
2 Diamon SP 1:28.5  
3 Carey SP 1:29.3  
4 Ho Po 1:30.8

## SENIOR 600

1 Mills SP 1:23.1  
2 Huynh Po 1:25.2  
3 Bittner Go 1:28.7  
4 Babine Po 1:33.4

## 1000

1 Littlejohn SP 2:36.9  
2 Follansbee SP 2:37.6  
3 Reagan Po 2:55.9

## JUNIOR RELAY

1 South Portland  
(Ly, Lamb, Tubbs, Main) 1:10.6

## INTERMEDIATE RELAY

1 Portland 1:45.7  
(Carter, Falconer, Smith, Ho)

## SENIOR RELAY

1 Portland 2:18.4  
(Gillies, B.Kheang, Thomes, Lamontagne)  
2 Gorham 2:25.3

Thornton Academy 86  
Scarborough 60  
Edward Little 53

## MILE

1 J.Johnson S 4:53.3  
2 Nelson TA 4:56.2  
3 Petit TA 4:57.5  
4 A.Johnson S 5:15.8

## SHOT PUT

1 Fecteau EL 45-10  
2 Farren S 45-2  
3 Bedell TA 41-7  
4 Williams EL 40-9 1/2

## HIGH JUMP

1 Ko. Wentworth TA 5-8  
2 Boyer EL 5-8  
3 Wiggin EL 5-6  
4 Pribish TA 5-6

## JUNIOR 40

1 Gaines TA 5.1  
2 Kimball TA  
3 S.Fink TA  
4 D.Olson S

## INTERMEDIATE 40

1 Dodge TA 4.9  
2 Demers TA  
3 Fontaine TA  
4 A.Brown EL

## SENIOR 40

1 Locke S 4.7  
2 Baril EL  
3 Veilleux EL  
4 Hunter EL

## JUNIOR HURDLES

1 Kilfoil S 6.5  
2 Desmarais TA  
3 J.Johnson S  
4 Wylie EL

## INTERMEDIATE HURDLES

1 Matthews S 6.3  
2 Scott EL  
3 Wiggin EL  
4 Olson TA

## SENIOR HURDLES

1 Webber S 6.0  
2 Boyer EL  
3 Ko. Wentworth TA  
4 Ke. Wentworth TA

## JUNIOR 300

1 Fletcher EL 36.9  
2 Kimball TA 38.2  
3 Desmarais TA 38.7  
4 D.Fink TA 39.6

## INTERMEDIATE 300

1 Meyer EL 38.2  
2 Bates S 38.9  
3 Scott EL 39.9  
4 Brackett S 40.2

## SENIOR 300

1 Ross S 35.7  
2 Boyer EL 38.3  
3 Ryder TA 39.1  
4 Reed EL 42.7

## JUNIOR 600

1 A.Olson S 1:26.8  
2 Gilbert TA 1:27.4  
3 Belair TA 1:30.2  
4 Kilfoil S 1:30.7

## INTERMEDIATE 600

1 Wiggin EL 1:25.2  
2 Clingensmith TA 1:26.0  
3 Bouchard S 1:26.9  
4 Barth TA 1:31.5

## SENIOR 600

1 Hobbs S 1:23.2  
2 Ko. Wentworth TA 1:24.5  
3 Ke. Wentworth TA 1:29.7  
4 Sheehan TA 1:30.0

## 1000

1 DiGiacomo TA 2:46.0  
2 J.Nelson TA 2:49.4  
3 Moller TA 2:50.2

## JUNIOR RELAY

1 Thornton 1:10.2  
(S.Fink, Gilbert, Petit, D.Fink)

## INTERMEDIATE RELAY

1 Thornton 1:44.7  
(Demers, Bowley, Dodge, Fontaine)

## SENIOR RELAY

1 Edward Little 2:21.5  
(Veilleux, Libby, Hunter, Baril)

## SHOT PUT

1 Quatrano De 41-5  
2 J.Rinaldi We 40-11  
3 DiPietro We 38-7 1/4  
4 Joyce CE 38-1 1/4

## HIGH JUMP

1 Dyer We 6-0  
2 C.Burton We 5-8  
3 Heatley We 5-8  
4 Doughty CE 5-4

## JUNIOR 40

1 Kim De 5.1

2 Heatley We  
3 Martin We  
4 Miller We

## INTERMEDIATE 40

1 MacMath De 4.9  
2 Harmon We  
3 Levier De  
4 Larose CE

## SENIOR 40

1 McGovern De 5.0  
2 Edwards CE  
3 Chim We  
4 Tsomides De

## JUNIOR HURDLES

1 Tryzelaar De 6.4  
2 A.Davis We  
3 Graney De  
4 Doughty CE

## INTERMEDIATE HURDLES

1 Heak De 6.4  
2 T.Burton We  
3 J.Davis We  
4 Littlefield We

## SENIOR HURDLES

1 Grumbine De 6.4  
2 Dyer We  
3 Matthew De  
4 Lutz We

## JUNIOR 300

1 Graney De 38.6  
2 Kim De 39.9  
3 Marston We 40.1  
4 Campbell De 42.6

## INTERMEDIATE 300

1 Getchell De 36.5  
2 N.Miller We 37.3  
3 Levier De 38.5  
4 T.Burton We 38.5

## SENIOR 300

1 Kress De 37.7  
2 Sullivan We 37.7  
3 Turner We 38.5  
4 Berman De 38.7

## JUNIOR 600

1 Caton De 1:27.7  
2 A.Davis We 1:29.1  
3 Doughty CE 1:30.5  
4 Crafts CE 1:32.1

## INTERMEDIATE 600

1 J.Grindle De 1:23.7  
2 Larose CE 1:24.5  
3 J.Davis We 1:29.9  
4 Simmons De 1:31.4

## SENIOR 600

1 C.Burton We 1:23.9  
2 Waters De 1:24.6  
3 Conley We 1:38.8

## 1000

1 Strout De 2:46.9  
2 Ricci We 2:48.4  
3 Miller CE 2:51.8  
4 Lutz We 3:04.8

## JUNIOR RELAY

1 Westbrook 1:08.8  
(Martin, S.Miller, Ouellette, Heatley)

## INTERMEDIATE RELAY

1 Deering 1:40.7  
(MacMath, Heak, Getchell, Grindle)

## SENIOR RELAY

1 Deering 2:21.2  
(McGovern, Grumbine, Berman, Kress)

## Chris Gorham

Bonny Eagle  
Athlete of the Week



# SOUTHERN MAINE GIRLS INDOOR TRACK CONFERENCE

January 25, 1997

Portland Exposition Building

Thornton Academy 92  
Westbrook 42  
Cape Elizabeth 23

## JUNIOR SHOT PUT

1 Braley TA 21-0  
2 Boudreau TA 20-11  
3 Miron We 17-5 1/4

## SENIOR SHOT PUT

1 Fish We 31-7  
2 Zenahlik TA 28-1 1/2  
3 Hayes We 24-6  
4 Carter TA 22-10

## JUNIOR 300

1 Furbish TA 43.4  
2 Zaitlin TA 43.5  
3 Bergman CE 45.0  
4 Culbert We 45.4

## 1000

1 Fowler CE 3:10.3  
2 S.Brown TA 3:10.6  
3 Durand TA 3:14.5  
4 Marcigliano We 3:15.0

## TWO MILE

1 Leclair TA 12:24.3  
2 Welch We 12:38.1  
3 DiGiacomo TA 13:22.8

## HIGH JUMP

1 N.Brown TA 5-0  
2 Zaitlin TA 4-10  
3 Smith We 4-10  
4 Savage TA 4-6  
4 Foster TA 4-6

## SENIOR 300

1 Smith We 43.1  
2 McKeen CE 43.5  
3 Conley TA 44.6  
4 Saucier TA 44.9

## JUNIOR 40

1 Bergman CE 5.7  
2 Hatch TA 5.7  
3 Furbish TA 6.0  
4 Hirshon CE 6.1

## JUNIOR HURDLES

1 Zaitlin TA 7.1  
2 Kinsman TA 7.3  
3 Savage TA 7.6  
4 Herbert We 7.8

## JUNIOR 600

1 Kinsman TA 1:41.9  
2 Hirshon CE 1:50.4  
3 Marr We 1:55.6  
4 Miron We 2:01.5

## SENIOR 40

1 Smith We 5.5  
2 McKeen CE 5.8  
3 Conley TA 5.9  
4 Reed CE 5.9

## SENIOR HURDLES

1 Foley TA 6.9  
2 Saucier TA 7.7  
3 Freeman TA 7.7  
4 Iverson We 8.8

## SENIOR 600

1 Foley TA 1:35.4  
2 Kirby TA 1:39.3

3 Drouin We 1:43.4  
4 Black We 1:49.3

## JUNIOR RELAY

1 Thornton Academy 2:02.6  
(Kinsman, Furbish, Zaitlin, Savage)  
2 Westbrook 2:09.3

## SENIOR RELAY

1 Westbrook 2:00.0  
(J. Murphy, Sparling, Welch, Smith)  
2 Thornton Academy 2:00.3

Emily Smith

Westbrook

Athlete of the Week

Meghan Foley

Thornton Academy

Athlete of the Week

Biddeford 68

South Portland 59

## JUNIOR SHOT PUT

1 Ly Bi 24-9 1/2  
2 Smith Bi 23-3 3/4  
3 Hatch Bi 23-3 1/2

## SENIOR SHOT PUT

1 Busby Bi 30-10  
2 Ryder SP 29-8 1/4  
3 Watson Bi 28-1 3/4

## JUNIOR 300

1 Hoffman SP 43.4  
2 Rioux Bi 43.5  
3 Beardsley SP 45.6

## 1000

1 R.Ranger SP 3:02.0  
2 Kahill SP 3:16.6  
3 Cyr Bi 3:22.8

## TWO MILE

1 Morin Bi 13:55.3  
2 Cotton SP 14:07.0  
3 Broad SP 16:04.5

## HIGH JUMP

1 Neault Bi 4-10  
2 Darling SP 4-8  
3 Salamone SP 4-4

## SENIOR 300

1 Binette Bi 41.4  
2 Labarre SP 43.1  
3 Tardy Bi 44.0

## JUNIOR 40

1 Rioux Bi 5.5  
2 Stickles Bi 5.7  
3 Hoffman SP 5.7

## JUNIOR HURDLES

1 Salamone SP 7.1  
2 Ly Bi 7.2  
3 Coolbrith SP 7.5

## JUNIOR 600

1 Salamone SP 1:39.5  
2 Greene SP 1:42.6  
3 Coolbrith SP 1:45.2

## SENIOR 40

1 Neault Bi 5.5  
2 Labarre SP 5.8  
3 Knights SP 5.8

## SENIOR HURDLES

1 Binette Bi 6.6  
2 Willis SP 7.1  
3 Tardy Bi 7.2

## SENIOR 600

1 Neault Bi 1:38.7  
2 Knights SP 1:40.6  
3 Ouellette Bi 1:57.0

## JUNIOR RELAY

1 South Portland 2:02.9  
(Beardsley, Greene, Hoffman, Salamone)  
2 Westbrook 2:09.3

## SENIOR RELAY

1 Biddeford 1:53.3  
(Jacques, Tardy, Binette, Neault)

Kyla Hoffman

South Portland

Athlete of the Week

Gorham 66

Windham 50

Portland 39

## JUNIOR SHOT PUT

1 Spera Go 27-10  
1/2  
2 Edwards Po 27-7 3/4  
3 Swetz Wi 25-4 3/4  
4 Blanchard Wi 24-7 3/4

## SENIOR SHOT PUT

1 Newcomb Wi 35-1 1/2  
2 Beattie Po 21-9 1/4  
3 Koharian Po 21-6 1/2  
4 Gieringer Po 20-9 3/4

## JUNIOR 300

1 Gallagher Wi 42.3  
2 Sullivan Go 43.4  
3 Kinney Po 43.4  
4 Dymond Wi 45.4

## 1000

1 Adrian Po 3:00.6  
2 Scott Go 3:08.0  
3 Moore Po 3:13.3  
4 Germano Wi 3:14.3

## TWO MILE

1 Schulz Go 13:41.8  
2 Douglas Go 14:01.2

## HIGH JUMP

1 Kinney Po 5-2  
2 DeForte Go 5-0  
3 Houlihan Go 4-6  
4 Ackroyd Wi 4-6

## SENIOR 300

1 Deforte Go 41.9  
2 Plummer Go 43.4  
3 Laderbush Wi 43.4  
4 Whidden Wi 43.9

## JUNIOR 40

1 Dymond Wi 5.5  
2 Murphy Po 5.6  
3 Gallagher Wi 5.6  
4 Bercume Wi 5.9

## JUNIOR HURDLES

1 Kinney Po 6.8  
2 Dellinger Go 7.2  
3 Houlihan Go 7.4

4 Germano Wi 7.6

## JUNIOR 600

1 Philbrick Go 1:47.3  
2 Chadbourne Go 1:47.5  
3 Swetz Wi 1:48.6  
4 Olson Wi 1:52.0

## SENIOR 40

1 Deforte Go 5.5  
2 Plummer Go 5.7  
3 Pushcock Po 5.7  
4 Meyers Po 5.9

## SENIOR HURDLES

1 Laderbush Wi 6.8  
2 Shorey Go 7.4  
3 Salls Po 7.8  
4 Pepin Wi 8.6

## SENIOR 600

1 Moody Go 1:44.5  
2 Rozzi Wi 1:50.1  
3 Pepin Wi 1:56.0

## JUNIOR RELAY

1 Windham 1:58.5  
(Dymond, Bercume, Ackroyd, Gallagher)  
2 Portland 2:04.0

## SENIOR RELAY

1 Gorham 1:57.9  
(Plummer, Moody, Shorey, Deforte)  
2 Windham 2:01.5

Brooke Deforte

Gorham

Athlete of the Week

Scarborough 83.5

Deering 71.5

Edward Little 44

McAuley 25

## JUNIOR SHOT PUT

1 Partridge S 27-5  
2 Hill EL 25-8 3/4  
3 R.Ross S 25-2  
4 Atherton De 25-0 1/2  
5 Matthew De 24-6 3/4

## SENIOR SHOT PUT

1 N.Dore EL 28-9 3/4  
2 Grover De 27-8  
3 B.Welsh S 25-3  
4 Scott De 25-0 3/4  
5 Farwell McA 24-6

## JUNIOR 300

1 Hill EL 42.9  
2 Nolan S 44.2  
3 Partridge S 44.8  
4 Herrick De 45.1  
5 Gregoire De 45.3

## 1000

1 Fontaine De 2:59.7  
2 Curlew S 3:01.2  
3 Thornton EL 3:13.1  
4 Stead De 3:15.2  
5 Conley McA 3:16.2

## TWO MILE

1 Grant S 12:35.8  
2 T.Ross S 12:45.1  
3 Smith De 13:11.0

4 Davis EL 13:58.6  
5 Watson De 14:31.3

## HIGH JUMP

1 VanLoenen McA 5-0  
2 Stanhope De 4-10  
3 J.Welsh S 4-10  
4 Theriault De 4-10  
5 Saucier EL 4-8

## SENIOR 300

1 O'Sullivan EL 39.5

league record

2 Toye S 40.6  
3 Dionne De 40.6  
4 VanLoenen McA 41.0  
5 Ciampinelli S 43.9

## JUNIOR 40

1 Hill EL 5.5  
2 Partridge S 5.7  
3 Benoit McA 5.7  
4 Hammond S 5.8  
5 Margolis-Pineo De 5.9

## JUNIOR HURDLES

1 O'Brien De 6.7  
2 Drake De 6.8  
3 Nolan S 7.1  
4 Ames De 7.2  
5 Vincent EL 7.8

## JUNIOR 600

1 Nowak McA 1:47.3  
2 Verrill EL 1:49.2  
3 Weste De 1:49.2  
4 Bailey EL 1:53.6  
5 Watson McA 1:54.6

## SENIOR 40

1 O'Sullivan EL 5.2  
2 Toye S 5.4  
3 Dionne De 5.4  
4 Farwell McA 5.7  
5 Googins S 5.9

## SENIOR HURDLES

1 Ciampinelli S 7.2  
2 Huff De 7.5  
3 Lowell De 7.5  
4 Sutyak S 7.6  
5 Saucier EL 7.6

## SENIOR 600

1 Sutyak S 1:39.4  
2 Lynch S 1:39.8  
3 Rabine De 1:40.0  
4 Pelletier EL 1:46.4  
5 Wynne De 1:54.4

## JUNIOR RELAY

1 Deering 1:58.6  
(O'Brien, Herrick, Gregoire, Drake)  
2 Scarborough 2:03.8  
3 McAuley 2:08.2

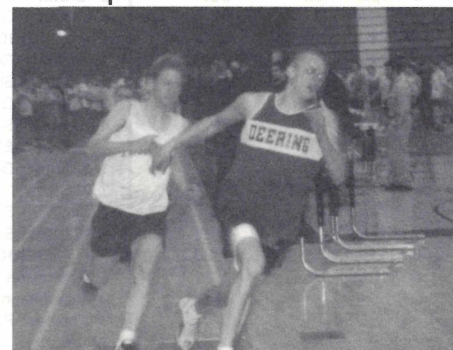
## SENIOR RELAY

1 Scarborough 1:53.3  
(B.Welsh, Sutyak, Ciampinelli, Toye)  
2 Edward Little 1:55.1  
3 Deering 1:55.8

Ellen O'Brien

Deering

Athlete of the Week





# EASTERN MAINE INDOOR TRACK LEAGUE

January 18, 1997

University of Maine, Orono

## BOYS SCORES

Brewer	156.5
Orono	90.5
Hampden	83.5
Old Town	25
Foxcroft	24.5
Hermon	14
Bangor	8

### 6 0

1 Josh Childers Ha	6.71
2 Sidell Or	6.77
3 Burnes Bre	7.04
4 Wright Or	7.12
5 Schwarze Bre	7.17
6 Frost Ha	7.19

### 60 HURDLES

1 Brian Goodness Bre	7.97
2 Mateja Or	8.22
3 Pare Or	8.29
4 Moore OT	8.51
5 Pare Or	8.61
6 Duffey Bre	8.94

### MILE

1 Chris Jovanelli Bre	4:47.42
2 Davis Bre	4:48.53
3 Campbell F	4:50.42
4 Jordan Ban	4:54.29
5 Virota Ban	5:01.52
6 Barnes Ha	5:06.19

### 6 0 0

1 Brian Goodness Bre	1:18.19
2 Martin Bre	1:18.33
3 Moor Her	1:21.47
4 Prill Bre	1:22.23
5 Ringo Or	1:22.25
6 Falls OT	1:26.30

### 3 0 0

1 Brian Goodness Bre	34.49
2 Burnes Bre	34.63
3 Mateja Or	35.25
4 Salinas Bre	35.60
5 Moore OT	35.95
6 Moor Her	36.27

### 1 0 0 0

1 Todd Atkins Ha	2:27.46
2 Hoskins OT	2:28.35
3 Moor Her	2:29.80
4 Rolleston F	2:31.09
5 Rubino Bre	2:34.08
6 Virota Ban	2:35.20

### TWO MILE

1 Todd Atkins Ha	10:29.48
2 Jovanelli Bre	10:31.63
3 Ringo Or	10:42.80
4 Rolleston F	10:49.99
5 Rubino Bre	10:50.80
6 Barnes Ha	10:54.56

### LONG JUMP

1 John Schwarze Bre	19-10 1/4
2 Stepp Ha	19-1 1/2
3 White Ha	18-11 1/4
4 Burnes Bre	18-2
5 Conlon Bre	18-1 1/4
6 Soucie Ban	17-9 3/4

### TRIPLE JUMP

1 Matt Stepp Ha	41-4 1/4
2 Prill Bre	40-8
3 Mateja Or	37-7 3/4
4 Wright Or	37-0 1/4
5 Campbell F	36-11 3/4
6 Crockett Or	36-9 1/2

### HIGH JUMP

1 Mike Pare Or	6-0
2 Conlon Bre	5-6
3 Buley OT	5-4
4 Childers Ha	5-4
5 Crockett Or	5-2
6 More Bre	5-2

## SHOT PUT

1 Matt Collins Bre	44-4 1/2
2 Sidell Or	41-3 1/2
3 Coffin Bre	40-10
4 Coffin Bre	40-8 3/4
5 Cevik F	39-8 1/4
6 Ellis Her	38-6 1/4

### POLE VAULT

1 Mike Pare Or	13-0
2 White Ha	12-0
3 Ma Pare Or	11-6
4 Marden Ha	11-6
5 Bartlett Ha	10-6
6 Barnes Ha	10-0
6 Nguyen F	10-0

### 880 RELAY

1 Brewer	1:40.68
(Dwyer, Duffey, Conlon, Prill)	
2 White Ha	1:42.45
3 Foxcroft	1:42.87
4 Old Town	1:43.57
5 Orono	1:48.60

Ellsworth	148.5
Bucksport	67
Mount Desert Island	63.3
George Stevens	56
Mattanawcook	35.3
Belfast	22.8
John Bapst	4
Nokomis	2

### 6 0

1 Bernie Hennessey Bre	7.08
2 Webster Ma	7.16
3 Chase GSA	7.19
4 Jordan E	7.23
5 Small E	7.27
6 Latham Bu	7.35

### 60 HURDLES

1 Gerard Uffleman Buc	8.59
2 Burns MDI	9.40
3 Keep E	10.24
4 Boyington Ma	10.39

### MILE

1 Joey Luchini Ell	4:29.95
2 L. Luchini Ell	4:34.66
3 Trenkle GSA	4:55.90
4 Hatch Buc	5:11.90
5 Differ E	5:12.65
6 Valenoti Buc	5:12.85

### 6 0 0

1 Aaron Webster Ma	1:20.36
2 Harriman GSA	1:21.81
3 Kilch GSA	1:22.58
4 Jordan E	1:23.74
5 Jones Nok	1:29.03
6 Tweedy MDI	1:32.00

### 3 0 0

1 Gerard Uffleman Buc	35.87
2 Burns MDI	36.15
3 Kilch GSA	36.20
4 Leighton Ma	36.29
5 Small E	36.92
6 Gifford MDI	37.15

### 1 0 0 0

1 Joey Luchini Ell	2:20.37
2 L. Luchini Ell	2:29.19
3 Benjamin E	2:37.50
4 Halteman JB	2:43.89
5 St. Cyr E	2:44.45
6 Maleck E	2:44.86

### TWO MILE

1 Joey Luchini Ell	10:12.47
2 L. Luchini Ell	10:13.23
3 Trenkle GSA	11:04.20
4 Jones GSA	11:22.41
5 Differ E	11:30.15
6 Basiel Ma	11:32.33

## LONG JUMP

1 Clancy King Ell	19-9 1/2
2 Leyendecker Ell	19-1
3 Gifford MDI	17-8
4 Pelkey Buc	17-3 1/2
5 Iverson MDI	17-1 1/4
6 Leighton Ma	16-9 3/4

### TRIPLE JUMP

1 Clancy King Ell	42-4 1/2
2 Leyendecker Ell	42-0 3/4
3 Keep E	38-1 3/4
4 Boudreau MDI	34-5
5 MacBeth E	34-1 3/4
6 Dufresne Ma	33-5 1/2

### HIGH JUMP

1 Mike Rumney Be	5-10
2 Marcinkus GSA	5-4
3 Howard Buc	5-2
4 Swanberg MDI	5-2
4 Maleck E	5-2
5 Iverson MDI	5-0
6 Leighton Ma	5-0
6 Bowden Be	5-0

### SHOT PUT

1 Jeff McDaniel MDI	44-9
2 Roi Buc	43-8 1/4
3 Johnson Buc	42-4 1/2
4 Boyington Ma	36-10
3/4	
5 Marzolf Buc	34-9 3/4
6 Stillwell MDI	33-6 1/2

### POLE VAULT

1 Jared Boudreau MDI	10-6
2 Jordan E	9-6
3 Orcutt Buc	8-6
4 Pelletier MDI	7-6
5 Frost E	7-6
6 Nash Buc	7-6

### 880 RELAY

1 Bucksport	1:42.56
(Valenoti, Pelkey, Martin, Hatch)	
2 Ellsworth	1:42.88
3 GSA	1:42.96
4 MDI	1:47.94
5 Mattanawcook	1:52.31

## GIRLS SCORES

Brewer	195
Old Town	65
Foxcroft	57
Hampden	44
Bangor	22
Orono	10
Hermon	7

### 6 0

1 Theresa Roy OT	7.77
2 Corbett Bre	7.87
3 Todd F	8.02
4 Fraser Ha	8.05
5 Lancaster Ban	8.12
6 Comer Bre	8.23

### 60 HURDLES

1 Young Bre	9.41
2 Murphy Bre	9.74
3 Dilts Ha	9.84
4 Hovencamp F	9.93
5 Pottle Ha	10.17
6 Tracewski OT	10.21

### MILE

1 Rachael Bodkin-Rubino	
Bre	5:37.41
2 Hews Bre	5:57.55
3 Bubar Bre	6:11.77
4 Smith OT	6:12.41
5 Goodspeed Her	6:15.93
6 Woodward Her	6:16.16

### 6 0 0

1 Jen Puia Bre	1:32.09
2 Holmes OT	1:33.23
3 Todd F	1:36.79
4 Weissman Bre	1:40.49

5 Conley Ha	1:43.91
6 Herring F	1:46.02

### 3 0 0

1 Elizabeth Holmes OT	40.09
2 Murphy Bre	40.33
3 Puia Bre	40.38
4 Todd F	40.50
5 Comer Bre	40.89
6 Kates-Chinoy Ban	42.00

### 1 0 0 0

1 Kate McGuire Bre	3:06.62
2 Laliberte OT	3:07.90
3 Haines Bre	3:08.47
4 Weissman Bre	3:10.00
5 Stevens OT	3:14.14
6 Ditzel F	3:16.40

### TWO MILE

1 Rachael Bodkin-Rubino	
Bre	12:54.83
2 Hews Bre	12:55.63
3 Bubar Bre	13:47.51
4 McGuire Bre	14:46.19

### LONG JUMP

1 Jen Puia Bre	16-9 1/2
2 Keenan F	16-2 1/4
3 Young Bre	15-8 1/4
4 Comeau Ban	15-5 1/4
5 Burrill Ha	15-5
6 Roy OT	14-11 1/4

### TRIPLE JUMP

1 Sarah Keenan F	35-4
2 Young Bre	33-4
3 Kates-Chinoy Ban	32-11 3/4
4 Burrill Ha	32-11 1/2
5 Corbett Bre	31-7 1/2
6 Roy OT	14-11 1/4

### HIGH JUMP

1 Sarah Keenan F	4-10
2 Kates-Chinoy Ban	4-8
3 Sevigny Bre	4-8
4 Peterson Bre	4-8
5 Mailman Bre	4-4
6 Ingram Ha	4-4

### SHOT PUT

1 Kate Yerxa Or	37-0 3/4
2 Thomas Bre	30-1 3/4
3 Small OT	28-4
4 Hutton F	27-1 3/4
5 Dufour Bre	26-0
6 Dyer F	24-2 1/2

### POLE VAULT

1 Amanda Burrill Ha	7-6
2 Ruggeri OT	6-6
3 Cianchette Ha	6-6
4 Ziemer Bre	6-6
5 Smith Bre	6-0
6 Umel Bre	6-0

### 880 RELAY

1 Brewer	1:54.31
(Murphy, Comer, Weissman, Corbett)	

Ellsworth	94
Mattanawcook	85
GSA	69
MDI	63
Bucksport	56
John Bapst	13
Belfast	13
Nokomis	3

### 6 0

1 Nicole Wooley Ma	8.16
2 Garland E	8.17
3 Allen Buc	8.45
4 Walls JB	8.46
5 Chase GSA	8.47
6 Michou JB	8.49

### 60 HURDLES

1 Sarah Skiff MDI	9.62
2 Wetmore E	9.75
3 Cherry E	9.85

4 Dede E	10.08
5 Carter Buc	11.03
6 Gendreau Ma	11.04

### MILE

1 Mary LeBrun Ma	5:49.41
2 Holbrook GSA	5:55.91
3 Markley Buc	5:59.82
4 Pietras Ma	6:01.03
5 Hatch Ma	6:01.45
6 Whittier Ma	6:09.93

### 6 0 0

1 Beth Folsom Ell	1:34.55
2 Palmer MDI	1:38.14
3 Crocker Ma	1:43.81
4 Russell Buc	1:52.90
5 Hunter E	1:54.82
6 Woodward Buc	2:01.49

### 3 0 0

1 Beth Folsom Ell	41.58
2 Skiff MDI	42.44
3 Clifton GSA	42.82
4 Walls JB	43.30
5 Garland E	44.01
6 Wooley Ma	44.18

### 1 0 0 0

1 Terin Holbrook GSA	3:05.29
2 Hatch Ma	3:05.52
3 Haynes Ma	3:18.84
4 Sheren JB	3:22.40
5 Manning GSA	3:25.08
6 Licata Buc	3:25.69

### TWO MILE

1 Mary LeBrun Ma	12:22.47
2 Markley Buc	12:54.76
3 Bell Ma	13:29.81
4 Whittier Ma	13:41.40

### LONG JUMP

1 Brooke Lawsing GSA	14-1
2 Clifton GSA	13-5 1/4
3 Beaulieu Buc	13-2 3/4
4 Wooley Ma	12-10 1/4
5 Chase GSA	12-10
6 Walls Buc	12-7 3/4

### TRIPLE JUMP

1 Allison Cherry Ell	31-1 1/4
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### HIGH JUMP

1 Allison Cherry Ell	4-10
2 Mills Be	4-6
3 Dede E	4-4
4 Vanderlin GSA	4-4
5 Swanberg MDI	4-4
6 Warren Be	4-2

### SHOT PUT

1	Trish Beaulieu Buc	28-4	
2	Johnson MDI	27-7	
3	Snow E	24-1	3/4
4	Bromley E	23-8	
5	Barnard Buc	23-7	
6	Oliver Nok	23-3	



# SOUTHERN MAINE INDOOR TRACK LEAGUE

January 18, 1997

Portland Exposition Building

Windham 69  
Westbrook 57.5  
McAuley 31.5

## JUNIOR SHOT PUT

1 Swetz Wi 24-3 1/2  
2 Blanchard Wi 24-0 1/2  
3 Cormier We 23-0 3/4  
4 J.Crisafi Wi 20-3 3/4

## SENIOR SHOT PUT

1 Newcomb Wi 34-3  
2 Fish We 32-10  
3 Hayes We 24-0 1/2  
4 Kiely Wi 23-0

## JUNIOR 300

1 Gallagher Wi 43.2  
2 Dymond Wi 45.5  
3 Culbert We 46.1  
4 N.Murphy We 46.7  
5 Benoit McA 46.7

## 1000

1 Marcigliano We 3:16.8  
2 Germano Wi 3:19.1  
3 Gaudet Wi 3:24.3  
4 Iverson We 3:25.0

## MILE

1 Welch We 6:02.6  
2 Conley McA 6:25.0  
3 DiBiase Wi 6:25.3  
4 Mirone We 6:48.2

## HIGH JUMP

1 VanLoenen McA 5-0  
2 Smith We 4-6  
3 Ackroyd Wi 4-6  
4 Mowatt Wi 4-4

## SENIOR 300

1 VanLoenen McA 41.0  
2 Smith We 42.2  
3 Farwell McA 43.3  
4 Laderbush Wi 43.4

## JUNIOR 40

1 Dymond Wi 5.5  
2 Gallagher Wi 5.6  
3 Roy McA 5.9  
4 N.Murphy We 6.0

## JUNIOR HURDLES

1 Germano Wi 7.4  
2 Benoit McA 7.8  
3 Herbert We 7.8  
4 Olson Wi 7.8

## JUNIOR 600

1 Swetz Wi 1:48.4  
2 Pierpont We 1:50.5  
3 McCormack Wi 1:53.7  
4 Olson Wi 1:54.7

## SENIOR 40

1 Smith We 5.5  
2 Farwell McA 5.7  
3 Bernier Wi 5.8  
4 Jacobe Wi 5.8

## SENIOR HURDLES

1 VanLoenen McA 6.7  
2 Laderbush Wi 6.8  
3 Iverson We 9.2

## SENIOR 600

1 Drouin We 1:45.1  
2 Black We 1:50.1  
3 Rozzi Wi 1:54.4  
4 Wark We 1:55.5

## JUNIOR RELAY

1 Windham 2:05.5  
(Dymond,McCormack,Blanchard,Gallagher)

2 Westbrook 2:08.7

## SENIOR RELAY

1 Westbrook 2:00.9  
(J.Murphy,Sparling,Welch,Smith)  
2 McAuley 2:01.6  
Delia VanLoenen McAuley  
Athlete of the Week

Scarborough 64.5  
South Portland 56.5  
Gorham 39

## JUNIOR SHOT PUT

1 Partridge Sc 27-3 3/4  
2 Spera Go 26-4 1/2  
3 Ross Sc 25-8  
4 Twitchell-Parke Go 23-11 1/4

## SENIOR SHOT PUT

1 Ryder SP 30-1  
2 Roy Sc 23-5 1/2  
3 B.Welsh Sc 23-4  
4 Guare SP 21-8 3/4

## JUNIOR 300

1 Hoffman SP 43.6  
2 Nolan Sc 43.9  
3 Karantza SP 47.3  
4 Zuba Go 47.5

## 1000

1 R.Ranger SP 3:01.3  
2 Curlew Sc 3:05.7  
3 Moody Go 3:16.3  
4 Scott Go 3:17.0

## MILE

1 T.Ross Sc 5:54.8  
2 Grant Sc 6:03.3  
3 Kahill SP 6:09.0  
4 Labarre SP 6:14.2

## HIGH JUMP

1 J.Welsh Sc 4-10  
2 Deforte Go 4-10  
3 Houlihan Go 4-4  
4 Laber Sc 4-4  
5 Darling SP 4-4

## SENIOR 300

1 Toye Sc 41.1  
2 Deforte Go 42.8  
3 Plummer Go 43.1  
4 Ciampinelli Sc 43.2

## JUNIOR 40

1 Partridge Sc 5.7  
2 Hoffman SP 5.7  
3 Sullivan Go 5.7  
4 Hammond Sc 5.8

## JUNIOR HURDLES

1 Salamone SP 7.1  
2 Nolan Sc 7.4  
3 Coolbrith SP 7.5  
4 Dellinger Go 7.6

## JUNIOR 600

1 Salamone SP 1:38.8  
2 Greene SP 1:47.0  
3 Philbrick Go 1:48.5  
4 Chadbourne Go 1:49.0

## SENIOR 40

1 Toye Sc 5.4  
2 Deforte Go 5.7  
3 Plummer Go 5.7  
4 Knights SP 5.8

## SENIOR HURDLES

1 Willis SP 7.1  
2 Shorey Go 7.2  
3 Ciampinelli Sc 7.4  
4 Sutyak Sc 7.6

## SENIOR 600

1 Knights SP 1:40.7  
2 Lynch Sc 1:41.4  
3 Sutyak Sc 1:41.4  
4 Brewster Go 1:45.7

## JUNIOR RELAY

1 Gorham 2:03.9  
(Chadbourne,Douglas,Dellinger,Sullivan)

2 South Portland 2:06.2

## SENIOR RELAY

1 Scarborough 1:57.0  
(B.Welsh,Ciampinelli,Sutyak,Toye)

2 South Portland 1:57.9  
Mara Partridge  
Scarborough  
Athlete Of the Week

Deering 78  
Biddeford 65  
Cape Elizabeth 13

## JUNIOR SHOT PUT

1 Atherton De 24-7 1/2  
2 Matthew De 23-1  
3 Margolis-Pineo De 22-5 3/4  
4 Hatch Bi 21-5

## SENIOR SHOT PUT

1 Busby Bi 32-4 1/2  
2 Grover De 28-7 3/4  
3 Ruel Bi 26-10  
3/4  
4 Watson Bi 26-7 1/2

## JUNIOR 300

1 O'Brien De 43.5  
2 Drake De 44.4  
3 Bergman CE 45.1  
4 Herrick De 45.2

## 1000

1 Stead De 3:19.0  
2 Ly Bi 3:21.8  
3 Lohmeyer De 3:22.9  
4 Mooers De 3:28.3

## MILE

1 Fontaine De 5:48.8  
2 Fowler CE 6:05.3  
3 Smith De 6:14.0  
4 Cyr Bi 6:19.8

## HIGH JUMP

1 Neault Bi 5-0  
2 Stanhope De 5-0  
3 Camire Bi 4-6  
4 Bourgault Bi 4-4

## SENIOR 300

1 Dionne De 40.3  
2 Neault Bi 40.7  
3 Reed CE 45.2  
4 Jacques Bi 46.0

## JUNIOR 40

1 Bergman CE 5.6

2 Rioux Bi 5.6  
3 Stickles Bi 5.7  
4 Juneau-Vogel De 5.9

## JUNIOR HURDLES

1 O'Brien De 6.8  
2 Drake De 7.0  
3 Ly Bi 7.2  
4 Ames De 7.6

## JUNIOR 600

1 Rioux Bi 1:41.8  
2 Weste De 1:49.1  
3 Kenyon Bi 1:57.9  
4 Roberts Bi 2:04.7

## SENIOR 40

1 Dionne De 5.4  
2 Neault Bi 5.6  
3 Tarpay Bi 5.8  
4 Reed CE 5.9

## SENIOR HURDLES

1 Binette Bi 6.6  
2 Huff De 7.6

## SENIOR 600

1 Binette Bi 1:40.0  
2 Rabine De 1:40.5  
3 Tarpay Bi 1:48.0  
4 Dealy Bi 1:53.9

## JUNIOR RELAY

1 Deering 2:04.8  
(O'Brien,Herrick,Juneau-Vogel,Margolis-Pineo)

## SENIOR RELAY

1 Deering 2:02.4  
(Dionne,Huff,Watson,Rabine)

2 Biddeford 2:06.7  
Nicole Binette  
Biddeford  
Athlete of the Week

Thornton Academy 75  
Bonny Eagle 59.5  
Edward Little 43.5  
Portland 41

## JUNIOR SHOT PUT

1 Edwards Po 27-10 1/2  
2 Hill EL 24-11 3/4  
3 Dodge TA 23-3 1/2  
4 Boudreau TA 21-9 1/4  
5 Ferrante Po 21-7 1/2

## SENIOR SHOT PUT

1 Black EE 28-1  
2 N.Dore EL 27-7 1/4  
3 Dufresne EE 25-8 1/4  
4 Carter TA 23-5 1/2  
5 Conley TA 22-5 1/2

## JUNIOR 300

1 Hill EL 42.7  
2 Kinney Po 44.5  
3 B.McCallum BE 44.6  
4 Pfeifferberger BE 45.4  
5 Myrick TA 46.9

## 1000

1 Adrian Po 3:01.9  
2 S.Brown TA 3:10.6  
3 Durand TA 3:16.8  
4 Moore Po 3:19.6  
5 Moreau EL 3:20.0

## MILE

1 Austin EE 5:44.8

2 Foley TA 5:44.9  
3 McKinnon TA 5:53.9  
4 Leclair TA 5:56.4  
5 Sinclair EE 5:56.8

## HIGH JUMP

1 Kinney Po 5-0  
2 Zaitlin TA 5-0  
3 N.Brown TA 4-10  
4 Savage TA 4-6  
5 S.Brown TA 4-4

## SENIOR 300

1 O'Sullivan EL 40.7  
2 Laperle EL 44.2  
3 King EE 44.2  
4 Tron EE 44.7  
5 Saucier TA 45.5

## JUNIOR 40

1 Hill EL 5.5  
2 Furbish TA 5.8  
3 Hatch TA 5.8  
4 B.McCallum BE 6.0  
5 Myrick TA 6.0

## JUNIOR HURDLES

1 Kinney Po 6.9  
2 Zaitlin TA 6.9  
3 Vincent EL 7.6  
4 Kinsman TA 7.7  
5 Savage TA 7.8

## JUNIOR 600

1 Zaitlin TA 1:41.2  
2 S.McCallum BE 1:42.5  
3 Kinsman TA 1:45.5  
4 Higley EE 1:45.8  
5 Furbish TA 1:48.6

## SENIOR 40

1 O'Sullivan EL 5.4  
2 Laperle EL 5.8  
3 King EE 5.9  
4 Pushcock Po 5.9  
5 Young EE 5.9

## SENIOR HURDLES

1 Tron EE 7.2  
2 Freeman TA 7.6  
3 Salls Po 7.8  
4 Gierenger Po 7.9  
5 Saucier TA 8.0

## SENIOR 600

1 Purington BE 1:41.4  
2 Pelletier EL 1:41.7  
3 Conley TA 1:45.5  
4 N.Brown TA 1:47.6

## JUNIOR RELAY

1 Bonny Eagle 2:04.4  
(S.McCallum,B.McCallum,Pfeifferberger,Drew)

2 Portland 2:06.8  
3 Edward Little 2:11.0

## SENIOR RELAY

1 Bonny Eagle 2:00.9  
(Tron,Young,Purington,King)

2 Thornton 2:02.4  
3 Edward Little 2:02.4

Ali Hill Edward Little  
Athlete Of the Week

# SOUTHWESTERN MAINE BOYS CONFERENCE

January 18, 1997

Portland Exposition Building

South Portland 101  
Scarborough 89  
Biddeford 55  
Westbrook 47

## TWO MILE

1 J.Johnson Sc NT  
2 Chayer We NT  
3 Bannon SP NT  
4 McKeough We NT  
5 A.Johnson Sc NT

## SHOT PUT

1 Lawson SP 46-1 1/2  
2 Paul Bi 44-3  
3 McGowen SP 43-9  
4 Farrin Sc 42-2 1/2  
5 LeConte SP 41-2

## HIGH JUMP

1 Thompson SP 6-0  
2 Lamb SP 5-10  
3 Heatley We 5-8  
4 Dyer We 5-8  
5 Hobbs Sc 5-8

## JUNIOR 40

1 Mims SP 5.2  
2 D.Olson Sc  
3 Davis Sc  
4 Johnson Bi  
5 Mao Bi

## INTERMEDIATE 40

1 McAlevy Bi 5.1  
2 Rousseau Bi  
3 Lefebvre We  
4 Diamon SP  
5 DiDonato We

## SENIOR 40

1 Locke Sc 4.7  
2 Salamone SP  
3 Ross Sc  
4 Best SP  
5 Lawson SP

## JUNIOR HURDLES

1 Miller We 6.4  
2 Harmon We  
3 Contois Bi  
4 Beaupre Bi  
5 Sirois SP

## INTERMEDIATE HURDLES

1 Sither Sc 6.4  
2 Lamb SP  
3 Kilfoil Sc  
4 McCutcheon SP  
5 Stickles Bi

## SENIOR HURDLES

1 Choi Bi 5.9  
2 Thompson SP  
3 Webber Sc  
4 Dyer We  
5 Belanger Bi

## JUNIOR 300

1 Mims SP 38.4  
2 Sither Sc 38.6  
3 Camire Bi 39.9  
4 Tubbs SP 40.2  
5 Waldstein Sc 41.3

## INTERMEDIATE 300

1 Beaupre Bi 38.3  
2 Piper SP 39.0  
3 Brackett SC 39.1  
4 Carey SP 39.7  
5 Bartlett SP 43.9

## SENIOR 300

1 Ross Sc 35.5  
2 Hobbs Sc 35.9  
3 Choi Bi 36.3  
4 C.Burton We 36.8  
5 Salamone SP 38.0

## JUNIOR 600

1 Follansbee SP 1:26.1  
2 A.Olson Sc 1:26.2  
3 Ly SP 1:29.5  
4 Ja.Coulston Sc 1:34.4

5 McCutcheon SP 1:36.2

## INTERMEDIATE 600

1 Bates Sc 1:27.8  
2 T.Burton We 1:29.5  
3 Contois Bi 1:29.5  
4 Perkins SP 1:29.6  
5 Diamon SP 1:31.7

## SENIOR 600

1 Beliveau Sc 1:20.6  
2 Mills SP 1:22.6  
3 Clark Bi 1:31.1  
4 Clark SP 1:36.8  
5 Ju. Coulston Sc 1:36.9

## 1000

1 Littlejohn SP 2:37.6  
2 Goodrich We 2:38.1  
3 Cantara Bi 2:42.5  
4 Bouchard Sc 2:43.2  
5 Morrill SP 2:44.0

## JUNIOR RELAY

1 Scarborough 1:09.0  
(Davis,Kilfoil,Googins,D.Olson)  
2 South Portland 1:09.9  
3 Biddeford 1:09.9

## INTERMEDIATE RELAY

1 Westbrook 1:45.5  
(DiDonato,Lefebvre,Harmon,Miller)  
2 South Portland 1:48.4  
3 Biddeford 1:51.4

## SENIOR RELAY

1 Scarborough 2:18.5  
(Locke,Webber,Beliveau,Hobbs)  
2 Westbrook 2:21.8  
3 South Portland 2:21.8

Thornton Academy 95

Deering 90

Windham 52

Portland 49

## TWO MILE

1 P. Nelson TA 10:37.4  
2 Olson Wi 10:37.4  
3 St Louis De 11:00.1  
4 B.Clingensmith TA 11:22.0  
5 Gilbert TA 11:31.9

## SHOT PUT

1 Lamkin Wi 45-2 1/2  
2 Quatrano De 40-10  
3 Bedell TA 40-1 1/4  
4 Gillies Po 39-0 1/4  
5 Mazziotti Po 35-5

## HIGH JUMP

1 Ko Wentworth TA 5-8  
2 Carter Po 5-8  
3 Reagan Po 5-6  
4 Pribish TA 5-6  
5 Ryder TA 5-4

## JUNIOR 40

1 Gaines TA 5.2  
2 Dyer Wi  
3 S.Fink TA  
4 D.Fink TA  
5 C.Kheang Po

## INTERMEDIATE 40

1 Dorazio Po 5.0  
2 Dodge TA  
3 Getchell De  
4 Falconer Po  
5 MacMath De

## SENIOR 40

1 Dymond Wi 4.9  
2 McGovern De  
3 Lamkin Wi  
4 B.Kheang Po  
5 Chim De

## JUNIOR HURDLES

1 Kimball TA 6.6  
2 Desmarais TA  
3 Graney De  
4 Campbell De  
5 Taylor Wi

## INTERMEDIATE HURDLES

1 Fisher Wi 6.2  
2 Heak De  
3 Olson TA  
4 Paquette TA  
5 Jerry Wi

## SENIOR HURDLES

1 Lamontagne Po 6.3  
2 Ko Wentworth TA  
3 Grumbine De  
4 Gignac Po  
5 Ke Wentworth TA

## JUNIOR 300

1 Kimball TA 38.3  
2 Graney De 38.3  
3 Gaines TA 40.0  
4 Kelley De 40.0  
5 C.Kheang Po 40.0

## INTERMEDIATE 300

1 Getchell De 37.1  
2 Heak De 37.5  
3 Bibeau Wi 37.8  
4 Luccarelli De 38.0  
5 MacMath De 38.3

## SENIOR 300

1 Dymond Wi 36.8  
2 Grumbine De 37.5  
3 McGovern De 37.8  
4 Loura Wi 38.2  
5 Ke Wentworth TA 39.8

## JUNIOR 600

1 Caton De 1:27.2  
2 Carlo Po 1:29.1  
3 Belair TA 1:30.3  
4 Moller TA 1:33.1  
5 Perkins TA 1:33.0

## INTERMEDIATE 600

1 J.Grindle De 1:24.4  
2 Angelo Po 1:27.3  
3 Baker De 1:28.8  
4 Ho Po 1:31.3  
5 Dunphe TA 1:33.1

## SENIOR 600

1 Kress De 1:24.8  
2 Ko Wentworth TA 1:25.6  
3 Waters De 1:27.4  
4 J.Thompson Wi 1:29.2  
5 DiGiacomo TA 1:30.8

## 1000

1 Baker Wi 2:36.2  
2 Petit TA 2:37.4  
3 Huynh Po 2:42.4  
4 Strout De 2:45.2  
5 J.Nelson TA 2:46.0

## JUNIOR RELAY

1 Thornton 1:09.6  
(Desmarais,S.Fink,Gilbert,D.Fink)  
2 Windham 1:11.4

## INTERMEDIATE RELAY

1 Deering 1:43.3  
(Levier,Luccarelli,Baker,J.Grindle)  
2 Thornton 1:44.9  
3 Windham 1:47.3

## SENIOR RELAY

1 Portland 2:24.1  
(B.Kheang,Lamontagne,Dawson,Gignac)  
2 Deering 2:24.5  
3 Thornton 2:37.2

Cheverus 112

Edward Little 62

Cape Elizabeth 22

## TWO MILE

1 Fenton Ch 10:46.3  
2 O'Connell Ch 11:31.3  
3 Koelker Ch 11:31.3

## SHOT PUT

1 Ouellette Ch 48-4  
2 Fecteau EL 46-6  
3 Mosley Ch 45-5 1/2  
4 Williams EL 42-6 1/2

## HIGH JUMP

1 Boyer EL 5-8  
2 Wiggin EL 5-6  
3 Peters Ch 5-4  
4 Doughty CE 5-2

## JUNIOR 40

1 Fletcher EL 5.2  
2 Kimball Ch  
3 Piacitelli Ch  
4 Gillespie Ch

## INTERMEDIATE 40

1 Nappi Ch 5.0  
2 Jolin Ch  
3 Larose CE  
4 Brown EL

## SENIOR 40

1 Hart Ch 5.0  
2 Veilleux EL  
3 Baril EL  
4 Capano Ch

## JUNIOR HURDLES

1 Doughty CE 6.9  
2 Kimball Ch  
3 Wylie EL

## INTERMEDIATE HURDLES

1 Scott EL 6.5  
2 Bradley EL  
3 Prue Ch

## SENIOR HURDLES

1 Veroneau Ch 6.2  
2 Boyer EL  
3 Peschiera Ch  
4 Butterworth CE

## JUNIOR 300

1 Harrison Ch 39.2  
2 Folan Ch 39.8  
3 Piacitelli Ch 40.4  
4 Tribuno Ch 41.9

## INTERMEDIATE 300

1 Nappi Ch 36.8  
2 Meyer EL 37.7  
3 Sarbanis Ch 38.3  
4 Pratt Ch 40.8

## SENIOR 300

1 Toothaker Ch 37.4  
2 Baril EL 40.1  
3 Libby EL 40.1

## JUNIOR 600

1 Fletcher EL 1:21.8  
2 Snyder Ch 1:31.2  
3 Doughty CE 1:31.3  
4 Crafts CE 1:33.5

## INTERMEDIATE 600

1 Larose CE 1:24.4  
2 Milliken Ch 1:25.4  
3 Connolly Ch 1:26.1  
4 Wiggin EL 1:28.8

## SENIOR 600

1 Hughes Ch 1:23.8  
2 Veroneau Ch 1:25.4  
3 Somma Ch 1:36.1  
4 Bearor EL 1:39.8

## 1000

1 Lunt CE 2:34.8  
2 MacLaughlin Ch 2:35.2  
3 Bowden Ch 2:42.0  
4 Young Ch 2:44.1

## JUNIOR RELAY

1 Cheverus 1:09.8  
(Shirrell,Tribuno,Kimball,Folan)  
2 Edward Little 1:18.7

## INTERMEDIATE RELAY

1 Edward Little 1:45.5  
(Brown,Heckethorn,Bradley,Meyer)  
2 Cheverus 1:45.6

## SENIOR RELAY

1 Cheverus 2:21.4  
(Capano,Hughes,Peschiera,Toothaker)  
2 Edward Little 2:22.3

Gorham 70

Bonny Eagle 77

## TWO MILE

1 Mouradian Go 10:12.0  
2 Flynn EE 11:10.0  
3 Paulin EE 11:21.0

## SHOT PUT

1 Button Go 37-1 1/2  
2 Moyes EE 35-9 1/4

## HIGH JUMP

1 Doehtler EE 5-10  
2 Spera Go 5-8  
3 Fasulo Go 5-2

## JUNIOR 40

1 Fearon Go 5.4  
2 M.Tripp EE  
3 Corliss EE

## INTERMEDIATE 40

1 Bourget EE 5.1  
2 Cunningham BE  
3 Clark EE

## SENIOR 40

1 Brown Go 5.0  
2 Ouellette EE  
3 Beaulieu EE

## JUNIOR HURDLES

1 Huynh Go 6.5  
2 Sotiropoulos Go

## INTERMEDIATE HURDLES

1 Spera Go 6.0  
2 Doehtler EE  
3 Lemieux EE

## SENIOR HURDLES

1 Moulton Go 6.7  
2 Bittner Go

## JUNIOR 300

1 Fearon Go 39.4  
2 M.Tripp EE 40.2  
3 Moore EE 42.5

## INTERMEDIATE 300

1 Gorham EE 37.5  
2 Bourget EE 38.4  
3 Kovats Go 41.3

## SENIOR 300

1 Laviolette EE 37.8  
2 Fasulo Go 38.7  
3 Brasier Go 43.2

## JUNIOR 600

1 Riseman Go 1:26.7  
2 B.Tripp EE 1:30.5  
3 M.Flynn EE 1:35.0

## INTERMEDIATE 600

1 Weymeyer Go 1:30.2  
2 Tomlinson BE 1:32.2  
3 Doehtler EE 1:33.1

## SENIOR 600

1 Bittner Go 1:29.9  
2 Scott EE 1:31.1  
3 Morin Go 1:38.4

## 1000

1 Lafreniere EE 2:32.3  
2 Burns Go 2:42.2  
3 Colvin EE 3:11.4

## JUNIOR RELAY

1 Bonny Eagle 1:11.5  
(Corliss,Lambert,Moore,B.Flynn)

## INTERMEDIATE RELAY

1 Bonny Eagle 1:46.6  
(Cunningham,Bird,Clark,Lemieux)

## SENIOR RELAY

1 Gorham 2:21.5  
(Mouradian,Brown,Moulton,Fasulo)



# JANUARY THAW 4.5 MILER

Belgrade

January 26, 1997

## January Thaw 4.5 Miler - Belgrade 1.26.97

1	Todd Coffin	35	Bath	23:31	Whirlaway	33	Paul Yates	46	Pemaquid	33:24	
2	Newell Lewey	38	Veasie	25:17	Sub 5	34	Don Harriman	50	Pittsfield	33:38	CMS
3	T.J. Hesler	28	Gorham	25:38	CMS	35	Bob Brosius	44	Winthrop	34:03	CMS
4	Guy Berthiaume	51	Augusta	25:40	CMS	36	David Benn	51	Waterville	34:05	CMS
5	Bruce Nicholson	35	Brunswick	25:42		37	Penny Duncan	45	New Sharon	34:06*	
6	Randy Hastings	42	Farmington	25:50	CMS	38	Fred Merriam	49	Bucksport	34:13	Sub 5
7	Ray Webster	22	Unity	26:23	Unity XC	39	Jim Moore	53	Waterville	34:19	CMS
8	Kevin Dow	38	Eddington	26:54	Sub 5	40	Beth Allen	38	Farmington	34:32*	ME Mtn Mamas
9	Veronica Haskell	29	Raymond	27:05*		41	Joan Merriam	48	Bucksport	34:34*	Sub 5
10	Steven Russell	41	Farmington	27:06		42	Mark Kibler	42	Thorndike	34:42	Unity XC
11	Robert Brainerd	34	Lewiston	27:23		43	Patrick Perry	30	Gouldsboro	35:08	
12	Will Lund	41	Falmouth	27:35	MTC	44	Ronald Zorn	61	Poland Spring	35:16	
13	Tom Murray	28	Freeport	28:25		45	Louisa Dunlap	56	Belfast	35:42*	CMS
14	Norman Deroche	38	Peru	28:28	CMS	46	Keith Curtis	67	Waterville	35:55	CMS
15	R C Arsenault	30	Newcastle	28:33		47	Kyle Hanson	10	Richmond	36:05	
16	Luc Roy	16	Oakland	29:13	CMS	48	Stacey Williams	39	Freeport	37:10*	MTC
17	Walter Trott	38	Richmond	29:20		49	Russ Bradley	73	Cape Elizabeth	37:33	MTC
18	Bob Payne	58	Raymond	29:27	MTC	50	Judi Richard	36	Jay	37:50*	
19	Tom McGuire	50	Oakland	29:34	CMS	51	Doug Allen	39	Farmington	38:04	
20	Ken Cotton	47	Bristol	30:04	CMS	52	Donnajean Pohlman	46	Albion	38:46*	CMS
21	Arvid Cullenberg	36	Farmington	30:16		53	Tom Severance	41	Gouldsboro	38:47	CMS
22	Kelley Cullenberg	35	Farmington	30:23*	ME Mtn Mamas	54	Rebecca Roy	20	Belgrade	39:04*	CMS
23	Tom Trytek	41	Lewiston	30:26		55	Rachel Riley	22	Surry	39:04*	
24	Jon Chapin	38	Oakland	30:30	CMS	56	Carlton Mendell	75	Portland	39:10	MTC
25	Eric Johnson	12	Topsham	30:40		57	Patty Beach	39	Poland	40:39*	
26	Spencer Trott	11	Richmond	31:01		58	Judith Cotton	47	Bristol	43:53*	CMS
27	Ed Rice	49	Brewer	31:24	Sub 5	59	Deborah Pepe	54		44:34*	CMS
28	Peter Bastow	60	Cumberland Ctr	31:33	MTC	60	Maggie Soule	55	Yarmouth	47:12*	MTC
29	Rob Boudewijn	50	Oakland	32:03		61	Shirley Fenlason	61	Oakland	53:18*	CMS
30	Jane Rau	47	Augusta	32:03*	CMS	62	Julius Marzul	70	Gorham	1:02:28	MTC
31	John Morse	51	Phippsburg	32:51		63	Mardie Brown	79	Palermo	1:06:03*	CMS
32	Jason Phinney	18	Waterville	32:55							

January Thaw 4.5 Miler - Belgrade, 1.26.97. One thing must surely be said about the folks in the Central Maine Striders, and that is that they certainly know how to have a good time. This years race had several other clubs involved, however, as many people were in Waterville for the CMS banquet the previous evening. A large group of hardy souls beared the cold, wind, and ice to get a few miles in with friends and recently-made acquaintances. Look for results from the 1991 race below and compare times. Results courtesy of Central Maine Striders and Everett Moulton.

## BLAST FROM THE PAST 1991 JANUARY THAW

Belgrade

January 20, 1991

1	Veronica Knight	23	26:41	1	Cliff Rodgers	32	24:48	21	Byron Cook	43	29:58	41	Bob Nicholson	49	35:10
2	Donna Hubert	23	28:12	2	Scott Ellis	28	25:29	22	Phillip Soule	49	30:26	42	Tom Lyons	30	36:29
3	Audrey Augustin	24	29:25	3	Paul Fagan	38	25:49	23	John LeRoy	53	30:39	43	Jerry St Amand	47	37:11
4	Laurie Nicholas	22	30:52	4	Jeff Mills Jr	16	25:52	24	Allen Hersom	32	30:41	44	Mike Levey	44	41:57
5	Jodie Grenier	24	32:19	5	Morgan Laidlaw	18	25:58	25	Jim Booth	45	30:44	45	Robert Connor	56	42:15
6	Cindy Ellingwood	31	34:45	6	Scott Burnett	24	26:45	26	Karl Brantner	36	30:53	46	William Tozier	63	42:20
7	Dena Flye	22	35:05	7	Frank Dudas	30	27:10	27	Stephen Bies	38	31:04	47	Rodney Belanger	30	46:09
8	Veronica Currier	24	36:47	8	Gary Larson	45	27:24	28	Clifford Hall	55	31:44				
9	D J Pohlman	40	37:11	9	David McIntyre	28	27:32	29	Clifton Smith	39	31:49				
10	Jennifer Grimes	15	38:06	10	R J Harper	44	27:33	30	Russ Bradley	67	31:56				
11	Joanne Raymond	23	39:31	11	Bill Devou	42	27:43	31	Carlton Mendell	69	32:54				
12	Jill Godfrey-Green	27	39:32	12	David Wheaton Sr	38	27:55	32	James Moore Jr	47	32:56				
13	Maureen Whalen	34	39:32	13	Carl Fogg	42	27:58	33	Matt Lane	13	33:49				
14	Shirley Fenlason	55	51:52	14	Doug Ludewig	51	28:00	34	Rick Lane	43	33:49				
15	Deborah Pepe	48	52:51	15	Steve Day	25	28:07	35	Alton Hyer	43	34:29				
16	Mardie Brown	73	53:34	16	Carl Reilly	25	29:03	36	Peter Brunette	38	34:49				
17	Rosemary Kard	32	55:47	17	Dale Rines	38	29:04	37	Ken Ellington	34	34:43				
				18	John Cullen	38	29:12	38	Jeff Mills Sr	44	34:59				
				19	Kevin Vickers	44	29:13	39	Paul Dall	49	35:10				
				20	Jim Sullivan	44	29:45	40	Ron Paquette	49	35:10				

Results Taken from Mainely Running -  
April 1991



1	Kristin Pierce	23	South Portland	1:01:41
2	Veronica Haskell	29	Raymond	1:02:43
3	Christine Reaser	31	Hollis Center	1:04:13
4	Katie Payson	31	West Bath	1:04:39
5	Gayla Underkoffler	35	Scarborough	1:06:12
6	Terry Sutton	35	Cumberland	1:06:47
7	Marjorie Graff	29	South Portland	1:06:50
8	Katrina Bisheimer	31	Bangor	1:07:43
9	Jody King	36	Buxton	1:07:59
10	Wanda Binette	30	South Portland	1:08:14
11	Alison Kisch	31	Falmouth	1:09:28
12	Linda Jowett	33	Atkinson NH	1:09:39
13	Linda Berry	32	Windham	1:10:11
14	Judy Milesen	29	Portland	1:10:20
15	Ann McGovern	32	Portland	1:10:27
16	Kate Jackson	21	Nashua NH	1:11:09
17	Ann Stairs	28	Cape Elizabeth	1:11:34
18	Ashley Werner-Colli	25	Cape Elizabeth	1:12:25
19	Celine Mainville	31	Cape Elizabeth	1:12:56
20	Nancy Clark	38	Sanford	1:13:02
21	Linda Hanson	49	Portland	1:13:09
22	Ellie Tucker	42	Belgrade Lakes	1:13:24
23	Nancy Kneeland	42	Kennebunk	1:13:38
24	Angela Edgecomb	29	Monticello	1:14:04
25	Tanya Horne	28	New Gloucester	1:14:15
26	Leigh Minor	26	North Yarmouth	1:14:52
27	Tracey Weatherbie	30	Cumberland Frside	1:15:06
28	Joan Lavin	49	Portland	1:15:28
29	Lisa Belisle	26	Yarmouth	1:15:54
30	Janet Parkinson	45	Portsmouth NH	1:16:17
31	Ashli Minor	25	Great Barrington MA	1:16:33
32	Sharon Wilbraham	32	Bath	1:16:42
33	Alyssa Proctor	28	Taunton MA	1:16:45
34	Michele Ohman	30	Gray	1:17:21
35	Kitty Kelley	50	Portland	1:17:23
36	Maryellen Fitzpatrick	35	Cumberland	1:17:26
37	Candace Karu	43	Cape Elizabeth	1:18:02
38	Maureen Sproul	40	New Gloucester	1:18:08
39	Vickie Bryant	39	Greene	1:18:20
40	Brooke Jansen	36	Skowhegan	1:18:21
41	Annette Hatch-Clein	34	Bangor	1:18:26
42	Julie Holmes	26	Portland	1:19:23
43	Barbara Fiore	32	Bethel	1:21:08
44	Louisa Dunlap	56	Belfast	1:21:22
45	Eileen Dunfey	40	Cape Elizabeth	1:21:23
46	Joan Merriam	48	Bucksport	1:21:36
47	Sophia Payson-Rand	28	South Portland	1:21:48
48	Jean Johnson	26	Northeast Harbor	1:22:25
49	Amy Philbrook	30	Isleford	1:22:25
50	Barbara Wolf-Minor	53	Great Barrington MA	1:22:46
51	Denise Robertson	35	Scarborough	1:23:07
52	Kelly Fernald	34	Cape Elizabeth	1:23:18
53	Beth Lawson	31	West Tremont	1:23:27
54	Donna Hodge	35	Cape Elizabeth	1:23:41
55	Kim Schroeter	40	Saco	1:23:44
56	Susan Kolakowski	39	Auburn	1:24:04
57	Ann Wasson	35	Falcon Heights MN	1:24:20
58	Lynn Williams	52	Cape Elizabeth	1:24:21
59	Stacey Rieth	28	Naples	1:24:31
60	Susan Ehnstrom	40	Dover NH	1:25:13
61	Jessica Stearns	16	Rockland	1:25:30
62	Pat Ballard	50	Manchester NH	1:25:49
63	Marilyn Gugliucci	42	Kennebunk	1:26:13
64	Maryjane Grant	43	Kennebunkport	1:26:14
65	Ellen Spring	44	Thomaston	1:26:57
66	Suzanne Umland	48	Yarmouth	1:27:01
67	Kate Everett	33	Kennebunk	1:27:57
68	Betsy Lane	45	Yarmouth	1:28:08
69	Sharalyn Mason	40	Bingham	1:28:25
70	Stacey Williams	39	Freeport	1:28:35

71	Loretta Wilber	38	Pittsfield	1:30:01
72	Christin Burnham	22	Kennebunk	1:30:07
73	Jessica Macomber	23	Edgecomb	1:30:34
74	Theresa Munch	22	Orono	1:30:56
75	Lee Bryant	38	South Berwick	1:31:37
76	Adrienne Turner	38	West Buxton	1:32:33
77	Ellen Della Torre	32	Portland	1:34:34
78	Polly Kenniston	60	Scarborough	1:34:42
79	Cheryl Gilbert	48	Bath	1:35:07
80	Beverly Doughty	45	Gray	1:36:19
81	Jeanne Bailey	32	Concord NH	1:36:51
82	Donna Trout	45	Bowdoinham	1:37:00
83	Linda O'Malley	45	South Portland	1:40:48
87	Marsha Greenburg	47	Peaks Island	1:42:01
85	Linda Metzger	53	Cape Elizabeth	1:42:53
86	Margaret Guthrie	46	Portland	1:45:19
87	Melanie Collins	31	Biddeford	1:46:03
88	Afton Kelly	13	Westbrook	1:46:09
89	Debra Straussfogel	40	Durham NH	1:47:28
90	Ann Karlsen	49	Falmouth	1:53:22

				AGE GRADED RESULTS	
1	Byrne Decker	29	52:00	52:00	
2	Judd Esty-Kendall	48	58:55	52:39	
3	George Towle	46	59:38	54:03	
4	Don Legere	34	56:25	55:10	
5	Bob Coughlin	58	1:07:20	55:13	
6	Kristin Pierce	23	1:01:41	55:34	
7	Kevin McDonald	46	1:01:42	55:55	
8	Guy Segars	36	57:59	56:02	
9	Veronica Haskell	29	1:02:43	56:30	
10	David Weatherbie	28	56:38	56:38	
11	Paul Fagan	44	1:01:42	56:41	
12	Barry Fifield	39	59:48	56:45	
13	Stu Hogan	34	58:08	56:50	
14	Craig Wilson	47	1:03:21	57:01	
15	John Mollica	44	1:02:16	57:12	
16	Christine Reaser	31	1:04:13	57:30	
17	Erich Reitenbach	46	1:03:28	57:31	
18	Linda Hanson	49	1:13:09	57:43	
19	Gayla Underkoffler	35	1:06:12	57:49	
20	Katie Payson	31	1:04:39	57:54	
21	Jim Toulouse	48	1:05:02	58:07	
22	Terry Sutton	35	1:06:47	58:20	
23	Jamie Boese	37	1:00:45	58:22	
24	Lawson Noyes	55	1:09:27	58:37	
25	Jody King	36	1:07:59	59:00	
26	Joan Lavin	49	1:15:28	59:33	
27	Bill Reilly	49	1:07:26	59:49	
28	Carlton Mendell	75	1:28:42	59:56	
29	Russ Bradley	73	1:26:38	1:00:03	
30	Louisa Dunlap	56	1:21:22	1:00:05	
31	Marjorie Graff	29	1:06:50	1:00:13	
32	Fred Zuleger III	58	1:13:42	1:00:26	
33	Paul Greene	25	1:00:27	1:00:27	
34	Kitty Kelley	50	1:17:23	1:00:31	
35	Katrina Bisheimer	31	1:07:43	1:00:39	
36	Steven Russell	41	1:04:58	1:00:52	
37	Michael Boucher	39	1:04:12	1:00:55	
38	Dick Graves	41	1:05:08	1:01:01	
39	Mark Ewert	38	1:03:56	1:01:02	
40	Ellie Tucker	42	1:13:24	1:01:06	
41	Nancy Kneeland	42	1:13:38	1:01:17	
42	Alburn Butler	43	1:06:18	1:01:19	
43	Terry Callazher	51	1:10:19	1:01:25	
44	Wanda Binette	30	1:08:14	1:01:28	
45	Gerard Conley	43	1:06:33	1:01:33	
46	Linda Jowett	33	1:09:39	1:01:36	
47	Bill Devou	48	1:09:14	1:01:52	
48	Janet Parkinson	45	1:16:17	1:02:06	
49	Alison Kisch	31	1:09:28	1:02:12	
50	Vern Demmons	50	1:10:42	1:02:14	



# MTC MIDWINTER CLASSIC 10 MILER

Cape Elizabeth

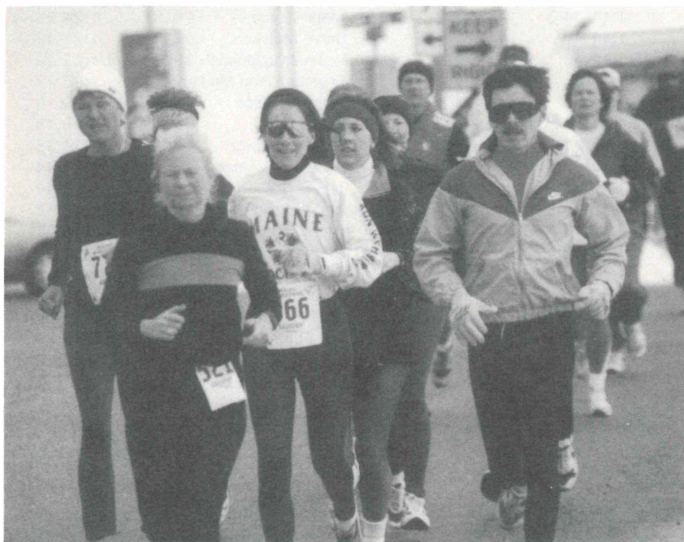
February 2, 1997

1	Byrne Decker	29	Yarmouth	52:00	68	Kevin Conley	27	Portland	1:13:07
2	Don Legere	34	South Portland	56:25	69	John Eriksson	46	Fitchburg MA	1:13:14
3	David Weatherbie	28	Cumberland Fside	56:38	70	Edward Mahoney	42	Deerfield NH	1:13:23
4	Guy Segars	36	Brunswick	57:59	71	Mike Kent	33	Granby	1:13:39
5	Stu Hogan	34	Old Orchard Beach	58:08	72	Fred Zulegar III		Coventry RI	1:13:42
6	Judd Esty-Kendall	48	Glenburn	58:55	73	Rlch Robinov	36	Cumberland	1:14:00
7	George Towle	46	Portland	59:38	74	Joe Ewings	27	Monticello	1:14:04
8	Barry Fifield	39	Gray	59:48	75	Les Berry	49	Gorham	1:14:09
9	Paul Greene	25	Portland	1:00:27	76	Luc Deshaies	33	Montreal CD	1:14:16
10	Jamie Boese	37	Durham NH	1:00:45	77	Stephen deCastro	26	Portland	1:14:18
11	Kevin McDonald	46	Lovell	1:01:42	78	Bob McCormack	45	Cape Elizabeth	1:14:23
12	Paul Fagan	44	Camden	1:01:42	79	Mark Bell	40	Saco	1:14:25
13	John Mollica	44	South Portland	1:02:16	80	Robert St Onge	31	Portland	1:14:27
14	John Gagnon	29	Lewiston	1:02:48	81	Phil Cousineau	44	Portland	1:14:40
15	John Cooper	26	Scarborough	1:03:02	82	Tom Shorty	34	Gorham	1:14:43
16	Craig Wilson	47	Kittery Point	1:03:21	83	Chip Kelley	35	Cape Elizabeth	1:14:45
17	Erich Reitenbach	46	Buxton	1:03:28	84	Tom Kirner	48	Cape Elizabeth	1:14:50
18	Mark Ewert	38	South Portland	1:03:56	85	Scott Hamilton	45	North Waterboro	1:14:57
19	Robert Fast	34	Cumberland	1:04:00	86	John Zawerucha	45	Swansea MA	1:15:05
20	Robert Jowett	34	Atkinson NH	1:04:08	87	Colin Robertson	34	Scarborough	1:15:08
21	Michael Boucher	39	Freeport	1:04:12	88	Andre Rivest	33	Baie D Urfe QC	1:15:17
22	Michael Pratico	30	Portland	1:04:22	89	Daniel Rooney	52	Alfred	1:15:25
23	Roland Thibault	28	Westbrook	1:04:50	90	Mark Stelmack	44	Gorham	1:15:36
24	Steven Russell	41	Farmington	1:04:58	91	Loren Lathrop	48	South Portland	1:15:42
25	Jim Toulouse	48	Cape Elizabeth	1:05:02	92	Chris Scontras	40	Cape Elizabeth	1:15:52
24	David Chamberlain	35	Falmouth	1:05:06	93	Neil Martin	54	Portland	1:15:57
27	T J Hesler	28	Gorham	1:05:07	94	Eugene Holm	43	Lewiston	1:16:03
28	Dick Graves	41	Portland	1:05:08	95	Dick Lajoie	56	Durham	1:16:10
29	Robert Prest	35	Appleton	1:06:17	96	Brian Moynihan	29	Yarmouth	1:16:12
30	Alburn Butler	43	Portland	1:06:18	97	Andy Fritz	30	Ipswich MA	1:16:20
31	Gerard Conley	43	Portland	1:06:33	98	Michael Cavanaugh	45	Portland	1:16:21
32	G. Daniel Deniso	36	Portland	1:06:51	99	Richard Keller	54	Newmarket NH	1:16:24
33	Todd Casey	35	Portland	1:06:52	100	Philip Pierce	55	Falmouth	1:16:34
34	Marcio Munch	30	Orono	1:06:54	101	Barry Keim	33	Dover NH	1:16:40
35	Jay Flaker	32	Portland	1:06:59	102	David Enberg	43	Casco	1:16:54
36	Chris Atlee	26	Portland	1:07:03	103	Tim Sickel	44	Bowdoin	1:16:57
37	Bob Coughlin	58	Cape Elizabeth	1:07:20	104	Malcolm Washburn	43	West Buxton	1:16:58
38	Bill Reilly	49	Brownfield	1:07:26	105	Melvyn Attfield	45	South Portland	1:17:04
39	David Howard	30	Portland	1:07:29	106	Don Bessey	51	Kennebunkport	1:17:24
40	R C Arsenault	30	Newcastle	1:07:32	107	Daniel Glynn	39	Rochester NH	1:17:29
41	Nelson Larkins	35	Freeport	1:07:36	108	Tom Harlow	50	Pownal	1:17:32
42	Jesse Affonso	40	Somerset MA	1:08:30	109	Mike Mosley	42	Portland	1:17:45
43	Scott Martel	28	Metheun MA	1:08:39	110	Donald Sanborn	51	Thomaston	1:17:53
44	Chuck Leach	27	Brunswick	1:08:52	111	Victor Tedford	40	Portland	1:17:54
45	Dennis Strausfogel	40	Durham NH	1:08:55	112	Ed Doughty JR.	48	Gray	1:18:00
46	Michael Gordon	34	Portland	1:09:00	113	Ted Foden	37	Cape Elizabeth	1:18:09
47	Bill Devou	48	South Portland	1:09:14	114	Alan Bailey	43	Woolwich	1:18:16
48	William Sproul	39	New Gloucester	1:09:18	115	John Morse	51	Phippsburg	1:18:18
49	Matthew Sturgis	28	New Gloucester	1:09:25	116	Jim Bright	47	Northeast Harbor	1:18:35
50	Lawson Noyes	55	Kennebunk	1:09:27	117	Clyde Coolidge	58	Rollinsford NH	1:18:37
51	Seth Harrow	26	Portland	1:09:29	118	Chet Matthews	50	Brunswick	1:18:38
52	Tom Amory	47	Camden	1:09:42	119	Reggie Sargent	51	Kennebunkport	1:18:44
53	Peter Dowling	45	Tiverton RI	1:09:52	120	William Cookson	36	South Portland	1:19:01
54	Patrick Gwinn	32	New Gloucester	1:10:05	121	L. Mark Kibler	42	Brooks	1:19:12
55	Dave Stuart	35	Standish	1:10:10	122	Larry Sutton	38	Auburn	1:19:33
56	Paul Aceto	30	Scarborough	1:10:12	123	Phil Ortolani	48	Cape Elizabeth	1:19:52
57	Terry Callazher	51	Arlington MA	1:10:19	124	Richard Fedion	63	North Conway NH	1:20:02
58	Don Fries	49	Kezar Falls	1:10:19	125	Robert Hecker	39	Scarborough	1:20:15
59	James Boisvert	40	Old Orchard Beach	1:10:33	126	David Benn	51	Waterville	1:20:23
60	Eric Boylestad	31	Cape Elizabeth	1:10:35	127	David Beneman	35	Scarborough	1:20:49
61	Vern Demmons	50	Warren	1:10:42	128	Andy Jowett	27	Hampstead NH	1:20:50
62	Ken Norton	44	Bath	1:11:04	129	Russ Hughes	37	Richmond	1:21:07
63	Ronald Paquette	45	Biddeford	1:11:33	130	Robert Bartlett	25	Portland	1:21:11
64	Britt Wolfe	31	Portland	1:11:47	131	Fred Merriam	49	Bucksport	1:21:14
65	Ron Cedrone	48	Falmouth	1:12:08	132	Michael Cowell	59	Yarmouth	1:21:17
36	Rex Holtan	44	Portland	1:12:21	133	James Williams	43	Cape Elizabeth	1:21:19
67	Frank Frain	49	Westport MA	1:12:37	134	Michael Dumais	45	Topsham	1:21:43

135	Davis Hart	50	Portland	1:22:17
136	Donald Foshay	37	South Portland	1:22:17
137	M F Harmon	46	Scarborough	1:22:30
138	Harry Coldreck	27	Edgecomb	1:22:33
139	Steven Philbrook	30	Islesford	1:22:34
140	Jeff Preble	43	Manchester	1:23:06
141	Michael McClellan	36	Raymond	1:23:12
142	Rodger Smith	51	Scarborough	1:23:13
143	Karl Geib	38	Raymond	1:23:22
144	Thomas Conley	45	Sanford	1:23:30
145	Terrence Connelly	45	Eliot	1:23:32
146	Earl Smith	41	Springvale	1:23:42
147	Bill Dowd	49	Portland	1:24:30
148	David Wasson	38	Falcon Heights	MN1:24:31
149	Michael Ianno	37	Falmouth	1:24:32
150	Allen Hersom	38	Edgecomb	1:24:32
151	Daniel Bergeron	38	Portland	1:24:58
152	Gary Johnson	50	Bowdoinham	1:25:14
153	Mark Nowak	48	Topsham	1:25:15
154	Steve Chase	38	Danvers MA	1:25:20
155	Ronald Zorn	51	Poland Spring	1:25:38
156	Robert Green	48	Gorham	1:25:41
157	Peter Havel	40	Williston VT	1:25:43
158	Ronald Pincence	35	Litchfield NH	1:25:49
159	Donald Zillman	52	Portland	1:25:54
160	Brian Wormwood	45	Cape Porpoise	1:26:10
161	Stephen Catir	39	Portland	1:26:11
162	Russ Bradley	73	Cape Elizabeth	1:26:38
163	Matt Fitzgerald	38	Gorham	1:26:42
164	Keith Holland	41	West Rockport	1:26:53
165	Michael Moran	41	Chalfont PA	1:26:55
166	Steve Collins	59	Bridgton	1:27:01
167	Phil Scavotto	37	Portland	1:27:02
168	Dick Gilmore	52	Danvers MA	1:27:08
169	Tom Weschler	47	Cape Elizabeth	1:27:21

170	Don Burnham	55	Kennebunk	1:27:55
171	George Johnston	63	Duxbury MA	1:28:00
172	Carlton Mendell	75	Portland	1:28:42
173	Joe McEachern	35	Portland	1:28:48
174	Steve Perry	46	Westbrook	1:28:52
175	Neil Chivington	49	Hollis Center	1:28:59
176	Mike Brooks	51	Danville	1:29:20
177	David Courtney	44	Portland	1:29:41
178	Tim Clough	41	Auburn	1:30:06
179	Steve Burns	26	Somerville MA	1:30:51
180	Michael Detscher	40	Freeport	1:31:19
181	Terry Clark	52	Windham	1:31:23
182	Oliver Keithly	32	South Portland	1:31:33
183	Rick Gagne	25	Biddeford	1:31:47
184	Bob Irzyk	28	Newton MA	1:32:52
185	George Conly	48	Cape Elizabeth	1:32:59
186	Bob McArtor	57	Freeport	1:33:02
187	Alvin Mack	46	Portland	1:33:03
188	Bill Davenney	52	Portland	1:33:07
189	Milt Dudley	45	Bath	1:33:40
190	Andrew Coffin	29	Auburn	1:33:55
191	Steve Robbins	36	Sanford	1:36:11
192	Steve Kenney	36	Portland	1:36:18
193	Stuart Kelly	12	Westbrook	1:41:05
194	Stephen Schuit	45	Peaks Island	1:42:01
195	Richard Gagne	48	Biddeford	1:42:33
196	Mike McGee	50	Portland	1:42:50
197	Dana Kelly	44	Westbrook	1:46:08
198	Kevin Loughlin	47	Boston MA	1:50:14
199	Gus Karlsen	59	Falmouth	1:53:22
200	John McCarthy	35	Danvers MA	1:56:18
201	Dana Hagen	45	Danvers MA	1:56:19
202	James Higgins	42	Portland	2:04:16
203	Julius Marzul	70	Gorham	2:14:41

Maine Track Club Midwinter 10 Miler - 2.2.97. There is no better way to test your fitness level after all of those lonely winter miles (???) than a 10 mile road race in February. For some it is a way of getting ready for spring marathons, and for others (your editor included) it is a wake-up call to start training more. If nothing else, it was a beautiful day to run, with temperatures in the high 40's and clear roads. Both Byrne Decker and Kristin Pierce continue to run long races well, winning here after winning the Maine Marathon in October. Look for the results of the 1991 Midwinter race on the next page. Results courtesy of Don Penta.



The Pack of runners at the Start



The fast siblings, Katie and Mike Payson



# BLAST FROM THE PAST

## MTC MIDWINTER CLASSIC

### 10 MILER

February 3, 1991

## WOMENS RESULTS

1	Veronica Knight	23	1:02:43
2	Mary Ann Doss	31	1:06:54
3	Christine Braceras	28	1:06:58
4	Donna Hubert	23	1:07:08
5	Ellen Bowden	38	1:07:29
6	Eileen Dunfey	34	1:09:22
7	Jody King	30	1:09:38
8	Mary Meehan	25	1:09:46
9	Ann-Marie Davee	34	1:10:28
10	Jeanne Hackett	32	1:10:58
11	Carol Weeks	41	1:11:50
12	Carol Pierce	44	1:12:58
13	Brigitte Edquid	42	1:13:28
14	Susan Daignault	29	1:13:32
15	Laurie Nicholas	22	1:13:42
16	Kathryn Tolford	36	1:14:31
17	Kerry Keenan	26	1:15:07
18	Elisabeth Harrod	22	1:15:39
19	Deb Merrill	34	1:15:56
20	Joan Tremberth	45	1:16:06
21	Jeanne Clemence	42	1:16:27
22	Nancy Lund	39	1:17:37
23	Cindy Buschman	33	1:18:13
24	Kris Campbell	21	1:18:20
25	Jean Thomas	55	1:18:38
26	Betty Barber	33	1:18:51
27	Lynn Patrick	28	1:19:06
28	Connie Pierett	28	1:19:43
29	Patti Tableman	32	1:20:20
30	Vicki Warman	28	1:20:32
31	Carol Cantin-Hooper	31	1:20:37
32	Nancy Kneeland	36	1:21:22
33	Cathy Gresenz	29	1:22:38
34	Joan Merriam	42	1:22:50
35	Diane Flanders	33	1:23:38
36	Patricia Titcomb	33	1:24:26
37	Karen Wood	42	1:24:43
38	Ann Tenpenny	30	1:25:03
39	Sandy Utterstrom	47	1:26:46
40	Susan Martin	33	1:28:20
41	Lori Johnson	32	1:30:41
42	Shirley Sirois	43	1:34:23
43	Karen Libby	33	1:35:35
44	Pamela Berman	26	1:35:36
45	Diane Houvat	24	1:36:32
46	Jeanne Richmond	32	1:37:26
47	Delores Billings	60	1:39:04
48	Robin Fagan	34	1:42:55
49	Beverly Strout	39	1:51:28
50	Jenny Kim	50	1:53:57

## MENS RESULTS

1	Chip Pierce	30	52:56
2	Tom Dann	33	53:13
3	Jeremy King	26	54:51
4	Steve Grygiel	33	57:39
5	Tom Thibreau	32	57:48
6	Scott Ellis	23	57:59
7	Michael Dubois	40	58:25
8	Roland Thibault	22	59:06
9	S P Keough	35	59:17
10	Guy Berthiaume	45	59:27
11	Gordon Scannell	38	59:32
12	Bill Bristol	34	59:45
13	Ken Flanders	39	1:00:20
14	Brian McCrea	31	1:00:32
15	Ron Pelletier	30	1:00:38
16	Steve Reed	43	1:00:46
17	Lawson Noyes	49	1:01:28

18	Jim Toulouse	42	1:01:47
19	Paul Fagan	38	1:01:49
20	James Bunnell	33	1:02:03
21	Joel Titcomb	32	1:02:34
22	Alan Quinlan	35	1:02:55
23	Steven Hightower	29	1:03:01
24	Tom Clemence	34	1:03:06
25	Joe Hayes	42	1:03:15
26	Bob Coughlin	52	1:03:17
27	John Fox	31	1:04:04
28	Shaun Keenan	28	1:04:26
29	John Brady	32	1:04:35
30	Michael Dinehart	34	1:04:40
31	Bill Devou	42	1:04:43
32	Scott Burnett	24	1:04:50
33	David Smith	20	1:05:07
34	David Wheaton Sr	38	1:05:23
35	Barry Sargent	45	1:05:30
36	Erich Reitenbach	40	1:05:37
37	Mark Boucher	32	1:05:45
38	Tom Allen	34	1:05:50
39	Don Wilson	43	1:05:54
40	Carl Fogg	42	1:05:56
41	Craig Wilson	41	1:05:58
42	Clyde Coolidge	52	1:06:35
43	Gary Larson	45	1:06:46
44	Ronald Paquette	39	1:06:51
45	Charles Nichols	41	1:06:54
46	Brian Milliken	37	1:06:55
47	Dick McFaul	46	1:06:58
48	Myles Lemieux	49	1:07:17
49	John Eriksson	40	1:08:02
50	Joe McGurn	42	1:08:23
51	Russ Connors	58	1:08:25
52	Lloyd LaFountain	28	1:08:42
53	Phil Pierce	49	1:08:56
54	Brian Gallagher	41	1:09:14
55	John Dehart	50	1:09:26
56	Scott Davis	40	1:09:50
57	Terry Clark	46	1:09:51
58	Yun Chong	30	1:10:11
59	Carlos Philbrick	38	1:10:24
60	David Butler	33	1:10:31
61	John Cullen	38	1:10:33
62	Gary Grady	41	1:10:44
63	Bob Bachorik	46	1:10:46
64	Fred Merriam	43	1:10:50
65	Michael Cowell	53	1:11:07
66	Ed Doughty JR	42	1:11:09
67	Karl Brantner	36	1:11:17
68	Robert Spurrier	42	1:11:21
69	Bob McCarthy	28	1:11:33
70	Kevin Gordon	36	1:11:34
71	Brad Davis	36	1:11:40
72	John Campbell	30	1:11:43
73	Ray Shevenell	50	1:11:49
74	Dale Rines	38	1:11:51
75	Richard Fontaine	38	1:11:57
76	Jim Booth	45	1:12:01
77	Scott Brown	46	1:12:02
78	Peter Cheney	46	1:12:05
79	James Faust	27	1:12:06
80	Patrick Sullivan	37	1:12:15
81	Rick Fecowicz	35	1:12:16
82	Ted Kirchner	43	1:12:31
83	Don Bessey	45	1:12:36
84	Loren Lathrop	42	1:12:44
85	Jim Green	31	1:12:46
86	Jim Bright	41	1:12:49
87	Walter Weber	60	1:13:18

88	Steven Jacobsen	41	1:13:34
89	Craig Komulainen	28	1:13:51
90	Clyde Parker	38	1:13:57
91	Donald Rameau	33	1:14:13
92	Michael Kelley	35	1:14:35
93	Tim Corcoran	26	1:14:35
94	Rick Strout	52	1:15:11
95	William Davenney	46	1:15:11
96	Roy Dunfey	37	1:15:15
97	M F Harmon	40	1:15:27
98	Richard Cavanaugh	57	1:15:33
99	Robert Green	42	1:15:36
100	Russ Bradley	67	1:15:46
101	Carlton Mendell	69	1:15:57
102	Don Zillman	46	1:16:01
103	Philip Ortolani	42	1:16:10
104	David Troussell	47	1:16:33
105	Richard Scribner	39	1:16:47
106	David Hutchinson	51	1:16:51
107	Frank Morong	57	1:17:05
108	Randy Moore	36	1:17:14
109	Jeffrey Smith	34	1:17:15
110	Paul McDonough	39	1:17:19
111	David Benn	45	1:17:25
112	Jeff Lang	31	1:17:25
113	Rocco Corsetti	43	1:17:26
114	Steve Floyd	37	1:17:30
115	Bruce Smith	44	1:17:40
116	James Legere	58	1:18:35
117	Gerard Salvo	36	1:18:41
118	Andy Abello	46	1:18:46
119	Jim Lungren	29	1:18:47
120	Orlando Delogu	53	1:19:00
121	Ken Sirois	43	1:19:18
122	Charles Baker	37	1:19:25
123	George Cooper	35	1:19:50
124	Bill Gayton	50	1:19:52
125	Tom Atchison	42	1:20:13
126	Tom Caron	41	1:20:29
127	Douglas Cranshaw	43	1:21:08
128	Rick Meinking	29	1:21:13
129	Rodney Redstone	37	1:21:35
130	Ed St John	51	1:21:45
131	Wally Fortier	63	1:21:48
132	Dan Bergeron	32	1:22:16
133	Dennis Smith	40	1:22:32
134	Henry Roper	44	1:22:34
135	Peter Horton	50	1:22:37
136	Karl Geib	32	1:22:41
137	J P Lavoie	35	1:23:14
138	Michael Giglia	31	1:23:38
139	Fred Conti	40	1:23:57
140	Mark Doucette	29	1:24:25
141	Steve Metsker	32	1:24:42
142	Michael Cavanaugh	39	1:25:12
143	Thomas Liema-Marker	24	1:25:22
144	Warren Wilson	57	1:26:10
145	Daniel Sobel	43	1:26:18
146	S J Naumowicz	38	1:26:35
147	Jerry Saint Amand	47	1:26:44
148	Paul Dall	49	1:26:44
149	Jim Jackson	34	1:28:16
150	Stoddard Chaplin	51	1:28:34
151	John Gleason	47	1:31:27
152	Robert Wyman	53	1:31:28
153	Harry Giddings	57	1:33:02
154	John Horeat	26	1:40:57
155	Bill Stuart	32	1:42:07
156	John Kim	54	1:53:59

Results Taken from Mainely Running - April 1991

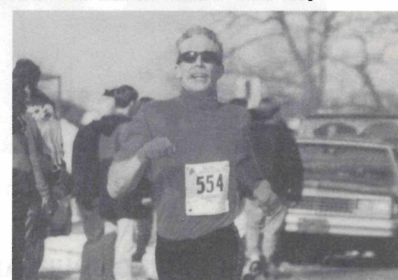
Jim Toulouse



Erich Reitenbach



Patrick Gwinn





# 1997 HANGOVER CLASSIC 10K & 5K

Salisbury, MA

January 1, 1997

Results courtesy Winners Circle Running Club and Don Penta

## 10K MAINE FINISHERS

2	Bob Winn	38	Wells	32:06
12	Jeff Tidd	31	Saco	36:19
19	Joel Croteau	52	Biddeford	37:42
26	Jerry Mullin	41	Cape Porpoise	38:18
32	Erich Reitenbach	46	Buxton	38:45
37	Randy Bartlett	41	Eliot	39:08
66	Ted Hutch	32	Wells	41:01
88	Ann McGovern	32	Gorham	42:13
89	James Boisvert	40	Old Orchard	42:14
95	Ed Doughty Jr.	48	Gray	42:36
105	Lee Dickey	43		43:22
117	Nancy Kneeland	42	Kennebunk	44:09
127	Steve Jacobsen	47	Kennebunk	44:27
138	Kitty Kelley	49	Portland	45:29
151	Joan Lavin	49		46:00
154	Reggie Sargent	51	Kennebunkport	46:04
164	Don Bessey	51	Kennebunkport	46:49

173	Malcolm Washburn Jr.	43	West Buxton	47:12
205	Brian McGrath	36		48:26
225	Sarah Marble	29		49:25
275	Carlton Mendell	75	Portland	53:21
294	Beverly Doughty	45	Gray	56:44

## 5K MAINE FINISHERS

6	Mark Batchelder	38		17:11
30	John Soares	29	York Beach	20:49
31	Gabe Rivards	16	York	21:07
42	Benjamin Woods	17	York	21:33
76	Michelle Wheeler	27	Kennebunk	24:21
80	Donna Woods	45	York	25:00
124	Terry McGovern	56		27:00
156	Marge Parsons	45	Cumberland	29:01
189	Julius Marzul	70	Gorham	41:50

While most people are still sleeping in on New Years Day, quite a few hardy souls are getting their exercise in by running in this race, just south of the border. I've been told that it is a great race, with lots of competition for those who are looking for a race in midwinter. Results courtesy of Winners Circle Running Club and Don Penta.

# Maine Sport Outfitters

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**BROOKS**

Open Every Day!

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...run to the front

SUMMER/WINTER RUNNING GEAR  
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MENTION THIS AD AND GET 10% OFF YOUR NEXT PAIR OF RUNNING SHOES

Start Training Now!

The Camden 10K  
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June 1, 1997  
June 8, 1997  
August 31, 1997

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# *2nd Annual Summer Fun Run Series*

1/2-Mile

1-Mile

5K (3.1 Miles) Cross Country

**RACE DATES:** Wednesday, July 9, 16, 23, 30,  
& August 6, 1997

**RACE TIME:** 6:30 p.m. (1/2 mile & Mile) 6:45 p.m. (5K)

**PRE-REGISTRATION:** Mail registration form to:  
*5K Sports*, 190 US. Route #1, Falmouth, Me. 04105

**RACE DAY REGISTRATION:**  
6:15/6:30- Falmouth High School Track  
52 Woodville Road

**RACE INFO:** 781-3134/854-5168  
In Case of inclement weather call 781-5887

**COST:** **FREE**

**AWARDS:** Trophies and ribbons can be presented  
upon request for a minimum cost.

**SPONSORED BY:** *Roland Thibault, Pine Tree Running Journal  
and 5K Sports*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/ or humidity, traffic and conditions of the road, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release 5K Sports, Roland Thibault, Maine Track Club and Town of Falmouth and all sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents if under 18 \_\_\_\_\_  
racer#1 \_\_\_\_\_

Third Annual

# 5K Pet Run / Walk

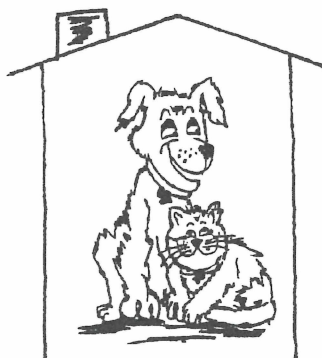
To Benefit:

## The Animal Orphanage

(A Shelter for Stray Animals)

Airport Road

Old Town, ME 04468



- ♦ **Sunday, April 27, 1997 10:30 AM**
- ♦ **Start & Finish at the**  
**Old Town - Orono YMCA**
- ♦ **I-95, Exit 51, 2 miles east on right**
- ♦ **Registration starts 9:00 AM**
- ♦ **Certified Course (New for 97)**

- T-Shirts to first 50 paid full fee entrants, sponsored by Governor's Restaurant.
- Pets welcome, but optional; (must be on a leash) and will start at back of runners, unless racing.
- Prizes for top 3 in each age group, as well as overall. Special awards and categories for pets.

### Categories

0 - 12	30 - 39	Male
13 - 15	40 - 49	Female
16 - 19	50 - 59	Race Walker M & F
20 - 29	60+	(New Certified Course Records will be established this year)

**PLEASE CLIP AND MAIL TO RACE DIRECTOR: Roberta Fowler, 7 Seventh Street, Old Town, ME 04468 (207-827-2658). \$8 fee for runners. If walking for family fun, to help raise money for The Animal Orphanage, the fee is \$5 per family; not eligible for T-shirts.**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and / or humidity, traffic and the condition of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Y.M.C.A., City or town officials and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_  
Team or Club: \_\_\_\_\_ Pet? Y / N T-Shirt Size: S M L XL  
Signature \_\_\_\_\_ Parent or Guardian if under 18





Running, Walking  
& Fitness Center

# UNIVERSITY OF NEW ENGLAND WESTBROOK COLLEGE CAMPUS

*21st Annual*

## "APRIL AMBLE" 4 MILE RACE

SATURDAY, APRIL 26, 1997 AT 10 A.M.

1/2 Mile "Fun Run" 10 & Under @ 9:00 a.m.

Mile "Fun Run" 14 & Under @ 9:15 a.m.



**START:** Westbrook College Campus, Stevens Avenue, Portland, Me

**ENTRY FEE:** \$8.00 Pre-Entry / \$10.00 Post Entry - \$5.00 All "Fun Run" Entrants

**MAIL ENTRIES TO:** "April Amble" / Brian T. Gillespie

Westbrook College Campus

Stevens Avenue, Portland, ME 04103

(Checks payable to: April Amble Race)



**dale rand  
PRINTING**

Race-day registration starting at 7:30 A.M. at **Finley Recreation Center.**

Numbers for all runners will be distributed at this time. Come ready to run!

Registration closes at 9:45 A.M. Shower facilities/Awards at 11:30 A.M.

**COURSE:** This classic 20 year old course is certified. Mostly a flat, fast course, a section thru a woods trail. Splits at 1 & 3 mile. Water available.

**AWARDS:** 1 mile "Fun Run" 14 & under (10) Boys & Girls

1/2 mile "Fun Run" 10 & Under (10) Boys & Girls

**4 MILE:** Top 5 finishers overall Male/Female. Top Ten Police and Firemen

Age Groups - 1st & 2nd place - Male/Female

18 & under, 19-24, 25-29, 30-34, 35-39, 40-44,

45-49, 50-54, 55-59, 60-64, 70 & over

### COURSE RECORDS

Rob Pierce 19:29  
1995

Tina Meserve 22:57  
1993

**SPECIAL AWARDS:** First male - Maurice Fuller Award \$100.00

First female - Joan Samuelson Award \$100.00

Sportshoe Center Mile Mark Awards \$25.00 M & F

"Fitness Trophy" Portland Police / Fire Dept. Team Challenge

Middle of the Pack M & F

UNE Student / Staff / Alumni

**PINE TREE  
RUNNING  
JOURNAL**

**LIONESS**

Women's Athletic Apparel

**\*FREE T-SHIRT TO FIRST 100 PRE-REGISTERED\***

**NO BABY STROLLERS OR RADIO HEADSETS ALLOWED**

**Maine's Endurance  
Sports Magazine**

I WOULD LIKE INFORMATION ABOUT THE MAINE TRACK CLUB

CIRCLE ONE:

4 MILE

1 MILE

1/2 MILE

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CIRCLE ONE: UNIVERSITY OF NEW ENGLAND - STUDENT / STAFF / ALUMNI

T-SHIRT SIZE: M L XL XXL

TEAM CHALLENGE - POLICE DEPT / FIRE DEPT

NO REFUNDS, EXCHANGES OR TRANSFERS

**ENTRY MUST BE SIGNED:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, University of New England, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ PARENT'S SIGNATURE \_\_\_\_\_ IF UNDER 18 YRS. \_\_\_\_\_

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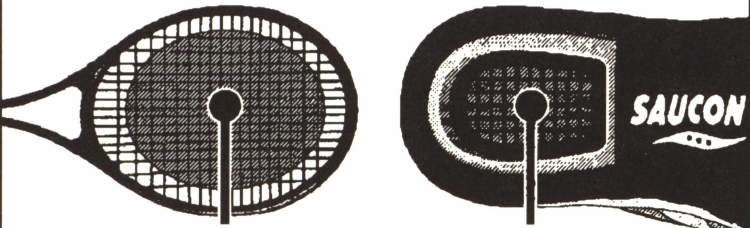
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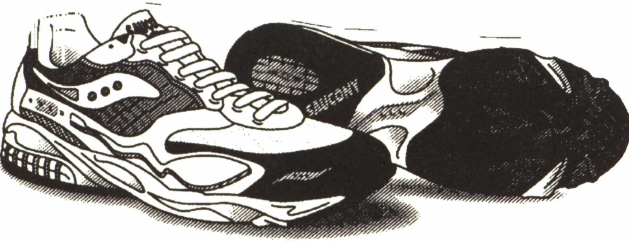
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