

<b>Women &lt; 24</b>		
*	<b>Heskin, Lauryn (TSC Track Club)</b>	<b>1</b>
	Rob's Run 5K (19:46)	1
*	<b>Probst, Amanda (3V 495 Track Club)</b>	<b>1</b>
	Veterans Day Cross Country 4K (16:15)	1
*	<b>DiPalermo, Isabella (TSC Track Club)</b>	<b>1</b>
	Dirty Sock 10K (0:42:35)	1
*	<b>Spottiswood, Marissa (TSC Track Club)</b>	<b>2</b>
	Rob's Run 5K (22:26)	2
*	<b>Cole, Madison (3V 495 Track Club)</b>	<b>2</b>
	Veterans Day Cross Country 4K (17:34)	2
*	<b>Thieke, Shannon</b>	<b>2</b>
	Dirty Sock 10K (0:43:29)	2
*	<b>Spottiswood, Maya (TSC Track Club)</b>	<b>3</b>
	Rob's Run 5K (22:50)	3
*	<b>Bak, Marina (Northport)</b>	<b>3</b>
	Veterans Day Cross Country 4K (18:17)	3
*	<b>Eiseman, Megan (Runner's Edge)</b>	<b>3</b>
	Dirty Sock 10K (0:47:37)	3
*	<b>Ashbahian, Michelle (TSC Track Club)</b>	<b>4</b>
	Rob's Run 5K (23:14)	4
*	<b>Bak, Giana (Northport)</b>	<b>4</b>
	Veterans Day Cross Country 4K (18:37)	4
*	<b>Trefcer, Leanna (Bellmore/North Bellmore PAL)</b>	<b>5</b>
	Rob's Run 5K (23:33)	5
*	<b>Ng, Sofia (Northport)</b>	<b>5</b>
	Veterans Day Cross Country 4K (20:41)	5
*	<b>Keyes, Kali (We Are Athletes)</b>	<b>6</b>
	Rob's Run 5K (23:43)	6
*	<b>Coughlin, Reese (Foundation Track Club)</b>	<b>7</b>
	Rob's Run 5K (25:21)	7
*	<b>Becker, Caralinn (TSC Track Club)</b>	<b>8</b>
	Rob's Run 5K (29:04)	8
<b>Women 25-29</b>		
*	<b>Marascia, Maria (We Are Athletes)</b>	<b>1</b>
	Veterans Day Cross Country 4K (15:12)	1
*	<b>Tanis, Phedeline (Bellmore Striders)</b>	<b>1</b>
	LITF 8K Championship (38:54)	1
*	<b>DellaRatta, Anna</b>	<b>2</b>
	Veterans Day Cross Country 4K (20:37)	2
<b>Women 30-34</b>		
	<b>1 Mcgrath, Katie (Northport)</b>	<b>5</b>
	LITF 4K Gardiners Park (14:33)	2
	Veterans Day Cross Country 4K (14:19)	1
	Rob's Run 5K (19:56)	2
*	<b>Hollborn, Alanna (Elitefeats)</b>	<b>3</b>

	Dirty Sock 10K (0:43:40)	1
	Veterans Day Cross Country 4K (16:05)	2
*	<b>Dagan, Jennifer (Elitefeats)</b>	<b>1</b>
	Rob's Run 5K (19:32)	1
*	<b>Kornieva-Robitaille, Victoria (Bellmore Striders)</b>	<b>1</b>
	LITF 4K Gardiners Park (14:16)	1
*	<b>Caruana, Ali (Elitefeats)</b>	<b>3</b>
	Rob's Run 5K (22:58)	3
*	<b>Hill, Jessica (Northport)</b>	<b>3</b>
	Veterans Day Cross Country 4K (19:29)	3
*	<b>Locanthi, Heather (Elitefeats)</b>	<b>4</b>
	Rob's Run 5K (23:37)	4
*	<b>Kenul, Robyn (Elitefeats)</b>	<b>5</b>
	Rob's Run 5K (23:50)	5
*	<b>Hyers, Michelle (Elitefeats)</b>	<b>6</b>
	Rob's Run 5K (25:06)	6
*	<b>Dagnall, Jaclyn (GLIRC)</b>	<b>7</b>
	Rob's Run 5K (30:19)	7
*	<b>Wyllie, Keri (GLIRC)</b>	<b>8</b>
	Rob's Run 5K (39:51)	8
<b>Women 35-39</b>		
*	<b>Gariglio, Vanessa (Northport)</b>	<b>5</b>
	Dirty Sock 10K (1:04:23)	1
	Rob's Run 5K (30:40)	4
*	<b>Tomel, Amanda (Northport)</b>	<b>7</b>
	Dirty Sock 10K (1:13:40)	2
	Rob's Run 5K (38:09)	5
*	<b>Petrina, Jessica (We Are Athletes)</b>	<b>1</b>
	Rob's Run 5K (21:51)	1
*	<b>Walker, Michele (Runner's Edge)</b>	<b>1</b>
	Veterans Day Cross Country 4K (14:45)	1
*	<b>Singson, Danielle (Elitefeats)</b>	<b>2</b>
	Rob's Run 5K (27:28)	2
*	<b>Danchalski, Melissa (Elitefeats)</b>	<b>3</b>
	Rob's Run 5K (29:16)	3
<b>Women 40-44</b>		
	<b>1 Wilson, Tara (Runner's Edge)</b>	<b>3</b>
	Dirty Sock 10K (0:41:54)	1
	LITF 8K Championship (32:08)	1
	Veterans Day Cross Country 4K (15:02)	1
	<b>2 Fraiberg, Erica (Northport)</b>	<b>6</b>
	Dirty Sock 10K (0:49:22)	2
	LITF 8K Championship (36:04)	2
	Veterans Day Cross Country 4K (17:13)	2
*	<b>Greene, Saniyyah (GLIRC)</b>	<b>9</b>
	Dirty Sock 10K (1:19:34)	3

	Rob's Run 5K (35:51)	6
*	<b>Becker, Gigi (Northport)</b>	<b>9</b>
	Dirty Sock 10K (1:19:38)	4
	Rob's Run 5K (35:03)	5
*	<b>Riddiough, Heather (Northport)</b>	<b>1</b>
	Rob's Run 5K (23:10)	1
*	<b>Aquino, Josefina (GLIRC)</b>	<b>2</b>
	Rob's Run 5K (27:52)	2
*	<b>Fricker, Sharon (Northport)</b>	<b>3</b>
	Rob's Run 5K (30:32)	3
*	<b>Stovickova, Magdalena (Bellmore Striders)</b>	<b>3</b>
	LITF 8K Championship (37:19)	3
*	<b>Misorek, Erica (Runner's Edge)</b>	<b>4</b>
	Rob's Run 5K (31:22)	4
*	<b>Scharoff, Kim (Elitefeats)</b>	<b>5</b>
	Dirty Sock 10K (1:25:27)	5
*	<b>Cabanas, Claudia (We Are Athletes)</b>	<b>7</b>
	Rob's Run 5K (45:37)	7
<b>Women 45-49</b>		
*	<b>Tesoriero, Jenney (Northport)</b>	<b>2</b>
	Dirty Sock 10K (0:51:42)	1
	Veterans Day Cross Country 4K (18:46)	1
*	<b>Fabrizi, Laura (Elitefeats)</b>	<b>3</b>
	Dirty Sock 10K (0:53:28)	2
	Rob's Run 5K (25:40)	1
*	<b>Kuznetz, Barbara (Northport)</b>	<b>2</b>
	Veterans Day Cross Country 4K (20:38)	2
*	<b>McGreevey, Kim (Northport)</b>	<b>3</b>
	Veterans Day Cross Country 4K (24:39)	3
<b>Women 50-54</b>		
	<b>1 Broderick, Una (GLIRC)</b>	<b>3</b>
	Dirty Sock 10K (0:41:41)	1
	LITF 8K Championship (32:37)	1
	Veterans Day Cross Country 4K (15:56)	1
	<b>2 Tantone, Nancy (Northport)</b>	<b>5</b>
	Dirty Sock 10K (0:45:34)	3
	LITF 4K Gardiners Park (17:02)	1
	LITF 8K Championship (35:05)	2
	Veterans Day Cross Country 4K (16:35)	2
	<b>3 Mangual, Lori (Bellmore Striders)</b>	<b>7</b>
	Dirty Sock 10K (0:53:25)	4
	LITF 4K Gardiners Park (19:12)	2
	LITF 8K Championship (40:17)	3
	Rob's Run 5K (26:32)	2
	<b>4 Melillo, Elizabeth (Northport)</b>	<b>13</b>
	LITF 8K Championship (45:41)	4

	Veterans Day Cross Country 4K (22:29)	4
	Rob's Run 5K (29:20)	5
*	<b>Greene, Olga (Northport)</b>	<b>1</b>
	Rob's Run 5K (26:15)	1
*	<b>Skelly, Jill (Runner's Edge)</b>	<b>2</b>
	Dirty Sock 10K (0:44:14)	2
*	<b>Ingram, Joyce (Northport)</b>	<b>3</b>
	Rob's Run 5K (27:08)	3
*	<b>Ritchie, Darlene (Northport)</b>	<b>3</b>
	Veterans Day Cross Country 4K (21:19)	3
*	<b>Stammers-Janzen, Maureen (Northport)</b>	<b>4</b>
	Rob's Run 5K (27:58)	4
*	<b>Hickey, Annmarie (Northport)</b>	<b>5</b>
	Dirty Sock 10K (1:05:56)	5
*	<b>Luciano, June (Northport)</b>	<b>6</b>
	Rob's Run 5K (38:25)	6
*	<b>Favarolo, Annamarie (We Are Athletes)</b>	<b>6</b>
	Dirty Sock 10K (1:24:39)	6
*	<b>Clarín, Jodi (Elitefeats)</b>	<b>7</b>
	Rob's Run 5K (38:30)	7
*	<b>Fuller, Lori (Northport)</b>	<b>8</b>
	Rob's Run 5K (42:15)	8
<b>Women 55-59</b>		
*	<b>Razzano-Nerud, Debra (Northport)</b>	<b>6</b>
	Dirty Sock 10K (1:07:05)	5
	Veterans Day Cross Country 4K (19:12)	1
*	<b>Raudsepp, Pamela (We Are Athletes)</b>	<b>10</b>
	Dirty Sock 10K (1:04:48)	4
	Rob's Run 5K (29:39)	6
*	<b>Greenspan, Ellen (We Are Athletes)</b>	<b>8</b>
	Dirty Sock 10K (0:58:25)	3
	Rob's Run 5K (28:33)	5
*	<b>Conkling, Karen (We Are Athletes)</b>	<b>1</b>
	Rob's Run 5K (25:09)	1
*	<b>Hynes, Jeannie (Northport)</b>	<b>1</b>
	Dirty Sock 10K (0:58:02)	1
*	<b>Staiano, Adriana (Runner's Edge)</b>	<b>2</b>
	Rob's Run 5K (25:28)	2
*	<b>Nora, Karen (Northport)</b>	<b>2</b>
	Veterans Day Cross Country 4K (20:15)	2
*	<b>Mccain, Christine (Runner's Edge)</b>	<b>2</b>
	Dirty Sock 10K (0:58:06)	2
*	<b>Pickard, Kelly (GLIRC)</b>	<b>3</b>
	Rob's Run 5K (25:45)	3
*	<b>Buitenkant, Janet (Northport)</b>	<b>3</b>
	Veterans Day Cross Country 4K (25:24)	3

*	<b>Lenzi, Mary (We Are Athletes)</b>	<b>4</b>
	Rob's Run 5K (26:39)	4
*	<b>McCarthy, Susan (Elitefeats)</b>	<b>7</b>
	Rob's Run 5K (37:34)	7
*	<b>Davidson, Mindy (Runner's Edge)</b>	<b>8</b>
	Rob's Run 5K (39:09)	8
*	<b>Fucella, Maria (Runner's Edge)</b>	<b>9</b>
	Rob's Run 5K (39:16)	9
*	<b>Soliman, Manal (GLIRC)</b>	<b>10</b>
	Rob's Run 5K (44:44)	10
<b>Women 60-64</b>		
	<b>1 Agricola, Kathleen (Bellmore Striders)</b>	<b>3</b>
	LITF 4K Gardiners Park (20:19)	1
	Veterans Day Cross Country 4K (20:24)	1
	Rob's Run 5K (27:36)	1
	<b>2 Zacharia, Marianne (Northport)</b>	<b>7</b>
	LITF 8K Championship (50:48)	1
	Veterans Day Cross Country 4K (23:47)	3
	Rob's Run 5K (32:45)	3
*	<b>Robinson, Susan (Northport)</b>	<b>4</b>
	Veterans Day Cross Country 4K (22:12)	2
	Rob's Run 5K (30:04)	2
*	<b>Rosen, Donna (LIRRC)</b>	<b>6</b>
	Dirty Sock 10K (1:08:20)	2
	Rob's Run 5K (34:37)	4
*	<b>Holden, Rochelle (We Are Athletes)</b>	<b>8</b>
	Dirty Sock 10K (1:16:04)	3
	Rob's Run 5K (39:32)	5
*	<b>Marnell, Susie (Northport)</b>	<b>1</b>
	Dirty Sock 10K (0:55:59)	1
*	<b>Weess, Pamela (Northport)</b>	<b>4</b>
	Veterans Day Cross Country 4K (29:07)	4
*	<b>Bush, Patricia (We Are Athletes)</b>	<b>4</b>
	Dirty Sock 10K (1:19:38)	4
<b>Women 65-69</b>		
	<b>1 Lee, Pamela (We Are Athletes)</b>	<b>3</b>
	Dirty Sock 10K (0:58:48)	1
	LITF 4K Gardiners Park (20:22)	1
	LITF 8K Championship (45:07)	1
	Rob's Run 5K (30:14)	1
	<b>2 Withus, Gloria (We Are Athletes)</b>	<b>5</b>
	Dirty Sock 10K (1:02:16)	2
	LITF 4K Gardiners Park (20:23)	2
	Veterans Day Cross Country 4K (23:15)	1
	Rob's Run 5K (32:13)	2
*	<b>Carroll, Patricia (We Are Athletes)</b>	<b>7</b>

	Veterans Day Cross Country 4K (28:06)	2
	Rob's Run 5K (40:00)	5
*	<b>Fitzgibbon, Anne (We Are Athletes)</b>	<b>8</b>
	Dirty Sock 10K (1:12:19)	4
	Rob's Run 5K (34:57)	4
*	<b>Hall, Sheryl (Bellmore/North Bellmore PAL)</b>	<b>3</b>
	Rob's Run 5K (33:29)	3
*	<b>Brown, Pamela (We Are Athletes)</b>	<b>3</b>
	Dirty Sock 10K (1:03:27)	3
*	<b>Simon, Linda (GLIRC)</b>	<b>5</b>
	Dirty Sock 10K (1:32:36)	5
<b>Women 70-74</b>		
	<b>1 Gonzalez, Abby (We Are Athletes)</b>	<b>3</b>
	Dirty Sock 10K (1:07:18)	1
	LITF 4K Gardiners Park (26:17)	1
	LITF 8K Championship (53:41)	1
	Veterans Day Cross Country 4K (26:36)	2
	Rob's Run 5K (38:15)	1
*	<b>Robinson, Irene (We Are Athletes)</b>	<b>5</b>
	Dirty Sock 10K (1:18:02)	2
	Veterans Day Cross Country 4K (26:55)	3
*	<b>Penagos, Elizabeth (GLIRC)</b>	<b>1</b>
	Veterans Day Cross Country 4K (24:58)	1
*	<b>Boucher, Hilory (Northport)</b>	<b>4</b>
	Veterans Day Cross Country 4K (29:34)	4
<b>Men &lt; 24</b>		
*	<b>Diaz, Anthony (Runner's Edge)</b>	<b>5</b>
	Dirty Sock 10K (0:39:31)	1
	Rob's Run 5K (18:22)	4
*	<b>Eletto, Alex (Northport)</b>	<b>8</b>
	Veterans Day Cross Country 4K (13:42)	2
	Rob's Run 5K (19:33)	6
*	<b>Mihailin, Thomas (Northport)</b>	<b>10</b>
	Veterans Day Cross Country 4K (13:56)	3
	Rob's Run 5K (19:49)	7
*	<b>Darnell, Mike (Bellmore Striders)</b>	<b>1</b>
	Rob's Run 5K (17:04)	1
*	<b>Aromolo, Anthony (Runner's Edge)</b>	<b>1</b>
	Veterans Day Cross Country 4K (13:23)	1
*	<b>Jarvis, Sharif (Elitefeats)</b>	<b>2</b>
	Rob's Run 5K (17:30)	2
*	<b>Friedel, Charles</b>	<b>2</b>
	Dirty Sock 10K (0:45:50)	2
*	<b>Heskin, Ryan (TSC Track Club)</b>	<b>3</b>
	Rob's Run 5K (18:16)	3
*	<b>Liebowitz, Brian (3V 495 Track Club)</b>	<b>4</b>

	Veterans Day Cross Country 4K (15:08)	4
*	<b>Wilson, Ilya (Elitefeats)</b>	<b>5</b>
	Rob's Run 5K (19:07)	5
*	<b>Van de Berghe, Ryan (3V 495 Track Club)</b>	<b>5</b>
	Veterans Day Cross Country 4K (15:17)	5
*	<b>Murphy, Owen (Northport)</b>	<b>6</b>
	Veterans Day Cross Country 4K (16:52)	6
*	<b>Austin, George (3V 495 Track Club)</b>	<b>7</b>
	Veterans Day Cross Country 4K (17:05)	7
*	<b>Procacci, Kenneth (TSC Track Club)</b>	<b>8</b>
	Rob's Run 5K (19:56)	8
*	<b>Calderone, Benito R (3V 495 Track Club)</b>	<b>8</b>
	Veterans Day Cross Country 4K (18:48)	8
*	<b>Schwab, John (Bellmore/North Bellmore PAL)</b>	<b>9</b>
	Rob's Run 5K (21:03)	9
*	<b>Cooney, Patrick (Northport)</b>	<b>9</b>
	Veterans Day Cross Country 4K (20:39)	9
*	<b>Franz, Julian (Elitefeats)</b>	<b>10</b>
	Rob's Run 5K (22:30)	10
*	<b>Hopkins, Aidan (TSC Track Club)</b>	<b>11</b>
	Rob's Run 5K (23:03)	11
*	<b>Ronan, Connor (TSC Track Club)</b>	<b>12</b>
	Rob's Run 5K (23:59)	12
*	<b>Badolato, Nicholas (Bellmore/North Bellmore PAL)</b>	<b>13</b>
	Rob's Run 5K (24:23)	13
*	<b>Bracamonte, Miguel (TSC Track Club)</b>	<b>14</b>
	Rob's Run 5K (24:40)	14
*	<b>Ajenishe, Amir (TSC Track Club)</b>	<b>15</b>
	Rob's Run 5K (25:33)	15
*	<b>Lam, Lucas (Bellmore/North Bellmore PAL)</b>	<b>16</b>
	Rob's Run 5K (28:58)	16
<b>Men 25-29</b>		
*	<b>Williams, Raymond (We Are Athletes)</b>	<b>1</b>
	Rob's Run 5K (22:09)	1
*	<b>McKeon, John (GLIRC)</b>	<b>1</b>
	LITF 8K Championship (29:06)	1
<b>Men 30-34</b>		
*	<b>Mahon, Sean (Bellmore Striders)</b>	<b>2</b>
	LITF 4K Gardiners Park (12:55)	1
	LITF 8K Championship (26:14)	1
*	<b>Meyer, Joe</b>	<b>1</b>
	Rob's Run 5K (21:45)	1
*	<b>Diaz, Franklin (Runner's Edge)</b>	<b>1</b>
	Dirty Sock 10K (0:40:29)	1
*	<b>Swann, Chris (Elitefeats)</b>	<b>2</b>
	Rob's Run 5K (24:19)	2

*	<b>O'Toole, Kevin (LIRRC)</b>	<b>2</b>
	Dirty Sock 10K (0:44:48)	2
*	<b>Luxenberg, Scott (We Are Athletes)</b>	<b>3</b>
	Dirty Sock 10K (1:03:45)	3
<b>Men 35-39</b>		
	<b>1 Hampton, Trent (We Are Athletes)</b>	<b>4</b>
	Dirty Sock 10K (0:41:14)	2
	LITF 4K Gardiners Park (14:40)	1
	LITF 8K Championship (31:48)	2
	Veterans Day Cross Country 4K (15:00)	1
*	<b>Vichman, Ronnie (Elitefeats)</b>	<b>1</b>
	Rob's Run 5K (21:49)	1
*	<b>Joseph, Ronald</b>	<b>1</b>
	Dirty Sock 10K (0:35:27)	1
*	<b>Cuomo, Steven (Rolling Thunder)</b>	<b>1</b>
	LITF 8K Championship (30:25)	1
*	<b>Palma, Luis (Elitefeats)</b>	<b>2</b>
	LITF 4K Gardiners Park (15:30)	2
*	<b>Lorenz, Carl (GLIRC)</b>	<b>3</b>
	Dirty Sock 10K (0:48:27)	3
*	<b>Monkowski, Matthew (LIRRC)</b>	<b>4</b>
	Dirty Sock 10K (0:56:49)	4
<b>Men 40-44</b>		
	<b>1 Ramirez, Jason (Bellmore Striders)</b>	<b>3</b>
	LITF 4K Gardiners Park (14:58)	1
	LITF 8K Championship (31:09)	1
	Veterans Day Cross Country 4K (14:57)	1
	Rob's Run 5K (20:45)	1
*	<b>Alexander, Sean (Northport)</b>	<b>3</b>
	Dirty Sock 10K (0:47:49)	1
	Veterans Day Cross Country 4K (16:48)	2
*	<b>Brito, Romulo (LIRRC)</b>	<b>4</b>
	Dirty Sock 10K (0:47:55)	2
	Rob's Run 5K (23:46)	2
*	<b>Brady, Cormac</b>	<b>2</b>
	LITF 8K Championship (34:42)	2
<b>Men 45-49</b>		
	<b>1 Carrington, Boyd (Runner's Edge)</b>	<b>3</b>
	Dirty Sock 10K (0:36:43)	1
	LITF 8K Championship (28:42)	1
	Veterans Day Cross Country 4K (13:11)	1
	Rob's Run 5K (17:57)	1
	<b>2 Penney, Earl (Elitefeats)</b>	<b>5</b>
	LITF 4K Gardiners Park (15:19)	1
	LITF 8K Championship (33:15)	2
	Veterans Day Cross Country 4K (15:39)	2



	Rob's Run 5K (21:16)	3
<b>3</b>	<b>Beavers, Ben (We Are Athletes)</b>	<b>11</b>
	Dirty Sock 10K (0:50:57)	5
	LITF 4K Gardiners Park (19:40)	2
	Veterans Day Cross Country 4K (24:39)	4
	Rob's Run 5K (29:53)	6
*	<b>Valderrama, Daniel (GLIRC)</b>	<b>6</b>
	Dirty Sock 10K (0:44:15)	2
	Rob's Run 5K (22:13)	4
*	<b>Cigliano, Adam (Bellmore Striders)</b>	<b>2</b>
	Rob's Run 5K (20:50)	2
*	<b>McHugh, Jason</b>	<b>3</b>
	Veterans Day Cross Country 4K (18:12)	3
*	<b>Sekula, Edward (Northport)</b>	<b>3</b>
	Dirty Sock 10K (0:45:38)	3
*	<b>Jaramillo, Hector (LIRRC)</b>	<b>4</b>
	Dirty Sock 10K (0:47:45)	4
*	<b>Kaplan, Ira (LIRRC)</b>	<b>5</b>
	Rob's Run 5K (24:23)	5
*	<b>Murray, James (GLIRC)</b>	<b>6</b>
	Dirty Sock 10K (1:10:29)	6
<b>Men 50-54</b>		
<b>1</b>	<b>Guilfoyle, Keith (GLIRC)</b>	<b>3</b>
	Dirty Sock 10K (0:38:22)	1
	LITF 4K Gardiners Park (14:06)	1
	LITF 8K Championship (29:17)	1
	Veterans Day Cross Country 4K (13:52)	1
<b>2</b>	<b>Cloherty, Brian (Bellmore Striders)</b>	<b>6</b>
	LITF 4K Gardiners Park (16:54)	2
	LITF 8K Championship (34:35)	2
	Veterans Day Cross Country 4K (16:25)	2
	Rob's Run 5K (23:13)	2
*	<b>DeSpagna, John (Northport)</b>	<b>8</b>
	Veterans Day Cross Country 4K (18:31)	3
	Rob's Run 5K (26:59)	5
*	<b>Nardo, Ronald (Bellmore Striders)</b>	<b>8</b>
	LITF 8K Championship (41:27)	4
	Rob's Run 5K (26:25)	4
*	<b>Benlein, Frederick (We Are Athletes)</b>	<b>13</b>
	Veterans Day Cross Country 4K (52:05)	4
	Rob's Run 5K (06:26)	9
*	<b>Wilcock, Graham (Runner's Edge)</b>	<b>1</b>
	Rob's Run 5K (20:52)	1
*	<b>Scheuerman, Karl (Northport)</b>	<b>2</b>
	Dirty Sock 10K (0:52:48)	2
*	<b>Metro, Todd</b>	<b>3</b>

	Rob's Run 5K (25:38)	3
*	<b>Boone, Kevin (Northport)</b>	<b>3</b>
	LITF 8K Championship (36:40)	3
*	<b>Ford, Kevin (Northport)</b>	<b>6</b>
	Rob's Run 5K (27:32)	6
*	<b>Pajonas, Victor (LIRRC)</b>	<b>7</b>
	Rob's Run 5K (28:05)	7
*	<b>Brotter, Amos (LIRRC)</b>	<b>8</b>
	Rob's Run 5K (28:46)	8
<b>Men 55-59</b>		
	<b>1 Steinberg, Jeff</b>	<b>3</b>
	Dirty Sock 10K (0:43:31)	1
	LITF 8K Championship (34:27)	1
	Veterans Day Cross Country 4K (16:21)	1
	<b>2 Casale, Michael (We Are Athletes)</b>	<b>6</b>
	Dirty Sock 10K (0:47:26)	2
	LITF 4K Gardiners Park (17:19)	1
	Veterans Day Cross Country 4K (17:34)	3
	Rob's Run 5K (23:28)	3
	<b>3 Wilkowski, Mario (LIRRC)</b>	<b>8</b>
	LITF 4K Gardiners Park (18:17)	2
	LITF 8K Championship (36:46)	2
	Veterans Day Cross Country 4K (18:05)	8
	Rob's Run 5K (23:35)	4
	<b>4 Niedfeld, William (We Are Athletes)</b>	<b>13</b>
	Dirty Sock 10K (1:02:43)	5
	LITF 4K Gardiners Park (20:23)	4
	LITF 8K Championship (48:28)	4
	Veterans Day Cross Country 4K (23:03)	9
	Rob's Run 5K (31:20)	9
	<b>5 Mazza, William (GLIRC)</b>	<b>16</b>
	Dirty Sock 10K (0:47:47)	3
	Veterans Day Cross Country 4K (17:52)	6
	Rob's Run 5K (25:12)	7
*	<b>Lemke, Robert</b>	<b>6</b>
	LITF 4K Gardiners Park (19:02)	3
	LITF 8K Championship (40:17)	3
*	<b>Tiburzi, Raymond (Northport)</b>	<b>9</b>
	Veterans Day Cross Country 4K (17:35)	4
	Rob's Run 5K (23:55)	5
*	<b>Koenig, Robert (LIRRC)</b>	<b>16</b>
	Dirty Sock 10K (1:19:52)	6
	Veterans Day Cross Country 4K (29:19)	10
*	<b>Baisch, Alan (GLIRC)</b>	<b>1</b>
	Rob's Run 5K (21:53)	1
*	<b>DiLisio, Michael (GLIRC)</b>	<b>2</b>

	Rob's Run 5K (22:16)	2
*	<b>Drueckhammer, Dale (Northport)</b>	<b>2</b>
	Veterans Day Cross Country 4K (16:56)	2
*	<b>D'Elisa, Paul</b>	<b>4</b>
	Dirty Sock 10K (1:01:09)	4
*	<b>Petsky, Michael (GLIRC)</b>	<b>5</b>
	Veterans Day Cross Country 4K (17:50)	5
*	<b>Secor, Rick (GLIRC)</b>	<b>6</b>
	Rob's Run 5K (24:42)	6
*	<b>Brennan, Scott (LIRRC)</b>	<b>7</b>
	Veterans Day Cross Country 4K (18:00)	7
*	<b>Monaco, Robert (LIRRC)</b>	<b>8</b>
	Rob's Run 5K (25:32)	8
*	<b>Quinn, Patrick (We Are Athletes)</b>	<b>10</b>
	Rob's Run 5K (33:04)	10
*	<b>Carmel, Ken (Elitefeats)</b>	<b>11</b>
	Rob's Run 5K (33:24)	11
<b>Men 60-64</b>		
*	<b>Salerni, Paul</b>	<b>2</b>
	LITF 8K Championship (35:59)	1
	Rob's Run 5K (22:49)	1
*	<b>Haughn, Robert (Northport)</b>	<b>6</b>
	Veterans Day Cross Country 4K (18:41)	1
	Rob's Run 5K (25:15)	5
*	<b>Guichard, William (Northport)</b>	<b>6</b>
	Dirty Sock 10K (1:03:30)	1
	Veterans Day Cross Country 4K (45:47)	5
*	<b>McFarlane, James</b>	<b>1</b>
	LITF 4K Gardiners Park (19:37)	1
*	<b>Cuozzo, Alex (Bellmore Striders)</b>	<b>2</b>
	Rob's Run 5K (23:57)	2
*	<b>Murillo, Leo</b>	<b>2</b>
	LITF 8K Championship (42:23)	2
*	<b>Neumann, Dean (Northport)</b>	<b>2</b>
	Veterans Day Cross Country 4K (22:00)	2
*	<b>Wolther, Glen (LIRRC)</b>	<b>3</b>
	Rob's Run 5K (25:04)	3
*	<b>Abrams, James (Northport)</b>	<b>3</b>
	Veterans Day Cross Country 4K (22:59)	3
*	<b>Healy, Timothy (GLIRC)</b>	<b>4</b>
	Rob's Run 5K (25:12)	4
*	<b>Parker, Russ (Northport)</b>	<b>4</b>
	Veterans Day Cross Country 4K (28:13)	4
*	<b>Oliveri, Michael (We Are Athletes)</b>	<b>6</b>
	Rob's Run 5K (26:50)	6
*	<b>LaFleur, Louis (GLIRC)</b>	<b>7</b>

	Rob's Run 5K (27:38)	7
*	<b>DeMasters, Drew (LIRRC)</b>	<b>8</b>
	Rob's Run 5K (30:45)	8
*	<b>Gerson, Steve (LIRRC)</b>	<b>9</b>
	Rob's Run 5K (42:57)	9
<b>Men 65-69</b>		
	<b>1 Martin, Peter (GLIRC)</b>	<b>5</b>
	Dirty Sock 10K (0:53:13)	2
	LITF 8K Championship (40:21)	1
	Rob's Run 5K (26:25)	2
*	<b>Neverka, John (GLIRC)</b>	<b>2</b>
	Dirty Sock 10K (0:47:58)	1
	Rob's Run 5K (24:45)	1
*	<b>O'Donnell, Daniel (Northport)</b>	<b>1</b>
	Veterans Day Cross Country 4K (23:07)	1
*	<b>Brida, Joseph (We Are Athletes)</b>	<b>3</b>
	Rob's Run 5K (27:57)	3
*	<b>Golos, Ehud (We Are Athletes)</b>	<b>4</b>
	Rob's Run 5K (31:58)	4
*	<b>Morse, Glenn (GLIRC)</b>	<b>5</b>
	Rob's Run 5K (34:55)	5
<b>Men 70-74</b>		
*	<b>Momtahn, Shawn (LIRRC)</b>	<b>3</b>
	Veterans Day Cross Country 4K (23:06)	1
	Rob's Run 5K (33:33)	2
*	<b>Rossi, Victor (GLIRC)</b>	<b>1</b>
	Rob's Run 5K (29:47)	1
*	<b>Zeichner, Perry (We Are Athletes)</b>	<b>2</b>
	Veterans Day Cross Country 4K (23:24)	2
*	<b>Cragg, Howard (GLIRC)</b>	<b>3</b>
	Rob's Run 5K (34:41)	3
*	<b>Fetscher, Paul</b>	<b>4</b>
	Rob's Run 5K (39:44)	4
<b>Men 75-79</b>		
*	<b>Hershkowitz, Norman (GLIRC)</b>	<b>1</b>
	Veterans Day Cross Country 4K (38:09)	1
*	<b>Muhrcke, Gary</b>	<b>1</b>
	Dirty Sock 10K (0:54:51)	1
*	<b>McCann, Curt (MRR)</b>	<b>2</b>
	Veterans Day Cross Country 4K (42:50)	2
*	<b>Robinson, Curt (We Are Athletes)</b>	<b>2</b>
	Veterans Day Cross Country 4K (42:50)	2
*	<b>Aronowsky, Barry (Northport)</b>	<b>3</b>
	Veterans Day Cross Country 4K (44:33)	3
<b>Men 80-84</b>		
	<b>1 Cordero, Joe</b>	<b>3</b>

	LITF 4K Gardiners Park (25:25)	1
	LITF 8K Championship (1:02:06)	1
	Rob's Run 5K (38:07)	1
<b>Men &gt; 84</b>		
*	<b>Kestenbaum, Howard (GLIRC)</b>	<b>1</b>
	Rob's Run 5K (45:59)	1