

RESULTS OF HUDSON-MOHAWK ROAD RUNNER'S CLUB - TUESDAY NITE TRACK MEET #5 - AUGUST 8, 2023

MENHigh School

1 Mile	Hebbard	4:58.4
2 Mile	Killian	12:13.0
SP	Solomon	38'5"
Discus	Ouimet	112'10"

Open (up to 29)

100MH	Young	15.9
100M	Lee	11.0
200M	Siskind	23.4
400MH	Khamani	69.0
400M	Foote	52.3
800M	Estremera	2:33.1
Mile	Koplik	4:52.4
2 Mile	Rizzo	13:53.0
LJ	McNamara	20'8"
TJ	Lee	39'10"
SP	Russell	36'6"
Discus	Russell	117'6"
HJ	Lee	6'

Submasters (30-39)

100M	Gauthier	11.9
800M	Miedema	2:15.9
1 Mile	Parrino	6:36.6

Masters (40-49)

400M	Crave	59.8
800M	Maddon	2:46.2
1 Mile	Majon	5:02.2
2 Mile	Madden	13:49.1

Seniors (50-59)

100M	Stephenson	14.4
200M	Stephenson	30.1
1 Mile	Irwin	5:29.9

Veterans (60-69)

800M	Murphy	2:55.3
1 Mile	Murphy	6:29.8

Juraissac (70+)

SP	Fortunato	41'1"
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WOMENHigh School

2 Mile	Rogers	13:52.7
LJ	Gates	12'5"
TJ	Moore	30'1"
HJ	Tesi	5'3"
SP	Tesi	27'
Discus	Abel	91'8"

Open (up to 29)

400M	Everson	95.1
800M	Puleo	2:29.3

Submasters (30-39)

1 Mile	Hamilton	7:21.4
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Masters (40-49)

800M	Whitney	3:11.4
1 Mile	Hooley	8:04.1

Veterans (60-69)

1 Mile	Greenwood	7:58.0
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