

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Ronnie Bujdos	1 Mile	0:07:45	0:07:45	Clarksburg One Mile Kids Run	Clarksburg	PA	6/11/2005
Lucy Bujdos	1 Mile	0:08:12	0:08:12	Clarksburg One Mile Kids Run	Clarksburg	PA	6/11/2005
Jeannie Bujdos	1 Mile	0:11:13	0:11:13	Clarksburg One Mile Kids Run	Clarksburg	PA	6/11/2005
Joey Bujdos	1 Mile	0:11:13	0:11:13	Clarksburg One Mile Kids Run	Clarksburg	PA	6/11/2005
Shaelyn Waltemire	1 Mile	?????	#VALUE!	Clarksburg One Mile Kids Run	Clarksburg	PA	6/11/2005
Brenda Brock	3 Mile	0:40:55	0:13:38	Fool's Run 3 Mile Walk	Indiana	PA	3/26/2005
Aileen Bowman	3 Mile	0:43:45	0:14:35	Fool's Run 3 Mile Walk	Indiana	PA	3/26/2005
Ryan Bender	5K	0:15:16	0:04:55	Hoodlebug 5K	Homer City	PA	7/10/2005
Tom Lipsie	5K	0:16:06	0:05:12	Run For Mental Health	Torrance	PA	5/14/2005
Cory Spidell	5K	0:16:11	0:05:13	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Tom Lipsie	5K	0:16:15	0:05:15	Hoodlebug 5K	Homer City	PA	7/10/2005
Tom Lipsie	5K	0:16:16	0:05:15	Heritage Days 5K	Ford City	PA	7/2/2005
Ed Rosporski	5K	0:16:24	0:05:17	Run For Mental Health	Torrance	PA	5/14/2005
Tom Lipsie	5K	0:16:25	0:05:18	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Ed Rosporski	5K	0:16:34	0:05:21	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Ed Rosporski	5K	0:16:38	0:05:22	Hoodlebug 5K	Homer City	PA	7/10/2005
Al Casagrande	5K	0:16:48	0:05:25	Hoodlebug 5K	Homer City	PA	7/10/2005
Tom Lipsie	5K	0:16:49	0:05:25	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Ed Rosporski	5K	0:17:05	0:05:31	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mindy Sawtelle	5000 M	0:17:18	0:05:35	NCAA National Outdoor Track			
Doug Craft	5K	0:17:19	0:05:35	Run For Mental Health	Torrance	PA	5/14/2005
Carl Isenberg	5K	0:17:28	0:05:38	Hoodlebug 5K	Homer City	PA	7/10/2005
Doug Craft	5K	0:17:39	0:05:42	Heritage Days 5K	Ford City	PA	7/2/2005
Doug Craft	5K	0:17:41	0:05:42	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Mark Stern	5K	0:17:59	0:05:48	Resolution Run 5K	Tempe	AZ	1/2/2005
Mindy Sawtelle	5K	0:18:05	0:05:50	Hoodlebug 5K	Homer City	PA	7/10/2005
Andrew Wylie	5K	0:18:13	0:05:53	Hoodlebug 5K	Homer City	PA	7/10/2005
Dan Cunkelman	5K	0:18:14	0:05:53	Hoodlebug 5K	Homer City	PA	7/10/2005
Doug Craft	5K	0:18:19	0:05:55	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mark Stern	5K	0:18:19	0:05:55	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mark Stern	5K	0:18:30	0:05:58	Rotary 5K	Lock Haven	PA	6/25/2005
Ron Blake	5K	0:18:34	0:05:59	Hoodlebug 5K	Homer City	PA	7/10/2005
Tom Berzonsky	3.1	0:18:34	0:05:59	Elderton 5K	Elderton	PA	9/10/2005

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Andrew Wylier	5K	0:18:37	0:06:00	Reindeer Romp	Charlotte	NC	12/10/2005
Mark Stern	5K	0:18:40	0:06:01	Tune Up For History	Lock Haven	PA	6/11/2005
Ron Blake	5K	0:18:48	0:06:04	That Dam Race	Sidman	PA	5/29/2005
Dan Cunkelman	5K	0:18:50	0:06:05	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Bill Zimmerman	5K	0:18:57	0:06:07	Hoodlebug 5K	Homer City	PA	7/10/2005
Rachel Umbel	5K	0:19:02	0:06:08	PIAA State Meet	Hershey	PA	11/5/2005
Ron Blake	5K	0:19:03	0:06:09	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Bill Zimmerman	5K	0:19:11	0:06:11	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mark Stern	5K	0:19:17	0:06:13	Smethport 5K	Smethport	PA	6/18/2005
Mike Hodak	5K	0:19:28	0:06:17	Knights of Columbus	Somerset	PA	3/19/2005
Rachel Umbel	5K	0:19:28	0:06:17	Gateway Invitational 5K	Pittsburgh	PA	9/3/2005
Thad Pajak	5K	0:19:47	0:06:23	IKEA 5K	Pittsburgh	PA	9/10/2005
Mike Hodak	5K	0:20:01	0:06:27	March March 5K	Harrison City	PA	3/12/2005
Tom Fetterman, Sr.	5K	0:20:05	0:06:29	That Dam Race	Sidman	PA	5/29/2005
Mike Hodak	5K	0:20:09	0:06:30	A Rabbit Runs Through It	Latrobe	PA	4/2/2005
Mike Hodak	5K	0:20:11	0:06:31	That Dam Race	Sidman	PA	5/29/2005
Mike Hodak	5K	0:20:16	0:06:32	Hoodlebug 5K	Homer City	PA	7/10/2005
Eric Blazavich	5K	0:20:22	0:06:34	Kiski School 5K	Apollo	PA	9/24/2005
Mike Hodak	5K	0:20:23	0:06:35	YMCA Big Foot 5K	Kittanning	PA	4/30/2005
Mike Hodak	5K	0:20:28	0:06:36	Frosty Five 5K	Youngwood	PA	2/27/2005
Mike Gehosky	5K	0:20:29	0:06:36	Hoodlebug 5K	Homer City	PA	7/10/2005
Tom Fetterman, Sr.	5K	0:20:29	0:06:36	Hoodlebug 5K	Homer City	PA	7/10/2005
Mike Hodak	5K	0:20:30	0:06:37	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Tom Fetterman, Sr.	5K	0:20:31	0:06:37	Run For Mental Health	Torrance	PA	5/14/2005
Mike Hodak	5K	0:20:32	0:06:37	Family Services 5K	Altoona	PA	5/15/2005
John Swauger	5K	0:20:33	0:06:38	Fall Classic 5K	Kittanning	PA	11/12/2005
Mike Hodak	5K	0:20:39	0:06:40	July 4th 5K Road Race	Altoona	PA	7/4/2005
Tom Fetterman, Sr.	5K	0:20:41	0:06:40	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Mike Hodak	5K	0:20:43	0:06:41	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Mike Hodak	5K	0:20:43	0:06:41	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Mike Hodak	5K	0:20:44	0:06:41	Run For Mental Health	Torrance	PA	5/14/2005
Mike Hodak	5K	0:20:46	0:06:42	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Tom Fetterman, Jr.	5K	0:20:48	0:06:43	Run For Mental Health	Torrance	PA	5/14/2005

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mike Hodak	5K	0:20:52	0:06:44	Sun Sun Beach 5K	Myrtle Beach	SC	6/4/2005
Mike Hodak	5K	0:20:52	0:06:44	Sun Fun Beach Run 5K	Myrtle Beach	SC	6/4/2005
Mike Gehosky	5K	0:20:53	0:06:44	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Eric Blazavich	5K	0:20:53	0:06:44	New Alex Lion's 5K	New Alexandria	PA	9/3/2005
Jeff Smith	5K	0:20:54	0:06:45	Kiski School 5K	Apollo	PA	9/24/2005
Bob Lott	5K	0:21:03	0:06:47	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
John Swauger	5K	0:21:04	0:06:48	Fight For Life 5K	Apollo	PA	11/19/2005
Tom Fetterman, Sr.	5K	0:21:05	0:06:48	Southernmost 5K	Key West	FL	2/19/2005
Mike Hodak	5K	0:21:05	0:06:48	Daily American Challenge 5K	Somerset	PA	6/11/2005
Mike Hodak	5K	0:21:05	0:06:48	Daily American 5K	Somerset	PA	7/11/2005
Bob Lott	5K	0:21:06	0:06:48	Hoodlebug 5K	Homer City	PA	7/10/2005
John Swauger	5K	0:21:06	0:06:48	Katrina Relief 5K	Indiana	PA	10/29/2005
Kevin Evans	5K	0:21:06	0:06:48	Samantha Graham Fundraiser	Dilltown	PA	11/12/2005
Thad Pajak	5K	0:21:13	0:06:51	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Mike Hodak	5K	0:21:15	0:06:51	Cook Forest 5K	Cook Forest	PA	4/3/2005
Mike Hodak	5K	0:21:15	0:06:51	Cook Forest 5K	Clarion	PA	4/3/2005
Craig Frisina	5K	0:21:15	0:06:51	Run For Mental Health	Torrance	PA	5/14/2005
John Swauger	5K	0:21:20	0:06:53	Hoodlebug 5K	Homer City	PA	7/10/2005
Bob Crawford	5K	0:21:21	0:06:53	Heritage Days 5K	Ford City	PA	7/2/2005
Craig Frisina	5K	0:21:27	0:06:55	Hoodlebug 5K	Homer City	PA	7/10/2005
Joe Bujdos	5K	0:21:28	0:06:55	Heritage Days 5K	Ford City	PA	7/2/2005
Mike Hodak	5K	0:21:30	0:06:56	Trough Creek Valley 5K	Cassville	PA	3/5/2005
Bob Crawford	5K	0:21:31	0:06:56	Freeport 5K	Freeport	PA	7/23/2005
Dave Grube	5K	0:21:32	0:06:57	Hoodlebug 5K	Homer City	PA	7/10/2005
John Swauger	5K	0:21:37	0:06:58	YMCA Big Foot 5K	Kittanning	PA	4/30/2005
Dan McQuiston	5K	0:21:43	0:07:00	Hoodlebug 5K	Homer City	PA	7/10/2005
Jeff Smith	5K	0:21:44	0:07:01	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Joe Bujdos	5K	0:21:45	0:07:01	Elderton 5K	Elderton	PA	9/10/2005
Ron Patrick	5K	0:21:46	0:07:01	Katrina Relief 5K	Indiana	PA	10/29/2005
Jeff Smith	5K	0:21:46	0:07:01	Fight For Life 5K	Apollo	PA	11/19/2005
Tony Bruno	5K	0:21:50	0:07:03	Shanksville 5K	Shanksville	PA	3/13/2005
Jeff Smith	5K	0:21:50	0:07:03	Elderton 5K	Elderton	PA	9/10/2005
Al Cole	5K	0:21:53	0:07:04	Hoodlebug 5K	Homer City	PA	7/10/2005

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Joe Bujdos	5K	0:21:54	0:07:04	Run For Mental Health	Torrance	PA	5/14/2005
Jeff Smith	5K	0:21:58	0:07:05	Hoodlebug 5K	Homer City	PA	7/10/2005
Craig Frisina	5K	0:21:58	0:07:05	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Steffen Sprow	5K	0:22:00	0:07:06	Hoodlebug 5K	Homer City	PA	7/10/2005
Joe Bujdos	5K	0:22:01	0:07:06	Hoodlebug 5K	Homer City	PA	7/10/2005
Steffen Sprow	5K	0:22:03	0:07:07	That Dam Race	Sidman	PA	5/29/2005
John Swauger	5K	0:22:05	0:07:07	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Lindsay Brock	5K	0:22:06	0:07:08	Hoodlebug 5K	Homer City	PA	7/10/2005
Joe Bujdos	5K	0:22:09	0:07:09	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Bob Crawford	5K	0:22:12	0:07:10	Butler Turkey Trot	Butler	PA	11/6/2005
Molly Moore	5K	0:22:15	0:07:11	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Eric Blazavich	5K	0:22:16	0:07:11	Hoodlebug 5K	Homer City	PA	7/10/2005
Eric Blazavich	5K	0:22:18	0:07:12	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mary Jean Bujdos	5K	0:22:19	0:07:12	Hoodlebug 5K	Homer City	PA	7/10/2005
Al Cole	5K	0:22:19	0:07:12	Elderton 5K	Elderton	PA	9/10/2005
Thad Pajak	5K	0:22:23	0:07:13	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Molly Moore	5K	0:22:24	0:07:14	Elderton 5K	Elderton	PA	9/10/2005
Al Cole	5K	0:22:26	0:07:14	Heritage Days 5K	Ford City	PA	7/2/2005
Luke McKelvy	5K	0:22:29	0:07:15	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Scott Bowman	5K	0:22:30	0:07:15	Citizens Helping Citizens'	Indiana	PA	7/16/2005
John Goss	5K	0:22:31	0:07:16	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Joe Bujdos	5K	0:22:33	0:07:16	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mel Stern	5K	0:22:35	0:07:17	Smethport 5K	Smethport	PA	6/18/2005
Scott Bowman	5K	0:22:35	0:07:17	Hoodlebug 5K	Homer City	PA	7/10/2005
Mary Jean Bujdos	5K	0:22:37	0:07:18	Heritage Days 5K	Ford City	PA	7/2/2005
Marissa Umbel	5K	0:22:42	0:07:19	Samantha Graham Fundraiser	Dilltown	PA	11/12/2005
Scott Bowman	5K	0:22:43	0:07:20	Run For Mental Health	Torrance	PA	5/14/2005
Rachel Umbel	5K	0:22:50	0:07:22	Samantha Graham Fundraiser	Dilltown	PA	11/12/2005
Al Cole	5K	0:22:50	0:07:22	Fight For Life 5K	Apollo	PA	11/19/2005
Mary Jean Bujdos	5K	0:23:04	0:07:26	Run For Mental Health	Torrance	PA	5/14/2005
Sandy Beck	5K	0:23:04	0:07:26	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Mike Buell	5K	0:23:05	0:07:27	Greensburg Turkey Trot	Greensburg	PA	11/24/2005
John Goss	5K	0:23:06	0:07:27	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mary Jean Bujdos	5K	0:23:08	0:07:28	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Molly Moore	5K	0:23:09	0:07:28	Shannock Valley 5K	Rural Valley	PA	7/23/2005
John Goss	5K	0:23:12	0:07:29	Hoodlebug 5K	Homer City	PA	7/10/2005
Jennifer Wally Blystone	5K	0:23:12	0:07:29	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mary Jean Bujdos	5K	0:23:12	0:07:29	Elderton 5K	Elderton	PA	9/10/2005
Diana Marongiu-Lutz	5K	0:23:13	0:07:29	Twin Boro 5K	Oakmont	PA	7/23/2005
Mary Jean Bujdos	5K	0:23:14	0:07:30	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Mel Stern	5K	0:23:15	0:07:30	Hoodlebug 5K	Homer City	PA	7/10/2005
Sandy Beck	5K	0:23:16	0:07:30	Fight For Life 5K	Apollo	PA	11/19/2005
Mark Stern	5K	0:23:17	0:07:31	Hoodlebug 5K	Homer City	PA	7/10/2005
Cleia Stern (stroller)	5K	0:23:17	0:07:31	Hoodlebug 5K	Homer City	PA	7/10/2005
Sharon Holsinger	5K	0:23:17	0:07:31	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Sandy Beck	5K	0:23:22	0:07:32	Elderton 5K	Elderton	PA	9/10/2005
Jennifer Wally Blystone	5K	0:23:32	0:07:35	Hoodlebug 5K	Homer City	PA	7/10/2005
John Swauger	5K	0:23:33	0:07:36	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Sandy Beck	5K	0:23:34	0:07:36	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Scott Bowman	5K	0:23:35	0:07:36	Fight For Life 5K	Apollo	PA	11/19/2005
Diana Marongiu-Lutz	5K	0:23:38	0:07:37	Junkyard Jaunt	New Kensington	PA	7/17/2005
Jennifer Wally Blystone	5K	0:23:42	0:07:39	Elderton 5K	Elderton	PA	9/10/2005
Sharon Holsinger	5K	0:23:43	0:07:39	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Molly Moore	5K	0:23:45	0:07:40	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Diana Marongiu-Lutz	5K	0:23:46	0:07:40	Hampton Twp. Rotary 5K	Hampton Twp	PA	7/4/2005
Sandy Beck	5K	0:23:47	0:07:40	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Tom Dunbar	5K	0:23:53	0:07:42	Hoodlebug 5K	Homer City	PA	7/10/2005
John Chernega	5K	0:23:55	0:07:43	Fight For Life 5K	Apollo	PA	11/19/2005
John Swauger	5K	0:23:58	0:07:44	Latrobe Turkey Trot	Latrobe	PA	11/24/2005
Tom Dunbar	5K	0:24:04	0:07:46	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Diana Marongiu-Lutz	5K	0:24:06	0:07:46	Brighton Heights 5K	Brighton Heights	PA	5/14/2005
Scott Bowman	5K	0:24:11	0:07:48	Frosty Five 5K	Youngwood	PA	2/27/2005
Mel Stern	5K	0:24:14	0:07:49	Run For Your Life 5K	Salladaysburg	PA	10/29/2005
Mel Stern	5K	0:24:20	0:07:51	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Tom Dunbar	5K	0:24:23	0:07:52	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Mel Stern	5K	0:24:28	0:07:54	Tune Up For History	Lock Haven	PA	6/11/2005

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Mel Stern	5K	0:24:30	0:07:54	Resolution Run 5K	Tempe	AZ	1/2/2005
Steffen Sprow	5K	0:24:31	0:07:55	Run For Mental Health	Torrance	PA	5/14/2005
Tom Dunbar	5K	0:24:33	0:07:55	Heritage Days 5K	Ford City	PA	7/2/2005
Jim Cook	5K	0:24:36	0:07:56	Hoodlebug 5K	Homer City	PA	7/10/2005
Ginny Winters	5K	0:24:41	0:07:58	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Tom Dunbar	5K	0:24:55	0:08:02	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Molly Moore	5K	0:24:56	0:08:03	Diamond Days 5K	Blairsville	PA	8/20/2005
Anita Sprow	5K	0:25:01	0:08:04	That Dam Race	Sidman	PA	5/29/2005
Diana Marongiu-Lutz	5K	0:25:04	0:08:05	Derry Cross Country 5K	Derry	PA	6/22/2005
Donna Scanlon	5K	0:25:06	0:08:06	Hoodlebug 5K	Homer City	PA	7/10/2005
David Rosporski	5K	0:25:14	0:08:08	Run For Mental Health	Torrance	PA	5/14/2005
Chuck Frank	5K	0:25:17	0:08:09	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Donna Scanlon	5K	0:25:18	0:08:10	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Heather Smith	5K	0:25:18	0:08:10	Katrina Relief 5K	Indiana	PA	10/29/2005
Donna Scanlon	5K	0:25:21	0:08:11	Heritage Days 5K	Ford City	PA	7/2/2005
Chuck Frank	5K	0:25:26	0:08:12	Hoodlebug 5K	Homer City	PA	7/10/2005
Wendy Fetterman	5K	0:25:44	0:08:18	Ocean City 5K	Ocean City	MD	4/16/2005
Donna Scanlon	5K	0:25:45	0:08:18	That Dam Race	Sidman	PA	5/29/2005
Ed Gondolf	5K	0:25:51	0:08:20	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Anita Sprow	5K	0:25:54	0:08:21	Hoodlebug 5K	Homer City	PA	7/10/2005
Heather Smith	5K	0:26:06	0:08:25	Kiski School 5K	Apollo	PA	9/24/2005
Aileen Bowman	5K	0:26:07	0:08:25	Katrina Relief 5K	Indiana	PA	10/29/2005
Scott Bowman	5K	0:26:08	0:08:26	Katrina Relief 5K	Indiana	PA	10/29/2005
Donna Scanlon	5K	0:26:16	0:08:28	Run For Mental Health	Torrance	PA	5/14/2005
Heather Smith	5K	0:26:36	0:08:35	Fight For Life 5K	Apollo	PA	11/19/2005
Ed Gondolf	5K	0:26:41	0:08:36	Heritage Days 5K	Ford City	PA	7/2/2005
Heather Smith	5K	0:26:44	0:08:37	Hoodlebug 5K	Homer City	PA	7/10/2005
Donna Zukas	5K	0:26:51	0:08:40	Fight For Life 5K	Apollo	PA	11/19/2005
Ed Gondolf	5K	0:26:52	0:08:40	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Donna Zukas	5K	0:26:53	0:08:40	Heritage Days 5K	Ford City	PA	7/2/2005
Ed Gondolf	5K	0:27:00	0:08:43	Elderton 5K	Elderton	PA	9/10/2005
Aileen Bowman	5K	0:27:02	0:08:43	Fall Classic 5K	Kittanning	PA	11/12/2005
Donna Latimer	5K	0:27:03	0:08:44	Diamond Days 5K	Blairsville	PA	8/20/2005

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Heather Smith	5K	0:27:14	0:08:47	Elderton 5K	Elderton	PA	9/10/2005
Heather Smith	5K	0:27:23	0:08:50	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Barb Fletcher	5K	0:27:29	0:08:52	Hoodlebug 5K	Homer City	PA	7/10/2005
Alyson Pajak	5K	0:27:33	0:08:53	Hoodlebug 5K	Homer City	PA	7/10/2005
Thad Pajak	5K	0:27:35	0:08:54	Hoodlebug 5K	Homer City	PA	7/10/2005
Tom Knapp	5K	0:27:39	0:08:55	Hoodlebug 5K	Homer City	PA	7/10/2005
Aileen Bowman	5K	0:27:43	0:08:56	Fight For Life 5K	Apollo	PA	11/19/2005
Donna Zukas	5K	0:27:48	0:08:58	Hoodlebug 5K	Homer City	PA	7/10/2005
Aileen Bowman	5K	0:27:51	0:08:59	Diamond Days 5K	Blairsville	PA	8/20/2005
Aileen Bowman	5K	0:27:56	0:09:01	Run For Mental Health	Torrance	PA	5/14/2005
Donna Zukas	5K	0:27:56	0:09:01	Race For The Moon & Stars	McKeesport	PA	4/16/2005
Aileen Bowman	5K	0:28:04	0:09:03	YMCA Big Foot 5K	Kittanning	PA	4/30/2005
Aileen Bowman	5K	0:28:07	0:09:04	Hoodlebug 5K	Homer City	PA	7/10/2005
Donna Latimer	5K	0:28:11	0:09:05	Run For Mental Health	Torrance	PA	5/14/2005
Jeannie Bujdos	5K	0:28:18	0:09:08	Fall Classic 5K	Kittanning	PA	11/12/2005
Joelyne Laurinatis	5K	0:28:23	0:09:09	Fight For Life 5K	Apollo	PA	11/19/2005
Jeannie Bujdos	5K	0:28:40	0:09:15	Run For Mental Health	Torrance	PA	5/14/2005
Ronnie Bujdos	5K	0:28:48	0:09:17	Elderton 5K	Elderton	PA	9/10/2005
Ronnie Bujdos	5K	0:28:56	0:09:20	Run For Mental Health	Torrance	PA	5/14/2005
Tom Knapp	5K	0:28:57	0:09:20	Run For Mental Health	Torrance	PA	5/14/2005
John Harwick	5K	0:28:57	0:09:20	Great Race 5K	Pittsburgh	PA	9/25/2005
Jaque Lutz	5K	0:28:59	0:09:21	Brighton Heights 5K	Brighton Heights	PA	5/14/2005
Donna Zukas	5K	0:28:59	0:09:21	Brentwood 5K	Brentwood	PA	
Aileen Bowman	5K	0:29:10	0:09:25	Erie 5K	Erie	PA	9/11/2005
Donna Zukas	5K	0:29:13	0:09:25	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Sunnie Buchanan	5K	0:29:23	0:09:29	Great Race 5K	Pittsburgh	PA	9/25/2005
Jeannie Bujdos	5K	0:29:33	0:09:32	Heritage Days 5K	Ford City	PA	7/2/2005
Ronnie Bujdos	5K	0:29:37	0:09:33	Heritage Days 5K	Ford City	PA	7/2/2005
Tracy McKeel	5K	0:29:49	0:09:37	Katrina Relief 5K	Indiana	PA	10/29/2005
Terry Orvosh	5K	0:30:00	0:09:41	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Ronnie Bujdos	5K	0:30:07	0:09:43	Shannock Valley 5K	Rural Valley	PA	7/23/2005
Cathy Swauger	5K	0:30:12	0:09:45	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Terry Orvosh	5K	0:30:19	0:09:47	Hoodlebug 5K	Homer City	PA	7/10/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Ronnie Bujdos	5K	0:30:31	0:09:51	Fall Classic 5K	Kittanning	PA	11/12/2005
John Harwick	5K	0:30:43	0:09:55	Run Around The Square 5K	Pittsburgh	PA	8/27/2005
John Harwick	5K	0:30:52	0:09:57	Run For Your Heart 5K	Pittsburgh	PA	9/5/2005
Ronnie Bujdos	5K	0:31:10	0:10:03	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Jeannie Bujdos	5K	0:31:15	0:10:05	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Nedra Kearney-Vakulick	5K	0:32:34	0:10:30	Albert Gallatin River Regatta 5K			
Marie Frisina	5K	0:32:54	0:10:37	Hoodlebug 5K	Homer City	PA	7/10/2005
Claire Hogan	5K	0:33:01	0:10:39	Katrina Relief 5K	Indiana	PA	10/29/2005
Lucy Bujdos	5K	0:33:05	0:10:40	Fall Classic 5K	Kittanning	PA	11/12/2005
Lucy Bujdos	5K	0:33:26	0:10:47	Run For Mental Health	Torrance	PA	5/14/2005
Marie Frisina	5K	0:33:38	0:10:51	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Lucy Bujdos	5K	0:33:50	0:10:55	Heritage Days 5K	Ford City	PA	7/2/2005
Tom Buchanan	5K	0:34:15	0:11:03	Great Race 5K	Pittsburgh	PA	9/25/2005
Claire Hogan	5K	0:35:18	0:11:23	Groundhog Festival 5K	Punxsutawney	PA	7/6/2005
Anita Wylie	5K	0:37:38	0:12:08	Hoodlebug 5K	Homer City	PA	7/10/2005
Lucy Bujdos	5K	0:37:45	0:12:11	Citizens Helping Citizens'	Indiana	PA	7/16/2005
Betsy Fetterman	5K	0:50:55	0:16:25	Southernmost 5K	Key West	FL	2/19/2005
Speed Pulliam	5K	0:50:55	0:16:25	Southernmost 5K	Key West	FL	2/19/2005
Jill Knesh	5K	19:19	6:13	Komen Race For The Cure	Pittsburgh	PA	5/8/2005
John Swauger	5K	22:23	7:13	Komen Race For The Cure	Pittsburgh	PA	5/8/2005
John Chernega	5K	????	#VALUE!	Komen Race For The Cure	Pittsburgh	PA	5/8/2005
Carol Chernega	5K	????	#VALUE!	Komen Race For The Cure	Pittsburgh	PA	5/8/2005
Ryan Spiardi	5K	????	#VALUE!	Samantha Graham Fundraiser	Dilltown	PA	11/12/2005
Selena Sterrn	5K	?????	#VALUE!	Resolution Run 5K	Tempe	AZ	1/2/2005
Mindy Sawtelle	6K	0:21:01	0:06:47	NCAA Division II Regionals	Lock Haven	PA	11/5/2005
Mindy Sawtelle	6K	0:22:03	0:07:07	Division II Nationals	Pomona	CA	11/19/2005
Ed Rosporski	4 Miler	0:23:49	0:05:57	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Mark Stern	4 Miler	0:25:33	0:06:23	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Bill Winters	4 Miler	0:28:46	0:07:11	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Jeff Graham	4 Miler	0:29:44	0:07:26	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Dan McQuiston	4 Miler	0:30:46	0:07:41	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Selena Sterrn	4 Miler	0:32:04	0:08:01	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Al Cole	4 Miler	0:32:27	0:08:07	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mel Stern	4 Miler	0:33:01	0:08:15	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
John Swauger	4 Miler	0:33:01	0:08:15	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Chris Peters	4 Miler	0:33:30	0:08:22	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Ginny Winters	4 Miler	0:33:50	0:08:28	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Donna Scanlon	4 Miler	0:36:34	0:09:09	Squirrel Chase Run	Indiana	PA	11/12/2005
Dick Gigliotti	4 Miler	0:42:37	0:10:39	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Cathy Swauger	4 Miler	0:43:02	0:10:45	Groundhog Jog 4 Miler	Punxsutawney	PA	1/30/2005
Tom Lipsie	7K	0:23:48	0:05:29	Run For The Trail 7K	Dilltown	PA	8/14/2005
Al Casagrande	7K	0:24:35	0:05:40	Run For The Trail 7K	Dilltown	PA	8/14/2005
Ed Rosporski	7K	0:25:17	0:05:50	Run For The Trail 7K	Dilltown	PA	8/14/2005
Tom Berzonsky	7K	0:26:25	0:06:05	Run For The Trail 7K	Dilltown	PA	8/14/2005
Dan Cunkelman	7K	0:26:48	0:06:11	Run For The Trail 7K	Dilltown	PA	8/14/2005
Ron Blake	7K	0:27:14	0:06:16	Run For The Trail 7K	Dilltown	PA	8/14/2005
Andrew Wylie	7K	0:27:42	0:06:23	Run For The Trail 7K	Dilltown	PA	8/14/2005
Mike Gehosky	7K	0:29:25	0:06:47	Run For The Trail 7K	Dilltown	PA	8/14/2005
Tom Fetterman, Jr.	7K	0:30:38	0:07:04	Run For The Trail 7K	Dilltown	PA	8/14/2005
Dan McQuiston	7K	0:30:56	0:07:08	Run For The Trail 7K	Dilltown	PA	8/14/2005
Luke McKelvy	7K	0:30:59	0:07:08	Run For The Trail 7K	Dilltown	PA	8/14/2005
Bill Winters	7K	0:31:07	0:07:10	Run For The Trail 7K	Dilltown	PA	8/14/2005
John Swauger	7K	0:31:16	0:07:12	Run For The Trail 7K	Dilltown	PA	8/14/2005
Jeff Smith	7K	0:31:29	0:07:15	Run For The Trail 7K	Dilltown	PA	8/14/2005
Eric Blazavich	7K	0:32:04	0:07:23	Run For The Trail 7K	Dilltown	PA	8/14/2005
Steffen Sprow	7K	0:33:08	0:07:38	Run For The Trail 7K	Dilltown	PA	8/14/2005
Al Cole	7K	0:33:09	0:07:38	Run For The Trail 7K	Dilltown	PA	8/14/2005
Tony Bruno	7K	0:33:10	0:07:39	Run For The Trail 7K	Dilltown	PA	8/14/2005
Jennifer Wally Blystone	7K	0:34:12	0:07:53	Run For The Trail 7K	Dilltown	PA	8/14/2005
Molly Moore	7K	0:34:38	0:07:59	Run For The Trail 7K	Dilltown	PA	8/14/2005
Tom Dunbar	7K	0:34:39	0:07:59	Run For The Trail 7K	Dilltown	PA	8/14/2005
Chris Peters	7K	0:34:52	0:08:02	Run For The Trail 7K	Dilltown	PA	8/14/2005
Ginny Winters	7K	0:35:38	0:08:13	Run For The Trail 7K	Dilltown	PA	8/14/2005
Jan McKelvy	7K	0:36:43	0:08:28	Run For The Trail 7K	Dilltown	PA	8/14/2005
Jim Cook	7K	0:37:50	0:08:43	Run For The Trail 7K	Dilltown	PA	8/14/2005
Anita Sprow	7K	0:38:05	0:08:46	Run For The Trail 7K	Dilltown	PA	8/14/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Andrea Fletcher	7K	0:39:21	0:09:04	Run For The Trail 7K	Dilltown	PA	8/14/2005
Frank Frederick	7K	0:39:53	0:09:11	Run For The Trail 7K	Dilltown	PA	8/14/2005
Jim Lafontaine	7K	0:40:29	0:09:20	Run For The Trail 7K	Dilltown	PA	8/14/2005
Aileen Bowman	7K	0:41:30	0:09:34	Run For The Trail 7K	Dilltown	PA	8/14/2005
Scott Bowman	7K	0:41:36	0:09:35	Run For The Trail 7K	Dilltown	PA	8/14/2005
Cathy Swauger	7K	0:42:06	0:09:42	Run For The Trail 7K	Dilltown	PA	8/14/2005
Wendy Fetterman	7K	0:44:56	0:10:21	Run For The Trail 7K	Dilltown	PA	8/14/2005
Tom Knapp	7K	0:45:40	0:10:31	Run For The Trail 7K	Dilltown	PA	8/14/2005
Karen Holby	7K	0:47:34	0:10:58	Run For The Trail 7K	Dilltown	PA	8/14/2005
John Harwick	7K	0:47:54	0:11:02	Run For The Trail 7K	Dilltown	PA	8/14/2005
Claire Hogan	7K	0:51:05	0:11:46	Run For The Trail 7K	Dilltown	PA	8/14/2005
Don Hogan	7K	0:51:07	0:11:47	Run For The Trail 7K	Dilltown	PA	8/14/2005
Betsy Fetterman	7K	1:02:45	0:14:28	Run For The Trail 7K	Dilltown	PA	8/14/2005
Jed Fetterman	7K	1:02:49	0:14:28	Run For The Trail 7K	Dilltown	PA	8/14/2005
Pam Lezark	7K	1:03:27	0:14:37	Run For The Trail 7K	Dilltown	PA	8/14/2005
Nina Santus Seibert	8K	0:44:36	0:10:17	8K Turkey Day Run	Columbia	SC	11/24/2005
Ed Rosporski	5 Mile	0:29:00	0:05:48	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Carl Isenberg	5 Mile	0:29:01	0:05:48	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Ron Blake	5 Mile	0:31:26	0:06:17	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Bill Zimmerman	5 Mile	0:31:38	0:06:20	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Joe Chichester	5 Mile	0:31:59	0:06:24	Ken Brumbaugh 5 Miler	Altoona	PA	4/3/2005
Tom Berzonsky	5 Mile	0:32:11	0:06:26	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Mark Stern	5 Mile	0:32:18	0:06:28	Ken Brumbaugh 5 Miler	Altoona	PA	4/3/2005
Tom Fetterman, Sr.	5 Mile	0:35:12	0:07:02	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Vince Pavic	5 Mile	0:36:59	0:07:24	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Dave Grube	5 Mile	0:37:28	0:07:30	Latrobe 5 Miler	Latrobe	PA	7/1/2005
John Swauger	5 Mile	0:37:41	0:07:32	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Dan McQuiston	5 Mile	0:37:52	0:07:34	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Sandy Beck	5 Mile	0:38:50	0:07:46	Butler 5 Miler	Butler	PA	6/25/2005
Bob Crawford	5 Mile	0:39:13	0:07:51	Grove City 5 Miler	Grove City	PA	1/22/2005
Scott Bowman	5 Mile	0:39:18	0:07:52	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Sandy Beck	5 Mile	0:39:39	0:07:56	Frostbite Five	Grove City	PA	2/19/2005
Mel Stern	5 Mile	0:40:48	0:08:10	Ken Brumbaugh 5 Miler	Altoona	PA	4/3/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Donna Scanlon	5 Mile	0:43:12	0:08:38	Butler 5 Miler	Butler	PA	6/25/2005
Donna Scanlon	5 Mile	0:43:43	0:08:45	Frostbite 5 Miler	Grove City	PA	2/19/2005
Donna Latimer	5 Mile	0:45:30	0:09:06	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Ed Gondolf	5 Mile	0:45:40	0:09:08	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Anne Peters	5 Mile	0:46:27	0:09:17	Latrobe 5 Miler	Latrobe	PA	7/1/2005
Cory Spidell	10K	0:32:57	0:05:19	NCAA Division II Regionals	Lock Haven	PA	11/5/2005
Cory Spidell	10K	0:34:10	0:05:31	Division II Nationals	Pomona	CA	11/19/2005
Al Casagrande	10K	0:34:28	0:05:34	Clarksburg 10K	Clarksburg	PA	6/11/2005
Ed Rosporski	10K	0:34:31	0:05:34	Fool's Run 10K	Indiana	PA	3/26/2005
Doug Craft	10K	0:35:19	0:05:42	Clarksburg 10K	Clarksburg	PA	6/11/2005
Al Casagrande	10K	0:35:32	0:05:44	Fool's Run 10K	Indiana	PA	3/26/2005
Doug Craft	10K	0:35:37	0:05:45	Fool's Run 10K	Indiana	PA	3/26/2005
Mindy Sawtelle	10000 M	0:35:55	0:05:48	NCAA National Outdoor Track			
Ed Rosporski	10K	0:36:09	0:05:50	Clarksburg 10K	Clarksburg	PA	6/11/2005
Tom Lipsie	10K	0:36:57	0:05:58	Shanksville 10K	Shanksville	PA	3/13/2005
Mark Stern	10K	0:38:52	0:06:16	Tiadaghton 10K	Jersey Shore	PA	7/2/2005
Dan Cunkelman	10K	0:39:30	0:06:22	Fool's Run 10K	Indiana	PA	3/26/2005
Ron Blake	10K	0:39:50	0:06:25	Fool's Run 10K	Indiana	PA	3/26/2005
Bill Zimmerman	10K	0:40:26	0:06:31	Fool's Run 10K	Indiana	PA	3/26/2005
Tom Fetterman, Sr.	10K	0:42:51	0:06:55	Cherry Blossum 10K	Winchester	VA	4/30/2005
Tom Fetterman, Jr.	10K	0:42:55	0:06:55	Johnstown Marathon 10K	Johnstown	PA	10/2/2005
John Swauger	10K	0:43:28	0:07:01	Johnstown Marathon 10K	Johnstown	PA	10/2/2005
Vince Pavic	10K	0:43:39	0:07:02	Great Race 10K	Pittsburgh	PA	9/25/2005
Tom Fetterman, Jr.	10K	0:43:44	0:07:03	Fool's Run 10K	Indiana	PA	3/26/2005
Dan McQuiston	10K	0:43:50	0:07:04	Fall Classic 10K	Kittanning	PA	11/12/2005
Bob Crawford	10K	0:44:00	0:07:06	Fall Classic 10K	Kittanning	PA	11/12/2005
Mike Gehosky	10K	0:44:27	0:07:10	Fool's Run 10K	Indiana	PA	3/26/2005
Dan McQuiston	10K	0:44:29	0:07:10	Fool's Run 10K	Indiana	PA	3/26/2005
Joe Bujdos	10K	0:44:36	0:07:12	Clarksburg 10K	Clarksburg	PA	6/11/2005
Bill Serafin	10K	0:44:41	0:07:12	Fool's Run 10K	Indiana	PA	3/26/2005
Danielle Sgro	10K	0:45:01	0:07:16	Fool's Run 10K	Indiana	PA	3/26/2005
Joe Bujdos	10K	0:45:43	0:07:22	Fool's Run 10K	Indiana	PA	3/26/2005
Vince Pavic	10K	0:46:00	0:07:25	Daily American Challenge 10K	Somerset	PA	6/11/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Lindsay Brock	10K	0:46:03	0:07:26	Clarksburg 10K	Clarksburg	PA	6/11/2005
John Swauger	10K	0:46:06	0:07:26	Fool's Run 10K	Indiana	PA	3/26/2005
Tony Bruno	10K	0:46:09	0:07:27	Fool's Run 10K	Indiana	PA	3/26/2005
Dave Grube	10K	0:46:13	0:07:27	Great Race 10K	Pittsburgh	PA	9/25/2005
Mary Jean Bujdos	10K	0:46:37	0:07:31	Clarksburg 10K	Clarksburg	PA	6/11/2005
Sandy Beck	10K	0:46:42	0:07:32	Fall Classic 10K	Kittanning	PA	11/12/2005
Joe Bujdos	10K	0:46:54	0:07:34	Fall Classic 10K	Kittanning	PA	11/12/2005
Sandy Beck	10K	0:46:54	0:07:34	Valley Points Family YMCA 10K	New Kensington	PA	10/22/2005
Bob Lott	10K	0:47:17	0:07:38	Fool's Run 10K	Indiana	PA	3/26/2005
Lindsay Brock	10K	0:47:19	0:07:38	Fool's Run 10K	Indiana	PA	3/26/2005
Craig Frisina	10K	0:47:26	0:07:39	Great Race 10K	Pittsburgh	PA	9/25/2005
Mary Jean Bujdos	10K	0:47:29	0:07:40	Fall Classic 10K	Kittanning	PA	11/12/2005
John Swauger	10K	0:47:38	0:07:41	Upchuck Classic 10K	Blue Knob	PA	7/4/2005
Jennifer Wally Blystone	10K	0:47:42	0:07:42	Fall Classic 10K	Kittanning	PA	11/12/2005
Sandy Beck	10K	0:47:50	0:07:43	Clarksburg 10K	Clarksburg	PA	6/11/2005
Jim Miller	10K	0:48:04	0:07:45	Fool's Run 10K	Indiana	PA	3/26/2005
Mary Jean Bujdos	10K	0:48:08	0:07:46	Fool's Run 10K	Indiana	PA	3/26/2005
Sandy Beck	10K	0:48:16	0:07:47	Fool's Run 10K	Indiana	PA	3/26/2005
Sharon Holsinger	10K	0:48:22	0:07:48	Clarksburg 10K	Clarksburg	PA	6/11/2005
Al Cole	10K	0:48:30	0:07:49	Clarksburg 10K	Clarksburg	PA	6/11/2005
Al Cole	10K	0:48:37	0:07:50	Fall Classic 10K	Kittanning	PA	11/12/2005
Sandy Beck	10K	0:48:46	0:07:52	Gobbler's Gallop 10K	Elwood City	PA	11/24/2005
Mel Stern	10K	0:49:17	0:07:57	Tiadaghton 10K	Jersey Shore	PA	7/2/2005
Al Cole	10K	0:49:33	0:08:00	Fool's Run 10K	Indiana	PA	3/26/2005
Sharon Holsinger	10K	0:49:37	0:08:00	Fool's Run 10K	Indiana	PA	3/26/2005
Mel Stern	10K	0:49:46	0:08:02	Cookies 10K	Berwick	PA	2/26/2005
Scott Bowman	10K	0:49:52	0:08:03	Fall Classic 10K	Kittanning	PA	11/12/2005
Sandy Beck	10K	0:50:04	0:08:05	Cabin fever Reliever 10K	Grove City	PA	3/5/2005
Jennifer Wally Blystone	10K	0:50:13	0:08:06	Fool's Run 10K	Indiana	PA	3/26/2005
John Goss	10K	0:50:35	0:08:10	Fool's Run 10K	Indiana	PA	3/26/2005
Jim Cook	10K	0:50:52	0:08:12	Johnstown Marathon 10K	Johnstown	PA	10/2/2005
Chris Peters	10K	0:50:54	0:08:13	Fool's Run 10K	Indiana	PA	3/26/2005
Chuck Frank	10K	0:51:31	0:08:19	Fool's Run 10K	Indiana	PA	3/26/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Scott Bowman	10K	0:51:58	0:08:23	Fool's Run 10K	Indiana	PA	3/26/2005
Donna Scanlon	10K	0:52:24	0:08:27	Clarksburg 10K	Clarksburg	PA	6/11/2005
Tom Dunbar	10K	0:52:30	0:08:28	Clarksburg 10K	Clarksburg	PA	6/11/2005
Anita Sprow	10K	0:53:07	0:08:34	Johnstown Marathon 10K	Johnstown	PA	10/2/2005
Diana Marongiu-Lutz	10K	0:53:48	0:08:41	Stoneridge 10K		PA	5/30/2005
Scott Bassaro	10K	0:54:08	0:08:44	Fool's Run 10K	Indiana	PA	3/26/2005
John Goss	10K	0:54:31	0:08:48	Clarksburg 10K	Clarksburg	PA	6/11/2005
Donna Scanlon	10K	0:55:31	0:08:57	Fool's Run 10K	Indiana	PA	3/26/2005
Ed Gondolf	10K	0:55:48	0:09:00	Clarksburg 10K	Clarksburg	PA	6/11/2005
Jim Cook	10K	0:56:42	0:09:09	Daily American Challenge 10K	Somerset	PA	6/11/2005
Donna Zukas	10K	0:57:46	0:09:19	Fool's Run 10K	Indiana	PA	3/26/2005
Donna Latimer	10K	0:58:03	0:09:22	Clarksburg 10K	Clarksburg	PA	6/11/2005
Jeril Goss	10K	0:58:43	0:09:28	Fool's Run 10K	Indiana	PA	3/26/2005
Cathy Swauger	10K	0:59:32	0:09:36	Johnstown Marathon 10K	Johnstown	PA	10/2/2005
Tracy McKeel	10K	1:00:21	0:09:44	Johnstown Marathon 10K	Johnstown	PA	10/2/2005
Cathy Swauger	10K	1:00:30	0:09:45	Upchuck Classic 10K	Blue Knob	PA	7/4/2005
Wendy Fetterman	10K	1:01:22	0:09:54	Johnstown Marathon 10K	Johnstown	PA	10/2/2005
Wendy Fetterman	10K	1:01:30	0:09:55	Upchuck Classic 10K	Blue Knob	PA	7/4/2005
Liz Boyer	10K	1:02:34	0:10:05	Fool's Run 10K	Indiana	PA	3/26/2005
Terry Orvosh	10K	1:03:23	0:10:13	Fool's Run 10K	Indiana	PA	3/26/2005
Tom Smuro	10K	1:06:54	0:10:47	Fool's Run 10K	Indiana	PA	3/26/2005
Deanna Fletcher	10K	1:15:26	0:12:10	Fool's Run 10K	Indiana	PA	3/26/2005
Mary Fletcher	10K	1:15:26	0:12:10	Fool's Run 10K	Indiana	PA	3/26/2005
Marie Frisina	10K	1:17:04	0:12:26	Great Race 10K	Pittsburgh	PA	9/25/2005
Jim Cook	10K	????	#VALUE!	Penn Highlands Fall Frolic	Johnstown	PA	
Tom Fetterman, Jr.	10K	????	#VALUE!	Shanksville 10K	Shanksville	PA	3/13/2005
Mark Stern	7 Miler	1:03:30	0:09:04	Ugly Mudder Trail Run	Reading	PA	2/27/2005
Mark Stern	15K	1:01:48	0:06:39	July 4th 15K Road Race	Altoona	PA	7/4/2005
Mark Stern	15K	1:10:58	0:07:38	Mudfest 15K	Reading	PA	3/26/2005
Joe Chichester	15K	1:10:58	0:07:38	Mudfest 15K	Reading	PA	3/26/2005
Mel Stern	15K	1:17:10	0:08:18	July 4th 15K Road Race	Altoona	PA	7/4/2005
Anita Sprow	15 K	1:26:59	0:09:21	Upchuck Classic 15K	Blue Knob	PA	7/4/2005
Anita Sprow	15K	1:27:03	0:09:22	Flight 93 Memorial	Shanksville	PA	11/13/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Selena Stern	15K	1:31:30	0:09:50	Mudfest 15K	Reading	PA	3/26/2005
Mel Stern	15K	1:37:00	0:10:26	Mudfest 15K	Reading	PA	3/26/2005
Wendy Fetterman	15K	1:42:50	0:11:03	Flight 93 Memorial	Shanksville	PA	11/13/2005
Christina Stern	15K	2:00:00	0:12:54	Mudfest 15K	Reading	PA	3/26/2005
Sharon Holsinger	10 Mile	1:23:49	0:08:23	Avia Spring Thaw 10-15-20	North Park	PA	2/26/2005
Bill Winters	10 Mile	1:23:49	0:08:23	Avia Spring Thaw 10-15-20	North Park	PA	2/26/2005
Sandy Beck	10 Mile	1:24:51	0:08:29	Winter Distance Festival 10 Mile	Grove City	PA	2/5/2005
Bob Lott	10 Mile	1:26:41	0:08:40	Avia Spring Thaw 10-15-20	Pittsburgh	PA	2/26/2005
Al Casagrande	20K	1:11:59	0:05:48	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Doug Craft	20K	1:12:42	0:05:52	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Tom Lipsie	20K	1:13:33	0:05:56	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Bill Winters	20K	1:31:04	0:07:21	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Tom Fetterman, Jr.	20K	1:32:10	0:07:26	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Bob Crawford	20K	1:34:11	0:07:36	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Mary Jean Bujdos	20K	1:41:52	0:08:13	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Sandy Beck	20K	1:42:58	0:08:18	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
John Goss	20K	1:47:53	0:08:42	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Scott Bowman	20K	1:51:40	0:09:00	YMCA Big Foot 20K	Kittanning	PA	4/30/2005
Doug Craft	Half Marathon	1:19:45	0:06:05	Cook Forest Half Marathon	Cook Forest	PA	4/3/2005
Doug Craft	Half Marathon	1:19:45	0:06:05	Cook Forest Half Marathon	Clarion	PA	4/3/2005
Mark Stern	Half Marathon	1:25:26	0:06:31	Rock & Roll Half Marathon	Phoenix	AZ	1/9/2005
Jill Knesch	Half Marathon	1:25:31	0:06:32	IKEA Half Marathon	Pittsburgh	PA	9/10/2005
Ron Blake	Half Marathon	1:29:54	0:06:52	IKEA Half Marathon	Pittsburgh	PA	9/10/2005
Ron Blake	Half Marathon	1:30:10	0:06:53	Nittany Valley Half Marathon	State College	PA	12/4/2005
Tom Fetterman, Jr.	Half Marathon	1:38:23	0:07:31	IKEA Half Marathon	Pittsburgh	PA	9/10/2005
Tom Fetterman, Sr.	Half Marathon	1:39:37	0:07:36	Nittany Valley Half Marathon	State College	PA	12/4/2005
Eric Blazavich	Half Marathon	1:41:45	0:07:46	Erie Half Marathon	Erie	PA	9/11/2005
Bob Crawford	Half Marathon	1:42:15	0:07:48	Cook Forest Half Marathon	Cook Forest	PA	4/3/2005
Bob Crawford	Half Marathon	1:42:15	0:07:48	Cook Forest Half Marathon	Clarion	PA	4/3/2005
Bob Crawford	Half Marathon	1:44:25	0:07:58	Presque Isle Half Marathon	Erie	PA	7/17/2005
John Swauger	Half Marathon	1:44:49	0:08:00	Rock & Roll Half Marathon	Virginia Beach	VA	9/4/2005
Selena Stern	Half Marathon	1:45:26	0:08:03	Rock & Roll Half Marathon	Phoenix	AZ	1/9/2005
Bob Lott	Half Marathon	1:45:27	0:08:03	Cook Forest Half Marathon	Cook Forest	PA	4/3/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Bob Lott	Half Marathon	1:45:27	0:08:03	Cook Forest Half Marathon	Clarion	PA	4/3/2005
Tom Fetterman, Jr.	Half Marathon	1:50:04	0:08:24	Nittany Valley Half Marathon	State College	PA	12/4/2005
Mel Stern	Half Marathon	1:51:06	0:08:29	Rock & Roll Half Marathon	Phoenix	AZ	1/9/2005
Bob Lott	Half Marathon	1:52:24	0:08:35	Half Wit Half Marathon	Reading	PA	8/14/2005
John Chernega	Half Marathon	1:52:37	0:08:36	Cook Forest Half Marathon	Cook Forest	PA	4/3/2005
John Chernega	Half Marathon	1:52:37	0:08:36	Cook Forest Half Marathon	Clarion	PA	4/3/2005
Sandy Beck	Half Marathon	1:56:13	0:08:52	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/15/2005
Sandy Beck	Half Marathon	1:57:03	0:08:56	Cook Forest Half Marathon	Cook Forest	PA	4/3/2005
Sandy Beck	Half Marathon	1:57:03	0:08:56	Cook Forest Half Marathon	Clarion	PA	4/3/2005
John Goss	Half Marathon	2:02:26	0:09:21	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/15/2005
Scott Bowman	Half Marathon	2:03:37	0:09:26	Cook Forest Half Marathon	Cook Forest	PA	4/3/2005
Scott Bowman	Half Marathon	2:03:37	0:09:26	Cook Forest Half Marathon	Clarion	PA	4/3/2005
Anita Sprow	Half Marathon	2:09:14	0:09:52	YMCA Half Marathon	Hollidaysburg	PA	10/16/2005
Cathy Swauger	Half Marathon	2:10:25	0:09:57	IKEA Half Marathon	Pittsburgh	PA	9/10/2005
Bob Lott	Half Marathon	2:14:33	0:10:16	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/15/2005
Christina Stern	Half Marathon	2:15:21	0:10:20	Country Music Half Marathon	Nashville	TN	4/30/2005
Tracy McKeel	Half Marathon	2:18:10	0:10:33	YMCA Half Marathon	Hollidaysburg	PA	10/16/2005
Wendy Fetterman	Half Marathon	2:22:37	0:10:53	IKEA Half Marathon	Pittsburgh	PA	9/10/2005
John Chernega	Half Marathon	?????	#VALUE!	Nittany Valley Half Marathon	State College	PA	12/4/2005
Tom Lipsie	14 Mile	1:50:15	0:07:52	Upchuck Classic	Blue Knob	PA	7/4/2005
Ron Blake	14 Mile	1:55:05	0:08:13	Upchuck Classic	Blue Knob	PA	7/4/2005
Tom Fetterman, Jr.	14 Mile	2:01:36	0:08:41	Upchuck Classic	Blue Knob	PA	7/4/2005
Tom Fetterman, Sr.	14 Mile	2:07:27	0:09:06	Upchuck Classic	Blue Knob	PA	7/4/2005
Bill Winters	14 Mile	2:10:00	0:09:17	Upchuck Classic	Blue Knob	PA	7/4/2005
Sharon Holsinger	15 Mile	1:23:49	0:05:35	Spring Thaw	Grove City	PA	2/26/2005
Bill Winters	15 Mile	1:23:49	0:05:35	Spring Thaw	Grove City	PA	2/26/2005
Bill Winters	15 Mile	2:06:44	0:08:27	Avia Spring Thaw 10-15-20	North Park	PA	2/26/2005
Sharon Holsinger	15 Mile	2:06:44	0:08:27	Avia Spring Thaw 10-15-20	North Park	PA	2/26/2005
Bob Lott	15 Mile	2:15:12	0:09:01	Avia Spring Thaw 10-15-20	Pittsburgh	PA	2/26/2005
Bill Winters	20 Mile	2:49:33	0:08:29	Avia Spring Thaw 10-15-20	North Park	PA	2/26/2005
Al Casagrande	Marathon	2:44:01	0:06:16	Richmond Marathon	Richmond	VA	11/12/2005
Tom Lipsie	Marathon	2:44:04	0:06:16	Green Mountain Marathon	South Hero	VT	10/15/2005
Tom Lipsie	Marathon	2:45:00	0:06:18	Harrisburg Marathon	Harrisburg	PA	11/13/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Tom Lipsie	Marathon	2:46:25	0:06:21	Rochester Marathon	Rochester	NY	9/17/2005
Al Casagranda	Marathon	2:46:44	0:06:22	Green Mountain Marathon	South Hero	VT	10/15/2005
Doug Craft	Marathon	2:47:49	0:06:24	God's Country Marathon	Coudersport	PA	6/4/2005
Al Casagranda	Marathon	2:48:57	0:06:27	Free Scale Austin Marathon	Austin	TX	2/13/2005
Tom Berzonsky	Marathon	3:00:05	0:06:52	Steamtown Marathon	Scanton	PA	10/9/2005
Joe Chichester	Marathon	3:01:12	0:06:55	Rock & Roll Marathon	San Diego	CA	6/5/2005
Jill Knesh	Marathon	3:01:41	0:06:56	Meijer Kentucky Derby Marathon	Louisville	KY	4/30/2005
Tom Lipsie	Marathon	3:02:05	0:06:57	God's Country Marathon	Coudersport	PA	6/4/2005
Ed Rosporski	Marathon	3:05:10	0:07:04	Boston Marathon	Boston	MA	4/18/2005
Mark Stern	Marathon	3:05:42	0:07:05	Rock & Roll Marathon	San Diego	CA	6/5/2005
Jill Knesh	Marathon	3:05:50	0:07:06	God's Country Marathon	Coudersport	PA	6/4/2005
Ron Blake	Marathon	3:06:35	0:07:07	Green Mountain Marathon	South Hero	VT	10/15/2005
Ron Blake	Marathon	3:08:43	0:07:12	Harrisburg Marathon	Harrisburg	PA	11/13/2005
Jill Knesh	Marathon	3:12:30	0:07:21	Johnstown Marathon	Johnstown	PA	10/2/2005
Tom Fetterman, Sr.	Marathon	3:13:00	0:07:22	Columbia River Gorge Marathon	Hood River	OR	6/5/2005
Ron Blake	Marathon	3:13:26	0:07:23	God's Country Marathon	Coudersport	PA	6/4/2005
Betsy Kealey	Marathon	3:20:34	0:07:39	Boston Marathon	Boston	MA	4/18/2005
Mark Stern	Marathon	3:22:07	0:07:43	Country Music Marathon	Nashville	TN	4/3/2005
Tom Fetterman, Sr.	Marathon	3:23:33	0:07:46	Green Mountain Marathon	South Hero	VT	10/15/2005
Joe Chichester	Marathon	3:28:42	0:07:58	Boston Marathon	Boston	MA	4/18/2005
John Swauger	Marathon	3:31:40	0:08:05	Green Mountain Marathon	South Hero	VT	10/15/2005
Tom Fetterman, Jr.	Marathon	3:31:46	0:08:05	Buffalo Marathon	Buffalo	NY	5/29/2005
Tom Fetterman, Jr.	Marathon	3:34:27	0:08:11	Green Mountain Marathon	South Hero	VT	10/15/2005
Tom Fetterman, Jr.	Marathon	3:34:40	0:08:12	Ocean City Marathon	Ocean City	MD	4/16/2005
Tom Fetterman, Sr.	Marathon	3:35:13	0:08:13	Lost Dutchman Marathon	Apache Junction	AZ	1/16/2005
Dan McQuiston	Marathon	3:44:06	0:08:33	Johnstown Marathon	Johnstown	PA	10/2/2005
Ron Blake	Marathon	3:44:35	0:08:34	Johnstown Marathon	Johnstown	PA	10/2/2005
Bill Winters	Marathon	3:44:51	0:08:35	Green Mountain Marathon	South Hero	VT	10/15/2005
Bill Winters	Marathon	3:46:42	0:08:39	Johnstown Marathon	Johnstown	PA	10/2/2005
Jennifer Wally Blystone	Marathon	3:49:59	0:08:47	Sunburst Marathon	South Bend	IN	6/4/2005
Tom Fetterman, Jr.	Marathon	3:50:02	0:08:47	Harrisburg Marathon	Harrisburg	PA	11/13/2005
Mel Stern	Marathon	3:52:35	0:08:53	Rock & Roll Marathon	San Diego	CA	6/5/2005
Diana Marongiu-Lutz	Marathon	3:52:43	0:08:53	Detroit Marathon	Detroit	MI	10/23/2005

IRRC MEMBER RACE RESULTS 2005

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mel Stern	Marathon	3:53:51	0:08:56	Country Music Marathon	Nashville	TN	4/3/2005
Bill Serafin	Marathon	3:56:38	0:09:02	Green Mountain Marathon	South Hero	VT	10/15/2005
Bernie Coppolo	Marathon	3:58:19	0:09:06	Lake Placid Marathon	Lake Placid	NY	6/12/2005
Bob Lott	Marathon	4:08:59	0:09:30	Boston Marathon	Boston	MA	4/18/2005
Selena Sterrn	Marathon	4:10:26	0:09:34	Country Music Marathon	Nashville	TN	4/3/2005
Ginny Winters	Marathon	4:12:59	0:09:39	Green Mountain Marathon	South Hero	VT	10/15/2005
Diana Marongiu-Lutz	Marathon	4:16:53	0:09:48	Cincinnati Flying Pig Marathon	Cincinnati	OH	5/1/2005
Bob Lott	Marathon	4:25:51	0:10:09	Wineglass Marathon	Corning	NY	10/2/2005
Diana Marongiu-Lutz	Marathon	4:28:08	0:10:14	God's Country Marathon	Coudersport	PA	6/4/2005
Scott Bowman	Marathon	4:30:28	0:10:19	Erie Marathon	Erie	PA	9/11/2005
Mary Jean Bujdos	Marathon	4:35:59	0:10:32	Buffalo Marathon	Buffalo	NY	5/29/2005
Joe Bujdos	Marathon	4:35:59	0:10:32	Buffalo Marathon	Buffalo	NY	5/29/2005
Donna Zukas	Marathon	4:38:33	0:10:38	Cleveland Marathon	Cleveland	OH	5/22/2005
Donna Zukas	Marathon	4:40:10	0:10:42	Johnstown Marathon	Johnstown	PA	10/2/2005
Joe Bujdos	Marathon	4:42:00	0:10:46	Johnstown Marathon	Johnstown	PA	10/2/2005
Mary Anne Hazer	Marathon	4:46:39	0:10:56	Athens Marathon	Athens, Greece		11/6/2005
Mary Anne Hazer	Marathon	4:49:55	0:11:04	Boston Marathon	Boston	MA	4/18/2005
Mary Jean Bujdos	Marathon	4:50:58	0:11:06	Atlanta Marathon	Atlanta	GA	11/24/2005
Joe Bujdos	Marathon	4:50:58	0:11:06	Atlanta Marathon	Atlanta	GA	11/24/2005
John Chernega	Marathon	4:51:03	0:11:07	Athens Marathon	Athens, Greece		11/6/2005
John Goss	Marathon	4:56:04	0:11:18	God's Country Marathon	Coudersport	PA	6/4/2005
Mary Jean Bujdos	Marathon	5:01:00	0:11:29	Greenbelt Marathon	Greenbelt	MD	2/20/2005
Joe Bujdos	Marathon	5:01:00	0:11:29	Greenbelt Marathon	Greenbelt	MD	2/20/2005
Doug Craft	50K	4:09:44	0:08:03	Groundhog Fall 50K	Punxsutawney	PA	9/10/2005
Bill Winters	50K	5:23:57	0:10:27	Groundhog Fall 50K	Punxsutawney	PA	9/10/2005
Bob Lott	50K	5:48:56	0:11:15	Groundhog Fall 50K	Punxsutawney	PA	9/10/2005
Diana Marongiu-Lutz	50K	6:24:47	0:12:25	Groundhog Fall 50K	Punxsutawney	PA	9/10/2005
Chris Meanor	Ultra, 50 Miler	7:42:27	0:09:15	JFK 50 Miler	Hagerstown	MD	11/19/2005
John Goss	Ultra, 50 Miler	12:16:10	0:14:43	JFK 50 Miler	Hagerstown	MD	11/19/2005
Jennifer Wally Blystone	Triathlon	1:18:13		Yellow Creek Triathlon Relay	Penn Run	PA	6/11/2005
Scott Bowman	Triathlon	1:34:40		Yellow Creek Triathlon	Penn Run	PA	6/11/2005
Joe Chichester	Half Ironman	4:57:00		Musselman Half Ironman	Geneva	NY	7/17/2005