

HUDSON MOHAWK ROAD RUNNER'S CLUB TUESDAY NITE TRACK SERIES - JUNE 15, 2010

Men

<u>Open</u>			<u>Submasters</u>		
100M	Burnett	10.5	100M	Gates	13.6
200M	Burnett	21.7	200M	Gates	28.0
400M	Roberts-Smith	52.7			
800M	Burns	1:55.2			
Mile	Jordy	4:38.2	Mile	Dempsey	4:39.1
2 Mile	Mancusco	12:12.1			
4 x 100MR	Schroeder, Sainato Chamberlain, Luizzi	47.6			
Shot Put	Rudy	49'6"			
Discus	Milliron	155'11"			

<u>Masters</u>			<u>Seniors</u>		
100M	Stephenson	12.7			
200M	Dunn	26.3			
400M	Dunn	61.7	400M	Murphy	71.9
800M	Gobel	2:11.1	800M	Amering	2:21.4
Mile	Marro	5:18.4	Mile	Kitzrow	5:00.9
Javelin	Hannay	186'5"	2 Mile	Picotte	12:11.2

<u>Veterans</u>		
100M	Greve	16.5
200M	Rush	32.5
400M	Rush	74.9
800M	Berkery	4:11.3
Mile	Paquin	6:16.8
2 Mile	Berkery	21:27.3
Shot Put	Berkery	24'10"

Women

<u>Open</u>			<u>Submasters</u>		
100M	Parzyck	12.9	100M	Jackson	16.2
100MH	Mahlmeister	14.7			
200M	Bousa	26.9	200M	Jackson	39.7
400M	Ziegler	63.6			
800M	Kerin	2:48.2			
Mile	Finnegan	5:11.9	Mile	Oliver	5:47.1
2 Mile	Foley	13:26.4			
Shot	Johnson	40'1/2"			
Discus	Caxon	132'			
High Jump	Wheeler	5'4"			

<u>Masters</u>			<u>Seniors</u>		
Mile	Reilly-Johnson	6:38.9	Mile	DeGrazia	7:04.7
1 Mile Walk	Trabold	13:01.0			
2 Mile	Reilly-Johnson	16:24.2			

<u>Veterans</u>		
Mile	Wong	7:13.3