

THE TRAINING PROGRAM FOR COMPETITIVE ATHLETES

Date	Name	Affliation	Event	Time	Place	Notes
1-Oct	John Jantz	Arlington HS	2.75 miles	14:37	2nd	1st on team/21 sec on CR
1-Oct	Tom Finneran	Thayer Academy	5K	15:50	1st	15t on team/21 see on cit
2-Oct	Emily Lanois	Hamilton Wenham	2.85 miles	19:09	2nd	1st on team
3-Oct	Tom Finneran	Thayer Academy	5K	17:10	2110	150 on team
3-Oct	Will Gibbons	Belmont Hill School	5K	17:24		
3-Oct	Zach Bernstein	Belmont Hill School	5K	18:58		
4-Oct	Ben Halpin	St. Johns Prep	5K	17:11	39th	Bay State Invitational
4-Oct	Camille Murphy	Framingham High School	5K	18:58.5		Bay State Invitational
4-Oct	Molly McFadden	Ursuline Academy	5K	21:42	53rd	Bay State Invitational
4-Oct	Jane Milne	Dover-Sherborn High School	5K	21:49	58th	Bay State Invitational
4-Oct	Emily Lanois	Hamilton Wenham Regional	5K	18:48	2nd	Bay State Invitational
4-Oct	Alison Lanois	Hamilton Wenham Regional	5K	19:52	8th	Bay State Invitational
4-Oct	Kathleen Mello	Boston Latin School	5K	20:11	20th	Bay State Invitational
4-Oct	Andy Stillman	Xaverian Brothers	5K	16:26	9th	Bay State Invitational
4-Oct	John Bleday	Xaverian Brothers	5K	16:35	12th	Bay State Invitational
5-Oct	Lee Milne	Dover-Sherborn Middle	5K	20:17	18th	July State Invitational
5-Oct	Julia Whyte	Acton-Boxborough Regional	1.1 miles	7:21	200	
5 000	Jana Willyte	Accord Boxborough Regional	111 1111100	,,,,,,		