

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
26.22	4/18/83	BAA	2:43:37	83	6:14	571	35
10	7/28/81	Newburyport	58:26	81	5:50	570	34
9.32	10/12/80	Manchester KC	54:28	80	5:50	567	33
9.9	7/18/81	Horse	58:12	81	5:52	566	33
10	8/3/82	Newburyport	58:52	82	5:53	566	35
10	7/29/86	Newburyport	58:52	86	5:53	566	39
10	5/21/83	Derry News	58:53	83	5:53	565	35
6.21	5/19/84	Pepsi	35:28	84	5:42	564	36
6.21	5/14/88	Nashua Trust	35:29	88	5:42	564	40
6.21	5/16/87	Pepsi	35:30	87	5:43	563	39
6.21	5/7/83	Pepsi	35:31	83	5:43	563	35
6.21	9/13/80	Oct/Lowell	35:34	80	5:43	562	33
6.1	11/20/83	Santa	34:54	83	5:43	562	36
5	11/10/85	Salem Screen	28:14	85	5:38	562	38
10	7/28/87	Newburyport	59:17	87	5:55	562	40
7.3	7/4/82	4th of July	42:23	82	5:48	561	34
6.21	5/15/83	Cancer	35:39	83	5:44	561	35
13.11	11/12/83	Lowell Elks	1:19:20	83	6:03	561	36
8	10/3/82	Freedom Trail	46:48	82	5:51	560	35
6.1	7/17/87	Pickering Wharf	35:04	87	5:44	560	39
5.9	11/15/87	Santa	33:52	87	5:44	559	40
5.6	12/6/87	Mill Cities	32:06	87	5:43	558	40
7.1	7/4/90	4th of July	41:23	90	5:49	558	42
6.21	10/24/82	Pumpkin	35:52	82	5:46	558	35
6.21	10/11/87	Oct/Lowell	35:52	87	5:46	558	40
6.1	8/17/82	Pickering	35:13	82	5:46	557	35
10	7/31/85	Newburyport	59:48	85	5:58	557	38
6.21	6/20/81	Bed Morm.	35:57	81	5:47	556	33
6.21	11/3/85	Santa	35:57	85	5:47	556	38
7	7/3/87	4th of July	40:52	87	5:50	556	39
26.22	9/19/82	DeMarr	2:47:55	82	6:24	556	35
26.22	4/21/86	BAA	2:47:56	86	6:24	556	38
5	3/29/87	Sprint/Spring	28:31	87	5:42	556	39
6.21	8/28/82	Kings	35:58	82	5:47	556	35
7.8	10/5/80	Freedom Trail	45:55	80	5:53	556	33
26.22	2/6/83	Sri Chinmoy	2:48:13	83	6:24	555	35
5	5/1/88	Wilmington Lions	28:34	88	5:42	555	40
26.22	11/7/82	Ocean State	2:48:18	82	6:25	555	35
5.6	12/7/86	Mill Cities	32:16	86	5:45	555	39
7.1	7/4/83	4th of July	41:36	83	5:51	555	35
9.32	11/23/86	Tewksbury	55:41	86	5:58	555	39
6.21	5/13/89	Nashua Trust	36:04	89	5:48	555	41
10	5/12/85	Derry News	1:00:04	85	6:00	554	37
6.21	6/25/88	Kings RR	36:05	88	5:48	554	40

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age	
5	4/9/83	Fresh Pond	28:37		83	5:43	554	35
6.21	9/28/80	Lowell Hosp	36:06		80	5:48	554	33
6.21	5/18/90	Gate City Classic	36:06		90	5:48	554	42
5.6	12/4/88	Mill Cities	32:20		88	5:46	554	41
7	7/4/86	4th of July	41:04		86	5:52	554	38
6.21	6/9/85	Cancer	36:08		85	5:49	554	37
6.1	9/12/82	Amherst	35:27		82	5:48	553	35
5	5/4/85	Sportabout	28:40		85	5:44	553	37
5	6/9/90	Windham Lions	28:40		90	5:44	553	42
6.21	6/27/87	Kings	36:09		87	5:49	553	39
6.9	5/16/81	Pelham	40:28		81	5:51	553	33
6.5	6/11/83	Allen Dodge	37:58		83	5:50	553	35
26.22	4/15/85	BAA	2:48:53		85	6:26	553	37
5	10/12/85	Merr Liberty	28:41		85	5:44	553	38
6.21	9/11/88	Amherst	36:11		88	5:49	553	41
6.21	8/11/89	Pickering Wharf	36:11		89	5:49	553	42
6.21	9/27/87	Elliot Hosp	36:12		87	5:49	552	40
18.64	3/25/84	Boylston	1:57:21		84	6:17	552	36
5.7	12/6/92	Mill Cities	33:02		92	5:47	552	45
5	5/5/90	Wilmington	28:43		90	5:44	552	42
6.21	6/1/86	Battlegreen	36:13		86	5:49	552	38
10	2/17/90	Tewksbury	1:00:18		90	6:01	552	42
9.32	11/18/84	Tewksbury	55:56		84	6:00	552	37
5	10/11/86	Fresh Pond	28:44		86	5:44	552	39
6.21	9/13/87	Amherst	36:14		87	5:50	552	40
15.53	9/6/82	Cape Ann	1:36:40		82	6:13	552	35
6.21	6/19/82	Kingston	36:16		82	5:50	551	34
6.21	11/1/87	Apple Cider	36:16		87	5:50	551	40
5	10/8/89	Bobby Bell	28:46		89	5:45	551	42
26.22	5/27/84	Maine Coast	2:49:33		84	6:27	551	36
6.21	8/9/86	Kings	36:20		86	5:51	550	39
13.11	3/1/87	Hyannis	1:20:51		87	6:10	550	39
5	7/12/81	Raymond	28:50		81	5:46	550	33
5	7/23/85	Sportabout	28:50		85	5:46	550	38
4.9	1/1/88	Hangover Five	28:14		88	5:45	550	40
6.21	8/29/87	Exeter	36:24		87	5:51	549	40
5	5/2/87	Fresh Pond	28:52		87	5:46	549	39
6.1	8/18/81	Pickering	35:43		81	5:51	549	34
7	7/3/88	4th of July	41:23		88	5:54	549	40
9.9	8/2/80	Horse	59:58		80	6:03	549	33
26.22	11/2/80	Ocean State	2:50:04		80	6:29	549	33
6.21	6/13/87	Market Sq.	36:25		87	5:51	549	39
5	8/7/82	DARE	28:53		82	5:46	549	35
5	11/26/87	Jordan Marsh	28:53		87	5:46	549	40

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Miles	Date	Race	Time	Year	Pace	Points	Age	
8	5/30/82	Bedford PTG	47:46		82	5:58	549	34
5.9	11/21/82	Turkey Trot	34:30		82	5:50	549	35
3.9	4/11/81	Bedford	22:10		81	5:41	548	33
6.21	10/23/83	Apple Cider	36:28		83	5:52	548	36
6.21	11/5/89	Fred Hackett	36:28		89	5:52	548	42
4.8	1/1/87	Hangover 5	27:41		87	5:46	548	39
6.21	4/10/88	Milk Run	36:29		88	5:52	548	40
5	3/26/88	Sprint/Spring	28:56		88	5:47	548	40
4.5	7/26/81	Treasure M	25:51		81	5:44	548	34
6.21	7/18/86	Pickering	36:30		86	5:52	548	38
6.21	6/22/90	Battlegreen	36:30		90	5:52	548	42
6.21	4/12/92	Back Bay 10k	36:30		92	5:52	548	44
4.9	6/2/86	Amesbury	28:20		86	5:46	548	38
6.21	8/26/89	Exeter	36:31		89	5:52	548	42
6.21	11/19/89	Santa Fund	36:31		89	5:52	548	42
5	6/25/82	Dory	28:58		82	5:47	548	34
5	5/1/83	Sportabout	28:58		83	5:47	548	35
5	5/10/86	Slavin Mem	28:58		86	5:47	548	38
6.21	9/25/88	Elliot Hospital	36:32		88	5:52	547	41
8	10/2/83	Burger King	47:55		83	5:59	547	36
5	8/23/86	Boys' Club	28:59		86	5:47	547	39
6.21	9/24/89	Elliot Hospital	36:34		89	5:53	547	42
7	7/4/85	4th of July	41:35		85	5:56	547	37
5	1/1/85	Sportabout	29:01		85	5:48	547	37
6.1	11/4/84	Santa	35:54		84	5:53	547	37
10	8/2/88	Newburyport	1:00:56		88	6:05	546	41
13.11	9/17/83	Maple Leaf	1:21:26		83	6:12	546	36
5	1/1/83	Sportabout	29:02		83	5:48	546	35
5	1/1/86	Sportabout	29:02		86	5:48	546	38
5	11/9/86	Salem Screen	29:02		86	5:48	546	39
3	7/27/83	Mine Falls	0:16:49		83	5:36	546	36
5	6/15/86	Copper Kettle	29:03		86	5:48	546	38
5	4/2/88	Police	29:03		88	5:48	546	40
6.3	6/6/82	Ken Jones	37:12		82	5:54	546	34
6.21	11/20/88	Santa	36:38		88	5:53	546	41
5.6	12/3/89	Mill Cities	32:48		89	5:51	546	42
6.21	6/12/88	N. Meadow Club	36:39		88	5:54	546	40
26.22	4/20/81	BAA	2:51:10		81	6:31	546	33
7	7/4/84	4th of July	41:40		84	5:57	546	36
5	4/7/90	Shoe Barn	29:05		90	5:49	545	42
5.7	12/2/90	Mill Cities	33:28		90	5:52	545	43
7.1	7/4/91	4th of July	42:20		91	5:57	545	43
6.21	6/2/90	SuperPlace	36:42		90	5:54	545	42
10	5/23/82	Derry News	1:01:07		82	6:06	545	34

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Miles	Date	Race	Time	Year	Pace	Points	Age
7.1	7/4/89	4th of July	42:22	89	5:58	545	41
26.22	4/15/90	BAA Marathon	2:51:28	90	6:32	545	42
5	10/5/85	Rivier	29:09	85	5:49	544	38
5	12/13/86	Con Jingle B	29:09	87	5:49	544	39
6.21	9/8/85	Amherst	36:46	85	5:55	544	38
4.4	5/7/89	Apple Blossom	25:26	89	5:46	544	41
3	7/17/85	Mine Falls	16:53	85	5:37	544	37
5.5	7/13/84	Salem HS	32:18	84	5:52	544	36
9.9	7/30/82	Horse	1:00:35	82	6:07	544	35
6.21	11/2/86	Santa	36:47	86	5:55	544	39
5	12/8/90	Fresh Pond	29:11	90	5:50	543	43
4.9	11/15/80	Alvirne	28:34	80	5:49	543	33
6.5	6/13/81	Allen Dodge	38:40	81	5:56	543	33
6	6/8/80	Ken Jones	35:30	80	5:55	543	32
7.3	7/4/81	4th of July	43:50	81	6:00	542	33
5	7/24/82	Exec Court	29:15	82	5:51	542	35
3.11	2/25/84	Fudge	17:36	84	5:39	542	36
26.22	3/6/83	Garden City	2:52:16	83	6:34	542	35
18.64	3/27/83	Boylston	1:59:36	83	6:24	542	35
5	5/12/84	Fresh Pond	29:16	84	5:51	542	36
4.9	9/10/83	Pelham	28:39	83	5:50	542	36
4.9	10/15/83	Nike Tester	28:39	83	5:50	542	36
13.11	3/16/86	New Bedford	1:22:08	86	6:15	542	38
5	4/2/89	Police Pursuit	29:17	89	5:51	542	41
5	10/21/89	Macks Apple	29:18	89	5:51	541	42
3.11	7/12/89	Red Cross	17:38	89	5:40	541	41
6.21	8/27/88	Exeter	36:59	88	5:57	541	41
5	7/27/88	Boys Club	29:20	88	5:52	541	41
5	10/2/88	Jim Witt	29:20	88	5:52	541	41
3.11	1/12/85	Fudge	17:39	85	5:40	541	37
5	4/9/89	Red Shoe Barn	29:21	89	5:52	540	41
5	12/22/90	Fresh Pond	29:21	90	5:52	540	43
3.11	2/22/86	Fudge	17:40	86	5:40	540	38
3	7/10/85	Mine Falls	17:00	85	5:40	540	37
26.22	4/18/88	BAA	2:52:56	88	6:35	540	40
5	11/27/86	Jordan Marsh	29:23	86	5:52	540	39
3	6/6/84	Mine Falls	17:01	84	5:40	540	36
3	6/22/84	Mine Falls	17:01	84	5:40	540	36
6.21	10/19/86	Apple Cider	37:04	86	5:58	540	39
4.4	12/1/84	Westford A	25:39	84	5:49	539	37
26.22	4/20/87	BAA	2:53:14	87	6:36	539	39
3.11	3/1/86	Fudge	17:42	86	5:41	539	38
4.9	5/8/82	Townsend	28:48	82	5:52	539	34
4.9	10/16/82	Nike Tester	28:48	82	5:52	539	35

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Miles	Date	Race	Time	Year	Pace	Points	Age
7.1	7/4/92	4th of July	42:50	92	6:01	539	44
9.32	11/15/92	Tewksbury	57:19	92	6:08	539	45
4.9	6/11/89	AHEPA	28:49	89	5:52	539	41
13.11	2/28/88	Hyannis 1/2	1:22:36	88	6:18	539	40
5	8/22/87	Boys Club	29:28	87	5:53	538	40
5	5/29/88	Riverside	29:28	88	5:53	538	40
6.21	9/10/89	Amherst	37:11	89	5:59	538	42
4.8	1/1/89	Hangover 5	28:14	89	5:52	538	41
6.21	6/10/84	Cancer	37:12	84	5:59	538	36
3.11	1/29/83	Fudge	17:46	83	5:42	537	35
3.11	1/29/83	Fudge	17:46	83	5:42	537	35
3.11	3/17/84	Fudge	17:46	84	5:42	537	36
3.11	6/25/89	NEAC 5k	17:46	89	5:42	537	41
10	4/4/81	Lawrence E	1:02:03	81	6:12	537	33
6.21	10/27/85	Apple Cider	37:17	85	6:00	536	38
3.11	3/3/84	Fudge	17:48	84	5:43	536	36
26.22	4/15/91	B.A.A.	2:54:14	91	6:38	536	43
6.21	5/4/80	Diabetes BG	37:19	80	6:00	536	32
3.11	3/31/84	Fudge	17:49	84	5:43	536	36
5	6/22/91	Fresh Pond	29:37	91	5:55	536	43
5	7/13/91	Fresh Pond	29:37	91	5:55	536	43
5	6/2/91	AHEPA	29:39	91	5:55	535	43
26.22	4/16/84	BAA	2:54:40	84	6:39	535	36
5	7/11/82	Raymond	29:40	82	5:56	535	34
3.11	3/2/85	Fudge	17:51	85	5:44	535	37
6.21	5/18/86	Pepperell	37:25	86	6:01	535	38
6.21	5/18/91	Nashua Trust	37:25	91	6:01	535	43
3	8/5/87	Mine Falls	17:11	87	5:43	534	40
5	3/29/92	Police Pursuit	29:41	92	5:56	534	44
3.11	7/13/88	Red Cross	17:52	88	5:44	534	40
5	1/29/89	Winter Challenge	29:42	89	5:56	534	41
5	10/26/90	Fresh Pond	29:42	90	5:56	534	43
6.21	10/23/88	Salem Heart	37:29	88	6:02	534	41
4.9	1/1/91	Hangover 5	29:06	91	5:56	533	43
26.22	4/17/89	BAA Marathon	2:55:07	89	6:40	533	41
2.5	9/21/85	Fresh Pond	14:10	85	5:40	533	38
3.11	1/28/84	Fudge	17:54	84	5:45	533	36
5	1/3/81	Derry Comm	29:46	81	5:57	533	33
5.1	4/8/84	Fast Women	30:25	84	5:57	533	36
5	10/24/92	CASA	29:47	92	5:57	533	45
3	7/8/87	Mine Falls	17:15	87	5:45	532	39
5	11/10/91	Alamo Run	29:48	91	5:57	532	44
10	5/24/80	Derry News	1:02:40	80	6:16	531	32
6.21	4/28/91	James Joyce	37:39	91	6:03	531	43

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Miles	Date	Race	Time	Year	Pace	Points	Age	
5.9	11/23/80	Turkey Trot	35:39		80	6:02	531	33
5	10/30/82	Fresh Pond	29:52		82	5:58	531	35
6.21	11/18/90	Santa Fund	37:40		90	6:03	531	43
6.21	1/1/92	Winner's Circle	37:40		92	6:03	531	44
5	4/21/90	Brown Mem.	29:53		90	5:58	531	42
5.2	6/26/93	Goffstown	31:11		93	5:59	530	45
7.3	7/4/80	4th of July	44:54		80	6:09	530	32
5	4/20/90	Fresh Pond	29:57		90	5:59	530	42
5	7/13/80	Raymond	29:58		80	5:59	529	32
3.11	3/9/85	Fudge	18:02		85	5:47	529	37
5	5/30/87	Governor Cup	29:59		87	5:59	529	39
5	5/14/86	Sportabout	30:00		86	6:00	529	38
3.11	2/16/85	Fudge	18:03		85	5:48	529	37
3.8	2/21/81	Fudge	22:22		81	5:53	529	33
3.11	1/22/83	Fudge	18:04		83	5:48	528	35
3.11	2/19/83	Fudge	18:04		83	5:48	528	35
5	3/15/92	Hynes	30:02		92	6:00	528	44
3.8	2/28/81	Fudge	22:25		81	5:53	527	33
4.8	1/1/90	Hangover 5	28:47		90	5:59	527	42
3.11	5/29/93	Hollis	18:06		93	5:49	527	45
5	3/10/90	Hynes	30:05		90	6:01	527	42
5	7/17/84	Sportabout	30:06		84	6:01	527	36
26.22	4/20/92	B.A.A. Marathon	2:57:16		92	6:45	527	44
3.11	7/17/94	Couples	18:07		94	5:49	527	46
5	3/30/91	Police Pusuit	30:07		91	6:01	527	43
13.1	10/9/93	Applefest	1:24:25		93	6:26	527	46
8.5	6/22/80	Burger King	53:09		80	6:15	526	32
5	3/10/91	Hynes	30:08		91	6:01	526	43
5	6/15/91	Fresh Pond	30:08		91	6:01	526	43
6.21	6/11/94	Winthrop	38:00		94	6:07	526	46
3.11	8/21/93	Healthsource	18:08		93	5:49	526	46
10	5/6/84	Lawrence E	1:03:19		84	6:19	526	36
5	5/29/94	Maine	30:10		94	6:02	526	46
3	6/13/84	Mine Falls	17:28		84	5:49	526	36
4.97	4/4/93	Police Pursuit	29:59		93	6:01	526	45
5	3/8/92	Freeze Buns	30:11		92	6:02	525	44
3.11	1/26/85	Fudge	18:10		85	5:50	525	37
5	12/26/92	Fresh Pond	30:12		92	6:02	525	45
6.1	8/17/85	London OHD	37:24		85	6:07	525	38
3.11	11/24/91	Santa Fund	18:12		91	5:51	524	44
10	5/11/80	Charley's S	1:03:33		80	6:21	524	32
3.11	3/10/84	Fudge	18:13		84	5:51	524	36
3.11	7/19/92	Couples	18:13		92	5:51	524	44
3.11	9/26/93	Elliot Hospital	18:13		93	5:51	524	46

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Miles	Date	Race	Time	Year	Pace	Points	Age	
5	5/15/82	Fresh Pond	30:17		82	6:03	524	34
3.11	4/9/95	N Cambridge C	18:14		95	5:51	523	47
4.9	10/21/84	Nike Tester	29:40		84	6:03	523	37
4.9	10/28/84	Memorial Sch	29:40		84	6:03	523	37
5.1	8/14/88	Gring's Mill	30:58		88	6:04	523	41
26.22	2/5/84	Sri Chinmoy	2:58:37		84	6:48	523	36
5	11/22/90	Feaster Five	30:20		90	6:04	523	43
5	1/30/93	Fresh Pond	30:20		93	6:04	523	45
3.11	3/31/84	Fudge	18:16		84	5:52	522	36
3.11	10/31/92	Halloween Horror	18:16		92	5:52	522	45
10	7/19/80	Treasure Mast.	1:03:46		80	6:22	522	32
3.11	5/4/91	C.H.I.P.S	18:17		91	5:52	522	43
13.11	10/16/94	Baystate	1:25:16		94	6:30	522	47
5	12/11/93	Jingle Bells (N)	30:24		93	6:04	522	46
6.21	4/3/82	Peabody	38:21		82	6:10	522	34
5	12/20/80	Derry Comm	30:25		80	6:05	521	33
4.9	1/1/94	Run Rose	29:46		94	6:04	521	46
5	11/25/93	Feaster Five	30:26		93	6:05	521	46
5.15	12/4/94	Mill Cities	31:25		94	6:06	521	47
4.97	9/5/93	99 Restaurant	30:16		93	6:05	521	46
5	5/1/82	Fresh Pond	30:28		82	6:05	521	34
5	10/17/92	Mack's	30:28		92	6:05	521	45
3	8/10/88	Sunset Run	17:39		88	5:53	520	41
5	6/4/94	Andy Dery	30:30		94	6:06	520	46
10	2/23/92	D.H. Jones	1:04:05		92	6:24	520	44
5	12/10/94	Jingle Bells	30:32		94	6:06	519	47
3.5	10/18/80	Windham KC	20:51		80	5:57	519	33
12.43	8/23/80	Concord	1:20:57		80	6:30	519	33
5	12/8/91	Freeze Buns	30:34		91	6:06	519	44
5	4/9/94	Alamo	30:34		94	6:06	519	46
5	6/27/91	Amesbury	30:36		91	6:07	518	43
3.11	6/30/94	Newton	18:25		94	5:55	518	46
6.21	6/12/82	Allen Dodge	38:36		82	6:12	518	34
5	5/17/80	Sportabout	30:37		80	6:07	518	32
5	5/15/93	Slavin	30:37		93	6:07	518	45
5	1/10/93	Freeze Buns	30:38		93	6:07	518	45
6.21	8/16/86	London OHD	38:38		86	6:13	518	39
7.3	7/4/79	4th of July	45:57		79	6:17	517	31
2	7/4/94	Chelmsford	11:30		94	5:45	517	46
5.9	11/4/79	Santa	36:37		79	6:12	517	32
3.11	9/11/93	Millyard	18:28		93	5:56	517	46
3.11	5/7/94	CHIPS	18:28		94	5:56	517	46
3.11	1/1/96	Keene	18:29		96	5:56	516	48
6.1	8/16/80	London OHD	38:01		80	6:13	516	33

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
3.11	6/27/92	Beeman	18:30	92	5:56	516	44
3.11	7/10/93	NHS X-C	18:30	93	5:56	516	45
4.5	5/24/96	Saucony	27:30	96	6:06	515	48
26.22	4/18/94	Boston	3:01:19	94	6:54	515	46
5	7/25/93	PAL	30:48	93	6:09	515	46
5	4/2/94	Fresh Pond	30:49	94	6:09	515	46
5	4/7/91	Wang	30:50	91	6:10	514	43
6.21	3/12/80	Mayor's Cup	38:54	80	6:15	514	32
5	3/29/97	Fresh Pond	30:52	97	6:10	514	49
9.32	11/13/94	Tewksbury	1:00:05	94	6:26	514	47
26.22	3/8/81	Garden City	3:01:52	81	6:56	514	33
5	2/28/93	Winter Challenge	30:53	93	6:10	514	45
3.11	5/14/94	Foothealth	18:35	94	5:58	514	46
3.11	6/19/94	UUCP	18:35	94	5:58	514	46
6.5	3/22/80	Allen Dodge	40:54	80	6:17	513	32
5	11/21/92	Masters XC	30:54	92	6:10	513	45
3.11	6/22/96	North Hampton	18:36	96	5:58	513	48
5	10/16/93	Mack's Apples	30:55	93	6:11	513	46
18.64	3/24/90	Boylston	2:06:24	90	6:46	513	42
6.1	8/15/81	London OHD	38:16	81	6:16	513	34
5	6/2/96	Windham	30:56	96	6:11	513	48
6.21	4/28/96	James Joyce	39:02	96	6:17	512	48
3.11	9/26/92	United Way	18:39	92	5:59	512	45
5	1/29/95	Freeze Buns	31:01	95	6:12	511	47
10	2/26/95	Amherst	1:05:14	95	6:31	510	47
13.11	2/26/89	Hyannis Half Ma.	1:27:10	89	6:38	510	41
5	11/24/88	Jordan Marsh	31:05	88	6:13	510	41
26.22	4/19/93	Boston	3:03:03	93	6:58	510	45
6.21	4/27/97	James Joyce	39:14	97	6:19	510	49
4.97	6/20/95	Project Pacer	30:54	95	6:13	510	47
10	2/24/91	D.H. Jones	1:05:19	91	6:31	510	43
4.97	3/28/94	Police Pursuit	30:55	94	6:13	510	46
5	11/23/95	Feaster 5	31:08	95	6:13	509	48
9.32	11/12/95	Tewksbury	1:00:39	95	6:30	509	48
6.21	8/28/93	Milford Miles	39:17	93	6:19	509	46
15.53	9/1/80	Cape Ann	1:44:46	80	6:44	509	33
18.64	3/19/89	Boylston 30k	2:07:23	89	6:50	509	41
3.11	5/4/96	CHIPS	18:45	96	6:01	509	48
18.64	3/24/85	Boylston	2:07:40	85	6:50	508	37
10.2	12/3/95	Mill Cities	1:07:00	95	6:34	508	48
3.11	5/1/93	C.H.I.P.S.	18:48	93	6:02	508	45
3.11	1/30/82	Fudge	18:49	82	6:03	507	34
5	9/12/92	Millyard Classic	31:17	92	6:15	507	45
5	3/12/95	Freeze Buns	31:17	95	6:15	507	47

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
26.22	4/19/82	BAA	3:04:25	82	7:02	506	34
5	2/12/95	Freeze Buns	31:21	95	6:16	506	47
9.32	11/17/96	Tewksbury	1:01:03	96	6:33	506	49
3.11	10/24/93	Dollars/Scholars	18:52	93	6:03	506	46
5	9/19/92	Alamo	31:22	92	6:16	506	45
6.21	10/26/91	CASA	39:34	91	6:22	505	44
6.21	11/5/95	Hackett	39:34	95	6:22	505	48
26.22	4/17/95	BAA	3:04:47	95	7:02	505	47
5	6/19/92	Lions (Windham)	31:24	92	6:16	505	44
5	10/23/94	Very Fine	31:24	94	6:16	505	47
26.22	3/7/82	Garden City	3:04:57	82	7:03	505	34
5	6/13/92	Andy Dery	31:26	92	6:17	505	44
5	11/18/95	Fresh Pond	31:26	95	6:17	505	48
5	7/19/91	Sapienza	31:28	91	6:17	504	43
3.11	4/6/97	Alec	18:56	97	6:05	504	49
13.11	10/8/94	Applefest	1:28:17	94	6:44	504	47
13	10/10/92	Applefest	1:27:38	92	6:44	503	45
5	6/7/97	Hollis	31:33	97	6:18	503	49
5	9/6/92	99 NEAC	31:32	92	6:18	503	45
3.11	6/29/95	Newton	18:59	95	6:06	503	47
10	2/25/96	DH Jones	1:06:16	96	6:37	502	48
5	10/1/94	Londonderry Harvest	31:34	94	6:18	502	47
6	5/20/79	Ken Jones	38:22	79	6:23	502	31
3.11	10/31/93	Santa	19:00	93	6:06	502	46
9	12/7/97	Mill Cities	59:15	97	6:35	502	50
4.1	5/25/97	VCM Relay	25:34	97	6:14	502	49
2.9	6/9/96	Dunstable	17:39	96	6:05	502	48
6.21	8/7/99	Beach to Beacon	39:52	99	6:25	502	52
5	2/8/92	Freeze Buns	31:37	92	6:19	502	44
5	9/24/94	Fresh Pond	31:37	94	6:19	502	47
3.11	10/30/94	Santa	19:02	94	6:07	501	47
4.97	11/20/93	Masters XC	31:26	93	6:19	501	46
5	7/8/94	Concord	31:39	94	6:19	501	46
5	4/20/97	Windham	31:39	97	6:19	501	49
3.11	3/31/96	Alec	19:03	96	6:07	501	48
26.22	12/3/83	Foxtrotters	3:06:30	83	7:06	501	36
6.21	11/3/96	Lexington	39:58	96	6:26	500	49
6.21	5/6/79	Diabetes BG	40:00	79	6:26	500	31
6.21	4/25/99	James Joyce	40:00	99	6:26	500	51
5	3/1/97	Fresh Pond	31:44	97	6:20	500	49
5	10/26/97	Salem Shirt	31:44	97	6:20	500	50
3.11	10/29/95	Santa	19:06	95	6:08	500	48
5	10/22/95	Very Fine	31:45	95	6:21	500	48
5	1/15/95	Freeze Buns	31:47	95	6:21	499	47

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
6.21	4/26/98	James Joyce	40:06	98	6:27	499	50
3.11	5/10/97	Derry 5k	19:08	97	6:09	499	49
4.97	10/25/98	Salem Screen	31:36	98	6:19	499	51
9.4	12/5/99	Mill Cities	1:02:25	99	6:38	499	52
5	1/12/92	Freeze Buns	31:49	92	6:21	499	44
3.11	4/13/97	Wilmington	19:10	97	6:09	498	49
3.11	11/29/97	Salmon Brook	19:10	97	6:09	498	50
3.11	4/4/92	Massabesic 5k XC	19:11	92	6:10	497	44
3.11	5/11/96	FootSource	19:11	96	6:10	497	48
5	3/22/97	Fresh Pond	31:54	97	6:22	497	49
4.97	6/4/95	Police Pursuit	31:47	95	6:23	496	47
26.22	2/15/81	Silver Lake	3:08:25	81	7:11	496	33
6.21	8/1/98	Beacon 2 Beach	40:22	98	6:30	495	51
5	2/11/96	FYB	32:01	96	6:24	495	48
5	3/16/97	Hynes	32:02	97	6:24	495	49
5	9/30/95	Fresh Pond	32:03	95	6:24	495	48
9.33	11/15/98	Tewksbury	1:02:30	98	6:42	495	51
4.97	10/31/99	Salem Screen	31:49	99	6:24	495	52
9.33	11/14/99	Tewksbury	1:02:29	99	6:42	495	52
26.22	2/7/82	Sri Chinmoy	3:08:57	82	7:12	494	34
5	3/10/96	FYB	32:06	96	6:25	494	48
5	11/28/96	Feaster 5	32:06	96	6:25	494	49
5	11/28/96	Feaster 5	32:06	96	6:25	494	49
5	11/27/97	Feaster 5	32:07	97	6:25	494	50
5	2/14/98	Bradford	32:05	98	6:25	494	50
5	3/8/98	FYB	30:08	98	6:25	494	50
3.11	5/17/97	Bedford	19:18	97	6:12	494	49
5	1/14/96	FYB	32:11	96	6:26	493	48
3.11	5/3/97	CHIPS	19:24	97	6:14	492	49
3.11	9/10/94	Race for the Cure	19:24	94	6:14	492	47
13.11	10/15/95	Baystate Half	1:30:28	95	6:54	492	48
3.11	5/18/96	Buffalo	19:26	96	6:14	491	48
3.11	9/12/98	Millyard	19:26	98	6:15	491	51
7.44	5/22/99	Bedford PTO	49:26	99	6:38	491	51
5	10/27/96	Salem	32:22	96	6:28	490	49
10	2/22/98	DH Jones	1:07:59	98	6:47	490	50
5	9/17/94	Fresh Pond	32:24	94	6:28	490	47
3.11	4/11/99	Alec's	19:30	99	6:17	489	51
13.1	10/11/97	Applefest	1:30:58	97	6:56	489	50
6.21	6/27/98	Amherst 10k	40:53	98	6:35	489	50
5	1/11/98	FYB	32:26	98	6:29	489	50
4.7	3/1/98	N Medford-Derry	30:23	98	6:27	489	50
3.11	6/20/98	N. Hampton	19:31	98	6:16	489	50
6.21	6/3/79	Manch Ski	40:55	79	6:35	489	31

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age	
5	12/22/96	FYB	32:27	96	6:29	489	49	
5	3/21/99	FYB	32:27	99	6:29	489	51	
10	7/21/79	Treasure Mast	1:08:09	79	6:48	489	32	
7.44	5/20/00	Bedford	49:35	00	6:39	489	52	
9.33	2/7/98	Stews	1:03:21	98	6:47	488	50	
5	4/19/98	Red Shoe Barn	32:30	98	6:30	488	50	
4	1/1/97	Run4 New Year	25:36	97	6:23	488	49	
4.97	9/23/95	Half to St Pat	32:19	95	6:30	488	48	
6.21	2/21/99	Vero Beach	41:03	99	6:36	487	51	
4	7/17/98	Buffalo	25:38	98	6:24	487	50	
10	10/3/98	Apple Harvest	1:08:26	98	6:51	487	51	
13.11	10/9/99	Applefest	1:31:26	99	6:59	487	52	
3.11	1/1/00	Derry	19:35	00	6:18	487	52	
10	2/23/97	DH Jones	1:08:29	97	6:50	486	49	
9.33	11/16/97	Tewksbury	03:36	97	6:49	486	50	
5	7/25/98	St Anne's	32:40	98	6:32	486	51	
5	8/21/99	Brookline	33:37	99	6:31	486	52	
16	1/21/96	Derry	1:53:19	96	7:04	486	48	
3.11	9/11/99	Millyard	19:38	99	6:18	486	52	
3.11	9/16/95	Eliot	19:39	95	6:19	486	48	
6	6/25/78	Pride Day	39:43	78	6:37	485	30	
10	10/2/99	Harvard Apple	1:08:37	99	6:51	485	52	
13.11	10/10/98	Applefest	1:31:40	98	7:00	485	51	
5	9/27/97	Half to St Pats	32:41	97	6:32	485	50	
5	6/6/98	Apple Country	32:41	98	6:32	485	50	
3.11	9/20/97	Elliot	19:40	97	6:19	485	50	
26.22	4/21/80	BAA	3:13:06	80	7:21	484	32	
5	7/15/99	Marathon Sports	32:48	99	6:34	484	51	
5	7/27/99	Hamilton	32:50	99	6:34	483	52	
13.11	8/15/99	New Brunswick	1:32:05	99	7:01	483	483	52
10	10/4/97	Harvard Apple	1:08:53	97	6:53	483	50	
6.21	5/25/98	St. Louis	41:24	98	6:40	483	50	
5	9/4/99	Bagel Run	32:48	99	6:33	483	52	
5	3/9/97	FYB	32:49	97	6:33	483	49	
4.97	6/11/00	Bunker Hill	32:38	00	6:34	483	52	
9.33	11/12/00	Tewksbury	1:04:00	00	6:52	483	53	
3.11	11/27/99	Salmon Brook	19:44	99	6:21	483	52	
3.11	8/6/98	ThunderChicken	19:46	98	6:22	483	51	
4.97	5/1/99	Law Day	32:29	99	6:32	483	51	
9.33	1/30/99	Stew's	1:04:05	99	6:53	482	51	
13.11	3/14/99	Melrose 1/2	1:32:13	99	7:02	482	51	
5	9/5/98	Bagel Run	32:54	98	6:35	482	51	
5	1/26/97	FYB	32:53	97	6:34	482	49	
5	2/9/97	FYB	32:56	97	6:35	482	49	

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
4	7/4/98	Bedford 4 on 4	25:54	98	6:28	482	50
4.97	11/19/94	X-C	32:42	94	6:34	482	47
4.97	6/13/99	Bunker Hill	32:42	99	6:35	482	51
3.11	11/28/98	Salmon Brook	19:50	98	6:23	481	51
3.11	11/7/99	Santa Fund	19:50	99	6:23	481	52
5	11/30/91	X-Country	32:59	91	6:35	481	44
13.11	10/7/95	Applefest	1:32:35	95	7:03	481	48
6.21	4/30/00	James Joyce	41:32	00	6:41	481	52
3.11	1/1/98	Midnight Run	19:53	98	6:23	480	50
3.11	4/5/98	Alec's	19:53	98	6:23	480	50
26.22	3/9/80	Lowell VFW	3:14:40	80	7:25	480	32
3.11	3/6/00	FYB	19:53	00	6:24	480	52
13.11	10/7/00	Applefest	1:32:36	00	7:04	480	52
6.21	2/04/01	Log Cabin-NMC	41:32	01	6:41	480	53
13.11	4/16/00	Fred's Half	1:32:51	00	7:05	479	52
3.11	7/12/98	Chris Zurich	19:55	98	6:24	479	50
4.97	10/29/00	Salem Screen	32:54	00	6:37	479	53
13.11	10/22/00	Baystate	1:32:59	00	7:06	478	53
5	6/5/99	Apple Country	33:10	99	6:38	478	51
3.11	9/6/97	Millyard	19:57	97	6:24	478	50
3.11	5/16/98	Bedford PTO	19:59	98	6:25	478	50
5	1/10/99	FYB	33:11	99	6:38	478	51
26.22	11/17/79	Foxtrotters	3:15:40	79	7:27	477	32
3.11	4/2/00	Alec's	19:59	00	6:26	477	52
3.11	10/18/98	Run 4 Shelter	20:00	98	6:26	477	51
5	8/22/98	Brookline	33:15	98	6:39	477	51
5	3/12/00	Hynes	33:14	00	6:39	477	52
5	1/12/97	FYB	33:15	97	6:39	477	49
5	10/19/97	VeryFine	33:14	97	6:38	477	50
12.43	8/25/79	Concord	1:28:21	79	7:06	476	32
5	7/4/99	PAL	33:23	99	6:41	475	51
5	2/12/94	Bradford	33:25	94	6:41	475	46
5	2/12/00	Bradford	33:25	00	6:48	475	52
9.4	12/3/00	Mill Cities	1:05:32	00	6:58	475	53
3.11	3/19/00	FYB	20:05	00	6:28	474	52
26.22	4/15/96	BAA	3:17:00	96	7:30	474	48
3.11	8/15/98	Lon OHD	20:09	98	6:29	474	51
7.44	2/26/00	Outback	51:07	00	6:51	474	52
3.11	5/28/00	Runners Alley	20:09	00	6:29	473	52
13.11	4/18/99	Fred's 1/2	1:34:09	99	7:01	473	51
3.11	11/1/98	Santa Fund	20:12	98	6:30	472	51
3.11	11/2/97	Santa Fund	20:14	97	6:30	472	50
5	7/29/00	St. Anne's	33:34	00	6:43	472	53
5	2/7/99	FYB	33:40	99	6:44	471	51

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
1	12/28/03	Millenium Mile	6:01	03	6:01	471	56
5	5/26/02	Baldi	33:41	02	6:44	470	54
5	3/23/02	Fresh Pond	33:42	02	6:44	470	54
5	5/25/03	Baldi	33:43	03	6:45	470	55
4.97	11/10/96	FP x-c	33:35	96	6:45	469	49
5	8/23/97	Brookline	33:51	97	6:46	469	50
3.11	10/23/99	Cath. Med. Center	20:19	99	6:33	469	52
3.11	8/19/00	Lon OHD	20:22	00	6:33	468	53
5	1/15/01	FYB	33:45	01	6:47	467	53
3.11	1/1/01	Derry 5k	20:25	01	6:34	467	53
4.97	6/14/02	Bunker Hill	33:45	02	6:47	467	54
4.97	7/15/00	Bill Luti	33:48	00	6:48	466	52
5	1/6/02	FYB	33:58	02	6:48	466	54
5	5/8/99	Apple Blossom	34:05	99	6:49	465	51
3.11	8/28/99	Gilford	20:32	99	6:36	465	52
6.22	7/8/00	Amherst 10k	43:01	00	6:55	465	52
10	9/29/01	Harvard 10	1:11:35	01	7:10	465	54
3.11	4/7/02	Alec's	20:31	02	6:36	465	54
5	8/25/00	Sons of Italy	34:07	00	6:49	464	53
3.11	11/5/00	Santa Fund	20:32	00	6:37	464	53
5	5/13/00	Apple Blossom	34:08	00	6:50	464	52
3.11	10/15/00	Run 4 Shelter	20:32	00	6:37	464	53
10	9/30/00	Apple Harvest	1:11:40	00	7:10	464	53
10	2/01/01	Foxboro	1:11:43	01	7:10	464	53
5	6/3/00	Apple Challenge	34:13	00	6:51	463	52
5	9/2/00	Bagel Run	34:13	00	6:51	463	53
13.11	4/14/02	Fred's Half	1:35:55	02	7:19	463	54
6.1	11/12/78	Santa	42:29	78	6:57	462	31
3.11	9/15/01	Derryfest	20:37	01	6:38	462	54
3.11	9/9/00	Millyard	20:38	00	6:38	462	53
3.11	11/25/00	Salmon Brook	20:38	00	6:38	462	53
13.11	3/10/02	Law Enforcement	1:36:12	02	7:20	462	54
4.97	11/22/01	Feaster 5	34:10	01	6:52	461	54
13.11	10/12/03	BAA Half	1:36:26	03	7:21	461	54
5	1/29/01	FYB	34:28	01	6:54	460	53
5	2/03/02	FYB	34:28	02	6:54	460	54
7.45	5/17/03	Bedford	52:50	03	7:05	460	55
3.7	7/21/03	Bedford, MA	25:00	03	6:45	460	56
5	2/28/04	Tampa	34:27	04	6:53	460	56
13.11	8/5/00	Manhattan Half	1:36:45	00	7:23	459	53
3.11	4/1/01	Tyngsboro Scholars	20:46	01	6:41	459	53
5	2/9/02	Bradford	34:33	02	6:55	459	54
5	4/21/02	Firefighters	34:33	02	6:55	459	54
4	7/6/02	Kokomo	27:21	02	6:50	459	54

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age	
4.97	9/7/02	Union Leader	34:17		02	6:54	459	55
5	7/14/02	East End	34:32		02	6:54	459	54
6.21	8/4/02	Lobsterfest	43:34		02	7:01	459	55
6.385	11/11/03	Veteran Mem.	48:17		03	7:04	459	56
3.11	8/30/98	Macks X-C	20:51		98	6:43	458	51
6.21	3/25/01	Rebhayim Romp	43:36		01	7:01	458	53
4.97	9/8/01	Union Leader	34:21		01	6:55	458	54
7.44	5/18/02	Bedford PTO	52:59		02	7:07	458	54
3.11	8/7/02	Cigna	20:49		02	6:42	458	55
4.97	10/27/02	Salem Shirt	34:23		02	6:55	458	55
3.11	2/20/00	FYB	20:53		00	6:43	457	52
5	3/3/02	FYB	34:41		02	6:56	457	54
16	1/24/99	Derry Boston Prep	2:00:37		99	7:32	456	51
3.11	6/22/03	Greek	20:56		03	6:44	456	55
6.21	8/4/01	Beach to Beacon	43:42		01	7:02	457	54
6.21	8/10/01	Above the Rim	43:50		01	7:03	456	54
3.11	4/28/02	Tewksbury	20:55		02	6:44	456	54
13.11	3/16/03	New Bedford	1:37:56		03	7:28	456	55
8.5	9/22/01	Winni	1:01:24		01	7:13	455	54
3.11	1/1/02	Derry 5k	20:56		02	6:44	455	54
13.11	10/13/02	BAA Half	1:37:43		02	7:27	455	55
3.11	7/4/00	Merrimack Sparkler	21:01		00	6:46	454	52
5	9/1/01	Bagel Race	34:55		01	6:59	454	54
13.11	10/21/01	Baystate	1:38:06		01	7:29	454	54
3.11	11/3/02	Santa Fund	21:00		02	6:45	454	55
3.73	1/1/03	After the Party	25:30		03	6:50	454	55
5	2/10/01	Bradford	34:55		01	6:59	454	53
6.21	7/3/02	Indianapolis	44:01		02	7:05	454	54
10	7/29/03	Newburyport	1:13:22		03	7:20	454	56
3.11	8/2/03	Amherst	21:01		03	6:45	454	56
5.9	2/8/04	Mill Cities	41:31		04	7:02	454	56
6.21	3/20/04	Holyoke	44:06		04	7:06	454	56
13.11	3/11/01	Melrose 1/2	1:38:09		01	7:29	453	53
4.97	6/15/03	Bunker Hill	34:48		03	7:00	453	55
3.7	8/11/03	Bedford, MA	25:21		03	6:51	453	56
3.11	11/2/03	Santa Fund	21:05		03	6:47	453	56
4.97	6/27/99	Make a Wish	34:50		99	7:00	452	51
3.11	8/14/97	Healthsource	21:07		97	6:47	452	50
6.21	8/15/02	Saunders	44:13		02	7:07	452	55
3	9/28/02	St. Joe's	20:20		02	6:47	452	55
6.21	3/22/03	Holyoke	44:14		03	7:07	452	55
3.11	7/15/03	Good Times	21:08		03	6:48	452	55
3.11	2/6/00	FYB	21:10		00	6:48	451	52
9.33	11/11/01	Tewksbury	1:08:26		01	7:21	451	54

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
10	2/24/02	DH Jones	1:13:45	02	7:23	451	54
3.73	5/12/02	Med Center	25:40	02	6:53	451	54
5	6/1/02	Apple Challenge	35:09	02	7:02	451	54
6.21	4/27/03	James Joyce	44:19	03	7:08	451	55
3.11	7/15/03	Good Times	21:08	03	6:48	451	55
7	6/27/04	Charles River	50:19	04	7:11	451	56
5	7/28/01	St. Anne's	35:11	01	7:02	450	54
5	1/20/02	FYB	35:12	02	7:02	450	54
13.11	8/19/01	AFC 1/2	1:38:43	01	7:32	450	54
16	1/27/02	Derry	2:02:19	02	7:39	450	54
13.11	10/4/03	Applefest	1:38:49	03	7:32	450	56
7.3	7/4/78	4th of July	52:54	78	7:14	449	30
3.11	4/8/01	Alec's	21:15	01	6:51	449	53
12.43	11/19/78	Wilton	1:33:39	78	7:32	449	31
5	1/1/04	FYB	35:21	04	7:04	449	56
3.11	9/21/02	Derryfest	21:19	02	6:51	448	55
3.73	5/11/03	Med Center	25:53	03	6:56	448	55
6.8	8/27/78	Wilton	49:21	78	7:15	447	31
4	3/17/01	An Ras Mor	27:55	01	6:59	447	53
5.3	7/17/01	Hudson – NMC	37:41	01	7:07	447	53
10	7/30/02	Newburyport	1:14:29	02	7:27	447	55
5	7/13/03	East End	35:29	03	7:06	447	55
5	1/19/03	FYB	35:57	03	7:11	446	55
13.11	3/09/03	Law Enforcement	1:39:48	03	7:37	446	55
5	6/7/03	Apple Challenge	35:36	03	7:07	446	55
3.11	4/4/04	Alec's	21:24	04	6:53	446	56
18.64	3/04/01	Boylston	2:25:23	01	7:48	445	53
3.11	7/22/00	Ameribrew	21:29	00	6:55	444	53
6	7/10/01	Lancaster	35:40	01	7:08	444	53
5	1/12/03	FYB	35:40	03	7:08	444	55
3.11	11/27/03	Thanks4giving	21:31	03	6:55	444	56
6	6/18/78	Ken Jones	43:28	78	7:14	443	30
4.34	6/29/02	Make a Wish	30:48	02	7:06	443	54
6.835	11/11/02	Veteran Mem	50:03	02	7:19	443	55
3.11	6/23/01	Plaistow OHD	21:35	01	6:57	442	53
5	12/16/01 (3.6)	Lancaster	35:49	01	7:10	442	54
3.11	10/19/03	Run for Shelter	21:34	03	6:56	442	56
3.11	8/19/03	Good Times	21:35	03	6:57	442	56
3.11	8/31/03	Mill City	21:35	03	6:57	442	56
5	2/15/03	FYB	35:53	04	7:11	442	56
5	1/19/03	FYB	35:57	03	7:11	441	55
3.11	4/06/03	Alec's	21:38	03	6:57	441	55
3.11	8/05/03	Good Times	21:40	03	6:58	440	56
3.11	9/27/03	St. Joe	21:41	03	6:58	440	56

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
3.11	5/03/03	CHIPS	21:42	03	6:59	440	55
5	1/18/04	FYB	36:00	04	7:12	440	56
5	7/4/01	Harvard	36:10	01	7:14	438	53
6.21	7/4/04	N. Andover	45:39	04	7:21	438	56
3.11	8/14/03	Cigna	21:49	03	7:01	437	56
3.5	11/30/03	Andover X-C	24:48	03	7:05	437	56
13.11	10/10/04	BAA Half	1:41:57	04	7:47	437	57
4.34	6/30/01	Make a Wish	31:13	01	7:11	436	53
3.11	5/04/02	CHIPS	21:54	02	7:03	436	54
12.42	6/29/03	Bedford 20k	1:36:18	03	7:45	436	55
3.11	7/17/03	Moose Milers	21:54	03	7:03	436	55
3.73	5/9/04	Medical Center	26:33	04	7:07	436	56
3.11	1/16/00	FYB	21:55	00	7:03	435	52
8.5	9/20/03	Winni	1:04:19	03	7:34	435	56
3.11	11/25/04	Thanks4giving	21:56	04	7:03	435	57
3.11	11/7/04	Santa Fund	21:59	04	7:04	434	57
3.11	5/31/04	Moose Milers	22:00	04	7:04	434	56
3.11	1/1/99	Peanut Chip	22:02	99	7:06	433	51
5	8/9/03	Sandown	36:37	03	7:19	433	56
4.97	6/10/01	Bunker Hill	36:24	01	7:19	432	53
3.11	5/16/04	Albert X-C	22:04	04	7:06	432	56
6.4	12/2/01 (1.5)	Mill Cities	48:00	01	7:30	430	54
5	2/1/04 (4)	FYB	36:52	04	7:22	430	56
3.11	5/6/00	Derryfield x-c	22:12	00	7:09	429	52
13.11	10/5/02	Applefest	1:43:44	02	7:55	428	55
2.48	10/4/05	Moose Miler	17:28	04	7:03	428	57
10	2/23/03	DH Jones	1:18:03	03	7:48	426	55
5	2/17/02 (2.2)	FYB	37:15	02	7:27	425	54
3.11	10/20/02	Harvest Classic	22:27	02	7:13	425	55
10	12/14/03	Andover	1:18:20	03	7:50	425	56
3.11	8/9/04	Moose Milers	22:30	04	7:14	424	57
3.11	8/16/04	Moose Milers	22:31	04	7:14	424	57
12.43	6/23/02 (7.5)	Bedford 20k	1:39:29	02	8:01	422	54
3.11	7/26/03	Dublin	22:40	03	7:17	421	56
3.11	7/26/04	Moose Milers	22:41	04	7:18	421	57
3.11	8/23/04	Moose Milers	22:41	04	7:18	421	57
3.11	7/19/04	Moose Milers	22:46	04	7:19	419	56
3.11	7/12/04	Moose Milers	23:00	04	7:24	415	56
3.11	5/24/04 (2.2)	Moose Milers	23:21	04	7:30	409	56
12.43	8/12/78	Concord	1:45:47	78	8:30	397	31
26.22	4/16/79	BAA	3:56:00	79	9:00	396	31
3.11	8/26/03 (.8)	Good Times	24:12	03	7:47	392	56
3.11	10/2/05	Moose Milers	24:50	05	7:59	384	58
2.5	9/6/04 (2.1)	Moose Milers	19:44	04	7:54	383	57

## RACES BEST TO WORST

Miles	Date	Race	Time	Year	Pace	Points	Age
3.11	4/25/05	Moose Milers	25:06	05	8:04	380	57
3.11	4/18/05	Moose Milers	25:17	05	8:08	377	57
3.11	9/19/05	Moose Milers	25:20	05	8:09	377	58
3.11	8/22/05	Moose Milers	25:22	05	8:09	376	58
3.11	10/10/05	Moose Milers	25:25	05	8:10	375	58
3.11	9/26/05	Moose Milers	25:29	05	8:12	374	58
3.11	8/15/05	Moose Milers	25:32	05	8:13	374	58
5	7/23/78	Raymond	42:28	78	8:29	373	31
3.11	8/2/04 (1.8)	Moose Milers	25:34	04	8:13	373	57
3.11	8/29/05	Moose Milers	25:44	05	8:16	371	58
3.11	9/12/05	Moose Milers	26:01	05	8:22	367	58
3.11	8/8/05	Moose Milers	26:20	05	8:28	362	58
3.11	11/10/02 (.8)	Race Ages	26:47	02	8:37	356	55
3.11	8/1/05	Moose Milers	27:25	05	8:49	348	58
3.11	8/21/03 (1.6)	Moose Milers	27:52	03	8:58	342	56