

# RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
<b>1978</b>					
6	6/25/78	Pride Day	39:43	6:37	485
6.1	11/12/78	Santa	42:29	6:57	462
7.3	7/4/78	4th of July	52:54	7:14	449
12.43	11/19/78	Wilton	1:33:39	7:32	449
6.8	8/27/78	Wilton	49:21	7:15	447
6	6/18/78	Ken Jones	43:28	7:14	443
12.43	8/12/78	Concord	1:45:47	8:30	397
5	7/23/78	Raymond	42:28	8:29	373
<b>1979</b>					
7.3	7/4/79	4th of July	45:57	6:17	517
5.9	11/4/79	Santa	36:37	6:12	517
6	5/20/79	Ken Jones	38:22	6:23	502
6.21	5/6/79	Diabetes BG	40:00	6:26	500
6.21	6/3/79	Manch Ski	40:55	6:35	489
10	7/21/79	Treasure Mast	1:08:09	6:48	489
26.22	11/17/79	Foxtrotters	3:15:40	7:27	477
12.43	8/25/79	Concord	1:28:21	7:06	476
26.22	4/16/79	BAA	3:56:00	9:00	396
<b>1980</b>					
9.32	10/12/80	Manchester KC	54:28	5:50	567
6.21	9/13/80	Oct/Lowell	35:34	5:43	562
7.8	10/5/80	Freedom Trail	45:55	5:53	556
6.21	9/28/80	Lowell Hosp	36:06	5:48	554
9.9	8/2/80	Horse	59:58	6:03	549
26.22	11/2/80	Ocean State	2:50:04	6:29	549
4.9	11/15/80	Alvirne	28:34	5:49	543
6	6/8/80	Ken Jones	35:30	5:55	543
6.21	5/4/80	Diabetes BG	37:19	6:00	536
10	5/24/80	Derry News	1:02:40	6:16	531
5.9	11/23/80	Turkey Trot	35:39	6:02	531
7.3	7/4/80	4th of July	44:54	6:09	530
5	7/13/80	Raymond	29:58	5:59	529
8.5	6/22/80	Burger King	53:09	6:15	526
10	5/11/80	Charley's S	1:03:33	6:21	524
10	7/19/80	Treasure Mast.	1:03:46	6:22	522
5	12/20/80	Derry Comm	30:25	6:05	521
3.5	10/18/80	Windham KC	20:51	5:57	519

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Miles	Date	Race	Time	Pace	Points
12.43	8/23/80	Concord	1:20:57	6:30	519
5	5/17/80	Sportabout	30:37	6:07	518
6.1	8/16/80	London OHD	38:01	6:13	516
6.21	3/12/80	Mayor's Cup	38:54	6:15	514
6.5	3/22/80	Allen Dodge	40:54	6:17	513
15.53	9/1/80	Cape Ann	1:44:46	6:44	509
26.22	4/21/80	BAA	3:13:06	7:21	484
26.22	3/9/80	Lowell VFW	3:14:40	7:25	480

### 1981

10	7/28/81	Newburyport	58:26	5:50	570
9.9	7/18/81	Horse	58:12	5:52	566
6.21	6/20/81	Bed Morman	35:57	5:47	556
6.9	5/16/81	Pelham	40:28	5:51	553
5	7/12/81	Raymond	28:50	5:46	550
6.1	8/18/81	Pickering	35:43	5:51	549
3.9	4/11/81	Bedford	22:10	5:41	548
4.5	7/26/81	Treasure M	25:51	5:44	548
26.22	4/20/81	BAA	2:51:10	6:31	546
6.5	6/13/81	Allen Dodge	38:40	5:56	543
7.3	7/4/81	4th of July	43:50	6:00	542
10	4/4/81	Lawrence E	1:02:03	6:12	537
5	1/3/81	Derry Comm	29:46	5:57	533
3.8	2/21/81	Fudge	22:22	5:53	529
3.8	2/28/81	Fudge	22:25	5:53	527
26.22	3/8/81	Garden City	3:01:52	6:56	514
6.1	8/15/81	London OHD	38:16	6:16	513
26.22	2/15/81	Silver Lake	3:08:25	7:11	496
26.22	10/25/81	NYC	3:57:43	9:03	393

### 1982

10	8/3/82	Newburyport	58:52	5:53	566
7.3	7/4/82	4th of July	42:23	5:48	561
8	10/3/82	Freedom Trail	46:48	5:51	560
6.21	10/24/82	Pumpkin	35:52	5:46	558
6.1	8/17/82	Pickering	35:13	5:46	557
26.22	9/19/82	DeMarr	2:47:55	6:24	556
6.21	8/28/82	Kings	35:58	5:47	556
26.22	11/7/82	Ocean State	2:48:18	6:25	555
6.1	9/12/82	Amherst	35:27	5:48	553
15.53	9/6/82	Cape Ann	1:36:40	6:13	552
6.21	6/19/82	Kingston	36:16	5:50	551

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
5	8/7/82	DARE	28:53	5:46	549
8	5/30/82	Bedford PTG	47:46	5:58	549
5.9	11/21/82	Turkey Trot	34:30	5:50	549
5	6/25/82	Dory	28:58	5:47	548
6.3	6/6/82	Ken Jones	37:12	5:54	546
10	5/23/82	Derry News	1:01:07	6:06	545
9.9	7/30/82	Horse	1:00:35	6:07	544
5	7/24/82	Exec Court	29:15	5:51	542
4.9	5/8/82	Townsend	28:48	5:52	539
4.9	10/16/82	Nike Tester	28:48	5:52	539
5	7/11/82	Raymond	29:40	5:56	535
5	10/30/82	Fresh Pond	29:52	5:58	531
5	5/15/82	Fresh Pond	30:17	6:03	524
6.21	4/3/82	Peabody	38:21	6:10	522
5	5/1/82	Fresh Pond	30:28	6:05	521
6.21	6/12/82	Allen Dodge	38:36	6:12	518
3.11	1/30/82	Fudge	18:49	6:03	507
26.22	4/19/82	BAA	3:04:25	7:02	506
26.22	3/7/82	Garden City	3:04:57	7:03	505
26.22	2/7/82	Sri Chinmoy	3:08:57	7:12	494

### 1983

26.22	4/18/83	BAA	2:43:37	6:14	571
10	5/21/83	Derry News	58:53	5:53	565
6.21	5/7/83	Pepsi	35:31	5:43	563
6.1	11/20/83	Santa	34:54	5:43	562
6.21	5/15/83	Cancer	35:39	5:44	561
13.11	11/12/83	Lowell Elks	1:19:20	6:03	561
26.22	2/6/83	Sri Chinmoy	2:48:13	6:24	555
7.1	7/4/83	4th of July	41:36	5:51	555
5	4/9/83	Fresh Pond	28:37	5:43	554
6.5	6/11/83	Allen Dodge	37:58	5:50	553
6.21	10/23/83	Apple Cider	36:28	5:52	548
5	5/1/83	Sportabout	28:58	5:47	548
8	10/2/83	Burger King	47:55	5:59	547
13.11	9/17/83	Maple Leaf	1:21:26	6:12	546
5	1/1/83	Sportabout	29:02	5:48	546
3	7/27/83	Mine Falls	16:49	5:36	546
26.22	3/6/83	Garden City	2:52:16	6:34	542
18.64	3/27/83	Boylston	1:59:36	6:24	542
4.9	9/10/83	Pelham	28:39	5:50	542
4.9	10/15/83	Nike Tester	28:39	5:50	542
3.11	1/29/83	Fudge	17:46	5:42	537
3.11	1/29/83	Fudge	17:46	5:42	537

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
3.11	1/22/83	Fudge	18:04	5:48	528
3.11	2/19/83	Fudge	18:04	5:48	528
26.22	12/3/83	Foxtrotters	3:06:30	7:06	501

### 1984

6.21	5/19/84	Pepsi	35:28	5:42	564
18.64	3/25/84	Boylston	1:57:21	6:17	552
9.32	11/18/84	Tewksbury	55:56	6:00	552
26.22	5/27/84	Maine Coast	2:49:33	6:27	551
6.1	11/4/84	Santa	35:54	5:53	547
7	7/4/84	4th of July	41:40	5:57	546
5.5	7/13/84	Salem HS	32:18	5:52	544
3.11	2/25/84	Fudge	17:36	5:39	542
5	5/12/84	Fresh Pond	29:16	5:51	542
3	6/6/84	Mine Falls	17:01	5:40	540
3	6/22/84	Mine Falls	17:01	5:40	540
4.4	12/1/84	Westford A	25:39	5:49	539
6.21	6/10/84	Cancer	37:12	5:59	538
3.11	3/17/84	Fudge	17:46	5:42	537
3.11	3/3/84	Fudge	17:48	5:43	536
3.11	3/31/84	Fudge	17:49	5:43	536
26.22	4/16/84	BAA	2:54:40	6:39	535
3.11	1/28/84	Fudge	17:54	5:45	533
5.1	4/8/84	Fast Women	30:25	5:57	533
5	7/17/84	Sportabout	30:06	6:01	527
10	5/6/84	Lawrence E	1:03:19	6:19	526
3	6/13/84	Mine Falls	17:28	5:49	526
3.11	3/10/84	Fudge	18:13	5:51	524
4.9	10/21/84	Nike Tester	29:40	6:03	523
4.9	10/28/84	Memorial Sch	29:40	6:03	523
26.22	2/5/84	Sri Chinmoy	2:58:37	6:48	523
3.11	3/31/84	Fudge	18:16	5:52	522

### 1985

5	11/10/85	Salem Screen	28:14	5:38	562
10	7/31/85	Newburyport	59:48	5:58	557
6.21	11/3/85	Santa	35:57	5:47	556
10	5/12/85	Derry News	1:00:04	6:00	554
6.21	6/9/85	Cancer	36:08	5:49	554
5	5/4/85	Sportabout	28:40	5:44	553
26.22	4/15/85	BAA	2:48:53	6:26	553
5	10/12/85	Merr Liberty	28:41	5:44	553

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
5	7/23/85	Sportabout	28:50	5:46	550
7	7/4/85	4th of July	41:35	5:56	547
5	1/1/85	Sportabout	29:01	5:48	547
5	10/5/85	Rivier	29:09	5:49	544
6.21	9/8/85	Amherst	36:46	5:55	544
3	7/17/85	Mine Falls	16:53	5:37	544
3.11	1/12/85	Fudge	17:39	5:40	541
3	7/10/85	Mine Falls	17:00	5:40	540
6.21	10/27/85	Apple Cider	37:17	6:00	536
3.11	3/2/85	Fudge	17:51	5:44	535
2.5	9/21/85	Fresh Pond	14:10	5:40	533
3.11	3/9/85	Fudge	18:02	5:47	529
3.11	2/16/85	Fudge	18:03	5:48	529
3.11	1/26/85	Fudge	18:10	5:50	525
6.1	8/17/85	London OHD	37:24	6:07	525
18.64	3/24/85	Boylston	2:07:40	6:50	508

### 1986

10	7/29/86	Newburyport	58:52	5:53	566
26.22	4/21/86	BAA	2:47:56	6:24	556
5.6	12/7/86	Mill Cities	32:16	5:45	555
9.32	11/23/86	Tewksbury	55:41	5:58	555
7	7/4/86	4th of July	41:04	5:52	554
6.21	6/1/86	Battlegreen	36:13	5:49	552
5	10/11/86	Fresh Pond	28:44	5:44	552
6.21	8/9/86	Kings	36:20	5:51	550
6.21	7/18/86	Pickering	36:30	5:52	548
4.9	6/2/86	Amesbury	28:20	5:46	548
5	5/10/86	Slavin Mem	28:58	5:47	548
5	8/23/86	Boys' Club	28:59	5:47	547
5	1/1/86	Sportabout	29:02	5:48	546
5	11/9/86	Salem Screen	29:02	5:48	546
5	6/15/86	Copper Kettle	29:03	5:48	546
5	12/13/86	Con Jingle B	29:09	5:49	544
6.21	11/2/86	Santa	36:47	5:55	544
13.11	3/16/86	New Bedford	1:22:08	6:15	542
3.11	2/22/86	Fudge	17:40	5:40	540
5	11/27/86	Jordan Marsh	29:23	5:52	540
6.21	10/19/86	Apple Cider	37:04	5:58	540
3.11	3/1/86	Fudge	17:42	5:41	539
6.21	5/18/86	Pepperell	37:25	6:01	535
5	5/14/86	Sportabout	30:00	6:00	529
6.21	8/16/86	London OHD	38:38	6:13	518

# RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
<b>1987</b>					
6.21	5/16/87	Pepsi	35:30	5:43	563
10	7/28/87	Newburyport	59:17	5:55	562
6.1	7/17/87	Pickering Wharf	35:04	5:44	560
5.9	11/15/87	Santa	33:52	5:44	559
5.6	12/6/87	Mill Cities	32:06	5:43	558
6.21	10/11/87	Oct/Lowell	35:52	5:46	558
7	7/3/87	4th of July	40:52	5:50	556
5	3/29/87	Sprint/Spring	28:31	5:42	556
6.21	6/27/87	Kings	36:09	5:49	553
6.21	9/27/87	Elliot Hosp	36:12	5:49	552
6.21	9/13/87	Amherst	36:14	5:50	552
6.21	11/1/87	Apple Cider	36:16	5:50	551
13.11	3/1/87	Hyannis	1:20:51	6:10	550
6.21	8/29/87	Exeter	36:24	5:51	549
5	5/2/87	Fresh Pond	28:52	5:46	549
6.21	6/13/87	Market Sq.	36:25	5:51	549
5	11/26/87	Jordan Marsh	28:53	5:46	549
4.8	1/1/87	Hangover 5	27:41	5:46	548
26.22	4/20/87	BAA	2:53:14	6:36	539
5	8/22/87	Boys Club	29:28	5:53	538
3	8/5/87	Mine Falls	17:11	5:43	534
3	7/8/87	Mine Falls	17:15	5:45	532
5	5/30/87	Governor Cup	29:59	5:59	529

## 1988

6.21	5/14/88	Nashua Trust	35:29	5:42	564
5	5/1/88	Wilmington Lions	28:34	5:42	555
6.21	6/25/88	Kings RR	36:05	5:48	554
5.6	12/4/88	Mill Cities	32:20	5:46	554
6.21	9/11/88	Amherst	36:11	5:49	553
4.9	1/1/88	Hangover Five	28:14	5:45	550
7	7/3/88	4th of July	41:23	5:54	549
6.21	4/10/88	Milk Run	36:29	5:52	548
5	3/26/88	Sprint/Spring	28:56	5:47	548
6.21	9/25/88	Elliot Hospital	36:32	5:52	547
10	8/2/88	Newburyport	1:00:56	6:05	546
5	4/2/88	Police	29:03	5:48	546
6.21	11/20/88	Santa	36:38	5:53	546
6.21	6/12/88	N. Meadow Club	36:39	5:54	546
6.21	8/27/88	Exeter	36:59	5:57	541
5	7/27/88	Boys Club	29:20	5:52	541

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Miles	Date	Race	Time	Pace	Points
5	10/2/88	Jim Witt	29:20	5:52	541
26.22	4/18/88	BAA	2:52:56	6:35	540
13.11	2/28/88	Hyannis 1/2	1:22:36	6:18	539
5	5/29/88	Riverside	29:28	5:53	538
3.11	7/13/88	Red Cross	17:52	5:44	534
6.21	10/23/88	Salem Heart	37:29	6:02	534
5.1	8/14/88	Gring's Mill	30:58	6:04	523
3	8/10/88	Sunset Run	17:39	5:53	520
5	11/24/88	Jordan Marsh	31:05	6:13	510

### 1989

6.21	5/13/89	Nashua Trust	36:04	5:48	555
6.21	8/11/89	Pickering Wharf	36:11	5:49	553
5	10/8/89	Bobby Bell	28:46	5:45	551
6.21	11/5/89	Fred Hackett	36:28	5:52	548
6.21	8/26/89	Exeter	36:31	5:52	548
6.21	11/19/89	Santa Fund	36:31	5:52	548
6.21	9/24/89	Elliot Hospital	36:34	5:53	547
5.6	12/3/89	Mill Cities	32:48	5:51	546
7.1	7/4/89	4th of July	42:22	5:58	545
4.4	5/7/89	Apple Blossom	25:26	5:46	544
5	4/2/89	Police Pursuit	29:17	5:51	542
5	10/21/89	Macks Apple	29:18	5:51	541
3.11	7/12/89	Red Cross	17:38	5:40	541
5	4/9/89	Red Shoe Barn	29:21	5:52	540
4.9	6/11/89	AHEPA	28:49	5:52	539
6.21	9/10/89	Amherst	37:11	5:59	538
4.8	1/1/89	Hangover 5	28:14	5:52	538
3.11	6/25/89	NEAC 5k	17:46	5:42	537
5	1/29/89	Winter Challenge	29:42	5:56	534
26.22	4/17/89	BAA Marathon	2:55:07	6:40	533
13.11	2/26/89	Hyannis Half Ma.	1:27:10	6:38	510
18.64	3/19/89	Boylston 30k	2:07:23	6:50	509

### 1990

7.1	7/4/90	4th of July	41:23	5:49	558
6.21	5/18/90	Gate City Classic	36:06	5:48	554
5	6/9/90	Windham Lions	28:40	5:44	553
5	5/5/90	Wilmington	28:43	5:44	552
10	2/17/90	Tewksbury	1:00:18	6:01	552
6.21	6/22/90	Battlegreen	36:30	5:52	548
5	4/7/90	Shoe Barn	29:05	5:49	545

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
5.7	12/2/90	Mill Cities	33:28	5:52	545
6.21	6/2/90	SuperPlace	36:42	5:54	545
26.22	4/15/90	BAA Marathon	2:51:28	6:32	545
5	12/8/90	Fresh Pond	29:11	5:50	543
5	12/22/90	Fresh Pond	29:21	5:52	540
5	10/26/90	Fresh Pond	29:42	5:56	534
6.21	11/18/90	Santa Fund	37:40	6:03	531
5	4/21/90	Brown Mem.	29:53	5:58	531
5	4/20/90	Fresh Pond	29:57	5:59	530
4.8	1/1/90	Hangover 5	28:47	5:59	527
5	3/10/90	Hynes	30:05	6:01	527
5	11/22/90	Feaster Five	30:20	6:04	523
18.64	3/24/90	Boylston	2:06:24	6:46	513

### 1991

7.1	7/4/91	4th of July	42:20	5:57	545
26.22	4/15/91	B.A.A.	2:54:14	6:38	536
5	6/22/91	Fresh Pond	29:37	5:55	536
5	7/13/91	Fresh Pond	29:37	5:55	536
5	6/2/91	AHEPA	29:39	5:55	535
6.21	5/18/91	Nashua Trust	37:25	6:01	535
4.9	1/1/91	Hangover 5	29:06	5:56	533
5	11/10/91	Alamo Run	29:48	5:57	532
6.21	4/28/91	James Joyce	37:39	6:03	531
5	3/30/91	Police Pusuit	30:07	6:01	527
5	3/10/91	Hynes	30:08	6:01	526
5	6/15/91	Fresh Pond	30:08	6:01	526
3.11	11/24/91	Santa Fund	18:12	5:51	524
3.11	5/4/91	C.H.I.P.S	18:17	5:52	522
5	12/8/91	Freeze Buns	30:34	6:06	519
5	6/27/91	Amesbury	30:36	6:07	518
5	4/7/91	Wang	30:50	6:10	514
10	2/24/91	D.H. Jones	1:05:19	6:31	510
6.21	10/26/91	CASA	39:34	6:22	505
5	7/19/91	Sapienza	31:28	6:17	504
5	11/30/91	X-Country	32:59	6:35	481

### 1992

5.7	12/6/92	Mill Cities	33:02	5:47	552
6.21	4/12/92	Back Bay 10k	36:30	5:52	548
7.1	7/4/92	4th of July	42:50	6:01	539
9.32	11/15/92	Tewksbury	57:19	6:08	539

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
5	3/29/92	Police Pursuit	29:41	5:56	534
5	10/24/92	CASA	29:47	5:57	533
6.21	1/1/92	Winner's Circle	37:40	6:03	531
5	3/15/92	Hynes	30:02	6:00	528
26.22	4/20/92	B.A.A. Marathon	2:57:16	6:45	527
5	3/8/92	Freeze Buns	30:11	6:02	525
5	12/26/92	Fresh Pond	30:12	6:02	525
3.11	7/19/92	Couples	18:13	5:51	524
3.11	10/31/92	Halloween Horror	18:16	5:52	522
5	10/17/92	Mack's	30:28	6:05	521
10	2/23/92	D.H. Jones	1:04:05	6:24	520
3.11	6/27/92	Beeman	18:30	5:56	516
5	11/21/92	Masters XC	30:54	6:10	513
3.11	9/26/92	United Way	18:39	5:59	512
5	9/12/92	Millyard Classic	31:17	6:15	507
5	9/19/92	Alamo	31:22	6:16	506
5	6/19/92	Lions (Windham)	31:24	6:16	505
5	6/13/92	Andy Dery	31:26	6:17	505
13	10/10/92	Applefest	1:27:38	6:44	503
5	9/6/92	99 NEAC	31:32	6:18	503
5	2/8/92	Freeze Buns	31:37	6:19	502
5	1/12/92	Freeze Buns	31:49	6:21	499
3.11	4/4/92	Massabesic 5k XC	19:11	6:10	497

### 1993

5.2	6/26/93	Goffstown	31:11	5:59	530
3.11	5/29/93	Hollis	18:06	5:49	527
13.1	10/9/93	Applefest	1:24:25	6:26	527
3.11	8/21/93	Healthsource	18:08	5:49	526
4.97	4/4/93	Police Pursuit	29:59	6:01	526
3.11	9/26/93	Elliot Hospital	18:13	5:51	524
5	1/30/93	Fresh Pond	30:20	6:04	523
5	12/11/93	Jingle Bells (N)	30:24	6:04	522
5	11/25/93	Feaster Five	30:26	6:05	521
4.97	9/5/93	99 Restaurant	30:16	6:05	521
5	5/15/93	Slavin	30:37	6:07	518
5	1/10/93	Freeze Buns	30:38	6:07	518
3.11	9/11/93	Millyard	18:28	5:56	517
3.11	7/10/93	NHS X-C	18:30	5:56	516
5	7/25/93	PAL	30:48	6:09	515
5	2/28/93	Winter Challenge	30:53	6:10	514
5	10/16/93	Mack's Apples	30:55	6:11	513
26.22	4/19/93	Boston	3:03:03	6:58	510
6.21	8/28/93	Milford Miles	39:17	6:19	509

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
3.11	5/1/93	C.H.I.P.S.	18:48	6:02	508
3.11	10/24/93	Dollars/Scholars	18:52	6:03	506
3.11	10/31/93	Santa	19:00	6:06	502
4.97	11/20/93	Masters XC	31:26	6:19	501

### 1994

3.11	7/17/94	Couples	18:07	5:49	527
6.21	6/11/94	Winthrop	38:00	6:07	526
5	5/29/94	Maine	30:10	6:02	526
13.11	10/16/94	Baystate	1:25:16	6:30	522
4.9	1/1/94	Run Rose	29:46	6:04	521
5.15	12/4/94	Mill Cities	31:25	6:06	521
5	6/4/94	Andy Dery	30:30	6:06	520
5	12/10/94	Jingle Bells	30:32	6:06	519
5	4/9/94	Alamo	30:34	6:06	519
3.11	6/30/94	Newton	18:25	5:55	518
2	7/4/94	Chelmsford	11:30	5:45	517
3.11	5/7/94	CHIPS	18:28	5:56	517
26.22	4/18/94	Boston	3:01:19	6:54	515
5	4/2/94	Fresh Pond	30:49	6:09	515
9.32	11/13/94	Tewksbury	1:00:05	6:26	514
3.11	5/14/94	Foothealth	18:35	5:58	514
3.11	6/19/94	UUCP	18:35	5:58	514
4.97	3/28/94	Police Pursuit	30:55	6:13	510
5	10/23/94	Very Fine	31:24	6:16	505
13.11	10/8/94	Applefest	1:28:17	6:44	504
5	10/1/94	Londonderry Harvest	31:34	6:18	502
5	9/24/94	Fresh Pond	31:37	6:19	502
3.11	10/30/94	Santa	19:02	6:07	501
5	7/8/94	Concord	31:39	6:19	501
3.11	9/10/94	Race for the Cure	19:24	6:14	492
5	9/17/94	Fresh Pond	32:24	6:28	490
4.97	11/19/94	X-C	32:42	6:34	482
5	2/12/94	Bradford	33:25	6:41	475

### 1995

3.11	4/9/95	N Cambridge C	18:14	5:51	523
5	1/29/95	Freeze Buns	31:01	6:12	511
10	2/26/95	Amherst	1:05:14	6:31	510
4.97	6/20/95	Project Pacer	30:54	6:13	510
5	11/23/95	Feaster 5	31:08	6:13	509
9.32	11/12/95	Tewksbury	1:00:39	6:30	509

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
10.2	12/3/95	Mill Cities	1:07:00	6:34	508
5	3/12/95	Freeze Buns	31:17	6:15	507
5	2/12/95	Freeze Buns	31:21	6:16	506
6.21	11/5/95	Hackett	39:34	6:22	505
26.22	4/17/95	BAA	3:04:47	7:02	505
5	11/18/95	Fresh Pond	31:26	6:17	505
3.11	6/29/95	Newton	18:59	6:06	503
3.11	10/29/95	Santa	19:06	6:08	500
5	10/22/95	Very Fine	31:45	6:21	500
5	1/15/95	Freeze Buns	31:47	6:21	499
4.97	6/4/95	Police Pursuit	31:47	6:23	496
5	9/30/95	Fresh Pond	32:03	6:24	495
13.11	10/15/95	Baystate Half	1:30:28	6:54	492
4.97	9/23/95	Half to St Pat	32:19	6:30	488
3.11	9/16/95	Eliot	19:39	6:19	486
13.11	10/7/95	Applefest	1:32:35	7:03	481

### 1996

3.11	1/1/96	Keene	18:29	5:56	516
4.5	5/24/96	Saucony	27:30	6:06	515
3.11	6/22/96	North Hampton	18:36	5:58	513
5	6/2/96	Windham	30:56	6:11	513
6.21	4/28/96	James Joyce	39:02	6:17	512
3.11	5/4/96	CHIPS	18:45	6:01	509
9.32	11/17/96	Tewksbury	1:01:00	36:33	506
10	2/25/96	DH Jones	1:06:16	6:37	502
2.9	6/9/96	Dunstable	17:39	6:05	502
3.11	3/31/96	Alec	19:03	6:07	501
6.21	11/3/96	Lexington	39:58	6:26	500
3.11	5/11/96	FootSource	19:11	6:10	497
5	2/11/96	FYB	32:01	6:24	495
5	3/10/96	FYB	32:06	6:25	494
5	11/28/96	Feaster 5	32:06	6:25	494
85	1/14/96	FYB	32:11	6:26	493
3.11	5/18/96	Buffalo	19:26	6:14	491
5	10/27/96	Salem	32:22	6:28	490
5	12/22/96	FYB	32:27	6:29	489
16	1/21/96	Derry	1:53:19	7:04	486
26.22	4/15/96	BAA	3:17:00	7:30	474
4.97	11/10/96	FP x-c	33:35	6:45	469

### 1997

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
5	3/29/97	Fresh Pond	30:52	6:10	514
6.21	4/27/97	James Joyce	39:14	6:19	510
3.11	4/6/97	Alec	18:56	6:05	504
5	6/7/97	Hollis	31:33	6:18	503
4.1	5/25/97	VCM Relay	25:34	6:14	502
9	12/7/97	Mill Cities	59:15	6:35	502
5	4/20/97	Windham	31:39	6:19	501
5	3/1/97	Fresh Pond	31:44	6:20	500
5	10/26/97	Salem Shirt	31:44	6:20	500
3.11	5/10/97	Derry 5k	19:08	6:09	499
3.11	4/13/97	Wilmington	19:10	6:09	498
3.11	11/29/97	Salmon Brook	19:10	6:09	498
5	3/22/97	Fresh Pond	31:54	6:22	497
5	3/16/97	Hynes	32:02	6:24	495
3.11	5/17/97	Bedford	19:18	6:12	494
5	11/27/97	Feaster 5	32:07	6:25	494
3.11	5/3/97	CHIPS	19:24	6:14	492
13.1	10/11/97	Applefest	1:30:58	6:56	489
4	1/1/97	Run4 New Year	25:35	6:23	488
10	2/23/97	DH Jones	1:08:29	6:50	486
9.33	11/16/97	Tewksbury	1:03:36	6:49	486
3.11	9/20/97	Elliot	19:40	6:19	485
5	9/27/97	Half to St Pats	32:41	6:32	485
5	3/9/97	FYB	32:49	6:33	483
10	10/4/97	Apple Harvest	1:08:53	6:53	483
5	1/26/97	FYB	32:53	6:34	482
5	2/9/97	FYB	32:56	6:35	482
3.11	9/6/97	Millyard	19:57	6:24	478
5	1/12/97	FYB	33:15	6:39	477
5	10/19/97	VeryFine	33:14	6:38	477
3.11	11/2/97	Santa Fund	20:14	6:30	472
5	8/23/97	Brookline	33:51	6:46	469
3.11	8/14/97	Healthsource	21:07	6:47	452

### 1998

6.21	4/26/98	James Joyce	40:06	6:27	499
5	10/25/98	Salem Screen	31:36	6:19	499
9.33	11/15/98	Tewksbury	1:02:30	6:42	495
5	2/14/98	Bradford	32:05	6:25	494
5	3/8/98	FYB	32:08	6:25	494
3.11	9/12/98	Millyard	19:26	6:15	491
10	2/22/98	DH Jones	1:07:59	6:47	490
5	1/11/98	FYB	32:26	6:29	489
4.7	3/1/98	N Medford-Derry	30:23	6:27	489

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
3.11	6/20/98	N. Hampton	19:31	6:16	489
6.21	6/27/98	Amherst 10k	40:53	6:35	489
9.33	2/7/98	Stews	1:03:21	6:47	488
5	4/19/98	Red Shoe Barn	32:30	6:30	488
10	10/3/98	Apple Harvest	1:08:30	6:51	487
4	7/17/98	Buffalo	25:38	6:24	487
5	7/25/98	St Anne's	32:40	6:32	486
5	6/6/98	Apple Country	32:41	6:32	485
13.11	10/10/98	Applefest	1:31:40	7:00	485
6.21	5/25/98	St. Louis	41:24	6:40	483
3.11	8/6/98	Thunder Chicken	19:46	6:22	483
4	7/4/98	Bedford 4 on 4	25:54	6:28	482
5	9/5/98	Bagel Run	31:54	6:35	482
3.11	11/28/98	Salmon Brook	19:50	6:22	481
3.11	1/1/98	Midnight Run	19:53	6:23	480
3.11	4/5/98	Alec's	19:53	6:23	480
3.11	7/12/98	Chris Zurich	19:55	6:24	479
3.11	5/16/98	Bedford PTO	19:59	6:25	478
3.11	10/18/98	Run For Shelter	20:00	6:26	477
5	8/22/98	Brookline	33:15	6:39	477
3.11	8/15/98	Londonderry OHD	20:09	6:29	474
3.11	11/1/98	Santa Fund	20:12	6:30	473
3.11	8/30/98	Macks X-C	20:51	6:43	458

### 1999

6.21	8/7/99	Beach to Beacon	39:52	6:25	502
6.21	4/25/99	James Joyce	40:00	6:26	500
9.4	12/5/99	Mill Cities	1:02:25	6:38	499
4.97	10/31/99	Salem Screen	31:49	6:24	495
9.33	11/14/99	Tewksbury	1:02:29	6:42	495
7.44	5/22/99	Bedford PTO	49:26	6:38	491
5	3/21/99	FYB	32:27	6:29	489
3.11	4/11/99	Alec's	19:30	6:17	489
6.21	2/21/99	Vero Beach	41:03	6:36	487
13.11	10/9/99	Applefest	1:31:26	6:59	487
5	8/21/99	Brookline	33:37	6:31	486
3.11	9/11/99	Millyard	19:38	6:18	486
10	10/2/99	Harvard Apple	1:08:37	6:51	485
5	7/15/99	Marathon Sports	32:48	6:34	484
13.11	8/15/99	Saint John	1:32:05	7:01	483
5	9/4/99	Bagel Run	32:48	6:33	483
3.11	11/27/99	Salmon Brook	19:44	6:21	483

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
4.97	5/1/99	Law Day	32:29	6:32	483
5	7/27/99	Hamilton	31:36	6:34	483
9.33	1/30/99	Stew's	1:04:05	6:53	482
13.11	3/14/99	Melrose 1/2	1:32:13	7:02	482
4.97	6/13/99	Bunker Hill	32:42	6:35	482
3.11	11/7/99	Santa Fund	19:50	6:23	481
5	1/10/99	FYB	33:11	6:38	478
5	6/5/99	Apple Country	33:10	6:38	478
5	1/10/99	FYB	33:11	6:38	477
5	7/4/99	PAL	33:23	6:41	475
13.11	4/18/99	Fred's 1/2	1:34:09	7:01	473
5	2/7/99	FYB	33:40	6:44	471
3.11	10/23/99	Cath. Med. Center	20:19	6:33	469
5	5/8/99	Apple Blossom	34:05	6:49	465
3.11	8/28/99	Gilford	20:32	6:36	465
16	1/24/99	Derry Boston Prep	2:00:37	7:32	456
4.97	6/27/99	Make a Wish	34:50	7:00	452
3.11	1/1/99	Peanut Chip	22:02	7:06	433

### 2000

7.44	5/20/00	Bedford	49:35	6:39	489
3.11	1/1/00	Derry	19:35	6:18	487
4.97	6/11/00	Bunker Hill	32:38	6:34	483
9.33	11/12/00	Tewksbury	1:04:00	6:52	483
3.11	3/6/00	FYB	19:53	6:24	480
13.11	10/7/00	Applefest	1:32:36	7:04	480
6.21	4/30/00	James Joyce	41:32	6:41	481
13.11	4/16/00	Fred's Half	1:32:51	7:05	479
4.97	10/29/00	Salem Screen	32:54	6:37	479
13.11	10/22/00	Baystate	1:32:59	7:06	478
5	3/12/00	Hynes	33:14	6:39	477
3.11	4/2/00	Alec's	19:59	6:26	477
5	2/12/00	Bradford	33:25	6:48	475
9.4	12/3/00	Mill Cities	1:05:32	6:58	475
7.44	2/26/00	Outback	51:07	6:51	474
3.11	3/19/00	FYB	20:05	6:28	474
3.11	5/28/00	Runners Alley	20:09	6:29	473
5	7/29/00	St. Anne's	33:34	6:43	472
3.11	8/19/00	Lon OHD	20:22	6:33	468
4.97	7/15/00	Bill Luti	33:48	6:48	466
6.22	7/8/00	Amherst 10k	43:01	6:55	465
5	8/25/00	Sons of Italy	34:07	6:49	464
5	5/13/00	Apple Blossom	34:08	6:50	464

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
10	9/30/00	Apple Harvest	1:11:40	7:10	464
3.11	10/15/00	Run 4 Shelter	20:32	6:37	464
3.11	11/5/00	Santa Fund	20:32	6:37	464
5	6/3/00	Apple Challenge	34:13	6:51	463
5	9/2/00	Bagel Run	34:13	6:51	463
3.11	9/9/00	Millyard	20:38	6:38	462
3.11	11/25/00	Salmon Brook	20:38	6:38	462
13.11	8/5/00	Manhattan Half	1:36:45	7:23	459
3.11	2/20/00	FYB	20:53	6:43	457
3.11	7/4/00	Merrimack Sparkler	21:01	6:46	454
3.11	2/6/00	FYB	21:10	6:48	451
3.11	7/22/00	Ameribrew	21:29	6:55	444
3.11	1/16/00	FYB	21:55	7:03	435
3.11	5/6/00	Derryfield x-c	22:12	7:09	429

### 2001

6.21	2/04/01	Log Cabin-NMC	41:32	6:41	480
5	1/15/01	FYB	33:55	6:47	467
3.11	1/1/01	Derry 5k	20:25	6:34	467
10	9/29/01	Harvard 10	1:11:35	7:10	465
10	2/01/01	Foxboro	1:11:43	7:10	464
3.11	9/15/01	Derryfest	20:37	6:38	462
5	1/29/01	FYB	34:28	6:54	460
4.97	11/22/01	Feaster 5	34:10	6:52	461
3.11	4/1/01	Tyngsboro Scholars	20:46	6:41	459
6.21	3/25/01	Rebhayim Romp	43:36	7:01	458
4.97	9/8/01	Union Leader	34:21	6:55	458
6.21	8/4/01	Beach to Beacon	43:42	7:02	457
6.21	8/10/01	Above the Rim	43:50	7:03	456
8.5	9/22/01	Winni	1:01:24	7:13	455
5	2/10/01	Bradford	34:55	6:59	454
5	9/1/01	Bagel Race	34:55	6:59	454
13.11	10/21/01	Baystate	1:38:06	7:29	454
13.11	3/11/01	Melrose	1:38:09	7:29	453
9.33	11/11/01	Tewksbury	1:08:26	7:21	451
5	7/28/01	St. Anne's	35:11	7:02	450
13.11	8/19/01	AFC 1/2	1:38:43	7:32	450
3.11	4/8/01	Alec's	21:15	6:51	449
4	3/17/01	An Ras Mor	2:55	6:59	447
5.3	7/17/01	Hudson – NMC	37:41	7:07	447
18.64	3/04/01	Boylston	2:25:23	7:48	445
6	7/10/01	Lancaster	35:40	7:08	444
3.11	6/23/01	Plaistow OHD	21:35	6:57	442

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
5	12/16/01	Lancaster (3.6)	35:49	7:10	442
5	7/4/01	Harvard	36:10	7:14	438
4.34	6/30/01	Make a Wish	31:13	7:11	436
4.97	6/10/01	Bunker Hill	36:24	7:19	432
6.4	12/2/01	Mill Cities (1.5)	48:00	7:30	430

### 2002

5	5/26/02	Baldi	33:41	6:44	470
5	3/23/02	Fresh Pond	33:42	6:44	470
4.97	6/14/02	Bunker Hill	33:45	6:47	467
5	1/6/02	FYB	33:58	6:48	466
3.11	4/7/02	Alec's	20:31	6:36	465
13.11	4/14/02	Fred's Half	1:35:55	7:19	463
13.11	3/10/02	Law Enforcement	1:36:12	7:20	462
5	2/03/02	FYB	34:28	6:54	460
5	2/9/02	Bradford	34:33	6:55	459
5	4/21/02	Firefighters	34:33	6:55	459
4	7/6/02	Kokomo	27:21	6:50	459
5	7/14/02	East End	34:32	6:54	459
6.21	8/4/02	Lobsterfest	43:34	7:01	459
4.97	9/7/02	Union Leader	34:17	6:54	459
7.44	5/18/02	Bedford PTO	52:59	7:07	458
3.11	8/7/02	Cigna	20:49	6:42	458
4.97	10/27/02	Salem Shirt	34:23	6:55	458
5	3/3/02	FYB	34:41	6:56	457
3.11	4/28/02	Tewksbury	20:55	6:44	456
3.11	1/1/02	Derry 5k	20:56	6:44	455
13.11	10/13/02	BAA Half	1:37:43	7:27	455
6.21	7/3/02	Indianapolis	44:01	7:05	454
3.11	11/3/02	Santa Fund	21:00	6:45	454
6.21	8/14/02	Saunders	44:13	7:07	452
3	9/28/02	St. Joe's	20:20	6:47	452
10	2/24/02	DH Jones	1:13:45	7:23	451
3.73	5/12/02	Med Center	25:40	6:53	451
5	6/1/02	Apple Challenge	35:09	7:02	451
5	1/20/02	FYB	35:12	7:02	450
16	1/27/02	Derry	2:02:19	7:39	450
3.11	9/21/02	Derryfest	21:19	6:51	448
10	7/30/02	Newburyport	1:14:29	7:27	447
4.34	6/29/02	Make a Wish	30:48	7:06	443
6.835	11/11/02	Veteran Mem	50:03	7:19	443
3.11	5/04/02	CHIPS	21:54	7:03	436
13.11	10/5/02	Applefest	1:43:44	7:55	428
5	2/17/02 (2.2)	FYB	37:15	7:27	425

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
3.11	10/20/02	Harvest Classic	22:27	7:13	425
12.43	6/23/02 (7.5)	Bedford 20k	1:39:29	8:01	422
3.11	11/10/02 (.8)	Race Ages	26:47	8:37	356

### 2003

1	12/28/03	Millenium Mile	6:01	6:01	471
5	5/25/03	Baldi	33:43	6:45	470
13.11	10/12/03	BAA Half	1:36:26	7:21	461
7.45	5/17/03	Bedford	52:50	7:05	460
3.7	7/21/03	Bedford, MA	25:00	6:45	460
6.385	11/11/03	Veteran Mem.	48:17	7:04	459
13.11	3/16/03	New Bedford	1:37:56	7:28	456
3.11	6/22/03	Greek	20:56	6:44	456
3.73	1/1/03	After the Party	25:30	6:50	454
10	7/29/03	Newburyport	1:13:22	7:20	454
3.11	8/2/03	Amherst	21:01	6:45	454
4.97	6/15/03	Bunker Hill	34:48	7:00	453
3.7	8/11/03	Bedford, MA	25:21	6:51	453
3.11	11/2/03	Santa Fund	21:05	6:47	453
6.21	3/22/03	Holyoke	44:14	7:07	452
3.11	7/15/03	Good Times	21:08	6:48	452
6.21	4/27/03	James Joyce	44:19	7:08	451
3.11	7/15/03	Good Times	21:08	6:48	451
13.11	10/4/03	Applefest	1:38:49	7:32	450
3.73	5/11/03	Med Center	25:53	6:56	448
5	7/13/03	East End	35:29	7:06	447
5	3/2/03	FYB	35:32	7:06	446
13.11	3/09/03	Law Enforcement	1:39:48	7:37	446
5	6/7/03	Apple Challenge	35:36	7:07	446
5	1/12/03	FYB	35:40	7:08	445
3.11	11/27/03	Thanks4giving	21:31	6:55	444
3.11	10/19/03	Run for Shelter	21:34	6:56	442
3.11	8/19/03	Good Times	21:35	6:57	442
3.11	8/31/03	Mill City	21:35	6:57	442
5	1/19/03	FYB	35:57	7:11	441
3.11	4/06/03	Alec's	21:38	6:57	441
3.11	8/05/03	Good Times	21:40	6:58	440
3.11	9/27/03	St. Joe	21:41	6:58	440
3.11	5/03/03	CHIPS	21:42	6:59	440
3.11	8/14/03	Cigna	21:49	7:01	437
3.5	11/30/03	Andover X-C	24:48	7:05	437
12.42	6/29/03	Bedford 20k	1:36:18	7:45	436
3.11	7/17/03	Moose Milers	21:54	7:03	436
8.5	9/20/03	Winni	1:04:19	7:34	435

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
5	8/9/03	Sandown	36:37	7:19	433
10	2/23/03	DH Jones	1:18:03	7:48	426
10	12/14/03	Andover	1:18:20	7:50	425
3.11	7/26/03	Dublin	22:40	7:13	421
3.11	8/26/03 (.8)	Good Times	24:12	7:47	392
3.11	8/21/03 (1.6)	Moose Milers	27:52	8:58	342

### 2004

5	2/28/04	Tampa	34:27	6:53	460
5.9	2/8/04	Mill Cities	41:31	7:02	454
6.21	3/20/04	Holyoke	44:06	7:06	454
7	6/27/04	Charles River	50:19	7:11	451
5	1/4/04	FYB	35:21	7:04	449
3.11	4/4/04	Alec's	21:24	6:53	446
5	2/15/03	FYB	35:53	7:11	442
5	1/18/04	FYB	36:00	7:12	440
6.21	7/4/04	N. Andover	45:39	7:21	438
13.11	10/10/04	BAA Half	1:41:57	7:47	437
3.73	5/9/04	Medical Center	26:33	7:07	436
3.11	11/25/04	Thanks4giving	21:56	7:03	435
3.11	11/7/04	Santa Fund	21:59	7:04	434
3.11	5/31/04	Moose Milers	22:00	7:04	434
3.11	5/16/04	Albert X-C	22:04	7:06	432
5	2/1/04 (4)	FYB	36:52	7:22	430
2.48	10/4/05	Moose Miler	17:28	7:03	428
3.11	8/9/04	Moose Milers	22:30	7:14	424
3.11	8/16/04	Moose Milers	22:31	7:14	424
3.11	7/26/04	Moose Miler	22:41	7:18	421
3.11	8/23/04	Moose Milers	22:41	7:18	421
3.11	7/19/04	Moose Milers	22:46	7:19	419
3.11	7/12/04	Moose Milers	23:00	7:24	415
3.11	5/24.04 (2.2)	Moose Milers	23:21	7:30	409
2.5	9/6/04 (2.1)	Moose Milers	19.44	7:54	383
3.11	8/2/04 (1.8)	Moose Milers	25:34	8:13	373

### 2005

3.11	10/2/05	Moose Milers	24:50	7:59	384
3.11	4/25/05	Moose Milers	25:06	8:04	380
3.11	4/18/05	Moose Milers	25:17	8:08	377
3.11	9/19/05	Moose Milers	25:20	8:09	377
3.11	8/22/05	Moose Milers	25:22	8:09	376

## RACES BY YEAR

Miles	Date	Race	Time	Pace	Points
3.11	10/10/05	Moose Milers	25:25	8:10	375
3.11	9/26/05	Moose Milers	25:29	8:12	375
3.11	8/15/05	Moose Milers	25:32	8:13	374
3.11	8/29/05	Moose Milers	25:44	8:16	371
3.11	9/12/05	Moose Milers	26:01	8:22	367
3.11	8/8/05	Moose Milers	26:20	8:28	362
3.11	8/1/05	Moose Milers	27:25	8:49	348