Race Date
October 05, 2025

Jack O'Keefe Memorial Strides

Age Group Results

5K

Female Open Winners

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Linda Spooner	Sturbridge MA	51	685	4	19:42.3	6:21/M

Male Open Winners

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Christopher Helmaski	Waterford CT	31	728	1	16:32.4	5:20/M

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Age Group Results

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Female 11 and Under

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Sylvia Nagy	Manchester CT	7	661	56	33:37.9	10:51/M

Male 11 and Under

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Lucas Coppola		08	742	10	23:02.7	7:26/M
2	Nicholas Nagy	Manchester CT	9	660	27	27:00.8	8:43/M
3	Hadley Shippee	Zip Not Provided CT	6	679	76	39:11.3	12:39/M
4	Jacob Toth	New London CT	7	652	88	46:03.9	14:52/M

Female 12 to 17

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Paige Spooner	Sturbridge MA	17	687	22	26:15.9	8:28/M
2	Lily Ouillette	Moosup CT	16	709	31	27:54.5	9:00/M
3	Saiya Tarn	Oneco CT	15	1692	41	30:31.1	9:51/M

Male 12 to 17

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Jacob Fagan	Uncasville CT	14	731	15	23:53.1	7:42/M
2	Dylan Toth	New London CT	13	649	64	35:30.9	11:27/M
3	Keegan Shippee	Moosup CT	16	671	75	39:11.2	12:38/M
4	Henry Nagy	Manchester CT	12	662	89	46:10.7	14:54/M

Female 18 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Sarah Azizi	Dayville CT	25	719	12	23:12.7	7:29/M
2	Emberleigh Luce	Waterford CT	33	644	13	23:23.0	7:33/M
3	Cartney Sobanski	Putnam CT	31	736	18	24:56.2	8:03/M
4	Rebecca O Doherty	Waterford CT	34	727	43	31:15.1	10:05/M
5	Emma Prindle	Plainfield CT	22	615	46	31:32.8	10:11/M
6	Grace Samford	Zip Not Provided CT	21	733	48	31:34.5	10:11/M
7	Tracey Rowe		39	720	68	36:58.7	11:56/M
8	Nikki Johns	Groton CT	35	674	77	39:42.1	12:48/M
9	Kiara Thompson	Stonington CT	30	682	86	43:49.8	14:08/M
10	Lauren Adrezin	East Lyme CT	26	610	87	44:13.2	14:16/M

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Female 18 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
11	Gia Tantimonaco	Oakdale CT	27	739	92	46:54.6	15:08/M
12	Alexandra Blanchette	Groton CT	31	684	93	46:54.9	15:08/M
13	Mia Larosa	Uncasville CT	29	740	95	46:56.1	15:08/M
14	Jacqueline Peters	Waterford CT	23	714	109	55:02.6	17:45/M
15	Tiffiny Stanley	Groton CT	35	694	111	1:01:57.0	19:59/M

Male 18 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Dylan Sullivan	Waterford CT	36	738	2	19:25.1	6:16/M
2	Dylan McMerriman	Brooklyn CT	24	718	3	19:31.7	6:18/M
3	Tyler Luce	Waterford CT	34	647	5	19:53.6	6:25/M
4	Aidan Sullivan	Groton CT	24	712	6	20:16.0	6:32/M
5	Anthony Occhialini	Waterford CT	34	710	14	23:33.8	7:36/M
6	Eric Lastfagel	Groton CT	25	722	23	26:32.6	8:34/M
7	Marcus Ransom	Uncasville CT	33	643	29	27:36.7	8:54/M
8	Reb Mariano	New London CT	27	668	32	27:56.7	9:01/M
9	Timothy Sanford	Cromwell CT	38	632	39	30:01.1	9:41/M
10	David Isa	Putnam CT	36	667	47	31:33.6	10:11/M
11	Ben Toth	New London CT	29	648	55	33:24.6	10:47/M
12	Nickolas Rojas	Groton CT	28	713	67	36:40.6	11:50/M
13	Landon Shippee	Moosup CT	19	678	74	38:50.1	12:32/M
14	Matthew Toth	New London CT	37	651	107	53:48.2	17:21/M

Female 40 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Cindy Ouillette	Moosup CT	49	708	7	20:26.7	6:36/M
2	Jen Howe	Voluntown CT	48	631	35	29:34.5	9:32/M
3	Anna Dubiel	Rocky Hill CT	43	716	38	29:49.1	9:37/M
4	Callie Mallory	Groton CT	44	681	49	31:50.0	10:16/M
5	Amanda Kennedy	New London CT	48	729	51	32:15.5	10:24/M
6	Vanessa Myers	South Windham CT	42	609	65	35:32.9	11:28/M
7	Heather Romagna	Waterford CT	47	688	81	41:27.6	13:22/M
8	Lakisha Rose	Norwich CT	47	707	84	43:06.6	13:54/M
9	Sarah Nagy	Manchester CT	47	658	90	46:11.3	14:54/M
10	Brittany Corona	New London CT	42	691	94	46:56.0	15:08/M
11	Tracy Zenzen	Plainfield CT	47	695	96	47:29.6	15:19/M
12	Rachel Audet	Sterling CT	44	698	112	1:10:47.9	22:50/M

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Male 40 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Paul Coppola		45	741	11	23:04.4	7:27/M
2	Jeff Nagy	Manchester CT	47	659	28	27:01.4	8:43/M
3	Amirfarbod Yazdanyar	Waterford CT	47	690	50	31:54.7	10:18/M
4	Anthony Tran	Oneco CT	49	696	53	33:14.6	10:43/M
5	Scott Lafrance	Moosup CT	43	670	78	40:49.0	13:10/M
6	George Evans	Niantic CT	44	639	101	48:27.9	15:38/M

Female 50 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Tracey Clark	North Stonington CT	54	607	21	26:01.5	8:24/M
2	Meg Kokofski	Moodus CT	50	655	25	26:40.7	8:36/M
3	Valerie Shippee	Moosup CT	51	677	30	27:41.5	8:56/M
4	Susan Leigh	Litchfield CT	58	693	33	28:13.3	9:06/M
5	Nicole Braile	Norwich CT	50	734	59	34:20.0	11:05/M
6	Sandra Dombroski	Waterford CT	58	611	63	35:20.7	11:24/M
7	Juner Colina-Biscotto	Waterford CT	53	689	69	37:07.5	11:59/M
8	Samantha Walsh	Norwalk CT	50	614	82	42:00.9	13:33/M
9	Ashley Orefice	Niantic CT	54	638	100	48:26.5	15:38/M
10	Jackie Lambert	Lebanon CT	59	663	103	52:47.2	17:02/M

Male 50 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Tom Sullivan Jr.	Groton CT	55	697	8	22:21.1	7:13/M
2	Thomas O Rourke	Old Saybrook CT	56	735	16	24:11.0	7:48/M
3	Matt Hargus	Pawcatuck CT	50	730	19	25:43.1	8:18/M
4	Paul Gray	North Stonington CT	58	608	34	29:14.7	9:26/M
5	Matt Desaulnier	Pomfret Center CT	51	616	36	29:38.5	9:34/M
6	Scott Fagan	Uncasville CT	56	732	40	30:15.8	9:46/M
7	Barry O'Doherty	East Haddam CT	58	637	54	33:19.5	10:45/M
8	Damien Egan	Groton CT	51	737	57	33:48.9	10:55/M
9	Richard Paisker	Glastonbury CT	57	705	58	34:03.0	10:59/M
10	Anthony Garcia	Plainfield CT	52	636	70	37:13.4	12:00/M
11	Chris Brennan	Brookfield CT	51	604	80	41:19.6	13:20/M
12	Charles Coiro	Quaker Hill CT	58	635	85	43:19.4	13:59/M

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Age Group Results

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Female 60 to 69

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Peggy Pelland	Mystic CT	69	721	60	34:26.4	11:07/M
2	Paula Archer	Oakdale CT	62	641	61	34:49.1	11:14/M
3	Penny Newbury	Hampton CT	66	633	98	47:35.6	15:21/M
4	Fran Toth	New London CT	67	650	108	53:48.8	17:22/M

Male 60 to 69

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Martin Bednar	Zip Not Provided CT	68	675	9	22:49.8	7:22/M
2	Michael Didato	Waterford CT	64	657	17	24:26.0	7:53/M
3	Bob Heffleginer	Zip Not Provided CT	67	723	20	25:54.0	8:21/M
4	Scott Sanford	Cromwell CT	66	618	24	26:37.2	8:35/M
5	Scott Wilson	New London CT	61	703	44	31:20.9	10:07/M
6	John Brown	Oakdale CT	66	717	45	31:25.5	10:08/M
7	Brad Watkins	Oakdale CT	64	640	62	34:50.0	11:14/M
8	Gary Decker	Waterford CT	63	725	66	36:37.5	11:49/M
9	Marvin Goldie	Groton CT	64	656	91	46:52.8	15:07/M
10	Mark Lambert	Lebanon CT	65	702	104	52:51.9	17:03/M
11	Douglas Tiffany	Salem CT	62	666	106	53:00.4	17:06/M

Female 70 and Over

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Nancy Almeida Crocker	Waterford CT	75	634	42	30:51.3	9:57/M
2	Kathi Peck	Litchfield CT	75	692	52	32:41.1	10:33/M
3	Nancy Olsen	Waterford CT	73	680	71	37:16.7	12:02/M
4	Luanne Roy	East Haven CT	70	676	72	37:37.1	12:08/M
5	Janit Romayko	East Hartford CT	80	704	102	50:33.6	16:19/M
6	Edwina Callaghan	Salem CT	75	665	105	52:58.6	17:05/M

Male 70 and Over

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Paul Vingi	Westbrook CT	73	726	26	26:55.4	8:41/M
2	Brian Lundie	Gales Ferry CT	71	646	37	29:43.6	9:35/M
3	Joe Light	Westerly RI	78	645	73	37:52.7	12:13/M
4	Joesph Lafrance	Moosup CT	80	669	79	40:49.4	13:10/M
5	Dick Walsh	Old Lyme CT	84	724	83	42:01.7	13:33/M
6	Thomas J Sullivan	Groton CT	81	700	97	47:34.8	15:21/M

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Age Group Results

5K

Male 70 and Over

Place	Name	City	Age	Bib No	Overall	Time	Pace
7	Tom Sullivan	Ledyard CT	86	715	99	47:52.6	15:27/M
8	Barry Shead	Woodstock	71	699	110	56:37.3	18:16/M
9	Peter Demarco Jr.	New London CT	75	612	113	1:13:40.4	23:46/M