

Merrimac 7 Mile Handicap
Merrimac, MA Aug. 15, 2023

| Place | Name | Time | Handicap | Net Time | Age | Town | Club |
|-------|----------------------|--------|----------|-------------|-----|------------|------|
| 1. | Iain Ripgway | 71:13 | -28:00 | 43:13 | 43 | Holden | NMC |
| 2. | Jeremy Zglabicki | 70:05 | -24:30 | 45:35 | 36 | Templeton | NMC |
| 3. | Jonathan Miganowicz | 70:59 | -17:30 | 53:29 | 36 | Templeton | NMC |
| 4. | Jeff Gould | 69:44 | -14:00 | 55:44 | 58 | Gardner | NMC |
| 5. | Jim Shope | 71:09 | -10:30 | 60:39 | 69 | Sterling | NMC |
| 6. | Mark Rosenblum | 74:25 | -13:15 | 61:10 | 64 | Melrose | MRC |
| 7. | Amy Fallon | 71:57 | -7:45 | 64:12 | 46 | Worcester | NMC |
| 8. | Julie Dragon | 75:42 | -10:30 | 65:12 | 44 | Sturbridge | NMC |
| 9. | Denise Lawson | 68:19 | GUN | 68:19 | 62 | Uxbridge | NMC |
| 10. | Stephen Abbondanza | 75:19 | +7:00 | 82:19 | 71 | Everett | NMC |
| 11. | Charlie Salmond | 72:13 | -3:30 | 69:01 | 71 | Fitchburg | NMC |
| 12. | Rick Hersey | 69:10 | GUN | 69:10 | 72 | Medfield | NMC |
| 13. | Tom Sullivan | 77:29 | -7:00 | 70:29 | 63 | Medway | NMC |
| 14. | Aleida Castillo-Gage | 71:03 | GUN | 71:03 | 49 | Leominster | NMC |
| 15. | Kevin Fallon | 73:51 | GUN | 73:51 | 55 | Worcester | NMC |
| 16. | Marge Gladwin | 113:32 | | 113:32 | 69 | Westford | NMC |

Notes:

Host: Paul Tucker

Race Director: Marge Gladwin

Volunteers: Dave Duval, Rick Hersey, Bev Methieu