

| Women < 24 | | |
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| 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) | 686 |
| | 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 |
| 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 | Guttieri, Brittany (We Are Athletes) | 290 |
| | Massapequa Firecracker Championship 5K (19:51) | 100 |
| | Runner's Edge Women's 5K (20:03) | 100 |

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| | Farmingdale Mile (05:23) | 90 |
| 7 | Eiseman, Megan (Runner's Edge) | 247 |
| | Massapequa Firecracker Championship 5K (22:18) | 74 |
| | Massapequa Mile (05:59) | 90 |
| | Farmingdale Mile (05:52) | 83 |
| 8 | 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 |
| * | Capozzoli, Cecelia (Runner's Edge) | 180 |
| | Elizabeth McNamee 5K (21:26) | 90 |
| | New Hyde Park 8K (35:47) | 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 |
| * | Howley, Madison (Foundation Track Club) | 157 |
| | Elizabeth McNamee 5K (25:57) | 80 |
| | Massapequa Mile (06:51) | 77 |
| * | Consalvio, Julianna (Northport) | 121 |
| | Massapequa Mile (09:31) | 65 |
| | Farmingdale Mile (09:45) | 56 |
| * | Lewis, Sarah | 100 |
| | Great South Bay 1/2 Marathon (1:55:45) | 100 |
| * | 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 |
| * | Razza, Julianna | 100 |
| | Bolla Charity 5K (30:03) | 100 |
| * | Stroehlein, Erin | 90 |

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| | Blazing Trails 4 Miler (36:20) | 90 |
| * | Minns, Ashley (Foundation Track Club) | 86 |
| | Massapequa Firecracker Championship 5K (20:07) | 86 |
| * | Lipponer, Madeline (Rolling Thunder) | 86 |
| | Blazing Trails 4 Miler (40:56) | 86 |
| * | Lipponer, Belle (Rolling Thunder) | 83 |
| | Blazing Trails 4 Miler (53:05) | 83 |
| * | Ciccione, Alexandra (Northport) | 80 |
| | Runner's Edge Women's 5K (27:17) | 80 |
| * | 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 | 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 |
| 1 | Marascia, Maria (We Are Athletes) | 770 |
| | 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 |

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| | Farmingdale Mile (05:13) | 100 |
| 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 | 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 |
| 5 | 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 |
| 6 | Hundertmark, Katie (Runner's Edge) | 452 |
| | 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 |
| 7 | Charno, Annmarie (Runner's Edge) | 280 |
| | Aspire 10K Championship (0:41:23) | 90 |
| | Bolla Charity 5K (20:52) | 100 |
| | Farmingdale Mile (05:33) | 90 |
| 8 | Henry, Liz (Bellmore Striders) | 246 |
| | Runner's Edge Women's 5K (25:26) | 80 |
| | Massapequa Mile (06:38) | 83 |
| | Farmingdale Mile (06:43) | 83 |
| * | Staiano, Rachel (Runner's Edge) | 200 |
| | Hope Runs Here #2 5K (20:08) | 100 |
| | Great South Bay 1/2 Marathon (1:34:29) | 100 |
| * | Cornell, Danielle (Elitefeats) | 90 |

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| | 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 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 |
| | 3 Hill, Jessica (Northport) | 652 |
| | 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 |
| | 4 Mcgrath, Katie (Northport) | 642 |
| | 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 |
| | 5 Walker, Michele (Runner's Edge) | 542 |
| | Aspire 10K Championship (0:40:19) | 86 |

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| | 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 |
| 6 | Hyers, Michelle (Elitefeats) | 449 |
| | 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 |
| * | Unger, Nicole (Runner's Edge) | 183 |
| | Runner's Edge Women's 5K (19:31) | 83 |
| | Blazing Trails 4 Miler (26:11) | 100 |
| * | Kornieva-Robitaille, Victoria (Bellmore Striders) | 180 |
| | Runner's Edge Women's 5K (18:33) | 90 |
| | Massapequa Mile (05:28) | 90 |
| * | Robinson-Jones, Kaitlyn (Northport) | 170 |
| | Kings Park 15K Championship (1:11:33) | 90 |
| | Runner's Edge Women's 5K (20:28) | 80 |
| * | Loveland, Jill (GLIRC) | 160 |
| | Long Beach Snowflake 4 Mile Run (32:39) | 86 |
| | Farmingdale Mile (06:49) | 74 |
| * | Rauseo, Kelley (Northport) | 100 |
| | Marcie Mazzola 5k (21:00) | 100 |
| * | Hollborn, Alanna (Elitefeats) | 90 |
| | Hope Runs Here #2 5K (20:00) | 90 |
| * | Romao, Chloe (Rolling Thunder) | 90 |
| | Blazing Trails 4 Miler (53:18) | 90 |
| * | Wyllie, Keri (GLIRC) | 83 |
| | Long Beach Snowflake 4 Mile Run (48:39) | 83 |
| * | Chery, Meylyn (Runner's Edge) | 80 |
| | Massapequa Firecracker Championship 5K (23:52) | 80 |
| * | Kenul, Robyn (Elitefeats) | 77 |
| | Runner's Edge Women's 5K (21:25) | 77 |
| * | Dagnall, Jaclyn (GLIRC) | 71 |
| | Farmingdale Mile (06:56) | 71 |
| Women 35-39 | | |
| 1 | Petrina, Jessica (We Are Athletes) | 750 |
| | 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 |

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| | 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 |
| 2 | 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 |
| 3 | Caruso, Dana (Runner's Edge) | 626 |
| | 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 |
| 4 | Tomel, Amanda (Northport) | 619 |
| | 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 |
| 5 | 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 |
| 6 | Gariglio, Vanessa (Northport) | 562 |
| | Elizabeth McNamee 5K (27:57) | 74 |
| | Massapequa Firecracker Championship 5K (28:19) | 77 |

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| | 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 |
| 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 | 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 |
| * | Klausner, Lindsay (Northport) | 173 |
| | Massapequa Mile (07:02) | 83 |
| | Great South Bay 1/2 Marathon (1:53:06) | 90 |
| * | 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 |

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| | 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 |
| | * 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 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 |
| | 2 McCann, Bridget (Bellmore Striders) | 675 |
| | 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 |
| | 3 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 |
| | 3 Zeman, Nicolle (GLIRC) | 660 |

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| | 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 |
| 5 | 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 |
| 6 | 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 |
| 7 | Moran, Clare (Northport) | 560 |
| | 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 |
| 8 | Lambert, Jeanna (LIRRC) | 552 |
| | 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 |
| 9 | Riddiough, Heather (Northport) | 452 |
| | 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 |

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| 10 | Scharoff, Kim | 414 |
| | 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 |
| 11 | Fricker, Sharon (Northport) | 334 |
| | 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 |
| 12 | 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 |
| 13 | Zoia, Ana Elisa (Northport) | 312 |
| | 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 |
| 14 | 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 |
| 15 | 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 |
| 16 | Becker, Gigi (Northport) | 293 |
| | 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 |
| 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 |

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| | 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) | 90 |
| | Farmingdale Mile (06:25) | 90 |
| * | 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 | Tesoriero, Jenney (Northport) | 718 |
| | 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 |
| 2 | Lim, Vivien | 700 |
| | 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 |

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| | Blazing Trails 4 Miler (25:44) | 100 |
| 3 | 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 |
| 4 | Consalazio, Angelique (Northport) | 615 |
| | 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 |
| 5 | Bradley, Damian (Northport) | 494 |
| | 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 |
| 6 | 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 |
| 7 | Olmsted, Jackie | 383 |
| | 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 |
| 8 | Giammona, Marilou (NHP - Mineola Runners Club) | 346 |
| | 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 |
| 9 | Markovina, Katarina (NHP - Mineola Runners Club) | 340 |
| | Aspire 10K Championship (0:51:08) | 77 |
| | Marcie Mazzola 5k (25:09) | 86 |

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| | Long Beach 10 Miler (1:28:31) | 100 |
| | New Hyde Park 8K (40:35) | 77 |
| 10 | Ehrhart, Dawn (Northport) | 308 |
| | 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 |
| 11 | 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 |
| 12 | 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 |
| 13 | Paidoussis, Carolin (GLIRC) | 222 |
| | Aspire 10K Championship (1:03:55) | 65 |
| | Elizabeth McNamee 5K (30:00) | 77 |
| | Massapequa Firecracker Championship 5K (30:47) | 80 |
| 14 | Cicccone, Heather (Northport) | 213 |
| | 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 |
| 15 | Cavaliere-Ng, Melissa (Northport) | 207 |
| | Kings Park 15K Championship (1:34:57) | 77 |
| | Aspire 10K Championship (0:58:26) | 68 |
| | Runner's Edge Women's 5K (28:08) | 62 |
| * | 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 |
| * | Coffey, Gloria (NHP - Mineola Runners Club) | 161 |
| | Aspire 10K Championship (0:52:02) | 71 |
| | Long Beach 10 Miler (1:30:23) | 90 |
| * | McGreevey, Kim (Northport) | 151 |
| | Marcie Mazzola 5k (32:51) | 77 |
| | Elizabeth McNamee 5K (30:40) | 74 |
| * | Kartes-Heino, Jodi (GLIRC) | 100 |
| | Kings Park 15K Championship (1:11:48) | 100 |
| * | Fabrizi, Laura (Elitefeats) | 86 |
| | Massapequa Mile (06:35) | 86 |

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| | * McAllister, Robin (Runner's Edge) | 83 |
| | Massapequa Firecracker Championship 5K (27:47) | 83 |
| | * Stroehlein, Margaret | 83 |
| | Blazing Trails 4 Miler (55:44) | 83 |
| | * Calvert, Kerry | 77 |
| | Runner's Edge Women's 5K (25:35) | 77 |
| | * 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 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 |
| | 2 Tantone, Nancy (Northport) | 728 |
| | 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 |
| | 3 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 |
| | 4 Broderick, Una (GLIRC) | 700 |
| | Aspire 10K Championship (0:41:06) | 100 |
| | Run For the Health of It 5K (20:05) | 100 |

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| | 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 |
| 5 | Mangual, Lori (Bellmore Striders) | 629 |
| | 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 |
| 6 | Orelli, Regina (Northport) | 616 |
| | 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 |
| 7 | 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 |
| 8 | Josaphat, Grainne (LIRRC) | 592 |
| | 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 |
| 9 | Maier, Susan (GLIRC) | 571 |
| | Aspire 10K Championship (0:55:50) | 47 |

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| | 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) | 449 |
| | 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 |
| 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 | 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 |
| 14 | Favarolo, Annamarie (We Are Athletes) | 304 |
| | 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 |
| 15 | Murray, Susan (Northport) | 284 |
| | Kings Park 15K Championship (1:20:15) | 74 |

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| | Aspire 10K Championship (0:50:23) | 74 |
| | Elizabeth McNamee 5K (24:59) | 71 |
| | Massapequa Firecracker Championship 5K (27:47) | 65 |
| 16 | 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 |
| 17 | Melillo, Elizabeth (Northport) | 269 |
| | 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 |
| 18 | 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 |
| 19 | 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 |
| 20 | DeSpagna, Jennifer (Northport) | 236 |
| | 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 |
| 21 | Ritchie, Darlene (Northport) | 213 |
| | Kings Park 15K Championship (1:17:08) | 86 |
| | Aspire 10K Championship (0:50:56) | 65 |
| | Runner's Edge Women's 5K (26:07) | 62 |
| 22 | 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 |
| 23 | 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 |
| 23 | Ballaban, Paulina (Northport) | 195 |
| | Kings Park 15K Championship (1:32:40) | 59 |
| | Marcie Mazzola 5k (28:20) | 77 |
| | Elizabeth McNamee 5K (28:22) | 59 |
| 25 | Novak, Jackie (GLIRC) | 190 |
| | Aspire 10K Championship (0:55:43) | 50 |

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| | Run For the Health of It 5K (25:32) | 90 |
| | Hope Runs Here #2 5K (34:34) | 50 |
| 26 | 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 |
| 27 | 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 |
| * | Tribble, Teresa (LIRRC) | 166 |
| | Bellmore Striders Independence Day 4 Mile Run (35:01) | 80 |
| | Long Beach 5 Miler (43:33) | 86 |
| * | Schmuck, Susan (Northport) | 90 |
| | Blazing Trails 4 Miler (34:57) | 90 |
| * | 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 |
| * | Hickey, Anmarie (Northport) | 53 |
| | Runner's Edge Women's 5K (30:25) | 53 |
| Women 55-59 | | |
| 1 | Epstein, Tracey (GLIRC) | 780 |
| | 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 |
| 2 | 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 |

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| | 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 |
| 3 | 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 |
| 4 | Staiano, Adriana (Runner's Edge) | 645 |
| | 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 |
| 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 | Fitzpatrick, Sue (GLIRC) | 544 |
| | 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 |

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| 7 | Bishop, Josephine (Northport) | 536 |
| | 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 |
| 8 | Razzano-Nerud, Debra (Northport) | 507 |
| | 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 |
| 9 | Nora, Karen (Northport) | 502 |
| | 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 |
| 10 | Weess, Pamela (Northport) | 499 |
| | 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 |
| 11 | 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 |
| 12 | Fucella, Maria (Runner's Edge) | 442 |
| | 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 |

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| 13 | Davidson, Mindy (Runner's Edge) | 405 |
| | 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 |
| 14 | Greenspan, Ellen (We Are Athletes) | 398 |
| | 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 |
| 15 | 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 |
| 16 | Robinson, Susan (Northport) | 310 |
| | 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 |
| 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 |

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| | 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 |
| * | 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 |
| * | Nasoff, Lisa (Runner's Edge) | 90 |
| | Long Beach 5 Miler (46:44) | 90 |
| * | Schachner, Pauline (LIRRC) | 86 |
| | Bellmore Striders Independence Day 4 Mile Run (44:46) | 86 |
| * | Cronin-Stagnari, Barbara (Runner's Edge) | 83 |
| | Aspire 10K Championship (0:49:56) | 83 |
| * | 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 |
| * | 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 |
| 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 |

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| | Farmingdale Mile (07:15) | 90 |
| | Long Beach 5 Miler (42:39) | 90 |
| | Blazing Trails 4 Miler (33:43) | 90 |
| 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 |
| 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 |
| 5 | Johnson-Strang, Madeleine (Northport) | 675 |
| | 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 |

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| | Great South Bay 1/2 Marathon (2:05:25) | 100 |
| 6 | Zacharia, Marianne (Northport) | 672 |
| | 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 |
| 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 |
| 9 | Dowling, Frances (LIRRC) | 613 |
| | Aspire 10K Championship (1:04:19) | 74 |
| | Marcie Mazzola 5k (30:46) | 74 |
| | Long Beach 10 Miler (1:50:23) | 83 |

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| | 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 |
| 10 | 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 |
| 11 | 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 |
| 12 | Marnell, Susie (Northport) | 522 |
| | 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 |
| 13 | Simon, Linda (GLIRC) | 446 |
| | 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 |
| 14 | Oehrlein, Catherine (Northport) | 406 |
| | 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 |

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| 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) | 201 |
| | Marcie Mazzola 5k (32:16) | 68 |
| | New Hyde Park 8K (56:04) | 71 |
| | Massapequa Firecracker Championship 5K (34:13) | 62 |
| 18 | Nolte, Mary (Northport) | 186 |
| | Aspire 10K Championship (1:08:21) | 71 |
| | New Hyde Park 8K (1:01:38) | 68 |
| | Runner's Edge Women's 5K (31:43) | 47 |
| * | Solomine, Kim (GLIRC) | 161 |
| | Runday 5K (55:14) | 71 |
| | Runner's Edge Women's 5K (24:07) | 90 |
| * | Latta, Judith (LIRRC) | 74 |
| | Hope Runs Here #2 5K (29:56) | 74 |
| * | 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 |

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| | Long Beach 5 Miler (48:58) | 100 |
| | Blazing Trails 4 Miler (37:26) | 100 |
| | Great South Bay 1/2 Marathon (2:21:25) | 100 |
| 2 | Fitzgibbon, Anne (We Are Athletes) | 691 |
| | 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 |
| 3 | Carroll, Patricia (We Are Athletes) | 591 |
| | 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 |
| 4 | Drake, Patti (LIRRC) | 370 |
| | 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 |
| 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 |
| * | Martin, Kathryn (Northport) | 100 |
| | Aspire 10K Championship (0:42:23) | 100 |
| * | Fahner, Julieann (LIRRC) | 100 |
| | New Hyde Park 8K (45:31) | 100 |
| * | Healy, Janet (We Are Athletes) | 86 |

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| | 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 |
| 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) | 362 |
| | 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 |
| 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) | 90 |
| | Runner's Edge Women's 5K (32:17) | 90 |
| Women 75-79 | | |
| 1 | Ackerman, Joan (We Are Athletes) | 600 |

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| | 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 |