

Race Date
August 01, 2018

John David 5K - LIRRC Wednesday Night Series

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	Laurn Heskin	Floral Park NY	14	8413	5	19:10.38	6:10/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	Ryan Heskin	Floral Park NY	17	8412	1	17:05.90	5:30/M

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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 *	Andrea Marquina	Lindenhurst NY	11	8542	87	32:52.77	10:35/M
2 *	Ruth Small	Merrick NY	9	8505	92	33:25.48	10:45/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 *	Aidan Ke	Little Neck NY	12	8422	6	19:56.27	6:25/M
2 *	Tyler Ke	Little Neck NY	9	8424	33	24:58.11	8:02/M
3 *	Alex Rosenkrantz	East Meadow NY	7	8452	74	30:36.21	9:51/M
4	Connor Ronan	Floral Park NY	12	8417	82	31:22.17	10:06/M

Female 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 *	Maya Spottiswood	Bellmore NY	14	8453	8	20:40.96	6:39/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 *	Matisse Barreira	Queens Village NY	15	8415	3	17:40.29	5:41/M
2 *	Kenny Procacci	Franklin Square NY	14	8502	4	18:44.54	6:02/M
3 *	Brian Rettig	Floral Park NY	15	8480	24	23:37.28	7:36/M
4	James Hopkins	Franklin Square NY	14	8474	29	24:28.66	7:53/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 *	Andy Nowak	Mineola NY	18	8512	127	46:40.46	15:01/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 *	Wendy Gonzalez	Valley Stream NY	21	8406	14	21:38.47	6:58/M
2 *	Holly Maggio	Bohemia NY	24	73	55	27:40.68	8:54/M
3 *	Katie Minerva	Commack NY	23	8471	124	44:27.32	14:18/M

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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 *	Brandon Eagle	East Meadow NY	21	8496	2	17:29.78	5:38/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 *	Caroline Senatore	Hicksville NY	27	130	52	27:14.45	8:46/M
2 *	Zully Velasquez	Old Westbury NY	25	8498	59	27:57.34	9:00/M
3 *	Abilene De Jesus	Levittown NY	29	8536	88	32:53.95	10:35/M
4	Julianne Postiglione	Lake Ronkonkoma NY	26	128	89	33:12.47	10:41/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 *	Milton Geovanny Guachun	Hempstead NY	29	62	9	20:46.61	6:41/M
2 *	Pharlin Noel	Hempstead NY	29	8454	10	20:49.90	6:42/M
3 *	Walter Bryant	Queens Village NY	25	8489	13	21:33.37	6:56/M
4	Hernaël Noel	Hempstead NY	26	8457	20	23:14.89	7:29/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	33	8461	37	25:35.43	8:14/M
2 *	Mirel Fisch	Jericho NY	30	8518	112	37:44.76	12:09/M
3 *	Leah Fisch	Hicksville NY	32	8517	120	43:33.24	14:01/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 *	Richard Giron	Uniondale NY	33	8494	18	22:52.05	7:22/M
2 *	Brendan Woods	Hicksville NY	34	8462	38	25:35.62	8:14/M
3 *	Ian Biller	Hicksville NY	32	8516	121	43:33.55	14:01/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 *	Fiona Miles-Mason	Levittown NY	37	8537	73	30:34.67	9:50/M
2 *	Michelle Fussell	Hempstead NY	38	8524	80	31:13.51	10:03/M
3 *	Christine Cirella	Bethpage NY	36	8528	106	35:43.55	11:30/M

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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	35	8500	11	21:09.03	6:48/M
2 *	Billy Richards	Central Islip NY	36	129	45	26:14.28	8:27/M
3 *	Thomas Francisci	Kings Park NY	35	125	53	27:25.88	8:49/M
4	Mike Wisniewski	North Babylon NY	38	8487	54	27:34.43	8:52/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 *	Trish Dunn	Merrick NY	41	8477	100	34:33.19	11:07/M
2 *	Kim Duchow	Lindenhurst NY	43	8495	108	36:05.76	11:37/M
3 *	Jenn Grauso	Levittown NY	40	117	110	37:01.12	11:55/M
4	Iva Sutton	Selden NY	43	8465	126	46:10.97	14:52/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	43	8492	15	21:53.65	7:03/M
2 *	Jesus Perez		44	8482	17	22:39.80	7:17/M
3 *	Romulo Brito	Uniondale NY	40	8541	19	22:59.43	7:24/M
4	Manuel Marquina	Lindenhurst NY	44	8544	27	24:13.73	7:48/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 *	Elaine Forbes	Woodmere NY	49	8455	41	25:51.16	8:19/M
2 *	Mercedes Marquina	Lindenhurst NY	46	8543	49	26:38.00	8:34/M
3 *	Avigael Wodinsky	West Hempstead NY	48	8519	85	32:00.74	10:18/M
4	Jackie Olmsted	Massapequa NY	48	8483	95	34:04.90	10:58/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 *	Jose Velasquez	Old Westbury NY	46	8499	16	22:35.77	7:16/M
2 *	Ira Kaplan	East Meadow NY	48	8468	21	23:17.33	7:30/M
3 *	Steve Juchem	Bellmore NY	49	8478	23	23:29.75	7:34/M
4	Hector Jaramillo	Baldwin NY	47	9	25	23:42.55	7:38/M

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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	53	8491	28	24:27.01	7:52/M
2 *	Teresa Tribble	Garden City NY	54	8523	57	27:52.49	8:58/M
3 *	Lori Mangual	Merrick NY	53	8531	71	30:22.97	9:46/M
4	Anne Broderick	Hicksville NY	52	8525	76	30:44.81	9:54/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 *	Robert Monaco	Woodbury NY	54	8408	35	25:14.03	8:07/M
2 *	Survilla Gary	Wantagh NY	51	8464	43	25:58.90	8:21/M
3 *	Michael Broderick	Hicksville NY	53	8526	77	30:44.85	9:54/M
4	Amos Brotter	Merrick NY	52	8472	96	34:05.02	10:58/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 *	Ellen Greenspan	Mill Neck NY	57	41	66	29:07.96	9:22/M
2 *	Lori Vallejo	New Hyde Park NY	59	8503	81	31:21.82	10:05/M
3 *	Jina Heo	Garden City NY	57	8527	91	33:22.37	10:44/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 *	Bill Schroeder	Garden City NY	57	8419	7	20:15.74	6:31/M
2 *	Jeff Steinberg	Westbury NY	56	8416	12	21:25.73	6:54/M
3 *	Scott Brennan	East Meadow NY	57	8425	26	23:55.66	7:42/M
4	Steven Simmons	Massapequa NY	57	8514	46	26:24.77	8:30/M

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	8456	48	26:34.08	8:33/M
2 *	Donna Brady	Baldwin NY	60	8535	64	28:46.44	9:16/M
3 *	Peggy Conneely	Wantagh NY	64	8520	98	34:19.20	11:03/M
4	Rochelle Holden	Westbury NY	64	8	107	35:46.43	11:31/M

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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	62	8493	22	23:28.03	7:33/M
2 *	Pj Diskin	Mineola NY	62	8509	31	24:37.08	7:55/M
3 *	Jerry Wosleger	Merrick NY	60	8486	32	24:41.69	7:57/M
4	Allen Cheong	Baldwin NY	61	104	36	25:29.43	8:12/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 *	Julieann Fahner	Mineola NY	67	8507	61	28:24.35	9:08/M
2 *	Sandra Went-David	Valley Stream NY	65	8409	78	31:10.09	10:02/M
3 *	Joanne Rosina	Howard Beach NY	67	8401	129	48:01.13	15:27/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 *	Hank Von Thaden	Bethpage NY	65	8460	34	25:02.84	8:03/M
2 *	Sal Rosina	Howard Beach NY	68	8402	44	26:11.48	8:26/M
3 *	Scott Fairgrieve	Mineola NY	66	8410	60	28:11.45	9:04/M
4	Shawn Momtahan	Bay Shore NY	69	87	70	30:07.65	9:42/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 *	Alan Hodish	East Meadow NY	70	8539	116	39:37.34	12:45/M
2 *	Richard Cahn	Brooklyn NY	70	110	130	48:43.96	15:41/M

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 *	Bob McVetty	Westbury NY	76	8411	63	28:44.60	9:15/M
2 *	Antonio Patino	Seaford NY	75	8497	99	34:24.38	11:04/M
3 *	Mel Kerber	Jamaica NY	75	8404	128	46:56.51	15:06/M