

## GVH April 2013 Headlines:

- **Jessica Snyder wins Muddy Sneaker, Liz Matthews second, Michelle Weiler 3<sup>rd</sup>.**
- **Women's Seneca 7 team sets record then gets penalty.**
- **Karen Simmonds-Brady and Tim Chichester win 2<sup>nd</sup> place honors at Flower City USATF Half Marathon**
- **Derrick Jones and Robin Merrill Lorenzo Masters winners at HM!**
- **Missy Senall and Jim May take 3<sup>rd</sup> at USATF National Masters 10k**
- **Boston Marathon teams run well then find there way home safely**

### **Muddy Sneaker:**

**Jessica Snyder wins Muddy Sneaker, Liz Matthews second and Michelle Weiler 3<sup>rd</sup>** : After a long winter of PT rehab on her ankle Jess ran her first race since the fall with the speed and strength we had become accustom to last year. She won the Muddy Sneaker 20K Trail race in a time of 1:40:37 giving her the three fastest women's times on the course. Not far behind was teammate **Liz Matthews** in a time of 1:49:00. She also won her age group 30-39; **Michelle Weiler**, age 44, and **Carl Johnston**, age 45 each won the master's divisions with impressive times of 1:53.58 and 1:40.47 respectively. Other GVH finishers included Brian Matthews, 151.25; ; **Olga Huber**. 4<sup>th</sup> 2:13:04; **Sherry Kessler**, 2:23.39; **Jeanne Herrick** 1<sup>st</sup> AG 60+ , **Dave Sek** 1<sup>st</sup> AG 70+ in 3:02 and just for fun . . . **Coach Reif** 4<sup>th</sup> AG 60+ 2:45:48 Congratulations to all.

**GVH's Seneca 7 Women's team had the fastest time in course history** for the event, thought they had WON the ladies division. Our 7 ladies had a blast with Charlie Andrews as the Limo driver/score keeper/entertainment guru as he has done in the past. Unfortunately, despite outstanding performances by all they were penalize 37 minutes in time for 1, yes ONE crossing the yellow line violation. As a result the team wound up in second place . . . despite the inconsistency of the officials penalizing teams for infractions. The team consisted of Audra Knapp, Sarah Loerch, Kiki Maletz, Erin Toner, Elizabeth Matthews, Robin Merrill Lorenzo, Michelle Weiler. Congratulations team!

### **Flower City Half:**

**Karen Simmonds-Brady, age 39**, ran an outstanding time of 1 hour 20 min. and 02 seconds for an average pace of 6:07 per mile. Karen led for various sections of the race and was a mere 35 seconds behind first place finisher Lynn Youngman, age 28. While Karen ran a 1:20.20 last year in the half marathon, her early season performance bodes well for the upcoming spring, summer and fall racing season. Prerace contenders **Sarah Loerch and Kiki Maletz** had to pull out of the race midway because of a variety of physical ailments that confronted them unexpectedly.

**Tim Chichester**, coming back from a bit of a layoff had an outstanding race taking 2<sup>nd</sup> in 1:08:32. Tim is preparing long term for a run at the Chicago Marathon in October so is well on his way to running a fast time there. Kenyan native **Kip Tisia** took off at about the mile mark and went onto win the race in a time of 1:04:58.

In the Masters division **Derrick Jones** won 1<sup>st</sup> place Masters prize money as well as the Niagara USATF Championship title with a great time of 1:13:34. Derrick is coming back nicely after some hamstringing issues and has a lot more in him, which we're looking forward to seeing in the coming months. Likewise **Robin Merrill - Lorenzo**, age 46 won the Women's Masters division USATF title and first place prize money in a fast time of 1:34.42.



3 38:52 Tim Dwyer Rochester NY 13th place AG  
 4 ( 41:00) Wayne Crandall West Henrietta NY 17th place AG  
 Entered but unable to run Mark Rybinski, Charlie Andrews

3. 2:07:33 GENESEE VALLEY HARRIERS (42:31) =====  
 1 40:25 Tim McMullen Churchville NY 5th place AG  
 2 43:15 Jim May Williamson NY 3rd place AG  
 3 43:53 Thomas Lamme Penfield NY 4th place AG

## GVH Finishers at 2013 Boston Marathon – Congratulations to all for fantastic times.

Finish pos.	Name	Half split	net	gun time	
12431172904»	<a href="#">Zeh, Carl (USA)</a>	4377	01:27:24	02:54:59	02:57:42

### Masters Men's team





47284203824»	<a href="#">Brennan, James (USA)</a>	7802	01:34:21	03:14:57	03:20:11	
2176203574 »	<a href="#">Dwyer, Tim (USA)</a>	4933	01:25:10	03:00:32	03:02:42	
31512893132»	<a href="#">Giblin, Daniel (USA)</a>	4255	01:28:36	03:06:52	03:09:02	
75236056626»	<a href="#">Herman, Russell (USA)</a>	9645	01:40:29	03:26:39	03:27:02	
1350127473 »	<a href="#">Kellman, Matt (USA)</a>	2168	01:26:34	02:55:52	02:57:01	
54044700114»	<a href="#">Wilkins, Bruce (USA)</a>	1103601	01:37:01	03:18:10	03:19:48	

### Team Placing

#### 20. Genesee Valley Harriers (New York) 9:03:16

<b>Kellman, Matt</b>	<b>2:55:52</b>
<b>Dwyer, Tim</b>	<b>3:00:32</b>
<b>Giblin, Daniel J.</b>	<b>3:06:52</b>
Brennan, James	3:14:57
Wilkins, Bruce G.	3:18:10

### Open Women's team:

6923 1227989 »	<a href="#">Kelly, Natalie (USA)</a>	15195	01:40:30	03:24:18	03:28:20	
129904372160 »	<a href="#">Saeva, Darlene (USA)</a>	11171	01:51:07	03:50:37	03:52:15	
7443 14311136»	<a href="#">Savage, Holly (USA)</a>	12826	01:37:34	03:26:20	03:28:33	
7206 1338155 »	<a href="#">Senall, Melissa (USA)</a>	11322	01:37:02	03:25:25	03:27:02	

### Team placing:

#### 33. Genesee Valley Harriers (New York) 10:16:03

<b>Kelly, Natalie H</b>	<b>3:24:18</b>
<b>Senall, Melissa L.</b>	<b>3:25:25</b>
<b>Savage, Holly N</b>	<b>3:26:20</b>
Saeva, Darlene	3:50:37

May results to follow in a separate Newsletter