

**NUCLEAR SWIM AT HARRIS LAKE
PRESENTED BY FS SERIES AND ONE STEP BEYOND
HARRIS LAKE, NC
AUGUST 30, 2009
8:00 AM
RESULTS COMPILED BY FS SERIES
www.fsseries.com**

***** TOP 3 MALE/FEMALE LIST *****

***** FEMALE OVERALL RESULTS *****

Place	Name	Age	City	State	Official	Pace
1	Kim Rice	28	Durham	NC	21:24.9	1:17
2	Lucy Lindsey	22	Raleigh	NC	21:39.1	1:17
3	Heidi Williams	40	Durham	NC	21:53.0	1:18

***** MALE OVERALL RESULTS *****

Place	Name	Age	City	State	Official	Pace
1	Tucker Shade	33	Raleigh	NC	21:31.3	1:17
2	Christopher Pittelli	45	Apex	NC	21:52.6	1:18
3	Christopher Bowker	26	Winston-Salem	NC	22:13.2	1:19

**AGE GROUP RESULTS
NUCLEAR SWIM AT HARRIS LAKE
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HARRIS LAKE, NC
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FEMALE AGE GROUP: 1 - 13

Place	Bib	Name	Age	City	State	Official	Pace
1	15	Emma Botwick	11	Holly Springs	NC	45:22.9	2:42

MALE AGE GROUP: 1 - 13

Place	Bib	Name	Age	City	State	Official	Pace
1	141	Allen Botwick	13	Holly Springs	NC	28:40.1	1:42
2	178	Forrest Heath Iii	11	Mebane	NC	38:00.6	2:15

FEMALE AGE GROUP: 14 - 15

Place	Bib	Name	Age	City	State	Official	Pace
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MALE AGE GROUP: 14 - 15

Place	Bib	Name	Age	City	State	Official	Pace
1	203	Ryan McDonald	15	Fuquay-Varina	NC	28:30.1	1:42
2	217	Clay Redden	14	Shepherdstown	WV	37:00.4	2:12
3	247	Crispin Whittier	15	Hillsborough	NC	40:09.6	2:23

FEMALE AGE GROUP: 16 - 19

Place	Bib	Name	Age	City	State	Official	Pace
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MALE AGE GROUP: 16 - 19

Place	Bib	Name	Age	City	State	Official	Pace
1	200	Christopher Mattox	18	Raleigh	NC	25:27.5	1:31

FEMALE AGE GROUP: 20 - 24

Place	Bib	Name	Age	City	State	Official	Pace
1	74	Andrea Martin	24	Durham	NC	23:33.7	1:24
2	127	Caitlin Whitesel	23	Fayetteville	NC	31:32.1	1:52
3	90	Anne Oberembt	24	Fayetteville	NC	36:53.7	2:11
4	52	Amy Hargis	20	Ft. Bragg	NC	41:15.2	2:27

MALE AGE GROUP: 20 - 24

Place	Bib	Name	Age	City	State	Official	Pace
1	164	Derek Ernst	21	Raleigh	NC	24:51.1	1:29
2	198	John Maas	21	Raleigh	NC	28:57.0	1:43

FEMALE AGE GROUP: 25 - 29

Place	Bib	Name	Age	City	State	Official	Pace
1	111	Frances Selema	28	Cary	NC	24:00.3	1:26
2	102	Jessica Proud	28	Durham	NC	25:36.3	1:31
3	37	Kristen Farrell	26	Durham	NC	26:57.4	1:36
4	81	Meghan Meinerz	25	Durham	NC	27:40.0	1:39
5	67	Laura Lindsey	25	Carrboro	NC	32:49.8	1:57
6	131	Stephanie Wilson	25	Raleigh	NC	34:19.6	2:02
7	93	Sarah Oglesby	29	Clinton	NC	34:48.1	2:04
8	82	Nicole Merrill	28	Cary	NC	35:19.2	2:06
9	6	Marsha Arnett	28	Trent Woods	NC	35:48.6	2:08
10	45	Desiree Germain	28	Raleigh	NC	36:47.1	2:11
11	30	Dana Dubis	29	Durham	NC	37:54.5	2:15
12	80	Susan Meconi	25	Greensboro	NC	39:01.3	2:19
13	58	Jennifer James	28	Raleigh	NC	47:33.8	2:49

MALE AGE GROUP: 25 - 29

Place	Bib	Name	Age	City	State	Official	Pace
1	242	Gregory Turmel	26	Morrisville	NC	25:24.4	1:31
2	189	Daniel Keelor	29	Apex	NC	28:00.2	1:40
3	180	Ben Houck	29	Carrboro	NC	30:20.3	1:48
4	186	Brian Karim	26	Raleigh	NC	34:05.8	2:02
5	212	Andrew Pfeiffer	26	Fayetteville	NC	37:08.5	2:12
6	249	Mike Winters	28	Raleigh	NC	39:58.6	2:22
7	159	Alan Diaz	25	Cary	NC	41:20.7	2:27
8	168	Rossa Fitzgerald	25	Washington	DC	44:25.5	2:38
9	177	Justin Harmon	25	Raleigh	NC	45:24.0	2:42
10	147	James Buckner	29	Greensboro	NC	46:17.5	2:45
11	225	Stephen Schlachter	28	Apex	NC	54:45.6	3:15

FEMALE AGE GROUP: 30 - 34

Place	Bib	Name	Age	City	State	Official	Pace
1	42	Brianne Gaal	30	Cary	NC	24:38.1	1:28
2	11	Lisa Bendz	31	Morrisville	NC	25:03.7	1:29
3	121	Koren Wagner	30	Durham	NC	26:49.1	1:36
4	116	Leanna Soroka	34	Raleigh	NC	27:36.5	1:39

5	26	Mary Dedo	30	Vass	NC	29:45.0	1:46
6	32	Marybeth Duprey	31	Cary	NC	30:16.5	1:48
7	18	Trisha Brown	30	Winterville	NC	30:31.9	1:49
8	20	Emily Catherine Burt	30	Raleigh	NC	31:56.5	1:54
9	10	Christine Barcay	32	Fuquay Varina	NC	32:30.5	1:56
10	44	Angela Gautreau	31	Apex	NC	33:09.6	1:58
11	61	Carey Keever	32	Raleigh	NC	33:30.4	1:59
12	49	Amelia Griffith	33	Trent Woods	NC	33:40.1	2:00
13	92	Candace Offield	32	Durham	NC	35:20.2	2:06
14	123	Rebecca Warriner	34	Wake Forest	NC	35:32.3	2:07
15	59	Emilee Johnson	32	Oxford	NC	35:40.4	2:07
16	107	Melissa Russo	31	Raleigh	NC	39:51.6	2:22
17	2	Tracy Ahrens	34	Apex	NC	40:33.0	2:24
18	108	Kendra Sale	30	Cary	NC	44:48.5	2:40
19	63	Jamie Larsen	31	Apex	NC	46:44.0	2:46

MALE AGE GROUP: 30 - 34

Place	Bib	Name	Age	City	State	Official	Pace
1	205	Matt McElwee	33	Durham	NC	26:10.9	1:33
2	245	Eric Villeneuve	31	Apex	NC	27:46.4	1:39
3	238	Tim Surface	31	Raleigh	NC	29:00.1	1:43
4	158	Jon Devine	31	Cary	NC	29:11.0	1:44
5	243	Matthew Unger	33	Raleigh	NC	29:43.9	1:46
6	240	Gray Talley	34	Raleigh	NC	30:54.8	1:50
7	188	Joshua Kaumeyer	33	Raleigh	NC	31:23.4	1:52
8	223	Steffen Schairer	33	Raleigh	NC	36:58.6	2:12
9	162	Joe Duprey	33	Cary	NC	39:15.1	2:20
10	179	Chris Hobbs	30	Washington	DC	40:19.4	2:24
11	165	Scottie Esporas	33	Raleigh	NC	44:55.1	2:40
12	209	Martin Ondrus	33	Raleigh	NC	45:26.2	2:42
13	235	John Staton	30	Raleigh	NC	45:37.2	2:42

FEMALE AGE GROUP: 35 - 39

Place	Bib	Name	Age	City	State	Official	Pace
1	86	Meredith Moore	36	Charlotte	NC	25:37.5	1:31

2	27	Elizabeth Dellamora	39	New York	NY	25:48.7	1:32
3	91	Kristen Oberg	36	Durham	NC	27:35.2	1:38
4	87	Judy Mullins	36	Raleigh	NC	27:50.3	1:39
5	60	Liz Karan	38	Creedmoor	NC	28:04.1	1:40
6	62	Lani Kroopnick-Kowalsky	37	Raleigh	NC	28:17.0	1:41
7	88	Tracy Nelson	39	Holly Springs	NC	29:13.9	1:44
8	47	Andra Bess Giles	36	Pinehurst	NC	30:24.6	1:48
9	22	Ginger Castle	35	Cary	NC	30:26.7	1:49
10	105	Stacey Richardson	37	Chapel Hill	NC	32:18.1	1:55
11	1	Joanna Adcock	39	Morrisville	NC	33:02.5	1:58
12	97	Michele Palma	39	Raleigh	NC	33:03.1	1:58
13	8	Carol Ayers	37	Youngsville	NC	33:16.3	1:59
14	71	Karyn Long	37	Cary	NC	33:28.0	1:59
15	114	Kristi Snyder	37	Sanford	NC	33:36.6	2:00
16	51	Shellie Gruber	38	Raleigh	NC	34:02.3	2:01
17	35	Melanie Elmore	37	Apex	NC	34:18.0	2:02
18	16	Sally Botwick	38	Holly Springs	NC	34:18.8	2:02
19	13	Cindy Bohlin	36	Chapel Hill	NC	35:33.6	2:07
20	5	Laura Ari	39	Raleigh	NC	36:32.6	2:10
21	4	Swimon Alsobrooks	37	Efland	NC	38:15.5	2:16
22	50	Susan Grosjean	36	Raleigh	NC	38:41.0	2:18
23	7	Penny Ashley-Lawrence	38	Raleigh	NC	40:07.9	2:23
24	39	Kim Ferguson	38	Wake Forest	NC	41:29.8	2:28
25	112	Cindy Shedrick	36	Holly Springs	NC	42:51.7	2:33
26	89	Ali Noll	35	Clinton	NC	47:45.9	2:50

MALE AGE GROUP: 35 - 39

Place	Bib	Name	Age	City	State	Official	Pace
1	155	Erik Crankshaw	37	Durham	NC	22:48.8	1:21
2	161	David Dunson	37	Chapel Hill	NC	23:16.0	1:23
3	156	Matt Davis	37	Durham	NC	25:01.8	1:29
4	194	James Loebach	35	Raleigh	NC	25:40.8	1:32
5	207	Mike Molter	38	Cary	NC	26:50.1	1:36
6	146	David N Bryan	39	Holly Springs	NC	27:40.6	1:39
7	237	Christopher Stotsky	39	Cary	NC	27:51.2	1:39
8	206	Gary Millichip	37	Cary	NC	28:22.5	1:41

9	193	Daryn Lambooy	39	Raleigh	NC	28:36.1	1:42
10	208	Michael Mullins	37	Raleigh	NC	28:38.6	1:42
11	250	Don Zelna	39	Cary	NC	29:02.4	1:44
12	170	Sean George	38	Durham	NC	31:01.2	1:51
13	167	Jason Figge	37	Pittsboro	NC	31:57.2	1:54
14	157	Jason Deibert	37	Holly Springs	NC	32:25.3	1:56
15	231	Bradley Snyder	38	Sanford	NC	35:37.2	2:07
16	220	Randall Rine	38	Cary	NC	35:48.5	2:08
17	181	Kevin Howard	35	Raleigh	NC	35:52.9	2:08
18	175	Greg Halbrook	35	Durham	NC	36:40.0	2:11
19	229	Chris Simpson	38	Raleigh	NC	36:43.3	2:11
20	153	Brian Cornelison	39	Cary	NC	37:07.6	2:12
21	211	Brian Pavlick	35	Raleigh	NC	38:52.0	2:18
22	230	Ryan Smith	36	Raleigh	NC	43:01.3	2:33
23	244	Joe Vanty	36	Sanford	NC	45:46.0	2:43
24	142	Seth Botwick	39	Holly Springs	NC	53:24.6	3:10

FEMALE AGE GROUP: 40 - 44

Place	Bib	Name	Age	City	State	Official	Pace
1	122	Kathleen Wallace	42	Durham	NC	23:41.9	1:25
2	9	Nasrin Azari	43	Cary	NC	25:11.1	1:30
3	55	Patricia Hogan	40	Raleigh	NC	25:29.4	1:31
4	24	Missy Cooper	44	Sanford	NC	25:44.2	1:32
5	75	Lisa Martin	42	Wake Forest	NC	25:46.5	1:32
6	41	Dawn Franklin	40	Durham	NC	28:32.5	1:42
7	115	Cari Soleo	41	Cary	NC	28:47.2	1:43
8	94	Kendall Ogren	41	Cary	NC	29:32.6	1:45
9	69	Michele Linsley	44	Chapel Hill	NC	29:41.8	1:46
10	96	Lisa Olliff	44	Raleigh	NC	30:23.3	1:48
11	34	Robin Eisenbeis	44	Cary	NC	30:47.7	1:50
12	83	Jacqueline Miller	42	Holly Springs	NC	31:23.5	1:52
13	103	Mary Rehm	41	Cary	NC	32:05.0	1:54
14	125	Kathleen West	44	Apex	NC	32:24.0	1:56
15	48	Sonia Grego	40	Chapel Hill	NC	32:37.6	1:56
16	100	Michelle Pittelli	42	Apex	NC	33:03.8	1:58
17	31	Suzanne Duncan	40	Greensboro	NC	33:26.4	1:59

18	113	Stephanie Smith	44	Raleigh	NC	33:44.8	2:00
19	132	Carrie Zelna	40	Cary	NC	34:01.6	2:01
20	251	Chris Foster	43	Cary	NC	34:36.3	2:03
21	21	Shannon Carlson	44	Cary	NC	34:40.5	2:04
22	118	Sheri Spivey	42	Cary	NC	34:58.1	2:05
23	119	Stephanie Sullivan	41	Winterville	NC	36:43.0	2:11
24	54	Janice Hirsch	43	Wake Forest	NC	37:51.5	2:15
25	3	Tara Alden	40	Pittsboro	NC	38:33.8	2:17
26	120	Christine Taylor	40	Wake Forest	NC	39:24.8	2:20
27	77	Tammi Masters	40	Hillsborough	NC	40:11.8	2:23
28	85	Martha Millichip	40	Cary	NC	41:40.8	2:28
29	124	Kelly Wells	40	Cary	NC	47:30.2	2:49

MALE AGE GROUP: 40 - 44

Place	Bib	Name	Age	City	State	Official	Pace
1	227	Dean Shaw	44	Durham	NC	22:39.8	1:21
2	228	John Simon	40	Chapel Hill	NC	24:25.0	1:27
3	184	Erik Johnson	41	Apex	NC	24:38.2	1:28
4	139	Anthony Biller	41	Raleigh	NC	27:25.7	1:38
5	232	Greg Sousa	40	Durham	NC	27:31.9	1:38
6	246	Steven West	44	Apex	NC	28:44.3	1:43
7	143	Jon Bouzigard	40	Knightdale	NC	29:30.9	1:45
8	204	Scott McDonald	44	Fuquay-Varina	NC	29:50.5	1:46
9	218	Cody Redden	44	Tybee Island	GA	30:26.4	1:49
10	140	Joshua Bond	42	Durham	NC	33:13.3	1:58
11	133	Douglas Ahrens	40	Apex	NC	34:00.1	2:01
12	248	John Wilson	44	Cary	NC	34:10.6	2:02
13	160	Stephen Dosa	44	Apex	NC	34:55.6	2:04
14	182	Glen Huett	42	Youngsville	NC	36:01.4	2:08
15	152	Chad Cooper	41	Apex	NC	36:32.3	2:10
16	224	Dwayne Schalles	44	Hanahan	SC	37:15.5	2:13
17	192	Dan Lafiette	44	Cary	NC	37:31.8	2:14
18	234	John Stallings	42	Holly Springs	NC	37:58.9	2:15
19	222	Neil Rowerdink	44	Raleigh	NC	40:25.0	2:24
20	172	Luciano Gonzalez	43	Raeford	NC	56:34.9	3:21

FEMALE AGE GROUP: 45 - 49

Place	Bib	Name	Age	City	State	Official	Pace
1	79	Sandra McKinnon	48	Durham	NC	29:13.2	1:44
2	29	Veronica Doucette	45	Raleigh	NC	31:48.7	1:53
3	110	Carol Scheible	46	Chapel Hill	NC	33:07.2	1:58
4	70	Denise Lloyd	46	Chapel Hill	NC	34:01.3	2:01
5	53	Christine Harney	48	Cary	NC	34:44.1	2:04
6	106	Laura Royek	45	Apex	NC	35:25.3	2:06
7	66	Beth Leiro	45	Chapel Hill	NC	38:04.9	2:16
8	128	Coleman Whittier	48	Hillsborough	NC	39:20.0	2:20
9	64	Anne Latour	48	Cary	NC	41:03.4	2:26

MALE AGE GROUP: 45 - 49

Place	Bib	Name	Age	City	State	Official	Pace
1	166	David Fellowes	46	Glen Allen	VA	24:54.4	1:29
2	219	Jeffrey Redden	46	Shepherdstown	WV	25:09.6	1:30
3	135	Fred Arnold	48	Cary	NC	25:43.7	1:32
4	199	John Mangrum	46	Raleigh	NC	27:04.9	1:37
5	221	Jeffrey Roerden	47	Raleigh	NC	28:34.8	1:42
6	190	Kevin Kelley	45	Raleigh	NC	28:56.3	1:43
7	137	John Beck	49	Winston Salem	NC	29:25.6	1:45
8	197	Robert Love	47	Durham	NC	32:18.7	1:55
9	185	Steven Johnson	46	Raleigh	NC	34:45.4	2:04
10	173	Craig Hagood	47	Apex	NC	35:12.1	2:05
11	213	Noah Pickus	45	Durham	NC	37:33.4	2:14
12	134	David Alden	49	Pine Level	NC	37:38.0	2:14
13	145	John Bowser	45	Durham	NC	38:42.4	2:18
14	174	Tim Hahn	45	Cary	NC	40:29.1	2:24
15	195	Mike Long	45	Cary	NC	42:28.8	2:31

FEMALE AGE GROUP: 50 - 54

Place	Bib	Name	Age	City	State	Official	Pace
1	40	Joanne Field	52	Efland	NC	28:23.6	1:41
2	126	Suzi Wharton	51	Goldsboor	NC	30:41.3	1:49
3	78	Barbara McKenzie-Hess	53	Pinehurst	NC	32:34.8	1:56

4	14	Victoria Boreyko	50	Chapel Hill	NC	33:59.7	2:01
5	38	Jan Feather	53	Fuquay Varina	NC	34:16.1	2:02
6	73	Marian MacCormick	50	Raleigh	NC	36:38.2	2:11
7	109	Lies Sapp	51	Chapel Hill	NC	46:15.6	2:45
8	99	Joanne Piscitelli	53	Durham	NC	46:22.5	2:45
9	95	Trudy O'Hara	52	Wilson	NC	53:50.5	3:12

MALE AGE GROUP: 50 - 54

Place	Bib	Name	Age	City	State	Official	Pace
1	171	Jeff Giordano	51	Cary	NC	23:14.5	1:23
2	163	Wayne Erb	50	Apex	NC	24:59.0	1:29
3	236	Roark Stewart	53	Goldensboro	NC	26:42.1	1:35
4	216	Chip Redden	51	Cary	NC	28:33.6	1:42
5	149	Dave Campbell	51	Durham	NC	30:52.8	1:50
6	136	Mark Bamberry	50	Seven Lakes	NC	32:13.7	1:55
7	202	Jonathan McCormick	51	Apex	NC	34:03.5	2:01
8	214	Tom Piner	51	Fayetteville	NC	35:26.3	2:06
9	154	Stan Cox	54	Cary	NC	35:59.7	2:08
10	187	Mike Kasopsky	53	Apex	NC	38:23.5	2:17
11	151	Carlton Cooper	53	Raleigh	NC	41:00.6	2:26
12	138	David Biles	50	Garner	NC	43:54.9	2:36

FEMALE AGE GROUP: 55 - 59

Place	Bib	Name	Age	City	State	Official	Pace
1	130	Stephanie Willis	59	Chapel Hill	NC	28:15.2	1:41
2	101	Kay Pratt	55	Chapel Hill	NC	31:29.5	1:52
3	76	Susan Massengale	56	Raleigh	NC	32:15.2	1:55

MALE AGE GROUP: 55 - 59

Place	Bib	Name	Age	City	State	Official	Pace
1	176	Richard Haney	57	Chapel Hill	NC	28:32.1	1:42
2	196	Philip Lorang	55	Raleigh	NC	36:39.1	2:11
3	191	Larry Knight	56	Woodstock	GA	36:52.7	2:11
4	201	John Mattox	55	Fayetteville	NC	41:04.8	2:26

FEMALE AGE GROUP: 60 - 64

Place	Bib	Name	Age	City	State	Official	Pace
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MALE AGE GROUP: 60 - 64

Place	Bib	Name	Age	City	State	Official	Pace
1	150	Bennett Chinn	63	Ellijay	GA	30:23.7	1:48
2	210	Bill Pate	60	Apex	NC	40:27.9	2:24

FEMALE AGE GROUP: 65 - 69

Place	Bib	Name	Age	City	State	Official	Pace
1	57	Mary Anna Hovey	66	Durham	NC	34:35.7	2:03

MALE AGE GROUP: 65 - 69

Place	Bib	Name	Age	City	State	Official	Pace
1	169	Doug Fletcher	67	Youngsville	NC	33:58.7	2:01
2	239	Bill Switzer	67	Wendell	NC	43:45.0	2:36

FEMALE AGE GROUP: 70 - 74

Place	Bib	Name	Age	City	State	Official	Pace
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MALE AGE GROUP: 70 - 74

Place	Bib	Name	Age	City	State	Official	Pace
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FEMALE AGE GROUP: 75 - 99

Place	Bib	Name	Age	City	State	Official	Pace
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MALE AGE GROUP: 75 - 99

Place	Bib	Name	Age	City	State	Official	Pace
1	183	John Huson	75	Charlotte	NC	38:20.8	2:17