

**Southwest Harbor Days
Road Race | 5.7 Miles
May 1979 | Southwest Harbor**



Westphal Wins SWH Road Race By Coin Toss

Mike Westphal won a coin toss to be declared the winner of the Southwest Harbor Days Road Race. His time of 30:27 was tied by Jon Howland of Salisbury Cove. Ralph Thomas of Gardiner finished the 5.7 mile course in 32:31 to nab the men's third place trophy. Harry Benquist of Durham, NH was Senior's winner (over 40) and Juniors winner was Chuck Trefethan of Ellsworth. Jackie Trefethan of Ellsworth crossed in 39:14 to become the top woman runner. Susan Lawrence of Southwest Harbor was second with a time of 41:26, and Kathy Sarns was right behind her at 42:48.

A complete winners list follows:

1. Mike Westphal	30:27	24. Richard Davis	40:13
2. Jon Howland	30:27	25. Richard Barter	40:33
3. Ralph Thomas	32:31	26. Gary Davis	40:39
4. James Westphal	32:59	27. Sandy McFarland	40:58
5. Mike Swanson	33:20	28. Ed Raymaker	41:06
6. Gary Allen	34:13	29. Lou Charlett	41:23
7. John Trefethen	34:51	30. Charles Lerner	41:31
8. Dick Hudson	34:56	31. Susan Lawrence	42:26
9. Harold Pratt	35:12	32. Kathy Sarns	42:48
10. Jacques Marchand	36:01	33. Norman Fitzgerald	43:08
11. David Thurlow	36:06	34. David Roundy	43:23
12. Henry Williams	36:11	35. Carol McVicas	43:45
13. Forrest Hart	36:27	36. Susan Reid	44:25
14. Richard Fisher	37:07	37. Jackie Digenmaro	45:21
15. Mike Gordan	38:07	38. Joe Eggert	45:53
16. Richard Cornyeor	38:44	39. Chuck Trefethen	46:02
17. Bob Milliken	38:50	40. Reg Hudson	46:19
18. Mike Beaudoin	39:14	41. Ed O'Connell	46:52
19. Jackie Trefethen	39:14	42. Ioan Allen	46:58
20. John Marshall	39:26	43. Larry Allen	46:58
21. Mike Kelley	39:27	44. Terri Hill	48:51
22. Brian Higgins	40:09	45. Cheryl Davis	49:04
23. Harry Benquist	40:10	46. Alston Beal	49:30

47. Wendy Roundy 53:33
48. Debbie Blount 53:35
49. Mary Helen White 53:58
50. John Diggs 55:09

51. George Tuttle 56:17
52. Lynn Jebbia 57:55
53. Debra Hamitlon 1:01:53