

Race Date
July 09, 2023

Waterfront Warriors 5K 2023

Age Group Results

Race Division

Female Overall Winner Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jessica Mangieri	Farmingdale NY	26	736	25	22:53.6	7:23/M

Male Overall Winner Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brian O'Gorman	Long Beach NY	33	758	1	17:32.0	5:39/M

Female Long Beach Resident Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Deirdre Carl	Long Beach NY	43	40	38	24:33.4	7:55/M

Male Long Beach Resident Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Liam Farrell	Long Beach NY	30	691	4	18:55.2	6:06/M

Female Physically Challenge Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lauren Demarco	Long Beach NY	35	41	139	33:42.5	10:52/M

Male Physically Challenge Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jackson McAdams	Naples FL	18	107	40	24:49.7	8:01/M

Female Military Active Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kaitlyn Harmon	Jupiter FL	30	710	98	30:28.9	9:50/M

Male Military Active Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mile Maglio		37	90	30	23:48.2	7:41/M

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Male Military Active Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Randy Rivera	Long Beach NY	43	111	99	30:37.6	9:53/M
3	Daniel Smith		40	95	229	59:09.8	19:05/M

Female Military Veterans Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Adriana McCrindle	East Meadow NY	62	741	54	26:17.0	8:29/M

Male Military Veterans Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	William Haas	Long Beach NY	60	20	50	25:51.0	8:20/M
2	Michael Gallo	Yonkers NY	48	86	74	27:52.4	9:00/M
3	John Hayes		29	713	102	30:58.3	9:59/M

Female Disabled Veterans Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Spawlding Keiro	North Bellmore NY	11	115	165	39:13.3	12:39/M
2	Katherine Ragazzino		47	53	240	1:07:05.9	21:39/M

Male Disabled Veterans Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Justin Lehw	Fredericksburg VA	53	112	155	36:29.2	11:46/M

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No Age Given

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Anthony Quintana		0	108	129	33:02.5	10:40/M
2	Lilly Padraic	Island Park NY	0	83	135	33:20.3	10:45/M

Female 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Star Dubendorf		13	683	166	39:18.8	12:41/M
2	* Emmy O'Flaherty	Darien CT	9	47	174	41:40.0	13:26/M
3	* Katherine Remache	Corona NY	6	62	214	55:45.3	17:59/M
4	Olivia Benson		9	75	215	56:42.8	18:18/M
5	Brooklyn Cerchione		11	77	222	57:43.0	18:37/M
6	Evelina Ramache		6	61	223	57:43.2	18:37/M
7	Abby Chapman		14	100	235	1:01:26.1	19:49/M

Male 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Shane Haglich		14	51	94	29:56.8	9:40/M
2	* Patrick O'Grady		13	759	104	31:15.7	10:05/M
3	* Lincoln Shutta	Long Beach NY	9	43	109	31:54.0	10:17/M
4	Finn Rall		8	768	122	32:37.3	10:31/M
5	Ryan Sather	Long Beach NY	12	18	125	32:42.1	10:33/M
6	Walker Smith	Long Beach NY	8	5	182	43:19.1	13:58/M
7	Vinny Nastro		7	756	186	43:39.3	14:05/M
8	Tommy Nastro		9	755	209	53:30.9	17:16/M
9	Cole Remache	Corona NY	9	54	211	55:26.0	17:53/M
10	Louie Remache	Corona NY	11	55	212	55:31.6	17:55/M
11	Jeremy Aston		9	99	225	57:53.4	18:40/M
12	Sal Rall		5	771	239	1:04:52.3	20:56/M
13	Matthew Marsden		7	737	242	1:11:55.9	23:12/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Mary Hagen	Long Beach NY	15	8	107	31:52.3	10:17/M
2	* Erin Lee		16	731	178	42:13.8	13:37/M
3	* Kaitlin Minchak	Baldwin NY	18	747	203	49:40.4	16:01/M
4	Jami Minchak		16	746	218	56:53.0	18:21/M
5	Emily Pignataro	Oceanside NY	19	764	219	56:53.6	18:21/M

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Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
6	Mackenzie Chapman		17	85	237	1:01:38.3	19:53/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Abiola Folami	Far Rockaway NY	18	695	3	18:53.8	6:06/M
2 *	Kevin Lopez	Long Beach NY	19	733	7	19:59.5	6:27/M
3 *	Teddy Dros	Long Beach NY	17	4	11	20:42.6	6:41/M
4	Hudson Ruoss		17	105	17	21:48.9	7:02/M
5	Andrew Mannion	Long Beach NY	19	79	19	22:12.1	7:10/M
6	Conor Heyes	Naples FL	19	106	73	27:48.9	8:58/M
7	Ayla Andrakaitis		17	92	138	33:32.1	10:49/M
8	Daniel Pignataro	Oceanside NY	16	63	161	37:35.8	12:08/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Emma Danta	Island Park NY	24	640	72	27:32.5	8:53/M
2 *	Kristin Bedics	Oceanside NY	23	26	164	38:58.9	12:35/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Tom Carroll	Seaford NY	23	618	10	20:23.3	6:35/M
2 *	Cole Goldstein	Long Beach NY	21	11	29	23:40.7	7:38/M
3 *	Tim Kelly	Long Beach NY	21	67	37	24:32.6	7:55/M
4	Steven Reilly	Levittown NY	24	775	67	27:21.7	8:50/M
5	Steve Powell	Levittown NY	22	765	89	29:22.5	9:29/M
6	Edward Cuao	Janesville WI	21	116	179	43:06.8	13:54/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Christina Reilly		26	774	68	27:22.5	8:50/M
2 *	Sarah Tishler	Rockville Centre NY	27	792	71	27:32.5	8:53/M
3 *	Nicole Gomez		28	706	78	28:20.7	9:09/M
4	Kate Vaughn		29	797	84	28:41.3	9:15/M
5	Donna Freed	Baldwin NY	27	698	95	30:07.4	9:43/M

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Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
6	Victoria Karunaratne		26	728	97	30:19.2	9:47/M
7	Annie Reeves	Whitestone NY	26	773	103	31:09.5	10:03/M
8	Taylor Duffy	Island Park NY	27	687	126	32:47.9	10:35/M
9	Zoe Papetti	Long Beach NY	29	761	133	33:16.7	10:44/M
10	Nichole Gubelli	Island Park NY	29	110	145	34:37.6	11:10/M
11	Amanda Arena	Bayville NY	26	494	171	40:46.1	13:09/M
12	Grace Harmon	New York NY	27	709	199	48:28.7	15:38/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Kieran Hurley	Long Beach NY	27	722	12	21:17.4	6:52/M
2 *	Ryan Bonomi	Saint James NY	29	558	24	22:44.9	7:20/M
3 *	Chris Gallic	New York NY	28	700	28	23:36.5	7:37/M
4	Joshua Lopez	Long Beach NY	29	12	42	25:10.3	8:07/M
5	Christian Garcia	Long Beach NY	29	702	56	26:27.8	8:32/M
6	Daniel McClure	East Rockaway NY	29	740	75	28:02.4	9:03/M
7	Donald Remache	Manorville NY	29	34	221	57:24.2	18:31/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Bridget Murphy	Long Beach NY	33	751	82	28:38.5	9:14/M
2 *	Lauren Tolan	Massapequa Park NY	34	793	127	32:48.4	10:35/M
3 *	Katie Trotta	Long Beach NY	34	59	147	34:57.6	11:17/M
4	Molly Duffy	Massapequa NY	31	686	172	41:06.8	13:16/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Michael Odonnell	Long Beach NY	31	757	5	19:07.1	6:10/M
2 *	Sean Blackburn	Freeport NY	31	534	18	21:52.4	7:03/M
3 *	Harrison Redeker	Rockville Centre NY	34	772	20	22:27.6	7:15/M
4	Harrison Redeker	Long Beach NY	34	772	21	22:27.6	7:15/M
5	Ryan Murphy	Long Beach NY	32	752	22	22:33.0	7:16/M
6	Michaelm Nakashian	Long Beach NY	31	60	23	22:39.4	7:19/M
7	Andrew Proto	Babylon NY	33	19	27	23:35.4	7:37/M
8	John Hamlet	Long Beach NY	31	708	31	23:54.3	7:43/M
9	Eric Hill	Oceanside NY	30	714	43	25:20.4	8:10/M

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Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
10	Lucas Hamilton	Long Beach NY	34	66	44	25:24.1	8:12/M
11	Christopher Ferrante	Long Beach NY	30	29	47	25:28.6	8:13/M
12	Jonathon Burt	Long Beach NY	31	64	48	25:40.0	8:17/M
13	Bryan Jones	Long Beach NY	34	25	55	26:25.6	8:32/M
14	Michael Brady	Long Beach NY	32	30	57	26:29.8	8:33/M
15	Charles L Dunn	Long Beach NY	33	688	70	27:28.8	8:52/M
16	Gary Cavalieri	Hempstead NY	34	619	80	28:30.3	9:12/M
17	Sam Lang	Long Beach NY	34	81	120	32:33.6	10:30/M
18	Daniel White	Long Beach NY	33	3	141	33:53.3	10:56/M
19	Jon Matzelle	Franklin Square NY	34	739	156	36:36.5	11:49/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Mary Joe Brown	Long Beach NY	39	569	62	26:46.2	8:38/M
2 *	Diana Hoyt	Lynbrook NY	38	718	92	29:41.0	9:35/M
3 *	Meghan Fitzgerald	Long Beach NY	36	693	100	30:38.7	9:53/M
4	Jamie Velazquez	Nemo TX	37	798	105	31:44.1	10:14/M
5	Jacqueline Connell	Long Beach NY	39	68	115	32:14.8	10:24/M
6	Tara Stolte	Huntington Station NY	35	23	121	32:35.6	10:31/M
7	Candice Johnson	Baldwin NY	37	726	124	32:41.9	10:33/M
8	Christie Foy	Long Beach NY	35	696	131	33:11.7	10:43/M
9	Jessica Malone		39	735	162	38:30.7	12:25/M
10	Stephanie Tesoriero	Wantagh NY	35	117	176	42:07.6	13:35/M
11	Nicole Nestro		36	753	210	53:32.5	17:16/M
12	Cynthia Remache	Corona NY	35	57	224	57:44.2	18:37/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Greg Kavazanjian	Island Park NY	36	93	9	20:11.7	6:31/M
2 *	Kenneth Waka	Valley Stream NY	37	1	13	21:19.2	6:53/M
3 *	Jam Nishad		37	113	14	21:22.9	6:54/M
4	John Koehler	Rockville Centre NY	39	22	15	21:23.7	6:54/M
5	Tim Salter	Long Beach NY	39	781	16	21:35.6	6:58/M
6	Matthew Mulhern	Geary OK	38	749	32	23:58.5	7:44/M
7	Ryan Campson	Long Beach NY	35	82	39	24:45.5	7:59/M
8	Matthew Albanese	Long Beach NY	38	24	41	25:03.6	8:05/M
9	Justin Bobko	Long Beach NY	36	542	66	27:06.3	8:45/M
10	Carmine Ragucci	Long Beach NY	36	58	69	27:24.2	8:50/M

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Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
11	Raymond Foy	Long Beach NY	36	697	81	28:30.8	9:12/M
12	Conor McDonald	Long Beach NY	36	743	140	33:53.0	10:56/M
13	Scott Morrison	Plainview NY	35	748	153	35:51.3	11:34/M
14	Kristen Maglio		36	91	167	39:23.3	12:42/M
15	James Lynch	Bayside NY	37	734	169	39:58.8	12:54/M
16	Ray Nestro		37	754	185	43:39.1	14:05/M
17	Michael Baldasare	Lynbrook NY	36	500	198	47:29.4	15:19/M
18	Louis Remache	Corona NY	38	56	213	55:44.7	17:59/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Louides Lojano	Corona NY	41	33	46	25:28.0	8:13/M
2 *	Melissa Torres	Long Beach NY	40	15	65	27:02.8	8:44/M
3 *	Lizabeth King	Jackson Heights NY	42	730	76	28:06.8	9:04/M
4	Lauren Voegel	Long Beach NY	41	799	83	28:40.4	9:15/M
5	Carly Pagliarulo	Long Beach NY	40	42	86	28:50.5	9:18/M
6	Alicia Lamanna	Long Beach NY	41	52	101	30:54.9	9:58/M
7	Lauren Kelly	Long Beach NY	44	729	112	32:06.5	10:21/M
8	Karen Beck	Lynbrook NY	41	515	130	33:03.4	10:40/M
9	Loren Kojamanian	Island Park NY	40	109	144	34:36.2	11:10/M
10	Sarah Schnepf	Long Beach NY	40	783	157	36:42.2	11:50/M
11	Catherine Risola	East Rockaway NY	41	776	158	36:48.5	11:52/M
12	Amy Dirolf	Long Beach NY	43	682	160	37:15.7	12:01/M
13	Danielle Geiger	Oceanside NY	41	703	192	46:44.8	15:05/M
14	Janice Wallin	Carencro LA	41	2	193	47:13.6	15:14/M
15	Lindsey Smith		40	97	230	1:00:07.2	19:24/M
16	Amber Cerchione		40	78	232	1:00:09.7	19:24/M
17	Rosemarie Rall		40	770	238	1:04:52.2	20:56/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jason Rubinstein	Lynbrook NY	41	779	2	17:46.2	5:44/M
2 *	Joe Risola	East Rockaway NY	44	777	35	24:15.0	7:49/M
3 *	Patrick Fitzgerald		41	694	36	24:30.6	7:54/M
4	Andrew Dickson		43	84	49	25:42.3	8:18/M
5	Scott Smith	Long Beach NY	43	786	96	30:11.8	9:44/M
6	Goseph Shutta	Long Beach NY	43	44	108	31:53.8	10:17/M
7	Daniel Miklos	Garden City NY	44	745	116	32:23.1	10:27/M

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Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
8	Kevin Rall		41	769	132	33:16.1	10:44/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Janice Grassini	Long Beach NY	45	49	51	25:53.2	8:21/M
2 *	Alicia Rodabaugh	Long Beach NY	45	778	53	26:10.2	8:27/M
3 *	Deidre McDonagh	Long Beach NY	49	742	77	28:20.7	9:09/M
4	Danielle Hallas	Long Beach NY	45	707	85	28:50.1	9:18/M
5	Mary Eichin	Long Beach NY	46	39	90	29:23.8	9:29/M
6	Bernadette Tretola	Bay Shore NY	49	794	173	41:19.9	13:20/M
7	Tara O'Flaherty	Darien CT	48	48	175	41:51.0	13:30/M
8	Kathryn Lee	Long Beach NY	47	732	177	42:13.8	13:37/M
9	Kelly Harris	Long Beach NY	45	73	180	43:15.8	13:57/M
10	Erin Van Nostrand	Long Beach NY	46	796	184	43:25.5	14:01/M
11	Jessica Benson		46	72	234	1:01:24.6	19:49/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Juan Carlos Ramirez	Corona NY	45	35	8	20:03.0	6:28/M
2 *	Mike Corbett	Long Beach NY	47	633	146	34:56.4	11:16/M
3 *	Patrick Mullaney	Long Beach NY	48	750	196	47:26.3	15:18/M
4	Latseen Eaberson		47	71	216	56:43.3	18:18/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Marissa Gallagher	Long Beach NY	53	699	93	29:42.9	9:35/M
2 *	Bernadette Mannion	Long Beach NY	50	80	106	31:49.3	10:16/M
3 *	Jennifer Wagner	Island Park NY	50	103	117	32:27.7	10:28/M
4	Patricia Farrell	Long Beach NY	53	692	128	32:49.2	10:35/M
5	Chrissy Crowley	Long Beach NY	52	38	143	34:07.6	11:01/M
6	Robin Hizme	Long Beach NY	51	716	150	35:07.5	11:20/M
7	Michelle Aprice	Long Beach NY	52	36	181	43:15.8	13:57/M
8	Haly Smith	Long Beach NY	52	6	183	43:19.1	13:58/M
9	Mary O'Donnell	Long Beach NY	52	114	194	47:14.9	15:14/M
10	Christine Dubin	Long Beach NY	54	684	206	51:39.1	16:40/M
11	Theresa Giammoria	Long Beach NY	53	89	226	58:14.3	18:47/M

Race Date
July 09, 2023

Waterfront Warriors 5K 2023

Age Group Results

Race Division

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
12	Tracy McAdams	Long Beach NY	53	104	231	1:00:08.2	19:24/M
13	Devora Exline		54	70	233	1:01:23.0	19:48/M
14	Ruth Aston		52	98	236	1:01:26.4	19:49/M
15	Tami Marsden	Island Park NY	51	738	243	1:12:09.8	23:17/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Robert Devinney	Long Beach NY	52	681	6	19:11.4	6:11/M
2	* Richard Sumberac	Atlantic Beach NY	53	791	33	24:05.1	7:46/M
3	* Michael Crowley	Long Beach NY	54	31	58	26:32.1	8:34/M
4	Jason Hupe	Long Beach NY	50	719	88	29:19.2	9:27/M
5	Rosevelt Moring		54	69	118	32:28.5	10:29/M
6	Eric Allen	Long Beach NY	54	17	137	33:20.7	10:45/M
7	Danny Greenway	Commack NY	54	118	149	35:06.6	11:20/M
8	Peter Hannon		53	9	188	44:24.4	14:19/M
9	James Sullivan	Long Beach NY	54	790	205	51:38.4	16:40/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Teresa Tribble	Garden City NY	59	795	64	26:56.8	8:42/M
2	* Pam Warshawsey	Long Beach NY	55	32	79	28:24.1	9:10/M
3	* Nanette Hill	Oceanside NY	59	715	151	35:15.8	11:23/M
4	Robyn Schwartz	North Bellmore NY	55	785	154	35:55.9	11:35/M
5	Cariann Perretta	Long Beach NY	55	763	159	36:49.4	11:53/M
6	Patricia	Malverne NY	57	28	195	47:25.8	15:18/M
7	Barbara Mullaney	Long Beach NY	59	762	197	47:27.4	15:19/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Matthew Emerson	Island Park NY	56	37	142	33:58.5	10:58/M
2	* Brian Hurley	Long Beach NY	56	720	201	48:42.8	15:43/M
3	* Robbie Michaelis	Long Beach NY	59	744	217	56:44.8	18:18/M
4	Chuck Carr	Long Beach NY	57	13	241	1:07:06.9	21:39/M
5	Pat O'Donnell	Island Park NY	58	119	244	1:12:38.4	23:26/M

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Waterfront Warriors 5K 2023

Age Group Results

Race Division

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Maura Spar	Long Beach NY	60	788	87	29:05.0	9:23/M
2 *	Jane Hayes		60	712	110	31:54.4	10:18/M
3 *	Caroline Koralik	Astoria NY	62	21	152	35:28.5	11:27/M
4	Kara Ferrante	Long Beach NY	60	50	187	43:58.7	14:11/M
5	Kathleen Harmon	East Rockaway NY	63	711	200	48:29.0	15:38/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	John Britz	Staten Island NY	60	561	52	26:04.0	8:25/M
2 *	Gerard Spano	New York NY	64	787	91	29:25.8	9:30/M
3 *	John Campbell	Rockville Centre NY	63	594	111	31:55.4	10:18/M
4	Duane Marcy	Long Beach NY	63	88	227	58:14.6	18:47/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jane Blackburn	Long Beach NY	65	518	59	26:35.0	8:35/M
2 *	Linda O'Reilly	Long Beach NY	65	16	113	32:11.5	10:23/M
3 *	Elizabeth Snell	Flushing NY	68	14	148	35:00.1	11:17/M
4	Eileen Fuentes	Long Beach NY	66	102	190	46:42.0	15:04/M
5	Mary Munkwitz	New Hyde Park NY	67	45	202	49:01.6	15:49/M

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Edward Ward	West Hempstead NY	67	74	26	23:22.4	7:32/M
2 *	Chuck Otto	Sayville NY	67	760	34	24:11.2	7:48/M
3 *	Patrick Engle	North Bellmore NY	65	65	45	25:27.9	8:13/M
4	Brian Butler	Cincinnati OH	69	577	61	26:45.3	8:38/M
5	Arthur Golbert	Baldwin NY	67	704	63	26:54.7	8:41/M
6	Drew Demasters	Elmhurst NY	68	648	119	32:28.7	10:29/M
7	Gary Fortgang	Long Beach NY	67	10	123	32:38.8	10:32/M
8	Joseph Bedics	Oceanside NY	65	27	204	50:46.2	16:23/M
9	Jesus Estaba	Brooklyn NY	68	689	220	57:23.8	18:31/M

Race Date
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Waterfront Warriors 5K 2023

Age Group Results

Race Division

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Robert Raab	Woodbury NY	73	767	60	26:39.1	8:36/M
2 *	Martin Goldstein	Long Beach NY	73	705	134	33:18.2	10:45/M
3 *	Joe Alusick	Long Beach NY	73	486	136	33:20.5	10:45/M
4	Jeffrey Falchiere	New York NY	71	690	163	38:57.5	12:34/M
5	Ed Quinlan	New Hyde Park NY	74	766	168	39:26.0	12:43/M
6	Lawence Kalvar	Long Beach NY	73	727	170	40:15.1	12:59/M
7	Al Fuentes	Long Beach NY	72	101	189	46:41.8	15:04/M
8	Paul Milano	Lynbrook NY	72	94	207	53:25.4	17:14/M
9	Gillespie	Long Beach NY	73	76	208	53:28.4	17:15/M
10	Gerald Snell	Long Beach NY	71	7	228	59:09.5	19:05/M

Female 75 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Karin O'Flaherty	Long Red NY	77	46	191	46:42.0	15:04/M

Male 75 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Bill Britz	Sayville NY	75	559	114	32:13.8	10:24/M