

| M/F Age Place | Racer Name Race and time | Points |
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| LIRS Suffolk Individual Points | | |
| Women 16-19 | | |
| 1 | Consalazio, Julianna (Northport Runners Club) | 490 |
| | Maggie's Mile (9:47) | 100 |
| | Kings Park 15K (2:19:41) | 90 |
| | Doug Wood 5K (40:49) | 100 |
| | Great South Bay 5K (34:15) | 100 |
| | Tough Cookie 8K XC (1:04:24) | 100 |
| * | Keyes, Kali (We Are Athletes) | 100 |
| | Kings Park 15K (1:26:54) | 100 |
| Women 20-24 | | |
| 1 | Briggs, Alison (Long Run Crew) | 400 |
| | Maggie's Mile (6:01) | 100 |
| | Keith Nintzel 5K (21:42) | 100 |
| | Northport Veterans Day 4K XC (16:00) | 100 |
| | Tough Cookie 8K XC (39:51) | 100 |
| 2 | Cicccone, Alexandra (Northport Runners Club) | 276 |
| | Keith Nintzel 5K (24:08) | 90 |
| | Shelter Island 10K (53:46) | 100 |
| | Northport Veterans Day 4K XC (22:49) | 86 |
| 3 | DeBois, Jena (Northport Runners Club) | 263 |
| | Great Cow Harbor 10K (56:30) | 83 |
| | Northport Veterans Day 4K XC (19:58) | 90 |
| | Tough Cookie 8K XC (47:13) | 90 |
| * | Eiseman, Megan (Runner's Edge/LITC) | 190 |
| | Great Cow Harbor 10K (49:09) | 90 |
| | CHS Suffolk Half Marathon (1:47:39) | 100 |
| * | Sala, Lisa (Selden Hills) | 186 |
| | Kings Park 15K (1:35:04) | 100 |
| | Tough Cookie 8K XC (51:59) | 86 |
| * | Hardie, Sarah (Northport Runners Club) | 100 |
| | Doug Wood 5K (22:47) | 100 |
| * | Zieve, Sarah (Northport Runners Club) | 100 |
| | Great Cow Harbor 10K (36:37) | 100 |
| * | Reilly, Nicolette (Runner's Edge/LITC) | 100 |
| | Great South Bay Half Marathon (1:41:09) | 100 |
| * | Carey, Kelly (Selden Hills) | 90 |
| | Kings Park 15K (1:35:04) | 90 |
| * | Lynch, Courtney (Northport Runners Club) | 90 |
| | CHS Suffolk Half Marathon (1:52:42) | 90 |
| * | Capozzoli, Cecelia (Runner's Edge/LITC) | 86 |
| | Great Cow Harbor 10K (50:25) | 86 |
| Women 25-29 | | |
| 1 | Kim, Jessica (Selden Hills) | 290 |

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| | Keith Nintzel 5K (25:14) | 100 |
| | Great South Bay Half Marathon (1:55:52) | 90 |
| | Hope Runs Here 5M (39:18) | 100 |
| | * Lemire-Nicolich, Jessica (Selden Hills) | 200 |
| | Great Cow Harbor 10K (55:28) | 100 |
| | Tough Cookie 8K XC (52:13) | 100 |
| | * Brekne, Gabriella (Selden Hills) | 190 |
| | Kings Park 15K (1:43:59) | 90 |
| | CHS Suffolk Half Marathon (2:20:08) | 100 |
| | * Vaccaro, Gina (Selden Hills) | 100 |
| | CHS Suffolk Full Marathon (4:00:54) | 100 |
| | * Mazzarone, Elizabeth (Long Run Crew) | 100 |
| | Sayville Summerfest 4 Miler (29:54) | 100 |
| | * O'Brien, Kelly (Long Run Crew) | 100 |
| | Northport Veterans Day 4K XC (23:17) | 100 |
| | * Murray, Michele (We Are Athletes) | 100 |
| | Kings Park 15K (1:05:48) | 100 |
| | * Lehrer, Allyson (Northport Runners Club) | 100 |
| | Great South Bay 5K (23:02) | 100 |
| | * Staiano, Rachel (Runner's Edge/LITC) | 100 |
| | Great South Bay Half Marathon (1:38:42) | 100 |
| | * Caputo, Teresa (NYPD) | 90 |
| | Great Cow Harbor 10K (56:44) | 90 |
| | * Myszkowski, Olivia (Runner's Edge/LITC) | 86 |
| | Great Cow Harbor 10K (56:47) | 86 |
| | * Farriella, Nicole (Selden Hills) | 83 |
| | Great Cow Harbor 10K (09:34) | 83 |
| Women 30-34 | | |
| 1 | Bruno, Kimberly (Selden Hills) | 670 |
| | Kings Park 15K (1:13:36) | 90 |
| | Doug Wood 5K (23:57) | 100 |
| | Keith Nintzel 5K (21:18) | 100 |
| | Sayville Summerfest 4 Miler (27:55) | 90 |
| | Hope Runs Here 5M (34:45) | 100 |
| | CHS Suffolk Half Marathon (1:38:34) | 100 |
| | Northport Veterans Day 4K XC (16:18) | 90 |
| 2 | Hill, Jessica (Northport Runners Club) | 608 |
| | Doug Wood 5K (29:10) | 86 |
| | Keith Nintzel 5K (24:11) | 86 |
| | Great Cow Harbor 10K (50:10) | 83 |
| | Great South Bay Half Marathon (1:50:03) | 90 |
| | CHS Suffolk Full Marathon (4:14:41) | 100 |
| | Northport Veterans Day 4K XC (19:17) | 80 |
| | Tough Cookie 8K XC (45:53) | 83 |
| 3 | Walter, Meghan (Selden Hills) | 495 |
| | Kings Park 15K (1:24:53) | 83 |

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| | Shelter Island 10K (56:39) | 90 |
| | Sayville Summerfest 4 Miler (35:38) | 80 |
| | Great Cow Harbor 10K (54:57) | 65 |
| | Great South Bay 5K (26:05) | 100 |
| | Tough Cookie 8K XC (47:24) | 77 |
| 4 | Dungate, Tara (Selden Hills) | 415 |
| | Keith Nintzel 5K (25:49) | 83 |
| | Sayville Summerfest 4 Miler (31:40) | 86 |
| | Great Cow Harbor 10K (51:07) | 77 |
| | CHS Suffolk Half Marathon (1:56:43) | 83 |
| | Tough Cookie 8K XC (44:18) | 86 |
| 5 | Harper, Kristina (Northport Runners Club) | 413 |
| | Keith Nintzel 5K (23:50) | 90 |
| | Sayville Summerfest 4 Miler (32:35) | 83 |
| | Great Cow Harbor 10K (51:11) | 74 |
| | Great South Bay Half Marathon (1:53:44) | 86 |
| | Tough Cookie 8K XC (46:06) | 80 |
| 6 | McGrath, Katie (Long Run Crew) | 400 |
| | Maggie's Mile (5:21) | 100 |
| | Sayville Summerfest 4 Miler (23:12) | 100 |
| | Great Cow Harbor 10K (36:45) | 100 |
| | Northport Veterans Day 4K XC (13:56) | 100 |
| 7 | Martin, Kristin (Selden Hills) | 318 |
| | Doug Wood 5K (27:36) | 90 |
| | Great Cow Harbor 10K (54:44) | 68 |
| | Hope Runs Here 5M (41:49) | 86 |
| | Tough Cookie 8K XC (47:37) | 74 |
| 8 | Moran, Elizabeth (Selden Hills) | 266 |
| | Great Cow Harbor 10K (48:59) | 86 |
| | Hope Runs Here 5M (37:33) | 90 |
| | CHS Suffolk Half Marathon (1:49:25) | 90 |
| 9 | Bonanni, Lisa (GLIRC) | 252 |
| | Kings Park 15K (1:19:42) | 86 |
| | Great Cow Harbor 10K (50:55) | 80 |
| | CHS Suffolk Half Marathon (1:55:09) | 86 |
| 10 | Genova, Jennifer (Selden Hills) | 231 |
| | Doug Wood 5K (32:41) | 83 |
| | Keith Nintzel 5K (27:07) | 77 |
| | Tough Cookie 8K XC (52:14) | 71 |
| 11 | Speciale, Jacqueline (Northport Runners Club) | 204 |
| | Great Cow Harbor 10K (27:26) | 59 |
| | Northport Veterans Day 4K XC (34:41) | 77 |
| | Tough Cookie 8K XC (1:20:44) | 68 |
| * | Lawrence, Triin (Selden Hills) | 190 |
| | Maggie's Mile (6:17) | 90 |
| | Kings Park 15K (1:08:39) | 100 |
| * | Henneberry, Kelley (Long Run Crew) | 176 |

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| | Great Cow Harbor 10K (48:52) | 90 |
| | Northport Veterans Day 4K XC (18:05) | 86 |
| | * Sweeney, Kristen (Northport Runners Club) | 154 |
| | Great Cow Harbor 10K (53:08) | 71 |
| | Northport Veterans Day 4K XC (18:59) | 83 |
| | * Stanton, Kayla (Long Run Crew) | 100 |
| | Tough Cookie 8K XC (37:07) | 100 |
| | * Robinson-Jones, Kaitlyn (Northport Runners Club) | 100 |
| | Shelter Island 10K (44:50) | 100 |
| | * Unger, Nicole (Runner's Edge/LITC) | 100 |
| | Great South Bay Half Marathon (1:27:15) | 100 |
| | * Loveland, Jill (GLIRC) | 90 |
| | Tough Cookie 8K XC (43:52) | 90 |
| | * Diaz, Crystal (Selden Hills) | 86 |
| | Shelter Island 10K (07:28) | 86 |
| | * James, Mary (GLIRC) | 86 |
| | Maggie's Mile (8:43) | 86 |
| | * Nicosia, Carol (Selden Hills) | 83 |
| | Great South Bay Half Marathon (2:29:46) | 83 |
| | * Radino, Natalie (Selden Hills) | 80 |
| | Keith Nintzel 5K (26:54) | 80 |
| | * Sabbatino, Nicole (NYPD) | 80 |
| | Kings Park 15K (1:29:25) | 80 |
| | * Pinola, Robin (Selden Hills) | 62 |
| | Great Cow Harbor 10K (01:46) | 62 |
| Women 35-39 | | |
| | 1 Figari, Deanna (Selden Hills) | 647 |
| | Maggie's Mile (6:32) | 90 |
| | Kings Park 15K (1:09:07) | 100 |
| | Keith Nintzel 5K (21:18) | 90 |
| | Sayville Summerfest 4 Miler (28:25) | 90 |
| | Great Cow Harbor 10K (45:46) | 77 |
| | Great South Bay Half Marathon (1:40:10) | 100 |
| | Hope Runs Here 5M (35:33) | 100 |
| | 2 Thompsen, Sarah (Selden Hills) | 624 |
| | Maggie's Mile (6:47) | 86 |
| | Kings Park 15K (1:16:08) | 86 |
| | Keith Nintzel 5K (22:25) | 86 |
| | Sayville Summerfest 4 Miler (29:09) | 86 |
| | Great South Bay Half Marathon (1:49:52) | 90 |
| | Hope Runs Here 5M (40:35) | 90 |
| | Tough Cookie 8K XC (43:38) | 100 |
| | 3 Fezza, Elena (Selden Hills) | 599 |
| | Kings Park 15K (1:19:28) | 74 |
| | Doug Wood 5K (28:39) | 100 |
| | Keith Nintzel 5K (23:53) | 83 |

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| | Sayville Summerfest 4 Miler (30:24) | 83 |
| | Hope Runs Here 5M (40:55) | 86 |
| | CHS Suffolk Half Marathon (1:54:09) | 83 |
| | Tough Cookie 8K XC (48:03) | 90 |
| 4 | Tomel, Amanda (Northport Runners Club) | 455 |
| | Maggie's Mile (9:47) | 68 |
| | Kings Park 15K (1:57:45) | 53 |
| | Shelter Island 10K (18:47) | 77 |
| | Great Cow Harbor 10K (14:32) | 38 |
| | Hope Runs Here 5M (54:40) | 74 |
| | CHS Suffolk Half Marathon (2:33:35) | 71 |
| | Tough Cookie 8K XC (1:10:58) | 74 |
| 5 | Horn, Kristen (Northport Runners Club) | 448 |
| | Maggie's Mile (8:21) | 74 |
| | Sayville Summerfest 4 Miler (38:35) | 77 |
| | Great Cow Harbor 10K (03:29) | 41 |
| | Great South Bay 5K (28:00) | 90 |
| | Northport Veterans Day 4K XC (22:54) | 83 |
| | Tough Cookie 8K XC (51:40) | 83 |
| 6 | Klausner, Lindsay (Northport Runners Club) | 406 |
| | Kings Park 15K (1:20:13) | 71 |
| | Great South Bay Half Marathon (1:55:00) | 86 |
| | Hope Runs Here 5M (42:36) | 83 |
| | CHS Suffolk Half Marathon (1:57:41) | 80 |
| | Tough Cookie 8K XC (50:34) | 86 |
| 7 | Konopka, Dawn (Selden Hills) | 302 |
| | Maggie's Mile (8:02) | 80 |
| | Kings Park 15K (1:32:58) | 65 |
| | Great South Bay Half Marathon (2:04:39) | 77 |
| | Tough Cookie 8K XC (52:14) | 80 |
| 8 | Sweeney, Melanie (Selden Hills) | 299 |
| | Keith Nintzel 5K (27:33) | 77 |
| | Shelter Island 10K (56:30) | 86 |
| | Sayville Summerfest 4 Miler (35:03) | 80 |
| | Great Cow Harbor 10K (54:28) | 56 |
| 9 | Mason, Natalie (Northport Runners Club) | 274 |
| | Great Cow Harbor 10K (46:33) | 74 |
| | Great South Bay 5K (22:34) | 100 |
| | Northport Veterans Day 4K XC (17:42) | 100 |
| 10 | Boccard, Andrea (Northport Runners Club) | 223 |
| | Maggie's Mile (8:41) | 71 |
| | Kings Park 15K (1:44:22) | 62 |
| | Doug Wood 5K (34:55) | 90 |
| 11 | DeMattia, Denise (Selden Hills) | 213 |
| | Shelter Island 10K (58:45) | 80 |
| | Great Cow Harbor 10K (53:08) | 59 |
| | CHS Suffolk Half Marathon (2:20:30) | 74 |

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| 12 | Sparacin, Kathleen (Selden Hills) | 204 |
| | Kings Park 15K (1:51:00) | 59 |
| | Hope Runs Here 5M (54:06) | 77 |
| | CHS Suffolk Half Marathon (2:36:52) | 68 |
| 13 | Hershberger, Kristina (Selden Hills) | 156 |
| | Kings Park 15K (1:56:12) | 56 |
| | Great Cow Harbor 10K (16:42) | 35 |
| | CHS Suffolk Half Marathon (2:40:51) | 65 |
| * | Perno-Grosser, Kelly (Runner's Edge/LITC) | 190 |
| | Great Cow Harbor 10K (41:33) | 90 |
| | CHS Suffolk Half Marathon (1:27:13) | 100 |
| * | Scanlan, Amanda (Long Run Crew) | 186 |
| | Maggie's Mile (6:06) | 100 |
| | Great Cow Harbor 10K (41:49) | 86 |
| * | Gesuele, Samantha (Runner's Edge/LITC) | 170 |
| | Great Cow Harbor 10K (44:17) | 80 |
| | CHS Suffolk Half Marathon (1:46:38) | 90 |
| * | Harkins, Maryann (Selden Hills) | 163 |
| | Kings Park 15K (1:19:11) | 77 |
| | CHS Suffolk Half Marathon (1:49:22) | 86 |
| * | Mulstay, Laura (Northport Runners Club) | 163 |
| | Maggie's Mile (8:21) | 77 |
| | Northport Veterans Day 4K XC (22:47) | 86 |
| * | Ross, Christine (Selden Hills) | 160 |
| | Shelter Island 10K (57:11) | 83 |
| | CHS Suffolk Half Marathon (2:04:04) | 77 |
| * | Carrick, Tara (Selden Hills) | 157 |
| | Hope Runs Here 5M (43:15) | 80 |
| | Tough Cookie 8K XC (52:39) | 77 |
| * | Demeri, Kelly (GLIRC) | 148 |
| | Kings Park 15K (1:17:47) | 80 |
| | Great Cow Harbor 10K (48:48) | 68 |
| * | Hall, Amanda (Selden Hills) | 139 |
| | Kings Park 15K (1:20:22) | 68 |
| | Great Cow Harbor 10K (47:23) | 71 |
| * | Backer, Allison (Selden Hills) | 100 |
| | Keith Nintzel 5K (20:59) | 100 |
| * | McNamara, Nicole (Long Run Crew) | 100 |
| | Sayville Summerfest 4 Miler (26:00) | 100 |
| * | Dowling, Kate (NYPD) | 100 |
| | Shelter Island 10K (48:19) | 100 |
| * | Walker, Michele (Runner's Edge/LITC) | 100 |
| | Great Cow Harbor 10K (38:37) | 100 |
| * | Danchalski, Melissa (Selden Hills) | 90 |
| | Shelter Island 10K (56:24) | 90 |
| * | Fata, Gina (Northport Runners Club) | 90 |
| | Northport Veterans Day 4K XC (22:41) | 90 |

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| | * Tian, Min (Runner's Edge/LITC) | 90 |
| | Kings Park 15K (1:15:03) | 90 |
| | * Langstaff, Brianne (Selden Hills) | 83 |
| | Kings Park 15K (1:16:52) | 83 |
| | * Dunn, Annemarie (Selden Hills) | 83 |
| | Great South Bay Half Marathon (1:56:02) | 83 |
| | * Gariglio, Vanessa | 83 |
| | Maggie's Mile (7:32) | 83 |
| | * Caruso, Dana (Runner's Edge/LITC) | 83 |
| | Great Cow Harbor 10K (43:07) | 83 |
| | * Homan, Michelle (Selden Hills) | 80 |
| | Keith Nintzel 5K (27:20) | 80 |
| | * Davidson, Sarah (NYPD) | 80 |
| | Great South Bay Half Marathon (2:03:11) | 80 |
| | * Brown, Cigale (NYPD) | 74 |
| | Great South Bay Half Marathon (2:11:36) | 74 |
| | * Gucwa, Azad (Selden Hills) | 71 |
| | Great South Bay Half Marathon (2:30:15) | 71 |
| | * Hill, Lisa (Northport Runners Club) | 65 |
| | Great Cow Harbor 10K (51:40) | 65 |
| | * Wahlberg, Jessica (Selden Hills) | 62 |
| | CHS Suffolk Half Marathon (2:52:56) | 62 |
| | * Ethier, Jessica (Northport Runners Club) | 62 |
| | Great Cow Harbor 10K (52:15) | 62 |
| | * Ng, Annie (Long Run Crew) | 53 |
| | Great Cow Harbor 10K (57:16) | 53 |
| | * Smith, Lauren (Runner's Edge/LITC) | 50 |
| | Great Cow Harbor 10K (57:26) | 50 |
| | * Lee, Denise (Selden Hills) | 47 |
| | Great Cow Harbor 10K (59:33) | 47 |
| | * Johnston, Christine (NYPD) | 44 |
| | Great Cow Harbor 10K (01:32) | 44 |
| | * Lee Behnke, Tanya (Selden Hills) | 32 |
| | Great Cow Harbor 10K (27:43) | 32 |
| Women 40-44 | | |
| | 1 Harte, Karen (Selden Hills) | 756 |
| | Maggie's Mile (7:13) | 90 |
| | Kings Park 15K (1:17:39) | 83 |
| | Doug Wood 5K (25:48) | 100 |
| | Keith Nintzel 5K (23:05) | 86 |
| | Shelter Island 10K (51:53) | 90 |
| | Sayville Summerfest 4 Miler (28:37) | 100 |
| | Great Cow Harbor 10K (45:55) | 86 |
| | Great South Bay Half Marathon (1:42:29) | 90 |
| | Hope Runs Here 5M (35:48) | 100 |
| | Northport Veterans Day 4K XC (18:21) | 100 |

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| 2 | Gravinese, Ellissa (Selden Hills) | 580 |
| | Maggie's Mile (6:47) | 100 |
| | Keith Nintzel 5K (22:12) | 100 |
| | Sayville Summerfest 4 Miler (28:41) | 90 |
| | Great South Bay Half Marathon (1:41:49) | 100 |
| | Hope Runs Here 5M (36:13) | 90 |
| | Tough Cookie 8K XC (42:11) | 100 |
| 3 | Fricker, Sharon (Northport Runners Club) | 494 |
| | Maggie's Mile (8:36) | 74 |
| | Sayville Summerfest 4 Miler (41:06) | 77 |
| | Great South Bay 5K (29:21) | 100 |
| | Hope Runs Here 5M (47:19) | 83 |
| | Northport Veterans Day 4K XC (21:11) | 80 |
| | Tough Cookie 8K XC (52:42) | 80 |
| 4 | Tully, Jennifer (Selden Hills) | 463 |
| | Kings Park 15K (1:28:05) | 62 |
| | Shelter Island 10K (06:53) | 80 |
| | Great Cow Harbor 10K (57:21) | 59 |
| | CHS Suffolk Half Marathon (2:06:10) | 86 |
| | Northport Veterans Day 4K XC (19:50) | 86 |
| | Tough Cookie 8K XC (46:19) | 90 |
| 5 | Bumbalo, Linda (Northport Runners Club) | 448 |
| | Maggie's Mile (7:15) | 86 |
| | Shelter Island 10K (46:50) | 100 |
| | Sayville Summerfest 4 Miler (28:50) | 86 |
| | Great Cow Harbor 10K (45:14) | 90 |
| | Tough Cookie 8K XC (46:45) | 86 |
| 6 | Pita, Jaime (Selden Hills) | 349 |
| | Keith Nintzel 5K (22:24) | 90 |
| | Great South Bay Half Marathon (1:47:23) | 83 |
| | Hope Runs Here 5M (38:39) | 86 |
| | Northport Veterans Day 4K XC (18:29) | 90 |
| 7 | Haddock, Nancy (Selden Hills) | 321 |
| | Kings Park 15K (1:26:59) | 68 |
| | Great South Bay Half Marathon (2:06:48) | 80 |
| | CHS Suffolk Half Marathon (2:01:00) | 90 |
| | Northport Veterans Day 4K XC (20:54) | 83 |
| 8 | Archer, Kelly (Northport Runners Club) | 299 |
| | Maggie's Mile (8:04) | 80 |
| | Kings Park 15K (1:22:16) | 74 |
| | Great Cow Harbor 10K (54:51) | 68 |
| | Northport Veterans Day 4K XC (28:17) | 77 |
| 9 | DePaoli, Mary-Jo (Northport Runners Club) | 269 |
| | Kings Park 15K (1:15:56) | 86 |
| | Sayville Summerfest 4 Miler (31:08) | 83 |
| | CHS Suffolk Full Marathon (3:52:51) | 100 |
| 10 | Moran, Clare (Northport Runners Club) | 240 |

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| | Kings Park 15K (1:21:52) | 77 |
| | Keith Nintzel 5K (24:40) | 77 |
| | Shelter Island 10K (54:28) | 86 |
| 11 | Faini, Dianna (NYPD) | 231 |
| | Shelter Island 10K (54:49) | 83 |
| | Great Cow Harbor 10K (54:28) | 71 |
| | Great South Bay Half Marathon (2:07:43) | 77 |
| 12 | Bongiorno, Kate (Selden Hills) | 223 |
| | Shelter Island 10K (08:54) | 77 |
| | Great Cow Harbor 10K (05:43) | 56 |
| | Great South Bay 5K (30:02) | 90 |
| 13 | Vass, Szvilia (Selden Hills) | 216 |
| | Keith Nintzel 5K (28:50) | 74 |
| | Sayville Summerfest 4 Miler (35:58) | 80 |
| | Great Cow Harbor 10K (56:39) | 62 |
| 14 | Scharoff, Kim (Selden Hills) | 213 |
| | Maggie's Mile (10:42) | 71 |
| | Great South Bay Half Marathon (3:14:40) | 71 |
| | CHS Suffolk Half Marathon (3:00:39) | 71 |
| 15 | Keyes, Stacy (Selden Hills) | 207 |
| | Great Cow Harbor 10K (11:54) | 50 |
| | Hope Runs Here 5M (54:06) | 80 |
| | Tough Cookie 8K XC (1:00:26) | 77 |
| 16 | Kieffer, Grace Ann (Selden Hills) | 186 |
| | Sayville Summerfest 4 Miler (50:02) | 74 |
| | Great Cow Harbor 10K (20:30) | 44 |
| | CHS Suffolk Half Marathon (3:11:56) | 68 |
| * | Mayola, Dara (Selden Hills) | 200 |
| | Great Cow Harbor 10K (43:19) | 100 |
| | CHS Suffolk Half Marathon (1:34:30) | 100 |
| * | Aquino, Josie (GLIRC) | 160 |
| | Kings Park 15K (1:21:06) | 80 |
| | Keith Nintzel 5K (24:34) | 80 |
| * | Cabanas, Claudia (We Are Athletes) | 160 |
| | Great South Bay Half Marathon (2:16:43) | 74 |
| | CHS Suffolk Full Marathon (5:20:15) | 86 |
| * | VanHekken, Judith (Northport Runners Club) | 160 |
| | Great Cow Harbor 10K (51:48) | 77 |
| | Tough Cookie 8K XC (49:56) | 83 |
| * | O'Rourke, Paula (Super Runners) | 155 |
| | Doug Wood 5K (29:12) | 90 |
| | Great Cow Harbor 10K (55:19) | 65 |
| * | Balsdon, Melanie (Massapequa Road Runners) | 154 |
| | Kings Park 15K (1:26:07) | 71 |
| | Great Cow Harbor 10K (49:42) | 83 |
| * | Delano, Alicia (Selden Hills) | 151 |
| | Hope Runs Here 5M (58:02) | 77 |

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| | Northport Veterans Day 4K XC (28:17) | 74 |
| * | Dimitriou-Ciaccio, Stacey (Selden Hills) | 142 |
| | Kings Park 15K (1:29:41) | 59 |
| | CHS Suffolk Half Marathon (2:11:55) | 83 |
| * | Greene, Saniiyah (GLIRC) | 124 |
| | Kings Park 15K (1:38:06) | 53 |
| | Keith Nintzel 5K (29:54) | 71 |
| * | Carpenter, Brooke (We Are Athletes) | 103 |
| | Great Cow Harbor 10K (35:38) | 38 |
| | CHS Suffolk Half Marathon (3:14:32) | 65 |
| * | Lineman, Kristyn (Selden Hills) | 100 |
| | Kings Park 15K (1:10:41) | 100 |
| * | Thompson, Colleen (Selden Hills) | 90 |
| | Kings Park 15K (1:14:06) | 90 |
| * | Abagaro, Seada (GLIRC) | 90 |
| | CHS Suffolk Full Marathon (4:01:37) | 90 |
| * | Duchow, Kim (Selden Hills) | 86 |
| | Great South Bay 5K (37:05) | 86 |
| * | Lopez-Merlos, Meredith (Long Run Crew) | 86 |
| | Doug Wood 5K (34:12) | 86 |
| * | Sicurella, Trisha (Runner's Edge/LITC) | 86 |
| | Great South Bay Half Marathon (1:45:51) | 86 |
| * | Gogarty, Danielle (Selden Hills) | 83 |
| | Maggie's Mile (7:38) | 83 |
| * | Polito, Kim (Selden Hills) | 83 |
| | Keith Nintzel 5K (23:48) | 83 |
| * | Stone, Brigette (NYPD) | 83 |
| | CHS Suffolk Full Marathon (6:14:02) | 83 |
| * | Suarez, Roslyn (Selden Hills) | 80 |
| | CHS Suffolk Half Marathon (2:29:18) | 80 |
| * | Riddiough, Heather (Long Run Crew) | 80 |
| | Great Cow Harbor 10K (49:50) | 80 |
| * | McKinsk, Erin (Super Runners) | 77 |
| | Maggie's Mile (8:16) | 77 |
| * | Lambert, Jeanna (LIRRC) | 77 |
| | CHS Suffolk Half Marathon (2:39:56) | 77 |
| * | Fulton, Dinah (Selden Hills) | 74 |
| | Shelter Island 10K (25:01) | 74 |
| * | Druzynski, Christy (Runner's Edge/LITC) | 74 |
| | Great Cow Harbor 10K (51:51) | 74 |
| * | Butts, Arlene (NCPD Running Club) | 74 |
| | CHS Suffolk Half Marathon (2:48:34) | 74 |
| * | Ackerly, Heather (GLIRC) | 65 |
| | Kings Park 15K (1:27:26) | 65 |
| * | Velia, Christine (NYPD) | 56 |
| | Kings Park 15K (1:33:37) | 56 |
| * | Barry, Angela (Selden Hills) | 53 |

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| | Great Cow Harbor 10K (07:15) | 53 |
| * | Delgado, Martha (Selden Hills) | 47 |
| | Great Cow Harbor 10K (15:45) | 47 |
| * | Sutton, Iva (Selden Hills) | 41 |
| | Great Cow Harbor 10K (34:41) | 41 |
| Women 45-49 | | |
| 1 | Consalazio, Angelique (Northport Runners Club) | 770 |
| | Maggie's Mile (7:09) | 86 |
| | Kings Park 15K (1:16:03) | 100 |
| | Keith Nintzel 5K (23:33) | 86 |
| | Shelter Island 10K (49:00) | 90 |
| | Sayville Summerfest 4 Miler (29:53) | 100 |
| | Great Cow Harbor 10K (47:19) | 86 |
| | Great South Bay Half Marathon (1:52:13) | 100 |
| | Hope Runs Here 5M (37:49) | 90 |
| | CHS Suffolk Full Marathon (3:54:19) | 100 |
| | Northport Veterans Day 4K XC (18:52) | 90 |
| | Tough Cookie 8K XC (44:57) | 100 |
| 2 | Fraiberg, Erica (Northport Runners Club) | 573 |
| | Maggie's Mile (6:33) | 100 |
| | Keith Nintzel 5K (21:41) | 100 |
| | Shelter Island 10K (46:54) | 100 |
| | Great Cow Harbor 10K (47:56) | 83 |
| | CHS Suffolk Full Marathon (4:14:41) | 90 |
| | Northport Veterans Day 4K XC (18:13) | 100 |
| 3 | Kuznetz, Barbara (Northport Runners Club) | 561 |
| | Maggie's Mile (7:24) | 80 |
| | Kings Park 15K (1:31:45) | 68 |
| | Sayville Summerfest 4 Miler (33:03) | 86 |
| | Great Cow Harbor 10K (52:58) | 68 |
| | Great South Bay Half Marathon (1:59:59) | 90 |
| | Hope Runs Here 5M (41:23) | 83 |
| | Tough Cookie 8K XC (49:01) | 86 |
| 4 | Tesoriero, Jenney (Northport Runners Club) | 525 |
| | Maggie's Mile (7:12) | 83 |
| | Kings Park 15K (1:18:47) | 86 |
| | Great Cow Harbor 10K (48:57) | 80 |
| | Great South Bay 5K (23:23) | 100 |
| | Northport Veterans Day 4K XC (19:05) | 86 |
| | Tough Cookie 8K XC (45:42) | 90 |
| 5 | McGreevey, Kim (We Are Athletes) | 512 |
| | Keith Nintzel 5K (28:51) | 77 |
| | Sayville Summerfest 4 Miler (40:10) | 83 |
| | Great Cow Harbor 10K (03:17) | 44 |
| | Great South Bay Half Marathon (2:29:38) | 86 |
| | CHS Suffolk Half Marathon (2:34:32) | 77 |

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| | Northport Veterans Day 4K XC (23:12) | 71 |
| | Tough Cookie 8K XC (1:02:57) | 74 |
| 6 | Cavaliere-Ng, Melissa (Northport Runners Club) | 510 |
| | Maggie's Mile (9:21) | 77 |
| | Kings Park 15K (1:36:06) | 56 |
| | Doug Wood 5K (32:05) | 90 |
| | Shelter Island 10K (05:10) | 77 |
| | Great Cow Harbor 10K (57:36) | 50 |
| | Northport Veterans Day 4K XC (22:29) | 80 |
| | Tough Cookie 8K XC (52:48) | 80 |
| 7 | Arato, Glenna (Selden Hills) | 449 |
| | Shelter Island 10K (54:43) | 86 |
| | Sayville Summerfest 4 Miler (30:40) | 90 |
| | Great Cow Harbor 10K (46:43) | 90 |
| | Hope Runs Here 5M (36:01) | 100 |
| | Northport Veterans Day 4K XC (20:14) | 83 |
| 8 | Bradley, Damian (Northport Runners Club) | 319 |
| | Kings Park 15K (1:27:54) | 77 |
| | Doug Wood 5K (29:05) | 100 |
| | Shelter Island 10K (55:48) | 83 |
| | Great Cow Harbor 10K (55:47) | 59 |
| 9 | Ciccione, Heather (Northport Runners Club) | 192 |
| | Shelter Island 10K (09:00) | 74 |
| | Great Cow Harbor 10K (03:53) | 41 |
| | Northport Veterans Day 4K XC (22:49) | 77 |
| 10 | Becker, Stephanie (Selden Hills) | 153 |
| | Kings Park 15K (1:50:38) | 53 |
| | Great Cow Harbor 10K (09:27) | 26 |
| | CHS Suffolk Half Marathon (2:37:30) | 74 |
| * | Zeman, Nicolle (GLIRC) | 172 |
| | Hope Runs Here 5M (38:12) | 86 |
| | CHS Suffolk Half Marathon (1:56:00) | 86 |
| * | Mouzithras, Bernadette (Selden Hills) | 171 |
| | Great Cow Harbor 10K (52:19) | 71 |
| | CHS Suffolk Half Marathon (1:52:37) | 100 |
| * | Adelberg, Jennifer (Selden Hills) | 167 |
| | Kings Park 15K (1:17:00) | 90 |
| | Great Cow Harbor 10K (50:22) | 77 |
| * | Leong, Danielle (GLIRC) | 155 |
| | Great Cow Harbor 10K (53:45) | 65 |
| | CHS Suffolk Half Marathon (1:55:43) | 90 |
| * | Glasser, Sally (Northport Runners Club) | 151 |
| | Northport Veterans Day 4K XC (22:50) | 74 |
| | Tough Cookie 8K XC (53:24) | 77 |
| * | Anderson, Nancy (Selden Hills) | 145 |
| | Kings Park 15K (1:32:18) | 65 |
| | Keith Nintzel 5K (27:11) | 80 |

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| * | Burget, Michelle (Northport Runners Club) | 139 |
| | Northport Veterans Day 4K XC (28:47) | 68 |
| | Tough Cookie 8K XC (1:07:22) | 71 |
| * | Olmsted, Jackie (Selden Hills) | 124 |
| | Maggie's Mile (10:06) | 74 |
| | Kings Park 15K (1:51:29) | 50 |
| * | Butera, Rosalia (Massapequa Road Runners) | 109 |
| | Kings Park 15K (1:34:38) | 62 |
| | Great Cow Harbor 10K (59:48) | 47 |
| * | Hoffmann, Stephanie (GLIRC) | 100 |
| | Great Cow Harbor 10K (44:42) | 100 |
| * | Sullivan, Laura (Selden Hills) | 90 |
| | Great South Bay 5K (1:03:08) | 90 |
| * | Fabrizi, Laura (Selden Hills) | 90 |
| | Maggie's Mile (6:46) | 90 |
| * | Hayduk, Hayda (Northport Runners Club) | 90 |
| | Keith Nintzel 5K (22:50) | 90 |
| * | McCallan, Andrea (Selden Hills) | 86 |
| | Doug Wood 5K (46:13) | 86 |
| * | Schlessinger, Kari (Selden Hills) | 85 |
| | Great Cow Harbor 10K (19:57) | 17 |
| | CHS Suffolk Half Marathon (2:59:32) | 68 |
| * | McQuade, Cathleen (Selden Hills) | 83 |
| | Kings Park 15K (1:21:46) | 83 |
| * | Williamson, Amy (Selden Hills) | 83 |
| | CHS Suffolk Half Marathon (2:27:26) | 83 |
| * | Retaliata, Nancy (Selden Hills) | 83 |
| | Great South Bay Half Marathon (2:45:02) | 83 |
| * | Riddle, Sandy (Selden Hills) | 83 |
| | Tough Cookie 8K XC (49:24) | 83 |
| * | Bartolotta, Kiersten (Selden Hills) | 83 |
| | Keith Nintzel 5K (25:06) | 83 |
| * | D'Amore, Sara (Selden Hills) | 82 |
| | Maggie's Mile (12:17) | 71 |
| | Great Cow Harbor 10K (28:35) | 11 |
| * | Cooper, Amy (Selden Hills) | 80 |
| | CHS Suffolk Half Marathon (2:32:37) | 80 |
| * | Davis, Michelle (Selden Hills) | 80 |
| | Kings Park 15K (1:23:46) | 80 |
| * | Puentes, Yvette (NYPD) | 80 |
| | Shelter Island 10K (04:33) | 80 |
| * | Geonie, Liza (Northport Runners Club) | 79 |
| | Great Cow Harbor 10K (20:06) | 14 |
| | Northport Veterans Day 4K XC (28:56) | 65 |
| * | Ryan, Sam (Selden Hills) | 74 |
| | Keith Nintzel 5K (29:20) | 74 |
| * | Marquina, Mercedes (Runner's Edge/LITC) | 74 |

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| | Great Cow Harbor 10K (50:41) | 74 |
| * | Sapanara, Rosa (Massapequa Road Runners) | 74 |
| | Kings Park 15K (1:31:10) | 74 |
| * | Colleran, Christine (Selden Hills) | 71 |
| | CHS Suffolk Half Marathon (2:50:46) | 71 |
| * | Whitemarsh, Dawn (Selden Hills) | 71 |
| | Kings Park 15K (1:31:42) | 71 |
| * | Mosleh-Brooks, Soraya (Northport Runners Club) | 68 |
| | Tough Cookie 8K XC (1:08:19) | 68 |
| * | Ferry, Deb (NYPD) | 62 |
| | Great Cow Harbor 10K (55:17) | 62 |
| * | Yost, Nancy (Selden Hills) | 59 |
| | Kings Park 15K (1:34:59) | 59 |
| * | Cook, Leslie (Massapequa Road Runners) | 56 |
| | Great Cow Harbor 10K (55:55) | 56 |
| * | Adams, Andrea (North Country Road Runners) | 53 |
| | Great Cow Harbor 10K (57:21) | 53 |
| * | Hanmer, Christine (Selden Hills) | 38 |
| | Great Cow Harbor 10K (04:15) | 38 |
| * | Jantzen, Sandra (Selden Hills) | 35 |
| | Great Cow Harbor 10K (04:50) | 35 |
| * | Trovato, Karen (Massapequa Road Runners) | 32 |
| | Great Cow Harbor 10K (05:54) | 32 |
| * | Taborsky, Christina (Selden Hills) | 29 |
| | Great Cow Harbor 10K (06:57) | 29 |
| * | Dempsey, Christine (Selden Hills) | 23 |
| | Great Cow Harbor 10K (09:41) | 23 |
| * | Trinagel, Vicki (Selden Hills) | 20 |
| | Great Cow Harbor 10K (13:39) | 20 |
| Women 50-54 | | |
| 1 | Orelli, Regina (Northport Runners Club) | 708 |
| | Maggie's Mile (7:54) | 77 |
| | Kings Park 15K (1:23:12) | 65 |
| | Doug Wood 5K (27:29) | 100 |
| | Keith Nintzel 5K (25:06) | 100 |
| | Shelter Island 10K (53:58) | 90 |
| | Sayville Summerfest 4 Miler (34:15) | 90 |
| | Great Cow Harbor 10K (48:41) | 86 |
| | Hope Runs Here 5M (38:09) | 100 |
| 2 | Bordonaro, Christina (Northport Runners Club) | 422 |
| | Kings Park 15K (1:20:09) | 83 |
| | Doug Wood 5K (27:54) | 86 |
| | Great Cow Harbor 10K (50:34) | 80 |
| | Northport Veterans Day 4K XC (19:57) | 83 |
| | Tough Cookie 8K XC (44:45) | 90 |
| 3 | Tantone, Nancy (Long Run Crew) | 390 |

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| | Maggie's Mile (6:09) | 100 |
| | Sayville Summerfest 4 Miler (26:44) | 100 |
| | Great South Bay 5K (21:16) | 100 |
| | Northport Veterans Day 4K XC (16:48) | 90 |
| 3 | Stammers-Janzen, Maureen (Northport Runners Club) | 390 |
| | Maggie's Mile (8:21) | 71 |
| | Doug Wood 5K (29:14) | 77 |
| | Great South Bay Half Marathon (2:04:19) | 100 |
| | Northport Veterans Day 4K XC (20:35) | 80 |
| | Tough Cookie 8K XC (1:10:58) | 62 |
| 5 | Ward, Caroline (Selden Hills) | 383 |
| | Doug Wood 5K (31:13) | 74 |
| | Great Cow Harbor 10K (55:45) | 56 |
| | Hope Runs Here 5M (42:55) | 90 |
| | Northport Veterans Day 4K XC (20:56) | 77 |
| | Tough Cookie 8K XC (49:47) | 86 |
| 6 | DeSpagna, Jennifer (Northport Runners Club) | 346 |
| | Maggie's Mile (8:12) | 74 |
| | Kings Park 15K (1:31:49) | 50 |
| | Hope Runs Here 5M (45:45) | 80 |
| | Northport Veterans Day 4K XC (22:30) | 71 |
| | Tough Cookie 8K XC (55:07) | 71 |
| 7 | Themistocleous, Eliana (GLIRC) | 336 |
| | Kings Park 15K (1:20:36) | 80 |
| | Keith Nintzel 5K (25:37) | 90 |
| | Shelter Island 10K (55:47) | 86 |
| | Tough Cookie 8K XC (50:37) | 80 |
| 8 | Ritchie, Darlene (Northport Runners Club) | 334 |
| | Maggie's Mile (12:47) | 56 |
| | Kings Park 15K (1:38:45) | 41 |
| | Great Cow Harbor 10K (53:16) | 65 |
| | CHS Suffolk Half Marathon (1:59:53) | 86 |
| | Northport Veterans Day 4K XC (19:31) | 86 |
| 9 | Melillo, Elizabeth (Northport Runners Club) | 297 |
| | Kings Park 15K (1:29:32) | 56 |
| | Great Cow Harbor 10K (51:32) | 77 |
| | Great South Bay Half Marathon (2:22:03) | 90 |
| | Tough Cookie 8K XC (51:40) | 74 |
| 10 | Finneran, Dianne (Northport Runners Club) | 284 |
| | Maggie's Mile (7:47) | 83 |
| | Kings Park 15K (1:24:34) | 62 |
| | Great Cow Harbor 10K (54:46) | 62 |
| | Tough Cookie 8K XC (51:07) | 77 |
| 11 | Darvin, Stacy (Selden Hills) | 235 |
| | Kings Park 15K (1:21:27) | 74 |
| | Great Cow Harbor 10K (52:47) | 71 |
| | CHS Suffolk Half Marathon (1:58:08) | 90 |

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| 12 | Glubiak, Katherine (Selden Hills) | 225 |
| | Maggie's Mile (7:31) | 86 |
| | Kings Park 15K (1:21:38) | 71 |
| | Great Cow Harbor 10K (52:47) | 68 |
| 13 | Franchi, Debra (Selden Hills) | 205 |
| | Maggie's Mile (7:31) | 90 |
| | Kings Park 15K (1:39:23) | 38 |
| | CHS Suffolk Half Marathon (2:28:46) | 77 |
| 14 | Thorp, Christine (Selden Hills) | 189 |
| | Maggie's Mile (8:43) | 68 |
| | Kings Park 15K (1:39:23) | 35 |
| | Great South Bay Half Marathon (2:30:03) | 86 |
| * | Broderick, Una (GLIRC) | 200 |
| | Great Cow Harbor 10K (41:57) | 100 |
| | Northport Veterans Day 4K XC (16:02) | 100 |
| * | Johnson, Charlotte (Runner's Edge/LITC) | 200 |
| | CHS Suffolk Half Marathon (1:54:11) | 100 |
| | Tough Cookie 8K XC (43:45) | 100 |
| * | Ingram, Joyce (Super Runners) | 176 |
| | Kings Park 15K (1:20:06) | 86 |
| | Doug Wood 5K (27:54) | 90 |
| * | Murray, Beth (Selden Hills) | 166 |
| | Shelter Island 10K (01:46) | 80 |
| | Hope Runs Here 5M (43:44) | 86 |
| * | Schmuck, Susan (Northport Runners Club) | 164 |
| | Great South Bay 5K (26:26) | 90 |
| | Northport Veterans Day 4K XC (21:02) | 74 |
| * | DeSousa-Schmidt, Donna (Northport Runners Club) | 163 |
| | Doug Wood 5K (28:23) | 80 |
| | Tough Cookie 8K XC (50:30) | 83 |
| * | Fuller, Lori (Northport Runners Club) | 160 |
| | Shelter Island 10K (18:50) | 74 |
| | Sayville Summerfest 4 Miler (50:26) | 86 |
| * | Ehrhart, Dawn (Northport Runners Club) | 157 |
| | Doug Wood 5K (28:21) | 83 |
| | Great Cow Harbor 10K (52:41) | 74 |
| * | Connors, Susan (Selden Hills) | 145 |
| | Maggie's Mile (8:45) | 65 |
| | CHS Suffolk Half Marathon (2:26:45) | 80 |
| * | Manno, Linda (Selden Hills) | 145 |
| | Keith Nintzel 5K (26:00) | 86 |
| | Great Cow Harbor 10K (55:06) | 59 |
| * | Maffia, Elizabeth (Selden Hills) | 139 |
| | Kings Park 15K (1:22:39) | 68 |
| | Doug Wood 5K (32:32) | 71 |
| * | Rini, Kelly (Selden Hills) | 136 |
| | Kings Park 15K (1:29:42) | 53 |

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| | CHS Suffolk Half Marathon (2:01:59) | 83 |
| * | Griffin, MaryMargaret (NYPD) | 121 |
| | Shelter Island 10K (56:04) | 83 |
| | Great Cow Harbor 10K (20:00) | 38 |
| * | Delissio, Diane (Massapequa Road Runners) | 118 |
| | Shelter Island 10K (14:57) | 77 |
| | Great Cow Harbor 10K (12:19) | 41 |
| * | Hassett, Ann Marie (Selden Hills) | 112 |
| | Kings Park 15K (1:35:29) | 44 |
| | Doug Wood 5K (32:40) | 68 |
| * | Luciano, June (Selden Hills) | 112 |
| | Maggie's Mile (8:51) | 62 |
| | Great Cow Harbor 10K (57:30) | 50 |
| * | Broderick, Anne (LIRRC) | 112 |
| | Great Cow Harbor 10K (02:26) | 47 |
| | Tough Cookie 8K XC (57:49) | 65 |
| * | Leippert, Yvonne (GLIRC) | 100 |
| | Shelter Island 10K (48:01) | 100 |
| * | Hiller, Lesli (Runner's Edge/LITC) | 100 |
| | CHS Suffolk Full Marathon (3:30:05) | 100 |
| * | Krebs, GERALYNN (Massapequa Road Runners) | 100 |
| | Kings Park 15K (1:17:48) | 100 |
| * | Templeton, Stephanie (Selden Hills) | 97 |
| | Kings Park 15K (1:45:54) | 32 |
| | Doug Wood 5K (37:22) | 65 |
| * | Greene, Olga (Selden Hills) | 90 |
| | Kings Park 15K (1:18:00) | 90 |
| * | O'Brien, Patricia (NYPD) | 90 |
| | Great Cow Harbor 10K (46:09) | 90 |
| * | Locklin, Kathleen (Northport Runners Club) | 83 |
| | Hope Runs Here 5M (45:27) | 83 |
| * | Josaphat, Grainne (LIRRC) | 83 |
| | Great Cow Harbor 10K (48:46) | 83 |
| * | Kelly, Michele (Selden Hills) | 80 |
| | Maggie's Mile (7:47) | 80 |
| * | Schultz, Gilda (Selden Hills) | 77 |
| | Kings Park 15K (1:20:42) | 77 |
| * | Favarolo, Annemarie (We Are Athletes) | 77 |
| | Hope Runs Here 5M (06:00) | 77 |
| * | Cergol, Kathleen (Selden Hills) | 74 |
| | CHS Suffolk Half Marathon (2:28:53) | 74 |
| * | Howard, Jen (Runner's Edge/LITC) | 68 |
| | Tough Cookie 8K XC (55:43) | 68 |
| * | Kroebe, Mary (Selden Hills) | 59 |
| | Kings Park 15K (1:27:52) | 59 |
| * | McDougall, Doreen (GLIRC) | 59 |
| | Tough Cookie 8K XC (1:32:02) | 59 |

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| | * Ballaban, Paulina (Northport Runners Club) | 59 |
| | Maggie's Mile (9:24) | 59 |
| | * Bomse, Lisa (Northport Runners Club) | 53 |
| | Maggie's Mile (15:01) | 53 |
| | * Terry, Kathy (Northport Runners Club) | 53 |
| | Great Cow Harbor 10K (56:47) | 53 |
| | * Donnelly, Susan (Selden Hills) | 47 |
| | Kings Park 15K (1:31:54) | 47 |
| | * Clarin, Jodi (Selden Hills) | 44 |
| | Great Cow Harbor 10K (10:54) | 44 |
| Women 55-59 | | |
| | 1 Morabito-Weeks, Veronica (Selden Hills) | 692 |
| | Maggie's Mile (8:52) | 83 |
| | Keith Nintzel 5K (28:45) | 90 |
| | Sayville Summerfest 4 Miler (37:04) | 83 |
| | Great Cow Harbor 10K (55:13) | 65 |
| | Great South Bay Half Marathon (2:01:25) | 86 |
| | Hope Runs Here 5M (42:11) | 90 |
| | CHS Suffolk Half Marathon (1:59:07) | 90 |
| | Northport Veterans Day 4K XC (22:05) | 90 |
| | Tough Cookie 8K XC (55:52) | 80 |
| | 2 Hynes, Jeannie (Northport Runners Club) | 667 |
| | Maggie's Mile (7:49) | 86 |
| | Kings Park 15K (1:25:43) | 65 |
| | Doug Wood 5K (29:56) | 90 |
| | Shelter Island 10K (55:42) | 86 |
| | Great Cow Harbor 10K (54:08) | 68 |
| | CHS Suffolk Half Marathon (2:07:35) | 86 |
| | Northport Veterans Day 4K XC (20:14) | 100 |
| | Tough Cookie 8K XC (49:33) | 86 |
| | 3 Razzano-Nerud, Debra (Northport Runners Club) | 636 |
| | Doug Wood 5K (37:25) | 80 |
| | Keith Nintzel 5K (33:58) | 80 |
| | Shelter Island 10K (52:48) | 90 |
| | Sayville Summerfest 4 Miler (32:19) | 100 |
| | Great Cow Harbor 10K (49:25) | 86 |
| | Great South Bay Half Marathon (1:51:55) | 100 |
| | Tough Cookie 8K XC (46:19) | 100 |
| | 4 Bishop, Josephine (Northport Runners Club) | 325 |
| | Kings Park 15K (1:28:13) | 62 |
| | Keith Nintzel 5K (25:26) | 100 |
| | Sayville Summerfest 4 Miler (34:58) | 86 |
| | Great Cow Harbor 10K (53:01) | 77 |
| | 5 Russo, Barbara (GLIRC) | 300 |
| | Kings Park 15K (1:08:05) | 100 |
| | Great Cow Harbor 10K (41:43) | 100 |

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| | CHS Suffolk Half Marathon (1:31:52) | 100 |
| 6 | Vogt, Dee (Northport Runners Club) | 290 |
| | Maggie's Mile (7:30) | 100 |
| | Shelter Island 10K (52:11) | 100 |
| | Great South Bay Half Marathon (1:52:49) | 90 |
| 7 | Staiano, Adriana (Runner's Edge/LITC) | 273 |
| | Kings Park 15K (1:17:40) | 83 |
| | Hope Runs Here 5M (39:27) | 100 |
| | Tough Cookie 8K XC (46:49) | 90 |
| 8 | Greenspan, Ellen (We Are Athletes) | 258 |
| | Maggie's Mile (7:42) | 90 |
| | Kings Park 15K (1:24:00) | 68 |
| | Doug Wood 5K (29:18) | 100 |
| 9 | Fucella, Maria (Runner's Edge/LITC) | 243 |
| | Maggie's Mile (8:58) | 80 |
| | Doug Wood 5K (37:17) | 83 |
| | Sayville Summerfest 4 Miler (38:29) | 80 |
| 10 | Fitzpatrick, Sue (GLIRC) | 213 |
| | Kings Park 15K (1:40:26) | 47 |
| | Keith Nintzel 5K (29:02) | 86 |
| | Shelter Island 10K (02:08) | 80 |
| 11 | Corrie, Sue (GLIRC) | 201 |
| | Kings Park 15K (1:31:01) | 56 |
| | Doug Wood 5K (35:53) | 86 |
| | Great Cow Harbor 10K (57:14) | 59 |
| 12 | Carroll, Maura (Northport Runners Club) | 180 |
| | Kings Park 15K (1:39:19) | 50 |
| | Great Cow Harbor 10K (03:55) | 47 |
| | CHS Suffolk Half Marathon (2:28:37) | 83 |
| 13 | Gjodesen, Lea (Selden Hills) | 150 |
| | Maggie's Mile (9:40) | 71 |
| | Kings Park 15K (2:02:29) | 41 |
| | Great Cow Harbor 10K (12:16) | 38 |
| * | Mccain, Christine (Runner's Edge/LITC) | 166 |
| | Great South Bay Half Marathon (2:07:04) | 83 |
| | Tough Cookie 8K XC (49:34) | 83 |
| * | Murray, Susan (Northport Runners Club) | 160 |
| | Maggie's Mile (8:58) | 77 |
| | Great Cow Harbor 10K (50:42) | 83 |
| * | Paterson, Jamie (NCPD Running Club) | 160 |
| | Kings Park 15K (1:19:13) | 80 |
| | Great Cow Harbor 10K (51:47) | 80 |
| * | Davidson, Mindy (Runner's Edge/LITC) | 157 |
| | Maggie's Mile (9:02) | 74 |
| | Keith Nintzel 5K (30:48) | 83 |
| * | Buitenkant, Janet (Northport Runners Club) | 148 |
| | Maggie's Mile (10:26) | 68 |

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| | CHS Suffolk Half Marathon (2:37:10) | 80 |
| * | Nora, Karen (Northport Runners Club) | 148 |
| | Kings Park 15K (1:21:36) | 74 |
| | Great Cow Harbor 10K (53:08) | 74 |
| * | Woloschin, Debra (Selden Hills) | 142 |
| | Kings Park 15K (1:29:29) | 59 |
| | Shelter Island 10K (56:04) | 83 |
| * | Garguilo, Grace (Selden Hills) | 118 |
| | Great Cow Harbor 10K (11:28) | 41 |
| | Tough Cookie 8K XC (1:03:00) | 77 |
| * | Gaston, Erica (NYPD) | 115 |
| | Kings Park 15K (2:10:31) | 38 |
| | CHS Suffolk Half Marathon (2:48:38) | 77 |
| * | Raudsepp, Pamela (Massapequa Road Runners) | 97 |
| | Kings Park 15K (1:42:49) | 44 |
| | Great Cow Harbor 10K (02:24) | 53 |
| * | Stamm, Kellie (NYPD) | 90 |
| | Sayville Summerfest 4 Miler (32:53) | 90 |
| * | Clarke, Florence (Massapequa Road Runners) | 90 |
| | Great Cow Harbor 10K (48:31) | 90 |
| * | Enright, Monica (Massapequa Road Runners) | 90 |
| | Kings Park 15K (1:10:18) | 90 |
| * | Cotty, Karen (Runner's Edge/LITC) | 86 |
| | Kings Park 15K (1:12:04) | 86 |
| * | Cunningham, Bernie (GLIRC) | 77 |
| | Kings Park 15K (1:19:36) | 77 |
| * | Devlin, Veronica (Northport Runners Club) | 77 |
| | Shelter Island 10K (05:22) | 77 |
| * | Lenzi, Mary (We Are Athletes) | 71 |
| | Great Cow Harbor 10K (53:28) | 71 |
| * | Conkling, Karen (Massapequa Road Runners) | 71 |
| | Kings Park 15K (1:21:55) | 71 |
| * | Hill, Christine (Runner's Edge/LITC) | 62 |
| | Great Cow Harbor 10K (56:12) | 62 |
| * | Distler, JoAnn (NCPD Running Club) | 56 |
| | Great Cow Harbor 10K (01:41) | 56 |
| * | Miranda, Gail (Selden Hills) | 53 |
| | Kings Park 15K (1:39:10) | 53 |
| * | Kahn, Jodi (Runner's Edge/LITC) | 50 |
| | Great Cow Harbor 10K (02:39) | 50 |
| * | Gunther, Sharon (We Are Athletes) | 44 |
| | Great Cow Harbor 10K (08:15) | 44 |
| * | Chadderton, Jean (Selden Hills) | 35 |
| | Great Cow Harbor 10K (26:32) | 35 |
| * | Stewart, Debra (Selden Hills) | 32 |
| | Great Cow Harbor 10K (44:56) | 32 |

| Women 60-64 | | |
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| 1 | Zacharia, Marianne (Northport Runners Club) | 745 |
| | Kings Park 15K (1:36:01) | 74 |
| | Doug Wood 5K (34:44) | 90 |
| | Keith Nintzel 5K (27:47) | 100 |
| | Shelter Island 10K (58:28) | 86 |
| | Sayville Summerfest 4 Miler (37:29) | 100 |
| | Great Cow Harbor 10K (57:33) | 83 |
| | Great South Bay Half Marathon (2:05:39) | 86 |
| | Hope Runs Here 5M (43:16) | 100 |
| | CHS Suffolk Half Marathon (2:01:48) | 100 |
| 2 | Robinson, Susan (Northport Runners Club) | 629 |
| | Maggie's Mile (8:21) | 86 |
| | Kings Park 15K (1:29:55) | 83 |
| | Doug Wood 5K (30:23) | 100 |
| | Keith Nintzel 5K (28:19) | 90 |
| | Shelter Island 10K (00:58) | 80 |
| | Hope Runs Here 5M (44:29) | 90 |
| | Tough Cookie 8K XC (52:31) | 100 |
| 3 | Joyce, Maureen (Northport Runners Club) | 360 |
| | Kings Park 15K (1:17:53) | 90 |
| | Shelter Island 10K (50:30) | 90 |
| | Great Cow Harbor 10K (49:06) | 90 |
| | Great South Bay Half Marathon (1:57:09) | 90 |
| 4 | Doman, Dolores (Super Runners) | 300 |
| | Kings Park 15K (1:14:22) | 100 |
| | Shelter Island 10K (50:19) | 100 |
| | Great Cow Harbor 10K (48:36) | 100 |
| 5 | Kinsella, Jane (Selden Hills) | 296 |
| | Maggie's Mile (10:02) | 68 |
| | Kings Park 15K (1:48:02) | 65 |
| | Great Cow Harbor 10K (04:59) | 80 |
| | Great South Bay Half Marathon (2:33:31) | 83 |
| 6 | Marnell, Susie (Northport Runners Club) | 253 |
| | Maggie's Mile (8:13) | 90 |
| | Kings Park 15K (1:32:07) | 80 |
| | Shelter Island 10K (58:37) | 83 |
| 7 | Abrams, Diane (Northport Runners Club) | 252 |
| | Keith Nintzel 5K (29:16) | 86 |
| | Great South Bay Half Marathon (2:47:12) | 80 |
| | Tough Cookie 8K XC (58:54) | 86 |
| 8 | Breen, Kate (Northport Runners Club) | 238 |
| | Maggie's Mile (9:52) | 71 |
| | Sayville Summerfest 4 Miler (44:39) | 90 |
| | Great Cow Harbor 10K (09:14) | 77 |
| * | Nesbitt, Jean (Selden Hills) | 166 |

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| | Maggie's Mile (8:28) | 80 |
| | Kings Park 15K (1:27:44) | 86 |
| * | Cotten, Karen (Selden Hills) | 163 |
| | Kings Park 15K (1:35:23) | 77 |
| | Great Cow Harbor 10K (57:09) | 86 |
| * | Hartman, Laura (Selden Hills) | 161 |
| | Kings Park 15K (1:38:28) | 71 |
| | CHS Suffolk Half Marathon (2:40:52) | 90 |
| * | Longo, Janet (Selden Hills) | 151 |
| | Maggie's Mile (8:27) | 83 |
| | Kings Park 15K (1:42:21) | 68 |
| * | Bush, Patricia (We Are Athletes) | 142 |
| | Kings Park 15K (1:59:22) | 59 |
| | Keith Nintzel 5K (34:29) | 83 |
| * | Fraker, Mary (Selden Hills) | 100 |
| | Maggie's Mile (8:06) | 100 |
| * | Solomine, Kim (GLIRC) | 100 |
| | Great South Bay Half Marathon (1:53:46) | 100 |
| * | Stajk, Maryellen (Northport Runners Club) | 90 |
| | Tough Cookie 8K XC (52:51) | 90 |
| * | Stajk, Mary Ellen (Northport Runners Club) | 90 |
| | Tough Cookie 8K XC (52:51) | 90 |
| * | O'Hanlon, Laurie (Super Runners) | 77 |
| | Maggie's Mile (8:35) | 77 |
| * | LaFleur, Nancy (Selden Hills) | 74 |
| | Maggie's Mile (9:12) | 74 |
| * | Weess, Pamela (Northport Runners Club) | 62 |
| | Kings Park 15K (1:52:22) | 62 |
| Women 65-69 | | |
| 1 | Withus, Gloria (We Are Athletes) | 752 |
| | Maggie's Mile (8:39) | 100 |
| | Kings Park 15K (1:35:58) | 83 |
| | Doug Wood 5K (35:05) | 90 |
| | Sayville Summerfest 4 Miler (38:57) | 100 |
| | Great Cow Harbor 10K (02:48) | 86 |
| | Hope Runs Here 5M (47:33) | 86 |
| | CHS Suffolk Half Marathon (2:27:48) | 100 |
| | Northport Veterans Day 4K XC (24:03) | 90 |
| | Tough Cookie 8K XC (58:29) | 100 |
| 2 | Carroll, Patricia (Selden Hills) | 605 |
| | Kings Park 15K (1:50:14) | 80 |
| | Keith Nintzel 5K (37:10) | 100 |
| | Sayville Summerfest 4 Miler (48:06) | 86 |
| | Great Cow Harbor 10K (14:38) | 83 |
| | Hope Runs Here 5M (54:34) | 83 |
| | Northport Veterans Day 4K XC (28:17) | 83 |

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| | Tough Cookie 8K XC (1:10:37) | 90 |
| 3 | Keogh, Susan (GLIRC) | 400 |
| | Kings Park 15K (1:27:36) | 100 |
| | Shelter Island 10K (54:51) | 100 |
| | Great Cow Harbor 10K (56:26) | 100 |
| | Hope Runs Here 5M (43:13) | 100 |
| 4 | Zieve, June (Northport Runners Club) | 266 |
| | Sayville Summerfest 4 Miler (42:05) | 90 |
| | Great Cow Harbor 10K (02:12) | 90 |
| | Northport Veterans Day 4K XC (27:02) | 86 |
| * | Lee, Pamela (We Are Athletes) | 190 |
| | Kings Park 15K (1:28:39) | 90 |
| | Doug Wood 5K (31:05) | 100 |
| * | Rechner, Mona (Northport Runners Club) | 170 |
| | Maggie's Mile (10:26) | 90 |
| | Northport Veterans Day 4K XC (35:37) | 80 |
| * | Drake, Patti (LIRRC) | 100 |
| | Northport Veterans Day 4K XC (23:25) | 100 |
| * | Brown, Pamela (We Are Athletes) | 90 |
| | Hope Runs Here 5M (45:06) | 90 |
| * | Martin, Kathryn (Northport Runners Club) | 90 |
| | Keith Nintzel 5K (41:13) | 90 |
| * | Zuhoski, Sharon (Selden Hills) | 86 |
| | Kings Park 15K (1:33:47) | 86 |
| * | Gallo, Joanne (Northport Runners Club) | 86 |
| | Doug Wood 5K (44:11) | 86 |
| Women 70-74 | | |
| 1 | Gonzalez, Abby (Selden Hills) | 572 |
| | Keith Nintzel 5K (30:48) | 100 |
| | Sayville Summerfest 4 Miler (41:30) | 100 |
| | Great Cow Harbor 10K (05:03) | 86 |
| | Hope Runs Here 5M (50:37) | 100 |
| | Northport Veterans Day 4K XC (26:13) | 86 |
| | Tough Cookie 8K XC (1:06:48) | 100 |
| 2 | Robinson, Irene (We Are Athletes) | 343 |
| | Keith Nintzel 5K (35:21) | 90 |
| | Sayville Summerfest 4 Miler (46:28) | 90 |
| | Great Cow Harbor 10K (16:58) | 80 |
| | Northport Veterans Day 4K XC (28:05) | 83 |
| 3 | Boucher, Hilory (Northport Runners Club) | 257 |
| | Maggie's Mile (11:45) | 100 |
| | Great Cow Harbor 10K (31:56) | 77 |
| | Northport Veterans Day 4K XC (33:01) | 80 |
| * | Fitzgibbon, Anne (We Are Athletes) | 190 |
| | Great Cow Harbor 10K (04:17) | 90 |
| | Northport Veterans Day 4K XC (24:12) | 100 |

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| | * Bellovin, Sherry | 186 |
| | Keith Nintzel 5K (50:05) | 86 |
| | CHS Suffolk Half Marathon (3:24:59) | 100 |
| | * Penagos, Elizabeth (GLIRC) | 173 |
| | Great Cow Harbor 10K (07:43) | 83 |
| | Northport Veterans Day 4K XC (25:33) | 90 |
| | * Sehmeyer, Constance (We Are Athletes) | 100 |
| | Great Cow Harbor 10K (56:42) | 100 |
| Women 75-79 | | |
| | 1 Clavin, Helma (Selden Hills) | 700 |
| | Maggie's Mile (10:21) | 100 |
| | Kings Park 15K (1:50:54) | 100 |
| | Keith Nintzel 5K (32:56) | 100 |
| | Sayville Summerfest 4 Miler (44:29) | 100 |
| | Great Cow Harbor 10K (10:35) | 100 |
| | Hope Runs Here 5M (54:51) | 100 |
| | Northport Veterans Day 4K XC (29:50) | 100 |
| | 2 Delaney, Patricia (Massapequa Road Runners) | 270 |
| | Kings Park 15K (2:02:12) | 90 |
| | Great Cow Harbor 10K (19:23) | 90 |
| | Hope Runs Here 5M (02:22) | 90 |
| Men 16-19 | | |
| | * DiLisio, Eric (GLIRC) | 100 |
| | Shelter Island 10K (41:07) | 100 |
| | * Anzaldi III, Frankie (We Are Athletes) | 100 |
| | CHS Suffolk Half Marathon (1:59:07) | 100 |
| | * Garnier-Winkler, Brandon (Northport Runners Club) | 100 |
| | Northport Veterans Day 4K XC (16:30) | 100 |
| Men 20-24 | | |
| | 1 Eletto, Alex (Northport Runners Club) | 776 |
| | Maggie's Mile (5:12) | 100 |
| | Kings Park 15K (1:01:22) | 100 |
| | Doug Wood 5K (19:40) | 100 |
| | Shelter Island 10K (37:59) | 100 |
| | Sayville Summerfest 4 Miler (23:32) | 100 |
| | Great Cow Harbor 10K (37:52) | 90 |
| | Northport Veterans Day 4K XC (16:32) | 86 |
| | Tough Cookie 8K XC (32:51) | 100 |
| | 2 Mihailin, Thomas (Northport Runners Club) | 736 |
| | Maggie's Mile (5:13) | 90 |
| | Kings Park 15K (1:01:26) | 90 |
| | Doug Wood 5K (20:31) | 90 |
| | Keith Nintzel 5K (18:17) | 100 |
| | Shelter Island 10K (39:16) | 90 |
| | Great Cow Harbor 10K (37:54) | 86 |
| | Northport Veterans Day 4K XC (13:55) | 100 |

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| | Tough Cookie 8K XC (34:28) | 90 |
| 3 | McKeon, John (GLIRC) | 629 |
| | Maggie's Mile (5:33) | 86 |
| | Kings Park 15K (1:07:59) | 86 |
| | Keith Nintzel 5K (19:02) | 90 |
| | Sayville Summerfest 4 Miler (25:56) | 90 |
| | Great Cow Harbor 10K (43:23) | 77 |
| | Hope Runs Here 5M (32:30) | 100 |
| | CHS Suffolk Half Marathon (1:32:54) | 100 |
| * | Rachman, Greg (We Are Athletes) | 190 |
| | Great Cow Harbor 10K (37:46) | 100 |
| | Northport Veterans Day 4K XC (14:28) | 90 |
| * | Mahony, Tim (Long Run Crew) | 183 |
| | Great Cow Harbor 10K (38:06) | 83 |
| | Great South Bay Half Marathon (1:28:55) | 100 |
| * | Franz, Julian (LIRRC) | 180 |
| | Great Cow Harbor 10K (42:29) | 80 |
| | CHS Suffolk Full Marathon (3:25:29) | 100 |
| * | Quinn, Bradley (GLIRC) | 166 |
| | Maggie's Mile (6:12) | 83 |
| | Kings Park 15K (1:14:53) | 83 |
| * | Seymour, Quinn (Long Run Crew) | 90 |
| | CHS Suffolk Full Marathon (4:11:17) | 90 |
| * | Choinski, Joseph (Northport Runners Club) | 90 |
| | Great South Bay Half Marathon (1:55:15) | 90 |
| Men 25-29 | | |
| 1 | Weisenbacher, Ryan (Selden Hills) | 629 |
| | Kings Park 15K (1:04:46) | 83 |
| | Keith Nintzel 5K (19:35) | 83 |
| | Shelter Island 10K (41:27) | 100 |
| | Sayville Summerfest 4 Miler (26:08) | 90 |
| | Great Cow Harbor 10K (42:33) | 83 |
| | CHS Suffolk Full Marathon (3:29:38) | 100 |
| | Tough Cookie 8K XC (38:10) | 90 |
| 2 | Doskoez Jr, Ronald (Long Run Crew) | 538 |
| | Kings Park 15K (1:03:30) | 86 |
| | Doug Wood 5K (21:29) | 90 |
| | Keith Nintzel 5K (19:22) | 86 |
| | CHS Suffolk Half Marathon (1:34:07) | 100 |
| | Northport Veterans Day 4K XC (16:05) | 90 |
| | Tough Cookie 8K XC (40:23) | 86 |
| 3 | Pickard, Robert (Long Run Crew) | 390 |
| | Maggie's Mile (5:02) | 100 |
| | Kings Park 15K (57:39) | 100 |
| | Keith Nintzel 5K (17:39) | 90 |
| | Sayville Summerfest 4 Miler (22:36) | 100 |

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| 4 | Williams, Raymond (We Are Athletes) | 376 |
| | Kings Park 15K (1:03:28) | 90 |
| | Doug Wood 5K (20:50) | 100 |
| | Great Cow Harbor 10K (40:39) | 86 |
| | Tough Cookie 8K XC (37:01) | 100 |
| 5 | Briguglio, Peter (Massapequa Road Runners) | 250 |
| | Shelter Island 10K (53:19) | 90 |
| | Great Cow Harbor 10K (49:25) | 74 |
| | CHS Suffolk Full Marathon (4:35:35) | 86 |
| * | Corrigan, Kevin (Runner's Edge/LITC) | 200 |
| | Great Cow Harbor 10K (38:05) | 100 |
| | Northport Veterans Day 4K XC (13:36) | 100 |
| * | Lashley, Dylan (Northport Runners Club) | 172 |
| | Shelter Island 10K (54:41) | 86 |
| | Sayville Summerfest 4 Miler (32:16) | 86 |
| * | Haddock, Tom (Selden Hills) | 167 |
| | Great Cow Harbor 10K (47:53) | 77 |
| | CHS Suffolk Full Marathon (4:04:10) | 90 |
| * | Culhane, Colin (We Are Athletes) | 100 |
| | Keith Nintzel 5K (17:28) | 100 |
| * | Scheinson, Scott (Long Run Crew) | 90 |
| | Great Cow Harbor 10K (39:00) | 90 |
| * | Harvey, Chris (Northport Runners Club) | 86 |
| | Doug Wood 5K (26:24) | 86 |
| * | Hardick, Sean (Runner's Edge/LITC) | 80 |
| | Great Cow Harbor 10K (43:47) | 80 |
| Men 30-34 | | |
| 1 | Masso, Keith (LIRRC) | 535 |
| | Great Cow Harbor 10K (44:06) | 86 |
| | Great South Bay Half Marathon (1:37:09) | 100 |
| | Hope Runs Here 5M (34:52) | 90 |
| | CHS Suffolk Full Marathon (3:46:12) | 86 |
| | Northport Veterans Day 4K XC (17:25) | 90 |
| | Tough Cookie 8K XC (40:58) | 83 |
| 2 | Bornhoft, Glen (Long Run Crew) | 366 |
| | Kings Park 15K (1:01:12) | 86 |
| | Doug Wood 5K (20:10) | 100 |
| | Keith Nintzel 5K (18:28) | 90 |
| | Sayville Summerfest 4 Miler (24:30) | 90 |
| 3 | Murphy, Patrick (Northport Runners Club) | 336 |
| | Keith Nintzel 5K (21:35) | 86 |
| | Shelter Island 10K (45:41) | 90 |
| | Great Cow Harbor 10K (45:00) | 80 |
| | Tough Cookie 8K XC (45:58) | 80 |
| 4 | Haase, Ed (Long Run Crew) | 318 |
| | Kings Park 15K (1:16:01) | 71 |

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| | Great Cow Harbor 10K (47:06) | 74 |
| | Great South Bay Half Marathon (1:45:31) | 90 |
| | CHS Suffolk Full Marathon (3:59:41) | 83 |
| 5 | Toro, Jonathan (Long Run Crew) | 300 |
| | Kings Park 15K (55:00) | 100 |
| | Keith Nintzel 5K (16:55) | 100 |
| | Sayville Summerfest 4 Miler (21:53) | 100 |
| 6 | Harvey, Daniel (GLIRC) | 290 |
| | Shelter Island 10K (43:49) | 100 |
| | Great Cow Harbor 10K (40:56) | 90 |
| | CHS Suffolk Full Marathon (3:31:47) | 100 |
| 7 | Harper, Thomas (Northport Runners Club) | 283 |
| | Sayville Summerfest 4 Miler (25:55) | 83 |
| | Great Cow Harbor 10K (38:49) | 100 |
| | Tough Cookie 8K XC (34:16) | 100 |
| 8 | Tymecki, Kenneth (NCPD Running Club) | 267 |
| | Kings Park 15K (1:14:58) | 77 |
| | CHS Suffolk Full Marathon (3:41:55) | 90 |
| | Northport Veterans Day 4K XC (16:23) | 100 |
| 9 | Gendy, Joe (GLIRC) | 263 |
| | Kings Park 15K (1:01:19) | 83 |
| | CHS Suffolk Half Marathon (1:39:20) | 90 |
| | Tough Cookie 8K XC (37:05) | 90 |
| 10 | Brekne, Craig (Selden Hills) | 225 |
| | Kings Park 15K (1:16:02) | 68 |
| | Great Cow Harbor 10K (47:23) | 71 |
| | CHS Suffolk Half Marathon (1:59:08) | 86 |
| * | Murray, Edward (We Are Athletes) | 190 |
| | Kings Park 15K (55:18) | 90 |
| | CHS Suffolk Half Marathon (1:18:46) | 100 |
| * | Chasanoff, Mark (Long Run Crew) | 186 |
| | Sayville Summerfest 4 Miler (25:31) | 86 |
| | Hope Runs Here 5M (31:25) | 100 |
| * | Hartman, Brad (North Country Road Runners) | 180 |
| | Maggie's Mile (6:46) | 100 |
| | Kings Park 15K (1:14:14) | 80 |
| * | Cabasso, Andrew (Northport Runners Club) | 154 |
| | Great Cow Harbor 10K (47:29) | 68 |
| | Northport Veterans Day 4K XC (18:00) | 86 |
| * | Demeri, Ryan (GLIRC) | 151 |
| | Kings Park 15K (1:15:55) | 74 |
| | Great Cow Harbor 10K (46:22) | 77 |
| * | Luxenberg, Scott (We Are Athletes) | 148 |
| | Kings Park 15K (1:23:40) | 65 |
| | Great South Bay Half Marathon (2:00:00) | 83 |
| * | Torres, Adriel (Selden Hills) | 86 |
| | Great South Bay Half Marathon (1:51:21) | 86 |

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| | * Walter, Ryan (Selden Hills) | 86 |
| | Shelter Island 10K (51:55) | 86 |
| | * Hertz, Matthew (Northport Runners Club) | 86 |
| | Tough Cookie 8K XC (37:20) | 86 |
| | * Della Croce, Dominic (Northport Runners Club) | 83 |
| | Great Cow Harbor 10K (44:34) | 83 |
| | * Perez, Diego | 65 |
| | Great Cow Harbor 10K (48:54) | 65 |
| | * Guida, Chris (Selden Hills) | 62 |
| | Great Cow Harbor 10K (50:44) | 62 |
| | * Ricci, Anthony (Selden Hills) | 59 |
| | Great Cow Harbor 10K (52:24) | 59 |
| Men 35-39 | | |
| | 1 Jensen, Joseph (Long Run Crew) | 760 |
| | Maggie's Mile (6:03) | 100 |
| | Doug Wood 5K (22:59) | 90 |
| | Keith Nintzel 5K (19:29) | 90 |
| | Shelter Island 10K (41:36) | 86 |
| | Sayville Summerfest 4 Miler (24:36) | 90 |
| | Great Cow Harbor 10K (39:33) | 90 |
| | Great South Bay Half Marathon (1:27:49) | 100 |
| | CHS Suffolk Full Marathon (3:15:23) | 100 |
| | Northport Veterans Day 4K XC (16:28) | 90 |
| | Tough Cookie 8K XC (35:43) | 100 |
| | 2 Murphy III, Robert (Northport Runners Club) | 631 |
| | Kings Park 15K (1:07:55) | 83 |
| | Doug Wood 5K (22:51) | 100 |
| | Keith Nintzel 5K (19:34) | 86 |
| | Great Cow Harbor 10K (40:07) | 86 |
| | Great South Bay Half Marathon (1:32:10) | 90 |
| | Hope Runs Here 5M (31:35) | 100 |
| | Tough Cookie 8K XC (38:22) | 86 |
| | 3 O'Dwyer, William (Selden Hills) | 425 |
| | Kings Park 15K (1:05:12) | 90 |
| | Sayville Summerfest 4 Miler (26:24) | 83 |
| | Great Cow Harbor 10K (40:48) | 83 |
| | Great South Bay Half Marathon (1:33:39) | 86 |
| | Tough Cookie 8K XC (38:25) | 83 |
| | 4 Diaz, Franklin (Runner's Edge/LITC) | 300 |
| | Kings Park 15K (59:19) | 100 |
| | Shelter Island 10K (35:51) | 100 |
| | CHS Suffolk Half Marathon (1:15:43) | 100 |
| | 5 Hampton, Trent (We Are Athletes) | 263 |
| | Sayville Summerfest 4 Miler (25:56) | 86 |
| | Great Cow Harbor 10K (43:18) | 77 |
| | Northport Veterans Day 4K XC (15:42) | 100 |

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| 6 | Bauer, Michael (Selden Hills) | 249 |
| | Maggie's Mile (7:58) | 86 |
| | Keith Nintzel 5K (24:25) | 83 |
| | Sayville Summerfest 4 Miler (31:28) | 80 |
| 7 | Fisher, Thomas (Selden Hills) | 234 |
| | Great Cow Harbor 10K (51:30) | 62 |
| | CHS Suffolk Half Marathon (1:54:30) | 86 |
| | Northport Veterans Day 4K XC (18:00) | 86 |
| 8 | Fox, Michael (NYPD) | 222 |
| | Shelter Island 10K (58:18) | 83 |
| | Great Cow Harbor 10K (58:13) | 59 |
| | Great South Bay Half Marathon (2:08:20) | 80 |
| * | Bartolotto, Kevin (Long Run Crew) | 190 |
| | Keith Nintzel 5K (19:27) | 100 |
| | Tough Cookie 8K XC (36:06) | 90 |
| * | Koegel, Chris (GLIRC) | 190 |
| | Shelter Island 10K (38:29) | 90 |
| | Great Cow Harbor 10K (37:21) | 100 |
| * | Sparacin, Rich (Selden Hills) | 163 |
| | Kings Park 15K (1:16:24) | 80 |
| | CHS Suffolk Full Marathon (4:11:41) | 83 |
| * | Hambarsoumian, Victor (NYPD) | 163 |
| | Great Cow Harbor 10K (41:49) | 80 |
| | Great South Bay Half Marathon (1:33:55) | 83 |
| * | Krahel, Bryan (Northport Runners Club) | 160 |
| | Doug Wood 5K (23:48) | 86 |
| | Great Cow Harbor 10K (43:55) | 74 |
| * | Newman, Michael (Runner's Edge/LITC) | 158 |
| | Great Cow Harbor 10K (44:32) | 68 |
| | CHS Suffolk Half Marathon (1:38:38) | 90 |
| * | Garvin, Eric (Long Run Crew) | 100 |
| | Sayville Summerfest 4 Miler (23:40) | 100 |
| * | Mandato, Michael (Long Run Crew) | 90 |
| | Maggie's Mile (6:15) | 90 |
| * | Sonnenberg, Marc (GLIRC) | 90 |
| | CHS Suffolk Full Marathon (3:39:38) | 90 |
| * | Burke, Michael (NYPD) | 90 |
| | Hope Runs Here 5M (34:49) | 90 |
| * | Cammarata, Michael (Runner's Edge/LITC) | 86 |
| | Kings Park 15K (1:05:40) | 86 |
| * | Palma, Luis (LIRRC) | 86 |
| | CHS Suffolk Full Marathon (3:54:31) | 86 |
| * | Melton, Paul (Selden Hills) | 83 |
| | CHS Suffolk Half Marathon (2:10:40) | 83 |
| * | Shea, John (Northport Runners Club) | 83 |
| | Northport Veterans Day 4K XC (23:12) | 83 |
| * | Joseph, Jordaens (NYPD) | 80 |

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| | CHS Suffolk Full Marathon (5:03:23) | 80 |
| | * Smith, Bradley (Runner's Edge/LITC) | 80 |
| | Tough Cookie 8K XC (38:27) | 80 |
| | * Pollock, Bruce (NYPD) | 77 |
| | CHS Suffolk Full Marathon (5:09:16) | 77 |
| | * Monkowski, Matthew (LIRRC) | 77 |
| | Great South Bay Half Marathon (2:11:22) | 77 |
| | * Jones, Doug (Selden Hills) | 71 |
| | Great Cow Harbor 10K (44:15) | 71 |
| | * Klubnick, Joseph (NYPD) | 65 |
| | Great Cow Harbor 10K (49:36) | 65 |
| | * Scott, Matthew (NCPD Running Club) | 56 |
| | Great Cow Harbor 10K (00:33) | 56 |
| Men 40-44 | | |
| | 1 Alexander, Sean (Long Run Crew) | 690 |
| | Maggie's Mile (6:01) | 77 |
| | Kings Park 15K (1:11:09) | 86 |
| | Doug Wood 5K (24:50) | 80 |
| | Keith Nintzel 5K (23:29) | 77 |
| | Great Cow Harbor 10K (46:07) | 65 |
| | Great South Bay Half Marathon (1:48:29) | 90 |
| | CHS Suffolk Half Marathon (1:46:28) | 90 |
| | Northport Veterans Day 4K XC (16:50) | 100 |
| | Tough Cookie 8K XC (39:14) | 90 |
| | 2 Jensen, John (Long Run Crew) | 446 |
| | Maggie's Mile (5:43) | 86 |
| | Keith Nintzel 5K (21:22) | 83 |
| | Shelter Island 10K (44:41) | 100 |
| | Great Cow Harbor 10K (43:27) | 77 |
| | Great South Bay Half Marathon (1:39:51) | 100 |
| | 3 Lopez-Merlos, David (Long Run Crew) | 368 |
| | Maggie's Mile (5:21) | 100 |
| | Kings Park 15K (1:00:56) | 100 |
| | Doug Wood 5K (19:54) | 100 |
| | Great Cow Harbor 10K (45:51) | 68 |
| | 4 Taylor, Jason (Selden Hills) | 332 |
| | Doug Wood 5K (23:55) | 83 |
| | Shelter Island 10K (48:50) | 90 |
| | Great Cow Harbor 10K (49:32) | 59 |
| | Hope Runs Here 5M (36:47) | 100 |
| | 5 Dullaghan, John (Long Run Crew) | 330 |
| | Maggie's Mile (5:57) | 80 |
| | Doug Wood 5K (23:46) | 90 |
| | Great Cow Harbor 10K (44:07) | 74 |
| | Tough Cookie 8K XC (39:35) | 86 |
| | 6 Kieffer, Brian (Selden Hills) | 225 |

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| | Sayville Summerfest 4 Miler (31:23) | 86 |
| | Great Cow Harbor 10K (49:44) | 56 |
| | CHS Suffolk Half Marathon (1:51:02) | 83 |
| 7 | Baer, Jon (Selden Hills) | 204 |
| | Sayville Summerfest 4 Miler (47:31) | 83 |
| | Great Cow Harbor 10K (17:22) | 47 |
| | CHS Suffolk Half Marathon (2:52:05) | 74 |
| * | Molina, Rafa (Long Run Crew) | 200 |
| | CHS Suffolk Full Marathon (3:26:00) | 100 |
| | Tough Cookie 8K XC (37:07) | 100 |
| * | Ward, Christopher (Long Run Crew) | 190 |
| | Keith Nintzel 5K (19:04) | 100 |
| | Great Cow Harbor 10K (40:26) | 90 |
| * | Luna, David (Long Run Crew) | 190 |
| | Keith Nintzel 5K (20:05) | 90 |
| | Sayville Summerfest 4 Miler (24:29) | 100 |
| * | Duffy, Thomas (We Are Athletes) | 176 |
| | Keith Nintzel 5K (20:19) | 86 |
| | Sayville Summerfest 4 Miler (29:01) | 90 |
| * | Edwin, Derrick (Runner's Edge/LITC) | 176 |
| | Great Cow Harbor 10K (42:44) | 86 |
| | CHS Suffolk Full Marathon (3:31:21) | 90 |
| * | Dabrowski, Adam (Runner's Edge/LITC) | 166 |
| | Keith Nintzel 5K (21:51) | 80 |
| | CHS Suffolk Half Marathon (1:47:17) | 86 |
| * | Reitz, William (LIRRC) | 166 |
| | Northport Veterans Day 4K XC (21:10) | 86 |
| | Tough Cookie 8K XC (51:47) | 80 |
| * | Mulstay, Chris (Northport Runners Club) | 161 |
| | Maggie's Mile (7:20) | 71 |
| | Northport Veterans Day 4K XC (19:03) | 90 |
| * | Verbsky, Michael (Runner's Edge/LITC) | 130 |
| | Great Cow Harbor 10K (06:18) | 50 |
| | CHS Suffolk Half Marathon (2:25:49) | 80 |
| * | Michael Frisch, Jon (Selden Hills) | 100 |
| | CHS Suffolk Half Marathon (1:37:24) | 100 |
| * | Brown, Michael (NYPD) | 100 |
| | Great Cow Harbor 10K (40:05) | 100 |
| * | Israel, Eric (Runner's Edge/LITC) | 90 |
| | Maggie's Mile (5:43) | 90 |
| * | Aronsky, Vladimir (Runner's Edge/LITC) | 90 |
| | Kings Park 15K (1:03:20) | 90 |
| * | Northridge, David (Selden Hills) | 86 |
| | Shelter Island 10K (50:26) | 86 |
| * | Lorenz, Carl (GLIRC) | 86 |
| | Doug Wood 5K (23:52) | 86 |
| * | Mikowski, Matthew (NYPD) | 86 |

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| | CHS Suffolk Full Marathon (4:09:16) | 86 |
| * | Dornick, James (Selden Hills) | 83 |
| | Great Cow Harbor 10K (42:54) | 83 |
| * | Adelmann, Matthew (Selden Hills) | 83 |
| | Shelter Island 10K (58:09) | 83 |
| * | Tucker, Chris (Northport Runners Club) | 83 |
| | Tough Cookie 8K XC (42:43) | 83 |
| * | Mandello, Marc (Runner's Edge/LITC) | 83 |
| | Maggie's Mile (5:48) | 83 |
| * | Dalbey, Andrew (NYPD) | 80 |
| | Shelter Island 10K (08:43) | 80 |
| * | Coughlin, John (Northport Runners Club) | 80 |
| | Great Cow Harbor 10K (43:13) | 80 |
| * | Wiley, Ken (Selden Hills) | 77 |
| | Doug Wood 5K (31:16) | 77 |
| * | Vittore, Jason (Selden Hills) | 77 |
| | CHS Suffolk Half Marathon (2:45:14) | 77 |
| * | Onza, Benjamin (Selden Hills) | 74 |
| | Maggie's Mile (7:11) | 74 |
| * | Cullinan, Michael (NYPD) | 71 |
| | Great Cow Harbor 10K (45:03) | 71 |
| * | Adams, TJ (Northport Runners Club) | 62 |
| | Great Cow Harbor 10K (46:11) | 62 |
| * | O'Rourke, Sean (Super Runners) | 53 |
| | Great Cow Harbor 10K (56:44) | 53 |
| Men 45-49 | | |
| 1 | Minerva, Michael (Selden Hills) | 724 |
| | Kings Park 15K (1:13:10) | 80 |
| | Doug Wood 5K (24:42) | 86 |
| | Keith Nintzel 5K (22:43) | 100 |
| | Sayville Summerfest 4 Miler (28:51) | 100 |
| | Great Cow Harbor 10K (46:43) | 68 |
| | Great South Bay 5K (22:26) | 100 |
| | Hope Runs Here 5M (36:08) | 100 |
| | CHS Suffolk Half Marathon (1:44:19) | 90 |
| 2 | Rowley, Todd (GLIRC) | 566 |
| | Maggie's Mile (5:44) | 86 |
| | Kings Park 15K (1:02:36) | 90 |
| | Doug Wood 5K (20:54) | 100 |
| | Great Cow Harbor 10K (41:08) | 90 |
| | Northport Veterans Day 4K XC (15:17) | 100 |
| | Tough Cookie 8K XC (34:51) | 100 |
| 3 | Pickus, Robert (GLIRC) | 482 |
| | Maggie's Mile (6:30) | 83 |
| | Kings Park 15K (1:14:22) | 74 |
| | Doug Wood 5K (23:41) | 90 |

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| | Great Cow Harbor 10K (46:45) | 65 |
| | Great South Bay Half Marathon (1:42:26) | 90 |
| | CHS Suffolk Half Marathon (1:48:04) | 80 |
| 4 | Beavers, Ben (We Are Athletes) | 435 |
| | Kings Park 15K (1:26:00) | 68 |
| | Great Cow Harbor 10K (55:57) | 53 |
| | Great South Bay Half Marathon (2:11:15) | 83 |
| | CHS Suffolk Half Marathon (2:02:03) | 68 |
| | Northport Veterans Day 4K XC (23:12) | 86 |
| | Tough Cookie 8K XC (49:58) | 77 |
| 5 | Sacco, Chris (Selden Hills) | 359 |
| | Keith Nintzel 5K (28:15) | 83 |
| | Sayville Summerfest 4 Miler (35:26) | 90 |
| | Great Cow Harbor 10K (59:04) | 47 |
| | CHS Suffolk Half Marathon (2:12:43) | 65 |
| | Tough Cookie 8K XC (51:19) | 74 |
| 6 | Conroy, Matthew (GLIRC) | 255 |
| | Keith Nintzel 5K (25:32) | 86 |
| | Shelter Island 10K (55:46) | 86 |
| | Tough Cookie 8K XC (45:19) | 83 |
| 7 | Coll, Thomas (Massapequa Road Runners) | 248 |
| | Kings Park 15K (1:31:39) | 62 |
| | Shelter Island 10K (58:42) | 80 |
| | Great Cow Harbor 10K (01:06) | 44 |
| | CHS Suffolk Half Marathon (2:14:07) | 62 |
| 8 | Downes, Ray (Selden Hills) | 243 |
| | Kings Park 15K (1:07:28) | 86 |
| | Great Cow Harbor 10K (43:25) | 80 |
| | CHS Suffolk Half Marathon (1:51:35) | 77 |
| 9 | Huntington, Keith (Northport Runners Club) | 210 |
| | Maggie's Mile (7:00) | 80 |
| | Kings Park 15K (1:16:32) | 71 |
| | Great Cow Harbor 10K (48:11) | 59 |
| 10 | Carter, Robert (Selden Hills) | 192 |
| | Shelter Island 10K (56:33) | 83 |
| | Great Cow Harbor 10K (57:34) | 50 |
| | CHS Suffolk Half Marathon (2:20:30) | 59 |
| * | Carrington, Boyd (Runner's Edge/LITC) | 200 |
| | Shelter Island 10K (35:50) | 100 |
| | Great Cow Harbor 10K (33:36) | 100 |
| * | Cameron, Bobby (Selden Hills) | 190 |
| | Kings Park 15K (58:48) | 100 |
| | Shelter Island 10K (37:16) | 90 |
| * | Toto, Steve (GLIRC) | 174 |
| | Great Cow Harbor 10K (45:45) | 74 |
| | CHS Suffolk Half Marathon (1:38:43) | 100 |
| * | Hernandez, Jose (NYPD) | 169 |

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| | Kings Park 15K (1:09:19) | 83 |
| | CHS Suffolk Half Marathon (1:45:48) | 86 |
| * | Brown, Joel (Northport Runners Club) | 160 |
| | Kings Park 15K (1:13:33) | 77 |
| | Great Cow Harbor 10K (43:19) | 83 |
| * | Souto, Mike (Selden Hills) | 155 |
| | Kings Park 15K (1:26:43) | 65 |
| | Keith Nintzel 5K (24:30) | 90 |
| * | Baker, Christopher (NYPD) | 100 |
| | Maggie's Mile (5:31) | 100 |
| * | Ferrity, Edward (NYPD) | 100 |
| | CHS Suffolk Full Marathon (4:27:40) | 100 |
| * | Crowley, Brian (Runner's Edge/LITC) | 100 |
| | Great South Bay Half Marathon (1:27:02) | 100 |
| * | Korn, Micah (Selden Hills) | 90 |
| | Northport Veterans Day 4K XC (17:50) | 90 |
| * | Eyser, Oleg (Selden Hills) | 90 |
| | Tough Cookie 8K XC (38:21) | 90 |
| * | Murphy, Tim (Super Runners) | 90 |
| | Maggie's Mile (5:31) | 90 |
| * | Pereira, Tommy (GLIRC) | 86 |
| | Great Cow Harbor 10K (43:06) | 86 |
| * | Juchem, Steve (LIRRC) | 86 |
| | Great South Bay Half Marathon (1:57:16) | 86 |
| * | Kaplan, Ira (LIRRC) | 86 |
| | Tough Cookie 8K XC (44:15) | 86 |
| * | Cerullo, Norman (Selden Hills) | 83 |
| | CHS Suffolk Half Marathon (1:45:51) | 83 |
| * | Sekula, Ed (Long Run Crew) | 83 |
| | Doug Wood 5K (28:14) | 83 |
| * | Dillingham, Larry (Selden Hills) | 80 |
| | Keith Nintzel 5K (37:04) | 80 |
| * | Van Zandt, Peter (Selden Hills) | 80 |
| | Tough Cookie 8K XC (49:24) | 80 |
| * | Berman, Brandon (Selden Hills) | 77 |
| | Great Cow Harbor 10K (44:31) | 77 |
| * | Griffin, Matthew (NYPD) | 77 |
| | Shelter Island 10K (20:41) | 77 |
| * | Olson, Ken (LIRRC) | 74 |
| | CHS Suffolk Half Marathon (1:57:16) | 74 |
| * | Knadle, Chris (We Are Athletes) | 71 |
| | Tough Cookie 8K XC (1:02:53) | 71 |
| * | Bereton, Billy (Northport Runners Club) | 71 |
| | Great Cow Harbor 10K (46:26) | 71 |
| * | Migliano, Michael (Runner's Edge/LITC) | 71 |
| | CHS Suffolk Half Marathon (1:58:05) | 71 |
| * | Costello, Jim (Northport Runners Club) | 62 |

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| | Great Cow Harbor 10K (47:51) | 62 |
| | * Nickerson, Steven (We Are Athletes) | 56 |
| | Great Cow Harbor 10K (49:24) | 56 |
| | * Buttitta, Mike (Selden Hills) | 41 |
| | Great Cow Harbor 10K (06:11) | 41 |
| Men 50-54 | | |
| 1 | Graygor, Rob (Selden Hills) | 652 |
| | Kings Park 15K (1:12:50) | 83 |
| | Keith Nintzel 5K (22:01) | 100 |
| | Sayville Summerfest 4 Miler (28:25) | 100 |
| | Great South Bay Half Marathon (1:41:49) | 100 |
| | Hope Runs Here 5M (34:32) | 100 |
| | CHS Suffolk Half Marathon (1:44:01) | 83 |
| | Tough Cookie 8K XC (42:35) | 86 |
| 2 | Schreiber, Christopher (Selden Hills) | 647 |
| | Maggie's Mile (7:28) | 71 |
| | Kings Park 15K (1:17:20) | 71 |
| | Doug Wood 5K (26:30) | 83 |
| | Keith Nintzel 5K (27:10) | 80 |
| | Sayville Summerfest 4 Miler (31:38) | 90 |
| | Great South Bay Half Marathon (1:55:33) | 86 |
| | Hope Runs Here 5M (40:12) | 86 |
| | Tough Cookie 8K XC (44:27) | 80 |
| 3 | Buckley, Stephen (Selden Hills) | 592 |
| | Kings Park 15K (1:19:45) | 68 |
| | Keith Nintzel 5K (22:37) | 90 |
| | Shelter Island 10K (01:46) | 74 |
| | Great Cow Harbor 10K (47:40) | 80 |
| | Hope Runs Here 5M (36:56) | 90 |
| | CHS Suffolk Half Marathon (1:41:15) | 90 |
| | Tough Cookie 8K XC (41:21) | 100 |
| 4 | Walden, Ben (Northport Runners Club) | 489 |
| | Doug Wood 5K (27:22) | 80 |
| | Sayville Summerfest 4 Miler (32:57) | 86 |
| | Great Cow Harbor 10K (53:07) | 56 |
| | Great South Bay 5K (24:41) | 100 |
| | Northport Veterans Day 4K XC (19:00) | 90 |
| | Tough Cookie 8K XC (47:04) | 77 |
| 5 | Boone, Kevin (Northport Runners Club) | 366 |
| | Kings Park 15K (1:06:24) | 90 |
| | Doug Wood 5K (22:23) | 100 |
| | Great Cow Harbor 10K (43:19) | 86 |
| | Great South Bay Half Marathon (1:55:16) | 90 |
| 6 | Kirshner, Jay (Northport Runners Club) | 353 |
| | Great Cow Harbor 10K (06:08) | 32 |
| | Great South Bay 5K (29:52) | 90 |

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| | Hope Runs Here 5M (50:58) | 83 |
| | Northport Veterans Day 4K XC (30:43) | 83 |
| | Tough Cookie 8K XC (1:01:13) | 65 |
| 7 | Carver, Eric (Selden Hills) | 324 |
| | Kings Park 15K (1:20:14) | 65 |
| | Great Cow Harbor 10K (47:23) | 83 |
| | CHS Suffolk Half Marathon (1:42:21) | 86 |
| | Tough Cookie 8K XC (42:05) | 90 |
| 8 | Scheurman, Karl (Northport Runners Club) | 311 |
| | Maggie's Mile (6:49) | 80 |
| | Kings Park 15K (1:16:12) | 74 |
| | Great Cow Harbor 10K (49:10) | 71 |
| | CHS Suffolk Full Marathon (4:13:21) | 86 |
| 9 | Guilfoyle, Keith (GLIRC) | 300 |
| | Kings Park 15K (57:24) | 100 |
| | Great Cow Harbor 10K (37:22) | 100 |
| | Northport Veterans Day 4K XC (13:49) | 100 |
| 10 | Arloff, Kevin (Northport Runners Club) | 281 |
| | Maggie's Mile (6:52) | 77 |
| | Kings Park 15K (1:23:08) | 62 |
| | Shelter Island 10K (52:59) | 77 |
| | Great Cow Harbor 10K (49:46) | 65 |
| 11 | Juettner, John (Northport Runners Club) | 251 |
| | Sayville Summerfest 4 Miler (50:50) | 74 |
| | Great Cow Harbor 10K (16:20) | 29 |
| | Northport Veterans Day 4K XC (26:12) | 86 |
| | Tough Cookie 8K XC (1:05:43) | 62 |
| 12 | Bendix, Matthew (Northport Runners Club) | 213 |
| | Keith Nintzel 5K (25:42) | 83 |
| | Sayville Summerfest 4 Miler (36:10) | 83 |
| | Great Cow Harbor 10K (55:37) | 47 |
| 13 | Hardie, Rob (Northport Runners Club) | 210 |
| | Maggie's Mile (7:11) | 74 |
| | Doug Wood 5K (25:26) | 86 |
| | Great Cow Harbor 10K (55:03) | 50 |
| 14 | Belz, Roger (Selden Hills) | 204 |
| | Kings Park 15K (1:36:23) | 53 |
| | Shelter Island 10K (03:10) | 71 |
| | Sayville Summerfest 4 Miler (40:40) | 80 |
| 15 | Friedberg, Neil (Selden Hills) | 177 |
| | Kings Park 15K (1:26:18) | 59 |
| | Great Cow Harbor 10K (59:54) | 35 |
| | CHS Suffolk Full Marathon (4:37:16) | 83 |
| * | Fernandez, Mike (GLIRC) | 186 |
| | Kings Park 15K (1:09:10) | 86 |
| | CHS Suffolk Full Marathon (3:30:06) | 100 |
| * | Cohen, Jason (Selden Hills) | 173 |

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| | Maggie's Mile (6:12) | 83 |
| | Great Cow Harbor 10K (39:16) | 90 |
| * | Englehart, Paul (GLIRC) | 173 |
| | Doug Wood 5K (24:09) | 90 |
| | Shelter Island 10K (48:06) | 83 |
| * | Pinkosh, Jeff (Selden Hills) | 170 |
| | Shelter Island 10K (46:20) | 90 |
| | CHS Suffolk Half Marathon (1:50:36) | 80 |
| * | Savino, Joseph (NYPD) | 160 |
| | Great South Bay Half Marathon (2:00:57) | 83 |
| | CHS Suffolk Half Marathon (1:58:40) | 77 |
| * | Meindl, George (NYPD) | 154 |
| | Keith Nintzel 5K (41:16) | 77 |
| | Sayville Summerfest 4 Miler (49:17) | 77 |
| * | Benlein, Frederick (We Are Athletes) | 145 |
| | Maggie's Mile (17:02) | 65 |
| | Northport Veterans Day 4K XC (44:45) | 80 |
| * | Oehrlein, William (Northport Runners Club) | 145 |
| | Maggie's Mile (5:59) | 86 |
| | Great Cow Harbor 10K (52:45) | 59 |
| * | McDonagh, Dan (Northport Runners Club) | 145 |
| | Great Cow Harbor 10K (51:44) | 62 |
| | Tough Cookie 8K XC (43:42) | 83 |
| * | Floegel, John (Northport Runners Club) | 145 |
| | Doug Wood 5K (32:12) | 74 |
| | Tough Cookie 8K XC (55:58) | 71 |
| * | Egher, Dan (Massapequa Road Runners) | 133 |
| | Kings Park 15K (1:32:26) | 56 |
| | Great Cow Harbor 10K (48:28) | 77 |
| * | Broderick, Mike (LIRRC) | 121 |
| | Great Cow Harbor 10K (54:26) | 53 |
| | Tough Cookie 8K XC (57:49) | 68 |
| * | Anderson, Michael (NYPD) | 100 |
| | Shelter Island 10K (39:08) | 100 |
| * | Gutierrez, Jose (We Are Athletes) | 100 |
| | CHS Suffolk Half Marathon (1:34:42) | 100 |
| * | O'Hara, Gerry (Super Runners) | 100 |
| | Maggie's Mile (5:11) | 100 |
| * | Brady, Mike (Northport Runners Club) | 90 |
| | Maggie's Mile (5:48) | 90 |
| * | Pajonas, Victor (LIRRC) | 90 |
| | CHS Suffolk Full Marathon (3:41:53) | 90 |
| * | Fiume, Christopher (We Are Athletes) | 86 |
| | Keith Nintzel 5K (25:01) | 86 |
| * | Gilbert, Scott (Northport Runners Club) | 86 |
| | Shelter Island 10K (47:14) | 86 |
| * | Murray, James (GLIRC) | 80 |

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| | Shelter Island 10K (49:50) | 80 |
| * | Ford, Kevin (Northport Runners Club) | 80 |
| | Kings Park 15K (1:14:03) | 80 |
| * | McQuade, Patrick (NYPD) | 77 |
| | Kings Park 15K (1:14:33) | 77 |
| * | Schmidt, Steve (Northport Runners Club) | 77 |
| | Doug Wood 5K (28:22) | 77 |
| * | Cosentino, Rob (Selden Hills) | 74 |
| | CHS Suffolk Half Marathon (2:14:42) | 74 |
| * | Feder, Mitch (Northport Runners Club) | 74 |
| | Tough Cookie 8K XC (51:08) | 74 |
| * | Boshnack, Christopher (Northport Runners Club) | 74 |
| | Great Cow Harbor 10K (48:56) | 74 |
| * | Katwala, Sunil (Northport Runners Club) | 68 |
| | Great Cow Harbor 10K (49:30) | 68 |
| * | Maldonado, Mark (Northport Runners Club) | 68 |
| | Maggie's Mile (8:08) | 68 |
| * | Brotter, Amos (Selden Hills) | 44 |
| | Great Cow Harbor 10K (56:36) | 44 |
| * | Darienzo, George (NCPD Running Club) | 41 |
| | Great Cow Harbor 10K (58:11) | 41 |
| * | Vanchieri, Michael (NYPD) | 38 |
| | Great Cow Harbor 10K (58:15) | 38 |
| Men 55-59 | | |
| 1 | Baisch, Alan (GLIRC) | 790 |
| | Maggie's Mile (5:50) | 90 |
| | Kings Park 15K (1:05:30) | 100 |
| | Doug Wood 5K (22:30) | 100 |
| | Shelter Island 10K (41:52) | 100 |
| | Sayville Summerfest 4 Miler (26:19) | 100 |
| | Great Cow Harbor 10K (40:43) | 100 |
| | Hope Runs Here 5M (32:28) | 100 |
| | Tough Cookie 8K XC (38:31) | 100 |
| 2 | Tiburzi, Raymond (Northport Runners Club) | 592 |
| | Maggie's Mile (6:28) | 83 |
| | Kings Park 15K (1:11:41) | 86 |
| | Doug Wood 5K (23:50) | 90 |
| | Shelter Island 10K (47:56) | 86 |
| | Great Cow Harbor 10K (45:53) | 71 |
| | Northport Veterans Day 4K XC (17:35) | 90 |
| | Tough Cookie 8K XC (41:50) | 86 |
| 3 | DeSpagna, John (Northport Runners Club) | 574 |
| | Maggie's Mile (6:46) | 71 |
| | Kings Park 15K (1:31:48) | 47 |
| | Doug Wood 5K (26:43) | 77 |
| | Keith Nintzel 5K (24:57) | 74 |

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| | Sayville Summerfest 4 Miler (39:58) | 80 |
| | Great Cow Harbor 10K (00:12) | 41 |
| | Hope Runs Here 5M (40:27) | 80 |
| | Northport Veterans Day 4K XC (18:42) | 77 |
| | Tough Cookie 8K XC (47:30) | 68 |
| 4 | Fallon, Brian (Northport Runners Club) | 432 |
| | Kings Park 15K (1:20:54) | 59 |
| | Shelter Island 10K (52:18) | 80 |
| | Great Cow Harbor 10K (48:19) | 59 |
| | Great South Bay Half Marathon (1:54:10) | 86 |
| | Northport Veterans Day 4K XC (18:48) | 74 |
| | Tough Cookie 8K XC (46:49) | 74 |
| 5 | Bonanni, Paul (GLIRC) | 420 |
| | Kings Park 15K (1:16:05) | 71 |
| | Keith Nintzel 5K (22:32) | 80 |
| | Sayville Summerfest 4 Miler (29:48) | 86 |
| | Great South Bay 5K (23:24) | 100 |
| | Hope Runs Here 5M (38:56) | 83 |
| 6 | Secor, Rick (GLIRC) | 377 |
| | Keith Nintzel 5K (23:04) | 77 |
| | Sayville Summerfest 4 Miler (30:37) | 83 |
| | Great Cow Harbor 10K (48:21) | 56 |
| | Hope Runs Here 5M (37:39) | 90 |
| | Tough Cookie 8K XC (47:10) | 71 |
| 7 | Hunter, Michael (LIRRC) | 366 |
| | Kings Park 15K (1:11:29) | 90 |
| | Doug Wood 5K (23:50) | 86 |
| | Great South Bay Half Marathon (1:34:33) | 100 |
| | CHS Suffolk Half Marathon (1:35:45) | 90 |
| 8 | Mazza, Bill (GLIRC) | 335 |
| | Kings Park 15K (1:13:44) | 83 |
| | Doug Wood 5K (24:02) | 83 |
| | Hope Runs Here 5M (38:25) | 86 |
| | Northport Veterans Day 4K XC (17:54) | 83 |
| 9 | Mozer, Chris (GLIRC) | 246 |
| | Great Cow Harbor 10K (45:10) | 83 |
| | CHS Suffolk Half Marathon (1:40:41) | 86 |
| | Tough Cookie 8K XC (46:03) | 77 |
| 10 | Tatarian, Thomas (Selden Hills) | 241 |
| | Maggie's Mile (6:52) | 68 |
| | Shelter Island 10K (49:16) | 83 |
| | Great South Bay Half Marathon (1:50:31) | 90 |
| 11 | McCormick, Terry (GLIRC) | 234 |
| | Maggie's Mile (6:32) | 80 |
| | Kings Park 15K (1:15:31) | 74 |
| | CHS Suffolk Half Marathon (1:42:57) | 80 |
| 12 | Quinn, Patrick (We Are Athletes) | 233 |

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| | Maggie's Mile (8:59) | 56 |
| | Kings Park 15K (1:42:15) | 38 |
| | CHS Suffolk Half Marathon (2:27:07) | 71 |
| | Northport Veterans Day 4K XC (24:29) | 68 |
| 13 | Mendelsohn, Chris (Northport Runners Club) | 231 |
| | Maggie's Mile (6:15) | 86 |
| | Doug Wood 5K (25:00) | 80 |
| | Great Cow Harbor 10K (47:38) | 65 |
| 13 | Herbert, William (Northport Runners Club) | 231 |
| | Maggie's Mile (6:34) | 77 |
| | Keith Nintzel 5K (22:17) | 86 |
| | Great Cow Harbor 10K (45:59) | 68 |
| 15 | Oakley, John (Selden Hills) | 224 |
| | Keith Nintzel 5K (21:30) | 90 |
| | Sayville Summerfest 4 Miler (27:42) | 90 |
| | Great Cow Harbor 10K (56:39) | 44 |
| 16 | Brennan, Scott (LIRRC) | 219 |
| | Kings Park 15K (1:15:08) | 77 |
| | Great Cow Harbor 10K (48:06) | 62 |
| | Northport Veterans Day 4K XC (18:12) | 80 |
| 17 | Niedfeld, William (We Are Athletes) | 201 |
| | Doug Wood 5K (32:40) | 65 |
| | Northport Veterans Day 4K XC (23:16) | 71 |
| | Tough Cookie 8K XC (54:03) | 65 |
| 17 | Neary, Brian (Northport Runners Club) | 201 |
| | Maggie's Mile (7:54) | 59 |
| | Doug Wood 5K (30:16) | 68 |
| | CHS Suffolk Half Marathon (2:14:04) | 74 |
| * | Drueckhammer, Dale (Northport Runners Club) | 200 |
| | Maggie's Mile (5:47) | 100 |
| | Keith Nintzel 5K (21:11) | 100 |
| * | Rauseo, Paul (NCPD Running Club) | 186 |
| | Great Cow Harbor 10K (43:44) | 86 |
| | Northport Veterans Day 4K XC (16:56) | 100 |
| * | Greene, John (Selden Hills) | 183 |
| | CHS Suffolk Full Marathon (4:47:15) | 100 |
| | Tough Cookie 8K XC (42:38) | 83 |
| * | Moley, Tim (Northport Runners Club) | 164 |
| | Shelter Island 10K (46:00) | 90 |
| | Great Cow Harbor 10K (45:48) | 74 |
| * | Petsky, Mike (GLIRC) | 163 |
| | CHS Suffolk Half Marathon (1:42:41) | 83 |
| | Tough Cookie 8K XC (43:06) | 80 |
| * | Bury, Richard (Massapequa Road Runners) | 157 |
| | Kings Park 15K (1:14:54) | 80 |
| | CHS Suffolk Half Marathon (1:46:49) | 77 |
| * | Rockitter, David (GLIRC) | 145 |

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| | Kings Park 15K (1:17:59) | 62 |
| | Keith Nintzel 5K (22:28) | 83 |
| * | Koenig, Bob (LIRRC) | 136 |
| | Keith Nintzel 5K (39:15) | 71 |
| | Northport Veterans Day 4K XC (31:47) | 65 |
| * | Murray, Thomas (Northport Runners Club) | 112 |
| | Maggie's Mile (7:26) | 62 |
| | Great Cow Harbor 10K (55:10) | 50 |
| * | Millon, Steven (We Are Athletes) | 109 |
| | Great Cow Harbor 10K (21:58) | 35 |
| | Hope Runs Here 5M (03:11) | 74 |
| * | Gowen, Dennis (Massapequa Road Runners) | 103 |
| | Kings Park 15K (1:21:57) | 56 |
| | Great Cow Harbor 10K (55:29) | 47 |
| * | Stauber, John (Massapequa Road Runners) | 103 |
| | Kings Park 15K (1:37:20) | 41 |
| | Tough Cookie 8K XC (57:11) | 62 |
| * | Ogden, Mark (Selden Hills) | 100 |
| | CHS Suffolk Half Marathon (1:30:20) | 100 |
| * | Walsh, Nick (Northport Runners Club) | 90 |
| | Tough Cookie 8K XC (39:45) | 90 |
| * | Sinisi, Rocco (NCPD Running Club) | 90 |
| | Great Cow Harbor 10K (41:37) | 90 |
| * | Casale, Michael (We Are Athletes) | 86 |
| | Northport Veterans Day 4K XC (17:37) | 86 |
| * | O'Shaunessy, Vincent (Selden Hills) | 83 |
| | Great South Bay Half Marathon (2:19:50) | 83 |
| * | Daly, Patrick (Massapequa Road Runners) | 80 |
| | Great Cow Harbor 10K (45:24) | 80 |
| * | Clifford, John (GLIRC) | 77 |
| | Great Cow Harbor 10K (45:26) | 77 |
| * | Chan, David (NYPD) | 77 |
| | Shelter Island 10K (08:42) | 77 |
| * | Amoroso, Larry (Northport Runners Club) | 77 |
| | Hope Runs Here 5M (49:57) | 77 |
| * | Homes, Chris (Northport Runners Club) | 74 |
| | Maggie's Mile (6:39) | 74 |
| * | Segura, Jamie (NHP - Mineola Runners Club) | 74 |
| | Doug Wood 5K (28:02) | 74 |
| * | Hansen, Fleming (Northport Runners Club) | 71 |
| | Doug Wood 5K (29:26) | 71 |
| * | Colleran, Tom (Selden Hills) | 68 |
| | CHS Suffolk Half Marathon (2:50:46) | 68 |
| * | White, Dennis (Northport Runners Club) | 68 |
| | Kings Park 15K (1:17:19) | 68 |
| * | Paray, Neeranjan (Selden Hills) | 65 |
| | Maggie's Mile (7:07) | 65 |

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| | * Bansal, Rajiv (Massapequa Road Runners) | 65 |
| | Kings Park 15K (1:17:34) | 65 |
| | * Gironda, Bill (NYPD) | 53 |
| | Kings Park 15K (1:22:22) | 53 |
| | * Trainor, Frank (Northport Runners Club) | 53 |
| | Great Cow Harbor 10K (51:36) | 53 |
| | * Savino, Robert (Runner's Edge/LITC) | 50 |
| | Kings Park 15K (1:24:40) | 50 |
| | * Ferrara, Neil (Massapequa Road Runners) | 44 |
| | Kings Park 15K (1:32:42) | 44 |
| | * Kerr, Timothy (NYPD) | 38 |
| | Great Cow Harbor 10K (05:17) | 38 |
| | * Panzella, Richard (Northport Runners Club) | 32 |
| | Great Cow Harbor 10K (22:53) | 32 |
| Men 60-64 | | |
| | 1 Robles, Mike (GLIRC) | 800 |
| | Maggie's Mile (5:51) | 100 |
| | Kings Park 15K (1:06:40) | 100 |
| | Doug Wood 5K (21:44) | 100 |
| | Keith Nintzel 5K (19:59) | 100 |
| | Sayville Summerfest 4 Miler (26:27) | 100 |
| | Great Cow Harbor 10K (42:18) | 86 |
| | Great South Bay 5K (20:30) | 100 |
| | Hope Runs Here 5M (33:31) | 100 |
| | CHS Suffolk Half Marathon (1:33:36) | 100 |
| | Northport Veterans Day 4K XC (18:55) | 100 |
| | Tough Cookie 8K XC (39:41) | 100 |
| | 2 Haughn, Robert (Northport Runners Club) | 699 |
| | Maggie's Mile (7:08) | 83 |
| | Doug Wood 5K (27:51) | 86 |
| | Keith Nintzel 5K (24:53) | 86 |
| | Shelter Island 10K (53:21) | 86 |
| | Sayville Summerfest 4 Miler (33:33) | 80 |
| | Great Cow Harbor 10K (50:53) | 65 |
| | Great South Bay Half Marathon (1:58:56) | 100 |
| | Hope Runs Here 5M (39:48) | 86 |
| | CHS Suffolk Half Marathon (1:53:25) | 86 |
| | Northport Veterans Day 4K XC (19:27) | 86 |
| | Tough Cookie 8K XC (44:54) | 77 |
| | 3 Seferian, Karnik (Northport Runners Club) | 696 |
| | Maggie's Mile (6:50) | 90 |
| | Kings Park 15K (1:11:57) | 86 |
| | Doug Wood 5K (24:23) | 90 |
| | Shelter Island 10K (48:12) | 90 |
| | Sayville Summerfest 4 Miler (29:27) | 90 |
| | Great Cow Harbor 10K (46:55) | 77 |

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| | Great South Bay 5K (22:58) | 90 |
| | Tough Cookie 8K XC (41:54) | 83 |
| 4 | LaFleur, Louis (Selden Hills) | 604 |
| | Maggie's Mile (7:16) | 77 |
| | Kings Park 15K (1:35:40) | 50 |
| | Doug Wood 5K (29:27) | 83 |
| | Keith Nintzel 5K (25:19) | 83 |
| | Shelter Island 10K (54:39) | 83 |
| | Great Cow Harbor 10K (58:17) | 38 |
| | Hope Runs Here 5M (43:13) | 80 |
| | Northport Veterans Day 4K XC (21:28) | 77 |
| | Tough Cookie 8K XC (50:51) | 71 |
| 5 | Guichard, William (Northport Runners Club) | 452 |
| | Maggie's Mile (26:32) | 56 |
| | Kings Park 15K (1:27:34) | 62 |
| | Shelter Island 10K (57:31) | 80 |
| | Great South Bay Half Marathon (2:12:47) | 86 |
| | CHS Suffolk Full Marathon (4:38:14) | 100 |
| | Tough Cookie 8K XC (52:51) | 68 |
| 6 | Neumann, Dean (Northport Runners Club) | 436 |
| | Kings Park 15K (1:32:31) | 56 |
| | Sayville Summerfest 4 Miler (35:47) | 77 |
| | Great Cow Harbor 10K (54:50) | 50 |
| | Great South Bay Half Marathon (2:01:38) | 90 |
| | Hope Runs Here 5M (41:38) | 83 |
| | Northport Veterans Day 4K XC (20:44) | 80 |
| 7 | Tipograph, Neil (Selden Hills) | 407 |
| | Maggie's Mile (7:09) | 80 |
| | Sayville Summerfest 4 Miler (30:53) | 86 |
| | Great Cow Harbor 10K (50:21) | 68 |
| | Hope Runs Here 5M (39:05) | 90 |
| | CHS Suffolk Half Marathon (1:53:29) | 83 |
| 8 | Oliveri, Michael (Selden Hills) | 404 |
| | Maggie's Mile (6:54) | 86 |
| | Kings Park 15K (1:19:25) | 74 |
| | Keith Nintzel 5K (22:54) | 90 |
| | Sayville Summerfest 4 Miler (31:39) | 83 |
| | Great Cow Harbor 10K (48:39) | 71 |
| 9 | Parker, Russ (Northport Runners Club) | 304 |
| | Maggie's Mile (10:24) | 62 |
| | Doug Wood 5K (35:47) | 80 |
| | Great Cow Harbor 10K (11:03) | 17 |
| | Hope Runs Here 5M (51:23) | 74 |
| | Northport Veterans Day 4K XC (24:08) | 71 |
| 10 | LoGiudice, Dominick (Selden Hills) | 260 |
| | Maggie's Mile (7:50) | 68 |
| | Great Cow Harbor 10K (57:44) | 41 |

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| | Hope Runs Here 5M (44:18) | 77 |
| | Northport Veterans Day 4K XC (21:43) | 74 |
| 11 | Vlachos, Anthony (Northport Runners Club) | 248 |
| | Kings Park 15K (1:34:10) | 53 |
| | Shelter Island 10K (59:47) | 77 |
| | Great Cow Harbor 10K (55:59) | 44 |
| | Tough Cookie 8K XC (50:18) | 74 |
| 12 | Kanzenberg, Joe (Northport Runners Club) | 213 |
| | Maggie's Mile (7:43) | 71 |
| | Great Cow Harbor 10K (51:30) | 59 |
| | Northport Veterans Day 4K XC (19:58) | 83 |
| 13 | Guinnessy, John (Northport Runners Club) | 204 |
| | Shelter Island 10K (04:21) | 71 |
| | Sayville Summerfest 4 Miler (44:35) | 71 |
| | Tough Cookie 8K XC (59:33) | 62 |
| 14 | DiGiovanni, David (Runner's Edge/LITC) | 201 |
| | Kings Park 15K (1:26:55) | 65 |
| | Great Cow Harbor 10K (51:39) | 56 |
| | CHS Suffolk Half Marathon (1:55:51) | 80 |
| 15 | Del-Cid, Vincent (Northport Runners Club) | 200 |
| | Maggie's Mile (9:28) | 65 |
| | Kings Park 15K (1:47:51) | 47 |
| | Doug Wood 5K (37:56) | 77 |
| | Great Cow Harbor 10K (12:10) | 11 |
| * | Brancato, Gareth (NHP - Mineola Runners Club) | 190 |
| | Shelter Island 10K (43:41) | 100 |
| | CHS Suffolk Half Marathon (1:39:20) | 90 |
| * | Pepe, Paul (Northport Runners Club) | 173 |
| | Kings Park 15K (1:09:01) | 90 |
| | Great Cow Harbor 10K (42:31) | 83 |
| * | Wallach, Jon (GLIRC) | 166 |
| | Great Cow Harbor 10K (45:12) | 80 |
| | Tough Cookie 8K XC (41:44) | 86 |
| * | Bond, Don (Super Runners) | 164 |
| | Maggie's Mile (7:31) | 74 |
| | Northport Veterans Day 4K XC (19:06) | 90 |
| * | Abrams Jr, James (Northport Runners Club) | 157 |
| | Shelter Island 10K (02:01) | 74 |
| | Great South Bay Half Marathon (2:25:21) | 83 |
| * | Mondelli, William (Runner's Edge/LITC) | 154 |
| | Kings Park 15K (1:16:36) | 80 |
| | Great Cow Harbor 10K (47:45) | 74 |
| * | Elliott, Richard (Selden Hills) | 145 |
| | Kings Park 15K (1:23:43) | 68 |
| | CHS Suffolk Half Marathon (2:01:59) | 77 |
| * | Martinez, Frank (NYPD) | 133 |
| | Great Cow Harbor 10K (51:19) | 62 |

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| | CHS Suffolk Half Marathon (2:36:34) | 71 |
| * | Palacios, Jaime (We Are Athletes) | 100 |
| | Great Cow Harbor 10K (40:00) | 100 |
| * | Nora, John (LIRRC) | 100 |
| | Sayville Summerfest 4 Miler (38:21) | 74 |
| | Great Cow Harbor 10K (02:39) | 26 |
| * | Angerame, John (We Are Athletes) | 94 |
| | Great Cow Harbor 10K (05:19) | 20 |
| | CHS Suffolk Half Marathon (2:26:17) | 74 |
| * | Tunney, Kevin (North Country Road Runners) | 91 |
| | Kings Park 15K (1:28:42) | 59 |
| | Great Cow Harbor 10K (59:38) | 32 |
| * | Klein, Gary (GLIRC) | 90 |
| | Tough Cookie 8K XC (40:55) | 90 |
| * | De La Sota, Rich (Super Runners) | 90 |
| | Great Cow Harbor 10K (40:35) | 90 |
| * | Fleming, Bill (Northport Runners Club) | 83 |
| | Kings Park 15K (1:13:02) | 83 |
| * | Delissio, John (Massapequa Road Runners) | 82 |
| | Shelter Island 10K (14:57) | 68 |
| | Great Cow Harbor 10K (11:40) | 14 |
| * | Healy, Timothy (GLIRC) | 80 |
| | Tough Cookie 8K XC (43:45) | 80 |
| * | Lofmark, Bill (We Are Athletes) | 80 |
| | Keith Nintzel 5K (37:26) | 80 |
| * | Hotchkiss, Bruce (North Country Road Runners) | 77 |
| | Kings Park 15K (1:19:08) | 77 |
| * | Radtke, Grant (We Are Athletes) | 71 |
| | Kings Park 15K (1:23:16) | 71 |
| * | McDougall, James (GLIRC) | 68 |
| | Northport Veterans Day 4K XC (24:13) | 68 |
| * | Saldana, Steve (NYPD) | 68 |
| | CHS Suffolk Half Marathon (2:54:07) | 68 |
| * | Moran, Vincent (Selden Hills) | 65 |
| | Tough Cookie 8K XC (53:12) | 65 |
| * | Dowling, Dennis (LIRRC) | 65 |
| | Northport Veterans Day 4K XC (27:20) | 65 |
| * | Teubner, Richard (Northport Runners Club) | 59 |
| | Maggie's Mile (10:51) | 59 |
| * | Eicher, Mark (Runner's Edge/LITC) | 53 |
| | Great Cow Harbor 10K (54:22) | 53 |
| * | Robbins, Alan (Northport Runners Club) | 47 |
| | Great Cow Harbor 10K (55:41) | 47 |
| * | Frank, Michael (Northport Runners Club) | 35 |
| | Great Cow Harbor 10K (58:21) | 35 |
| * | Mahoney, James (GLIRC) | 29 |
| | Great Cow Harbor 10K (00:21) | 29 |

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| | * Barth, Chris (Northport Runners Club) | 23 |
| | Great Cow Harbor 10K (04:24) | 23 |
| | * OBrien, Stephen (NYPD) | 8 |
| | Great Cow Harbor 10K (16:37) | 8 |
| | * Sheridan, Bill (Northport Runners Club) | 5 |
| | Great Cow Harbor 10K (24:08) | 5 |
| | * Renner, John (Selden Hills) | 2 |
| | Great Cow Harbor 10K (26:57) | 2 |
| Men 65-69 | | |
| 1 | Garguilo, Anthony (Northport Runners Club) | 548 |
| | Maggie's Mile (8:28) | 86 |
| | Kings Park 15K (1:19:33) | 86 |
| | Keith Nintzel 5K (25:14) | 90 |
| | CHS Suffolk Half Marathon (1:54:48) | 100 |
| | Northport Veterans Day 4K XC (20:28) | 100 |
| | Tough Cookie 8K XC (47:48) | 86 |
| 2 | Ribuffo, Michael (Northport Runners Club) | 519 |
| | Maggie's Mile (8:51) | 80 |
| | Kings Park 15K (1:32:11) | 80 |
| | Shelter Island 10K (56:55) | 90 |
| | Great Cow Harbor 10K (57:44) | 86 |
| | Great South Bay Half Marathon (2:10:45) | 100 |
| | Tough Cookie 8K XC (54:07) | 83 |
| 3 | Brida, Joseph (Selden Hills) | 373 |
| | Kings Park 15K (1:20:25) | 83 |
| | Doug Wood 5K (26:55) | 90 |
| | Keith Nintzel 5K (23:48) | 100 |
| | Sayville Summerfest 4 Miler (30:44) | 100 |
| 4 | O'Donnell, Daniel (Northport Runners Club) | 339 |
| | Doug Wood 5K (34:45) | 86 |
| | Shelter Island 10K (04:21) | 86 |
| | Northport Veterans Day 4K XC (21:36) | 90 |
| | Tough Cookie 8K XC (59:36) | 77 |
| 5 | Williams, Bob (Selden Hills) | 335 |
| | Sayville Summerfest 4 Miler (48:02) | 90 |
| | Great Cow Harbor 10K (15:54) | 77 |
| | Hope Runs Here 5M (57:25) | 100 |
| | Tough Cookie 8K XC (1:04:35) | 68 |
| 6 | Dollock, Gordon (Northport Runners Club) | 302 |
| | Doug Wood 5K (50:04) | 83 |
| | Shelter Island 10K (38:03) | 83 |
| | Great Cow Harbor 10K (48:59) | 71 |
| | Tough Cookie 8K XC (1:27:38) | 65 |
| 7 | Martin, Peter (GLIRC) | 290 |
| | Great Cow Harbor 10K (52:25) | 100 |
| | Great South Bay 5K (25:03) | 100 |

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| | Tough Cookie 8K XC (45:27) | 90 |
| 7 | Zimmer, Eric (Northport Runners Club) | 290 |
| | Maggie's Mile (6:44) | 100 |
| | Kings Park 15K (1:12:09) | 90 |
| | Doug Wood 5K (26:06) | 100 |
| 9 | Golos, Ehud (We Are Athletes) | 237 |
| | Kings Park 15K (1:43:53) | 74 |
| | Great Cow Harbor 10K (03:05) | 83 |
| | Tough Cookie 8K XC (58:15) | 80 |
| * | DePlesi, Jim (Northport Runners Club) | 154 |
| | Maggie's Mile (8:58) | 77 |
| | Kings Park 15K (1:36:53) | 77 |
| * | Kuziw, John (Northport Runners Club) | 154 |
| | Maggie's Mile (8:49) | 83 |
| | Tough Cookie 8K XC (1:01:31) | 71 |
| * | Notarstefano, Frank (GLIRC) | 100 |
| | Tough Cookie 8K XC (44:40) | 100 |
| * | Webber, Chris (Super Runners) | 100 |
| | Kings Park 15K (1:03:43) | 100 |
| * | Rosina, Sal (LIRRC) | 100 |
| | Shelter Island 10K (56:55) | 100 |
| * | O'Donnell, Ken (Northport Runners Club) | 90 |
| | Maggie's Mile (8:06) | 90 |
| * | Fairgrieve, Scott (NHP - Mineola Runners Club) | 90 |
| | Great Cow Harbor 10K (53:53) | 90 |
| * | Byrne, Kevin (NCPD Running Club) | 80 |
| | Great Cow Harbor 10K (10:16) | 80 |
| * | Avino, Carl (Northport Runners Club) | 74 |
| | Great Cow Harbor 10K (21:30) | 74 |
| * | Bressler, Eric (Runner's Edge/LITC) | 74 |
| | Tough Cookie 8K XC (1:00:38) | 74 |
| Men 70-74 | | |
| 1 | Morse, Glenn (GLIRC) | 760 |
| | Maggie's Mile (9:08) | 90 |
| | Kings Park 15K (1:37:43) | 100 |
| | Doug Wood 5K (34:27) | 100 |
| | Sayville Summerfest 4 Miler (40:34) | 90 |
| | Great Cow Harbor 10K (01:20) | 90 |
| | Great South Bay 5K (28:57) | 100 |
| | Hope Runs Here 5M (46:02) | 90 |
| | Tough Cookie 8K XC (51:42) | 100 |
| 2 | Rossi, Vic (GLIRC) | 266 |
| | Kings Park 15K (1:48:09) | 90 |
| | Great Cow Harbor 10K (03:00) | 86 |
| | CHS Suffolk Half Marathon (2:25:07) | 90 |
| * | Capone, Frank (North Country Road Runners) | 200 |

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| | Shelter Island 10K (53:12) | 100 |
| | Great Cow Harbor 10K (52:10) | 100 |
| | * Michel, Dennis (Selden Hills) | 190 |
| | Keith Nintzel 5K (24:59) | 90 |
| | Sayville Summerfest 4 Miler (33:53) | 100 |
| | * Lazzaro, Joseph (Selden Hills) | 100 |
| | Keith Nintzel 5K (24:26) | 100 |
| | * Momtahn, Shawn (GLIRC) | 100 |
| | Maggie's Mile (8:07) | 100 |
| | * Frisone, Dave (LIRRC) | 100 |
| | Northport Veterans Day 4K XC (21:22) | 100 |
| | * Miller, Johnny (LIRRC) | 100 |
| | CHS Suffolk Half Marathon (2:13:06) | 100 |
| | * Patterson, Robert (NCPD Running Club) | 100 |
| | Hope Runs Here 5M (45:20) | 100 |
| | * Jezewski, Michael (Selden Hills) | 90 |
| | Northport Veterans Day 4K XC (24:52) | 90 |
| | * Cragg, Howard (GLIRC) | 86 |
| | Northport Veterans Day 4K XC (25:32) | 86 |
| | * Hickey, Gabriel (We Are Athletes) | 86 |
| | Keith Nintzel 5K (29:05) | 86 |
| Men 75-79 | | |
| | 1 Aronowsky, Barry (Northport Runners Club) | 290 |
| | Maggie's Mile (15:55) | 90 |
| | Great Cow Harbor 10K (08:29) | 100 |
| | Northport Veterans Day 4K XC (49:30) | 100 |
| | * Robinson, Curt (We Are Athletes) | 200 |
| | Keith Nintzel 5K (56:53) | 100 |
| | Sayville Summerfest 4 Miler (1:10:14) | 100 |
| | * Muhrcke, Gary (Super Runners) | 100 |
| | Maggie's Mile (8:36) | 100 |
| Men 80-84 | | |
| | * Hanley, Jack (We Are Athletes) | 200 |
| | Keith Nintzel 5K (33:51) | 100 |
| | Sayville Summerfest 4 Miler (45:11) | 100 |
| | * Cordero, Joe (We Are Athletes) | 100 |
| | Northport Veterans Day 4K XC (29:18) | 100 |
| | * Morales, Carlos (We Are Athletes) | 100 |
| | Great Cow Harbor 10K (22:31) | 100 |