

# 3 Miler

<b>1</b>	<b>Richard</b>	<b>Messineo</b>	<b>M</b>	<b>30</b>	<b>Nassau</b>	<b>18:10</b>
2	Derrick	Staley	M	60	Ballston Lake	18:11
3	Matt	Ninneman	M	25	Albany	18:12
4	Greg	Potestio	M	32	Delmar	18:25
5	Patrick	Hilt	M	21	Colonie	19:41
6	Dave	Miller	M	49	Schenectady	19:50
7	John	Parisella	M	60	Ballston Lake	20:33
8	Blaine	Freadman	M	55	Pittsfield MA	20:38
9	Steve	Roberts	M	53	Dalton MA	20:53
<b>10</b>	<b>Courtney</b>	<b>Breiner</b>	<b>F</b>	<b>21</b>	<b>Troy</b>	<b>21:22</b>
11	Joseph	Altobello	M	41	Green Island	21:41
12	James	Christian	M	36	Albany	22:16
13	Frank	Boser	M	50	Albany	22:16
14	Denis	Cote	M	48	E Berne	22:33
15	Rebecca	Chapman	F	37	Altamont	22:38
16	Tim	Luzniv	M	33	Nassau	22:40
17	Elizabeth	Spiers	F	57	Niskayuna	22:47
18	Katie	Potestio	F	32	Delmar	23:02
19	Megan	Boyak	F	34	Burnt Hills	23:15
20	Victoria	Wagner	F	44	Altamont	23:19
21	Greg	Coons	M	52	Albany	23:32
22	Colleen	McGurry	F	41	Slingerlands	23:49
23	Chirs	Mulford	M	41	Schenectady	23:50
24	Michael	McClur	M	37	Albany	24:28
25	Olga	Cross	F	40	Niskayuna	24:38
26	Vincent	Kirby	M	62	Mechanicville	24:43
27	Leigh	McNeil	M	61	Waterford	24:49
28	Jeannine	Tusch	F	35	Albany	24:59
29	Danielle	Giuvannone	F	37	Niskayuna	25:17
30	Lori	Stevens	F	51	Hudson	25:18
31	Erika	Oesterle	F	67	Stamford	25:23
32	Bernadette	Abed	F	26	Albany	25:47
33	Dave	Tobey	M	48	Schenectady	26:10
34	Carolyn B	George	F	64	Albany	26:25
35	Arun	Goupa	M	41	Rexford	26:29
36	David	Biggs	M	37	Watervliet	26:30
37	Colleen	Breiner	F	53	Troy	27:12
38	Denis	Hurley	M	55	Delmar	27:13
39	Lee	Hilt	M	62	Colonie	27:18
40	John	Sheehy	M	61	Menands	27:20
41	Kelli	Timbrook	F	31	Cohoes	27:25
42	Mary Beth	Conroy	F	53	Halfmoon	27:29
43	Anne	Hurley	F	55	Delmar	27:31

44	Kelly	Ryan	F	39	Albany	27:59
45	Linda	DeDominicis	F	50	Menands	28:02
46	Bob	Barbato	M	60	Delmar	28:07
47	Darlene	Cardillo	F	65	Delmar	28:05
48	Kathryn L	Botting	F	38	Wynantskill	28:24
49	Dave	Wilber	M	59	E Greenbush	28:45
50	John	Cassidy	M	71	Brooklyn	29:05
51	Jonathan	Blanchard	M	34	Altamont	29:10
52	Dana	Endres	F	40	Rensselaer	29:07
53	Margaret	Mann	F	47	Rensselaer	29:07
54	Joanne	kingston	F	53	Feura Bush	29:24
55	Dawn	Brown	F	44	Rensselaer	29:22
56	Greg	Jones	M	42	Delmar	29:37
57	Jessica	Patnaude	F	51	Albany	29:39
58	Tom	Robinson	M	47	Troy	29:45
59	Tom	Bennett	M	33	Altamont	30:00
60	Jim	Moore	M	79	Niskayuna	30:12
61	Diane	Ward	F	61	Albany	30:18
62	Diane	Thompson	F	64	Cohoes	30:43
63	Anne	Miralles	F	51	Rensselaer	30:57
64	Paula	Boughtwood	F	57	Rensselaer	31:04
65	Mary Kay	Scott	F	58	Schenectady	31:03
66	Nancy	Botting	F	65	Johnson City	31:05
67	Megan	Baldwin	F	34	Delmar	31:13
68	Erica	McCarthy	F	28	Valley Falls	31:43.6
69	Barbara	Bradley	F	60	Slingerlands	32:04
70	John	Moroney	M	81	Latham	32:12
71	Donna	Topolski	F	33	Clifton Park	32:16
72	Colleen	Bryant	F	52	Guilderland	32:46
73	Marge	Rajczewski	F	78	Ballston Lake	32:40
74	Lisa	Rosi	F	54	Rensselaer	33:51
75	Heather	Hutchinson	F	45	Schenectady	34:00
76	Michelle	Davis	F	30	Niskayuna	35:06
77	Ben	Heller	M	30	Troy	34:58
78	Rebecca	Cowan	F	39	Troy	35:15
79	Sue	Hartigan	F	52	Wynantskill	35:17
80	Pete	Newkirk	M	72	Albany	35:30
81	Larry	Peleggi	M	61	Colonie	35:42
82	Mark	Mierzwa	M	36	Wynantskill	35:45
83	Robert	O'Connell	M	63	Coxsackie	36:02
84	Cheryl	Hutchinson	F	51	Clifton Park	36:25
85	Bernice	St. Aimee-Ives	F	45	Clifton Park	36:50
86	Catherine	Willis	F	41	Albany	37:05
87	Donna	Davidson	F	64	Albany	37:43
88	Amy	Powarzyaski	F	52	Westerlo	37:44
89	Dana	McCreavy	F	33	Niskayuna	37:41
90	Mark	Goldhaber	M	54	Guilderland	38:59

91	Heidi	Bieg	F	52	Averill Park	39:41.7
92	Uzma	Qureshi	F	57	Slingerlands	39:58
93	Wade	Stockman	M	83	Rensselaer	40:10
94	Anny	Stockman	F	86	Rensselaer	41:00
95	Eiko	Bogue	F	81	Schaghticoke	41:37
96	Joe	Kelly	M	85	Menands	43:14
97	James	McGuinness	M	80	Watervliet	44:00
98	Arleen	Reyell	F	56	Niskayuna	44:10
99	Ronnie	Senez	F	65	Waterford	45:33
100	Jack	Berkery	M	70	Latham	46:00
101	Jess	Bennett	F	33	Altamont	49:58