

Race Lake Region Invitational
Date 8/30/20014
Distance 2.72

Weather 66 Sunny with slight breeze

Teams Lake Region, Westbrook, Windham, Fryburg Academy,
NYA, Poland, Gray-New Gloucester

Division Boys



Place	Name	School	Time	Pace
1*	Malcom	NYA	0:15:00	0:05:31
2	Breton	Windham	0:15:21	0:05:39
3	Carty	FA	0:15:34	0:05:43
4	Rose	FA	0:15:53	0:05:50
5	Lombardo	Westbrook	0:16:09	0:05:56
6	Phelps	Westbrook	0:16:23	0:06:01
7	Bennett	Windham	0:16:29	0:06:04
8	Garcia	GNG	0:16:39	0:06:07
9	Preston, Reese	Windham	0:16:43	0:06:09
10	Bland	Windham	0:16:50	0:06:11
11	Whitlock	Westbrook	0:17:00	0:06:15
12	Yang	FA	0:17:04	0:06:16
13	Nickerson	GNG	0:17:05	0:06:17
14	Ronan	GNG	0:17:22	0:06:23
15	Bedell	FA	0:17:22	0:06:23
16	Burk	FA	0:17:23	0:06:23
17	LeBlanc	NYA	0:17:29	0:06:26
18	Hewes	FA	0:17:30	0:06:26
19	Richards	Westbrook	0:17:31	0:06:26
20	Lailer	Windham	0:17:40	0:06:30
21	Sepulveda	Windham	0:17:46	0:06:32
22	Flynn	Windham	0:17:46	0:06:32
23	Cunningham	NYA	0:17:53	0:06:34
24	Cross	GNG	0:17:59	0:06:37
25	Knapton	Westbrook	0:18:09	0:06:40
26	Manooglan	Westbrook	0:18:10	0:06:41
27	Childs	Westbrook	0:18:11	0:06:41
28	Yost	Windham	0:18:23	0:06:46
29	Foster	Windham	0:18:29	0:06:48
30	Scarlett	LR	0:18:31	0:06:48
31	Coppeta	Westbrook	0:18:34	0:06:50
32	Moran	GNG	0:18:51	0:06:56
33	Levier	GNG	0:19:03	0:07:00
34	Dionne	Windham	0:19:11	0:07:03
35	Mushrall	Poland	0:19:16	0:07:05

Overall Team Results

1 Windham	48
2 Fryburg Academy	50
3 Westbrook	66
4 GNG	87
5 NYA	141
6 Poland	170
7 Lake Region	NS

Windham had 7 runners in the top 25!

* New course record

Windham Notes:

Improvements in time over 2013
for those with times available

Liam Flynn 2:50 faster!

Devin Herald 2:40 faster!

Ben Breton 1:10 faster!

Reese Preston 0:37 faster!

Jeremy Bennett 0:04 faster!

Ben Breton's time is the fastest
Windham time in 4 years!

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Place	Name	School	Time	Pace
36	Russo	Poland	0:19:17	0:07:05
37	Kostelnik	NYA	0:19:19	0:07:06
38	Jackson	NYA	0:19:34	0:07:12
39	Bouchard	Poland	0:19:36	0:07:12
40	Malcom	NYA	0:19:45	0:07:16
41	Cavanaugh	GNG	0:19:48	0:07:17
42	Preston, Jaren	Windham	0:19:49	0:07:17
43	Meader	Windham	0:20:03	0:07:22
44	Herald, Devin	Windham	0:20:14	0:07:26
45	Moody	FA	0:20:23	0:07:30
46	Kaczynski	Poland	0:20:26	0:07:31
47	Quimby	Windham	0:20:29	0:07:32
48	Russell	Poland	0:20:30	0:07:32
49	Harris	Windham	0:20:37	0:07:35
50	Hall	Windham	0:21:08	0:07:46
51	Arata	GNG	0:21:17	0:07:49
52	O'Keefe	NYA	0:21:25	0:07:52
53	McPhail	Windham	0:21:30	0:07:54
54	LaBlond	FA	0:21:31	0:07:55
55	Leech	Windham	0:21:32	0:07:55
56	McGill	Windham	0:21:55	0:08:03
57	Sillin	NYA	0:22:10	0:08:09
58	Romano	Poland	0:22:14	0:08:10
59	Frechette	Windham	0:22:34	0:08:18
60	Sullivan	GNG	0:22:42	0:08:21
61	Nickerson	GNG	0:22:49	0:08:23
62	Jensen	Westbrook	0:22:51	0:08:24
63	Hatch	Windham	0:23:27	0:08:37
64	Ferguson	Poland	0:23:48	0:08:45
65	Simpson	Poland	0:23:49	0:08:45
66	Gua	NYA	0:23:49	0:08:45
67	Cleaves	Poland	0:23:55	0:08:48
68	Harper	GNG	0:25:24	0:09:20
69	Scammon	LR	0:25:32	0:09:23
70	Crosby	Poland	0:25:35	0:09:24
71	Cyr	Poland	0:27:10	0:09:59
72	Elkins	NYA	0:27:40	0:10:10