

Race Date
July 31, 2019

11th Night 5K LIRRC Wednesday Night Series

Age Group Results

3 Mile

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michelle Hyers	Hicksville NY	34	671	23	23:18.15	7:46/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Roger Mok	Roslyn NY	40	622	1	18:22.13	6:07/M

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Female 12 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Shannon Pulis	West Hempstead NY	11	680	53	27:29.78	9:10/M
2	Kelly Pulis	West Hempstead NY	10	679	58	28:10.64	9:24/M

Male 12 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	James Russell	Lindenhurst NY	8	641	12	20:50.21	6:57/M
2	Jacob D'Amico	Wantagh NY	11	607	22	23:09.93	7:43/M
3	Bruce Cabrera	Fresh Meadows NY	11	702	24	23:21.87	7:47/M
4	Dylan Heerkens	Williston Park NY	10	672	57	28:09.30	9:23/M

Male 13 to 15

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Trevor Rinn	Oceanside NY	15	649	8	20:27.78	6:49/M
2	Benjamin Dammers	Levittown NY	14	644	18	22:31.05	7:30/M
3	Valentin Gonzalez	Westbury NY	13	611	34	24:36.84	8:12/M
4	Samuel Sanchez	Uniondale NY	14	705	69	30:27.74	10:09/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kelly Comack	Oyster Bay NY	22	605	45	26:30.62	8:50/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chris Andrade	Syosset NY	21	701	4	19:34.57	6:32/M
2	Joseph Schrom	West Babylon NY	24	631	46	26:30.82	8:50/M
3	Vincent Napolitano	Williston Park NY	21	624	62	28:33.38	9:31/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Peter Briguglio	Massapequa NY	28	897	13	20:50.57	6:57/M

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Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Patty O'Leary	Huntington Station NY	33	647	39	25:42.56	8:34/M
2	Leah Fisch	Hicksville NY	33	681	63	28:58.62	9:40/M
3	Mirel Fisch	Jericho NY	31	682	66	29:18.04	9:46/M
4	Neina Vetrano	Old Westbury NY	34	707	88	38:56.78	12:59/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mike Burd	Levittown NY	33	670	5	19:37.17	6:32/M
2	Keith Masso	Glen Cove NY	32	621	7	20:22.92	6:48/M
3	Jonathan Lee	Dix Hills NY	30	642	17	21:29.67	7:10/M
4	Richard Giron	Uniondale NY	34	664	19	22:31.91	7:31/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michelle Fussell	Hempstead NY	38	666	67	29:48.02	9:56/M
2	Christina Heerkens	Williston Park NY	38	668	81	35:05.35	11:42/M
3	Karen Juarez	Commack NY	35	618	85	37:27.56	12:29/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Luis Palma	Bay Shore NY	36	640	3	19:02.35	6:21/M
2	Gregory Waxman	Malverne NY	37	598	11	20:48.85	6:56/M
3	James Sciara	LINDENHURST NY	39	639	21	23:09.37	7:43/M
4	Eric Holden	Westbury NY	36	646	26	23:33.43	7:51/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Patricia Russell	Lindenhurst NY	40	643	54	27:42.76	9:14/M
2	Pricillya Bloess	Levittown NY	43	637	76	34:03.13	11:21/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	James Dammers	Levittown NY	44	645	10	20:38.39	6:53/M

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Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Dennis Rozario	NY	44	687	20	23:07.14	7:42/M
3	John Vogt III	Rockaway Beach NY	44	633	35	24:44.20	8:15/M
4	Jason Vegas	East Meadow NY	40	600	42	26:03.23	8:41/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chaia Frishman	Far Rockaway NY	46	674	49	26:59.23	9:00/M
2	Julie Bickar Nappi	Garden City NY	47	700	50	27:16.00	9:05/M
3	Melissa Slobin	Great Neck NY	47	695	65	29:03.98	9:41/M
4	Mary Loiacono	Lindenhurst NY	45	648	70	31:51.42	10:37/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ramon Cabrera	Freshmeadow NY	46	703	6	19:40.01	6:33/M
2	Jose Velasquez	Old Westbury NY	47	698	9	20:36.49	6:52/M
3	Hector Jaramillo	Baldwin NY	48	616	16	21:03.23	7:01/M
4	Jack Warecki	Uniondale NY	49	689	27	23:35.61	7:52/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Anne Broderick	Hicksville NY	53	675	51	27:18.04	9:06/M
2	Noreen McLoughlin	Levittown NY	54	706	90	40:22.11	13:27/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Luis Sanchez	Uniondale NY	50	704	31	24:12.00	8:04/M
2	Lee D'Amico	Wantagh NY	50	608	48	26:56.41	8:59/M
3	Peter Montalbano	Merrick NY	53	638	59	28:13.88	9:25/M
4	Paul Bloess	Levittown NY	50	636	77	34:04.03	11:21/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Suzanne Gaddis	Levittown NY	55	691	37	25:10.41	8:23/M

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Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Susan Maier	Long Beach NY	55	673	38	25:33.10	8:31/M
3	Adriana McCrindle	East Meadow NY	58	690	44	26:16.33	8:45/M
4	Jina Heo	Garden City NY	59	696	74	32:15.24	10:45/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jan Kasal	Malverne NY	56	665	15	20:54.67	6:58/M
2	David Ramos	Stony Brook NY	57	684	25	23:29.77	7:50/M
3	Steven Simmons	Massapequa NY	58	913	30	23:56.31	7:59/M
4	Michael Broderick	Hicksville NY	55	676	36	24:49.46	8:16/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Matthew Grant	Brooklyn NY	60	612	2	18:41.61	6:14/M
2	Eddie Ward	Syosset NY	63	851	14	20:51.39	6:57/M
3	Allen Cheong	Baldwin NY	62	685	29	23:54.29	7:58/M
4	James Gallagher	Lindenhurst NY	64	686	41	25:48.36	8:36/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Patti Drake	Lynbrook NY	68	663	43	26:09.89	8:43/M
2	Peggy Conneely	Wantagh NY	65	688	72	32:01.88	10:41/M
3	Gail Boyd	The Villages FL	68	865	84	36:29.65	12:10/M
4	Rochelle Holden	Westbury NY	65	599	86	37:54.33	12:38/M

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brian Butler	Long Beach OH	65	604	32	24:22.63	8:08/M
2	Dennis Dowling	Baldwin NY	65	693	71	31:55.15	10:38/M
3	Joseph Yonda	Mineola NY	68	699	89	39:28.44	13:09/M

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Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Johnny Miller	Merrick NY	72	667	56	28:05.63	9:22/M
2	Alan Hodish	East Meadow NY	71	697	78	34:07.74	11:23/M
3	John Fahner	Mineola NY	71	597	87	38:50.70	12:57/M