

Race Date
July 20, 2019

CF 4 Mile Waffle Run
Age Group Results

4 mile Run (competitive)

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Barbara Gubbins	Southampton NY	59	326	9	28:24.5	28:25/M
2	Alison Briggs	Commack NY	21	27	15	29:42.9	29:43/M
3	Mikaela Freeman	Centereach NY	20	92	17	30:04.7	30:05/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Asher Waller	Patchogue NY	16	274	1	25:13.8	25:14/M
2	David Luna	Patchogue NY	41	302	2	25:30.2	25:30/M
3	Laurens Seubert	Bellport NY	14	298	3	25:34.6	25:35/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ellissa Gravinese	Rocky Point NY	41	115	21	30:16.0	30:16/M
2	Wendy Sylvester	Great River NY	41	334	36	32:52.7	32:53/M
3	Erin Messina	Sayville NY	54	192	37	33:02.7	33:03/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Trent Hampton	Ronkonkoma NY	40	124	4	25:41.8	25:42/M
2	Matt Connors	Brightwaters NY	44	297	5	26:21.4	26:21/M
3	Thomas Mareno	Sayville NY	42	296	7	27:20.2	27:20/M

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CF 4 Mile Waffle Run
Age Group Results

4 mile Run (competitive)

Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Emerson Fritscher	Mattituck NY	7	93	87	38:36.6	38:37/M
2 *	Gavin Garibaldi	Putnam Valley NY	10	100	133	45:44.5	45:45/M
3 *	Tyler Ferrante	Sayville NY	7	85	169	54:20.5	54:21/M
4	Jack Kimpel	Sayville NY	9	309	187	58:00.7	58:01/M

Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Sarah Newman	Sayville NY	14	294	55	35:48.0	35:48/M
2 *	Sophia Garibaldi	Putnam Valley NY	11	103	144	48:01.9	48:02/M

Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jack DiMaggio	Smithtown NY	13	315	45	34:29.1	34:29/M
2 *	Evan Gottesman	Farmingville NY	14	114	50	35:04.0	35:04/M
3 *	James Lukas	Manorville NY	12	301	72	37:22.0	37:22/M
4	Drew Kimpel	Sayville NY	12	310	178	55:59.5	56:00/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jenna Newman	Sayville NY	17	140	23	30:27.7	30:28/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Lukas Walters	Sayville NY	15	275	14	29:39.8	29:40/M
2 *	Evan Rasco	Holtsville NY	19	305	22	30:26.0	30:26/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Amanda Sprague	Ronkonkoma NY	23	263	54	35:16.2	35:16/M
2 *	Karli Murphy	Holbrook NY	20	206	69	37:13.2	37:13/M

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CF 4 Mile Waffle Run
Age Group Results

4 mile Run (competitive)

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Kaitlyn Arnold	Bayport NY	29	4	62	36:41.4	36:41/M
2 *	Camm Pelitsch	Bohemia NY	28	220	68	37:07.0	37:07/M
3 *	Colleen Cunningham	Sayville NY	29	55	71	37:16.2	37:16/M
4	Alison Gentile	Holtsville NY	28	109	89	39:07.0	39:07/M
5	Danielle Bacile	Holbrook NY	28	9	125	44:31.5	44:32/M
6	Amanda Burke	Holtsville NY	25	31	132	45:38.7	45:39/M
7	Kristen Charpentier	East Providence RI	27	41	195	1:00:37.5	60:38/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Ryan Weisenbacher	Bellport NY	27	281	16	29:44.5	29:45/M
2 *	George Poulos	Islip Terrace NY	25	226	166	53:26.5	53:27/M
3 *	George Meindl	Sayville NY	27	190	207	1:09:27.8	69:28/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Kimberly Bruno	Holbrook NY	30	29	18	30:13.5	30:14/M
2 *	Jessica Wilkow	Sayville NY	34	286	39	33:08.2	33:08/M
3 *	Tara Dungate	Bayport NY	33	74	47	34:43.6	34:44/M
4	Kristen Sedacca	Smithtown NY	32	255	59	36:12.0	36:12/M
5	Allison MacChio	Bohemia NY	34	163	102	41:17.0	41:17/M
6	Corene Suhr	Northport NY	30	266	104	41:23.6	41:24/M
7	Alissa Hupfer	Farmingdale NY	34	135	107	41:43.0	41:43/M
8	Amanda White	Selden NY	34	284	122	44:09.3	44:09/M
9	Lindsay Quinlan	New York NY	34	333	135	45:54.1	45:54/M
10	Noelle Lewandowski	Bayport NY	33	155	154	50:05.3	50:05/M
11	Christine Neuberger	Bayport NY	30	208	155	50:06.0	50:06/M
12	Amanda Schmidt	Islip Terrace NY	30	252	183	57:04.2	57:04/M
13	Anna Burrowes	Medford NY	32	32	192	59:18.4	59:18/M
14	Anne Sachs	Lake Grove NY	31	249	197	1:00:45.8	60:46/M
15	Catherine Dennehy	Sayville NY	30	63	203	1:03:59.9	64:00/M
16	Krystyna Baumgartner	Holbrook NY	33	299	204	1:06:06.8	66:07/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Mark Chasanoff	Patchogue NY	30	42	6	27:13.6	27:14/M

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CF 4 Mile Waffle Run
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4 mile Run (competitive)

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2 *	Nick Party	North Babylon NY	32	323	43	33:54.8	33:55/M
3 *	Justin Bunton	East Islip NY	31	30	63	36:41.8	36:42/M
4	Thomas Allen	Chappaqua NY	32	1	65	36:52.7	36:53/M
5	Paul Louten	Sound Beach NY	32	329	79	37:49.7	37:50/M
6	John Davis	Mastic Beach NY	32	60	88	38:57.9	38:58/M
7	Michael Messina	Sayville NY	30	194	124	44:21.9	44:22/M
8	Bryan Quinn	New York NY	32	332	136	45:54.8	45:55/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Lauren Wellems	Blue Point NY	35	282	19	30:14.6	30:15/M
2 *	Sarah Thompsen	Sayville NY	38	268	27	31:14.2	31:14/M
3 *	Tracie Paszel	Sayville NY	37	219	34	32:35.4	32:35/M
4	Elena Fezza	West Islip NY	39	87	44	33:57.3	33:57/M
5	Melanie Sweeney	Patchogue NY	37	267	70	37:14.0	37:14/M
6	Catherine Nomikos	West Babylon NY	35	211	75	37:26.4	37:26/M
7	Jessica Lukas	Manorville NY	36	160	81	38:15.5	38:16/M
8	Barbara Maieli	Sayville NY	37	166	93	39:53.1	39:53/M
9	Erin Hansen	Sayville NY	36	126	95	40:10.2	40:10/M
10	Holly Iulucci	Blue Point NY	37	138	99	40:49.5	40:50/M
11	Gina Dragotta	Sayville NY	37	72	114	42:33.0	42:33/M
12	April Bodre	Sayville NY	38	23	127	44:54.6	44:55/M
13	Carolyn Richardson	Greenlawn NY	39	236	128	45:05.5	45:06/M
14	Julianne Janas	West Babylon NY	37	143	131	45:17.2	45:17/M
15	Leighann Degroot	Holbrook NY	36	61	145	48:11.8	48:12/M
16	Jennifer Meittinis	Sayville NY	39	191	149	48:49.6	48:50/M
17	Melody Pagotto	Patchogue NY	38	316	157	50:20.0	50:20/M
18	Esmeralda Braganca	Sayville NY	35	26	162	51:54.5	51:55/M
19	Allison Ferrante	Sayville NY	36	84	170	54:50.6	54:51/M
20	Vanessa Newman	Smithtown NY	37	210	172	55:02.0	55:02/M
21	Nora McElroy	Sayville NY	39	180	189	58:32.1	58:32/M
22	Amanda Strong	Patchogue NY	35	265	199	1:01:33.5	61:34/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Eric Garvin	W. Sayville NY	39	321	8	28:16.2	28:16/M
2 *	Ryan Fee	Sayville NY	39	78	10	28:26.6	28:27/M
3 *	Michael Silvering	Oakdale NY	36	259	12	28:41.7	28:42/M

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4 mile Run (competitive)

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
4	Mike Newman	Smithtown NY	38	209	38	33:05.1	33:05/M
5	Michael Bauer	Holtsville NY	36	14	53	35:13.9	35:14/M
6	Anthony Gentile	Holtsville NY	37	110	90	39:07.4	39:07/M
7	Mike Wisniewski	Wyndanch NY	38	322	120	43:59.6	44:00/M
8	Brian Barton	Patchogue NY	38	13	161	51:45.5	51:46/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Laura Pfaff	Sayville NY	40	221	80	37:58.3	37:58/M
2 *	Nicole Pignataro	Bayport NY	41	224	98	40:46.6	40:47/M
3 *	Szilvia Vass	Lindenhurst NY	42	272	100	40:51.9	40:52/M
4	Michelle Fritscher	Mattituck NY	43	94	112	42:06.8	42:07/M
5	Kristin McNamara	Smithtown NY	44	187	151	49:46.0	49:46/M
6	Jenn McMackin	Sayville NY	42	186	160	51:18.7	51:19/M
7	Jennifer Lakas	Shirley NY	42	304	163	52:25.8	52:26/M
8	Gina Garibaldi	Putnam Valley NY	43	101	180	56:35.8	56:36/M
9	Jessica Pignataro	Bayport NY	41	223	184	57:13.1	57:13/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Federico Campbell	Brightwaters NY	40	36	11	28:40.4	28:40/M
2 *	Chris Turk	Bayport NY	43	270	20	30:15.5	30:16/M
3 *	Thomas Duffy	West Sayville NY	41	73	25	30:33.0	30:33/M
4	Matt Wood	Miller Place NY	44	335	26	31:13.5	31:14/M
5	Daniel Hartmann	Bellport NY	41	127	28	31:39.8	31:40/M
6	Francois Kanne	Bayport NY	44	146	48	34:45.5	34:46/M
7	Mike Mitnick	Commack NY	40	198	74	37:24.6	37:25/M
8	Michael Nomikos	West Babylon NY	42	212	76	37:28.5	37:29/M
9	Andrew Lukas	Manorville NY	41	300	77	37:35.6	37:36/M
10	Richard Hoschler	Sayville NY	43	133	83	38:24.3	38:24/M
11	Scott Fritscher	Mattituck NY	42	95	86	38:36.3	38:36/M
12	Tommy Hoar	West Babylon NY	41	131	126	44:34.0	44:34/M
13	Peter Garibaldi	Putnam Valley NY	44	102	130	45:17.1	45:17/M
14	Andrew Dalbey	Lindenhurst NY	43	58	146	48:17.5	48:18/M
15	Todd Jones	Sayville NY	40	144	168	54:17.8	54:18/M
16	Michael McElroy	Commack NY	42	179	190	58:32.1	58:32/M
17	Sean McStocker	Medford NY	44	188	196	1:00:38.0	60:38/M

Race Date
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CF 4 Mile Waffle Run
Age Group Results

4 mile Run (competitive)

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Kerry Cleary	Smithtown NY	47	47	41	33:19.4	33:19/M
2 *	Emma Pilozo	Woodlawn NY	48	337	46	34:38.9	34:39/M
3 *	Michelle Cagnetto	Ronkonkoma NY	47	34	60	36:22.9	36:23/M
4	Kiersten Bartolotta	Sayville NY	49	12	64	36:50.1	36:50/M
5	Jae-Sook Park	East Setauket NY	45	217	97	40:42.6	40:43/M
6	Melissa Fels	Smithtown NY	46	82	111	42:03.2	42:03/M
7	Kim Wolf	Hauppauge NY	47	290	115	43:03.8	43:04/M
8	Christine Rooney	Bronxville NY	48	307	121	44:02.6	44:03/M
9	Marie Connolly	Washington DC	48	52	123	44:17.7	44:18/M
10	Elizabeth Dachel	Nesconset NY	48	57	138	46:07.7	46:08/M
11	Richelle Dalbey	Lindenhurst NY	48	59	147	48:17.6	48:18/M
12	Laura D'Esposito	Yaphank NY	45	56	152	49:49.2	49:49/M
13	Karen Hurlbert	Islip Terrace NY	47	136	164	53:19.6	53:20/M
14	Joanne Strauss	Sayville NY	45	264	167	53:52.4	53:52/M
15	Christine Weber	Sayville NY	48	278	177	55:58.8	55:59/M
16	Corina Anzelino	Sayville NY	46	2	179	56:35.6	56:36/M
17	Jennifer Licata-Gritz	Shirley NY	48	156	181	56:38.0	56:38/M
18	Jennifer Kimpel	Sayville NY	48	308	188	58:01.4	58:01/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Michael Minerva	Holbrook NY	47	197	29	32:12.4	32:12/M
2 *	Jeffrey Votteler	Manorville NY	47	273	31	32:20.6	32:21/M
3 *	David Claps	Oakdale NY	47	44	35	32:41.7	32:42/M
4	Demetri Ballas	Kings Park NY	46	311	91	39:15.2	39:15/M
5	Craig Fels	Smithtown NY	48	79	110	42:02.9	42:03/M
6	Sean Ramsaywak	Sayville NY	45	230	116	43:05.8	43:06/M
7	John Anzelino	Sayville NY	45	3	134	45:53.8	45:54/M
8	Kevin Carpenter	Sayville NY	48	39	159	51:13.2	51:13/M
9	Michael Kennedy	Brentwood NY	46	147	212	1:12:40.1	72:40/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Maura Turner	Huntington Station NY	50	271	51	35:11.5	35:12/M
2 *	Catherine Ferris	Central Islip NY	52	86	73	37:23.9	37:24/M
3 *	Renee Newman	Sayville NY	53	295	84	38:26.6	38:27/M
4	Cristy Fitzpatrick	New York NY	50	89	101	41:04.6	41:05/M
5	Karen Wontrobski-Ricciardi	Saint James NY	51	291	103	41:21.2	41:21/M

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CF 4 Mile Waffle Run
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4 mile Run (competitive)

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
6	Helen Farinella	Sayville NY	53	77	105	41:28.2	41:28/M
7	Kim McGreevey	Nesconset NY	50	182	142	46:43.2	46:43/M
8	Rebecca McDonald	Nesconset NY	50	178	156	50:14.6	50:15/M
9	Linda McGrellis	Bohemia NY	53	183	165	53:24.8	53:25/M
10	Harriet Sauer	Central Islip NY	54	250	175	55:34.0	55:34/M
11	Debra Kerr	Bellport NY	51	148	191	59:03.7	59:04/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Rob Graygor	Sayville NY	53	116	24	30:31.9	30:32/M
2 *	Bryan Mangam	Bohemia NY	53	169	30	32:18.7	32:19/M
3 *	Michael Cleary	Smithtown NY	53	48	40	33:19.4	33:19/M
4	John Ryan	Ronkonkoma NY	54	248	42	33:49.1	33:49/M
5	John F Caraccio	Patchogue NY	52	37	85	38:32.0	38:32/M
6	Tim Ayrovainen	Sayville NY	53	7	94	39:55.9	39:56/M
7	Joseph Golio	Sayville NY	51	112	113	42:19.7	42:20/M
8	Robert Marshall	Massapequa NY	50	172	118	43:38.4	43:38/M
9	Robert Rate	Selden NY	54	231	129	45:09.9	45:10/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Lisa Augustine	Brookhaven NY	55	312	56	35:56.2	35:56/M
2 *	Jean Rico	West Sayville NY	55	237	57	36:10.8	36:11/M
3 *	Lori Bocker	Blue Point NY	57	22	210	1:10:22.9	70:23/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	John Oakley	Lindenhurst NY	57	213	13	28:50.7	28:51/M
2 *	Pasquale Devitto	East Moriches NY	56	65	49	34:50.9	34:51/M
3 *	Milton Rico	West Sayville NY	57	238	58	36:11.7	36:12/M
4	Dale Malone	Holtsville NY	55	167	61	36:40.5	36:41/M
5	John Wiehe	New York NY	56	285	66	36:59.2	36:59/M
6	Paul D'Elisa	Manorville NY	56	325	92	39:29.9	39:30/M
7	Joseph Beck	Holbrook NY	57	15	96	40:14.9	40:15/M
8	Keith Boehm	Central Islip NY	59	24	109	42:01.7	42:02/M
9	Ralph Weyant	Ronkonkoma NY	59	336	137	46:02.4	46:02/M

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Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
10	Ken Carmel	Ronkonkoma NY	59	38	139	46:33.0	46:33/M
11	Neal Manfredi	Farmingville NY	58	168	140	46:33.4	46:33/M
12	Gary Nappo	Sayville NY	56	207	141	46:33.5	46:34/M
13	Bob Koenig	Levittown NY	56	150	171	54:52.5	54:53/M
14	George Meindl	Sayville NY	55	189	182	56:43.6	56:44/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Marianne Russ	Sayville NY	60	246	106	41:33.7	41:34/M
2 *	Clare Cunniffe	Bayport NY	60	54	200	1:01:52.5	61:53/M
3 *	Cathy Genova	West Islip NY	62	105	201	1:02:43.8	62:44/M
4	Joanne Martin	Blue Point NY	60	174	211	1:10:22.9	70:23/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Michael Oliveri	East Islip NY	64	214	33	32:22.5	32:23/M
2 *	Louis Lafleur	Holbrook NY	63	153	108	41:46.4	41:46/M
3 *	Charlie Eyester	Lake Grove NY	60	331	119	43:49.5	43:50/M
4	John Genova	West Islip NY	63	108	153	49:55.0	49:55/M
5	John Messina	Sayville NY	61	193	173	55:05.7	55:06/M
6	Tom Ratto	Sayville NY	64	232	185	57:14.0	57:14/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Gloria Withus	Brentwood NY	69	289	117	43:22.6	43:23/M
2 *	Patricia Carroll	West Islip NY	67	40	150	49:17.8	49:18/M
3 *	Rosemary Camilleri	Sayville NY	65	35	186	57:50.3	57:50/M

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Bob Williams	Smithtown NY	67	287	174	55:08.7	55:09/M
2 *	Nick Jacobellis	Melville NY	67	141	193	59:38.3	59:38/M
3 *	Joe D'Agostino	Holbrook NY	69	303	194	1:00:22.6	60:23/M

Race Date
July 20, 2019

CF 4 Mile Waffle Run
Age Group Results

4 mile Run (competitive)

Female 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Abby Gonzalez	Dix Hills NY	71	113	148	48:40.3	48:40/M
2 *	Irene Robinson	West Islip NY	73	241	158	50:52.0	50:52/M

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Roger Soulagnet	Lindenhurst NY	71	262	32	32:20.7	32:21/M
2 *	Joseph Lazzano	Ridge NY	73	154	52	35:13.3	35:13/M
3 *	Dave Hepding	Sayville NY	71	128	67	37:02.2	37:02/M
4	Shawn Momtahan	Bay Shore NY	70	199	78	37:45.0	37:45/M
5	Dennis Michel	Sayville NY	72	196	82	38:20.2	38:20/M
6	Richard Cahn	Brooklyn NY	71	324	205	1:07:58.1	67:58/M

Female 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Helma Clavin	Lake Ronkonkoma NY	76	46	143	47:12.2	47:12/M

Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jack Jacobs	Bradenton FL	79	142	198	1:01:14.1	61:14/M

Female 80 to 84

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Pat Delaney	Bay Shore NY	80	62	176	55:54.2	55:54/M

Male 80 to 84

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	James McGrath	Medford NY	82	181	202	1:03:33.6	63:34/M
2 *	Steven Fuchs	Stony Brook NY	82	96	206	1:08:43.6	68:44/M
3 *	Frank Martin	W. Bayshore NY	84	173	208	1:09:49.0	69:49/M

Race Date
July 20, 2019

CF 4 Mile Waffle Run
Age Group Results
4 mile Run (competitive)

Male 85 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jules Winkler	Medford NY	87	288	209	1:10:01.3	70:01/M