

Ammonoosuc Amble



...take the road to better health!

Course Records and Year-by-Year Results

Category	Name and Time	Year
Male Runner	Nicholas Wheeler 26:16	2009

Category	Name and Time	Year
Female Runner	Cathy Allen 31:37	1998

Category	Name and Time	Year
Male Walker	Keith Rowlett 52:58	2001

Category	Name and Time	Year
Female Walker	Pam Thurston 52:01	1998

Annual Winners	1994	1995	1996	1997	1998	1999	2000	2001	2002
Male Runner	Mark Pitts 27:43	Chip Langmaid 28:06	Brian Crockett 31:15	Rich Smith 28:28	Charlie Gunn 28:58	Len Hall 28:48	David Herr 28:59	Chip Langmaid 29:18	David Herr 28:09
Female Runner	Suzan Ballmer 32:34	Johanne De Boer 32:29	Johanne De Boer 34:14	Johanne De Boer 34:50	Cathy Allen 31:37	Suzan Ballmer 33:49	Kelsey Allen 34:51	Joselle Germano 34:24	Kelsey Allen 33:49
Male Walker	Louis Babin 1:00:35	Ron Fedele 56:50	Michael Hoffer 54:39	Michael Hoffer 56:18	Michael Hoffer 55:46	Michael Hoffer 57:24	Michael Hoffer 56:56	Keith Rowlett 52:58	John Renda 53:12
Female Walker	Pam Thurston 56:38	Pam Thurston 56:38	Jean McKenna 53:58	Jean McKenna 55:28	Pam Thurston 52:01	Sue Kenn 57:38	Jean McKenna 54:25	Cheri Manning 54:59	Barb Renda 56:10

Annual Winners	2003	2004	2005	2006	2007	2008	2009	2010	2011
Male Runner	Thorin Markison 27:05	Chris Brannon 27:30	McKeu deVitt 28:45	Lou Bregou 28:32	Kyle Powers 28:32	Kyle Powers 27:53	Nicholas Wheeler 26:16		
Female Runner	Susan Dunklee 32:54	Susan Dunklee 33:07	Megan Valentine 32:58	Megan Valentine 32:58	Megan Valentine 34:34	Kelsey Allen 32:22	Leanne Bernier 33:01		
Male Walker	Keith Rowlett 54:09	Roy Gero 57:20	Roy Gero 59:50	Daniel Dodson 58:57	David Kymalainen 59:03	Chris Luck 56:28	Stepen Dowling 57:34		
Female Walker	Jean McKenna 56:08	Jean McKenna 56:03	Jean McKenna 57:26	Deb Stiles 58:27	Barb Renda 57:16	Deb Stiles 00:09	Meg Bawtinheimer 59:14		

Ammonoosuc Community Health Services