

RESULTS OF HUDSON-MOHAWK ROAD RUNNER'S CLUB - TUESDAY NITE TRACK MEET #3 - JULY 25, 2023

MEN

100MH	Rushford	16.2
100M	Goddard	10.9
400M	Norris	51.2
800M	Haller	2:11.0
1 Mile	McNaughton	5:04.3
2 Mile	Abbott	11:01.0
HJ	Buskey	6'3"
LJ	Garner	20'1"
TJ	Crossdale	40'2
SP	Pulver	53'4"
Discus	McConlee	162'

Submasters (30-39)

100M	Gauthier	11.7
400M	Miedema	56.4
800M	Hedderman	2:25.9
SP	Chase	37'9"

Seniors (50-59)

400M	Fajen	66.3
1 Mile	Irwin	5:33.6
2 Mile	Furgele	13:37.6

Juraissac (70+)

800M	Bennett	3:17.2
1 Mile	Bennett	7:06.9
2 Mile	Bennett	15:29

Open (up to 29)

100MH	Young	15.4
400M	Gambaro	56.1
2 Mile	Marchese	10:05.9
HJ	Christian	6'
LJ	Adams	20'3"
TJ	Williams	43'9"
SP	Alling	40'4"
Discus	Russell	121'

Masters (40-49)

800M	Weiss	3:11.3
1 Mile	Ethier	5:28.4
2 Mile	Terry	10:09.8

Veterans (60-69)

400M	Mueller	95.7
1 Mile	Murphy	6:28.6

WOMENHigh School

100MH	Rogers	15.5
100M	Johnson	12.6
400M	Griffin, Lilyana	66.2
400MH	Khan	75.2
800M	Griffin, Leonna	2:15.3
1 Mile	Smith	6:59.9
LJ	Murphy	15'5"
Discus	Alling	113'5"
Shot	Alling	31'2"

Submasters (30-39)

400M	Chase	67.4
800M	Moslander	2:22.9
1 Mile	Chase	5:31.5
2 Mile	Moslander	12:20.4

Seniors (66-69)

400M	Greenwood	1:39.1
1 Mile	Greenwood	7:59.0
2 Mile	Greenwood	18:59.1

Open (up to 29)

100MH	Robleno	16.4
100M	Martinez	13.5
200M	Howard	27.4
400M	Morelli	63.7
400MH	Robleno	66.8
Discus	Gordon	107'3"
Shot	Gordon	38'1"

Masters (40-49)

1 Mile	Hamilton	7:17.5
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