

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
John Swauger	1 Mile	0:06:29	0:06:29	IUP Mile Run	Indiana	PA	11/4/2007
Chris Peters	1 Mile	0:06:50	0:06:50	IUP Mile Run	Indiana	PA	11/4/2007
Mary Fletcher	3 Mile Walk	0:52:33	0:17:31	Fool's Run	Indiana	PA	4/7/2007
Andrea Fletcher	3 Mile Walk	0:52:34	0:17:31	Fool's Run	Indiana	PA	4/7/2007
Zoe Ritchie	3 Mile Walk	0:52:34	0:17:31	Fool's Run	Indiana	PA	4/7/2007
Tom Lipsie	5K	0:16:14	0:05:14	New Bethlehem Peanut Festival 5K	New Bethlehem	PA	9/15/2007
Tom Lipsie	5K	0:16:28	0:05:19	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Tom Lipsie	5K	0:16:31	0:05:20	Great Shamokin Path 5K	Numine	PA	4/14/2007
Tom Lipsie	5K	0:16:34	0:05:21	Hoodlebug 5K	Homer City	PA	7/8/2007
Tom Lipsie	5K	0:16:40	0:05:23	Citizens' 5K	Indiana	PA	7/21/2007
Tom Lipsie	5K	0:16:45	0:05:24	The Third Thursday 5K	Reading	PA	8/16/2007
Al Casagranda	5K	0:16:47	0:05:25	Courtney's Ice Cream 5K	Grove City	PA	8/15/2007
Matt Pajak	5K	0:16:55	0:05:27	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Cory Fulmer	5K	0:17:04	0:05:30	Spirit of Gettysburg 5K	Gettysburg	PA	7/14/2007
Matt Pajak	5K	0:17:04	0:05:30	New Florence 5K	New Florence	PA	5/19/2007
Cory Fulmer	5K	0:17:12	0:05:33	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Herb Cratty	5K	0:17:12	0:05:33	Race at Piston's Place 5K	Hermitage	PA	8/18/2007
Al Casagranda	5K	0:17:23	0:05:36	Hoodlebug 5K	Homer City	PA	7/8/2007
Cory Fulmer	5K	0:17:35	0:05:40	Hoodlebug 5K	Homer City	PA	7/8/2007
Herb Cratty	5K	0:17:39	0:05:42	Hoodlebug 5K	Homer City	PA	7/8/2007
Cory Fulmer	5K	0:17:40	0:05:42	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Tom Lipsie	5K	0:17:46	0:05:44	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
Doug Craft	5K	0:17:50	0:05:45	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Ryan Spiardi	5K	0:17:51	0:05:45	Heritage Days 5K	Ford City	PA	6/30/2007
Doug Craft	5K	0:17:56	0:05:47	Heritage Days 5K	Ford City	PA	6/30/2007
Mindy Sawtelle	5K	0:18:01	0:05:49	Hoodlebug 5K	Homer City	PA	7/8/2007
Doug Craft	5K	0:18:04	0:05:50	Citizens' 5K	Indiana	PA	7/21/2007
Ryan Spiardi	5K	0:18:06	0:05:50	Blairsville 5K	Blairsville	PA	5/28/2007
Mindy Sawtelle	5K	0:18:07	0:05:51	Brentwood Firecracker 5K	Brentwood	PA	7/4/2007
Doug Craft	5K	0:18:16	0:05:54	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Mindy Sawtelle	5K	0:18:18	0:05:54	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Doug Craft	5K	0:18:26	0:05:57	Elderton 5K	Elderton	PA	6/27/2007
Tom Berzonsky	5K	0:18:44	0:06:03	Hoodlebug 5K	Homer City	PA	7/8/2007
Ron Blake	5K	0:18:45	0:06:03	New Florence 5K	New Florence	PA	5/19/2007
Doug Ulishney	5K	0:18:50	0:06:05	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Doug Ulishney	5K	0:18:59	0:06:07	Kiski Cougar Classic 5K	Saltsburg	PA	10/13/2007
Ron Blake	5K	0:19:23	0:06:15	Hoodlebug 5K	Homer City	PA	7/8/2007
Doug Ulishney	5K	0:19:32	0:06:18	Phil Foley Memorial 5K		PA	8/11/2007
Bill Zimmerman	5K	0:19:34	0:06:19	Hoodlebug 5K	Homer City	PA	7/8/2007
Jeannie Bujdos	5K	0:19:34	0:06:19	Run For Life 5K	Apollo	PA	11/17/2007
Doug Ulishney	5K	0:19:36	0:06:19	Run Around Town 5K	Claysville	PA	5/19/2007
Doug Ulishney	5K	0:19:36	0:06:19	Tri Town Dawson 5K			6/9/2007
Doug Ulishney	5K	0:19:38	0:06:20	Bethlehem Project 5K	Greensburg	PA	9/3/2007
Doug Ulishney	5K	0:19:39	0:06:20	Kevin Gatons Memorial 5K	Greensburg	PA	5/28/2007
Tad Pajak	5K	0:19:44	0:06:22	Fall Classic 5K	Kittanning	PA	11/3/2007
Eric Blazavich	5K	0:19:46	0:06:23	Fall Classic 5K	Kittanning	PA	11/3/2007
Mindy Sawtelle	5K	0:19:50	0:06:24	Diamond Days 5K	Blairsville	PA	8/18/2007
Doug Ulishney	5K	0:19:54	0:06:25	Hoodlebug 5K	Homer City	PA	7/8/2007
Bill Zimmerman	5K	0:19:55	0:06:25	Elderton 5K	Elderton	PA	6/27/2007
Doug Ulishney	5K	0:19:55	0:06:25	Citizens' 5K	Indiana	PA	7/21/2007
Tad Pajak	5K	0:19:55	0:06:25	Blairsville 5K	Blairsville	PA	5/28/2007
Jeannie Bujdos	5K	0:19:56	0:06:26	Hoodlebug 5K	Homer City	PA	7/8/2007
Tad Pajak	5K	0:19:59	0:06:27	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Jeannie Bujdos	5K	0:20:00	0:06:27	Heritage Days 5K	Ford City	PA	6/30/2007
Candi Lockard	5K	0:20:03	0:06:28	Hoodlebug 5K	Homer City	PA	7/8/2007
Doug Ulishney	5K	0:20:03	0:06:28	Woodruff 5K		PA	7/11/2007
Teruyuki Minegihsi	5K	0:20:05	0:06:29	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
Doug Ulishney	5K	0:20:10	0:06:30	Francis Bud Murphy 5K			6/14/2007
Aaron Seckar	5K	0:20:11	0:06:31	Citizens' 5K	Indiana	PA	7/21/2007
Doug Ulishney	5K	0:20:16	0:06:32	Mt. Carmel 5K	Carmel	PA	7/20/2007
Vince Pavic	5K	0:20:18	0:06:33	Citizens' 5K	Indiana	PA	7/21/2007
Eric Blazavich	5K	0:20:19	0:06:33	Citizens' 5K	Indiana	PA	7/21/2007
Doug Ulishney	5K	0:20:20	0:06:34	Lemont Furnace 5K	Uniontown	PA	5/4/2007
Jeannie Bujdos	5K	0:20:22	0:06:34	Elderton 5K	Elderton	PA	6/27/2007

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Jeannie Bujdos	5K	0:20:36	0:06:39	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Doug Ulishney	5K	0:20:43	0:06:41	Hug A Friend 5K	Hidden Valley	PA	7/22/2007
Eric Blazavich	5K	0:20:46	0:06:42	Elderton 5K	Elderton	PA	6/27/2007
Eric Blazavich	5K	0:20:47	0:06:42	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Jeannie Bujdos	5K	0:20:49	0:06:43	Citizens' 5K	Indiana	PA	7/21/2007
Tad Pajak	5K	0:20:50	0:06:43	New Florence 5K	New Florence	PA	5/19/2007
Eric Blazavich	5K	0:20:52	0:06:44	Hoodlebug 5K	Homer City	PA	7/8/2007
Dan McQuiston	5K	0:20:55	0:06:45	Hoodlebug 5K	Homer City	PA	7/8/2007
Jeff Graham	5K	0:20:57	0:06:45	Blairsville 5K	Blairsville	PA	5/28/2007
Dan Cunkelman	5K	0:21:08	0:06:49	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Jeannie Bujdos	5K	0:21:08	0:06:49	Shannock Valley 5K	Rural Valley	PA	7/28/2007
John Swauger	5K	0:21:08	0:06:49	Diamond Days 5K	Blairsville	PA	8/18/2007
Bob Lott	5K	0:21:12	0:06:50	Laurel Festival 5K	Brookville	PA	6/23/2007
John Swauger	5K	0:21:20	0:06:53	Blairsville 5K	Blairsville	PA	5/28/2007
John Swauger	5K	0:21:23	0:06:54	Big Foot 5K	Kittanning	PA	4/21/2007
John Swauger	5K	0:21:24	0:06:54	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Dan McQuiston	5K	0:21:30	0:06:56	Citizens' 5K	Indiana	PA	7/21/2007
John Swauger	5K	0:21:31	0:06:56	Great Shamokin Path 5K	Numine	PA	4/14/2007
Tom Fetterman, Jr.	5K	0:21:46	0:07:01	Hoodlebug 5K	Homer City	PA	7/8/2007
Scott Bowman	5K	0:21:49	0:07:02	Diamond Days 5K	Blairsville	PA	8/18/2007
Laura Yevchak	5K	0:21:52	0:07:03	Spirit of Gettysburg 5K	Gettysburg	PA	7/14/2007
Bill Winters	5K	0:21:53	0:07:04	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Eric Blazavich	5K	0:21:53	0:07:04	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
Bob Crawford	5K	0:21:58	0:07:05	Heritage Days 5K	Ford City	PA	6/30/2007
John Swauger	5K	0:22:01	0:07:06	Citizens' 5K	Indiana	PA	7/21/2007
John Swauger	5K	0:22:01	0:07:06	New Bethlehem Peanut Festival 5K	New Bethlehem	PA	9/15/2007
John Swauger	5K	0:22:02	0:07:06	Fall Classic 5K	Kittanning	PA	11/3/2007
Joe Bujdos	5K	0:22:06	0:07:08	Citizens' 5K	Indiana	PA	7/21/2007
John Swauger	5K	0:22:09	0:07:09	Hoodlebug 5K	Homer City	PA	7/8/2007
Ed Hlebechuk	5K	0:22:12	0:07:10	A Rabbit Runs Through It	Latrobe	PA	4/14/2007
Joe Bujdos	5K	0:22:18	0:07:12	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Laura Yevchak	5K	0:22:18	0:07:12	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Bob Crawford	5K	0:22:20	0:07:12	Butler Loht Run For Shelter 5K	Butler	PA	8/25/2007

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Joe Bujdos	5K	0:22:22	0:07:13	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
John Swauger	5K	0:22:23	0:07:13	Kiski Cougar Classic 5K	Saltsburg	PA	10/13/2007
Scott Bowman	5K	0:22:25	0:07:14	Paulina Cooper Dot-To-Dot 5K	Overland Park	KS	9/22/2007
Jeff Smith	5K	0:22:27	0:07:15	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
John Swauger	5K	0:22:27	0:07:15	Elderton 5K	Elderton	PA	6/27/2007
Laura Yevchak	5K	0:22:28	0:07:15	Hoodlebug 5K	Homer City	PA	7/8/2007
Joe Bujdos	5K	0:22:31	0:07:16	Hoodlebug 5K	Homer City	PA	7/8/2007
Laura Yevchak	5K	0:22:31	0:07:16	Citizens' 5K	Indiana	PA	7/21/2007
John Swauger	5K	0:22:32	0:07:16	Run For Life 5K	Apollo	PA	11/17/2007
Ed Hlebechuk	5K	0:22:43	0:07:20	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Al Lockard	5K	0:22:45	0:07:20	Hoodlebug 5K	Homer City	PA	7/8/2007
Scott Bowman	5K	0:22:48	0:07:21	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Scott Bowman	5K	0:22:49	0:07:22	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
John Goss	5K	0:22:54	0:07:23	Heritage Days 5K	Ford City	PA	6/30/2007
Mary Jean Bujdos	5K	0:22:54	0:07:23	Heritage Days 5K	Ford City	PA	6/30/2007
Jeff Graham	5K	0:22:57	0:07:24	Delmont 5K	Delmont	PA	4/28/2007
Scott Bowman	5K	0:22:59	0:07:25	Citizens' 5K	Indiana	PA	7/21/2007
Chris Peters	5K	0:23:09	0:07:28	Citizens' 5K	Indiana	PA	7/21/2007
Randy Fetterman	5K	0:23:11	0:07:29	Run For Life 5K	Apollo	PA	11/17/2007
Scott Bowman	5K	0:23:17	0:07:31	Hoodlebug 5K	Homer City	PA	7/8/2007
Ronnie Bujdos	5K	0:23:19	0:07:31	Citizens' 5K	Indiana	PA	7/21/2007
Ed Hlebechuk	5K	0:23:28	0:07:34	Phil Foley Memorial 5K		PA	8/11/2007
Randy Fetterman	5K	0:23:29	0:07:35	Fall Classic 5K	Kittanning	PA	11/3/2007
Diana Margoniu-Lutz	5K	0:23:30	0:07:35	Strawberry Day 5K	Grove City	PA	6/6/2007
Joe Bujdos	5K	0:23:32	0:07:35	Elderton 5K	Elderton	PA	6/27/2007
Randy Fetterman	5K	0:23:32	0:07:35	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Ronnie Bujdos	5K	0:23:32	0:07:35	Heritage Days 5K	Ford City	PA	6/30/2007
Scott Bowman	5K	0:23:32	0:07:35	Run For Life 5K	Apollo	PA	11/17/2007
John Swauger	5K	0:23:36	0:07:37	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Scott Bowman	5K	0:23:38	0:07:37	Elderton 5K	Elderton	PA	6/27/2007
Mary Jean Bujdos	5K	0:23:40	0:07:38	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Bob Lott	5K	0:23:41	0:07:38	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Tom Dunbar	5K	0:23:44	0:07:39	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Ed Hlebechuk	5K	0:23:47	0:07:40	Bethlehem Project 5K	Greensburg	PA	9/3/2007
Luke Hogan	5K	0:23:50	0:07:41	Diamond Days 5K	Blairsville	PA	8/18/2007
Ronnie Bujdos	5K	0:23:50	0:07:41	Elderton 5K	Elderton	PA	6/27/2007
Bob Lott	5K	0:23:51	0:07:42	Hoodlebug 5K	Homer City	PA	7/8/2007
Ronnie Bujdos	5K	0:23:54	0:07:43	Run For Life 5K	Apollo	PA	11/17/2007
Mary Jean Bujdos	5K	0:23:55	0:07:43	Run For Life 5K	Apollo	PA	11/17/2007
Ronnie Bujdos	5K	0:23:56	0:07:43	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Ed Hlebechuk	5K	0:24:13	0:07:49	Robert Watkins 5K	Greensburg	PA	5/12/2007
Ed Hlebechuk	5K	0:24:15	0:07:49	Trojan Trail 5K	Derry	PA	7/28/2007
Mary Jean Bujdos	5K	0:24:18	0:07:50	Hoodlebug 5K	Homer City	PA	7/8/2007
Ronnie Bujdos	5K	0:24:18	0:07:50	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Jennifer Wally Blystone	5K	0:24:19	0:07:51	Shannock Valley 5K	Rural Valley	PA	7/28/2007
John Goss	5K	0:24:19	0:07:51	Hoodlebug 5K	Homer City	PA	7/8/2007
Mary Jean Bujdos	5K	0:24:21	0:07:51	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Tom Dunbar	5K	0:24:22	0:07:52	Citizens' 5K	Indiana	PA	7/21/2007
Ed Hlebechuk	5K	0:24:24	0:07:52	Hug A Friend 5K	Hidden Valley	PA	7/22/2007
Kate Hogan	5K	0:24:24	0:07:52	Diamond Days 5K	Blairsville	PA	8/18/2007
John Bomboy	5K	0:24:27	0:07:53	Diamond Days 5K	Blairsville	PA	8/18/2007
Jennifer Wally Blystone	5K	0:24:28	0:07:54	Blairsville 5K	Blairsville	PA	5/28/2007
Tom Dunbar	5K	0:24:29	0:07:54	Heritage Days 5K	Ford City	PA	6/30/2007
Ed Hlebechuk	5K	0:24:31	0:07:55	Citizens' 5K	Indiana	PA	7/21/2007
Tom Dunbar	5K	0:24:45	0:07:59	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Tom Dunbar	5K	0:24:47	0:08:00	Hoodlebug 5K	Homer City	PA	7/8/2007
Donna Scanlon	5K	0:24:53	0:08:02	Heritage Days 5K	Ford City	PA	6/30/2007
Jennifer Wally Blystone	5K	0:24:57	0:08:03	Hoodlebug 5K	Homer City	PA	7/8/2007
Diana Margoniu-Lutz	5K	0:24:58	0:08:03	Freeport 5K	Freeport	PA	6/2/2007
Aly Pajak	5K	0:25:04	0:08:05	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Ronnie Bujdos	5K	0:25:10	0:08:07	Hoodlebug 5K	Homer City	PA	7/8/2007
Cate Hogan	5K	0:25:15	0:08:09	Citizens' 5K	Indiana	PA	7/21/2007
Tom Dunbar	5K	0:25:20	0:08:10	Elderton 5K	Elderton	PA	6/27/2007
Donna Scanlon	5K	0:25:25	0:08:12	Blairsville 5K	Blairsville	PA	5/28/2007
Donna Scanlon	5K	0:25:29	0:08:13	Fall Classic 5K	Kittanning	PA	11/3/2007
Donna Scanlon	5K	0:25:34	0:08:15	Once and Done Turnpike 5K	Middletown	PA	5/13/2007

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John Berezansky	5K	0:25:36	0:08:15	Citizens' 5K	Indiana	PA	7/21/2007
John Bomboy	5K	0:25:47	0:08:19	Blairsville 5K	Blairsville	PA	5/28/2007
Jennifer Wally Blystone	5K	0:25:48	0:08:19	Just A Short Run 5K	Allison Park	PA	3/31/2007
Bill McAtee	5K	0:25:57	0:08:22	Kiski Cougar Classic 5K	Saltsburg	PA	10/13/2007
Chuck Frank	5K	0:25:58	0:08:23	Citizens' 5K	Indiana	PA	7/21/2007
Jennifer Wally Blystone	5K	0:26:02	0:08:24	Elderton 5K	Elderton	PA	6/27/2007
James Kilpatrick	5K	0:26:05	0:08:25	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Ali Simmons	5K	0:26:07	0:08:25	Blairsville 5K	Blairsville	PA	5/28/2007
John Bomboy	5K	0:26:07	0:08:25	Citizens' 5K	Indiana	PA	7/21/2007
Aileen Bowman	5K	0:26:11	0:08:27	Diamond Days 5K	Blairsville	PA	8/18/2007
Tom Simmons	5K	0:26:15	0:08:28	Family Services 5K	Altoona	PA	5/20/2007
Ed Gondolf	5K	0:26:16	0:08:28	Kiski Cougar Classic 5K	Saltsburg	PA	10/13/2007
Donna Scanlon	5K	0:26:17	0:08:29	Y Not Run 5K	Grove City	PA	4/28/2007
Aileen Bowman	5K	0:26:25	0:08:31	Paulina Cooper Dot-To-Dot 5K	Overland Park	KS	9/22/2007
John Bomboy	5K	0:26:26	0:08:32	Star-Trax 5K	Salem	OH	8/4/2008
Chuck Frank	5K	0:26:28	0:08:32	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Donna Scanlon	5K	0:26:30	0:08:33	Hoodlebug 5K	Homer City	PA	7/8/2007
Ron Blake	5K	0:26:30	0:08:33	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Tom Fetterman, Sr.	5K	0:26:30	0:08:33	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Ali Simmons	5K	0:26:32	0:08:34	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
Chuck Frank	5K	0:26:37	0:08:35	Hoodlebug 5K	Homer City	PA	7/8/2007
Jed Fetterman	5K	0:26:49	0:08:39	Shanksville 5K	Shanksville	PA	3/11/2007
John Bomboy	5K	0:26:51	0:08:40	Shannock Valley 5K	Rural Valley	PA	7/28/2007
John Bomboy	5K	0:27:00	0:08:43	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
James Kilpatrick	5K	0:27:02	0:08:43	Debbie Green 5K		PA	8/5/2007
Aly Pajak	5K	0:27:07	0:08:45	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Donna Scanlon	5K	0:27:09	0:08:45	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Tom Simmons	5K	0:27:13	0:08:47	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
John Bomboy	5K	0:27:14	0:08:47	Hoodlebug 5K	Homer City	PA	7/8/2007
Tom Fetterman, Sr.	5K	0:27:28	0:08:52	Run For Life 5K	Apollo	PA	11/17/2007
Ed Gondolf	5K	0:27:31	0:08:53	Hoodlebug 5K	Homer City	PA	7/8/2007
Ed Gondolf	5K	0:27:33	0:08:53	Heritage Days 5K	Ford City	PA	6/30/2007
Mel Stern	5K	0:27:38	0:08:55	Latrobe Turkey Trot	Latrobe	PA	11/22/2007

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Aileen Bowman	5K	0:27:54	0:09:00	Run For Life 5K	Apollo	PA	11/17/2007
Lucy Bujdos	5K	0:27:56	0:09:01	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Ed Gondolf	5K	0:27:59	0:09:02	Elderton 5K	Elderton	PA	6/27/2007
Ed Gondolf	5K	0:27:59	0:09:02	Citizens' 5K	Indiana	PA	7/21/2007
Mindy Wygonik	5K	0:27:59	0:09:02	Diamond Days 5K	Blairsville	PA	8/18/2007
John Berezansky	5K	0:28:00	0:09:02	Kiski Cougar Classic 5K	Saltsburg	PA	10/13/2007
Andy See	5K	0:28:02	0:09:03	Citizens' 5K	Indiana	PA	7/21/2007
Anne Hoover	5K	0:28:05	0:09:04	Citizens' 5K	Indiana	PA	7/21/2007
Jed Fetterman	5K	0:28:08	0:09:05	Hoodlebug 5K	Homer City	PA	7/8/2007
Joelyne Laurintas	5K	0:28:08	0:09:05	Kiski Cougar Classic 5K	Saltsburg	PA	10/13/2007
J.B. Smith	5K	0:28:14	0:09:06	Hoodlebug 5K	Homer City	PA	7/8/2007
Becky Pavic	5K	0:28:15	0:09:07	Somerset Daily American 5K	Somerset	PA	6/10/2007
Anne Hoover	5K	0:28:22	0:09:09	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Aileen Bowman	5K	0:28:33	0:09:13	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Linda Leopold	5K	0:28:38	0:09:14	Citizens' 5K	Indiana	PA	7/21/2007
Anne Hoover	5K	0:28:43	0:09:16	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Jennifer Wally Blystone	5K	0:28:44	0:09:16	Citizens' 5K	Indiana	PA	7/21/2007
Adrienne Goss	5K	0:28:46	0:09:17	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
Jeril Goss	5K	0:28:46	0:09:17	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
Lisa Powers	5K	0:28:48	0:09:17	Run For Life 5K	Apollo	PA	11/17/2007
Claire Hogan	5K	0:28:50	0:09:18	Diamond Days 5K	Blairsville	PA	8/18/2007
Wendy Fetterman	5K	0:28:51	0:09:18	Shanksville 5K	Shanksville	PA	3/11/2007
Mindy Wygonik	5K	0:28:55	0:09:20	Fall Classic 5K	Kittanning	PA	11/3/2007
Joelyne Laurintas	5K	0:29:02	0:09:22	Kevin Gatons Memorial 5K	Greensburg	PA	5/28/2007
Linda Leopold	5K	0:29:05	0:09:23	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Tom Dunbar	5K	0:29:05	0:09:23	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Mindy Wygonik	5K	0:29:09	0:09:24	Citizens' 5K	Indiana	PA	7/21/2007
Lucy Bujdos	5K	0:29:12	0:09:25	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Donna Zukas	5K	0:29:13	0:09:25	Run For Life 5K	Apollo	PA	11/17/2007
Tom Simmons	5K	0:29:16	0:09:26	Blairsville 5K	Blairsville	PA	5/28/2007
Joelyne Laurintas	5K	0:29:22	0:09:28	Freedom Run 5K	Greensburg	PA	7/4/2007
Chris Peters	5K	0:29:29	0:09:31	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Donna Zukas	5K	0:29:41	0:09:35	Greensburg Turkey Trot	Greensburg	PA	11/22/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Joelyne Laurintas	5K	0:29:45	0:09:36	Run For Life 5K	Apollo	PA	11/17/2007
Art Zotolla	5K	0:29:48	0:09:37	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Mindy Wygonik	5K	0:30:13	0:09:45	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Lewcinda Yevchak	5K	0:30:21	0:09:47	Spirit of Gettysburg 5K	Gettysburg	PA	7/14/2007
Lucy Bujdos	5K	0:30:30	0:09:50	Citizens' 5K	Indiana	PA	7/21/2007
Judy McAtee	5K	0:30:54	0:09:58	Kiski Cougar Classic 5K	Saltsburg	PA	10/13/2007
Art Zotolla	5K	0:31:15	0:10:05	Race For Awareness	Ocean City	NJ	8/4/2007
Mindy Wygonik	5K	0:31:15	0:10:05	In The Mood To Help St. Jude's 5K	IUP	PA	4/29/2007
Aileen Bowman	5K	0:31:35	0:10:11	Hoodlebug 5K	Homer City	PA	7/8/2007
Lucy Bujdos	5K	0:31:40	0:10:13	Heritage Days 5K	Ford City	PA	6/30/2007
Lucy Bujdos	5K	0:31:51	0:10:16	Hoodlebug 5K	Homer City	PA	7/8/2007
Claire Hogan	5K	0:32:00	0:10:19	Heritage Days 5K	Ford City	PA	6/30/2007
Terry Orvosh	5K	0:33:00	0:10:39	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
John Harwick	5K	0:34:05	0:11:00	Brentwood Firecracker 5K	Brentwood	PA	7/4/2007
John Harwick	5K	0:34:19	0:11:04	Father's Day 5K	Pittsburgh	PA	6/17/2007
Jenephyr James	5K	0:34:44	0:11:12	Groundhog Festival 5K	Punxsutawney	PA	7/4/2007
Jenephyr James	5K	0:35:31	0:11:27	Hoodlebug 5K	Homer City	PA	7/8/2007
Cleia Stern	5K	0:36:34	0:11:48	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Mark Stern	5K	0:36:34	0:11:48	Latrobe Turkey Trot	Latrobe	PA	11/22/2007
Mary Jane Frank	5K	0:38:34	0:12:26	Joseph P. Yatzkanic 5K	Marion Center	PA	8/8/2007
Amy Stone	5K	0:39:07	0:12:37	Citizens' 5K	Indiana	PA	7/21/2007
Nathan Stone	5K	0:39:09	0:12:38	Citizens' 5K	Indiana	PA	7/21/2007
Zoe Ritchie	5K	0:42:42	0:13:46	Shannock Valley 5K	Rural Valley	PA	7/28/2007
Joane Kowick	5K	0:48:11	0:15:33	Debbie Green 5K		PA	8/5/2007
Ali Simmons	5K	?:?:?:?	#VALUE!	Family Services 5K	Altoona	PA	5/20/2007
Mindy Sawtelle	6K	0:24:20	0:06:32	IUP Alumni XC Meet	Indiana	PA	8/26/2007
Rachel Umbel	6K	0:28:00	0:07:32	IUP Alumni XC Meet	Indiana	PA	8/26/2007
Chris Meanor	4 Mile	0:28:26	0:07:07	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2007
Dan McQuiston	4 Mile	0:30:05	0:07:31	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2007
Jeff Yingling	4 Mile	0:33:29	0:08:22	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2007
Bob Lott	4 Mile	0:33:30	0:08:22	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2007
Tom Dunbar	4 Mile	0:35:39	0:08:55	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2007
Jeril Goss	4 Mile	0:40:24	0:10:06	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Tom Lipsie	7K	0:23:12	0:05:21	Run For The Trail 7K	Dilltown	PA	8/19/2007
Cory Fulmer	7K	0:24:44	0:05:42	Run For The Trail 7K	Dilltown	PA	8/19/2007
Jim Hamilton	7K	0:25:31	0:05:53	Run For The Trail 7K	Dilltown	PA	8/19/2007
Doug Ulishney	7K	0:28:19	0:06:31	Run For The Trail 7K	Dilltown	PA	8/19/2007
Aaron Seckar	7K	0:28:31	0:06:34	Run For The Trail 7K	Dilltown	PA	8/19/2007
Tad Pajak	7K	0:29:40	0:06:50	Run For The Trail 7K	Dilltown	PA	8/19/2007
Jeannie Bujdos	7K	0:30:37	0:07:03	Run For The Trail 7K	Dilltown	PA	8/19/2007
Tom Fetterman, Jr.	7K	0:30:46	0:07:05	Run For The Trail 7K	Dilltown	PA	8/19/2007
John Swauger	7K	0:31:26	0:07:15	Run For The Trail 7K	Dilltown	PA	8/19/2007
Laura Yevchak	7K	0:32:30	0:07:29	Run For The Trail 7K	Dilltown	PA	8/19/2007
Mary Jean Bujdos	7K	0:33:15	0:07:40	Run For The Trail 7K	Dilltown	PA	8/19/2007
Ronnie Bujdos	7K	0:33:50	0:07:48	Run For The Trail 7K	Dilltown	PA	8/19/2007
Ed Hlebechuk	7K	0:34:21	0:07:55	Run For The Trail 7K	Dilltown	PA	8/19/2007
Sharon Holsinger	7K	0:35:28	0:08:10	Run For The Trail 7K	Dilltown	PA	8/19/2007
Bill Serafin	7K	0:36:02	0:08:18	Run For The Trail 7K	Dilltown	PA	8/19/2007
Aly Pajak	7K	0:36:06	0:08:19	Run For The Trail 7K	Dilltown	PA	8/19/2007
John Bomboy	7K	0:36:41	0:08:27	Run For The Trail 7K	Dilltown	PA	8/19/2007
John Berezansky	7K	0:37:02	0:08:32	Run For The Trail 7K	Dilltown	PA	8/19/2007
Donna Scanlon	7K	0:37:20	0:08:36	Run For The Trail 7K	Dilltown	PA	8/19/2007
Chuck Frank	7K	0:37:23	0:08:37	Run For The Trail 7K	Dilltown	PA	8/19/2007
Jed Fetterman	7K	0:38:28	0:08:52	Run For The Trail 7K	Dilltown	PA	8/19/2007
Mel Stern	7K	0:39:56	0:09:12	Run For The Trail 7K	Dilltown	PA	8/19/2007
Tom Dunbar	7K	0:40:01	0:09:13	Run For The Trail 7K	Dilltown	PA	8/19/2007
Aileen Bowman	7K	0:40:04	0:09:14	Run For The Trail 7K	Dilltown	PA	8/19/2007
Linda Leopold	7K	0:40:05	0:09:14	Run For The Trail 7K	Dilltown	PA	8/19/2007
Mindy Wygonik	7K	0:41:02	0:09:27	Run For The Trail 7K	Dilltown	PA	8/19/2007
Scott Bowman	7K	0:41:07	0:09:28	Run For The Trail 7K	Dilltown	PA	8/19/2007
Anne Hoover	7K	0:41:13	0:09:30	Run For The Trail 7K	Dilltown	PA	8/19/2007
Tom Knapp	7K	0:52:02	0:11:59	Run For The Trail 7K	Dilltown	PA	8/19/2007
Mark Stern	7K		0:00:00	Run For The Trail 7K	Dilltown	PA	8/19/2007
Jim Hamilton	8K	0:30:16	0:06:06	IUP Alumni XC Meet	Indiana	PA	8/26/2007
Chris Meanor	8K	0:33:19	0:06:43	Richmond Marathon 8K	Richmond	VA	11/10/2007
Tom Berzonsky	8K	0:33:58	0:06:51	IUP Alumni XC Meet	Indiana	PA	8/26/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Al Casagranda	5 Miles	0:27:27	0:05:29	Johnnycake Jog 5 Miler	Painesville	OH	7/22/2007
Al Casagranda	5 Miles	0:28:14	0:05:39	Butler 5 Mile Road Race	Butler	PA	6/23/2007
Herb Cratty	5 Miles	0:30:19	0:06:04	Frigid Five Miler	Murrysville	PA	2/11/2007
Doug Ulishney	5 Miles	0:32:34	0:06:31	Latrobe 5 Miler	Latrobe	PA	6/29/2007
Dan McQuiston	5 Miles	0:34:11	0:06:50	Latrobe 5 Miler	Latrobe	PA	6/29/2007
Bob Crawford	5 Miles	0:35:39	0:07:08	Butler 5 Mile Road Race	Butler	PA	6/23/2007
John Swauger	5 Miles	0:37:12	0:07:26	Latrobe 5 Miler	Latrobe	PA	6/29/2007
Rick Conroy	5 Miles	0:37:47	0:07:33	Latrobe 5 Miler	Latrobe	PA	6/29/2007
Diana Margoniu-Lutz	5 Miles	0:37:57	0:07:35	Butler 5 Mile Road Race	Butler	PA	6/23/2007
Ed Hlebechuk	5 Miles	0:41:57	0:08:23	Latrobe 5 Miler	Latrobe	PA	6/29/2007
Rick Conroy	5 Miles	0:42:39	0:08:32	Frigid Five Miler	Murrysville	PA	2/11/2007
Ed Gondolf	5 Miles	0:45:15	0:09:03	Latrobe 5 Miler	Latrobe	PA	6/29/2007
Tom Lipsie	10K	0:35:08	0:05:40	Fool's Run	Indiana	PA	4/7/2007
Al Casagranda	10K	0:35:20	0:05:42	Jim Klett Memorial 10K	Akron	OH	6/16/2007
Doug Craft	10K	0:35:24	0:05:43	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Matt Pajak	10K	0:35:26	0:05:43	Fool's Run	Indiana	PA	4/7/2007
Cory Fulmer	10K	0:35:31	0:05:44	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Mindy Sawtelle	10K	0:36:22	0:05:52	Genesis River 10K	Pittsburgh	PA	4/21/2007
Tom Lipsie	10K	0:36:35	0:05:54	Portage 10K	Portage	PA	9/3/2007
Al Casagranda	10K	0:37:21	0:06:01	Fool's Run	Indiana	PA	4/7/2007
Al Casagranda	10K	0:37:33	0:06:03	USATF Club XC Championships	West Chester	OH	12/8/2007
Teruyuki Minegihsi	10K	0:37:42	0:06:05	Koganei 10K	Japan		1/1/2007
Mindy Sawtelle	10K	0:37:55	0:06:07	Burghs Pizza 10K	Cecil	PA	4/22/2007
Doug Craft	10K	0:38:04	0:06:08	Fool's Run	Indiana	PA	4/7/2007
Cory Fulmer	10K	0:38:24	0:06:12	Fool's Run	Indiana	PA	4/7/2007
Doug Ulishney	10K	0:38:57	0:06:17	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Ron Blake	10K	0:39:23	0:06:21	Fool's Run	Indiana	PA	4/7/2007
Tad Pajak	10K	0:40:35	0:06:33	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Chris Meanor	10K	0:41:09	0:06:38	Fool's Run	Indiana	PA	4/7/2007
Dan McQuiston	10K	0:41:20	0:06:40	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Vince Pavic	10K	0:41:40	0:06:43	Somerset Daily American 10K	Somerset	PA	6/10/2007
Doug Ulishney	10K	0:42:39	0:06:53	Fool's Run	Indiana	PA	4/7/2007
Chris Sharbaugh	10K	0:42:56	0:06:55	Fool's Run	Indiana	PA	4/7/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Tad Pajak	10K	0:42:56	0:06:55	Fool's Run	Indiana	PA	4/7/2007
Laura Yevchak	10K	0:44:09	0:07:07	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Dan McQuiston	10K	0:44:11	0:07:08	Fool's Run	Indiana	PA	4/7/2007
Eric Blazavich	10K	0:44:31	0:07:11	Fool's Run	Indiana	PA	4/7/2007
Tom Fetterman, Jr.	10K	0:44:43	0:07:13	Fool's Run	Indiana	PA	4/7/2007
Bill Winters	10K	0:44:53	0:07:14	Shanksville 10K	Shanksville	PA	3/11/2007
John Swauger	10K	0:44:53	0:07:14	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
John Goss	10K	0:45:31	0:07:20	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Bob Crawford	10K	0:45:33	0:07:21	Fall Classic 10K	Kittanning	PA	11/3/2007
Joe Bujdos	10K	0:46:01	0:07:25	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
John Swauger	10K	0:46:15	0:07:28	Johnstown Marathon 10K	Johnstown	PA	10/7/2007
Aaron Seckar	10K	0:46:42	0:07:32	Fool's Run	Indiana	PA	4/7/2007
Mary Jean Bujdos	10K	0:46:48	0:07:33	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Laura Yevchak	10K	0:46:51	0:07:33	Fool's Run	Indiana	PA	4/7/2007
Tom Fetterman, Jr.	10K	0:46:53	0:07:34	Shanksville 10K	Shanksville	PA	3/11/2007
Chris Peters	10K	0:47:53	0:07:43	Fool's Run	Indiana	PA	4/7/2007
Bob Lott	10K	0:47:56	0:07:44	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
John Swauger	10K	0:48:07	0:07:46	Fool's Run	Indiana	PA	4/7/2007
Rick Sinopoli	10K	0:48:28	0:07:49	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Ed Hlebechuk	10K	0:48:34	0:07:50	Fool's Run	Indiana	PA	4/7/2007
Tom Dunbar	10K	0:48:34	0:07:50	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Ed Hlebechuk	10K	0:49:54	0:08:03	Shanksville 10K	Shanksville	PA	3/11/2007
Scott Bowman	10K	0:50:13	0:08:06	Fall Classic 10K	Kittanning	PA	11/3/2007
Cate Hogan	10K	0:50:24	0:08:08	Great Race 10K	Pittsburgh	PA	9/30/2007
Bob Lott	10K	0:50:31	0:08:09	Fool's Run	Indiana	PA	4/7/2007
Joe Bujdos	10K	0:50:45	0:08:11	Fool's Run	Indiana	PA	4/7/2007
Donna Scanlon	10K	0:51:05	0:08:14	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Jeannie Bujdos	10K	0:51:11	0:08:15	Fool's Run	Indiana	PA	4/7/2007
Ed Hlebechuk	10K	0:51:31	0:08:19	Genesis River 10K	Pittsburgh	PA	4/21/2007
Scott Bowman	10K	0:51:42	0:08:20	Fool's Run	Indiana	PA	4/7/2007
Sharon Holsinger	10K	0:51:57	0:08:23	Fool's Run	Indiana	PA	4/7/2007
John Chenega	10K	0:52:11	0:08:25	Fool's Run	Indiana	PA	4/7/2007
Al Cole	10K	0:52:14	0:08:25	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Dave Grube	10K	0:52:31	0:08:28	Great Race 10K	Pittsburgh	PA	9/30/2007
Mary Jean Bujdos	10K	0:52:42	0:08:30	Fool's Run	Indiana	PA	4/7/2007
Ed Hlebechuk	10K	0:53:14	0:08:35	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Tom Dunbar	10K	0:53:15	0:08:35	Fool's Run	Indiana	PA	4/7/2007
Ed Gondolf	10K	0:53:54	0:08:42	Fall Classic 10K	Kittanning	PA	11/3/2007
Chuck Frank	10K	0:54:47	0:08:50	Fool's Run	Indiana	PA	4/7/2007
Jed Fetterman	10K	0:55:11	0:08:54	Johnstown Marathon 10K	Johnstown	PA	10/7/2007
Donna Scanlon	10K	0:55:33	0:08:58	Fool's Run	Indiana	PA	4/7/2007
Jim Lafonatine	10K	0:56:15	0:09:04	Fool's Run	Indiana	PA	4/7/2007
Gene Ruffner	10K	0:56:17	0:09:05	Great Race 10K	Pittsburgh	PA	9/30/2007
Ed Hlebechuk	10K	0:57:09	0:09:13	Great Race 10K	Pittsburgh	PA	9/30/2007
John Bomboy	10K	0:57:35	0:09:17	Fool's Run	Indiana	PA	4/7/2007
Aileen Bowman	10K	0:57:48	0:09:19	Fall Classic 10K	Kittanning	PA	11/3/2007
Aileen Bowman	10K	0:57:50	0:09:20	Fool's Run	Indiana	PA	4/7/2007
Lisa Powers	10K	0:59:09	0:09:32	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Donna Zukas	10K	0:59:16	0:09:34	Fool's Run	Indiana	PA	4/7/2007
Joelyne Laurintas	10K	0:59:34	0:09:36	Fool's Run	Indiana	PA	4/7/2007
Jed Fetterman	10K	1:00:17	0:09:43	Fool's Run	Indiana	PA	4/7/2007
Claire Hogan	10K	1:09:26	0:11:12	Great Race 10K	Pittsburgh	PA	9/30/2007
Jenephyr James	10K	1:09:57	0:11:17	Melody Duffalo Memorial 10K	Clarksburg	PA	6/16/2007
Don Hogan	10K	1:13:13	0:11:49	Great Race 10K	Pittsburgh	PA	9/30/2007
Andrea Bracken	10K	1:15:00	0:12:06	Fall Classic 10K	Kittanning	PA	11/3/2007
John Harwick	10K	1:16:43	0:12:22	Great Race 10K	Pittsburgh	PA	9/30/2007
Wendy Fetterman	10K	?:?:??		Upchuck Classic 5K	Blue Knob	PA	7/4/2007
Cory Fulmer	15K	0:56:41	0:06:06	Altoona 4th of July 15K	Altoona	PA	7/4/2007
Vince Pavic	15K	1:06:19	0:07:08	Altoona 15K	Altoona	PA	7/4/2007
Vince Pavic	15K	1:08:25	0:07:21	Delaware Distance Classic 15K	Wilmington	DE	10/7/2007
Laura Yevchak	15K	1:14:01	0:07:58	Altoona 4th of July 15K	Altoona	PA	7/4/2007
Chris Meanor	15K	1:14:57	0:08:04	Strip Mine Nine 15K	Mt. Carmel	PA	6/10/2007
Donna Scanlon	15K	1:20:32	0:08:40	Run Around Erie 15K	Erie	PA	9/30/2007
John Goss	15K	1:27:23	0:09:24	Strip Mine Nine 15K	Mt. Carmel	PA	6/10/2007
Bob Lott	15K	1:28:38	0:09:32	Strip Mine Nine 15K	Mt. Carmel	PA	6/10/2007
Herb Cratty	10 Mile	0:59:16	0:05:56	Spring Thaw 10 Miler	North Park	PA	2/24/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Matt Pajak	10 Mile	1:00:38	0:06:04	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Mindy Sawtelle	10 Mile	1:04:07	0:06:25	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Chris Meanor	10 Mile	1:10:01	0:07:00	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Tad Pajak	10 Mile	1:13:56	0:07:24	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Al Casagrande	10 Mile	1:18:52	0:07:53	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Bill Winters	10 Mile	1:18:52	0:07:53	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Rick Conroy	10 Mile	1:22:56	0:08:18	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Dan McQuiston	10 Mile	1:26:43	0:08:40	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Bob Lott	10 Mile	1:32:45	0:09:16	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Jacki Yingling	10 Mile	1:36:58	0:09:42	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Jeff Yingling	10 Mile	1:36:58	0:09:42	Spring Thaw 10 Miler	North Park	PA	2/24/2007
Rick Conroy	20K	0:50:28	0:04:04	Ogden Classic 20K	Wheeling	WV	5/26/2007
Ed Hlebechuk	20K	0:55:38	0:04:29	Ogden Classic 20K	Wheeling	WV	5/26/2007
Ryan Bender	Half Marathon	1:12:46	0:05:33	Just A Short Run Half Marathon	Allison Park	PA	3/31/2007
Al Casagrande	Half Marathon	1:14:03	0:05:39	Philadelphia Diatance Run Half	Philadelphia	PA	9/16/2007
Doug Craft	Half Marathon	1:18:41	0:06:00	Big Foot Half Marathon	Kittanning	PA	4/21/2007
Al Casagrande	Half Marathon	1:18:58	0:06:02	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Doug Craft	Half Marathon	1:19:24	0:06:04	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Herb Cratty	Half Marathon	1:19:50	0:06:06	Presque Isle Half Marathon	Erie	PA	7/15/2007
Mindy Sawtelle	Half Marathon	1:21:49	0:06:15	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Dan Cunkelman	Half Marathon	1:23:48	0:06:24	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Mindy Sawtelle	Half Marathon	1:24:31	0:06:27	Ikea Half Marathon	Pittsburgh	PA	9/8/2007
Doug Ulishney	Half Marathon	1:28:43	0:06:46	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Chris Meanor	Half Marathon	1:28:57	0:06:47	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Bill Zimmerman	Half Marathon	1:29:01	0:06:48	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Doug Ulishney	Half Marathon	1:33:00	0:07:06	Erie Half Marathon	Erie	PA	9/8/2007
Doug Ulishney	Half Marathon	1:34:42	0:07:14	Rockwood Half Marathon	Rockwood	PA	9/1/2007
Bob Crawford	Half Marathon	1:37:08	0:07:25	Big Foot Half Marathon	Kittanning	PA	4/21/2007
Eric Blazavich	Half Marathon	1:37:20	0:07:26	Mahoning Shadow Shuffle Half	Punxsutawney	PA	10/13/2007
Rick Conroy	Half Marathon	1:37:31	0:07:27	Philadelphia Diatance Run Half	Philadelphia	PA	9/16/2007
Rick Conroy	Half Marathon	1:38:32	0:07:31	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Bill Winters	Half Marathon	1:38:45	0:07:32	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Eric Blazavich	Half Marathon	1:39:10	0:07:34	Erie Half Marathon	Erie	PA	9/8/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Dan McQuiston	Half Marathon	1:40:01	0:07:38	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Rick Conroy	Half Marathon	1:42:09	0:07:48	Parkersburg Half Marathon	Parkersburg	WV	8/18/2007
Bill Winters	Half Marathon	1:44:11	0:07:57	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Bob Lott	Half Marathon	1:46:12	0:08:06	Cook Forest Half Marathon	Clarion	PA	3/31/2007
John Swauger	Half Marathon	1:47:01	0:08:10	Rock & Roll Half Marathon	Virginia Beach	VA	9/2/2007
Bill Serafin	Half Marathon	1:47:17	0:08:11	Shamrock Half Marathon	Virginia Beach	VA	3/18/2007
John Swauger	Half Marathon	1:47:35	0:08:13	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Sharon Holsinger	Half Marathon	1:48:49	0:08:18	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Ginny Winters	Half Marathon	1:48:56	0:08:19	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
John Chernega	Half Marathon	1:49:22	0:08:21	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Sharon Holsinger	Half Marathon	1:49:45	0:08:23	Presque Isle Half Marathon	Erie	PA	7/15/2007
Sandy Beck	Half Marathon	1:50:45	0:08:27	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Sandy Beck	Half Marathon	1:51:12	0:08:29	Big Foot Half Marathon	Kittanning	PA	4/21/2007
Ed Hlebechuk	Half Marathon	1:52:36	0:08:36	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Sharon Holsinger	Half Marathon	1:52:48	0:08:37	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Tom Dunbar	Half Marathon	1:54:46	0:08:46	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Diana Margoniu-Lutz	Half Marathon	1:55:21	0:08:48	Big Foot Half Marathon	Kittanning	PA	4/21/2007
Scott Bowman	Half Marathon	1:57:12	0:08:57	Big Foot Half Marathon	Kittanning	PA	4/21/2007
Scott Bowman	Half Marathon	1:57:49	0:09:00	Cook Forest Half Marathon	Clarion	PA	3/31/2007
Scott Sawtelle	Half Marathon	1:59:00	0:09:05	Ikea Half Marathon	Pittsburgh	PA	9/8/2007
Bob Lott	Half Marathon	1:59:33	0:09:08	Mahoning Shadow Shuffle Half	Punxsutawney	PA	10/13/2007
Jeril Goss	Half Marathon	2:00:29	0:09:12	Mahoning Shadow Shuffle Half	Punxsutawney	PA	10/13/2007
John Goss	Half Marathon	2:00:30	0:09:12	Mahoning Shadow Shuffle Half	Punxsutawney	PA	10/13/2007
James Kilpatrick	Half Marathon	2:05:00	0:09:33	Parkersburg Half Marathon	Parkersburg	WV	8/18/2007
Scott Bowman	Half Marathon	2:05:03	0:09:33	Mahoning Shadow Shuffle Half	Punxsutawney	PA	10/13/2007
Aileen Bowman	Half Marathon	2:05:33	0:09:35	Big Foot Half Marathon	Kittanning	PA	4/21/2007
Aileen Bowman	Half Marathon	2:05:39	0:09:35	Cook Forest Half Marathon	Clarion	PA	3/31/2007
James Kilpatrick	Half Marathon	2:06:11	0:09:38	Presque Isle Half Marathon	Erie	PA	7/15/2007
Donna Zukas	Half Marathon	2:06:27	0:09:39	Buffalo Creek Half Marathon	Freeport	PA	10/20/2007
Bill Serafin	Half Marathon	2:07:13	0:09:43	Myrtle Beach Half Marathon	Myrtle Beach	SC	2/16/2007
Aileen Bowman	Half Marathon	2:08:14	0:09:47	Mahoning Shadow Shuffle Half	Punxsutawney	PA	10/13/2007
James Kilpatrick	Half Marathon	2:08:52	0:09:50	Scotiabank Waterfront Half	Toronto, Ont		9/30/2007
Aileen Bowman	Half Marathon	2:10:51	0:09:59	Erie Half Marathon	Erie	PA	9/8/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Lisa Powers	Half Marathon	2:16:45	0:10:26	Philadelphia Diantance Run Half	Philadelphia	PA	9/16/2007
Jenephyr James	Half Marathon	3:16:42	0:15:01	Erie Half Marathon	Erie	PA	9/8/2007
Mindy Sawtelle	15 Mile	1:42:57	0:06:52	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Chris Meanor	15 Mile	1:48:19	0:07:13	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Al Casagranda	15 Mile	1:57:56	0:07:52	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Bill Winters	15 Mile	1:57:56	0:07:52	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Dan McQuiston	15 Mile	2:09:58	0:08:40	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Rick Conroy	15 Mile	2:10:38	0:08:43	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Jacki Yingling	15 Mile	2:37:27	0:10:30	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Jeff Yingling	15 Mile	2:37:27	0:10:30	Spring Thaw 15 Mile	North Park	PA	2/24/2007
Al Casagranda	25K	1:32:48	0:05:59	River Bank 25K Run	Grand Rapids	MI	5/6/2007
Matt Pajak	25K	1:49:25	0:07:04	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Jim Hamilton	25K	1:52:36	0:07:16	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Cory Fulmer	25K	1:56:25	0:07:31	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Jean Yves-Boulard	25K	2:01:10	0:07:49	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Al Casagranda	25K	2:13:40	0:08:37	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Candi Lockard	25K	2:40:48	0:10:22	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Chris Meanor	25K	2:42:00	0:10:27	Hyner View Trail Challenge 25K	Hyner	PA	4/21/2007
Bill Serafin	25K	2:46:51	0:10:46	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Tad Pajak	25K	2:51:04	0:11:02	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Chris Sharbaugh	25K	2:52:06	0:11:06	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Tom Fetterman, Jr.	25K	2:52:06	0:11:06	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Ginny Winters	25K	3:29:54	0:13:33	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
John Chernega	25K	3:30:05	0:13:33	Run With The Deer Flies 25K	Penn Run	PA	7/28/2007
Bob Lott	25K	3:50:41	0:14:53	Hyner View Trail Challenge 25K	Hyner	PA	4/21/2007
Adrienne Goss	25K	?:?:??		Hyner View Trail Challenge 25K	Hyner	PA	4/21/2007
Jeril Goss	25K	?:?:??		Hyner View Trail Challenge 25K	Hyner	PA	4/21/2007
John Goss	25K	?:?:??		Hyner View Trail Challenge 25K	Hyner	PA	4/21/2007
Ron Blake	14 Mile	1:56:00	0:08:17	Upchuck Classic	Blue Knob	PA	7/4/2007
Dan McQuiston	14 Mile	?:?:??		Upchuck Classic	Blue Knob	PA	7/4/2007
Sharon Holsinger	14 Mile	?:?:??		Upchuck Classic	Blue Knob	PA	7/4/2007
Tom Fetterman, Jr.	14 Mile	?:?:??		Upchuck Classic	Blue Knob	PA	7/4/2007
Vince Pavic	30K	2:21:28	0:07:36	Just A Short Run	Allison Park	PA	3/31/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mindy Sawtelle	20 Mile	2:18:55	0:06:57	Spring Thaw 20 Mile	North Park	PA	2/24/2007
Al Casagranda	20 Mile	2:37:56	0:07:54	Spring Thaw 20 Mile	North Park	PA	2/24/2007
Bill Winters	20 Mile	2:37:57	0:07:54	Spring Thaw 20 Mile	North Park	PA	2/24/2007
Al Casagranda	Marathon	2:40:49	0:06:08	Richmond Marathon	Richmond	VA	11/10/2007
Tom Lipsie	Marathon	2:41:40	0:06:10	Harrisburg Marathon	Harrisburg	PA	11/11/2007
Tom Lipsie	Marathon	2:45:32	0:06:19	Johnstown Marathon	Johnstown	PA	10/7/2007
Matt Pajak	Marathon	2:46:55	0:06:22	North Central Trail Marathon	Sparks	MD	11/24/2007
Mindy Sawtelle	Marathon	2:50:25	0:06:30	Grandma's Marathon	Duluth	MN	6/16/2007
Mindy Sawtelle	Marathon	2:52:59	0:06:36	Richmond Marathon	Richmond	VA	11/10/2007
Jim Hamilton	Marathon	2:53:23	0:06:37	Marine Corps Marathon	Washington	DC	10/29/2007
Cory Fulmer	Marathon	2:56:51	0:06:45	Harrisburg Marathon	Harrisburg	PA	11/11/2007
Doug Craft	Marathon	3:02:15	0:06:57	God's Country Marathon	Coudersport	PA	6/2/2007
Cory Fulmer	Marathon	3:04:32	0:07:03	God's Country Marathon	Coudersport	PA	6/2/2007
Mindy Sawtelle	Marathon	3:05:00	0:07:04	Steamtown Marathon	Scanton	PA	10/7/2007
Tom Lipsie	Marathon	3:07:00	0:07:08	God's Country Marathon	Coudersport	PA	6/2/2007
Vince Pavic	Marathon	3:16:03	0:07:29	Philadelphia Marathon	Philadelphia	PA	11/18/2007
John-Yves Boulard	Marathon	3:17:29	0:07:32	Harrisburg Marathon	Harrisburg	PA	11/11/2007
Teruyuki Minegihsi	Marathon	3:17:35	0:07:32	Kitakita Marathon	Japan		1/22/2007
Ron Blake	Marathon	3:23:41	0:07:46	Harrisburg Marathon	Harrisburg	PA	11/11/2007
Tom Berzonsky	Marathon	3:25:39	0:07:51	Chicago Marathon	Chicago	IL	10/7/2007
Vince Pavic	Marathon	3:26:08	0:07:52	Cincinnati Flying Pig Marathon	Cincinnati	OH	5/6/2007
Chris Sharbaugh	Marathon	3:26:44	0:07:53	Shamrock Marathon	Virginia Beach	VA	3/18/2007
Tad Pajak	Marathon	3:32:06	0:08:06	North Central Trail Marathon	Sparks	MD	11/24/2007
Teruyuki Minegihsi	Marathon	3:34:00	0:08:10	First Tokyo Marathon	Japan		2/18/2007
Bernie Coppolo	Marathon	3:34:18	0:08:11	Buffalo Marathon	Buffalo	NY	5/27/2007
Bernie Coppolo	Marathon	3:36:00	0:08:15	Akron Marathon	Akron	OH	9/29/2007
Bill Winters	Marathon	3:39:34	0:08:23	Outer Banks Marathon	Outer Banks	NC	11/11/2007
Laura Yevchak	Marathon	3:40:39	0:08:25	Harrisburg Marathon	Harrisburg	PA	11/11/2007
Dan McQuiston	Marathon	3:41:23	0:08:27	Rochester Marathon	Rochester	NY	9/16/2007
Cory Fulmer	Marathon	3:42:43	0:08:30	Johnstown Marathon	Johnstown	PA	10/7/2007
Dan McQuiston	Marathon	3:44:16	0:08:34	Johnstown Marathon	Johnstown	PA	10/7/2007
Tom Fetterman, Jr.	Marathon	3:45:51	0:08:37	North Central Trail Marathon	Sparks	MD	11/24/2007
Scott Sawtelle	Marathon	3:47:00	0:08:40	Steamtown Marathon	Scanton	PA	10/7/2007

IRRC MEMBER RACE RESULTS 2007

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Rick Conroy	Marathon	3:47:52	0:08:42	Frederick Marathon	Frederick	PA	5/6/2007
Bill Winters	Marathon	3:51:37	0:08:50	Frederick Marathon	Frederick	PA	5/6/2007
Tad Pajak	Marathon	3:52:32	0:08:53	Johnstown Marathon	Johnstown	PA	10/7/2007
Rick Conroy	Marathon	3:54:18	0:08:57	Mayor's Marathon	Anchorage	AK	6/23/2007
Ginny Winters	Marathon	3:55:46	0:09:00	Outer Banks Marathon	Outer Banks	NC	11/11/2007
Laura Yevchak	Marathon	3:56:00	0:09:00	Buffalo Marathon	Buffalo	NY	5/27/2007
Diana Margoni-Lutz	Marathon	3:56:41	0:09:02	Erie Marathon	Erie	PA	9/8/2007
John Chenega	Marathon	4:03:37	0:09:18	Frederick Marathon	Frederick	PA	5/6/2007
Bill Winters	Marathon	4:05:27	0:09:22	Johnstown Marathon	Johnstown	PA	10/7/2007
Laura Yevchak	Marathon	4:17:16	0:09:49	Johnstown Marathon	Johnstown	PA	10/7/2007
Tom Fetterman, Jr.	Marathon	4:17:33	0:09:50	Johnstown Marathon	Johnstown	PA	10/7/2007
Diana Margoni-Lutz	Marathon	4:18:37	0:09:52	Pocono Mountains Red Cross Marathon	Pocono	PA	5/6/2007
Chris Sharbaugh	Marathon	4:33:02	0:10:25	Chicago Marathon	Chicago	IL	10/7/2007
John Chernega	Marathon	4:36:45	0:10:34	Outer Banks Marathon	Outer Banks	NC	11/11/2007
Donna Zukas	Marathon	4:46:36	0:10:56	Mohawk Hudson River Marathon	Albany	NY	10/7/2007
Scott Bowman	Marathon	4:47:52	0:10:59	Erie Marathon	Erie	PA	9/8/2007
Joe Bujdos	Marathon	4:57:19	0:11:21	Atlanta Marathon	Atlanta	GA	11/22/2007
Mary Jean Bujdos	Marathon	4:57:19	0:11:21	Atlanta Marathon	Atlanta	GA	11/22/2007
Mary Jean Bujdos	Marathon	5:05:58	0:11:41	Buffalo Marathon	Buffalo	NY	5/27/2007
Bill Bracken	Marathon	5:06:48	0:11:43	Marine Corps Marathon	Washington	DC	10/29/2007
Joe Bujdos	Marathon	5:13:37	0:11:58	Buffalo Marathon	Buffalo	NY	5/27/2007
Doug Craft	50K	4:18:17	0:08:20	Punxsutawney 50K	Punxsutawney	PA	9/8/2007
Ron Blake/Bill Serafin	50K Relay	4:30:00	0:08:43	Punxsutawney 50K	Punxsutawney	PA	9/8/2007
Shaffer/John Goss	50K Relay	4:59:00	0:09:39	Punxsutawney 50K	Punxsutawney	PA	9/8/2007
Cory Fulmer	50K	5:00:17	0:09:41	Punxsutawney 50K	Punxsutawney	PA	9/8/2007
Bob Lott/Helfrick	50K Relay	5:01:00	0:09:43	Punxsutawney 50K	Punxsutawney	PA	9/8/2007
Bill Winters/Sharon Holsinge	50K Relay	5:10:00	0:10:00	Punxsutawney 50K	Punxsutawney	PA	9/8/2007
Tom Fetterman, Jr.	50K	5:46:32	0:11:11	Punxsutawney 50K	Punxsutawney	PA	9/8/2007
Candi Lockard	50K	6:11:00	0:11:58	Youngstown Ultra Trail 50K	Youngstown	OH	9/22/2007
Diana Margoni-Lutz	50K	6:11:00	0:11:58	Sulphur Spring 50K	Ontario,Canada		5/27/2007
Bill Serafin	50K	7:02:27	0:13:38	Laurel Highlands 50K	Ohio,PA	PA	6/9/2007
Tom Fetterman, Jr.	50K	7:17:30	0:14:07	Laurel Highlands 50K	Ohio,PA	PA	6/9/2007
Chris Meanor	34 Miles	7:56:00	0:22:35	Rachel Carson Challenge 34 Miler			6/23/2007

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Meanor	34 Miles	9:18:00	0:26:28	Highlands Sky Trail Run 40 Miler	Davis	WV	6/16/2007
Candi Lockard	34 Miles	9:31:06	0:27:06	Rachel Carson Challenge 34 Miler			6/23/2007
Chris Meanor	50 Mile	8:55:31	0:10:43	Bull Run 50 Miler	Manassas	VA	4/14/2007
Matt Pajak	50 Mile	?:?:??		Iron Mountain 50 Mile Trail Run	Damascus	VA	10/4/2007
Ron Blake	57 Miles	13:00:00	0:13:41	Laurel Highlands 70 Milers	Ohiopyle	PA	6/9/2007
Jennifer Wally Blystone	Triathlon-Relay	0:26:06		Yellow Creek Triathlon	Penn Run	PA	6/10/2007
Tom Simmons	Triathlon	1:23:39		Yellow Creek Triathlon	Penn Run	PA	6/10/2007
Scott Bowman	Triathlon	1:30:25		Yellow Creek Triathlon	Penn Run	PA	6/10/2007
Chris Meanor	Triathlon	1:35:56		Yellow Creek Triathlon	Penn Run	PA	6/10/2007
Nathan Stone	Triathlon	3:53:36		Nautica Malibu Triathlon	Malibu	CA	9/16/2007
Tom Simmons	Triathlon	6:33:47		Timberman 70.3 Ironman	Gilford	NH	8/19/2007