

Table 1

Triple Crown Results											
Age Group	Cavalier Classic	Score	Run of the Century	Score	Run From the Lions Den	Score	Overall Score				
13 & Under Results - Women 5000 Run											
Jordon, Emme	25:49.900	1	22:03.700	1	24:28.200	1	3				
16-19 Results - Women 5000 Run											
Thomas, Amelia	29:37.200	1	26:30.800	1	29:21.300	1	3				
20-29 Results - Women 5000 Run											
Williams, Rachael	41:52.300	1	40:12.300	1	29:56.200	1	3				
30-39 Results - Women 5000 Run											
Dubrovich, Joy	29:23.700	1	26:47.730	1	29:07.700	1	3				
Lavelle, Erin	32:59.600	2	28:42.700	2	31:15.000	2	6				
Guilfoyle, Rachel	33:36.100	3	28:57.100	3	32:20.700	3	9				
Lacko, Jesse	43:09.500	4	39:19.700	5	49:59.300	4	13				
40-49 Results - Women 5000 Run											
Mead, Alyssa	40:01.600	1	38:40.600	1	34:37.100	1	3				
50-59 Results - Women 5000 Run											
Williams, Elizabeth	29:43.900	1	27:06.600	1	29:47.500	1	3				
Harvatine, Dawn	38:11.800	2	33:01.600	2	34:51.700	2	6				
Spinoso, Doreen	39:06.500	3	36:43.700	3	39:22.500	3	9				
Wilson, MaryEllen	41:51.900	4	39:37.400	4	41:19.100	4	12				
60+ Results - Women 5000 Run											
Shand, Phyllis	39:06.200	1	36:42.600	1	39:23.200	1	3				
12 & Under Results - Men 5000 Run											
Lavelle, Salvatore	27:38.600	1	26:00.700	1	27:23.900	1	3				
Lavelle, Dario	28:46.500	2	26:43.000	2	29:22.700	2	6				
13-15 Results - Men 5000 Run											
Shatto, Jacob	24:05.800	1	23:31:03	1	25:08.300	1	3				
16-19 Results - Men 5000 Run											
Fleming, James	28:04.700	1	27:51.800	1	29:16.700	1	3				
30-39 Results - Men 5000 Run											
Guilfoyle, Nate	26:11.600	1	23:41.600	1	25:57.300	1	3				
Schaum, Jason	26:46.900	2	25:22.400	2	26:51.900	2	6				
Galli, Frank	28:21.700	3	25:58.700	3	28:00.400	3	9				

Triple Crown Results											
Moats, Francis	29:31.100	4	27:20.100	4	30:03.800	4	12				
40-49 Results - Men 5000 Run											
Miller, Ken	25:27.700	1	22:22:05	1	23:58.300	1	3				
Mower, Clifton	46:10.400	3	32:55.400	2	29:06.800	2	7				
Fleming, Douglas	46:07.900	2	38:46.600	3	39:52.200	3	8				
50-59 Results - Men 5000 Run											
Thomas, Mark	27:13.700	1	24:52.200	1	26:09.800	1	3				
Crisp, Simon	28:09.100	2	26:02.400	2	28:12.100	2	6				
Holt, Robert	30:37.800	3	28:17.800	4	30:11.000	3	10				