

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	2008
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						
35-39						

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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						
70-74						
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
			Deirdre	O'Mara	37	
			Lynn	Ascione	41	
35+						2008
45+	4:45:32.82	BERK	Mary	Guilfoyle	45	2008
			Anne	Clewell	45	
			Anne-France	Saillot	45	

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MEN

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	