

Award Winners By Category – Ilion Days 5k Road Race 2014

Category	Place	Name	Hometown	Time/Comment
Overall Male		Richard Cohen	Utica	16:32.75 / New record for Male 40-49 age group
Overall Female		Daniele Cherniak	Cohoes	21:49.45 / New record for Female 50-59 age group
1	1	Noah Cohen	Utica	24:25.74
Under 12 Male	2	Adin Day	Mohawk	24:27.88
	3	Jazper Polidori	Ilion	24:34.18
2	1	Meaghan Ruppert	Ilion	27:22.6
Under 12 Female	2	Ashley Desimone	Cumming, GA	28:23.33
	3	Rachel Cohen	Utica	31:11.62
3	1	Nick Bandel	Mohawk	16:55.67
13-19 Male	2	Steve Paddock	Ilion	17:42.73
	3	Devin Murphy	Sauquoit	18:01.06
4	1	Sarah Corasanti	New Hartford	25:11.13
13-19 Female	2	Lauren Belfast	Ilion	25:50.28
	3	Nicole Jones	Marcy	25:55.17
5	1	Jonathan Wilmot	New Hartford	18:24.08
20-29 Male	2	Adam Wezalis	Ilion	20:06.6
	3	Michael Polidori	Ilion	22:34.16
6	1	Joelle Scott	Mohawk	23:29.77
20-29 Female	2	Kim Remmers	Myrtle Beach, SC	29:13.31
	3	Sirena Smith	Ilion	29:42.51

7	1	Josh Kuelling	Oriskany	18:12.7
30-39 Male	2	Ryan Jennings	Constableville	18:25.21
	3	Stephen Scott Jr	Mohawk	22:24.54
8	1	Holly Polidori	Ilion	25:16.39
30-39 Female	2	Heather Raymond	Mohawk	27:26.0
9	1	William Luppino	Mohawk	23:33.4
40-49 Male	2	Dave Paddock	Ilion	23:39.33
	3	Greg Hook	Ilion	25:08.79
10	1	Heather Devitt	Herkimer	23:08.67
40-49 Female	2	Rhonda Bandel	Mohawk	24:57.92
	3	Brenda Riesel	Ilion	25:54.57
11	1	Joe DeAngelo	Ilion	23:31.44
50-59 Male	2	Dan Casale	New Hartford	23:40.93
	3	Steve Lachacz	Ilion	26:37.51
12	1	Joanne Reynolds	Mohawk	24:05.32 (Also broke record for 50-59 female)
50-59 Female	2	Carol Moore	Ilion	29:51.18
13	1	Leigh Frye	Ilion	26:12.88
60-69 Male	2	Don Willner	Ilion	30:17.07
15	1	Jim Roach	Ilion	25:28.86
70+ Male	2	William Streeter	Winter Haven, FL	36:10.39