

Race Date
June 12, 2019

Honor the Flag 5K LIRRC

Age Group Results

5K Open

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	Michiko Clarke	Westbury NY	38	2426	9	20:17.60	6:32/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	Billy Ulrich	Floral Park NY	21	148	1	16:26.06	5:17/M

Race Date
June 12, 2019

Honor the Flag 5K LIRRC

Age Group Results

5K Open

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	2439	43	25:26.30	8:11/M
2	Andrea Marquina	Lindenhurst NY	12	159	50	25:48.78	8:18/M
3	Kelly Pulis	West Hempstead NY	10	2440	71	28:47.80	9:16/M
4	Sophie Lambert	Hicksville NY	10	2404	93	31:18.00	10:04/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	Bruce Cabrera	Fresh Meadows NY	11	4	38	25:16.69	8:08/M
2	Valentin Gonzalez	Westbury NY	12	182	77	29:48.07	9:36/M
3	Justin Barrera	Merrick NY	12	3631	82	30:06.65	9:41/M
4	Samuel Sult	Valley Stream NY	11	165	98	31:51.64	10:15/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	Nicholas Andrews	Freeport NY	13	176	2	19:14.49	6:11/M
2	Jack Schwabe	Malverne NY	15	3640	8	20:15.32	6:31/M

Female 16 to 19

<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 *	Rosa Zavala	Glen Cove NY	17	161	63	28:09.66	9:04/M
2 *	Astrid Bonilla	Hempstead NY	17	8124	120	35:52.51	11:33/M

Male 16 to 19

<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 *	Steven Bailey	Glen Cove NY	17	167	12	20:55.61	6:44/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	Kaitlyn McDonough	Levittown NY	20	3625	134	39:57.35	12:52/M

Race Date
June 12, 2019

Honor the Flag 5K LIRRC

Age Group Results

5K Open

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	Joe Saklow	Seaford NY	24	2436	24	23:16.15	7:29/M
2	Jose Zavala	Hempstead NY	24	3634	49	25:45.59	8:17/M
3	Matthew Gerson	East Meadow NY	24	8149	148	46:29.05	14:58/M

Female 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	Stephanie Maybie	North Massapequa NY	25	3214	45	25:28.50	8:12/M
2	Zully Velasquez	Old Westbury NY	26	3216	53	26:05.10	8:24/M
3	Christina Guando	Farmingdale NY	28	183	73	28:52.46	9:17/M
4	Survilla Nicole	Wantagh NY	26	2406	76	29:07.53	9:22/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	Ray Giron	Uniondale NY	29	3223	4	19:47.11	6:22/M
2	Travis Pereira	Glen Cove NY	29	1	5	19:50.19	6:23/M
3	Willard Mahler	Oceanside NY	26	186	7	19:53.09	6:24/M
4	Peter Briguglio	Massapequa NY	28	155	52	26:00.06	8:22/M

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	Michelle Hyers	Hicksville NY	34	150	25	23:39.64	7:37/M
2	Lisa Bonanni	Selden NY	32	2422	29	24:16.82	7:49/M
3	Abilene De Jesus	Levittown NY	30	3639	65	28:20.70	9:07/M
4	Rose Sorenson	Long Beach NY	30	2425	83	30:13.98	9:44/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	Tyler Lauer	Levittown NY	30	153	6	19:50.93	6:23/M
2	George Reeder	Mineola NY	33	3636	46	25:32.96	8:13/M
3	Ian Biller	Hicksville NY	33	3630	122	36:39.86	11:48/M

Race Date
June 12, 2019

Honor the Flag 5K LIRRC

Age Group Results

5K Open

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	Erika Rivera-Torres	Islip Terrace NY	39	8075	85	30:17.58	9:45/M
2	Christina Heerkens	Williston Park NY	38	2446	87	30:43.74	9:53/M
3	Michelle Fussell	Hempstead NY	38	2447	110	33:09.56	10:40/M
4	Laura Pisani	Astoria NY	36	2416	116	33:54.96	10:55/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	Louis Green	Hempstead NY	39	168	27	24:06.02	7:45/M
2	John Caridi	West Babylon NY	35	166	30	24:27.85	7:52/M
3	Mike Wisniewski	North Babylon NY	38	3626	44	25:27.22	8:11/M
4	Pulis David	West Hempstead NY	39	2442	72	28:50.70	9:17/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	Jeanna Lambert	Hicksville NY	43	2403	97	31:43.38	10:13/M
2	Simmi Rozario	Merrick NY	43	175	108	32:49.57	10:34/M
3	Kim Duchow	Lindenhurst NY	43	3638	131	38:07.58	12:16/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	Jimmy Peck	Huntington Station NY	43	8093	21	22:55.98	7:23/M
2	Brito Romulo	Uniondale NY	41	3641	26	23:50.49	7:40/M
3	Robert Bradshaw	East Meadow NY	44	2409	36	24:56.79	8:02/M
4	Rosario Dennis	Merrick NY	42	171	40	25:19.40	8:09/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	Liz Trumpy	Levittown NY	49	3637	78	29:52.70	9:37/M
2	Julia Hegner	Wantagh NY	45	2450	84	30:14.36	9:44/M
3	Diana Marks	Wantagh NY	47	2407	106	32:47.20	10:33/M
4	Mary Tercynski	Williston Park NY	45	3642	111	33:10.53	10:41/M

Race Date
June 12, 2019

Honor the Flag 5K LIRRC

Age Group Results

5K Open

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	Fresh Meadows NY	46	145	10	20:26.54	6:35/M
2	Jesus Perez	Freeport NY	45	2420	11	20:50.00	6:42/M
3	Jose Velasquez	Old Westbury NY	47	3217	13	21:44.23	7:00/M
4	Hector Jaramillo	Baldwin NY	48	185	16	21:53.72	7:03/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	Grainne Josaphat	Bethpage NY	54	162	22	23:00.53	7:24/M
2	Linda Manno	Lindenhurst NY	52	169	48	25:37.39	8:15/M
3	Anne Broderick	Hicksville NY	53	2411	60	27:36.43	8:53/M
4	Lori Mangual	Merrick NY	54	2445	66	28:20.99	9:07/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	John Kane	Levittown NY	50	147	3	19:41.75	6:20/M
2	Steve Juchem	N Bellmore NY	50	174	15	21:52.71	7:02/M
3	Chris Frank	Seaford NY	52	2430	19	22:28.00	7:14/M
4	Michael Sorrentino	Freeport NY	50	2421	20	22:28.00	7:14/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	Jeanette Ohalloran	Garden City NY	59	3628	59	27:05.76	8:43/M
2	Theresa Bazan	Glenwood Landing NY	55	151	104	32:19.16	10:24/M
3	Erica Gaston	Central Islip NY	55	2438	113	33:36.62	10:49/M
4	Jina Heo	Garden City NY	57	2443	118	34:11.15	11:00/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	2	14	21:50.41	7:02/M
2	David Ramos	Stony Brook NY	57	2415	34	24:37.28	7:55/M
3	Jaime Segura	Albertson NY	57	2441	37	25:13.57	8:07/M
4	Steven Simmons	Massapequa NY	58	2433	39	25:17.81	8:08/M

Race Date
June 12, 2019

Honor the Flag 5K LIRRC

Age Group Results

5K Open

Female 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	Susie Marnell	Huntington Station NY	62	2414	57	26:46.83	8:37/M
2	Lori Vallejo	New Hyde Park NY	60	3633	86	30:17.86	9:45/M
3	Pamela Weess	Great Neck NY	61	2427	105	32:28.10	10:27/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	Eddie Ward	Syosset NY	63	157	17	22:03.95	7:06/M
2	Jerry Wosleger	Merrick NY	60	146	32	24:31.66	7:53/M
3	Allen Cheong	Baldwin NY	62	2429	41	25:20.80	8:09/M
4	Pj Diskin	Mineola NY	63	2401	42	25:23.00	8:10/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	Peggy Conneely	Wantagh NY	65	2448	117	33:56.83	10:55/M
2	Rochelle Holden	Westbury NY	65	8092	136	40:13.99	12:57/M
3	Andree Johnson	Old Westbury NY	68	3644	146	44:54.18	14:27/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	Dennis Dowling	Baldwin NY	65	2408	102	32:04.28	10:19/M
2	Sal Mirando	Plainview NY	68	3	137	41:03.80	13:13/M
3	Joseph Yonda	Mineola NY	68	2434	141	42:06.73	13:33/M

Female 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	Maureen Frisone	Nhp NY	70	196	80	29:59.24	9:39/M

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	David Frisone	Nhp NY	74	152	35	24:48.70	7:59/M
2	Shawn Momtahn	Bay Shore NY	70	188	69	28:36.56	9:12/M
3	Johnny Miller	Merrick NY	72	8073	70	28:39.07	9:13/M
4	Joseph Salow	bellerose NY	72	158	103	32:12.40	10:22/M

Race Date
June 12, 2019

Honor the Flag 5K LIRRC

Age Group Results

5K Open

Male 75 to 79

<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	Antonio Patino	Seaford NY	76	2413	126	37:14.45	11:59/M