

Merrimac 7 Mile Handicap
Merrimac, MA February 19, 2023

Place	Name	Time	Handicap	Net Time	Age	Town/City	Club
1	Jeremy Zglobicki	70:19	-25:30	44:49	35	Templeton	NMC
2	Jonathan Miganowicz	72:40	-21:00	51:40	36	Templeton	NMC
3	Jeff Gould	68:59	-14:00	54:59	58	Gardner	NMC
4	Mark Rosenblum	71:22	-14:00	57:22	63	Melrose	MRC
5	Julie Dragon	71:55	-14:00	57:55	43	Sturbridge	NMC
6	Linnea Laverty	65:11	-5:15	59:56	36	Wilmington	WTR
7	Amy Fallon	70:03	-3:30	66:33	45	Worcester	NMC
8	Charlie Salmond	71:48	-5:15	66:33	70	Fitchburg	NMC
9	Freddi Triback	70:11	-5:15	66:41	51	Lynn	UNATT
10	Rick Hersey	70:17	-3:30	66:45	71	Medfield	NMC
11	Gary Horwitz	72:01	+2:00	74:01	60	Winchester	UNATT
12	Frank Delano	63:56	+13:00	76:56	57	Beverly	UNATT
13	Judy Tasker	64:58	+13:00	77:58	50	Melrose	Lynn Woods
14	Gina Hernandez	61:07	+18:30	79:37	44	Lynn	NMC
15	Sharon Dobbyn	61:07	+18:30	79:37	73	Saugus	NMC
16	Stephen Abbondanza	69:49	+10:30	80:19	71	Everett	NMC
17	Yvon Boucher	74:02	+7:00	81:02	59	Lunenburg	NMC
18	Charlie Seglig	72:02	+21:00	93:02	63	Providence,Ri	NMC
19	Peter Orni	70:15	+26:15	96:30	79	Ashburnham	NMC

Notes:

Host: Paul Tucker

Race Director: Marge Gladwin

Volunteers: David Duval, Jenna Labadini, Olivia Fillion, Rick Hersey, Kevin Fallon, and Serena Bassett