



### 3 MILE AGE COURSE RECORDS

#### MALE

AGE 0-14 (2002) CHRIS CROFF {16:18}  
 AGE 15-19 (2019) BRANDON MEHLINGER {15:33}  
 AGE 20-29 (2002) CHAD JOHNSON {14:48}  
 AGE 30-39 (2014) JEFF WADECKI {14:46}\*\*\*  
 AGE 40-49 (2016) CHAD JOHNSON {15:28}  
 AGE 50-59 (1999) DENNIS CROWE {15:58}  
 AGE 60-69 (2007) DAVE JACOBS {18:44}  
 AGE 70+ (2019) TIM SMITH {21:42}

#### FEMALE

(2014) BRIDGID SELFORS {17:52}  
 (2015) BRIDGID SELFORS {17:51}  
 (2002) KRISTEN RUFFO {18:36}  
 (2002) MELISSA PERKINS-BANAS {17:36}\*\*\*  
 (2022) TRICKY TANKSLEY {18:34}  
 (2009) MARY ANNE ROGERS {21:15}  
 (2013) MARY SHARKEY {21:33}  
 (2022) MARY SHARKEY {24:11}



### PAST 3 MILE WINNERS:

(1994) WAYNE JOLLEY/ KAREN GOYETTE (6K)	(1995) AQUINALDO RAMOS/ GALE BALAVENDER (6K)
(1996) ED ZUBRITSKY/ MELISSA PERKINS	(1997) ERIC WORONICK/ CANDICE JOHNSTON
(1998) ED ZUBRITSKY/ MARY HOWE	(1999) MICHAEL RAFFERTY/ LYNNE HILL
(2000) ED ZUBRITSKY/ CINDY LaFRANCE	(2001) TODD BENNETT/ MELISSA PERKINS-BANAS
(2002) CHAD JOHNSON/ MELISSA PERKINS-BANAS	(2003) CHAD JOHNSON/ STEPHANIE JOHNSON
(2004) KYLE FRIEDMAN/ EMILY PHILLIPS-CHAPMAN	(2005) KYLE FRIEDMAN/ MERIDITH FILTEAU
(2006) LARZ SELMER-LARSEN/ EMILY KOMISKY GIETZ	(2007) JEFF WADECKI/ MELISSA PERKINS-BANAS
(2008) JEFF WADECKI/ LAURIE SCHAEFFER	(2009) JEFF WADECKI/ KERRI RUFFO
(2010) JEFF WADECKI/ KERRI RUFFO	(2011) JEFF WADECKI/ JILL VOLLWEILER
(2012) JEFF WADECKI/ LINDA SPOONER	(2013) JEFF WADECKI/ BRIDGID SELFORS
(2014) JEFF WADECKI/ BRIDGID SELFORS	(2015) TODD BENNETT/ BRIDGID SELFORS
(2016) CHAD JOHNSON/ JACLYN SULLIVAN	(2017) TODD BENNETT/ TRICKY TANKSLEY
(2018) BRANDON MEHLINGER/ TRICKY TANKSLEY	(2019) BRANDON MEHLINGER/ ELIANA DUCLOS
(2020) No Race (CO-VID 19)	(2021) RICHARD FERNANDES/ ALEISHA BOZIN
(2022) SAM JOHNSON/ TRICKY TANKSLEY	(2023) SAM JOHNSON/ LINDA SPOONER
(2024) ??????????????	

**3M ROAD RACE COURSE:** RACE BEGINS AT THE CORNER OF HIGH ST. AND RT. 207>>>HIGH ST. IS A ONE-WAY STREET COMING IN TOWARDS THE START/FINISH LINE FOR ABOUT 200 YARDS>>>HIGH ST. BECOMES SCOTLAND RD. AND CONTINUES TO THE TURNAROUND POINT, WHICH IS LOCATED IN FRONT OF 834 SCOTLAND RD. AND IS APPROX. 75 YARDS FROM LILIBRIDGE RD.



We celebrated our 30<sup>th</sup> anniversary last year by inviting back the 1<sup>st</sup> two winners of our race.....  
 Gui Ramos(left) and Wayne Jolley when it was a 6k distance.