

Willow Bay 5K Run & Fitness Walk for Women
Top 100 Finishing Times and Race Winners
1994 → 2026

PLACE	YEAR	ATHLETE	CITY	STATE	AGE	TIME
1	2023	Emily Bush *	Saratoga Springs	NY	16	16:52
2	1995	Patricia Wiegand *	Syracuse	NY	26	17:09
3	2000	Vicki Mitchell *	Buffalo	NY	31	17:15
4	2004	Judy Johnson *	Cicero	NY	27	17:18
5	1999	Kristin Schiesswohl *	Fayetteville	NY	27	17:24
6	2000	Kristin Schiesswohl	Fayetteville	NY	28	17:26
7	1999	Patti E Ford	LaFayette	NY	43	17:30
8	1998	Michelle Franklin *	Cortland	NY	28	17:39
8	2006	Michelle Lafleur *	Savannah	GA	34	17:39
10	1997	Charlene Lyford *	Greene	NY	31	17:40
11	1999	Mary Beth Romagnoli	Manlius	NY	30	17:42
12	2004	Shannon McHale	Marietta	NY	34	17:51
13	2017	Sascha Scott *	Syracuse	NY	41	17:53
14	1999	Laurie Feit-Melnick	Narragansett	RI	34	18:00
15	2006	Eileen F Combs	Schenectady	NY	28	18:02
16	1998	Mary Beth Romagnoli	Manlius	NY	29	18:03
17	2007	Eileen F Combs *	Schenectady	NY	29	18:04
18	1994	Carolyn Eich *	Syracuse	NY	36	18:06
19	1997	Mary Beth Romagnoli	Manlius	NY	28	18:10
19	2013	Erin McConnell *	LaFayette	NY	18	18:10
21	2003	Shannon McHale *	Marietta	NY	33	18:11
21	2014	Jordan Naylor *	Oswego	NY	23	18:11
23	1996	Patti E Ford *	LaFayette	NY	40	18:12
24	1999	Michelle Lafleur	Memphis	NY	27	18:13
25	1998	Tanya Heard	Manlius	NY	37	18:14
26	1995	Carolyn Eich	Syracuse	NY	37	18:16
27	1995	Tracey Swarts	Baldwinsville	NY	27	18:20
28	2005	Shannon McHale *	Marietta	NY	35	18:21
28	2023	Anya Belisle	Gansevoort	NY	17	18:21
30	2007	Kristin M White	Manlius	NY	35	18:22
31	1994	Betsy Kneale	LaFayette	NY	29	18:28
32	2013	Katie Sischo	Jamesville	NY	19	18:29
33	2009	Brittany Burns *	Watertown	NY	20	18:31
33	2021	Rose D Coats*	Brooklyn	NY	16	18:31
35	1995	Jean Queal	Watertown	NY	43	18:32
35	2000	Michelle Franklin	Cortland	NY	30	18:32
37	1998	Patti E Ford	LaFayette	NY	42	18:34
38	1997	Jessica Sicherman	Baldwinsville	NY	29	18:36
39	1999	Andrea L Cooper	Syracuse	NY	24	18:37
40	1996	Carolyn Eich	Syracuse	NY	38	18:41
41	2009	Katie Brislin	Manlius	NY	14	18:44
41	2014	Lindsay Weaver	Camillus	NY	16	18:44
41	2023	Kate Turner	Porter Corners	NY	16	18:44

44	2012	Megan Ann Pierce *	Jamesville	NY	16	18:45
45	1998	Nicolette Bolton	Lacona	NY	16	18:46
45	1999	Leatha Damron	Syracuse	NY	36	18:46
45	2002	Ashley Hughes *	Phoenix	NY	16	18:46
45	2006	Kristin White	Manlius	NY	34	18:46
45	2009	Leann Donnelly	Liverpool	NY	25	18:46
50	2013	Megan Ann Pierce	Jamesville	NY	17	18:47
51	2023	Alycia Hart	Gansevoort	NY	17	18:50
52	2004	Claudette R Mainville	Evans Mills	NY	37	18:51
53	1996	Sarah Falso	Fayetteville	NY	35	18:53
54	2023	Reagan Owen	Gansevoort	NY	13	18:54
55	2004	Kelly Dworak	Carlisle Barrcks	PA	42	18:56
55	2007	Jen L Wynands	Lyn	ON	18	18:56
55	2010	Lindsay Raulli *	N Syracuse	NY	19	18:56
58	1998	Jill R Vollweiler	Syracuse	NY	30	18:57
58	2003	Ashley Hughes	Phoenix	NY	17	18:57
60	2007	Kelly B Dworak	Brewerton	NY	45	18:58
61	2001	Murphee Hayes-Falls *	Marathon	NY	27	19:00
61	2023	Yue Tong Ang	Gansevoort	NY	14	19:00
63	2009	Mary Carroll	Ithaca	NY	14	19:02
64	1995	Joan Butler	Cazenovia	NY	43	19:03
65	1994	Noreen Verdoliva	Mexico	NY	33	19:04
65	2000	Andrea L Cooper	Syracuse	NY	25	19:04
67	1994	Joan Butler	Cazenovia	NY	42	19:06
67	2006	Jessica Sicherman	Jamesville	NY	38	19:06
69	1997	Tanya Heard	Syracuse	NY	36	19:07
70	1996	Jeryl Simpson	Albany	NY	38	19:09
71	1998	Andrea L Cooper	Syracuse	NY	23	19:10
72	1996	Barbara J Blaszak	Syracuse	NY	46	19:12
73	2010	Rachel Zajdel	Jamesville	NY	17	19:13
74	1997	Leatha Damron	Syracuse	NY	34	19:14
75	1996	Leatha Damron	Syracuse	NY	33	19:16
75	2001	Ashley Hughes	Phoenix	NY	15	19:16
77	2000	Brenda L Litzinger	Derby	NY	32	19:21
77	2007	Janet K Wynands	Lyn	ON	47	19:21
77	2026	Bethany M Hudson *	Liverpool	NY	33	19:21
80	1995	Betsy Kneale	Syracuse	NY	30	19:22
81	2023	Kaitlyn Phillips	Rome	NY	26	19:22
82	2008	Allison Lasnicki %	Canastota	NY	15	19:23
83	2023	Heidi Berglund	Gansevoort	NY	14	19:26
84	2000	Rachel A Gregg	Lacona	NY	20	19:28
84	2003	Debbie Pomainville	Malone	NY	35	19:28
86	2003	Claudette R Mainville	Evans Mills	NY	36	19:29
87	2002	Claudette R Mainville	Evans Mills	NY	35	19:31
87	2003	Erin Anderson	Manlius	NY	20	19:31
87	2011	Jeanette Cudney *	Cazenovia	NY	15	19:31
90	1999	Carolyn Eich	Syracuse	NY	41	19:32
90	2002	Debbie Pomainville	Malone	NY	34	19:32
92	1998	Debbie Pomainville	Malone	NY	30	19:33
93	1994	Maria Sweeney	Syracuse	NY	34	19:34

94	2000	Claudette R Mainville	Evans Mills	NY	33	19:36
95	2001	Andrea L Cooper	Syracuse	NY	26	19:37
95	2008	Kelly B Dworak %	Brewerton	NY	46	19:37
95	2018	Katie Dolan *	Baldwinsville	NY	32	19:37
98	2005	Ashley Hughes	Phoenix	NY	19	19:40
99	2015	Leah Andrianos *	East Syracuse	NY	26	19:41
100	2009	Rachel Zajdel	Jamesville	NY	16	19:44
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107	2016	Karyl Sargent *	LaFayette	NY	53	19:50
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126	2008	Katie Brislin *	Manlius	NY	13	20:14
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150	2024	Ana LaValle *	Liverpool	NY	14	20:25
	...	...	...	...	...	...
155	2019	Karyl Sargent *	LaFayette	NY	56	20:27
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XXX	2025	Natalie Digennaro *	Chittenango	NY	17	21:33
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XXX	2022	Theresa M Price *	Baldwinsville	NY	43	22:43

* = Race Winner

% = 2nd Heat Times