

Gender Age	Racer Name Time	Points
<b>Great Cow Harbor 10K Individual Points</b>		
<b>Women 20-24</b>		
	<b>Zieve, Sarah (Northport Runners Club)</b>	
1	Great Cow Harbor 10K (36:37)	100
	<b>Eiseman, Megan (Runner's Edge/LITC)</b>	
2	Great Cow Harbor 10K (49:09)	90
	<b>Capozzoli, Cecelia (Runner's Edge/LITC)</b>	
3	Great Cow Harbor 10K (50:25)	86
	<b>DeBois, Jena (Northport Runners Club)</b>	
4	Great Cow Harbor 10K (56:30)	83
<b>Women 25-29</b>		
	<b>Lemire-Nicolich, Jessica (Selden Hills)</b>	
1	Great Cow Harbor 10K (55:28)	100
	<b>Caputo, Teresa (NYPD)</b>	
2	Great Cow Harbor 10K (56:44)	90
	<b>Myszkowski, Olivia (Runner's Edge/LITC)</b>	
3	Great Cow Harbor 10K (56:47)	86
	<b>Farriella, Nicole (Selden Hills)</b>	
4	Great Cow Harbor 10K (09:34)	83
<b>Women 30-34</b>		
	<b>McGrath, Katie (Long Run Crew)</b>	
1	Great Cow Harbor 10K (36:45)	100
	<b>Henneberry, Kelley (Long Run Crew)</b>	
2	Great Cow Harbor 10K (48:52)	90
	<b>Moran, Elizabeth (Selden Hills)</b>	
3	Great Cow Harbor 10K (48:59)	86
	<b>Hill, Jessica (Northport Runners Club)</b>	
4	Great Cow Harbor 10K (50:10)	83
	<b>Bonanni, Lisa (GLIRC)</b>	
5	Great Cow Harbor 10K (50:55)	80
	<b>Dungate, Tara (Selden Hills)</b>	
6	Great Cow Harbor 10K (51:07)	77
	<b>Harper, Kristina (Northport Runners Club)</b>	
7	Great Cow Harbor 10K (51:11)	74
	<b>Sweeney, Kristen (Northport Runners Club)</b>	
8	Great Cow Harbor 10K (53:08)	71
	<b>Martin, Kristin (Selden Hills)</b>	
9	Great Cow Harbor 10K (54:44)	68
	<b>Walter, Meghan (Selden Hills)</b>	
10	Great Cow Harbor 10K (54:57)	65
	<b>Pinola, Robin (Selden Hills)</b>	
11	Great Cow Harbor 10K (01:46)	62
	<b>Speciale, Jacqueline (Northport Runners Club)</b>	
12	Great Cow Harbor 10K (27:26)	59
<b>Women 35-39</b>		

	<b>Walker, Michele (Runner's Edge/LITC)</b>	
<b>1</b>	Great Cow Harbor 10K (38:37)	100
	<b>Perno-Grosser, Kelly (Runner's Edge/LITC)</b>	
<b>2</b>	Great Cow Harbor 10K (41:33)	90
	<b>Scanlan, Amanda (Long Run Crew)</b>	
<b>3</b>	Great Cow Harbor 10K (41:49)	86
	<b>Caruso, Dana (Runner's Edge/LITC)</b>	
<b>4</b>	Great Cow Harbor 10K (43:07)	83
	<b>Gesuele, Samantha (Runner's Edge/LITC)</b>	
<b>5</b>	Great Cow Harbor 10K (44:17)	80
	<b>Figari, Deanna (Selden Hills)</b>	
<b>6</b>	Great Cow Harbor 10K (45:46)	77
	<b>Mason, Natalie (Northport Runners Club)</b>	
<b>7</b>	Great Cow Harbor 10K (46:33)	74
	<b>Hall, Amanda (Selden Hills)</b>	
<b>8</b>	Great Cow Harbor 10K (47:23)	71
	<b>Demeri, Kelly (GLIRC)</b>	
<b>9</b>	Great Cow Harbor 10K (48:48)	68
	<b>Hill, Lisa (Northport Runners Club)</b>	
<b>10</b>	Great Cow Harbor 10K (51:40)	65
	<b>Ethier, Jessica (Northport Runners Club)</b>	
<b>11</b>	Great Cow Harbor 10K (52:15)	62
	<b>DeMattia, Denise (Selden Hills)</b>	
<b>12</b>	Great Cow Harbor 10K (53:08)	59
	<b>Sweeney, Melanie (Selden Hills)</b>	
<b>13</b>	Great Cow Harbor 10K (54:28)	56
	<b>Ng, Annie (Long Run Crew)</b>	
<b>14</b>	Great Cow Harbor 10K (57:16)	53
	<b>Smith, Lauren (Runner's Edge/LITC)</b>	
<b>15</b>	Great Cow Harbor 10K (57:26)	50
	<b>Lee, Denise (Selden Hills)</b>	
<b>16</b>	Great Cow Harbor 10K (59:33)	47
	<b>Johnston, Christine (NYPD)</b>	
<b>17</b>	Great Cow Harbor 10K (01:32)	44
	<b>Horn, Kristen (Northport Runners Club)</b>	
<b>18</b>	Great Cow Harbor 10K (03:29)	41
	<b>Tomel, Amanda (Northport Runners Club)</b>	
<b>19</b>	Great Cow Harbor 10K (14:32)	38
	<b>Hershberger, Kristina (Selden Hills)</b>	
<b>20</b>	Great Cow Harbor 10K (16:42)	35
	<b>Lee Behnke, Tanya (Selden Hills)</b>	
<b>21</b>	Great Cow Harbor 10K (27:43)	32
<b>Women 40-44</b>		
	<b>Mayola, Dara (Selden Hills)</b>	
<b>1</b>	Great Cow Harbor 10K (43:19)	100
	<b>Bumbalo, Linda (Northport Runners Club)</b>	

2	Great Cow Harbor 10K (45:14)	90
	<b>Harte, Karen (Selden Hills)</b>	
3	Great Cow Harbor 10K (45:55)	86
	<b>Balsdon, Melanie (Massapequa Road Runners)</b>	
4	Great Cow Harbor 10K (49:42)	83
	<b>Riddiough, Heather (Long Run Crew)</b>	
5	Great Cow Harbor 10K (49:50)	80
	<b>VanHekken, Judith (Northport Runners Club)</b>	
6	Great Cow Harbor 10K (51:48)	77
	<b>Druzynski, Christy (Runner's Edge/LITC)</b>	
7	Great Cow Harbor 10K (51:51)	74
	<b>Faini, Dianna (NYPD)</b>	
8	Great Cow Harbor 10K (54:28)	71
	<b>Archer, Kelly (Northport Runners Club)</b>	
9	Great Cow Harbor 10K (54:51)	68
	<b>O'Rourke, Paula (Super Runners)</b>	
10	Great Cow Harbor 10K (55:19)	65
	<b>Vass, Szvilia (Selden Hills)</b>	
11	Great Cow Harbor 10K (56:39)	62
	<b>Tully, Jennifer (Selden Hills)</b>	
12	Great Cow Harbor 10K (57:21)	59
	<b>Bongiorno, Kate (Selden Hills)</b>	
13	Great Cow Harbor 10K (05:43)	56
	<b>Barry, Angela (Selden Hills)</b>	
14	Great Cow Harbor 10K (07:15)	53
	<b>Keyes, Stacy (Selden Hills)</b>	
15	Great Cow Harbor 10K (11:54)	50
	<b>Delgado, Martha (Selden Hills)</b>	
16	Great Cow Harbor 10K (15:45)	47
	<b>Kieffer, Grace Ann (Selden Hills)</b>	
17	Great Cow Harbor 10K (20:30)	44
	<b>Sutton, Iva (Selden Hills)</b>	
18	Great Cow Harbor 10K (34:41)	41
	<b>Carpenter, Brooke (We Are Athletes)</b>	
19	Great Cow Harbor 10K (35:38)	38
<b>Women 45-49</b>		
	<b>Hoffmann, Stephanie (GLIRC)</b>	
1	Great Cow Harbor 10K (44:42)	100
	<b>Arato, Glenna (Selden Hills)</b>	
2	Great Cow Harbor 10K (46:43)	90
	<b>Consalazio, Angelique (Northport Runners Club)</b>	
3	Great Cow Harbor 10K (47:19)	86
	<b>Fraiberg, Erica (Northport Runners Club)</b>	
4	Great Cow Harbor 10K (47:56)	83
	<b>Tesoriero, Jenney (Northport Runners Club)</b>	
5	Great Cow Harbor 10K (48:57)	80

	<b>Adelberg, Jennifer (Selden Hills)</b>	
6	Great Cow Harbor 10K (50:22)	77
	<b>Marquina, Mercedes (Runner's Edge/LITC)</b>	
7	Great Cow Harbor 10K (50:41)	74
	<b>Mouzithras, Bernadette (Selden Hills)</b>	
8	Great Cow Harbor 10K (52:19)	71
	<b>Kuznetz, Barbara (Northport Runners Club)</b>	
9	Great Cow Harbor 10K (52:58)	68
	<b>Leong, Danielle (GLIRC)</b>	
10	Great Cow Harbor 10K (53:45)	65
	<b>Ferry, Deb (NYPD)</b>	
11	Great Cow Harbor 10K (55:17)	62
	<b>Bradley, Damian (Northport Runners Club)</b>	
12	Great Cow Harbor 10K (55:47)	59
	<b>Cook, Leslie (Massapequa Road Runners)</b>	
13	Great Cow Harbor 10K (55:55)	56
	<b>Adams, Andrea (North Country Road Runners)</b>	
14	Great Cow Harbor 10K (57:21)	53
	<b>Cavaliere-Ng, Melissa (Northport Runners Club)</b>	
15	Great Cow Harbor 10K (57:36)	50
	<b>Butera, Rosalia (Massapequa Road Runners)</b>	
16	Great Cow Harbor 10K (59:48)	47
	<b>McGreevey, Kim (We Are Athletes)</b>	
17	Great Cow Harbor 10K (03:17)	44
	<b>Cicccone, Heather (Northport Runners Club)</b>	
18	Great Cow Harbor 10K (03:53)	41
	<b>Hanmer, Christine (Selden Hills)</b>	
19	Great Cow Harbor 10K (04:15)	38
	<b>Jantzen, Sandra (Selden Hills)</b>	
20	Great Cow Harbor 10K (04:50)	35
	<b>Trovato, Karen (Massapequa Road Runners)</b>	
21	Great Cow Harbor 10K (05:54)	32
	<b>Taborsky, Christina (Selden Hills)</b>	
22	Great Cow Harbor 10K (06:57)	29
	<b>Becker, Stephanie (Selden Hills)</b>	
23	Great Cow Harbor 10K (09:27)	26
	<b>Dempsey, Christine (Selden Hills)</b>	
24	Great Cow Harbor 10K (09:41)	23
	<b>Trinagel, Vicki (Selden Hills)</b>	
25	Great Cow Harbor 10K (13:39)	20
	<b>Schlessinger, Kari (Selden Hills)</b>	
26	Great Cow Harbor 10K (19:57)	17
	<b>Geonie, Liza (Northport Runners Club)</b>	
27	Great Cow Harbor 10K (20:06)	14
	<b>D'Amore, Sara (Selden Hills)</b>	
28	Great Cow Harbor 10K (28:35)	11

<b>Women 50-54</b>		
	<b>Broderick, Una (GLIRC)</b>	
1	Great Cow Harbor 10K (41:57)	100
	<b>O'Brien, Patricia (NYPD)</b>	
2	Great Cow Harbor 10K (46:09)	90
	<b>Orelli, Regina (Northport Runners Club)</b>	
3	Great Cow Harbor 10K (48:41)	86
	<b>Josaphat, Grainne (LIRRC)</b>	
4	Great Cow Harbor 10K (48:46)	83
	<b>Bordonaro, Christina (Northport Runners Club)</b>	
5	Great Cow Harbor 10K (50:34)	80
	<b>Melillo, Elizabeth (Northport Runners Club)</b>	
6	Great Cow Harbor 10K (51:32)	77
	<b>Ehrhart, Dawn (Northport Runners Club)</b>	
7	Great Cow Harbor 10K (52:41)	74
	<b>Darvin, Stacy (Selden Hills)</b>	
8	Great Cow Harbor 10K (52:47)	71
	<b>Glubiak, Katherine (Selden Hills)</b>	
9	Great Cow Harbor 10K (52:47)	68
	<b>Ritchie, Darlene (Northport Runners Club)</b>	
10	Great Cow Harbor 10K (53:16)	65
	<b>Finneran, Dianne (Northport Runners Club)</b>	
11	Great Cow Harbor 10K (54:46)	62
	<b>Manno, Linda (Selden Hills)</b>	
12	Great Cow Harbor 10K (55:06)	59
	<b>Ward, Caroline (Selden Hills)</b>	
13	Great Cow Harbor 10K (55:45)	56
	<b>Terry, Kathy (Northport Runners Club)</b>	
14	Great Cow Harbor 10K (56:47)	53
	<b>Luciano, June (Selden Hills)</b>	
15	Great Cow Harbor 10K (57:30)	50
	<b>Broderick, Anne (LIRRC)</b>	
16	Great Cow Harbor 10K (02:26)	47
	<b>Clarín, Jodi (Selden Hills)</b>	
17	Great Cow Harbor 10K (10:54)	44
	<b>Delissio, Diane (Massapequa Road Runners)</b>	
18	Great Cow Harbor 10K (12:19)	41
	<b>Griffin, MaryMargaret (NYPD)</b>	
19	Great Cow Harbor 10K (20:00)	38
<b>Women 55-59</b>		
	<b>Russo, Barbara (GLIRC)</b>	
1	Great Cow Harbor 10K (41:43)	100
	<b>Clarke, Florence (Massapequa Road Runners)</b>	
2	Great Cow Harbor 10K (48:31)	90
	<b>Razzano-Nerud, Debra (Northport Runners Club)</b>	
3	Great Cow Harbor 10K (49:25)	86

	<b>Murray, Susan (Northport Runners Club)</b>	
4	Great Cow Harbor 10K (50:42)	83
	<b>Paterson, Jamie (NCPD Running Club)</b>	
5	Great Cow Harbor 10K (51:47)	80
	<b>Bishop, Josephine (Northport Runners Club)</b>	
6	Great Cow Harbor 10K (53:01)	77
	<b>Nora, Karen (Northport Runners Club)</b>	
7	Great Cow Harbor 10K (53:08)	74
	<b>Lenzi, Mary (We Are Athletes)</b>	
8	Great Cow Harbor 10K (53:28)	71
	<b>Hynes, Jeannie (Northport Runners Club)</b>	
9	Great Cow Harbor 10K (54:08)	68
	<b>Morabito-Weeks, Veronica (Selden Hills)</b>	
10	Great Cow Harbor 10K (55:13)	65
	<b>Hill, Christine (Runner's Edge/LITC)</b>	
11	Great Cow Harbor 10K (56:12)	62
	<b>Corrie, Sue (GLIRC)</b>	
12	Great Cow Harbor 10K (57:14)	59
	<b>Distler, JoAnn (NCPD Running Club)</b>	
13	Great Cow Harbor 10K (01:41)	56
	<b>Raudsepp, Pamela (Massapequa Road Runners)</b>	
14	Great Cow Harbor 10K (02:24)	53
	<b>Kahn, Jodi (Runner's Edge/LITC)</b>	
15	Great Cow Harbor 10K (02:39)	50
	<b>Carroll, Maura (Northport Runners Club)</b>	
16	Great Cow Harbor 10K (03:55)	47
	<b>Gunther, Sharon (We Are Athletes)</b>	
17	Great Cow Harbor 10K (08:15)	44
	<b>Garguilo, Grace (Selden Hills)</b>	
18	Great Cow Harbor 10K (11:28)	41
	<b>Gjodesen, Lea (Selden Hills)</b>	
19	Great Cow Harbor 10K (12:16)	38
	<b>Chadderton, Jean (Selden Hills)</b>	
20	Great Cow Harbor 10K (26:32)	35
	<b>Stewart, Debra (Selden Hills)</b>	
21	Great Cow Harbor 10K (44:56)	32
<b>Women 60-64</b>		
	<b>Doman, Dolores (Super Runners)</b>	
1	Great Cow Harbor 10K (48:36)	100
	<b>Joyce, Maureen (Northport Runners Club)</b>	
2	Great Cow Harbor 10K (49:06)	90
	<b>Cotten, Karen (Selden Hills)</b>	
3	Great Cow Harbor 10K (57:09)	86
	<b>Zacharia, Marianne (Northport Runners Club)</b>	
4	Great Cow Harbor 10K (57:33)	83
	<b>Kinsella, Jane (Selden Hills)</b>	

5	Great Cow Harbor 10K (04:59)	80
	<b>Breen, Kate (Northport Runners Club)</b>	
6	Great Cow Harbor 10K (09:14)	77
<b>Women 65-69</b>		
	<b>Keogh, Susan (GLIRC)</b>	
1	Great Cow Harbor 10K (56:26)	100
	<b>Zieve, June (Northport Runners Club)</b>	
2	Great Cow Harbor 10K (02:12)	90
	<b>Withus, Gloria (We Are Athletes)</b>	
3	Great Cow Harbor 10K (02:48)	86
	<b>Carroll, Patricia (Selden Hills)</b>	
4	Great Cow Harbor 10K (14:38)	83
<b>Women 70-74</b>		
	<b>Sehmeyer, Constance (We Are Athletes)</b>	
1	Great Cow Harbor 10K (56:42)	100
	<b>Fitzgibbon, Anne (We Are Athletes)</b>	
2	Great Cow Harbor 10K (04:17)	90
	<b>Gonzalez, Abby (Selden Hills)</b>	
3	Great Cow Harbor 10K (05:03)	86
	<b>Penagos, Elizabeth (GLIRC)</b>	
4	Great Cow Harbor 10K (07:43)	83
	<b>Robinson, Irene (We Are Athletes)</b>	
5	Great Cow Harbor 10K (16:58)	80
	<b>Boucher, Hilory (Northport Runners Club)</b>	
6	Great Cow Harbor 10K (31:56)	77
<b>Women 75-79</b>		
	<b>Clavin, Helma (Selden Hills)</b>	
1	Great Cow Harbor 10K (10:35)	100
	<b>Delaney, Patricia (Massapequa Road Runners)</b>	
2	Great Cow Harbor 10K (19:23)	90
<b>Men 20-24</b>		
	<b>Rachman, Greg (We Are Athletes)</b>	
1	Great Cow Harbor 10K (37:46)	100
	<b>Eletto, Alex (Northport Runners Club)</b>	
2	Great Cow Harbor 10K (37:52)	90
	<b>Mihailin, Thomas (Northport Runners Club)</b>	
3	Great Cow Harbor 10K (37:54)	86
	<b>Mahony, Tim (Long Run Crew)</b>	
4	Great Cow Harbor 10K (38:06)	83
	<b>Franz, Julian (LIRRC)</b>	
5	Great Cow Harbor 10K (42:29)	80
	<b>McKeon, John (GLIRC)</b>	
6	Great Cow Harbor 10K (43:23)	77
<b>Men 25-29</b>		
	<b>Corrigan, Kevin (Runner's Edge/LITC)</b>	
1	Great Cow Harbor 10K (38:05)	100

	<b>Scheinson, Scott (Long Run Crew)</b>	
2	Great Cow Harbor 10K (39:00)	90
	<b>Williams, Raymond (We Are Athletes)</b>	
3	Great Cow Harbor 10K (40:39)	86
	<b>Weisenbacher, Ryan (Selden Hills)</b>	
4	Great Cow Harbor 10K (42:33)	83
	<b>Hardick, Sean (Runner's Edge/LITC)</b>	
5	Great Cow Harbor 10K (43:47)	80
	<b>Haddock, Tom (Selden Hills)</b>	
6	Great Cow Harbor 10K (47:53)	77
	<b>Briguglio, Peter (Massapequa Road Runners)</b>	
7	Great Cow Harbor 10K (49:25)	74
<b>Men 30-34</b>		
	<b>Harper, Thomas (Northport Runners Club)</b>	
1	Great Cow Harbor 10K (38:49)	100
	<b>Harvey, Daniel (GLIRC)</b>	
2	Great Cow Harbor 10K (40:56)	90
	<b>Masso, Keith (LIRRC)</b>	
3	Great Cow Harbor 10K (44:06)	86
	<b>Della Croce, Dominic (Northport Runners Club)</b>	
4	Great Cow Harbor 10K (44:34)	83
	<b>Murphy, Patrick (Northport Runners Club)</b>	
5	Great Cow Harbor 10K (45:00)	80
	<b>Demeri, Ryan (GLIRC)</b>	
6	Great Cow Harbor 10K (46:22)	77
	<b>Haase, Ed (Long Run Crew)</b>	
7	Great Cow Harbor 10K (47:06)	74
	<b>Brekne, Craig (Selden Hills)</b>	
8	Great Cow Harbor 10K (47:23)	71
	<b>Cabasso, Andrew (Northport Runners Club)</b>	
9	Great Cow Harbor 10K (47:29)	68
	<b>Perez, Diego (Runner's Edge/LITC)</b>	
10	Great Cow Harbor 10K (48:54)	65
	<b>Guida, Chris (Selden Hills)</b>	
11	Great Cow Harbor 10K (50:44)	62
	<b>Ricci, Anthony (Selden Hills)</b>	
12	Great Cow Harbor 10K (52:24)	59
<b>Men 35-39</b>		
	<b>Koegel, Chris (GLIRC)</b>	
1	Great Cow Harbor 10K (37:21)	100
	<b>Jensen, Joseph (Long Run Crew)</b>	
2	Great Cow Harbor 10K (39:33)	90
	<b>Murphy III, Robert (Northport Runners Club)</b>	
3	Great Cow Harbor 10K (40:07)	86
	<b>O'Dwyer, William (Selden Hills)</b>	
4	Great Cow Harbor 10K (40:48)	83



	<b>Hambarsoumian, Victor (NYPD)</b>	
5	Great Cow Harbor 10K (41:49)	80
	<b>Hampton, Trent (We Are Athletes)</b>	
6	Great Cow Harbor 10K (43:18)	77
	<b>Krahel, Bryan (Northport Runners Club)</b>	
7	Great Cow Harbor 10K (43:55)	74
	<b>Jones, Doug (Selden Hills)</b>	
8	Great Cow Harbor 10K (44:15)	71
	<b>Newman, Michael (Runner's Edge/LITC)</b>	
9	Great Cow Harbor 10K (44:32)	68
	<b>Klubnick, Joseph (NYPD)</b>	
10	Great Cow Harbor 10K (49:36)	65
	<b>Fisher, Thomas (Selden Hills)</b>	
11	Great Cow Harbor 10K (51:30)	62
	<b>Fox, Michael (NYPD)</b>	
12	Great Cow Harbor 10K (58:13)	59
	<b>Scott, Matthew (NCPD Running Club)</b>	
13	Great Cow Harbor 10K (00:33)	56
<b>Men 40-44</b>		
	<b>Brown, Michael (NYPD)</b>	
1	Great Cow Harbor 10K (40:05)	100
	<b>Ward, Christopher (Long Run Crew)</b>	
2	Great Cow Harbor 10K (40:26)	90
	<b>Edwin, Derrick (Runner's Edge/LITC)</b>	
3	Great Cow Harbor 10K (42:44)	86
	<b>Dornick, James (Selden Hills)</b>	
4	Great Cow Harbor 10K (42:54)	83
	<b>Coughlin, John (Northport Runners Club)</b>	
5	Great Cow Harbor 10K (43:13)	80
	<b>Jensen, John (Long Run Crew)</b>	
6	Great Cow Harbor 10K (43:27)	77
	<b>Dullaghan, John (Long Run Crew)</b>	
7	Great Cow Harbor 10K (44:07)	74
	<b>Cullinan, Michael (NYPD)</b>	
8	Great Cow Harbor 10K (45:03)	71
	<b>Lopez-Merlos, David (Long Run Crew)</b>	
9	Great Cow Harbor 10K (45:51)	68
	<b>Alexander, Sean (Long Run Crew)</b>	
10	Great Cow Harbor 10K (46:07)	65
	<b>Adams, TJ (Northport Runners Club)</b>	
11	Great Cow Harbor 10K (46:11)	62
	<b>Taylor, Jason (Selden Hills)</b>	
12	Great Cow Harbor 10K (49:32)	59
	<b>Kieffer, Brian (Selden Hills)</b>	
13	Great Cow Harbor 10K (49:44)	56
	<b>O'Rourke, Sean (Super Runners)</b>	

14	Great Cow Harbor 10K (56:44)	53
	<b>Verbsky, Michael (Runner's Edge/LITC)</b>	
15	Great Cow Harbor 10K (06:18)	50
	<b>Baer, Jon (Selden Hills)</b>	
16	Great Cow Harbor 10K (17:22)	47
<b>Men 45-49</b>		
	<b>Carrington, Boyd (Runner's Edge/LITC)</b>	
1	Great Cow Harbor 10K (33:36)	100
	<b>Rowley, Todd (GLIRC)</b>	
2	Great Cow Harbor 10K (41:08)	90
	<b>Pereira, Tommy (GLIRC)</b>	
3	Great Cow Harbor 10K (43:06)	86
	<b>Brown, Joel (Northport Runners Club)</b>	
4	Great Cow Harbor 10K (43:19)	83
	<b>Downes, Ray (Selden Hills)</b>	
5	Great Cow Harbor 10K (43:25)	80
	<b>Berman, Brandon (Selden Hills)</b>	
6	Great Cow Harbor 10K (44:31)	77
	<b>Toto, Steve (GLIRC)</b>	
7	Great Cow Harbor 10K (45:45)	74
	<b>Bereton, Billy (Northport Runners Club)</b>	
8	Great Cow Harbor 10K (46:26)	71
	<b>Minerva, Michael (Selden Hills)</b>	
9	Great Cow Harbor 10K (46:43)	68
	<b>Pickus, Robert (GLIRC)</b>	
10	Great Cow Harbor 10K (46:45)	65
	<b>Costello, Jim (Northport Runners Club)</b>	
11	Great Cow Harbor 10K (47:51)	62
	<b>Huntington, Keith (Northport Runners Club)</b>	
12	Great Cow Harbor 10K (48:11)	59
	<b>Nickerson, Steven (We Are Athletes)</b>	
13	Great Cow Harbor 10K (49:24)	56
	<b>Beavers, Ben (We Are Athletes)</b>	
14	Great Cow Harbor 10K (55:57)	53
	<b>Carter, Robert (Selden Hills)</b>	
15	Great Cow Harbor 10K (57:34)	50
	<b>Sacco, Chris (Selden Hills)</b>	
16	Great Cow Harbor 10K (59:04)	47
	<b>Coll, Thomas (Massapequa Road Runners)</b>	
17	Great Cow Harbor 10K (01:06)	44
	<b>Buttitta, Mike (Selden Hills)</b>	
18	Great Cow Harbor 10K (06:11)	41
<b>Men 50-54</b>		
	<b>Guilfoyle, Keith (GLIRC)</b>	
1	Great Cow Harbor 10K (37:22)	100
	<b>Cohen, Jason (Selden Hills)</b>	

2	Great Cow Harbor 10K (39:16)	90
	<b>Boone, Kevin (Northport Runners Club)</b>	
3	Great Cow Harbor 10K (43:19)	86
	<b>Carver, Eric (Selden Hills)</b>	
4	Great Cow Harbor 10K (47:23)	83
	<b>Buckley, Stephen (Selden Hills)</b>	
5	Great Cow Harbor 10K (47:40)	80
	<b>Egher, Dan (Massapequa Road Runners)</b>	
6	Great Cow Harbor 10K (48:28)	77
	<b>Boshnack, Christopher (Northport Runners Club)</b>	
7	Great Cow Harbor 10K (48:56)	74
	<b>Scheuerman, Karl (Northport Runners Club)</b>	
8	Great Cow Harbor 10K (49:10)	71
	<b>Katwala, Sunil (Northport Runners Club)</b>	
9	Great Cow Harbor 10K (49:30)	68
	<b>Arloff, Kevin (Northport Runners Club)</b>	
10	Great Cow Harbor 10K (49:46)	65
	<b>McDonagh, Dan (Northport Runners Club)</b>	
11	Great Cow Harbor 10K (51:44)	62
	<b>Oehrlein, William (Northport Runners Club)</b>	
12	Great Cow Harbor 10K (52:45)	59
	<b>Walden, Ben (Northport Runners Club)</b>	
13	Great Cow Harbor 10K (53:07)	56
	<b>Broderick, Mike (LIRRC)</b>	
14	Great Cow Harbor 10K (54:26)	53
	<b>Hardie, Rob (Northport Runners Club)</b>	
15	Great Cow Harbor 10K (55:03)	50
	<b>Bendix, Matthew (Northport Runners Club)</b>	
16	Great Cow Harbor 10K (55:37)	47
	<b>Brotter, Amos (Selden Hills)</b>	
17	Great Cow Harbor 10K (56:36)	44
	<b>Dariento, George (NCPD Running Club)</b>	
18	Great Cow Harbor 10K (58:11)	41
	<b>Vanchieri, Michael (NYPD)</b>	
19	Great Cow Harbor 10K (58:15)	38
	<b>Friedberg, Neil (Selden Hills)</b>	
20	Great Cow Harbor 10K (59:54)	35
	<b>Kirshner, Jay (Northport Runners Club)</b>	
21	Great Cow Harbor 10K (06:08)	32
	<b>Juettner, John (Northport Runners Club)</b>	
22	Great Cow Harbor 10K (16:20)	29
<b>Men 55-59</b>		
	<b>Baisch, Alan (GLIRC)</b>	
1	Great Cow Harbor 10K (40:43)	100
	<b>Sinisi, Rocco (NCPD Running Club)</b>	
2	Great Cow Harbor 10K (41:37)	90

	<b>Rauseo, Paul (NCPD Running Club)</b>	
<b>3</b>	Great Cow Harbor 10K (43:44)	86
	<b>Mozer, Chris (GLIRC)</b>	
<b>4</b>	Great Cow Harbor 10K (45:10)	83
	<b>Daly, Patrick (Massapequa Road Runners)</b>	
<b>5</b>	Great Cow Harbor 10K (45:24)	80
	<b>Clifford, John (GLIRC)</b>	
<b>6</b>	Great Cow Harbor 10K (45:26)	77
	<b>Moley, Tim (Northport Runners Club)</b>	
<b>7</b>	Great Cow Harbor 10K (45:48)	74
	<b>Tiburzi, Raymond (Northport Runners Club)</b>	
<b>8</b>	Great Cow Harbor 10K (45:53)	71
	<b>Herbert, William (Northport Runners Club)</b>	
<b>9</b>	Great Cow Harbor 10K (45:59)	68
	<b>Mendelsohn, Chris (Northport Runners Club)</b>	
<b>10</b>	Great Cow Harbor 10K (47:38)	65
	<b>Brennan, Scott (LIRRC)</b>	
<b>11</b>	Great Cow Harbor 10K (48:06)	62
	<b>Fallon, Brian (Northport Runners Club)</b>	
<b>12</b>	Great Cow Harbor 10K (48:19)	59
	<b>Secor, Rick (GLIRC)</b>	
<b>13</b>	Great Cow Harbor 10K (48:21)	56
	<b>Trainor, Frank (Northport Runners Club)</b>	
<b>14</b>	Great Cow Harbor 10K (51:36)	53
	<b>Murray, Thomas (Northport Runners Club)</b>	
<b>15</b>	Great Cow Harbor 10K (55:10)	50
	<b>Gowen, Dennis (Massapequa Road Runners)</b>	
<b>16</b>	Great Cow Harbor 10K (55:29)	47
	<b>Oakley, John (Selden Hills)</b>	
<b>17</b>	Great Cow Harbor 10K (56:39)	44
	<b>DeSpagna, John (Northport Runners Club)</b>	
<b>18</b>	Great Cow Harbor 10K (00:12)	41
	<b>Kerr, Timothy (NYPD)</b>	
<b>19</b>	Great Cow Harbor 10K (05:17)	38
	<b>Millon, Steven (We Are Athletes)</b>	
<b>20</b>	Great Cow Harbor 10K (21:58)	35
	<b>Panzella, Richard (Northport Runners Club)</b>	
<b>21</b>	Great Cow Harbor 10K (22:53)	32
<b>Men 60-64</b>		
	<b>Palacios, Jaime (We Are Athletes)</b>	
<b>1</b>	Great Cow Harbor 10K (40:00)	100
	<b>De La Sota, Rich (Super Runners)</b>	
<b>2</b>	Great Cow Harbor 10K (40:35)	90
	<b>Robles, Mike (GLIRC)</b>	
<b>3</b>	Great Cow Harbor 10K (42:18)	86
	<b>Pepe, Paul (Northport Runners Club)</b>	

4	Great Cow Harbor 10K (42:31)	83
	<b>Wallach, Jon (GLIRC)</b>	
5	Great Cow Harbor 10K (45:12)	80
	<b>Seferian, Karnik (Northport Runners Club)</b>	
6	Great Cow Harbor 10K (46:55)	77
	<b>Mondelli, William (Runner's Edge/LITC)</b>	
7	Great Cow Harbor 10K (47:45)	74
	<b>Oliveri, Michael (Selden Hills)</b>	
8	Great Cow Harbor 10K (48:39)	71
	<b>Tipograph, Neil (Selden Hills)</b>	
9	Great Cow Harbor 10K (50:21)	68
	<b>Haughn, Robert (Northport Runners Club)</b>	
10	Great Cow Harbor 10K (50:53)	65
	<b>Martinez, Frank (NYPD)</b>	
11	Great Cow Harbor 10K (51:19)	62
	<b>Kanzenberg, Joe (Northport Runners Club)</b>	
12	Great Cow Harbor 10K (51:30)	59
	<b>DiGiovanni, David (Runner's Edge/LITC)</b>	
13	Great Cow Harbor 10K (51:39)	56
	<b>Eicher, Mark (Runner's Edge/LITC)</b>	
14	Great Cow Harbor 10K (54:22)	53
	<b>Neumann, Dean (Northport Runners Club)</b>	
15	Great Cow Harbor 10K (54:50)	50
	<b>Robbins, Alan (Northport Runners Club)</b>	
16	Great Cow Harbor 10K (55:41)	47
	<b>Vlachos, Anthony (Northport Runners Club)</b>	
17	Great Cow Harbor 10K (55:59)	44
	<b>LoGiudice, Dominick (Selden Hills)</b>	
18	Great Cow Harbor 10K (57:44)	41
	<b>LaFleur, Louis (Selden Hills)</b>	
19	Great Cow Harbor 10K (58:17)	38
	<b>Frank, Michael (Northport Runners Club)</b>	
20	Great Cow Harbor 10K (58:21)	35
	<b>Tunney, Kevin (North Country Road Runners)</b>	
21	Great Cow Harbor 10K (59:38)	32
	<b>Mahoney, James (GLIRC)</b>	
22	Great Cow Harbor 10K (00:21)	29
	<b>Nora, John (LIRRC)</b>	
23	Great Cow Harbor 10K (02:39)	26
	<b>Barth, Chris (Northport Runners Club)</b>	
24	Great Cow Harbor 10K (04:24)	23
	<b>Angerame, John (We Are Athletes)</b>	
25	Great Cow Harbor 10K (05:19)	20
	<b>Parker, Russ (Northport Runners Club)</b>	
26	Great Cow Harbor 10K (11:03)	17
	<b>Delissio, John (Massapequa Road Runners)</b>	
27	Great Cow Harbor 10K (11:40)	14

	<b>Del-Cid, Vincent (Northport Runners Club)</b>	
<b>28</b>	Great Cow Harbor 10K (12:10)	11
	<b>OBrien, Stephen (NYPD)</b>	
<b>29</b>	Great Cow Harbor 10K (16:37)	8
	<b>Sheridan, Bill (Northport Runners Club)</b>	
<b>30</b>	Great Cow Harbor 10K (24:08)	5
	<b>Renner, John (Selden Hills)</b>	
<b>31</b>	Great Cow Harbor 10K (26:57)	2
<b>Men 65-69</b>		
	<b>Martin, Peter (GLIRC)</b>	
<b>1</b>	Great Cow Harbor 10K (52:25)	100
	<b>Fairgrieve, Scott (NHP - Mineola Runners Club)</b>	
<b>2</b>	Great Cow Harbor 10K (53:53)	90
	<b>Ribuffo, Michael (Northport Runners Club)</b>	
<b>3</b>	Great Cow Harbor 10K (57:44)	86
	<b>Golos, Ehud (We Are Athletes)</b>	
<b>4</b>	Great Cow Harbor 10K (03:05)	83
	<b>Byrne, Kevin (NCPD Running Club)</b>	
<b>5</b>	Great Cow Harbor 10K (10:16)	80
	<b>Williams, Bob (Selden Hills)</b>	
<b>6</b>	Great Cow Harbor 10K (15:54)	77
	<b>Avino, Carl (Northport Runners Club)</b>	
<b>7</b>	Great Cow Harbor 10K (21:30)	74
	<b>Dollock, Gordon (Northport Runners Club)</b>	
<b>8</b>	Great Cow Harbor 10K (48:59)	71
<b>Men 70-74</b>		
	<b>Capone, Frank (North Country Road Runners)</b>	
<b>1</b>	Great Cow Harbor 10K (52:10)	100
	<b>Morse, Glenn (GLIRC)</b>	
<b>2</b>	Great Cow Harbor 10K (01:20)	90
	<b>Rossi, Vic (GLIRC)</b>	
<b>3</b>	Great Cow Harbor 10K (03:00)	86
<b>Men 75-79</b>		
	<b>Aronowsky, Barry (Northport Runners Club)</b>	
<b>1</b>	Great Cow Harbor 10K (08:29)	100
<b>Men 80-84</b>		
	<b>Morales, Carlos (We Are Athletes)</b>	
<b>1</b>	Great Cow Harbor 10K (22:31)	100