

RESULTS OF HUDSON-MOHAWK ROAD RUNNER'S CLUB - TUESDAY NITE TRACK MEET #4 - AUGUST 1, 2023

MENHigh School

100M	Barba	11.1
1 Mile	Gaudette	5:07.1
2 Mile	Rizzo	11:40.6
HJ	Buskey	5'9"
TJ	Macie	34'9"
SP	Pulver	57'5"
Discus	McConlee	171'9"

Submasters (30-39)

100M	Gauthier	11.6
800M	Hedderman	2:27.0
1 Mile	Hedderman	5:43.5
SP	Chase	38'6"
Discus	Gilet	153'4"

Seniors (50-59)

1 Mile	Irwin	5:34.6
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Juraissac (70+)

100M	Shrader	27.4
1 Mile	Bennett	7:06.9
SP	Fortunato	36'11"

High School

100M	Chen	12.7
400M	Hughes	65.5
800M	Hooley	3:50.9
1 Mile	Shatynski	6:15.6
TJ	Crotty	31'6"
HJ	Tese	5'3"

Submasters (30-39)

1 Mile	Moslander	5:22.0
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Seniors (66-69)

800M	Greenwood	3:43.0
1 Mile	Dott	8:23.7
2 Mile	Greenwood	18:16.8

Open (up to 29)

100MH	Young	15.4
100M	Cozzy	11.0
200M	Cozzy	23.2
400M	Gambaro	56.7
Mile	Killian	5:09.9
TJ	Rivet	37'3"
SP	Russell	35'9"
Discus	Russell	123'9"

Masters (40-49)

200M	Shatynski	27.3
400M	Shatynski	61.2
1 Mile	Majon	5:00.5
SP	Brown	31'11"

Veterans (60-69)

400M	McNamara	68.0
1 Mile	Murphy	6:34.4

WOMENOpen (up to 29)

400M	Puleo	63.6
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Masters (40-49)

800M	Hooley	3:48.4
1 Mile	Hamilton	8:04.1
Discus	Quillian	95'8"