

HUDSON MOHAWK ROAD RUNNER'S CLUB TUESDAY NITE TRACK SERIES - JULY 27, 2010

Colonie High School

Men

Open

100M	Jackson	11.2
200M	Karam	23.5
400M	Sedgwick	52.5
800M	Herman	1:57.1
Mile	Young	4:41.0
2 Mile	Terry	9:34.6
4 x 100MR	Smith,Laroche, Williamson, Brown	48.0
Shot Put	DiSieno	38'8"
Discus	DiSieno	129'3"

Submasters

Mile	Tromp	5:22.2
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Masters

200M	Foley	32.1
400M	Marro	64.3
800M	Marro	2:31.0
2 Mile	Furgele	11:36.3
Shot Put	Hannay	40'
Discus	Hannay	116'9"
Javelin	Hannay	187'10"

Seniors

200M	Rosenberg	35.0
400M	Kitzrow	60.9
800M	Rosenberg	2:50.6
Mile	Bennett	6:00.2
Mile Walk	Corelli	12:24.6
Shot Put	Fortunato	33'9"
Discus	Morris	135'
Javelin	Fortunato	117'4"

Veterans

200M	Gansle	32.1
Shot Put	Berkery	22'8"

Juraissic

100M	Seelig	17.8
200M	Seelig	39.4
Mile	Stockman	7:22.1

Women

Open

100M	Osipitan	14.2
100MH	Guillot	16.7
200M	Mohammed	26.5
400M	Osipitan	73.1
800M	Adams	2:17.5
Mile	Tedeschi	5:35.0
Mile Walk	Caspuano	10:51.2
2 Mile	Malecki	14:31.0

Submasters

100M	Ross	12.6
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Masters

Mile	Reilly-Johnson	6:50.0
Mile Walk	Dudek	13:54.2

Seniors

Mile	Dott	7:49.6
1 Mile Walk	Petiet	11:16.2

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Mile	Stockman	9:39.0
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