Race Date

October 05, 2025

Jack O'Keefe Memorial Strides

Age Group Results

10K

Female Open Winners

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Sara Caitrin Helmhski	Waterford CT	30	241	2	40:45.3	6:34/M

Male Open Winners

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Jeffrey Wadecki	Ledyard CT	42	235	1	36:14.3	5:51/M

Race Date
October 05, 2025

Jack O'Keefe Memorial Strides

Age Group Results

10K

Female 12 to 17

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Grace Egar	Zip Not Provided CT	13	242	22	1:22:16.5	13:16/M

Female 18 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Stefanie Walker	Meriden CT	34	167	21	1:21:22.2	13:07/M

Male 18 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Devin Carey	Waterford CT	39	230	15	1:04:45.5	10:27/M

Female 40 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Jacqueline Simonis	Stonington CT	43	1743	9	56:15.0	9:04/M
2	Rebecca Troeger	Niantic CT	48	156	20	1:20:16.3	12:57/M

Male 40 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Christopher Grasso	Mystic CT	43	233	3	41:21.9	6:40/M
2	Josh Spooner	Sturbridge MA	49	231	4	44:26.8	7:10/M
3	Jon Toth	New London CT	40	208	8	52:54.1	8:32/M

Female 50 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Jenifer Ejan	Zip Not Provided CT	51	243	23	1:22:17.7	13:16/M
2	Rebecca Hall	South Windsor CT	50	234	24	1:25:11.7	13:44/M

Male 50 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	John Walter	Zip Not Provided CT	59	163	5	48:59.2	7:54/M
2	Theron George	Bozrah CT	57	227	12	58:12.5	9:23/M
3	Eric Motin	Groton CT	56	224	25	1:25:16.9	13:45/M

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Male 50 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
4	Michael Chadwick	Lancaster PA	57	240	26	1:25:18.4	13:46/M

Female 60 to 69

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Marilyn Quintan	Columbia CT	64	239	6	52:03.7	8:24/M
2	Ellen Haluga	Groton CT	60	225	17	1:11:00.6	11:27/M
3	Anne Gaston	Old Lyme CT	69	228	18	1:11:01.8	11:27/M

Male 60 to 69

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Stephen Haluga	Groton CT	62	226	13	1:04:01.4	10:20/M
2	Bob Buckingham	New London CT	65	153	16	1:09:17.9	11:11/M
3	Alex Crippen	Bridgewater CT	65	237	19	1:11:13.4	11:29/M

Male 70 and Over

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Dennis Barone	West Hartford CT	70	176	7	52:46.7	8:31/M
2	Don Weller	Niantic CT	72	236	10	57:46.6	9:19/M
3	Eric Winn	Carolina RI	70	238	11	58:03.3	9:22/M
4	Paul Toth	New London CT	71	177	14	1:04:33.3	10:25/M