Race Date

October 04, 2026

Jack O'Keefe Memorial Strides

Overall Finish List

5K

Overall	Name	City	Bib No	Age	Gend	AG Place	Time	Pace
1	Chris Helminski	Zip Not Provided CT	238	32	M	1: Open	16:22.6	5:17/M
2	Aidan Sullivan	Groton CT	82	25	M	1: 18-39	19:11.6	6:11/M
3	Cody Slack	Waterford CT	785	34	M	2: 18-39	19:44.3	6:22/M
4	Linda Spooner	Sturbridge MA	99	52	F	1: Open	19:56.2	6:26/M
5	Tyler Luce	Waterford CT	38	35	M	3: 18-39	19:56.8	6:26/M
6	Cindy Ouillette	Moosup CT	76	50	F	1: 50-59	20:59.3	6:46/M
7	Dustin Miller	Waterford CT	96	14	M	1: 12-17	21:17.7	6:52/M
8	Michael Didato	Waterford CT	48	65	M	1: 60-69	22:00.5	7:06/M
9	Dina Zemlyanker	Groton CT	83	25	F	1: 18-39	22:05.8	7:08/M
10	Emily Miller	Waterford CT	98	46	F	1: 40-49	22:17.1	7:11/M
11	John Walter	Waterford CT	237	60	M	2: 60-69	22:33.7	7:17/M
12	Marcus Wieizbicki	Oakdale CT	234	15	M	2: 12-17	22:53.5	7:23/M
13	Thomas O'Rourke	Old Saybrook CT	764	57	M	1: 50-59	23:02.3	7:26/M
14	Martin Bednar	North Stonington CT	67	69	M	3: 60-69	23:07.9	7:28/M
15	Tyler Bailey	East Haddam CT	775	52	M	2: 50-59	24:54.3	8:02/M
16	Laura Burchell	East Lyme CT	247	55	F	2: 50-59	25:23.1	8:11/M
17	Bob Hefflefinger	Niantic CT	779	68	M	4: 60-69	25:49.6	8:20/M
18	Kathleen Monroe	Hebron CT	45	46	F	2: 40-49	26:10.5	8:27/M
19	Grace Egan	Groton CT	244	14	M	3: 12-17	26:31.9	8:34/M
20	Timothy Sanford	Uncasville CT	88	39	M	4: 18-39	27:09.7	8:46/M
21	Vivian Miller	Waterford CT	97	11	F	1: 1-11	27:57.6	9:01/M
22	Scott Sanford	Uncasville CT	89	67	M	5: 60-69	28:00.2	9:02/M
23	Anthony Tran	Oneco CT	786	50	M	3: 50-59	28:17.3	9:08/M
24	Marlea Bergeson	Waterford CT	778	47	F	3: 40-49	29:34.7	9:32/M
25	Lauren Sartori	Waterford CT	240	36	F	2: 18-39	29:34.7	9:33/M
26	Matt Desaulnier	Putnam CT	90	52	M	4: 50-59	30:04.4	9:42/M
27	Landon Grundy	Uncasville CT	39	11	M	1: 1-11	30:05.7	9:42/M
28	Susan Smith	New London CT	246	68	F	1: 60-69	30:08.3	9:43/M
29	Finn Callaghan	East Haddam CT	782	9	M	2: 1-11	30:45.7	9:55/M
30	Shawn Callaghan	East Haddam CT	781	50	M	5: 50-59	30:47.6	9:56/M
31	Mary Grace Spruance	Norwich CT	62	10	F	2: 1-11	30:52.7	9:58/M
32	Aaron Spruance	Norwich CT	60	44	M	1: 40-49	30:53.0	9:58/M
33	John Nolan Sr	Oneco CT	791	46	M	2: 40-49	30:54.0	9:58/M
34	Matthew Calamari	Gales Ferry CT	233	32	M	5: 18-39	31:23.7	10:08/M
35	Brian Lundie	Gales Ferry CT	248	72	M	1: 70-79	31:26.8	10:09/M
36	Stephanie Ouellette	Lebanon CT	66	61	F	2: 60-69	31:50.7	10:16/M
37	Paul Rossitto	Columbia CT	793	42	M	3: 40-49	31:51.6	10:17/M
38	Scott Wilson	New London CT	44	62	M	6: 60-69	32:08.1	10:22/M
39	Peter Grundy	Uncasville CT	40	40	M	4: 40-49	32:40.1	10:32/M
40	Gene Micipel Dadry	Pawcatuck CT	787	64	M	7: 60-69	33:06.4	10:41/M
41	Dylan Toth	New London CT	774	14	M	4: 12-17	33:26.3	10:47/M
42	Nancy Olsen	Waterford CT	65	74	F	1: 70-79	33:36.2	10:50/M
43	Paula Archer	Oakdale CT	250	63	F	3: 60-69	34:20.4	11:05/M
44	Brad Watkins	Oakdale CT	249	65	M	8: 60-69	34:21.3	11:05/M
45	Heidi Diehl	Coventry CT	745	62	F	4: 60-69	34:29.8	11:08/M
46	Grace Callaghan	East Haddam CT	783	11	F	3: 1-11	34:36.5	11:10/M
47	Penelope Donahue	Niantic CT	95	61	F	5: 60-69	34:42.9	11:12/M

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48	Peter Olsen	Waterford CT	780	75	M	2: 70-79	35:04.2	11:19/M
49	Luane Roy	East Haven CT	788	71	F	2: 70-79	35:11.5	11:21/M
50	Dawn Ferullo	Woodbridge CT	85	53	F	3: 50-59	35:15.4	11:22/M
51	Katie Klevecz	Sprague CT	100	48	F	4: 40-49	35:19.0	11:24/M
52	Bob Mondani	Norwich CT	94	70	M	3: 70-79	35:23.2	11:25/M
53	Damien Egan	Groton CT	241	52	M	6: 50-59	35:27.5	11:26/M
54	Jacob Toth	New London CT	771	8	M	3: 1-11	35:38.0	11:30/M
55	Sophia Exley	Plainfield CT	46	32	F	3: 18-39	35:49.0	11:33/M
56	Landon Shippee	Moosup CT	77	20	M	6: 18-39	35:49.0	11:33/M
57	Finley Shippee	Moosup CT	80	5	M	4: 1-11	35:55.4	11:35/M
58	Joe Light	Westerly RI	75	79	M	4: 70-79	36:19.3	11:43/M
59	Mary Grace Dennler	Colchester CT	789	66	F	6: 60-69	36:58.2	11:56/M
60	Marley Coburn	Waterford CT	93	23	F	4: 18-39	37:03.2	11:57/M
61	Nancy Almeida Crocker	Waterford CT	70	76	F	3: 70-79	37:41.7	12:10/M
62	Benjamin Toth	New London CT	772	30	M	7: 18-39	38:19.2	12:22/M
63	Alison Murphy	Madison CT	92	63	F	7: 60-69	38:38.3	12:28/M
64	Scott Lafrance	Moosup CT	79	44	M	5: 40-49	39:33.1	12:46/M
65	Joseph Lafrance	Moosup CT	78	81	M	1: 80-99	39:33.4	12:46/M
66	Kimberly Osnoe	Meriden CT	71	45	F	5: 40-49	39:47.3	12:50/M
67	Francis Strecker	East Haddam CT	784	11	F	4: 1-11	40:02.3	12:55/M
68	Yvonne Walsh	Ledyard CT	245	50	F	4: 50-59	41:00.7	13:14/M
69	Kelly Thaxton	Groton CT	63	48	F	6: 40-49	41:01.0	13:14/M
70	Sandy Brouwer	Waterford CT	72	62	F	8: 60-69	41:01.0	13:14/M
71	Bernard Dennler	Colchester CT	790	69	M	9: 60-69	41:29.3	13:23/M
72	Marvin Goldie	Groton CT	64	65	M	10: 60-69	41:31.7	13:24/M
73	James O'Toole	East Lyme CT	766	28	M	8: 18-39	41:48.6	13:29/M
74	Clem McGrath	Colchester CT	69	87	M	2: 80-99	42:49.8	13:49/M
75	Kathy O'Toole	East Lyme CT	767	71	F	4: 70-79	44:42.1	14:25/M
76	Bryan Murphy	Madison CT	91	71	M	5: 70-79	44:53.7	14:29/M
77	Gina MacAla	Meriden CT	74	43	F	7: 40-49	45:24.3	14:39/M
78	Tom Sullivan, Sr.	Groton CT	81	83	M	3: 80-99	45:41.6	14:44/M
79	Tom Sullivan	Ledyard CT	751	87	M	4: 80-99	46:52.7	15:07/M
80	Dick Walsh	Old Lyme CT	231	85	M	5: 80-99	47:48.3	15:25/M
81	Dorin Mias	Norwich CT	61	7	M	5: 1-11	47:51.1	15:26/M
82	Tracy Zenzen	Plainfield CT	765	48	F	8: 40-49	47:54.2	15:27/M
83	Cilla Rose Spruance	Norwich CT	49	8	F	5: 1-11	47:54.8	15:27/M
84	Penny Newbury	Hampton CT	47	68	F	9: 60-69	47:54.9	15:27/M
85	Jessica Mias	Norwich CT	50	46	F	9: 40-49	47:56.0	15:28/M
86	Paul Toth	New London CT	792	72	M	6: 70-79	49:39.4	16:01/M
87	Sarah Lombard	Southbury CT	68	51	F	5: 50-59	50:09.9	16:11/M
88	January Norton	Quaker Hill CT	777	11	F	6: 1-11	52:18.3	16:52/M
89	Jill Norton	Quaker Hill CT	776	44	F	10: 40-49	52:18.8	16:53/M
90	Matthew Toth	New London CT	769	38	M	9: 18-39	57:31.3	18:33/M
91	Frances Toth	New London CT	770	68	F	10: 60-69	57:32.5	18:34/M
92	Jenifer Egan	Groton CT	242	52	F	6: 50-59	57:37.3	18:35/M
93	Edwina Callaghan	Salem CT	86	76	F	5: 70-79	58:37.5	18:55/M
94	Douglas Tiffany	Salem CT	87	63	M	11: 60-69	58:37.6	18:55/M

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95	Janit Romayko	East Hartford CT	748	81	F	1: 80-99	1:06:00.6	21:18/M