

5K Postal

NJ LMSC Postal Records
5K Postal Event

Individual Records

Women

Age Grp	First Name	Last Name	Age	Club abbr.	Time	Year
18-24						
25-29	Julie	Porro	29	BERK	1:19:15.03	2008
30-34						
35-39	Deirdre	O'Mara	37	BERK	1:18:37.47	2003
40-44	Laura	Linenberg	41	GSM	1:18:26.01	2010
45-49	Susan	Kirk	48	BERK	1:27:10.46	2008
50-54	Patricia	Quinlan	50	BERK	1:48:35.06	2008
55-59	Heidi	Remak-Ziff	58	BERK	1:32:07.30	2010
60-64						
65-69						
70-74						
75-79						
80-84						
85-89						
90-94						
95-99						
100+						

Men

Age Grp	First Name	Last Name	Age	Club abbr.	Time	Year
18-24						
25-29						
30-34						

5K Postal

35-39	_____	_____	_____	_____	_____	_____
40-44	_____	_____	_____	_____	_____	_____
45-49	Daniel	Moore	45	BERK	1:15:31.29	2010
50-54	Philippe	Delamare	52	BERK	1:12:43.23	2008
55-59	James	Ryan	55	GSM	1:11:00.29	2007
60-64	_____	_____	_____	_____	_____	_____
65-69	James	Ryan	69	GSM	1:19:32.65	2021
70-74	James	Ryan	70	SCYM	1:18:14.02	2022
75-79	_____	_____	_____	_____	_____	_____
80-84	_____	_____	_____	_____	_____	_____
85-89	_____	_____	_____	_____	_____	_____
90-94	_____	_____	_____	_____	_____	_____
95-99	_____	_____	_____	_____	_____	_____
100+	_____	_____	_____	_____	_____	_____

RELAY RECORDS

WOMEN

Age Group	Total Time	Club Name	First Name	Last Name	Age	Year
25+	4:03:45.20	BERK	Julie	Porro	29	2008
			Deidre	O'Mara	37	
			Lynn	Ascione	41	
45+	4:45:32.82	BERK	Mary	Guilfoyle	45	2008
			Anne	Clewell	45	
			Anne-France	Saillot	45	

MEN

5K Postal

Age Group	Total Time	Club Abbr.	First Name	Last Name	Age	Year

MIXED

Age Group	Total Time	Club Name	First Name	Last Name	Age	Year
25+	5:15:27.70	BERK	Julie	Porro	29	2008
			Michael	Fanelli	54	
			Philippe	Delamare	52	
			Deirdre	O'Mara	37	