

Total	Men	Women	12&under	Teens	20's	30's	40's	50's	60's	70's
66	42	24	-	2	19	21	7	12	5	-

W = runners who have won our race (7 this week!)

Weather: 68 degrees, dry course, no wind.

Today was the Farrick 500, James Farrick's five hundredth Tour D'Hamp on the Northampton 5k Cross-Country Course. Despite a couple of recent nagging injuries Jim responded to the spirited shouts and bellringing of racing fans with a strong sprint to the finish for number 500!

PLACE	TIME	NAME	AGE	Fs	REMARKS
1	17:19	Matt Clark	30		W
2	17:24	Carlos Rivera	39		W Carlos' best time in eight races here this year
3	17:55	Marc Guillame	41		W 1 <sup>st</sup> 40+
4	18:01	David Degon	21		W
5	18:15	Dan Moran	31		
6	18:16	Alejandro Heuck	48		
7	18:22	Jamie Sweeney	28		
8	18:27	Richard Larsen	61		W 1 <sup>st</sup> 50+,60+
9	18:49	Michael Shea	28		Notchs PR here
10	18:51	Katie Chapin	28	F1	1 <sup>st</sup> Woman
11	19:30	Jason Collins	38		W
12	19:46	Anthony Giacomoni	28		
13	20:11	Damien Morvidelli	34		
14	20:24	Rick Averill	31		
15	20:40	Patrick O'Neill	26		
16	21:00	Rachel Lee	21	F2	
17	21:02	Michael Brouillette	34		W
18	21:09	Joellen Cameron	50	F3	1 <sup>st</sup> 30+,40+, 50+ Woman
19	21:20	Matt Musiak	31		
20	21:34	Elena Betke-Brunswick	25	F4	
21	21:35	Sara Vannah	17	F5	1 <sup>st</sup> Teen Girl
22	21:57	Patrick Pezzati	50		
23	22:00	Matthew Rattigan	38		
24	22:25	Paul Piquette	27		
25	22:28	Hania Thomas-Adams	23	F6	
26	22:39	Elena Massa	30	F7	
27	22:51	Daniel Darcy	35		
28	22:54	Dan McNair	38		
29	22:58	Frank Bock	38		
30	23:04	Alex Ameen	23	F8	

31	23:19	Todd Crosby	30		
32	23:41	Robert Brainin	50		
33	23:48	Eva Browne	29	F9	
34	23:50	Mike Duffy	61		Enjoy mike's video visit to the Farrick 500 on YouTube dot com under "Farrick 500"
35	23:52	Lynn Malie	34	F10	
36	24:07	Shawn Robbins	27		
37	24:13	Brian Cannon	41		
38	24:20	Dave Aronson	57		
39	24:27	Harry Hayward	61		
40	24:36	Daryl Delisle	56		
41	24:40	Frances McGrath	24	F11	
42	25:14	Michael Root	36		
43	25:48	Sydney Henthorn	54	F12	
44	25:58	Frank McDonald	62		Predict Your Time Winner
45	26:18	James Smith	48		
46	26:28	Jodi McIntrye	45	F13	
47	26:51	Brad Gill	13		1 <sup>st</sup> Teen Boy
48	27:06	Mark Dean	60		
49	27:14	Lisa Morde	31	F14	
50	27:16	Amy Champoux	41	F15	
51	28:02	Hilary Bickford	32	F16	
52	28:05	Matthew Morde	32		
53	28:10	Hannah Esrick	26	F17	
54	28:20	Emily Shallcross	33	F18	
55	28:32	Mike McDowell	23		
56	28:34	Kitty Jerome	52	F19	
57	30:13	Katie Conover	26	F20	
58	30:44	Barry Federman	54		
59	30:50	Peter Gill	51		
60	32:28	Jim Farrick	49		Hordes of his fellow harriers cheer for JIM as he completes the FARRICK 500 by far the most races by any runner on our course in our 27 years!
61	32:41	Cathy Coutu	57	F21	
62	32:41	Chuck Adams	56		
63	34:26	Ed Dean	55		
64	34:44	Trish Ryan	26	F22	
65	35:14	Andrea Olkin	37	F23	
66	37:12	Mikaela Spence	27	F24	

