

HUDSON MOHAWK ROAD RUNNER'S CLUB TUESDAY NITE TRACK SERIES - JUNE 29, 2010

Colonie High School

Men

<u>Open</u>			<u>Submasters</u>		
100M	Burnett	10.6	100M	Gates	12.9
200M	Burnett	22.0			
400M	Gates	55.0			
800M	Herman	1:56.5			
Mile	Terry	4:27.8	Mile	Dempsey	4:31.3
Mile Walk	Capuano	11:48.8			
2 Mile	Webster	10:32.0	2 Mile	Siebrecht	10:56.8
Shot Put	Rudd	50'1"			
Discus	Palmer	151'6"			
High Jump	Laft	5'6"			

Masters

400M	Creagan	58.2
800M	Elasser	2:26.1
Mile	Greenberg	4:55.1
2 Mile	Furgele	11:53.2
High Jump	Chesky	5'
Shot Put	Hannay	37'11"
Discus	Hannay	126'7"

Veterans

100M	Geiger	13.2
400M	Thorne	66.9
800M	Myers	2:52.6
Mile	Paquin	6:25.4
Shot Put	Berkery	24'2"

Seniors

100M	Zacharczenko	16.4
200M	Stephenson	26.3
400M	Kitzrow	62.6
800M	Maney	2:18.4
Mile	Kitzrow	5:10.1
Mile Walk	Chicoine	10:23.7
2 Mile	Munson	12:05.3

Juraissic

800M	Rush	2:56.8
Mile	Stockman	7:45.5

Women

Open

100M	Richardson	13.0
100MH	Guillot	16.6
200M	Serrano	27.6
400M	Wightman	61.9
800M	Schillaci	2:33.7
Mile	Finnegan	5:18.1
Mile Walk	Capuano	12:08.2
2 Mile	Malecki	13:05.2
High Jump	Wheeler	5'6"
Shot Put	Smith	39'9"

Masters

400M	Reilly-Johnson	84.3
800M	Reilly-Johnson	3:06.5
Mile	Reilly-Johnson	6:37.7
1 Mile Walk	Dudek	13:55.4
Shot Put	Reyell	21'4"

Veterans

Mile	Wong	7:17.8
Mile Walk	Wong	12:21.8

Submasters

100M	Jackson	15.6
400M	McMahon	67.6
800M	McMahon	2:49.0
Mile	McMahon	6:09.9
2 Mile	McMahon	13:20.4

Seniors

400M	Hein	1:45.5
800M	Berube	2:56.8
Mile	Finnegan	7:18.6
Mile Walk	Petiet	11:38.7

Juraissic

Mile	Stockman	9:40.2
------	----------	--------