

"HELP CAN'T WAIT 10K
 SEPT 21, 1996 9:00 A.M.
 BRUNSWICK, ME.

PLACE	DIV	NAME	AG	S	CITY	ST	TIME	PACE
1	1	GUY SEGARS	36	M	BRUNSWICK	ME	34:46	5:37
2	1	JULIA KIRTLAND	31	F	HARPSWELL	ME	36:25	5:53
3	1	ROB CRAIG	40	M	CUMBERLAND	ME	37:17	6:01
4	2	RICHARD L'HEUREAUX	44	M	SANFORD	ME	37:38	6:05
5	3	ED MENDES	42	M	TOPSHAM	ME	37:40	6:05
6	4	STEVE MORIARTY	46	M	CUMBERLAND	ME	39:03	6:18
7	2	LAUREL VALLEY	34	F	KEZAR FALLS	ME	39:10	6:20
8	2	JEFF ARSENAULT	39	M	RUMFORD	ME	39:17	6:21
9	3	JOHN SEGERSON	34	M	NAS BRUNSWICK	ME	39:17	6:21
10	4	ROBERT HUNT	31	M	BARNSTEAD	NH	40:37	6:34
11	1	RC ARSENAULT	29	M	NEWCASTLE	ME	41:04	6:38
12	5	DAVID POLITO	47	M	GEORGETOWN	ME	41:09	6:39
13	5	GREG WOOD	37	M	LITCHFIELD	ME	41:17	6:40
14	6	GEORGE JOHNSON	42	M	BAILLEY ISLAND	ME	41:18	6:40
15	1	ELLIE TUCKER	41	F	BELGRADE LADES	ME	41:22	6:41
16	6	GLEN GALLUPE	37	M	SCARBOROUGH	ME	42:06	6:48
17	7	ALAN BAILEY	42	M	WOOLWICH	ME	42:08	6:48
18	8	DON ANDRUS	48	M	ROCKPORT	ME	42:22	6:50
19	2	PAUL SCHLISE	29	M	BRUNSWICK	ME	42:28	6:51
20	1	ARNIE GREEN	64	M	BRUNSWICK	ME	42:33	6:52
21	7	JACK SEXTON	38	M	TEWKSBURY	MA	42:47	6:55
22	8	GORDAN SMITH	38	M	PORTLAND	ME	43:17	6:59
23	2	SARAH ANDRUS	41	F	ROCKPORT	ME	43:49	7:05
24	9	JOHN SMITH	30	M	TOPSHAM	ME	44:16	7:09
25	1	TOM HARLOW	50	M	POWNAL	ME	44:32	7:11
26	2	ROGER FENN	50	M	BRUNSWICK	ME	44:32	7:11
27	1	TIM MERRITT	17	M	GORHAM	ME	44:36	7:12
28	9	JOHN MERRITT	46	M	GORHAM	ME	44:36	7:12
29	10	MARC DUBE	33	M	FREEPORT	ME	44:52	7:15
30	3	ANDREA	32	F	BRUNSWICK	ME	45:02	7:16
31	10	KEITH LAWRENCE	46	M	BRUNSWICK	ME	45:12	7:18
32	11	KEITH MALONE	39	M	YARMOUTH	ME	45:26	7:20
33	12	MIKE BERENS	38	M	BRUNSWICK	ME	45:43	7:23
34	3	JOHN F DYER	51	M	YARMOUTH	ME	45:58	7:25
35	3	PATRICK MOORE	29	M	BRUNSWICK	ME	46:07	7:27
36	4	SHARON WILBRAHAM	32	F	BATH	ME	46:25	7:30
37	13	LARRY SUTTON	38	M	AUBURN	ME	46:47	7:33
38	11	LARRY DREHER	40	M	TOPSHAM	ME	47:02	7:36
39	5	THERESA GALLUPE	34	F	SCARBOROUGH	ME	47:25	7:39
40	4	CHET MATTHEWS	50	M	BRUNSWICK	ME	47:33	7:41
41	12	CARL C. NEWTON	46	M	BRUNSWICK	ME	47:48	7:43
42	5	TONY MONACO	51	M	BRUNSWICK	ME	47:57	7:45
43	6	RICH MOSLEY	54	M	HALIFAX	MA	48:06	7:46
44	1	JAMIE SMITH	17	F	BRUNSWICK	ME	48:21	7:48
45	14	VICTOR SKORANA	32	M	FREEPORT	ME	48:25	7:49
46	1	BRIETTA DELMANZO	21	F	BRUNSWICK	ME	48:29	7:50
47	2	JOHN HOWE	61	M	NO. WATERFORD	ME	48:42	7:52
48	15	MARK COVINGTON	36	M	BRUNSWICK	ME	48:48	7:53
49	6	JUDI RICHARD	36	F	JAY	ME	48:55	7:54
50	3	CHERYL GILBERT	47	F	BATH	ME	48:57	7:54

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51	13	CHARLIE GORDON	49	M	BRUNSWICK	ME	49:20	7:58
52	16	SCOTT WILSON	34	M	BRUNSWICK	ME	50:21	8:08
53	17	MARTIN DWYER	39	M	SCARBOROUGH	ME	51:08	8:15
54	14	TOM VERRILL	43	M	BRUNSWICK	ME	51:22	8:18
55	4	WILLIAM THENYDSEN	26	M	BRUNSWICK	ME	52:45	8:31
56	5	JONATHON M CARTER	26	M	TOPSHAM	ME	52:50	8:32
57	15	TOM BLANKENSHIP	42	M	FALMOUTH	ME	53:11	8:35
58	18	DON FABRAO	35	M	BRUNSWICK	ME	53:22	8:37
59	4	BETH WILSON	40	F	BRUNSWICK	ME	53:25	8:37
60	6	BRADLEY REED	25	M	BRUNSWICK	ME	53:30	8:38
61	7	KAYE ZIEBELL	33	F	OSHKOSH	WI	53:31	8:38
62	16	DAVID AVERY	42	M	BOWDOIN	ME	54:02	8:43
63	19	EDWARD ESCULANO	36	M	WEST BATH	ME	54:21	8:46
64	7	JOE MURRAY	53	M	GRAY	ME	54:30	8:48
65	2	JILL SZOPINSKI	26	F	YARMOUTH	ME	54:43	8:50
66		CARLTON MENDELL	74	M	PORTLAND	ME	54:52	8:51
67	3	LORI SCHAEFFER	25	F	HARPSWELL	ME	56:14	9:05
68	20	DOUGLAS NOBLE	32	M	PORTLAND	ME	56:58	9:12
69	5	LYNN VERRILL	41	F	BRUNSWICK	ME	58:12	9:24
70		NELSON SOULE	75	M	FREEPORT	ME	58:59*	9:31
71	8	RUTH FOUT	34	F	BATH	ME	1:00:01	9:41
72	21	CHARLES FOUT	32	M	BATH	ME	1:00:02	9:41
73	9	PAMELA S. PINKOSKI	35	F	GRAY	ME	1:00:43	9:48
74	6	CAROL WELLS	49	F	TOPSHAM	ME	1:00:43	9:48
75	7	SUSAN NORDLI	41	F	PORTLAND	ME	1:04:46	10:27
76	10	SARAH COX	32	F	PORTLAND	ME	1:04:46	10:27
77	11	KAREN TOWLE	31	F	AUBURN	ME	1:08:19	11:02
78		JULIUS MARZUL	70	M	GORHAM	ME	1:08:40	11:05

* Under USATF Age-Group guideline

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***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS *****

1	JULIA KIRTLAND	31 HARPSWELL	ME	36:25
2	LAUREL VALLEY	34 KEZAR FALLS	ME	39:10
3	ELLIE TUCKER	41 BELGRADE LADES	ME	41:22

***** MALE OVERALL RESULTS *****

1	GUY SEGARS	36 BRUNSWICK	ME	34:46
2	ROB CRAIG	40 CUMBERLAND	ME	37:17
3	RICHARD L'HEUREAUX	44 SANFORD	ME	37:38

***** FEMALE MASTERS OVERALL RESULTS *****

***** MALE MASTERS OVERALL RESULTS *****

***** MASTERS AGE-GROUP RESULTS *****

FEMALE AGE GROUP: 01 - 19				
1	44 JAMIE SMITH	17 BRUNSWICK	ME	48:21
MALE AGE GROUP: 01 - 19				
1	27 TIM MERRITT	17 GORHAM	ME	44:36
FEMALE AGE GROUP: 20 - 29				
1	46 BRIETTA DELMANZO	21 BRUNSWICK	ME	48:29
2	65 JILL SZOPINSKI	26 YARMOUTH	ME	54:43
MALE AGE GROUP: 20 - 29				
1	11 RC ARSENAULT	29 NEWCASTLE	ME	41:04
2	19 PAUL SCHLISE	29 BRUNSWICK	ME	42:28
FEMALE AGE GROUP: 30 - 39				
1	30 ANDREA	32 BRUNSWICK	ME	45:02
2	36 SHARON WILBRAHAM	32 BATH	ME	46:25
MALE AGE GROUP: 30 - 39				
1	8 JEFF ARSENAULT	39 RUMFORD	ME	39:17
2	9 JOHN SEGERSON	34 NAS BRUNSWICK	ME	39:17
FEMALE AGE GROUP: 40 - 49				
1	23 SARAH ANDRUS	41 ROCKPORT	ME	43:49
2	50 CHERYL GILBERT	47 BATH	ME	48:57
MALE AGE GROUP: 40 - 49				
1	5 ED MENDES	42 TOPSHAM	ME	37:40
2	6 STEVE MORIARTY	46 CUMBERLAND	ME	39:03
FEMALE AGE GROUP: 50 - 59				
MALE AGE GROUP: 50 - 59				
1	25 TOM HARLOW	50 POWNAL	ME	44:32
2	26 ROGER FENN	50 BRUNSWICK	ME	44:32
FEMALE AGE GROUP: 60 - 99				
MALE AGE GROUP: 60 - 99				
1	20 ARNIE GREEN	64 BRUNSWICK	ME	42:33
2	47 JOHN HOWE	61 NO. WATERFORD	ME	48:42