

42nd ANNUAL FRANK NEALON BOSTON TUNE-UP 15K  
 UPTON, MA SATURDAY, APRIL 1, 2023 10:00 AM

FEMALE OPEN TEAM Results

1. 4:38:01 TRACKSMITH BOSTON HARES ( 55:37)				
1	54:33	320	Tammy Hsieh	32
2	55:33	548	Jen Moroz	37
3	55:48	595	Alexandra Ross	22
4	56:03	337	Lianne Farber	30
5	56:04	279	Madison Yerke	25
2. 4:39:16 BATTLE ROAD TRACK CLUB ( 55:52)				
1	52:50	513	Anna Oeser	23
2	56:05	505	Lily Robinson	22
3	56:31	2	Jaime Lord	26
4	56:36	219	Sarika Temme-Bapat	23
5	57:14	507	Jennifer Lutz	40
3. 4:47:20 WHIRLAWAY RACING TEAM ( 57:28)				
1	55:30	417	Emilee Risteen	27
2	56:17	323	Jaclyn Solimine-Fazioli	28
3	56:55	327	Meagan Saviano	32
4	59:14	362	Lauren Tilton	41
5	59:24	357	Rebecca Trachsel	48
4. 4:58:38 BOSTON ATHLETIC ASSOCIATION ( 59:44)				
1	54:50	487	Rachel Coogan	32
2	58:56	386	Karolyn Bowley	53
3	59:08	342	Ashley Busa	38
4	1:02:48	475	Diana Bowser	49
5	1:02:56	412	Nicole Borofski	27
5. 5:10:09 NOTCH BREWING RUNNERS (1:02:02)				
1	59:39	333	Katrina Vassallo	34
2	1:00:32	49	Brett Ely	43
3	1:01:55	87	Grace Crowell	30
4	1:02:08	218	Kylynn Mckinley	35
5	1:05:55	228	Isabel Pett	32
6. 5:23:24 SOMERVILLE ROAD RUNNERS (1:04:41)				
1	58:58	43	Jessica Petersen	43
2	1:05:11	265	Julia McClellan	23
3	1:05:41	198	Ellenor Barish	45
4	1:06:44	106	Alyssa Moskites	30
5	1:06:50	509	Sarah Cullinan	36
7. 5:27:35 LIBERTY ATHLETIC CLUB (1:05:31)				
1	1:02:38	473	Helen Bresler	40
2	1:03:23	15	Mary Cass	61
3	1:04:39	178	Mimi Fallon	57
4	1:08:10	9	Jennifer Stewart	47
5	1:08:45	170	Lauren Leslie	61
8. 5:32:52 SOLE SISTERS RUNNING CLUB (1:06:35)				
1	1:03:07	138	Erin Lapsley	40
2	1:04:36	486	Jill Chisholm	51
3	1:07:10	147	Julie Barrett	47
4	1:08:10	10	Jessica Stryhalaleck	46
5	1:09:49	300	Ally Damico	40
9. 5:35:07 CENTRAL MASS STRIDERS (1:07:02)				
1	1:03:47	50	Alice Gwen Caffrey	33

2	1:05:26	313 Larissa Bifano	42
3	1:05:28	239 Meredith Moseley	36
4	1:09:02	248 Daniella Bush	42
5	1:11:24	276 Karla Steele	46

10. 5:42:32 GREATER LOWELL ROAD RUNNERS (1:08:31)

1	1:06:35	202 Erin Wilson	34
2	1:06:57	301 Olivia Lohmeier	21
3	1:08:00	287 Trish Bourne	59
4	1:08:32	304 Sarah Dillon	42
5	1:12:28	427 Sharon Ogrady	50

11. 5:47:10 CAMBRIDGE RUNNING CLUB (1:09:26)

1	59:52	363 Isabel Lane	24
2	1:09:16	169 Meaghan Gsell	30
3	1:09:51	712 Shoko Okabe	29
4	1:11:22	293 Lauren Brauckmann	27
5	1:16:49	258 Tessa Strelow	33

12. 5:48:18 BEN RUNNING CLUB (1:09:40)

1	1:05:36	291 Heidi Wu	48
2	1:09:11	139 Mengru Li	33
3	1:10:05	280 Xiali He	47
4	1:10:45	443 Shu Li	48
5	1:12:41	497 Chunrong Qin	49

13. 6:23:56 WICKED RUNNING CLUB (1:16:48)

1	1:14:50	562 Karen Hoch	53
2	1:15:47	420 Sandra Dalton	52
3	1:15:56	41 Kristin Barry	52
4	1:16:55	748 Madelyn Steeves	55
5	1:20:28	532 Bailey Buchanan	52

14. 6:33:20 GATE CITY STRIDERS (1:18:40)

1	1:14:27	39 Karen Sirimoglu	53
2	1:14:49	14 Suzanne Barker	52
3	1:17:04	153 Adriana Tyers	56
4	1:18:39	148 Gina Joubert	59
5	1:28:21	517 Kelly Aschbrenner	48

15. 8:34:24 NEW ENGLAND 65 PLUS RUNNERS CLUB (1:42:53)

1	1:28:07	76 Donna Sarasin	70
2	1:32:45	79 Vicki Miller	70
3	1:33:11	460 Jan Brett	73
4	1:59:48	167 Margaritt McNulty	70
5	2:00:33	68 Susan Lovering	70

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 FEMALE MASTERS 40+ TEAM Results  
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1. 5:14:18.1 TRACKSMITH BOSTON HARES (1:02:51.7)

1	0:59:17.0	328 Erin Genova	43
2	1:01:32.5	271 Susan Mix	55
3	1:02:09.7	310 Ellen Binder	46
4	1:04:42.1	391 Jayne Hetherington	42
5	1:06:36.8	309 Jody Dushay	56

2. 5:19:53.7 BOSTON ATHLETIC ASSOCIATION (1:03:58.8)

1	0:58:55.1	386 Karolyn Bowley	53
2	1:02:47.9	475 Diana Bowser	49
3	1:03:17.9	452 Amanda Watters	42
4	1:05:21.4	396 Mary Beth Cashman	40
5	1:09:31.4	340 Lisa Kaplan	52

3.	5:26:35.7	WHIRLAWAY RACING TEAM	(1:05:19.2)
1	0:59:13.6	362 Lauren Tilton	41
2	0:59:23.9	357 Rebecca Trachsel	48
3	1:01:50.8	404 Amy Bernard	45
4	1:09:49.9	538 Ruth Cardona-Suarez	55
5	1:16:17.5	366 Nadine Palmer	55
4.	5:27:32.4	LIBERTY ATHLETIC CLUB	(1:05:30.5)
1	1:02:37.3	473 Helen Bresler	40
2	1:03:22.1	15 Mary Cass	61
3	1:04:38.6	178 Mimi Fallon	57
4	1:08:09.7	9 Jennifer Stewart	47
5	1:08:44.7	170 Lauren Leslie	61
5.	5:32:49.7	SOLE SISTERS RUNNING CLUB	(1:06:34.0)
1	1:03:07.0	138 Erin Lapsley	40
2	1:04:35.1	486 Jill Chisholm	51
3	1:07:09.7	147 Julie Barrett	47
4	1:08:09.7	10 Jessica Stryhalaleck	46
5	1:09:48.2	300 Ally Damico	40
6.	5:36:27.2	SOMERVILLE ROAD RUNNERS	(1:07:17.5)
1	0:58:57.3	43 Jessica Petersen	43
2	1:05:41.0	198 Ellenor Barish	45
3	1:10:15.0	720 Lindsay Donikian	40
4	1:10:23.0	384 Elizabeth Cooney	68
5	1:11:10.9	480 Carrie-Anne Dedeo	45
7.	5:50:45.0	CENTRAL MASS STRIDERS	(1:10:09.0)
1	1:05:25.5	313 Larissa Bifano	42
2	1:09:01.2	248 Daniella Bush	42
3	1:11:23.6	276 Karla Steele	46
4	1:12:09.0	521 Lisa Sternstrom	51
5	1:12:45.7	190 Karen McGahie	60
8.	5:52:26.2	BEN RUNNING CLUB	(1:10:29.3)
1	1:05:35.8	291 Heidi wu	48
2	1:10:04.3	280 Xiali He	47
3	1:10:44.4	443 Shu Li	48
4	1:12:40.5	497 Chunrong Qin	49
5	1:13:21.2	299 Yan Xu	52
9.	6:01:59.3	GREATER LOWELL ROAD RUNNERS	(1:12:23.9)
1	1:07:59.2	287 Trish Bourne	59
2	1:08:31.8	304 Sarah Dillon	42
3	1:12:27.5	427 Sharon Ogrady	50
4	1:15:53.1	272 Sally Reiley	63
5	1:17:07.7	132 Yvette Romero	48
10.	6:23:52.9	WICKED RUNNING CLUB	(1:16:46.6)
1	1:14:50.0	562 Karen Hoch	53
2	1:15:46.4	420 Sandra Dalton	52
3	1:15:55.2	41 Kristin Barry	52
4	1:16:54.1	748 Madelyn Steeves	55
5	1:20:27.2	532 Bailey Buchanan	52
11.	6:33:18.1	GATE CITY STRIDERS	(1:18:39.7)
1	1:14:26.8	39 Karen Sirimoglu	53
2	1:14:48.7	14 Suzanne Barker	52
3	1:17:03.5	153 Adriana Tyers	56
4	1:18:38.7	148 Gina Joubert	59
5	1:28:20.4	517 Kelly Aschbrenner	48
12.	8:34:22.4	NEW ENGLAND 65 PLUS RUNNERS CLUB	(1:42:52.5)

1	1:28:06.6	76	Donna Sarasin	70
2	1:32:44.5	79	Vicki Miller	70
3	1:33:11.0	460	Jan Brett	73
4	1:59:47.3	167	Margaritt McNulty	70
5	2:00:33.0	68	Susan Lovering	70

FEMALE SENIORS 50+ TEAM Results

1. 3:16:45.4 LIBERTY ATHLETIC CLUB (1:05:35.2)

1	1:03:22.1	15	Mary Cass	61
2	1:04:38.6	178	Mimi Fallon	57
3	1:08:44.7	170	Lauren Leslie	61

2. 3:20:30.7 TRACKSMITH BOSTON HARES (1:06:50.3)

1	1:01:32.5	271	Susan Mix	55
2	1:06:36.8	309	Jody Dushay	56
3	1:12:21.4	325	Cherie Turner	53

3. 3:29:05.6 BOSTON ATHLETIC ASSOCIATION (1:09:41.9)

1	0:58:55.1	386	Karolyn Bowley	53
2	1:09:31.4	340	Lisa Kaplan	52
3	1:20:39.1	339	Jennifer Cole	53

4. 3:36:19.8 GREATER LOWELL ROAD RUNNERS (1:12:06.6)

1	1:07:59.2	287	Trish Bourne	59
2	1:12:27.5	427	Sharon Ogrady	50
3	1:15:53.1	272	Sally Reiley	63

5. 3:40:42.1 CENTRAL MASS STRIDERS (1:13:34.1)

1	1:12:09.0	521	Lisa Sternstrom	51
2	1:12:45.7	190	Karen McGahie	60
3	1:15:47.4	277	Mary Lammi	66

6. 3:42:31.9 BEN RUNNING CLUB (1:14:10.7)

1	1:13:21.2	299	Yan Xu	52
2	1:14:04.2	401	Hui Qian	53
3	1:15:06.5	329	Mei Li	51

7. 3:44:25.7 WHIRLAWAY RACING TEAM (1:14:48.6)

1	1:09:49.9	538	Ruth Cardona-Suarez	55
2	1:16:17.5	366	Nadine Palmer	55
3	1:18:18.3	324	Lisa Zappala	62

8. 3:45:39.8 SOLE SISTERS RUNNING CLUB (1:15:13.3)

1	1:04:35.1	486	Jill Chisholm	51
2	1:12:49.2	466	Carmela Taveras	60
3	1:28:15.5	136	Fay Iennaco	60

9. 3:46:19.0 GATE CITY STRIDERS (1:15:26.4)

1	1:14:26.8	39	Karen Sirimoglu	53
2	1:14:48.7	14	Suzanne Barker	52
3	1:17:03.5	153	Adriana Tyers	56

10. 3:46:31.6 WICKED RUNNING CLUB (1:15:30.6)

1	1:14:50.0	562	Karen Hoch	53
2	1:15:46.4	420	Sandra Dalton	52
3	1:15:55.2	41	Kristin Barry	52

11. 4:22:26.9 CAMBRIDGE SPORTS UNION (1:27:29.0)

1	1:22:18.2	415 Gail Breslow	67	
2	1:25:03.9	566 Lisa Doucett	67	
3	1:35:04.8	413 Jennifer Wynn	61	
12. 4:30:57.5 TRI-VALLEY FRONT RUNNERS				(1:30:19.2)
1	1:28:33.7	455 Trista Brown	52	
2	1:29:10.9	518 Dale Fingar	62	
3	1:33:12.9	189 Caroline Regan	53	
13. 4:34:02.1 NEW ENGLAND 65 PLUS RUNNERS CLUB				(1:31:20.7)
1	1:28:06.6	76 Donna Sarasin	70	
2	1:32:44.5	79 Vicki Miller	70	
3	1:33:11.0	460 Jan Brett	73	

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 FEMALE VETERANS 60+ TEAM Results  
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1. 3:26:13.9 LIBERTY ATHLETIC CLUB				(1:08:44.7)
1	1:03:22.1	15 Mary Cass	61	
2	1:08:44.7	170 Lauren Leslie	61	
3	1:14:07.1	179 Victoria Bok	61	
2. 3:46:01.9 CENTRAL MASS STRIDERS				(1:15:20.7)
1	1:12:45.7	190 Karen McGahie	60	
2	1:15:47.4	277 Mary Lammi	66	
3	1:17:28.8	496 Alice McKeon	60	
3. 4:07:29.6 GREATER LOWELL ROAD RUNNERS				(1:22:29.9)
1	1:15:53.1	272 Sally Reiley	63	
2	1:22:58.9	142 Liane Pancoast	65	
3	1:28:37.6	536 Julie Haynes	64	
4. 4:14:16.0 SOLE SISTERS RUNNING CLUB				(1:24:45.4)
1	1:12:49.2	466 Carmela Taveras	60	
2	1:28:15.5	136 Fay Iennaco	60	
3	1:33:11.3	764 Janet Vahid	64	
5. 4:22:26.9 CAMBRIDGE SPORTS UNION				(1:27:29.0)
1	1:22:18.2	415 Gail Breslow	67	
2	1:25:03.9	566 Lisa Doucett	67	
3	1:35:04.8	413 Jennifer Wynn	61	
6. 4:34:02.1 NEW ENGLAND 65 PLUS RUNNERS CLUB				(1:31:20.7)
1	1:28:06.6	76 Donna Sarasin	70	
2	1:32:44.5	79 Vicki Miller	70	
3	1:33:11.0	460 Jan Brett	73	

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 FEMALE SENIOR VETERANS 70+ TEAM Results  
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1. 4:34:02.1 NEW ENGLAND 65 PLUS RUNNERS CLUB				(1:31:20.7)
1	1:28:06.6	76 Donna Sarasin	70	
2	1:32:44.5	79 Vicki Miller	70	
3	1:33:11.0	460 Jan Brett	73	