

HUDSON MOHAWK ROAD RUNNER'S CLUB TUESDAY NITE TRACK SERIES - JULY 20, 2010

Colonie High School

Men

<u>Open</u>		
100M	Arinton	11.2
110MH	Aliene	16.2
200M	Collins	23.8
400M	Kocienski	50.3
800M	Cook	2:12.3
Mile	Sweeney	4:46.0
2 Mile	Young	10:14.1
LJ	Kemp	21'2"
Discus	Parsons	143'7"

<u>Masters</u>		
100M	Saxe	14.3
200M	Creagan	26.5
Mile	McNamara	5:37.2
2 Mile	Foley	13:25.3

<u>Veterans</u>		
200M	Geiger	28.5
800M	Myers	2:53.1
Shot Put	Berkery	23'2"

<u>Open</u>		
100M	Parzyck	13.4
100MH	Wheeler	16.1
200M	Lavender	30.6
400M	Plante	56.4
800M	Everlith	2:47.7
Mile	Schillaci	5:41.4
2 Mile	Foley	13:41.3
LJ	Zeilman	10'11"

<u>Masters</u>		
Mile	MacNamara	7:37.5

<u>Veterans</u>		
100M	Von Maltzahn	15.3

Submasters

400M	Tromp	72.6
800M	Tromp	2:31.5
Mile	Roda	4:45.3
2 Mile	Tromp	11:54.0

Seniors

400M	Murphy	68.5
Mile	Murphy	5:39.4
Mile Walk	Lawrence	7:58.6
2 Mile	Natalie	12:17.9
Discus	Morris	132'6"

Juraissic

800M	Hettrich	3:44.0
Mile	Stockman	7:16.7

Women

<u>Open</u>		
100M	Parzyck	13.4
100MH	Wheeler	16.1
200M	Lavender	30.6
400M	Plante	56.4
800M	Everlith	2:47.7
Mile	Schillaci	5:41.4
2 Mile	Foley	13:41.3
LJ	Zeilman	10'11"

<u>Masters</u>		
Mile	MacNamara	7:37.5

<u>Veterans</u>		
100M	Von Maltzahn	15.3

Submasters

100M	Ross	12.7
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Seniors

Mile	Apfelbaum	7:34.6
1 Mile Walk	Petiet	11:36.2

Juraissic

Mile	Stockman	9:34.0
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