

HUDSON MOHAWK ROAD RUNNER'S CLUB TUESDAY NITE TRACK SERIES - JULY 6, 2010

Colonie High School

Men

<u>Open</u>		
100M	Lynch	11.1
200M	Burnett	22.0
400M	Marsan	53.6
800M	Abara	2:01.5
Mile	Haggerty	4:43.6
2 Mile	Comer-Leva	10:56.0
Shot Put	Rudd	47'
Discus	Rudy	146'1"

<u>Masters</u>		
100M	Stevenson	12.6
200M	Stevenson	26.1
400M	Gobel	57.2
800M	Hoff	2:13.0
Mile	Hoff	4:51.3

<u>Veterans</u>		
100M	Thorne	15.0
200M	Geiger	28.1
800M	Myers	2:50.5
Mile	Paquin	6:23.3
2 Mile	Paquin	13:59.1
Shot Put	Berkery	24'7"

Submasters

100M	Shawhan	12.9
200M		
400M		
800M		
Mile	Nank	5:06.1
2 Mile	Siebrecht	11:40.4

Seniors

100M		
200M	Munson	29.4
400M	Murphy	70.0
800M	Munson	2:23.0
Mile	Munson	5:19.2
Mile Walk	Lawrence	9:52.4

Women

<u>Open</u>		
100M	Vandenburgh	13.1
100MH	Guillot	16.9
200M	Vandenbrugh	26.6
400M	Becker	68.0
800M	Scharf	2:48.0
Mile	Finnegan	5:33.1
Mile Walk		
Shot Put	Zurlo	30'4"

Submasters

Mile Walk	Giancaspro	9:52.4
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Masters

200M		
800M		
Mile	Mackesey	7:29.3
1 Mile Walk	Trabold	11:32.0

Seniors

200M	Charlebois	44.1
800M	Charlebois	3:38.1
Mile	Finnegan	7:31.2