

Women < 24		
1	Fiume, Melanie (We Are Athletes)	766
	Kings Park 15K Championship (1:11:12)	100
	Marcie Mazzola 5k (20:39)	100
	Elizabeth McNamee 5K (20:28)	100
	New Hyde Park 8K (34:44)	100
	Massapequa Firecracker Championship 5K (19:52)	90
	Bellmore Striders Independence Day 4 Mile Run (27:44)	100
	Runner's Edge Women's 5K (20:27)	90
	Farmingdale Mile (05:33)	86
2	McDougall, Marissa (GLIRC)	695
	Aspire 10K Championship (0:52:14)	86
	Hope Runs Here #1 5K (23:11)	100
	Bellmore Striders Independence Day 4 Mile Run (46:58)	80
	Runner's Edge Women's 5K (29:50)	77
	Massapequa Mile (06:30)	83
	Hope Runs Here #2 5K (30:19)	86
	Farmingdale Mile (06:26)	74
	Blazing Trails 4 Miler (33:50)	100
	Long Beach Turkey Trot 10K (48:50)	83
3	Keyes, Kali (We Are Athletes)	619
	Long Beach Snowflake 4 Mile Run (32:54)	100
	Kings Park 15K Championship (1:25:41)	90
	Aspire 10K Championship (0:48:50)	90
	Elizabeth McNamee 5K (25:28)	83
	New Hyde Park 8K (37:29)	86
	Massapequa Mile (06:31)	80
	Hope Runs Here #2 5K (23:15)	90
4	Coughlin, Reese (Foundation Track Club)	487
	Aspire 10K Championship (0:52:23)	83
	Marcie Mazzola 5k (24:41)	90
	Massapequa Firecracker Championship 5K (23:39)	71
	Bellmore Striders Independence Day 4 Mile Run (31:28)	86
	Runner's Edge Women's 5K (24:43)	86
	Farmingdale Mile (06:38)	71
5	McDougall, Megan (GLIRC)	454
	Hope Runs Here #1 5K (26:26)	90
	Bellmore Striders Independence Day 4 Mile Run (47:07)	77
	Runner's Edge Women's 5K (30:19)	74
	Massapequa Mile (07:48)	68
	Hope Runs Here #2 5K (30:49)	83
	Farmingdale Mile (07:30)	62
6	Eiseman, Megan (Runner's Edge)	347
	Massapequa Firecracker Championship 5K (22:18)	74

	Massapequa Mile (05:59)	90
	Farmingdale Mile (05:52)	83
	Oysterfest 5K (22:45)	100
7	Guttieri, Brittany (We Are Athletes)	290
	Massapequa Firecracker Championship 5K (19:51)	100
	Runner's Edge Women's 5K (20:03)	100
	Farmingdale Mile (05:23)	90
8	Consalavio, Julianna (Northport)	284
	Massapequa Mile (09:31)	65
	Farmingdale Mile (09:45)	56
	Oysterfest 5K (35:38)	83
	Long Beach Turkey Trot 10K (1:15:22)	80
9	Capozzoli, Cecelia (Runner's Edge)	266
	Elizabeth McNamee 5K (21:26)	90
	New Hyde Park 8K (35:47)	90
	Long Beach Turkey Trot 10K (43:54)	86
10	Hawthorne, Mikhaila (Bellmore/North Bellmore PAL)	216
	Bellmore Striders Independence Day 4 Mile Run (36:33)	83
	Massapequa Mile (07:20)	74
	Farmingdale Mile (07:30)	59
*	Heskin, Lauryn (TSC Track Club)	200
	Runday 5K (18:59)	100
	Farmingdale Mile (05:12)	100
*	Spottiswood, Maya (TSC Track Club)	183
	Massapequa Firecracker Championship 5K (20:37)	83
	Massapequa Mile (05:32)	100
*	Lipponer, Madeline (Rolling Thunder)	172
	Blazing Trails 4 Miler (40:56)	86
	Oysterfest 5K (33:46)	86
*	Cicccone, Alexandra (Northport)	170
	Runner's Edge Women's 5K (27:17)	80
	Oysterfest 5K (26:42)	90
*	McNerney, Kate (Bellmore/North Bellmore PAL)	170
	Bellmore Striders Independence Day 4 Mile Run (30:57)	90
	Farmingdale Mile (06:08)	80
*	Dobbs, Alexa (Foundation Track Club)	169
	Elizabeth McNamee 5K (25:11)	86
	Runner's Edge Women's 5K (24:45)	83
*	Trefcer, Leanna (Bellmore/North Bellmore PAL)	163
	Massapequa Mile (06:13)	86
	Farmingdale Mile (06:16)	77
*	Lipponer, Belle (Rolling Thunder)	163
	Blazing Trails 4 Miler (53:05)	83
	Oysterfest 5K (37:29)	80

	* Howley, Madison (Foundation Track Club)	157
	Elizabeth McNamee 5K (25:57)	80
	Massapequa Mile (06:51)	77
	* Maier, Maggie	100
	Long Beach 5 Miler (31:32)	100
	* Amato, Jacqueline (Runner's Edge)	100
	Hope Runs Here #2 5K (20:14)	100
	* DiPalermo, Isabella (TSC Track Club)	100
	Aspire 10K Championship (0:42:56)	100
	* Lewis, Sarah	100
	Great South Bay 1/2 Marathon (1:55:45)	100
	* Razza, Julianna	100
	Bolla Charity 5K (30:03)	100
	* Donohue, Jessica (Elitefeats)	100
	Long Beach Turkey Trot 10K (34:44)	100
	* Kavanagh, Anna	90
	Long Beach Turkey Trot 10K (41:52)	90
	* Stroehlein, Erin	90
	Blazing Trails 4 Miler (36:20)	90
	* Minns, Ashley (Foundation Track Club)	86
	Massapequa Firecracker Championship 5K (20:07)	86
	* Zoder, Samantha (Elitefeats)	80
	Massapequa Firecracker Championship 5K (21:00)	80
	* Spottiswood, Marissa (TSC Track Club)	77
	Massapequa Firecracker Championship 5K (21:46)	77
	* Lettieri, Isabella (Bellmore/North Bellmore PAL)	71
	Massapequa Mile (07:31)	71
	* Santaniello, Nicole (Runner's Edge)	68
	Massapequa Firecracker Championship 5K (24:07)	68
	* Gallagher, Kelsey	68
	Farmingdale Mile (07:01)	68
	* Comple, Hailee	65
	Farmingdale Mile (07:30)	65
	* Sewell, Grace (Northport)	53
	Farmingdale Mile (10:22)	53
	* Pitfick, Casey (Northport)	50
	Farmingdale Mile (10:22)	50
Women 25-29		
	1 Marascia, Maria (We Are Athletes)	790
	Kings Park 15K Championship (1:05:14)	100
	Aspire 10K Championship (0:41:12)	100
	Marcie Mazzola 5k (19:36)	100
	New Hyde Park 8K (32:22)	100
	Massapequa Firecracker Championship 5K (23:08)	80

	Massapequa Mile (05:25)	100
	Hope Runs Here #2 5K (20:42)	90
	Farmingdale Mile (05:13)	100
	Oysterfest 5K (19:39)	100
2	Grieco, Michele (We Are Athletes)	770
	Kings Park 15K Championship (1:06:44)	90
	Aspire 10K Championship (0:42:38)	86
	Marcie Mazzola 5k (19:55)	90
	Elizabeth McNamee 5K (19:22)	100
	New Hyde Park 8K (32:28)	90
	Hope Runs Here #1 5K (19:37)	100
	Massapequa Firecracker Championship 5K (19:19)	100
	Bellmore Striders Independence Day 4 Mile Run (26:04)	100
	Runner's Edge Women's 5K (19:55)	100
	Oysterfest 5K (20:19)	90
3	Tanis, Phedeline (Bellmore Striders)	679
	Kings Park 15K Championship (1:11:47)	86
	Aspire 10K Championship (0:46:59)	80
	Marcie Mazzola 5k (22:56)	83
	Elizabeth McNamee 5K (21:36)	86
	New Hyde Park 8K (38:36)	83
	Massapequa Firecracker Championship 5K (22:59)	83
	Runner's Edge Women's 5K (23:12)	83
	Massapequa Mile (06:17)	86
	Hope Runs Here #2 5K (23:06)	86
	Farmingdale Mile (06:08)	86
4	Hundertmark, Katie (Runner's Edge)	552
	Elizabeth McNamee 5K (21:34)	90
	New Hyde Park 8K (37:32)	86
	Massapequa Firecracker Championship 5K (21:38)	86
	Bellmore Striders Independence Day 4 Mile Run (30:42)	90
	Long Beach 5 Miler (39:14)	100
	Long Beach Turkey Trot 10K (44:33)	100
5	Chetelat, Lindsay (We Are Athletes)	522
	Kings Park 15K Championship (1:16:21)	83
	Aspire 10K Championship (0:45:47)	83
	Marcie Mazzola 5k (21:21)	86
	Hope Runs Here #1 5K (21:06)	90
	Massapequa Firecracker Championship 5K (21:15)	90
	Massapequa Mile (06:07)	90
6	Chmil, Alexandra (We Are Athletes)	514
	Long Beach Snowflake 4 Mile Run (42:32)	100
	Kings Park 15K Championship (1:50:59)	80
	Aspire 10K Championship (1:11:32)	77

	Run For the Health of It 5K (35:42)	100
	New Hyde Park 8K (57:23)	80
	Runner's Edge Women's 5K (32:57)	77
7	Henry, Liz (Bellmore Striders)	329
	Runner's Edge Women's 5K (25:26)	80
	Massapequa Mile (06:38)	83
	Farmingdale Mile (06:43)	83
	Oysterfest 5K (23:08)	83
8	Staiano, Rachel (Runner's Edge)	286
	Hope Runs Here #2 5K (20:08)	100
	Great South Bay 1/2 Marathon (1:34:29)	100
	Oysterfest 5K (21:07)	86
9	Charno, Annmarie (Runner's Edge)	280
	Aspire 10K Championship (0:41:23)	90
	Bolla Charity 5K (20:52)	100
	Farmingdale Mile (05:33)	90
*	Cornell, Danielle (Elitefeats)	90
	Runner's Edge Women's 5K (20:45)	90
*	McCann, Molly (Elitefeats)	86
	Runner's Edge Women's 5K (22:50)	86
Women 30-34		
1	Dagan, Jennifer (Elitefeats)	800
	Long Beach Snowflake 4 Mile Run (24:46)	100
	Aspire 10K Championship (0:38:32)	100
	Elizabeth McNamee 5K (17:59)	100
	New Hyde Park 8K (29:41)	100
	Massapequa Firecracker Championship 5K (17:59)	100
	Runner's Edge Women's 5K (18:17)	100
	Massapequa Mile (05:03)	100
	Farmingdale Mile (04:53)	100
2	Mcgrath, Katie (Northport)	742
	Long Beach Snowflake 4 Mile Run (25:36)	90
	Kings Park 15K Championship (1:03:46)	100
	Aspire 10K Championship (0:39:26)	90
	Elizabeth McNamee 5K (18:45)	90
	Massapequa Firecracker Championship 5K (19:42)	86
	Hope Runs Here #2 5K (18:18)	100
	Farmingdale Mile (05:10)	86
	Long Beach Turkey Trot 10K (38:18)	100
3	Bonanni, Lisa (GLIRC)	711
	Kings Park 15K Championship (1:25:49)	83
	Aspire 10K Championship (0:50:40)	80
	Marcie Mazzola 5k (24:37)	90
	Elizabeth McNamee 5K (23:36)	86

	New Hyde Park 8K (40:16)	83
	Bolla Charity 5K (24:48)	100
	Bellmore Striders Independence Day 4 Mile Run (33:24)	100
	Runner's Edge Women's 5K (24:58)	71
	Massapequa Mile (06:50)	86
	Hope Runs Here #2 5K (24:27)	80
	Farmingdale Mile (06:31)	83
	Oysterfest 5K (24:11)	77
4	Hill, Jessica (Northport)	658
	Kings Park 15K Championship (1:21:34)	86
	Aspire 10K Championship (0:50:02)	83
	Marcie Mazzola 5k (25:02)	86
	New Hyde Park 8K (39:54)	86
	Massapequa Firecracker Championship 5K (23:52)	77
	Runner's Edge Women's 5K (24:51)	74
	Hope Runs Here #2 5K (24:16)	83
	Farmingdale Mile (06:35)	77
	Oysterfest 5K (24:12)	74
	Long Beach Turkey Trot 10K (49:18)	80
5	Hyers, Michelle (Elitefeats)	618
	Massapequa Firecracker Championship 5K (22:38)	83
	Hope Runs Here #2 5K (23:22)	86
	Farmingdale Mile (06:33)	80
	Long Beach 5 Miler (37:45)	100
	Great South Bay 1/2 Marathon (1:50:56)	100
	Oysterfest 5K (23:08)	86
	Long Beach Turkey Trot 10K (46:30)	83
6	Walker, Michele (Runner's Edge)	542
	Aspire 10K Championship (0:40:19)	86
	New Hyde Park 8K (31:17)	90
	Hope Runs Here #1 5K (18:58)	100
	Massapequa Firecracker Championship 5K (18:51)	90
	Runner's Edge Women's 5K (19:14)	86
	Farmingdale Mile (05:09)	90
7	Kornieva-Robitaille, Victoria (Bellmore Striders)	280
	Runner's Edge Women's 5K (18:33)	90
	Massapequa Mile (05:28)	90
	Oysterfest 5K (18:38)	100
8	Loveland, Jill (GLIRC)	240
	Long Beach Snowflake 4 Mile Run (32:39)	86
	Farmingdale Mile (06:49)	74
	Oysterfest 5K (23:48)	80
9	Dagnall, Jaclyn (GLIRC)	219
	Farmingdale Mile (06:56)	71

	Oysterfest 5K (26:35)	71
	Long Beach Turkey Trot 10K (57:19)	77
	* Unger, Nicole (Runner's Edge)	183
	Runner's Edge Women's 5K (19:31)	83
	Blazing Trails 4 Miler (26:11)	100
	* Hollborn, Alanna (Elitefeats)	180
	Hope Runs Here #2 5K (20:00)	90
	Long Beach Turkey Trot 10K (40:50)	90
	* Robinson-Jones, Kaitlyn (Northport)	170
	Kings Park 15K Championship (1:11:33)	90
	Runner's Edge Women's 5K (20:28)	80
	* Kenul, Robyn (Elitefeats)	167
	Runner's Edge Women's 5K (21:25)	77
	Oysterfest 5K (22:10)	90
	* Rauseo, Kelley (Northport)	100
	Marcie Mazzola 5k (21:00)	100
	* Romao, Chloe (Rolling Thunder)	90
	Blazing Trails 4 Miler (53:18)	90
	* Caruana, Ali (Elitefeats)	86
	Long Beach Turkey Trot 10K (43:10)	86
	* Wyllie, Keri (GLIRC)	83
	Long Beach Snowflake 4 Mile Run (48:39)	83
	* Cook-Galante, Allison (Runner's Edge)	83
	Oysterfest 5K (23:40)	83
	* Chery, Meylyn (Runner's Edge)	80
	Massapequa Firecracker Championship 5K (23:52)	80
Women 35-39		
	1 Petrina, Jessica (We Are Athletes)	760
	Kings Park 15K Championship (1:11:23)	90
	Aspire 10K Championship (0:44:26)	80
	Marcie Mazzola 5k (20:02)	100
	Elizabeth McNamee 5K (19:34)	100
	Runday 5K (20:39)	90
	New Hyde Park 8K (32:45)	90
	Bellmore Striders Independence Day 4 Mile Run (26:27)	100
	Runner's Edge Women's 5K (19:58)	86
	Hope Runs Here #2 5K (19:46)	90
	Farmingdale Mile (05:26)	86
	Blazing Trails 4 Miler (25:40)	90
	Oysterfest 5K (20:08)	100
	2 Caruso, Dana (Runner's Edge)	716
	Marcie Mazzola 5k (21:01)	86
	Elizabeth McNamee 5K (20:22)	90
	Hope Runs Here #1 5K (20:30)	100

	Massapequa Firecracker Championship 5K (19:46)	90
	Runner's Edge Women's 5K (20:29)	80
	Massapequa Mile (05:33)	90
	Farmingdale Mile (05:25)	90
	Oysterfest 5K (20:31)	90
3	Scanlan, Amanda (Northport)	691
	Kings Park 15K Championship (1:09:14)	100
	Aspire 10K Championship (0:42:27)	83
	Marcie Mazzola 5k (20:25)	90
	Elizabeth McNamee 5K (20:41)	86
	New Hyde Park 8K (34:20)	83
	Runner's Edge Women's 5K (20:23)	83
	Massapequa Mile (05:43)	86
	Farmingdale Mile (05:40)	80
4	Gariglio, Vanessa (Northport)	670
	Elizabeth McNamee 5K (27:57)	74
	Massapequa Firecracker Championship 5K (28:19)	77
	Bellmore Striders Independence Day 4 Mile Run (39:26)	86
	Runner's Edge Women's 5K (28:02)	68
	Hope Runs Here #2 5K (28:01)	83
	Farmingdale Mile (07:26)	74
	Long Beach 5 Miler (47:38)	100
	Oysterfest 5K (27:13)	86
	Long Beach Turkey Trot 10K (55:38)	90
5	Tomel, Amanda (Northport)	643
	Kings Park 15K Championship (1:45:11)	77
	Aspire 10K Championship (1:04:09)	77
	Marcie Mazzola 5k (31:24)	80
	Elizabeth McNamee 5K (31:09)	65
	New Hyde Park 8K (54:42)	71
	Massapequa Firecracker Championship 5K (31:15)	71
	Runner's Edge Women's 5K (32:06)	65
	Massapequa Mile (09:22)	77
	Hope Runs Here #2 5K (33:02)	80
	Blazing Trails 4 Miler (42:46)	86
	Oysterfest 5K (32:23)	80
	Long Beach Turkey Trot 10K (1:08:46)	86
6	Perno, Kelly (Runner's Edge)	563
	Aspire 10K Championship (0:40:29)	90
	New Hyde Park 8K (31:56)	100
	Massapequa Firecracker Championship 5K (19:37)	100
	Runner's Edge Women's 5K (19:41)	90
	Hope Runs Here #2 5K (19:29)	100
	Farmingdale Mile (05:38)	83

7	Klarfeld, Shari (We Are Athletes)	486
	Aspire 10K Championship (0:40:48)	86
	Runday 5K (19:23)	100
	Massapequa Mile (05:29)	100
	Farmingdale Mile (05:23)	100
	Blazing Trails 4 Miler (24:48)	100
8	Greene, Saniyyah (GLIRC)	468
	Elizabeth McNamee 5K (27:42)	77
	New Hyde Park 8K (49:02)	74
	Massapequa Firecracker Championship 5K (28:28)	74
	Bellmore Striders Independence Day 4 Mile Run (42:29)	83
	Runner's Edge Women's 5K (27:22)	74
	Great South Bay 1/2 Marathon (2:25:43)	86
9	Horn, Kristen (Northport)	398
	Bellmore Striders Independence Day 4 Mile Run (38:43)	90
	Runner's Edge Women's 5K (27:55)	71
	Massapequa Mile (07:56)	80
	Hope Runs Here #2 5K (27:57)	86
	Farmingdale Mile (08:42)	71
10	Belanger, Jamie (Northport)	299
	Kings Park 15K Championship (1:44:26)	80
	Aspire 10K Championship (1:09:56)	74
	Marcie Mazzola 5k (32:04)	77
	Elizabeth McNamee 5K (30:08)	68
11	Klausner, Lindsay (Northport)	273
	Massapequa Mile (07:02)	83
	Great South Bay 1/2 Marathon (1:53:06)	90
	Long Beach Turkey Trot 10K (49:16)	100
12	Sicurella, Trisha (Runner's Edge)	260
	Elizabeth McNamee 5K (21:06)	83
	Runner's Edge Women's 5K (22:02)	77
	Great South Bay 1/2 Marathon (1:47:32)	100
*	Petrina, Leonora (Sayville Running Company)	200
	Aspire 10K Championship (0:35:43)	100
	Runner's Edge Women's 5K (18:02)	100
*	Pagano, Christine (Runner's Edge)	172
	New Hyde Park 8K (33:17)	86
	Massapequa Firecracker Championship 5K (19:49)	86
*	Coughlin, Catherine (Northport)	163
	Kings Park 15K Championship (1:24:37)	86
	New Hyde Park 8K (42:51)	77
*	Cutter, Noelle (Runner's Edge)	157
	Elizabeth McNamee 5K (21:29)	80
	Farmingdale Mile (05:45)	77

	* Mulstay, Laura (Northport)	154
	Marcie Mazzola 5k (29:52)	83
	Elizabeth McNamee 5K (27:59)	71
	* Fischer, Julie (Northport)	83
	Massapequa Firecracker Championship 5K (22:06)	83
	* Demeri, Kelly (GLIRC)	83
	Kings Park 15K Championship (1:27:45)	83
	* Reed, Casey	83
	Oysterfest 5K (29:17)	83
	* Mizuno, Hana (Northport)	80
	New Hyde Park 8K (35:22)	80
	* Danchalski, Melissa (Elitefeats)	80
	Massapequa Firecracker Championship 5K (22:26)	80
Women 40-44		
	1 Zeman, Nicolle (GLIRC)	770
	Kings Park 15K Championship (1:11:16)	80
	Marcie Mazzola 5k (23:14)	100
	Run For the Health of It 5K (22:21)	100
	Elizabeth McNamee 5K (21:48)	90
	Long Beach 10 Miler (1:16:35)	100
	Blazing Trails 4 Miler (29:16)	90
	Great South Bay 1/2 Marathon (1:40:41)	100
	Oysterfest 5K (22:30)	100
	Long Beach Turkey Trot 10K (46:07)	90
	2 Bumbalo, Linda (Northport)	683
	Kings Park 15K Championship (1:17:07)	74
	Aspire 10K Championship (0:49:14)	77
	Long Beach 10 Miler (1:23:27)	90
	New Hyde Park 8K (37:55)	90
	Massapequa Firecracker Championship 5K (22:34)	83
	Bellmore Striders Independence Day 4 Mile Run (29:17)	86
	Runner's Edge Women's 5K (22:29)	83
	Massapequa Mile (06:20)	100
	3 McCann, Bridget (Bellmore Striders)	678
	Long Beach Snowflake 4 Mile Run (33:26)	90
	Kings Park 15K Championship (1:26:06)	68
	Marcie Mazzola 5k (25:18)	90
	Elizabeth McNamee 5K (23:48)	86
	New Hyde Park 8K (40:54)	83
	Massapequa Firecracker Championship 5K (24:51)	80
	Massapequa Mile (07:13)	83
	Hope Runs Here #2 5K (26:26)	83
	Farmingdale Mile (07:10)	80
	Long Beach Turkey Trot 10K (53:20)	83

4	Delgado, Martha (Northport)	660
	Kings Park 15K Championship (1:08:04)	90
	Aspire 10K Championship (0:43:04)	90
	Massapequa Firecracker Championship 5K (20:36)	90
	Bellmore Striders Independence Day 4 Mile Run (28:10)	90
	Runner's Edge Women's 5K (20:50)	100
	Hope Runs Here #2 5K (20:58)	100
	Blazing Trails 4 Miler (28:26)	100
5	Moran, Clare (Northport)	650
	Kings Park 15K Championship (1:27:23)	65
	Marcie Mazzola 5k (26:39)	86
	New Hyde Park 8K (41:45)	74
	Runner's Edge Women's 5K (25:53)	80
	Massapequa Mile (07:13)	86
	Hope Runs Here #2 5K (24:41)	86
	Farmingdale Mile (06:57)	83
	Oysterfest 5K (25:49)	90
6	Lambert, Jeanna (LIRRC)	629
	Long Beach Snowflake 4 Mile Run (40:09)	83
	Kings Park 15K Championship (1:55:55)	53
	Aspire 10K Championship (1:02:27)	62
	Runday 5K (31:10)	100
	Hope Runs Here #1 5K (29:53)	100
	Bellmore Striders Independence Day 4 Mile Run (42:16)	83
	Runner's Edge Women's 5K (28:49)	71
	Long Beach Turkey Trot 10K (1:03:40)	77
7	Fraiberg, Erica (Northport)	628
	Kings Park 15K Championship (1:11:03)	83
	Aspire 10K Championship (0:45:48)	83
	Elizabeth McNamee 5K (21:41)	100
	New Hyde Park 8K (36:54)	100
	Massapequa Firecracker Championship 5K (22:02)	86
	Runner's Edge Women's 5K (22:14)	86
	Massapequa Mile (06:36)	90
8	Wilson, Tara (Runner's Edge)	600
	Long Beach Snowflake 4 Mile Run (23:55)	100
	Kings Park 15K Championship (0:57:22)	100
	Aspire 10K Championship (0:36:05)	100
	Bolla Charity 5K (18:47)	100
	Massapequa Firecracker Championship 5K (19:04)	100
	Bellmore Striders Independence Day 4 Mile Run (24:59)	100
9	Riddiough, Heather (Northport)	552
	Kings Park 15K Championship (1:10:35)	86
	Aspire 10K Championship (0:43:58)	86

	Runner's Edge Women's 5K (21:16)	90
	Hope Runs Here #2 5K (21:03)	90
	Farmingdale Mile (05:44)	100
	Long Beach Turkey Trot 10K (42:18)	100
10	Fricker, Sharon (Northport)	500
	Kings Park 15K Championship (1:35:13)	59
	Aspire 10K Championship (0:57:00)	68
	Elizabeth McNamee 5K (27:35)	71
	New Hyde Park 8K (47:18)	68
	Runner's Edge Women's 5K (30:10)	68
	Oysterfest 5K (29:32)	86
	Long Beach Turkey Trot 10K (59:39)	80
11	Scharoff, Kim (Elitefeats)	482
	Runner's Edge Women's 5K (38:50)	62
	Massapequa Mile (10:34)	80
	Long Beach 5 Miler (1:05:20)	100
	Blazing Trails 4 Miler (47:02)	86
	Great South Bay 1/2 Marathon (3:05:58)	86
	Long Beach Turkey Trot 10K (1:14:44)	68
12	Becker, Gigi (Northport)	447
	Bellmore Striders Independence Day 4 Mile Run (49:18)	80
	Runner's Edge Women's 5K (32:58)	65
	Hope Runs Here #2 5K (34:30)	71
	Farmingdale Mile (08:51)	77
	Oysterfest 5K (34:43)	83
	Long Beach Turkey Trot 10K (1:07:55)	71
13	Zoia, Ana Elisa (Northport)	386
	Marcie Mazzola 5k (31:47)	80
	Run For the Health of It 5K (30:57)	90
	Elizabeth McNamee 5K (29:13)	68
	Hope Runs Here #2 5K (32:28)	74
	Long Beach Turkey Trot 10K (1:06:00)	74
14	Aquino, Josefina (GLIRC)	327
	Elizabeth McNamee 5K (23:57)	80
	New Hyde Park 8K (41:33)	80
	Massapequa Firecracker Championship 5K (25:03)	77
	Great South Bay 1/2 Marathon (2:02:36)	90
15	Archer, Kelly (Northport)	302
	Aspire 10K Championship (0:54:59)	71
	Elizabeth McNamee 5K (25:14)	77
	New Hyde Park 8K (41:39)	77
	Runner's Edge Women's 5K (26:53)	77
16	Kuznetz, Barbara (Northport)	299
	Kings Park 15K Championship (1:22:57)	71

	Aspire 10K Championship (0:54:15)	74
	Elizabeth McNamee 5K (25:30)	74
	Hope Runs Here #2 5K (26:34)	80
17	Keyes, Stacy (We Are Athletes)	260
	Long Beach Snowflake 4 Mile Run (43:13)	80
	Kings Park 15K Championship (1:55:24)	56
	Aspire 10K Championship (1:12:19)	59
	Elizabeth McNamee 5K (55:30)	65
18	DePaoli, Mary-Jo (Northport)	243
	Kings Park 15K Championship (1:13:17)	77
	Aspire 10K Championship (0:48:18)	80
	New Hyde Park 8K (38:51)	86
19	Dempsey, Ciara (NHP - Mineola Runners Club)	213
	Long Beach Snowflake 4 Mile Run (36:28)	86
	Kings Park 15K Championship (1:33:41)	62
	Aspire 10K Championship (0:58:53)	65
*	Druzynski, Christy (Runner's Edge)	176
	Farmingdale Mile (06:25)	90
	Long Beach Turkey Trot 10K (48:41)	86
*	Gayron, Christine (Runner's Edge)	86
	Farmingdale Mile (06:26)	86
*	Ackerly, Heather (GLIRC)	83
	Elizabeth McNamee 5K (23:56)	83
*	Lopez-Merlos, Meredith (Northport)	83
	Marcie Mazzola 5k (27:44)	83
*	Walter, Patricia (We Are Athletes)	77
	Hope Runs Here #2 5K (29:01)	77
*	Donaghy, Kirsten (Northport)	74
	Runner's Edge Women's 5K (27:16)	74
*	DeRose, Laura (LIRRC)	71
	New Hyde Park 8K (42:06)	71
Women 45-49		
1	Lim, Vivien	800
	New Hyde Park 8K (32:02)	100
	Bolla Charity 5K (19:21)	100
	Bellmore Striders Independence Day 4 Mile Run (25:30)	100
	Runner's Edge Women's 5K (19:50)	100
	Massapequa Mile (05:32)	100
	Farmingdale Mile (05:32)	100
	Blazing Trails 4 Miler (25:44)	100
	Long Beach Turkey Trot 10K (39:52)	100
2	Tesoriero, Jenney (Northport)	722
	Kings Park 15K Championship (1:22:36)	83
	Aspire 10K Championship (0:50:10)	80

	Marcie Mazzola 5k (24:04)	90
	Run For the Health of It 5K (24:19)	86
	Elizabeth McNamee 5K (23:27)	86
	Runday 5K (24:05)	100
	New Hyde Park 8K (39:35)	80
	Bolla Charity 5K (23:35)	90
	Massapequa Firecracker Championship 5K (24:04)	90
	Bellmore Striders Independence Day 4 Mile Run (31:27)	86
	Runner's Edge Women's 5K (23:56)	80
	Massapequa Mile (06:46)	80
	Hope Runs Here #2 5K (23:25)	90
	Farmingdale Mile (06:27)	86
	Blazing Trails 4 Miler (30:48)	86
	Oysterfest 5K (22:58)	90
2	Consalazio, Angelique (Northport)	722
	Aspire 10K Championship (0:48:37)	86
	Marcie Mazzola 5k (23:39)	100
	Run For the Health of It 5K (24:05)	90
	Elizabeth McNamee 5K (22:52)	90
	New Hyde Park 8K (37:21)	83
	Massapequa Mile (06:44)	83
	Farmingdale Mile (06:33)	83
	Oysterfest 5K (22:55)	100
	Long Beach Turkey Trot 10K (48:00)	90
4	Hoffmann, Stephanie (GLIRC)	656
	Aspire 10K Championship (0:45:44)	100
	Elizabeth McNamee 5K (21:32)	100
	New Hyde Park 8K (36:28)	86
	Massapequa Firecracker Championship 5K (21:45)	100
	Runner's Edge Women's 5K (21:42)	90
	Massapequa Mile (06:00)	90
	Farmingdale Mile (05:47)	90
5	Bradley, Damian (Northport)	577
	Long Beach Snowflake 4 Mile Run (33:05)	100
	Marcie Mazzola 5k (26:01)	83
	Elizabeth McNamee 5K (24:51)	80
	New Hyde Park 8K (41:42)	74
	Runner's Edge Women's 5K (25:38)	74
	Hope Runs Here #2 5K (25:28)	83
	Long Beach Turkey Trot 10K (53:49)	83
6	Olmsted, Jackie (Elitefeats)	463
	Runday 5K (34:31)	90
	Massapequa Firecracker Championship 5K (32:41)	77
	Bellmore Striders Independence Day 4 Mile Run (51:53)	83

	Runner's Edge Women's 5K (34:59)	56
	Hope Runs Here #2 5K (36:20)	77
	Long Beach Turkey Trot 10K (1:09:30)	80
7	Giammona, Marilou (NHP - Mineola Runners Club)	432
	Aspire 10K Championship (0:48:39)	83
	Bellmore Striders Independence Day 4 Mile Run (30:50)	90
	Runner's Edge Women's 5K (23:04)	83
	Blazing Trails 4 Miler (30:39)	90
	Oysterfest 5K (23:12)	86
8	Leong, Danielle (GLIRC)	400
	Aspire 10K Championship (0:51:21)	74
	Elizabeth McNamee 5K (24:13)	83
	Massapequa Firecracker Championship 5K (24:22)	86
	Runner's Edge Women's 5K (25:39)	71
	Hope Runs Here #2 5K (25:00)	86
9	Ehrhart, Dawn (Northport)	388
	Kings Park 15K Championship (1:24:56)	80
	Marcie Mazzola 5k (26:28)	80
	Runner's Edge Women's 5K (26:18)	68
	Hope Runs Here #2 5K (25:56)	80
	Oysterfest 5K (25:39)	80
10	Markovina, Katarina (NHP - Mineola Runners Club)	340
	Aspire 10K Championship (0:51:08)	77
	Marcie Mazzola 5k (25:09)	86
	Long Beach 10 Miler (1:28:31)	100
	New Hyde Park 8K (40:35)	77
11	Cicccone, Heather (Northport)	287
	Run For the Health of It 5K (32:40)	83
	Elizabeth McNamee 5K (33:04)	71
	Runner's Edge Women's 5K (33:26)	59
	Oysterfest 5K (30:23)	74
12	Cavaliere-Ng, Melissa (Northport)	284
	Kings Park 15K Championship (1:34:57)	77
	Aspire 10K Championship (0:58:26)	68
	Runner's Edge Women's 5K (28:08)	62
	Oysterfest 5K (28:25)	77
13	Hayduk, Hayda (Northport)	276
	Kings Park 15K Championship (1:12:13)	90
	Run For the Health of It 5K (23:26)	100
	Runner's Edge Women's 5K (22:55)	86
14	Altschuler, Melissa (We Are Athletes)	269
	Elizabeth McNamee 5K (55:32)	68
	Massapequa Firecracker Championship 5K (41:12)	74
	Runner's Edge Women's 5K (39:38)	53

	Hope Runs Here #2 5K (40:38)	74
15	Paidoussis, Carolin (GLIRC)	222
	Aspire 10K Championship (1:03:55)	65
	Elizabeth McNamee 5K (30:00)	77
	Massapequa Firecracker Championship 5K (30:47)	80
15	McGreevey, Kim (Northport)	222
	Marcie Mazzola 5k (32:51)	77
	Elizabeth McNamee 5K (30:40)	74
	Oysterfest 5K (32:13)	71
*	Slater, Lori (Northport)	186
	Kings Park 15K Championship (1:13:44)	86
	Hope Runs Here #2 5K (22:35)	100
*	Dormer, Kathy (GLIRC)	180
	Aspire 10K Championship (0:46:03)	90
	New Hyde Park 8K (36:15)	90
*	Calvert, Kerry	163
	Runner's Edge Women's 5K (25:35)	77
	Long Beach Turkey Trot 10K (53:33)	86
*	Coffey, Gloria (NHP - Mineola Runners Club)	161
	Aspire 10K Championship (0:52:02)	71
	Long Beach 10 Miler (1:30:23)	90
*	Kartes-Heino, Jodi (GLIRC)	100
	Kings Park 15K Championship (1:11:48)	100
*	Fabrizi, Laura (Elitefeats)	86
	Massapequa Mile (06:35)	86
*	Bohan, Jean (Bohemia Track Club)	83
	Oysterfest 5K (23:37)	83
*	McAllister, Robin (Runner's Edge)	83
	Massapequa Firecracker Championship 5K (27:47)	83
*	Stroehlein, Margaret	83
	Blazing Trails 4 Miler (55:44)	83
*	Goldman, Tracy (Northport)	74
	Marcie Mazzola 5k (33:16)	74
*	Sclafani, Kika (GLIRC)	65
	Runner's Edge Women's 5K (26:36)	65
Women 50-54		
1	Broderick, Una (GLIRC)	800
	Aspire 10K Championship (0:41:06)	100
	Run For the Health of It 5K (20:05)	100
	Bolla Charity 5K (19:44)	100
	Bellmore Striders Independence Day 4 Mile Run (26:15)	100
	Runner's Edge Women's 5K (20:04)	100
	Hope Runs Here #2 5K (19:47)	100
	Farmingdale Mile (05:44)	100

	Oysterfest 5K (19:58)	100
2	Russo, Barbara (GLIRC)	756
	Aspire 10K Championship (0:44:35)	86
	Marcie Mazzola 5k (20:54)	100
	New Hyde Park 8K (34:11)	100
	Massapequa Firecracker Championship 5K (20:38)	100
	Runner's Edge Women's 5K (20:06)	90
	Massapequa Mile (05:51)	100
	Hope Runs Here #2 5K (20:13)	90
	Farmingdale Mile (05:49)	90
3	Tantone, Nancy (Northport)	742
	Aspire 10K Championship (0:45:14)	83
	Elizabeth McNamee 5K (21:02)	90
	Runday 5K (22:04)	100
	New Hyde Park 8K (34:59)	86
	Hope Runs Here #1 5K (21:45)	100
	Massapequa Firecracker Championship 5K (21:24)	86
	Bellmore Striders Independence Day 4 Mile Run (28:38)	90
	Runner's Edge Women's 5K (21:00)	86
	Massapequa Mile (06:09)	90
	Hope Runs Here #2 5K (20:47)	83
	Farmingdale Mile (06:02)	86
	Long Beach Turkey Trot 10K (42:28)	100
4	Leippert, Yvonne (GLIRC)	712
	Long Beach Snowflake 4 Mile Run (29:36)	100
	Kings Park 15K Championship (1:12:46)	100
	Elizabeth McNamee 5K (22:23)	83
	Runday 5K (22:54)	90
	Long Beach 10 Miler (1:20:43)	90
	Bellmore Striders Independence Day 4 Mile Run (28:44)	86
	Runner's Edge Women's 5K (21:29)	83
	Hope Runs Here #2 5K (21:03)	80
5	Josaphat, Grainne (LIRRC)	682
	New Hyde Park 8K (39:57)	83
	Massapequa Firecracker Championship 5K (23:32)	83
	Bellmore Striders Independence Day 4 Mile Run (31:09)	83
	Runner's Edge Women's 5K (23:44)	80
	Massapequa Mile (06:34)	86
	Farmingdale Mile (06:28)	77
	Long Beach 5 Miler (40:06)	100
	Oysterfest 5K (23:51)	90
6	Orelli, Regina (Northport)	650
	Kings Park 15K Championship (1:19:45)	80
	Aspire 10K Championship (0:53:08)	59

	Marcie Mazzola 5k (24:38)	86
	Elizabeth McNamee 5K (24:32)	77
	Massapequa Firecracker Championship 5K (25:16)	71
	Runner's Edge Women's 5K (25:12)	77
	Massapequa Mile (07:24)	83
	Hope Runs Here #2 5K (24:19)	71
	Farmingdale Mile (06:55)	71
	Oysterfest 5K (24:04)	86
	Long Beach Turkey Trot 10K (50:53)	90
7	Mangual, Lori (Bellmore Striders)	644
	Long Beach Snowflake 4 Mile Run (32:24)	86
	Kings Park 15K Championship (1:19:55)	77
	Aspire 10K Championship (0:50:47)	68
	Marcie Mazzola 5k (24:08)	90
	New Hyde Park 8K (40:10)	80
	Massapequa Firecracker Championship 5K (23:55)	80
	Runner's Edge Women's 5K (25:14)	74
	Hope Runs Here #2 5K (25:31)	68
	Farmingdale Mile (06:52)	74
	Oysterfest 5K (24:43)	83
8	Stammers-Janzen, Maureen (Northport)	600
	Kings Park 15K Championship (1:23:43)	71
	Aspire 10K Championship (0:52:50)	62
	Long Beach 10 Miler (1:32:29)	83
	Massapequa Firecracker Championship 5K (24:57)	77
	Bellmore Striders Independence Day 4 Mile Run (35:07)	77
	Runner's Edge Women's 5K (25:18)	71
	Farmingdale Mile (07:30)	59
	Blazing Trails 4 Miler (33:14)	100
9	Maier, Susan (GLIRC)	571
	Aspire 10K Championship (0:55:50)	47
	Marcie Mazzola 5k (26:52)	80
	Elizabeth McNamee 5K (25:42)	62
	New Hyde Park 8K (44:48)	77
	Massapequa Firecracker Championship 5K (26:39)	68
	Runner's Edge Women's 5K (26:38)	56
	Massapequa Mile (07:36)	80
	Hope Runs Here #2 5K (26:56)	56
	Farmingdale Mile (07:16)	65
	Long Beach 5 Miler (47:27)	83
10	Skelly, Jill (Runner's Edge)	556
	Aspire 10K Championship (0:44:20)	90
	Elizabeth McNamee 5K (20:38)	100
	Long Beach 10 Miler (1:13:51)	100

	New Hyde Park 8K (34:22)	90
	Massapequa Firecracker Championship 5K (20:46)	90
	Hope Runs Here #2 5K (20:43)	86
11	Themistocleous, Eliana (GLIRC)	529
	Long Beach Snowflake 4 Mile Run (32:18)	90
	Aspire 10K Championship (0:50:32)	71
	Runner's Edge Women's 5K (25:55)	68
	Hope Runs Here #2 5K (26:03)	62
	Farmingdale Mile (06:58)	68
	Long Beach 5 Miler (42:16)	90
	Oysterfest 5K (25:16)	80
12	Marinis, Beth (LIRRC)	425
	Kings Park 15K Championship (1:49:44)	53
	Aspire 10K Championship (1:05:01)	44
	Marcie Mazzola 5k (32:11)	74
	Elizabeth McNamee 5K (30:03)	56
	New Hyde Park 8K (50:03)	74
	Bellmore Striders Independence Day 4 Mile Run (43:57)	71
	Hope Runs Here #2 5K (30:50)	53
13	Melillo, Elizabeth (Northport)	423
	Kings Park 15K Championship (1:24:58)	68
	Elizabeth McNamee 5K (25:01)	68
	Massapequa Firecracker Championship 5K (25:11)	74
	Runner's Edge Women's 5K (26:21)	59
	Oysterfest 5K (26:17)	74
	Long Beach Turkey Trot 10K (55:43)	80
14	DeSpagna, Jennifer (Northport)	387
	Kings Park 15K Championship (1:28:41)	62
	Aspire 10K Championship (0:55:11)	53
	Elizabeth McNamee 5K (25:26)	65
	Farmingdale Mile (07:31)	56
	Oysterfest 5K (27:38)	68
	Long Beach Turkey Trot 10K (55:36)	83
15	Ritchie, Darlene (Northport)	364
	Kings Park 15K Championship (1:17:08)	86
	Aspire 10K Championship (0:50:56)	65
	Runner's Edge Women's 5K (26:07)	62
	Oysterfest 5K (27:44)	65
	Long Beach Turkey Trot 10K (54:58)	86
16	Favaro, Annamarie (We Are Athletes)	363
	Long Beach Snowflake 4 Mile Run (48:35)	83
	Aspire 10K Championship (1:22:38)	35
	New Hyde Park 8K (1:03:30)	71
	Bellmore Striders Independence Day 4 Mile Run (54:20)	68

	Runner's Edge Women's 5K (37:13)	47
	Oysterfest 5K (38:46)	59
17	Cotty, Karen (Runner's Edge)	320
	Aspire 10K Championship (0:46:29)	80
	Elizabeth McNamee 5K (22:10)	86
	Hope Runs Here #2 5K (22:33)	74
	Farmingdale Mile (06:21)	80
18	Murray, Susan (Northport)	284
	Kings Park 15K Championship (1:20:15)	74
	Aspire 10K Championship (0:50:23)	74
	Elizabeth McNamee 5K (24:59)	71
	Massapequa Firecracker Championship 5K (27:47)	65
19	Manno, Linda (We Are Athletes)	272
	Runday 5K (26:31)	86
	Runner's Edge Women's 5K (25:58)	65
	Hope Runs Here #2 5K (26:12)	59
	Farmingdale Mile (07:23)	62
20	Hiller, Lesli (Runner's Edge)	246
	Long Beach 10 Miler (1:20:43)	86
	Hope Runs Here #2 5K (22:15)	77
	Farmingdale Mile (06:04)	83
21	Schmuck, Susan (Northport)	244
	Blazing Trails 4 Miler (34:57)	90
	Oysterfest 5K (26:09)	77
	Long Beach Turkey Trot 10K (56:23)	77
22	Hehir, Torie (Northport)	243
	Kings Park 15K Championship (1:18:15)	83
	Aspire 10K Championship (0:50:01)	77
	Marcie Mazzola 5k (25:07)	83
23	Tribble, Teresa (LIRRC)	237
	Bellmore Striders Independence Day 4 Mile Run (35:01)	80
	Long Beach 5 Miler (43:33)	86
	Oysterfest 5K (27:01)	71
24	McDougall, Doreen (GLIRC)	202
	Hope Runs Here #1 5K (46:26)	90
	Bellmore Striders Independence Day 4 Mile Run (08:49)	65
	Hope Runs Here #2 5K (55:36)	47
25	Finneran, Dianne (Northport)	195
	Aspire 10K Championship (0:53:44)	56
	Elizabeth McNamee 5K (24:59)	74
	Hope Runs Here #2 5K (25:54)	65
25	Ballaban, Paulina (Northport)	195
	Kings Park 15K Championship (1:32:40)	59
	Marcie Mazzola 5k (28:20)	77

	Elizabeth McNamee 5K (28:22)	59
27	Novak, Jackie (GLIRC)	190
	Aspire 10K Championship (0:55:43)	50
	Run For the Health of It 5K (25:32)	90
	Hope Runs Here #2 5K (34:34)	50
28	Garcia, Maria (GLIRC)	141
	Aspire 10K Championship (1:16:30)	38
	Runner's Edge Women's 5K (33:56)	50
	Farmingdale Mile (09:21)	53
28	Fuller, Lori (Northport)	141
	Kings Park 15K Championship (1:52:34)	50
	Aspire 10K Championship (1:10:06)	41
	Farmingdale Mile (10:09)	50
*	Ingram, Joyce (Northport)	170
	Kings Park 15K Championship (1:16:51)	90
	Elizabeth McNamee 5K (23:36)	80
*	Hickey, Annmarie (Northport)	115
	Runner's Edge Women's 5K (30:25)	53
	Oysterfest 5K (31:00)	62
*	Medalla, Angela (We Are Athletes)	74
	Bellmore Striders Independence Day 4 Mile Run (37:08)	74
*	Colby, Lisa (We Are Athletes)	65
	Kings Park 15K Championship (1:27:15)	65
*	Luciano, June (Northport)	56
	Kings Park 15K Championship (1:34:36)	56
Women 55-59		
1	Epstein, Tracey (GLIRC)	790
	Long Beach Snowflake 4 Mile Run (30:58)	100
	Kings Park 15K Championship (1:13:16)	90
	Aspire 10K Championship (0:46:40)	100
	Massapequa Firecracker Championship 5K (22:52)	100
	Bellmore Striders Independence Day 4 Mile Run (29:55)	100
	Runner's Edge Women's 5K (22:42)	90
	Hope Runs Here #2 5K (22:43)	90
	Long Beach 5 Miler (38:50)	100
	Blazing Trails 4 Miler (29:20)	100
	Oysterfest 5K (23:40)	86
	Long Beach Turkey Trot 10K (47:43)	100
2	Staiano, Adriana (Runner's Edge)	728
	Kings Park 15K Championship (1:16:25)	83
	Aspire 10K Championship (0:48:38)	86
	Elizabeth McNamee 5K (22:38)	100
	Runday 5K (23:27)	100
	New Hyde Park 8K (38:15)	90

	Hope Runs Here #2 5K (23:31)	86
	Great South Bay 1/2 Marathon (1:52:10)	100
	Oysterfest 5K (23:46)	83
3	Hynes, Jeannie (Northport)	692
	Long Beach Snowflake 4 Mile Run (34:43)	90
	Kings Park 15K Championship (1:28:49)	71
	Aspire 10K Championship (0:53:12)	77
	Marcie Mazzola 5k (26:11)	83
	Elizabeth McNamee 5K (24:54)	83
	New Hyde Park 8K (41:45)	86
	Bolla Charity 5K (26:07)	100
	Massapequa Firecracker Championship 5K (25:49)	83
	Runner's Edge Women's 5K (26:01)	68
	Massapequa Mile (07:14)	90
	Oysterfest 5K (25:00)	77
4	Buitenkant, Janet (Northport)	668
	Long Beach Snowflake 4 Mile Run (43:46)	83
	Kings Park 15K Championship (1:59:23)	50
	Aspire 10K Championship (1:06:53)	56
	Marcie Mazzola 5k (31:55)	71
	Run For the Health of It 5K (31:03)	90
	Elizabeth McNamee 5K (30:18)	77
	Runday 5K (32:20)	86
	New Hyde Park 8K (51:29)	71
	Hope Runs Here #1 5K (31:45)	100
	Massapequa Firecracker Championship 5K (31:37)	59
	Runner's Edge Women's 5K (31:36)	50
	Hope Runs Here #2 5K (30:41)	68
	Farmingdale Mile (08:30)	68
	Great South Bay 1/2 Marathon (2:30:08)	90
	Oysterfest 5K (29:20)	62
5	Vogt, Delores (Northport)	635
	Kings Park 15K Championship (1:15:50)	86
	Aspire 10K Championship (0:48:06)	90
	Marcie Mazzola 5k (23:59)	100
	Run For the Health of It 5K (23:58)	100
	Elizabeth McNamee 5K (23:38)	90
	Runner's Edge Women's 5K (23:18)	83
	Farmingdale Mile (07:00)	86
6	Bishop, Josephine (Northport)	622
	Long Beach Snowflake 4 Mile Run (36:05)	86
	Kings Park 15K Championship (1:28:23)	74
	Aspire 10K Championship (0:55:19)	74
	Elizabeth McNamee 5K (35:28)	71

	Massapequa Firecracker Championship 5K (28:46)	71
	Hope Runs Here #2 5K (26:47)	80
	Blazing Trails 4 Miler (34:34)	80
	Oysterfest 5K (26:10)	68
	Long Beach Turkey Trot 10K (53:30)	86
7	Razzano-Nerud, Debra (Northport)	607
	New Hyde Park 8K (42:43)	83
	Massapequa Firecracker Championship 5K (30:44)	65
	Runner's Edge Women's 5K (23:09)	86
	Massapequa Mile (06:54)	100
	Hope Runs Here #2 5K (24:38)	83
	Farmingdale Mile (06:45)	90
	Oysterfest 5K (23:19)	100
8	Nora, Karen (Northport)	582
	Kings Park 15K Championship (1:22:32)	77
	Marcie Mazzola 5k (25:11)	90
	Elizabeth McNamee 5K (24:21)	86
	Massapequa Firecracker Championship 5K (24:53)	86
	Runner's Edge Women's 5K (25:29)	77
	Blazing Trails 4 Miler (32:05)	86
	Oysterfest 5K (24:06)	80
9	Fitzpatrick, Sue (GLIRC)	550
	Kings Park 15K Championship (1:41:27)	59
	Aspire 10K Championship (1:02:18)	62
	Marcie Mazzola 5k (30:30)	74
	New Hyde Park 8K (47:35)	74
	Massapequa Firecracker Championship 5K (28:36)	74
	Runner's Edge Women's 5K (30:56)	53
	Hope Runs Here #2 5K (29:01)	74
	Blazing Trails 4 Miler (39:12)	74
	Oysterfest 5K (30:17)	59
10	Davidson, Mindy (Runner's Edge)	538
	Aspire 10K Championship (1:14:33)	53
	Massapequa Firecracker Championship 5K (30:48)	62
	Bellmore Striders Independence Day 4 Mile Run (53:35)	80
	Runner's Edge Women's 5K (30:22)	56
	Hope Runs Here #2 5K (30:34)	71
	Long Beach 5 Miler (57:36)	83
	Oysterfest 5K (31:05)	56
	Long Beach Turkey Trot 10K (1:08:56)	77
11	Fucella, Maria (Runner's Edge)	516
	Runday 5K (32:01)	90
	Massapequa Firecracker Championship 5K (29:31)	68
	Runner's Edge Women's 5K (30:02)	59

	Hope Runs Here #2 5K (32:06)	65
	Farmingdale Mile (08:26)	74
	Long Beach 5 Miler (57:36)	86
	Long Beach Turkey Trot 10K (1:08:56)	74
12	Weess, Pamela (Northport)	505
	Aspire 10K Championship (1:15:45)	50
	New Hyde Park 8K (58:36)	68
	Massapequa Firecracker Championship 5K (38:34)	56
	Bellmore Striders Independence Day 4 Mile Run (50:25)	83
	Runner's Edge Women's 5K (35:13)	44
	Hope Runs Here #2 5K (36:25)	62
	Farmingdale Mile (09:47)	65
	Blazing Trails 4 Miler (46:59)	71
	Oysterfest 5K (38:08)	50
13	Greenspan, Ellen (We Are Athletes)	472
	Bolla Charity 5K (26:40)	90
	Massapequa Firecracker Championship 5K (26:50)	80
	Runner's Edge Women's 5K (26:08)	65
	Farmingdale Mile (07:19)	80
	Blazing Trails 4 Miler (34:26)	83
	Oysterfest 5K (25:32)	74
14	Conkling, Karen (We Are Athletes)	460
	Kings Park 15K Championship (1:17:20)	80
	Bellmore Striders Independence Day 4 Mile Run (30:55)	90
	Runner's Edge Women's 5K (22:30)	100
	Hope Runs Here #2 5K (22:21)	100
	Blazing Trails 4 Miler (30:40)	90
15	Robinson, Susan (Northport)	458
	Kings Park 15K Championship (1:30:14)	68
	Aspire 10K Championship (0:55:34)	71
	Long Beach 10 Miler (1:34:14)	100
	Farmingdale Mile (08:27)	71
	Oysterfest 5K (26:57)	65
	Long Beach Turkey Trot 10K (54:58)	83
16	Corrie Del-Cid, Suzanne (GLIRC)	379
	Aspire 10K Championship (0:56:58)	65
	Marcie Mazzola 5k (27:50)	80
	Elizabeth McNamee 5K (26:18)	80
	Hope Runs Here #2 5K (27:41)	77
	Farmingdale Mile (07:56)	77
17	Lenzi, Mary (We Are Athletes)	290
	Kings Park 15K Championship (1:12:05)	100
	New Hyde Park 8K (37:15)	100
	Massapequa Firecracker Championship 5K (23:23)	90

18	Carroll, Maura (Northport)	272
	Kings Park 15K Championship (1:33:32)	65
	Aspire 10K Championship (0:56:19)	68
	Massapequa Firecracker Championship 5K (28:08)	77
	Runner's Edge Women's 5K (29:45)	62
19	Schackner, Karen (GLIRC)	240
	Marcie Mazzola 5k (25:16)	86
	Runner's Edge Women's 5K (25:54)	71
	Farmingdale Mile (07:01)	83
20	Mccain, Christine (Runner's Edge)	234
	Aspire 10K Championship (0:53:11)	80
	New Hyde Park 8K (43:52)	80
	Runner's Edge Women's 5K (25:42)	74
21	Basile-Farash, Maria (We Are Athletes)	192
	Long Beach Snowflake 4 Mile Run (44:41)	80
	Kings Park 15K Championship (1:44:54)	53
	Aspire 10K Championship (1:05:42)	59
*	Pickard, Kelly (GLIRC)	180
	Runner's Edge Women's 5K (24:07)	80
	Farmingdale Mile (06:27)	100
*	Nasoff, Lisa (Runner's Edge)	170
	Long Beach 5 Miler (46:44)	90
	Long Beach Turkey Trot 10K (58:05)	80
*	Cronin-Stagnari, Barbara (Runner's Edge)	154
	Aspire 10K Championship (0:49:56)	83
	Oysterfest 5K (25:59)	71
*	Raudsepp, Pamela (We Are Athletes)	139
	Kings Park 15K Championship (1:36:32)	62
	New Hyde Park 8K (46:12)	77
*	Eidle, Jean (Northport)	133
	Kings Park 15K Championship (1:41:54)	56
	Marcie Mazzola 5k (30:16)	77
*	Strangio, Lauren (LIRRC)	90
	Oysterfest 5K (23:31)	90
*	Senato, Louise (Runner's Edge)	90
	Long Beach Turkey Trot 10K (53:25)	90
*	Schachner, Pauline (LIRRC)	86
	Bellmore Striders Independence Day 4 Mile Run (44:46)	86
*	Lipponer, Clare (Rolling Thunder)	77
	Blazing Trails 4 Miler (36:49)	77
*	Gunther, Sharon (We Are Athletes)	74
	Elizabeth McNamee 5K (30:35)	74
*	Bertrand-Romao, Charmaine (Rolling Thunder)	68
	Blazing Trails 4 Miler (1:07:04)	68

	* Crossman, Laurie (Northport)	53
	Oysterfest 5K (32:20)	53
	* Kleiman, Donna (GLIRC)	47
	Runner's Edge Women's 5K (34:46)	47
Women 60-64		
1	Doman, Dolores (Northport)	800
	Kings Park 15K Championship (1:13:53)	100
	Elizabeth McNamee 5K (23:01)	100
	Long Beach 10 Miler (1:20:43)	100
	Bellmore Striders Independence Day 4 Mile Run (31:43)	100
	Runner's Edge Women's 5K (23:24)	100
	Farmingdale Mile (06:50)	100
	Long Beach 5 Miler (39:59)	100
	Blazing Trails 4 Miler (30:13)	100
	Oysterfest 5K (23:23)	100
2	Keogh, Susan (GLIRC)	780
	Aspire 10K Championship (0:54:48)	100
	Run For the Health of It 5K (25:38)	100
	Elizabeth McNamee 5K (24:53)	90
	Runday 5K (25:28)	100
	Long Beach 10 Miler (1:29:59)	90
	Bolla Charity 5K (25:26)	100
	Runner's Edge Women's 5K (25:32)	86
	Massapequa Mile (07:11)	100
	Hope Runs Here #2 5K (25:37)	100
	Farmingdale Mile (07:15)	90
	Long Beach 5 Miler (42:39)	90
	Blazing Trails 4 Miler (33:43)	90
	Oysterfest 5K (26:16)	86
3	Lee, Pamela (We Are Athletes)	736
	Long Beach Snowflake 4 Mile Run (37:23)	100
	Aspire 10K Championship (0:58:21)	86
	Marcie Mazzola 5k (27:15)	90
	Elizabeth McNamee 5K (27:25)	83
	Runday 5K (28:32)	86
	Long Beach 10 Miler (1:52:58)	80
	New Hyde Park 8K (45:42)	90
	Hope Runs Here #1 5K (27:43)	100
	Bolla Charity 5K (27:37)	86
	Massapequa Firecracker Championship 5K (27:17)	90
	Bellmore Striders Independence Day 4 Mile Run (37:32)	90
	Runner's Edge Women's 5K (27:52)	77
	Massapequa Mile (07:45)	86
	Hope Runs Here #2 5K (27:08)	90

	Farmingdale Mile (07:34)	80
	Long Beach 5 Miler (46:01)	86
	Blazing Trails 4 Miler (35:49)	80
	Oysterfest 5K (27:47)	74
	Long Beach Turkey Trot 10K (55:40)	83
3	Agricola, Kathleen (Bellmore Striders)	736
	Kings Park 15K Championship (1:31:50)	90
	Aspire 10K Championship (0:56:44)	90
	Marcie Mazzola 5k (26:56)	100
	Elizabeth McNamee 5K (26:17)	86
	Runday 5K (26:56)	90
	Long Beach 10 Miler (1:35:27)	86
	New Hyde Park 8K (43:27)	100
	Bolla Charity 5K (26:06)	90
	Runner's Edge Women's 5K (26:44)	80
	Massapequa Mile (07:39)	90
	Hope Runs Here #2 5K (33:35)	68
	Farmingdale Mile (07:38)	77
	Blazing Trails 4 Miler (35:05)	86
	Oysterfest 5K (27:01)	83
	Long Beach Turkey Trot 10K (55:24)	86
5	Johnson-Strang, Madeleine (Northport)	678
	Kings Park 15K Championship (1:32:38)	86
	Aspire 10K Championship (0:59:00)	83
	Marcie Mazzola 5k (28:36)	83
	Elizabeth McNamee 5K (27:56)	77
	New Hyde Park 8K (46:31)	83
	Massapequa Firecracker Championship 5K (28:52)	80
	Runner's Edge Women's 5K (30:11)	59
	Blazing Trails 4 Miler (35:21)	83
	Great South Bay 1/2 Marathon (2:05:25)	100
	Oysterfest 5K (27:03)	80
6	Zacharia, Marianne (Northport)	675
	Long Beach Snowflake 4 Mile Run (37:54)	90
	Kings Park 15K Championship (1:33:35)	83
	Aspire 10K Championship (1:00:03)	77
	Marcie Mazzola 5k (29:14)	77
	Run For the Health of It 5K (30:17)	86
	Elizabeth McNamee 5K (28:58)	71
	New Hyde Park 8K (48:46)	80
	Hope Runs Here #1 5K (29:15)	90
	Massapequa Firecracker Championship 5K (29:39)	74
	Bellmore Striders Independence Day 4 Mile Run (39:30)	83
	Runner's Edge Women's 5K (29:03)	62

	Massapequa Mile (08:09)	77
	Hope Runs Here #2 5K (28:08)	83
	Farmingdale Mile (07:46)	74
	Blazing Trails 4 Miler (37:37)	77
	Long Beach Turkey Trot 10K (57:30)	80
7	Marascia, Margarita (We Are Athletes)	643
	Aspire 10K Championship (0:59:09)	80
	Marcie Mazzola 5k (27:58)	86
	Bolla Charity 5K (28:21)	80
	Massapequa Firecracker Championship 5K (29:20)	77
	Bellmore Striders Independence Day 4 Mile Run (37:57)	86
	Runner's Edge Women's 5K (28:09)	74
	Massapequa Mile (08:05)	80
	Hope Runs Here #2 5K (28:11)	80
	Farmingdale Mile (07:51)	71
8	Rosen, Donna (LIRRC)	622
	Long Beach Snowflake 4 Mile Run (40:28)	86
	Kings Park 15K Championship (1:39:49)	77
	Marcie Mazzola 5k (32:59)	65
	Elizabeth McNamee 5K (31:35)	68
	Runday 5K (32:34)	83
	Bolla Charity 5K (31:38)	77
	Massapequa Firecracker Championship 5K (31:35)	65
	Bellmore Striders Independence Day 4 Mile Run (44:28)	74
	Runner's Edge Women's 5K (31:12)	50
	Hope Runs Here #2 5K (30:59)	71
	Long Beach 5 Miler (54:25)	80
	Blazing Trails 4 Miler (41:12)	74
	Oysterfest 5K (31:22)	68
8	Dowling, Frances (LIRRC)	622
	Aspire 10K Championship (1:04:19)	74
	Marcie Mazzola 5k (30:46)	74
	Long Beach 10 Miler (1:50:23)	83
	New Hyde Park 8K (49:15)	77
	Massapequa Firecracker Championship 5K (30:17)	68
	Bellmore Striders Independence Day 4 Mile Run (40:54)	77
	Runner's Edge Women's 5K (30:13)	56
	Hope Runs Here #2 5K (29:47)	77
	Long Beach 5 Miler (51:58)	83
	Long Beach Turkey Trot 10K (59:42)	77
10	Marnell, Susie (Northport)	612
	Run For the Health of It 5K (28:01)	90
	Elizabeth McNamee 5K (27:40)	80
	Bolla Charity 5K (28:11)	83

	Massapequa Firecracker Championship 5K (27:16)	100
	Runner's Edge Women's 5K (26:40)	83
	Farmingdale Mile (07:19)	86
	Long Beach Turkey Trot 10K (54:47)	90
11	Oehrlein, Catherine (Northport)	583
	Massapequa Firecracker Championship 5K (27:56)	86
	Runner's Edge Women's 5K (28:17)	68
	Massapequa Mile (07:54)	83
	Hope Runs Here #2 5K (27:34)	86
	Farmingdale Mile (07:29)	83
	Oysterfest 5K (27:18)	77
	Long Beach Turkey Trot 10K (54:04)	100
12	Brewer, Marie (LIRRC)	548
	Kings Park 15K Championship (1:35:30)	80
	Marcie Mazzola 5k (28:47)	80
	Elizabeth McNamee 5K (28:24)	74
	New Hyde Park 8K (46:07)	86
	Massapequa Firecracker Championship 5K (28:26)	83
	Bellmore Striders Independence Day 4 Mile Run (39:42)	80
	Runner's Edge Women's 5K (28:42)	65
13	Holden, Rochelle (We Are Athletes)	532
	Long Beach Snowflake 4 Mile Run (46:07)	83
	Marcie Mazzola 5k (39:45)	59
	Runday 5K (38:30)	77
	Bolla Charity 5K (37:31)	74
	Massapequa Firecracker Championship 5K (35:29)	56
	Bellmore Striders Independence Day 4 Mile Run (47:06)	71
	Runner's Edge Women's 5K (34:41)	44
	Farmingdale Mile (10:01)	68
14	Simon, Linda (GLIRC)	508
	Aspire 10K Championship (1:31:05)	65
	Runday 5K (41:42)	74
	Bellmore Striders Independence Day 4 Mile Run (59:57)	68
	Runner's Edge Women's 5K (43:29)	38
	Hope Runs Here #2 5K (43:06)	65
	Farmingdale Mile (11:16)	65
	Blazing Trails 4 Miler (55:59)	71
	Oysterfest 5K (42:38)	62
15	Bush, Patricia (We Are Athletes)	390
	Aspire 10K Championship (1:18:57)	68
	Marcie Mazzola 5k (35:42)	62
	Run For the Health of It 5K (35:02)	80
	Runday 5K (34:38)	80
	Massapequa Firecracker Championship 5K (34:15)	59

	Runner's Edge Women's 5K (35:18)	41
16	McGraw, Jane (Northport)	281
	Run For the Health of It 5K (32:34)	83
	New Hyde Park 8K (50:12)	74
	Massapequa Firecracker Championship 5K (29:55)	71
	Runner's Edge Women's 5K (30:17)	53
17	Breen, Kate (Northport)	266
	Marcie Mazzola 5k (32:16)	68
	New Hyde Park 8K (56:04)	71
	Massapequa Firecracker Championship 5K (34:13)	62
	Oysterfest 5K (31:43)	65
18	Nolte, Mary (Northport)	260
	Aspire 10K Championship (1:08:21)	71
	New Hyde Park 8K (1:01:38)	68
	Runner's Edge Women's 5K (31:43)	47
	Long Beach Turkey Trot 10K (1:30:18)	74
*	Solomine, Kim (GLIRC)	161
	Runday 5K (55:14)	71
	Runner's Edge Women's 5K (24:07)	90
*	Latta, Judith (LIRRC)	145
	Hope Runs Here #2 5K (29:56)	74
	Oysterfest 5K (30:29)	71
*	Blair, Debbie (GLIRC)	90
	Oysterfest 5K (24:39)	90
*	Cook, Susan (Runner's Edge)	71
	Runner's Edge Women's 5K (28:13)	71
*	Valencia, Caryn (Northport)	71
	Marcie Mazzola 5k (31:40)	71
Women 65-69		
1	Withus, Gloria (We Are Athletes)	800
	Long Beach Snowflake 4 Mile Run (37:30)	100
	Kings Park 15K Championship (1:34:45)	100
	Marcie Mazzola 5k (29:31)	100
	Run For the Health of It 5K (29:35)	100
	Elizabeth McNamee 5K (27:47)	100
	Runday 5K (29:47)	100
	Long Beach 10 Miler (1:48:05)	100
	Hope Runs Here #1 5K (28:37)	100
	Bellmore Striders Independence Day 4 Mile Run (40:07)	100
	Runner's Edge Women's 5K (29:22)	100
	Massapequa Mile (08:20)	100
	Hope Runs Here #2 5K (28:18)	100
	Farmingdale Mile (07:53)	100
	Long Beach 5 Miler (48:58)	100

	Blazing Trails 4 Miler (37:26)	100
	Great South Bay 1/2 Marathon (2:21:25)	100
	Oysterfest 5K (28:38)	100
	Long Beach Turkey Trot 10K (59:30)	90
2	Fitzgibbon, Anne (We Are Athletes)	698
	Long Beach Snowflake 4 Mile Run (42:39)	90
	Kings Park 15K Championship (1:44:47)	90
	Aspire 10K Championship (1:10:27)	83
	Elizabeth McNamee 5K (31:54)	83
	Massapequa Firecracker Championship 5K (32:30)	83
	Runner's Edge Women's 5K (33:07)	86
	Farmingdale Mile (09:00)	86
	Blazing Trails 4 Miler (41:43)	90
	Oysterfest 5K (31:01)	90
3	Carroll, Patricia (We Are Athletes)	674
	Aspire 10K Championship (1:15:53)	80
	Marcie Mazzola 5k (36:19)	83
	Run For the Health of It 5K (38:09)	86
	Elizabeth McNamee 5K (36:27)	80
	Runday 5K (39:36)	86
	Hope Runs Here #1 5K (36:58)	90
	Hope Runs Here #2 5K (39:14)	86
	Long Beach Turkey Trot 10K (1:10:31)	83
4	Drake, Patti (LIRRC)	456
	New Hyde Park 8K (47:15)	90
	Massapequa Firecracker Championship 5K (29:40)	100
	Hope Runs Here #2 5K (29:43)	90
	Farmingdale Mile (08:29)	90
	Long Beach Turkey Trot 10K (1:01:09)	86
5	Brown, Pamela (We Are Athletes)	360
	Marcie Mazzola 5k (29:39)	90
	Elizabeth McNamee 5K (28:07)	90
	Massapequa Firecracker Championship 5K (29:44)	90
	Runner's Edge Women's 5K (30:37)	90
6	Gallo, Joanne (Northport)	352
	Marcie Mazzola 5k (31:44)	86
	Run For the Health of It 5K (31:54)	90
	Elizabeth McNamee 5K (29:56)	86
	Runday 5K (32:19)	90
7	Frisone, Maureen (LIRRC)	266
	Aspire 10K Championship (1:00:24)	90
	Massapequa Firecracker Championship 5K (30:56)	86
	Bellmore Striders Independence Day 4 Mile Run (43:09)	90
*	Fahner, Julieann (LIRRC)	200

	New Hyde Park 8K (45:31)	100
	Long Beach Turkey Trot 10K (58:18)	100
	* Martin, Kathryn (Northport)	100
	Aspire 10K Championship (0:42:23)	100
	* Healy, Janet (We Are Athletes)	86
	Aspire 10K Championship (1:03:16)	86
Women 70-74		
	1 Gonzalez, Abby (We Are Athletes)	780
	Runday 5K (32:02)	100
	New Hyde Park 8K (50:47)	100
	Hope Runs Here #1 5K (31:27)	100
	Massapequa Firecracker Championship 5K (31:36)	100
	Bellmore Striders Independence Day 4 Mile Run (41:36)	100
	Runner's Edge Women's 5K (32:18)	86
	Massapequa Mile (09:31)	90
	Hope Runs Here #2 5K (31:38)	90
	Farmingdale Mile (09:22)	90
	Blazing Trails 4 Miler (42:07)	100
	1 Penagos, Elizabeth (GLIRC)	780
	Aspire 10K Championship (1:08:10)	100
	Marcie Mazzola 5k (32:26)	100
	Elizabeth McNamee 5K (31:30)	90
	Runday 5K (32:30)	90
	New Hyde Park 8K (51:45)	90
	Massapequa Firecracker Championship 5K (31:44)	90
	Runner's Edge Women's 5K (31:46)	100
	Massapequa Mile (09:20)	100
	Hope Runs Here #2 5K (31:11)	100
	Farmingdale Mile (08:54)	100
	Oysterfest 5K (31:17)	90
	3 Robinson, Irene (We Are Athletes)	452
	Elizabeth McNamee 5K (31:13)	100
	New Hyde Park 8K (52:43)	86
	Hope Runs Here #1 5K (31:50)	90
	Massapequa Firecracker Championship 5K (33:30)	86
	Bellmore Striders Independence Day 4 Mile Run (45:43)	90
	4 Boucher, Hilory (Northport)	448
	Aspire 10K Championship (1:11:50)	90
	Run For the Health of It 5K (37:27)	100
	Massapequa Mile (11:19)	86
	Farmingdale Mile (09:53)	86
	Oysterfest 5K (39:31)	86
	5 Bellovin, Sherry (We Are Athletes)	356
	Bolla Charity 5K (52:38)	100

	Massapequa Firecracker Championship 5K (49:25)	83
	Runner's Edge Women's 5K (52:11)	83
	Blazing Trails 4 Miler (1:05:32)	90
	* Sehmeyer, Constance (We Are Athletes)	190
	Runner's Edge Women's 5K (32:17)	90
	Oysterfest 5K (28:52)	100
Women 75-79		
	1 Ackerman, Joan (We Are Athletes)	600
	New Hyde Park 8K (1:08:42)	100
	Bolla Charity 5K (43:32)	100
	Massapequa Firecracker Championship 5K (45:12)	100
	Bellmore Striders Independence Day 4 Mile Run (01:51)	100
	Runner's Edge Women's 5K (45:42)	100
	Hope Runs Here #2 5K (43:56)	100
	* Kuscsik, Nina	100
	Run For the Health of It 5K (42:58)	100
	* Ehrenberg, Donna (Walk USA)	90
	Runner's Edge Women's 5K (46:27)	90