

# IRRC MEMBER RACE STATS 2022

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
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	Yougstown	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
Julie Shirley	One Mile	0:07:29	0:07:29	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Meghan Foulk	One Mile	0:11:21	0:11:21	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Dean Banko	5K	0:17:21	0:05:36	Gold Rush 5K	Tyrone	PA	3/19/2022
Dean Banko	5K	0:18:25	0:05:56	Super Gratus Shamrock 5K	Leechburg	PA	3/12/2022
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
Dean Banko	5K	0:19:38	0:06:20	Fire & Ice 5K	Somerset	PA	1/15/2022
Chris Sharbaugh	5K	0:20:33	0:06:38	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Jeff Smith	5K	0:21:25	0:06:55	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Vince Pavic	5K	0:22:56	0:07:24	Shamrock Shuffle 5K	Lewes	DE	3/6/2022
Amber Marsh	5K	0:24:13	0:07:49	Resolution Run 5K	Derry	PA	1/1/2002
Denny Cruse	5K	0:26:15	0:08:28	Fool's Run 5K	Black Lick	PA	4/2/2022
Meg Larko	5K	0:28:08	0:09:05	Fool's Run 5K	Black Lick	PA	4/2/2022
Louise Maine	5K	0:29:09	0:09:24	Resolution Run 5K	Derry	PA	1/1/2002
Kosie Shepherd-Porada	5K	0:30:41	0:09:54	Race Of Champions 5K	Altoona	PA	3/26/2022
Donna Scanlon	5K	0:31:03	0:10:01	Fool's Run 5K	Black Lick	PA	4/2/2022
James Taylor	5K	0:31:50	0:10:16	Fool's Run 5K	Black Lick	PA	4/2/2022
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
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
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

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Michele Belak	5K	0:36:09	0:11:40	Ellport 5K Run	Ellwood City	PA	3/5/2022
Darlene Hudak	5K	0:37:24	0:12:04	Heart4Terry Virtual 5K	Plum	PA	2/12/2022
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
Michele Belak	5K	0:39:12	0:12:39	Fire & Ice 5K	Somerset	PA	1/15/2022
Allen Shirley	5K	0:40:29	0:13:04	Fool's Run 5K	Black Lick	PA	4/2/2022
Mary Beth Rine	5K	0:41:25	0:13:22	Resolution Run 5K	Derry	PA	1/1/2002
Mary Beth Rine	5K	0:42:38	0:13:45	Fool's Run 5K	Black Lick	PA	4/2/2022
Patrick Mulvihill	5K	0:51:26	0:16:35	Fool's Run 5K	Black Lick	PA	4/2/2022
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
Dean Banko	4-Miler	0:25:38	0:06:24	Groundhog Jog 4-Miler	Punxsutawney	PA	1/29/2022
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
Kosie Shepherd-Porada	5-Miler	0:48:54	0:09:47	Run For Someone Special	Sykesville	PA	4/10/2022
Steve Pagano	5-Miler	0:55:24	0:11:05	Greenwood Snowfest 5-Miler	Huntingdon	PA	1/15/2022
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
Dean Banko	10K	0:36:19	0:05:51	Fool's Run 10K	Black Lick	PA	4/2/2022
Chris Sharbaugh	10K	0:42:23	0:06:50	Fool's Run 10K	Black Lick	PA	4/2/2022
Stephen Mead	10K	0:43:28	0:07:01	Fool's Run 10K	Black Lick	PA	4/2/2022
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
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

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Manon Gill	10K	0:58:40	0:09:28	Fool's Run 10K	Black Lick	PA	4/2/2022
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
Sherry 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
Scott Bowman	10K	1:11:10	0:11:29	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
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
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	Half Marathon	1:32:37	0:07:04	Shamrock Shuffle Half	Harmony	PA	3/26/2022
Jeannie Bujdos	Half Marathon	1:38:46	0:07:32	North Park Half Marathon	Allison Park	PA	1/22/2022
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
Mary Jean Bujdos	Half Marathon	2:11:58	0:10:04	North Park Half Marathon	Allison Park	PA	1/22/2022
Ron Orr	Half Marathon	2:15:19	0:10:20	Shamrock Half Marathon	Virginia Beach	VA	3/20/2022
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
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
Leah Dever	Half Marathon	3:01:42	0:13:52	Disney World Princess Half	Orlando	FL	2/27/2022
Bill Serafin	Half Marathon	3:12:56	0:14:44	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022

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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
Stephanie Putt	Marathon	4:47:40	0:10:59	Disney Marathon	Orlando	FL	1/9/2022
Candi Lockard	100K	15:32:11	0:14:55	Rabid Raccoon 100K	Hookstown	PA	3/19/2022

Updated 4/11/22