

# IRRC MEMBER RACE STATS 2022

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Kayleigh Zottola	100 Meters	0:00:16	0:04:18	Petite Track Meet	Pittsburgh	PA	7/8/2022
Kayleigh Zottola	400 Meters	0:01:27	0:05:50	Petite Track Meet	Pittsburgh	PA	7/8/2022
Kendall Branan	800 Meters	0:01:52	0:03:45	PSAC Championships	Edinboro	PA	2/27/2022
Kendall Branan	800 Meters	0:01:54	0:03:49	YSU Indoor Invitational	Youngstown	OH	1/29/2022
Joey Bujdos	800 Meters	0:01:58	0:03:57	Marietta Indoor Track	Marietta	OH	1/23/2022
Dean Banko	One Mile	0:05:42	0:05:42	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Mindy Sawtelle-Zottola	1 Mile	0:05:52	0:05:52	Fleet Feet Liberty Mile	Pittsburgh	PA	7/22/2022
Tammy Slusser	One Mile	0:06:19	0:06:19	Gateway Mile	Monroeville	PA	6/9/2022
Julie Shirley	One Mile	0:07:29	0:07:29	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Kayleigh Zottola	1 Mile	0:08:13	0:08:13	Fleet Feet Liberty Mile	Pittsburgh	PA	7/22/2022
Donna Scanlon	One Mile	0:08:41	0:08:41	Gateway Mile	Monroeville	PA	6/9/2022
Don Slusser	One Mile	0:10:05	0:10:05	Gateway Mile	Monroeville	PA	6/9/2022
Mary Beth Rine	1 Mile	0:10:43	0:10:43	Fleet Feet Liberty Mile	Pittsburgh	PA	7/22/2022
Tom Fetterman	One Mile	0:10:56	0:10:56	Gateway Mile	Monroeville	PA	6/9/2022
Meghan Foulk	One Mile	0:11:21	0:11:21	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Dean Banko	2 Miler	0:13:04	0:06:32	Stackhouse Park Bunny Hop	Johnstown	PA	4/16/2022
Noreen See	2 Miler	0:20:22	0:10:11	Cares For Kids Duathlon	Cooksburg	PA	7/16/2022
Sheri Cunkelman	2 Miler	0:31:29	0:15:44	Ultimate Showdown	Indiana	PA	7/22/2022
Noreen See	2.8 Miler	0:23:38	0:08:26	Old First Night Run	Chautauqua	NY	7/30/2022
Dean Banko	5K	0:17:21	0:05:36	Gold Rush 5K	Tyrone	PA	3/19/2022
Dean Banko	5K	0:17:24	0:05:37	Summer Solstice 5K	Portersville	PA	6/22/2022
Dean Banko	5K	0:17:32	0:05:39	Whalley 5K	Windber	PA	7/2/2022
Dean Banko	5K	0:17:42	0:05:43	Jackson Elementary PTO 5K	Mineral Point	PA	7/9/2022
Dean Banko	5K	0:18:18	0:05:54	Shannock Valley Festival 5K	Rural Valley	PA	7/23/2022
Dean Banko	5K	0:18:20	0:05:55	Elderton 5K	Elderton	PA	5/20/2022
Dean Banko	5K	0:18:24	0:05:56	Howard Hanna Hustle 5K	Bedford	PA	6/18/2022
Dean Banko	5K	0:18:25	0:05:56	Super Gratus Shamrock 5K	Leechburg	PA	3/12/2022
Dean Banko	5K	0:18:26	0:05:57	Gabriel L. Friedline 5K	Bedford	PA	5/29/2022
Dean Banko	5K	0:18:26	0:05:57	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Dean Banko	5K	0:18:42	0:06:02	Resolution Run 5K	Derry	PA	1/1/2002
Dean Banko	5K	0:19:02	0:06:08	Shamrock Shuffle 5K	Harmony	PA	3/26/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Dean Banko	5K	0:19:28	0:06:17	Kyle's Klassic 5K	Canonsburg	PA	6/25/2022
Dean Banko	5K	0:19:38	0:06:20	Fire & Ice 5K	Somerset	PA	1/15/2022
Al Casagranda	5K	0:19:44	0:06:22	Big Backyard 5K	Redmond	WA	6/5/2022
Al Casagranda	5K	0:19:52	0:06:25	Run For The Pies 5K	Carnation	WA	7/4/2022
Mindy Sawtelle-Zottola	5000 Meters	0:20:02	0:06:28	Petite Track Meet	Pittsburgh	PA	7/8/2022
Chris Sharbaugh	5K	0:20:33	0:06:38	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Dean Banko	5K	0:20:34	0:06:38	Muskie 5K	Jamestown	PA	5/11/2022
Grant Cruse	5K	0:20:38	0:06:39	Wings Of Hope 5K	Richland	PA	4/16/2022
Sam Cunkelman	5K	0:20:58	0:06:46	David Hutton Memorial 5K	Emporium	PA	8/20/2022
Stephen Mead	5K	0:20:59	0:06:46	Banana Split 5K	Latrobe	PA	8/20/2022
Grant Cruse	5K	0:21:18	0:06:52	Path Of The Flood 5K	Johnstown	PA	5/28/2022
Steve Pagano	5K	0:21:19	0:06:53	Bunny Dash 5K	Portage	PA	4/16/2022
Jeff Smith	5K	0:21:25	0:06:55	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Tammy Slusser	5K	0:21:34	0:06:57	Rails To Trails 5K	Barnesville	OH	5/21/2022
Tammy Slusser	5K	0:21:41	0:07:00	Boston Trail 5K	Elizabeth Twp	PA	4/23/2022
Laura Yevchak	5K	0:21:53	0:07:04	Pierogi Dash 5K	Cleveland	OH	6/5/2022
Laura Yevchak	5K	0:21:56	0:07:05	Bulldog Crawl 5K	Nanty Glo	PA	6/11/2022
Laura Yevchak	5K	0:22:01	0:07:06	Prospect Rube's Run 5K	Prospect	PA	7/23/2022
Laura Yevchak	5K	0:22:28	0:07:15	St. Michaels Second Chance	St. Michael	PA	8/13/2022
Laura Yevchak	5K	0:22:30	0:07:15	Boston Trail 5K	Elizabeth Twp	PA	4/23/2022
Grant Cruse	5K	0:22:39	0:07:18	PTARC XC 5K	Jeannette	PA	7/23/2022
Joe Johns	5K	0:22:40	0:07:19	Firecracker Frolic 5K	New Germany	PA	7/4/2022
Grant Cruse	5K	0:22:48	0:07:21	Run/Walk For Cancer Care 5K	Ebensburg	PA	5/21/2022
Joe Johns	5K	0:22:48	0:07:21	Bulldog Crawl 5K	Nanty Glo	PA	6/11/2022
Vince Pavic	5K	0:22:56	0:07:24	Shamrock Shuffle 5K	Lewes	DE	3/6/2022
Dean Banko	5K	0:22:58	0:07:25	Round The Mound 5K	Johnstown	PA	8/5/2022
Joe Johns	5K	0:23:02	0:07:26	Hastings Police Donut Dash	Hastings	PA	8/13/2022
Grant Cruse	5K	0:23:05	0:07:27	Johnstown Christian School	Johnstown	PA	5/7/2022
Laura Yevchak	5K	0:23:13	0:07:29	City Dog's Run Cleveland 5K	Cleveland	OH	6/4/2022
Joe Johns	5K	0:23:21	0:07:32	Jackson Elementary PTO 5K	Mineral Point	PA	7/9/2022
Amber Marsh	5K	0:24:13	0:07:49	Resolution Run 5K	Derry	PA	1/1/2002
Vince Pavic	5K	0:24:16	0:07:50	Dam Mill Run 5K	Millsboro	DE	7/23/2022
Denny Cruse	5K	0:24:21	0:07:51	Wings Of Hope 5K	Richland	PA	4/16/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Denny Cruse	5K	0:24:58	0:08:03	Jim Mayer Trail 5K	Johnstown	PA	9/3/2022
Jonathan Cunkelman	5K	0:25:26	0:08:12	Levity 5K	Indiana	PA	6/18/2022
Jonathan Cunkelman	5K	0:25:41	0:08:17	Elderton 5K	Elderton	PA	5/20/2022
Andy See	5K	0:25:52	0:08:21	Cares For Kids Duathlon	Cooksburg	PA	7/16/2022
Andy See	5K	0:26:03	0:08:24	Courtney's Ice Cream 5K	Grove City	PA	8/17/2022
Noreen See	5K	0:26:07	0:08:25	Courtney's Ice Cream 5K	Grove City	PA	8/17/2022
Denny Cruse	5K	0:26:15	0:08:28	Fool's Run 5K	Black Lick	PA	4/2/2022
Denny Cruse	5K	0:26:16	0:08:28	Ebensburg Homecoming 5K	Ebensburg	PA	7/30/2022
Denny Cruse	5K	0:26:21	0:08:30	Running Over Cancer	Somerset	PA	6/25/2022
Denny Cruse	5K	0:26:23	0:08:31	Path Of The Flood 5K	Johnstown	PA	5/28/2022
Dean Banko	5K	0:26:52	0:08:40	Lorain hiking Trails 5K	Johnstown	PA	5/14/2022
Denny Cruse	5K	0:26:52	0:08:40	Bill & Jill 5K	South Fork	PA	6/18/2022
Denny Cruse	5K	0:26:57	0:08:42	Chernisky Classic 5K	Ebensburg	PA	7/9/2022
Denny Cruse	5K	0:26:58	0:08:42	Run/Walk For Cancer Care 5K	Ebensburg	PA	5/21/2022
Kosie Shepherd-Porada	5K	0:27:18	0:08:48	Quota "Running For The Gold"	Indiana	PA	6/4/2022
Kosie Shepherd-Porada	5K	0:27:57	0:09:01	Jackson Elementary PTO 5K	Mineral Point	PA	7/9/2022
Meg Larko	5K	0:28:08	0:09:05	Fool's Run 5K	Black Lick	PA	4/2/2022
Kosie Shepherd-Porada	5K	0:28:09	0:09:05	Bulldog Crawl 5K	Nanty Glo	PA	6/11/2022
Rik Golden	5K	0:28:25	0:09:10	Bulldog Crawl 5K	Nanty Glo	PA	6/11/2022
Manon Gill	5K	0:28:28	0:09:11	Quota "Running For The Gold"	Indiana	PA	6/4/2022
Denny Cruse	5K	0:28:42	0:09:15	Johnstown Christian School	Johnstown	PA	5/7/2022
Louise Maine	5K	0:29:09	0:09:24	Resolution Run 5K	Derry	PA	1/1/2002
Teddy Mulvihill	5K	0:29:15	0:09:26	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Randy Mallory	5K	0:29:32	0:09:32	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
John Bomboy	5K	0:30:11	0:09:44	Shannock Valley Festival 5K	Rural Valley	PA	7/23/2022
Stacey Mytrysak	5K	0:30:18	0:09:46	Indiana County Fair 5K	Indiana	PA	8/28/2022
Luke Halchak	5K	0:30:26	0:09:49	Pittsburgh Marathon 5K	Pittsburgh	PA	4/30/2022
Kosie Shepherd-Porada	5K	0:30:41	0:09:54	Race Of Champions 5K	Altoona	PA	3/26/2022
Kyle Doutt	5K	0:30:43	0:09:55	Donut Dash 5K	Indiana	PA	4/23/2022
Jayna Doutt	5K	0:30:48	0:09:56	Indiana County Fair 5K	Indiana	PA	8/28/2022
Teddy Mulvihill	5K	0:31:02	0:10:01	Dash For Diabetes 5K	Punxsutawney	PA	5/21/2022
Donna Scanlon	5K	0:31:03	0:10:01	Fool's Run 5K	Black Lick	PA	4/2/2022
Jayna Doutt	5K	0:31:24	0:10:08	Donut Dash 5K	Indiana	PA	4/23/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Scott Bowman	5K	0:31:40	0:10:13	Indiana County Fair 5K	Indiana	PA	8/28/2022
Tim Welsh	5K	0:31:45	0:10:15	Bunny Dash 5K	Portage	PA	4/16/2022
James Taylor	5K	0:31:50	0:10:16	Fool's Run 5K	Black Lick	PA	4/2/2022
Don Slusser	5K	0:32:36	0:10:31	Rails To Trails 5K	Barnesville	OH	5/21/2022
Don Slusser	5K	0:32:38	0:10:32	Boston Trail 5K	Elizabeth Twp	PA	4/23/2022
John Bomboy	5K	0:32:39	0:10:32	Indiana County Fair 5K	Indiana	PA	8/28/2022
Tim Welsh	5K	0:32:44	0:10:34	Elderton 5K	Elderton	PA	5/20/2022
Tim Welsh	5K	0:33:36	0:10:50	Fire & Ice 5K	Somerset	PA	1/15/2022
Leah Dever	5K	0:34:02	0:10:59	Brainna Marie 5K	Melbourne	FL	3/5/2022
Julie Shirley	5K	0:34:02	0:10:59	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Meghan Foulk	5K	0:34:02	0:10:59	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Lisa Berezansky	5K	0:34:23	0:11:05	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Gabe Belak	5K	0:34:36	0:11:10	Cupid's Chase 5K	Latrobe	PA	2/12/2022
Michele Belak	5K	0:34:37	0:11:10	Cupid's Chase 5K	Latrobe	PA	2/12/2022
Linda Pilipovich	5K	0:34:39	0:11:11	Fool's Run 5K	Black Lick	PA	4/2/2022
Bonnie Roberston	5K	0:35:03	0:11:18	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Mike Porada	5K	0:35:09	0:11:20	Elderton 5K	Elderton	PA	5/20/2022
Kosie Shepherd-Porada	5K	0:35:09	0:11:20	Elderton 5K	Elderton	PA	5/20/2022
Teddy Mulvihill	5K	0:35:26	0:11:26	Donut Dash 5K	Indiana	PA	4/23/2022
Doug Berezansky	5K	0:35:27	0:11:26	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Leah Dever	5K	0:35:29	0:11:27	Paradise Coast 5K	Naples	FL	4/23/2022
Janet Stewart	5K	0:35:34	0:11:28	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Gabe Belak	5K	0:35:44	0:11:32	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Michele Belak	5K	0:35:45	0:11:32	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Jonathan Cunkelman	5K	0:36:04	0:11:38	Resolution Run 5K Ruck	Derry	PA	1/1/2002
Gabe Belak	5K	0:36:08	0:11:39	Ellport 5K Run	Ellwood City	PA	3/5/2022
Michele Belak	5K	0:36:09	0:11:40	Ellport 5K Run	Ellwood City	PA	3/5/2022
Leah Dever	5K	0:36:21	0:11:44	Friends Of Faster Children 5K	Naples	FL	9/5/2022
Bonnie Roberston	5K	0:36:25	0:11:45	Elderton 5K	Elderton	PA	5/20/2022
Meghan Foulk	5K	0:36:33	0:11:47	Donut Dash 5K	Indiana	PA	4/23/2022
Leah Dever	5K	0:36:56	0:11:55	USA Indepence Day 5K	Estero	FL	7/4/2022
Janet Stewart	5K	0:37:19	0:12:02	Shannock Valley Festival 5K	Rural Valley	PA	7/23/2022
Darlene Hudak	5K	0:37:24	0:12:04	Heart4Terry Virtual 5K	Plum	PA	2/12/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Bonnie Roberston	5K	0:37:30	0:12:06	Shannock Valley Festival 5K	Rural Valley	PA	7/23/2022
Sherry Phillips	5K	0:37:34	0:12:07	Diamond Dash 5K	Holidaysburg	PA	5/14/2022
Jessica Mulvihill	5K	0:38:11	0:12:19	Pittsburgh Marathon 5K	Pittsburgh	PA	4/30/2022
Linda Pilipovich	5K	0:38:15	0:12:20	Beat The Heat 5K	Murrysville	PA	8/20/2022
Jessica Mulvihill	5K	0:38:50	0:12:32	Fool's Run 5K	Black Lick	PA	4/2/2022
Michele Belak	5K	0:39:05	0:12:36	Resolution Run 5K	Derry	PA	1/1/2002
John Swauger	5K	0:39:05	0:12:36	Resolution Run 5K	Derry	PA	1/1/2002
Mary Beth Rine	5K	0:39:08	0:12:37	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
John Swauger	5K	0:39:09	0:12:38	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Michele Belak	5K	0:39:12	0:12:39	Fire & Ice 5K	Somerset	PA	1/15/2022
John Swauger	5K	0:39:16	0:12:40	Levity 5K	Indiana	PA	6/18/2022
Dennis Hudak	5K	0:39:18	0:12:41	Run For Autism Labor Day 5K	Youngwood	PA	9/5/2022
Jonathan Cunkelman	5K	0:39:46	0:12:50	David Hutton Memorial 5K	Emporium	PA	8/20/2022
Michele Belak	5K	0:40:07	0:12:56	Race To The Moon 5K	Apollo	PA	7/16/2022
Patrick Mulvihill	5K	0:40:10	0:12:57	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Mary Beth Rine	5K	0:40:16	0:12:59	Freedom 5K	Greensburg	PA	7/4/2022
Allen Shirley	5K	0:40:29	0:13:04	Fool's Run 5K	Black Lick	PA	4/2/2022
Darlene Hudak	5K	0:40:31	0:13:04	Run For Autism Labor Day 5K	Youngwood	PA	9/5/2022
Jess Mulvihill	5K	0:40:44	0:13:08	Dash For Diabetes 5K	Punxsutawney	PA	5/21/2022
Mary Beth Rine	5K	0:41:25	0:13:22	Resolution Run 5K	Derry	PA	1/1/2002
Tim Welsh	5K	0:41:51	0:13:30	Bulldog Crawl 5K	Nanty Glo	PA	6/11/2022
Mary Beth Rine	5K	0:41:55	0:13:31	Race To The Moon 5K	Apollo	PA	7/16/2022
Mary Beth Rine	5K	0:41:55	0:13:31	Indiana County Fair 5K	Indiana	PA	8/28/2022
Michele Belak	5K	0:42:24	0:13:41	PTARC XC 5K	Jeannette	PA	7/23/2022
Dennis Hudak	5K	0:42:25	0:13:41	PTARC XC 5K	Jeannette	PA	7/23/2022
Mary Beth Rine	5K	0:42:38	0:13:45	Fool's Run 5K	Black Lick	PA	4/2/2022
Darlene Hudak	5K	0:43:49	0:14:08	PTARC XC 5K	Jeannette	PA	7/23/2022
Chris Wagner	5K	0:44:02	0:14:12	Diamond Dash 5K	Holidaysburg	PA	5/14/2022
Gabe Belak	5K	0:44:06	0:14:14	Slickville 5K Coal Mine Climb	Slickville	PA	8/13/2022
Michele Belak	5K	0:44:07	0:14:14	Slickville 5K Coal Mine Climb	Slickville	PA	8/13/2022
Mary Beth Rine	5K	0:44:32	0:14:22	Donut Dash 5K	Indiana	PA	4/23/2022
Meghan Foulk	5K	0:47:35	0:15:21	Runway 5K Jimmy Stewart	Indiana	PA	7/10/2022
Patrick Mulvihill	5K	0:51:26	0:16:35	Fool's Run 5K	Black Lick	PA	4/2/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Rascal Terek	5K	0:51:27	0:16:36	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Rick Terek	5K	0:51:28	0:16:36	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Rascal Terek	5K	0:51:55	0:16:45	Ellport 5K Walk	Ellwood City	PA	3/5/2022
Rick Terek	5K	0:51:56	0:16:45	Ellport 5K Walk	Ellwood City	PA	3/5/2022
Poom Taylor	5K	1:01:26	0:19:49	Fool's Run 5K	Black Lick	PA	4/2/2022
Dan Broadbent	5K	1:26:25	0:27:53	Palmerton Sparatan Obstacle	Palmerton	PA	7/9/2022
Noreen See	6K	0:35:52	0:09:34	Stephen's Run 6K XC	Bemus Point	NY	8/7/2022
Dean Banko	4-Miler	0:25:38	0:06:24	Groundhog Jog 4-Miler	Punxsutawney	PA	1/29/2022
Tammy Slusser	4 Miler	0:27:36	0:06:54	Bridgeton Four On The Fourth	Bridgeton	ME	7/4/2022
Don Slusser	4 Miler	0:43:46	0:10:56	Bridgeton Four On The Fourth	Bridgeton	ME	7/4/2022
Chris Wagner	4-Miler	0:51:32	0:12:53	Groundhog Jog 4-Miler	Punxsutawney	PA	1/29/2022
Mary Beth Rine	4-Miler	0:51:36	0:12:54	Groundhog Jog Virtual	Homer City	PA	2/2/2022
Dean Banko	4.4 Mile	0:27:37	0:06:17	Groundhog Prediction 4.4	Zelionople	PA	2/6/2022
Dean Banko	5 Miler	0:30:24	0:06:05	Ultimate Showdown	Indiana	PA	7/22/2022
Stephen Mead	5 Miler	0:35:08	0:07:02	Latrobe 4th Of July 5 Miler	Latrobe	PA	7/2/2022
Candi Lockard	8K	0:37:56	0:07:35	Ultimate Showdown	Indiana	PA	7/22/2022
Dean Banko	5 Miler	0:40:47	0:08:09	Oil Creek 5 Miler	Titusville	PA	5/21/2022
Doug Ulishney	5 Miler	0:41:44	0:08:21	Latrobe 4th Of July 5 Miler	Latrobe	PA	7/2/2022
Noreen See	5 Miler	0:44:17	0:08:51	Findlay Lake 5 Miler	Findley Lake	NY	7/2/2022
Jonathan Cunkelman	8K	0:44:55	0:08:59	Ultimate Showdown	Indiana	PA	7/22/2022
Andy See	5 Miler	0:46:54	0:09:23	Findlay Lake 5 Miler	Findley Lake	NY	7/2/2022
Kosie Shepherd-Porada	5-Miler	0:48:54	0:09:47	Run For Someone Special	Sykesville	PA	4/10/2022
Kosie Shepherd-Porada	5 Miler	0:49:25	0:09:53	Latrobe 4th Of July 5 Miler	Latrobe	PA	7/2/2022
Steve Pagano	5-Miler	0:55:24	0:11:05	Greenwood Snowfest 5-Miler	Huntingdon	PA	1/15/2022
Christie Orlosky	5 Miler	0:56:00	0:11:12	Johnny Cake Jog 5-Miler	Painesville	OH	7/10/2022
Michele Belak	5-Miler	1:04:04	0:12:49	Spring Thaw 5-Miler	North Park	PA	2/26/2022
Bill Serafin	5-Miler	1:08:01	0:13:36	Greenwood Snowfest 5-Miler	Huntingdon	PA	1/15/2022
Gabe Belak	5 Miler	1:11:12	0:14:14	Latrobe 4th Of July 5 Miler	Latrobe	PA	7/2/2022
Michele Belak	5 Miler	1:11:13	0:14:15	Latrobe 4th Of July 5 Miler	Latrobe	PA	7/2/2022
Dean Banko	10K	0:32:33	0:05:15	Wings Of Hope 10K	Richland	PA	4/16/2022
Dean Banko	10K	0:36:19	0:05:51	Fool's Run 10K	Black Lick	PA	4/2/2022
Dean Banko	10K	0:36:55	0:05:57	Two Face 10K Road	Wexford	PA	8/6/2022
Chris Sharbaugh	10K	0:42:23	0:06:50	Fool's Run 10K	Black Lick	PA	4/2/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Dean Banko	10K	0:42:56	0:06:55	Jim Mayer Trail 10K	Johnstown	PA	9/3/2022
Stephen Mead	10K	0:43:28	0:07:01	Fool's Run 10K	Black Lick	PA	4/2/2022
Tammy Slusser	10K	0:44:57	0:07:15	Greater Clarksburg 10K	Clarksburg	WV	6/18/2022
Dean Banko	10K	0:46:16	0:07:28	2nd Chance Prance 10K	Johnstown	PA	5/14/2022
Dan McQuiston	10K	0:49:36	0:08:00	Fool's Run 10K	Black Lick	PA	4/2/2022
Mary Lee Page	10K	0:49:52	0:08:03	Fool's Run 10K	Black Lick	PA	4/2/2022
Mark Stern	10K	0:51:50	0:08:22	Fool's Run 10K	Black Lick	PA	4/2/2022
Stephanie Putt	10K	0:52:03	0:08:24	Fool's Run 10K	Black Lick	PA	4/2/2022
Dave Miller	10K	0:52:40	0:08:30	Fool's Run 10K	Black Lick	PA	4/2/2022
Kosie Shepherd-Porada	10K	0:52:52	0:08:32	Wings Of Hope 10K	Richland	PA	4/16/2022
Chris Lasser	10K	0:53:14	0:08:35	Fool's Run 10K	Black Lick	PA	4/2/2022
Bill Serafin	10K	0:53:29	0:08:38	Fool's Run 10K	Black Lick	PA	4/2/2022
Dean Banko	10K	0:54:33	0:08:48	Two Face 10K Trail	Wexford	PA	8/6/2022
Manon Gill	10K	0:58:40	0:09:28	Fool's Run 10K	Black Lick	PA	4/2/2022
Kosie Shepherd-Porada	10K	0:59:27	0:09:35	Diamond Dash 10K	Hollidaysburg	PA	5/14/2022
Kyle Doutt	10K	1:00:30	0:09:45	Fool's Run 10K	Black Lick	PA	4/2/2022
Candie McQuiston	10K	1:00:46	0:09:48	Fool's Run 10K	Black Lick	PA	4/2/2022
Julie Shirley	10K	1:01:31	0:09:55	Fool's Run 10K	Black Lick	PA	4/2/2022
Shawn Berezansky	10K	1:01:33	0:09:56	Fool's Run 10K	Black Lick	PA	4/2/2022
Sherri Noll	10K	1:01:33	0:09:56	Fool's Run 10K	Black Lick	PA	4/2/2022
Jayna Doutt	10K	1:03:26	0:10:14	Fool's Run 10K	Black Lick	PA	4/2/2022
Tim Welsh	10K	1:04:24	0:10:23	Fool's Run 10K	Black Lick	PA	4/2/2022
Steve Pagano	10K	1:07:38	0:10:55	Sproul 10K	North Bend	PA	6/18/2022
Don Slusser	10K	1:10:24	0:11:21	Greater Clarksburg 10K	Clarksburg	WV	6/18/2022
Scott Bowman	10K	1:11:10	0:11:29	Fool's Run 10K	Black Lick	PA	4/2/2022
Sherry Phillips	10K	1:12:47	0:11:44	Fool's Run 10K	Black Lick	PA	4/2/2022
Meghan Foulk	10K	1:13:58	0:11:56	Fool's Run 10K	Black Lick	PA	4/2/2022
Chris Wagner	10K	1:17:38	0:12:31	Fool's Run 10K	Black Lick	PA	4/2/2022
Tim Welsh	10K	1:41:15	0:16:20	Dirty Kiln Half 10K	Canoe St. Park	PA	4/9/2022
Bill Winters	10K	1:59:00	0:19:12	Upchuck Classic 10K	Beaverdale	PA	7/4/2022
Tom Fetterman	10K	1:59:00	0:19:12	Upchuck Classic 10K	Beaverdale	PA	7/4/2022
Darlene Hudak	7.06 Miler	2:12:10	0:18:43	Run Between the Suns	Titusville	PA	6/18/2022
Courtney Rozsi	12K	2:08:26	0:17:07	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Dennis Hudak	7.8-Miler	2:30:48	0:19:20	Rachel Carson 7.8 Miler	Tarentum	PA	6/18/2022
Kosie Shepherd-Porada	8-Miler	1:15:25	0:09:26	Path Of The Flood 8 Miler	Johnstown	PA	5/28/2022
Dean Banko	8.1-Miler	1:02:12	0:07:41	Humdinger 8.1 Mile Trail Race	Danville	PA	3/5/2022
Dean Banko	8.8 Mile	1:00:11	0:06:50	Groundhog Prediction 8.8	Zelionople	PA	2/6/2022
Laura Yevchak	15K	1:34:32	0:10:10	Deer Fly 15K	Penn Run	PA	7/31/2022
Tommy Fetterman	15K	1:35:59	0:10:19	Upchuck Classic 15K	Beaverdale	PA	7/4/2022
Don Slusser	15K	1:48:56	0:11:43	Solar Vortex 15K	Boston	PA	8/7/2022
Candi Lockard	15K	1:52:10	0:12:04	Deer Fly 15K	Penn Run	PA	7/31/2022
Bethany Serafin Awalt	15K	1:54:42	0:12:20	Deer Fly 15K	Penn Run	PA	7/31/2022
Tabitha Conrad	15K	2:05:05	0:13:27	Deer Fly 15K	Penn Run	PA	7/31/2022
Tammy Slusser	10-Miler	1:15:33	0:07:33	March Mad Dash 10-Miler	North Park	PA	3/12/2022
Stephanie Daniels	10 Miler	1:19:56	0:08:00	Snowy Owl 10 Miler	Williamsburg	VA	1/9/2022
Carl Leer	10 Miler	1:38:53	0:09:53	Snowy Owl 10 Miler	Williamsburg	VA	1/9/2022
Don Slusser	10-Miler	2:00:06	0:12:01	March Mad Dash 10-Miler	North Park	PA	3/12/2022
Dean Banko	20K	1:41:04	0:08:09	Laurel Hill 20K	Somerset	PA	5/7/2022
Dean Banko	13 Miler	1:48:50	0:08:22	Oil Creek 13 Miler	Titusville	PA	5/21/2022
Mindy Sawtelle-Zottola	Half Marathon	1:29:15	0:06:49	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Dean Banko	Half Marathon	1:32:37	0:07:04	Shamrock Shuffle Half	Harmony	PA	3/26/2022
Tammy Slusser	Half Marathon	1:35:46	0:07:19	Knoxville Half Marathon	Knoxville	TN	4/2/2022
Tammy Slusser	Half Marathon	1:37:17	0:07:26	Parkersburg Half Marathon	Parkersburg	WV	8/20/2022
Tammy Slusser	Half Marathon	1:37:35	0:07:27	Ogen News Half Marathon	Wheeling	WV	5/28/2022
Jeannie Bujdos	Half Marathon	1:38:46	0:07:32	North Park Half Marathon	Allison Park	PA	1/22/2022
Jeannie Bujdos	Half Marathon	1:40:23	0:07:40	God's Country Half Marathon	Coudersport	PA	6/4/2022
Dean Banko	Half Marathon	1:52:27	0:08:35	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Bill Serafin	Half Marathon	2:01:06	0:09:15	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/5/2022
Bethany Serafin Awalt	Half Marathon	2:01:12	0:09:15	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/5/2022
Sarah Kitchen	Half Marathon	2:09:17	0:09:52	Cook's Forest Half	Cookport	PA	4/2/2022
Brad Rives	Half Marathon	2:09:29	0:09:53	Ghost Creek Half Marathon	Black Lick	PA	5/15/2022
Mary Jean Bujdos	Half Marathon	2:11:58	0:10:04	North Park Half Marathon	Allison Park	PA	1/22/2022
Sarah Kitchen	Half Marathon	2:14:30	0:10:16	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Ron Orr	Half Marathon	2:15:19	0:10:20	Shamrock Half Marathon	Virgnina Beach	VA	3/20/2022
Ron Orr	Half Marathon	2:21:18	0:10:47	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Sarah Kitchen	Half Marathon	2:23:35	0:10:58	Old Turnpike Half Marathon	Waterfall	PA	5/28/2022



<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Art Zottola	Half Marathon	2:27:11	0:11:14	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Amber Marsh	Half Marathon	2:27:12	0:11:14	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Steve Pagano	Half Marathon	2:27:53	0:11:17	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Christie Orlosky	Half Marathon	2:28:41	0:11:21	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Aileen Bowman	Half Marathon	2:30:12	0:11:28	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Julie Shirley	Half Marathon	2:30:32	0:11:29	Shamrock Shuffle Half	Harmony	PA	3/26/2022
Meghan Foulk	Half Marathon	2:30:32	0:11:29	Shamrock Shuffle Half	Harmony	PA	3/26/2022
Ron Orr	Half Marathon	2:34:21	0:11:47	Ft. Lauderdale A1A Half	Ft. Lauderdale	FL	2/20/2022
Don Slusser	Half Marathon	2:36:47	0:11:58	Ogen News Half Marathon	Wheeling	WV	5/28/2022
Don Slusser	Half Marathon	2:37:20	0:12:01	Knoxville Half Marathon	Knoxville	TN	4/2/2022
Don Slusser	Half Marathon	2:39:03	0:12:08	Parkersburg Half Marathon	Parkersburg	WV	8/20/2022
Christie Orlosky	Half Marathon	2:43:39	0:12:30	Akron Half Marathon	Akron	OH	8/13/2022
Christie Orlosky	Half Marathon	2:46:02	0:12:40	Cleveland Half Marathon	Cleveland	OH	5/21/2022
Christie Orlosky	Half Marathon	2:50:33	0:13:01	Presque Isle Half Marathon	Erie	PA	7/17/2022
Joe Johns	Half Marathon	2:59:33	0:13:42	Greater Allegheny Half	Ohiopyle	PA	5/14/2022
Leah Dever	Half Marathon	3:01:42	0:13:52	Disney World Princess Half	Orlando	FL	2/27/2022
Donna Zukas	Half Marathon	3:10:47	0:14:34	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Lecinda Yevchak	Half Marathon	3:11:50	0:14:39	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Bill Serafin	Half Marathon	3:12:56	0:14:44	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Jess Mulivhill	Half Marathon	3:13:45	0:14:47	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Scott Bowman	Half Marathon	3:16:03	0:14:58	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
John Swauger	Half Marathon	3:16:03	0:14:58	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Darcy Taiani	Half Marathon	3:20:35	0:15:19	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/5/2022
Rik Golden	Half Marathon	3:41:43	0:16:55	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Laura Yevchak	Half Marathon	3:41:43	0:16:55	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Dean Banko	13.5	3:47:57	0:16:53	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Stephanie Daniels	13.5	4:33:01	0:20:13	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Steve Pagano	13.5	5:00:13	0:22:14	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Carl Leer	13.5	5:01:06	0:22:18	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Laura Yevchak	13.87 Miler	2:07:00	0:09:09	Upchuck Classic 13.87	Beaverdale	PA	7/4/2022
Bill Geiger	13.87 Miler	2:37:00	0:11:19	Upchuck Classic 13.87	Beaverdale	PA	7/4/2022
Dan McQuiston	13.87 Miler	2:40:00	0:11:32	Upchuck Classic 13.87	Beaverdale	PA	7/4/2022
Dean Banko	14-Miler	1:25:00	0:06:04	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Stephanie Daniels	14-Miler	1:44:58	0:07:30	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022
Stephen Mead	14-Miler	1:49:15	0:07:48	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022
Joe Johns	14-Miler	2:02:50	0:08:46	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022
Jonathan Cunkelman	14-Miler	2:10:12	0:09:18	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022
Sherri Noll	14-Miler	2:39:32	0:11:24	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022
Ron Orr	14-Miler	2:39:34	0:11:24	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022
Mary Beth Rine	14-Miler	3:38:51	0:15:38	Path Of The Flood 14 Miler	Johnstown	PA	5/28/2022
Dean Banko	25K	2:03:55	0:08:00	Deer Fly 25K	Penn Run	PA	7/31/2022
Steve Pagano	25K	2:34:33	0:09:58	Deer Fly 25K	Penn Run	PA	7/31/2022
Stephen Mead	25K	2:37:43	0:10:11	Deer Fly 25K	Penn Run	PA	7/31/2022
Dean Banko	25K	3:07:10	0:12:05	Rothrock Challenge 25K	Boalsburg	PA	5/22/2022
Steve Pagano	25K	3:33:23	0:13:46	Hyner Trail Challenge 25K	Hyner	PA	4/23/2022
Chris Wagner	25K	3:39:39	0:14:10	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Sherry Phillips	25K	3:39:46	0:14:11	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Doug Berezansky	25K	4:27:13	0:17:14	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Lisa Berezansky	25K	4:27:15	0:17:15	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Wendy Riggenschach	25K	4:44:13	0:18:20	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Mike Riggenschach	25K	4:44:13	0:18:20	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Dean Banko	25K/16.5 Miler	2:30:19	0:09:15	Cook's Forest 25K/16.25	Cooksburg	PA	8/20/2022
Steve Pagano	25K/16.5 Miler	2:55:46	0:10:49	Cook's Forest 25K/16.25	Cooksburg	PA	8/20/2022
Bill Serafin	25K/16.5 Miler	3:40:11	0:13:33	Cook's Forest 25K/16.25	Cooksburg	PA	8/20/2022
Dean Banko	Marathon	2:53:19	0:06:37	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Stephanie Daniels	Marathon	3:26:42	0:07:53	Boston Marathon	Boston	MA	4/18/2022
Tammy Slusser	Marathon	3:27:42	0:07:56	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Amber Marsh	Marathon	3:34:38	0:08:12	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Laura Yevchak	Marathon	3:50:43	0:08:48	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Veronica Bujdos	Marathon	3:51:50	0:08:51	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Veronica Bujdos	Marathon	3:54:41	0:08:57	God's Country Marathon	Coudersport	PA	6/4/2022
Zach Collins	Marathon	3:56:30	0:09:02	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Julie Shirley	Marathon	4:18:00	0:09:51	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Barb Barger	Marathon	4:44:03	0:10:50	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Stephanie Putt	Marathon	4:47:40	0:10:59	Disney Marathon	Orlando	FL	1/9/2022
Meghan Foulk	Marathon	5:06:33	0:11:42	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Mary Jean Bujdos	Marathon	5:15:51	0:12:03	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Don Slusser	Marathon	5:43:17	0:13:06	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Joe Bujdos	Marathon	7:08:40	0:16:22	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Dean Banko	50K	4:49:11	0:09:20	Laurel Highlands Ultra 50K	Ohiopyle	PA	6/11/2022
Dean Banko	50K	5:02:22	0:09:45	World's End 50K	Forksville	PA	6/4/2022
Julie Shirley	50K	6:06:57	0:11:50	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Stephanie Daniels	50K	6:07:34	0:11:51	Laurel Highlands Ultra 50K	Ohiopyle	PA	6/11/2022
Sarah Kitchen	50K	6:47:52	0:13:09	Ghost Town Trail Challenge	Black Lick	PA	6/18/2022
Amber Marsh	50K	6:56:37	0:13:26	Laurel Highlands Ultra 50K	Ohiopyle	PA	6/11/2022
Carl Leer	50K	7:21:01	0:14:14	Laurel Highlands Ultra 50K	Ohiopyle	PA	6/11/2022
Dean Banko	34-Miler	5:08:23	0:09:04	On The Dam Trail 34-Miler	Hooversville	PA	4/23/2022
Candi Lockard	34-Miler	6:14:11	0:11:00	On The Dam Trail 34-Miler	Hooversville	PA	4/23/2022
Ryan Knecht	50 Miler	11:34:50	0:13:54	Glacier Ridge Ultra 50 Miler	Portersville	PA	5/7/2022
Candi Lockard	57.9	15:00:00	0:15:33	PA Trail Jamboree 24 Hour	Newmanstown	PA	8/7/2022
Candi Lockard	100K	15:32:11	0:14:55	Rabid Raccoon 100K	Hookstown	PA	3/19/2022
Dean Banko	???	0:24:01		Rugged Maniac Obstacle	Mohoton	PA	7/30/2022
Dean Banko	???	0:55:22		Rec & Resurgence Obstacle	Johnstown	PA	7/16/2022
Christie Orlosky	Relay	4:49:07		Pittsburgh Marathon Relay	Pittsburgh	PA	4/30/2022
Jennifer Wally Blystone	Relay	4:49:07		Pittsburgh Marathon Relay	Pittsburgh	PA	4/30/2022
Donna Zukas	Relay	5:41:57		Pittsburgh Marathon Relay	Pittsburgh	PA	4/30/2022
Jess Sharbaugh	???	?:?:?:?		Muddy Princess Obstacle	Pittsburgh	PA	7/10/2022

Updated 9/13/22