

2023 Summer Series Races / Grand Prix Results

Iron Men – all 15 races

Jonathan Miganowicz

Iron Women – all 15 races

Marge Gladwin

Grand Prix Total of 8 races required

Qualifications: 1/2 of 15 races = 7 + 1 = 8

Men

<u>Place</u>	<u>Name</u>	<u>Total points for top 8 races</u>
1 st	Jeremy Zglobicki	783
2 nd	Jonathan Miganowicz	773
3 rd	Jim Shope	577

Women

<u>Place</u>	<u>Name</u>	<u>Total points for top 8 races</u>
1 st	Amy Fallon	700
2 nd	Serina Bessett	669
3 rd	Marge Gladwin	456

2023 Trail Series Races / Grand Prix Results

Iron Men – all 4 races

Stephen Abbondanza Rick Hersey
Jonathan Miganowicz Charlie Salmond
Jeremy Zglobicki

Iron Women – all 5 races

Marge Gladwin Sherisa Sterling

Trail Grand Prix Total of 3 races required

Qualifications: 1/2 of 5 races = 2 + 1 = 3

Men

<u>Place</u>	<u>Name</u>	<u>Total points for top 3 races</u>
1 st	Jeremy Zglobicki	289
2 nd	Jonathan Miganowicz	279
3 rd	Jim Shope	211

Women

<u>Place</u>	<u>Name</u>	<u>Total points for top 3 races</u>
1 st	Alissa Clark	300
2 nd	Serina Bessett	250
3 rd	Amy Fallon	238

2023 Summer Series Races By Age Group

Men

<u>Age group</u>	<u>Name</u>	<u>Total points</u>	<u># of races</u>
<15	Sokari Jenkins	82	1
16-29	Jason O'Sullivan	261	3
30's	Jonathon Miganowicz	1352	15
40's	Iain Ridgeway	500	5
50's	Kevin Fallon	715	12
60's	Jim Shope	707	10
70's	Charlie Salmond	849	14
80+	Peter Orni	458	11

Women

<u>Age group</u>	<u>Name</u>	<u>Total points</u>	<u># of races</u>
<15	Ainslie Oakes	64	1
16-29	Elizabeth Boucher	251	3
30's	Ashley Griffin	205	3
40's	Amy Fallon	1049	13
50's	Serina Bassett	797	10
60's	Marge Gladwin	779	15
70+	Sherisa Sterling	419	7

2023 Distance Medley

Races – Summer 10K, Hill Top 5K, County Road 5K, Fall 15K

Iron Men – all 4 races

Stephen Abbondanza Rick Hersey
George Higgins Phil McGaw
Jonathan Miganowicz Peter Orni
Charlie Salmond

Iron Women – all 4 races

Alissa Clark Serina Bassett
Amy Fallon. Marge Gladwin