

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	25/521	1/211	480	Nicole Unger	28	F	Great Neck	NY		6:34	00:20:24.80

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	1/521	1/310	62	Boyd Carrington	43	M	Amityville	NY		5:20	00:16:36.53

### Female Overall Law Enforcement

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	63/521	8/211	18	Julie Aymar	45	F	Bronx	NY	L	7:11	00:22:21.88
2	68/521	10/211	465	Colleen Thompson	39	F	Saint James	NY	L	7:14	00:22:30.84
3	79/521	13/211	464	Dawn Testa	45	F	Bayport	NY	L	7:25	00:23:04.85

### Male Overall Law Enforcement

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	4/521	4/310	580	Matthew Scott	33	M	Carle Place	NY	L	5:43	00:17:48.58
2	7/521	7/310	360	Joshua Parsons	32	M	Lynbrook	NY	L	5:59	00:18:37.82
3	12/521	12/310	52	Michael Brown	39	M	Kings Park	NY	L	6:13	00:19:20.76

### Female Masters Law Enforcement

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	164/521	39/211	139	Dianna Faini	40	F	Commack	NY	L	8:25	00:26:11.41
2	188/521	49/211	104	Dionne Degourville	44	F	Hempstead	NY	L	8:40	00:26:57.51
3	208/521	55/211	182	Elizabeth Glidden	42	F	S Huntington	NY	L	9:00	00:27:58.84

### Male Masters Law Enforcement

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	15/521	15/310	345	John Oakley	54	M	Bayport	NY	L	6:16	00:19:30.16
2	16/521	16/310	21	Christopher Baker	45	M	Port Jeff Sta	NY	L	6:17	00:19:32.64
3	19/521	19/310	530	Thomas Connors	52	M	Unknown	NY	L	6:23	00:19:50.88

### Female Ages 01 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	32/521	2/211	319	Ashley Minns	13	F	Massapequa Pk	NY		6:42	00:20:49.91
2	59/521	7/211	564	Maya Spottiswood	13	F	Bellmore	NY		7:08	00:22:11.78
3	101/521	20/211	16	Diana Arevalo	12	F	Bay Shore	NY		7:39	00:23:47.41
4	196/521	52/211	423	Samantha Schnappauf	8	F	Wantagh	NY		8:47	00:27:19.46
5	315/521	97/211	498	Nadia Williams	11	F	Howard Beach	NY	L	10:07	00:31:28.57
6	426/521	155/211	86	Ashley Coons	12	F	Wantagh	NY		11:59	00:37:14.42
7	441/521	167/211	148	April Ferrandino	13	F	Islip Terrace	NY		12:23	00:38:31.17
8	485/521	193/211	539	Bari Gelfand	10	F	Old Bethpage	NY		13:56	00:43:20.43

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### Male Ages 01 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	28/521	27/310	108	Ivan Delgado	14	M	Central Islip	NY		6:37	00:20:33.66
2	41/521	37/310	241	Aidan Ke	10	M	Little Neck	NY		6:55	00:21:30.15
3	66/521	57/310	22	Dylan Baker	14	M	Port Jeff Sta	NY		7:14	00:22:28.91
4	121/521	94/310	595	Kevin Bawmann	9	M	Massapequa Park	NY		8:02	00:24:59.67
5	128/521	100/310	364	Anthony Perchinelli	14	M	Lido Beach	NY		8:08	00:25:18.81
6	161/521	125/310	365	Michael Perchinelli	12	M	Lido Beach	NY		8:23	00:26:03.92
7	183/521	137/310	240	Tyler Ke	10	M	Little Neck	NY		8:36	00:26:45.14
8	192/521	142/310	499	Aodhan Williams	12	M	Howard Beach	NY	L	8:43	00:27:07.46
9	193/521	143/310	378	Giovanni Ramirez	13	M	Syosset	NY		8:43	00:27:07.58
10	218/521	159/310	80	Ryan Coll	12	M	Massapequa Pk	NY	L	9:07	00:28:22.25
11	227/521	165/310	321	Matt Mizwa	13	M	Dix Hills	NY		9:12	00:28:36.26
12	264/521	185/310	282	Justin Marine	13	M	Oceanside	NY		9:32	00:29:38.92
13	266/521	187/310	237	Jason Kaplan	14	M	East Meadow	NY		9:33	00:29:42.64
14	292/521	206/310	284	Jared Marine	9	M	Oceanside	NY		9:52	00:30:40.85
15	306/521	214/310	602	John Sunivan	14	M	Westbury	NY		10:03	00:31:14.42
16	363/521	240/310	372	Jonathan Pinkney	14	M	Glen Oaks	NY		10:50	00:33:39.87
17	386/521	250/310	226	Aden Hutter	14	M	Lindenhurst	NY	L	11:12	00:34:48.12
18	415/521	264/310	13	Alexander Anastasiades	10	M	Belle Harbor	NY		11:47	00:36:38.29
19	432/521	273/310	547	John Mccaffrey	10	M	Seaford	NY		12:06	00:37:37.42
20	453/521	281/310	426	Eric Schultz	14	M	New Hyde Park	NY		12:48	00:39:48.51
21	457/521	284/310	137	Andrew Escorcia	13	M	Garden City	NY	L	12:53	00:40:02.92
22	507/521	301/310	606	Owen Lockhart	8	M	Westbury	NY		16:07	00:50:04.62

### Female Ages 15 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	190/521	50/211	415	Marcella Sapanara	17	F	Massapequa	NY		8:41	00:27:00.16
2	257/521	76/211	195	Maria Gutierrez	16	F	Glendale	NY		9:29	00:29:29.42
3	356/521	119/211	396	Morgan Rodriguez	18	F	Little Neck	NY		10:42	00:33:16.67
4	456/521	173/211	242	Dana Kennedy	19	F	Lindenhurst	NY		12:50	00:39:53.77
5	471/521	183/211	429	Kimberly Schwartz	18	F	Plainview	NY		13:33	00:42:07.95
6	474/521	185/211	439	Rose Smith	18	F	Patchogue	NY		13:38	00:42:23.96
7	477/521	187/211	566	Laura Romanoff	18	F	Patchogue	NY		13:41	00:42:32.93

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## Overall Division Results

### Male Ages 15 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	2/521	2/310	421	Jonathan Schloth	19	M	Lynbrook	NY		5:24	00:16:47.29
2	3/521	3/310	78	Ryan Clifford	19	M	Seaford	NY		5:40	00:17:38.98
3	5/521	5/310	131	Peter Dugan	17	M	Wantagh	NY		5:50	00:18:10.16
4	29/521	28/310	254	John Krzyminski	15	M	Seaford	NY		6:37	00:20:36.19
5	55/521	51/310	46	Devin Brancato	16	M	E Williston	NY		7:06	00:22:04.45
6	77/521	65/310	573	Matthew Franolich	15	M	East Meadow	NY		7:25	00:23:02.64
7	110/521	86/310	574	Mark Franolich	17	M	East Meadow	NY		7:50	00:24:21.15
8	112/521	87/310	150	Adam Fields	16	M	Franklin Sq	NY		7:51	00:24:24.66
9	132/521	104/310	96	Adam Czerwinski	15	M	Smithtown	NY		8:11	00:25:27.12
10	156/521	122/310	253	Mason Kraese	18	M	S Huntington	NY		8:21	00:25:56.83
11	160/521	124/310	603	Richard Sullivan	16	M	Westbury	NY		8:23	00:26:03.53
12	305/521	213/310	406	Nicholas Russo	17	M	Valley Stream	NY		10:02	00:31:10.86
13	357/521	238/310	371	Gregory Pinkney	17	M	Glen Oaks	NY	L	10:42	00:33:16.94
14	399/521	258/310	118	Nick Digaetano	15	M	Lindenhurst	NY		11:27	00:35:35.80
15	450/521	280/310	427	Benjamin Schwartz	15	M	Riverdale	NY		12:44	00:39:36.67

### Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	167/521	41/211	411	Lisa Sala	21	F	Massapequa Pk	NY		8:27	00:26:15.31
2	222/521	61/211	238	Chrisanne Karcich	24	F	E Northport	NY		9:10	00:28:28.89
3	229/521	63/211	219	Carly Howard	20	F	East Rockaway	NY		9:14	00:28:42.90
4	239/521	66/211	32	Elizabeth Blanchard	23	F	Farmingdale	NY		9:22	00:29:07.90
5	262/521	79/211	272	Jamie Maffeo	22	F	Brooklyn	NY	L	9:31	00:29:35.93
6	272/521	81/211	491	Olivia Waters	24	F	Oster Bay	NY		9:41	00:30:06.17
7	282/521	84/211	93	Kerin Cunningham	24	F	East Meadow	NY		9:44	00:30:15.53
8	312/521	95/211	373	Casey Pinner	21	F	Levittown	NY		10:05	00:31:19.82
9	439/521	165/211	271	Mara Lunas	22	F	East Norwich	NY		12:15	00:38:05.67
10	440/521	166/211	367	Pamela Perez	21	F	East Norwich	NY		12:15	00:38:05.92
11	446/521	170/211	608	Liezel Lopez	24	F	East Norwich	NY		12:33	00:39:00.18
12	478/521	188/211	74	Angela Chuisano	24	F	Levittown	NY		13:43	00:42:39.82
13	518/521	209/211	476	Kerry Tremblay	24	F	Huntington	NY		19:59	01:02:06.12

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### Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	14/521	14/310	273	Will Mahler	23	M	Oceanside	NY		6:14	00:19:24.12
2	20/521	20/310	315	Thomas Mihailin	20	M	E Northport	NY		6:25	00:19:57.91
3	31/521	30/310	500	Raymond Williams	24	M	Smithtown	NY		6:41	00:20:47.33
4	60/521	53/310	259	Paul Lagumina	22	M	Massapequa	NY		7:10	00:22:18.41
5	64/521	56/310	511	Ben Zilka	20	M	Long Beach	NY		7:12	00:22:24.32
6	67/521	58/310	73	Joseph Choinski	21	M	E Northport	NY		7:14	00:22:29.45
7	130/521	102/310	359	Ryan Paradine	20	M	Kings Park	NY		8:10	00:25:24.42
8	182/521	136/310	487	Redgianjohnson Victoria	23	M	East Norwich	NY		8:36	00:26:44.31
9	232/521	168/310	338	Ian Bryan Natividad	22	M	East Norwich	NY		9:17	00:28:51.42
10	246/521	176/310	48	Dan Brandon	24	M	Wantagh	NY		9:25	00:29:17.36
11	253/521	179/310	313	Austin Joseph Mendoza	23	M	East Norwich	NY		9:28	00:29:26.58
12	286/521	201/310	123	Timothy Divietri	22	M	Massapequa	NY		9:49	00:30:30.17
13	304/521	212/310	405	Salvatore Russo	20	M	Valley Stream	NY		10:01	00:31:09.17
14	308/521	216/310	358	Cory Paradine	24	M	Kings Park	NY		10:04	00:31:17.16
15	313/521	218/310	193	Joseph Gregorio	24	M	Bethpage	NY		10:06	00:31:22.87
16	445/521	276/310	275	Jorge Maldonado	24	M	Hicksville	NY		12:33	00:39:00.18
17	509/521	303/310	521	Matthew Gerson	21	M	East Meadow	NY		16:12	00:50:20.42

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	103/521	21/211	585	Melissa West	27	F	Massapequa	NY		7:40	00:23:51.32
2	106/521	23/211	36	Lisa Bonanni	29	F	Selden	NY		7:44	00:24:03.69
3	113/521	26/211	98	Jaclyn Dagnall	27	F	Great Neck	NY		7:51	00:24:26.42
4	138/521	29/211	38	Christine Borzumati	29	F	Nesconset	NY		8:13	00:25:32.36
5	153/521	33/211	209	Erin Hennessy	27	F	Bellerose	NY		8:19	00:25:51.92
6	162/521	37/211	506	Keri Wyllie	29	F	Centereach	NY		8:23	00:26:05.67
7	187/521	48/211	215	Marissa Hiruma	29	F	Huntingtn Sta	NY		8:39	00:26:54.43
8	201/521	53/211	346	Danielle O'boyle	26	F	Westbury	NY		8:54	00:27:39.92
9	211/521	57/211	262	Ashley Learned	27	F	Westbury	NY		9:01	00:28:02.67
10	255/521	75/211	386	Devin Reid	25	F	Woodbury	NY		9:28	00:29:27.17
11	278/521	82/211	383	Jacqueline Reed	28	F	N Massapequa	NY		9:43	00:30:12.17
12	349/521	114/211	138	Jazmin Espinal	28	F	Freeport	NY		10:36	00:32:57.84
13	378/521	132/211	445	Rachael Spellman	26	F	East Meadow	NY		11:03	00:34:20.11
14	383/521	136/211	397	Mary Rodriguez	28	F	Freeport	NY		11:09	00:34:40.92
15	410/521	148/211	231	Caitlin Johnson	28	F	Oakdale	NY		11:41	00:36:19.86
16	411/521	149/211	413	Glenda Sanchez	28	F	Douglaston	NY		11:43	00:36:24.42
17	458/521	174/211	597	Sara Guando	29	F	Ridge	NY		12:54	00:40:04.92
18	472/521	184/211	322	Shaneza Mohamed	29	F	Queens Vlg	NY		13:37	00:42:21.42
19	480/521	189/211	11	Diana Aghabekian	25	F	Levittown	NY		13:44	00:42:41.86
20	483/521	191/211	369	Christina Pietras	27	F	Westbury	NY		13:51	00:43:02.42
21	503/521	204/211	418	Kaitlin Scherer	27	F	E Northport	NY		15:26	00:47:57.43
22	505/521	206/211	447	Nicole Spiegel	27	F	E Northport	NY		15:28	00:48:04.68
23	521/521	211/211	379	Jennifer Randone	28	F	S Huntington	NY		20:17	01:03:02.69

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### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	13/521	13/310	520	Michael Blanda	27	M	Deer Park	NY	L	6:14	00:19:23.91
2	21/521	21/310	526	Thomas Kananowicz	28	M	W Hempstead	NY	L	6:27	00:20:03.90
3	90/521	75/310	349	Dakota Oher	26	M	Massapequa	NY		7:36	00:23:38.17
4	137/521	109/310	299	Christopher Mccune	25	M	Mineola	NY		8:13	00:25:32.16
5	149/521	117/310	203	Bryan Hart	27	M	Garden City	NY	L	8:18	00:25:48.70
6	150/521	118/310	303	William Mcevoy	28	M	Yaphank	NY	L	8:18	00:25:49.41
7	180/521	135/310	518	Bryan Garland	25	M	Merrick	NY	L	8:34	00:26:38.85
8	212/521	155/310	355	Andrew Panlall	28	M	S Richmond HI	NY		9:01	00:28:02.96
9	238/521	173/310	524	Steven Marino	26	M	Garden City	NY		9:21	00:29:04.42
10	243/521	175/310	598	Joseph Patino	26	M	Seaford	NY		9:24	00:29:13.39
11	519/521	310/310	477	Kevin Tremblay	28	M	Huntington	NY		19:59	01:02:06.69

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	98/521	18/211	505	Patricia Wygand	33	F	Merrick	NY		7:38	00:23:43.91
2	163/521	38/211	115	Crystal Desiano	31	F	Merrick	NY	L	8:25	00:26:10.42
3	178/521	45/211	363	Deanna Pennetta	33	F	Glen Cove	NY	L	8:34	00:26:37.42
4	248/521	72/211	245	Pamela Keyes	33	F	Levittown	NY		9:26	00:29:19.26
5	296/521	88/211	576	Karen Sica	31	F	Floral Park	NY	L	9:57	00:30:57.70
6	298/521	90/211	546	Erika Lagrassa	33	F	Franklin Sq	NY		9:58	00:30:59.75
7	367/521	125/211	94	Annmarie Custodio	34	F	Dix Hills	NY		10:52	00:33:45.99
8	377/521	131/211	443	Heather Softy	33	F	Bethpage	NY		11:02	00:34:18.48
9	406/521	145/211	55	Fabrizio Bustos	30	F	Oakdale	NY		11:37	00:36:08.42
10	412/521	150/211	105	Tracy Dehayes	33	F	Islip Terrace	NY		11:44	00:36:30.17
11	429/521	157/211	444	Laura Softy	31	F	Bethpage	NY		12:03	00:37:26.42
12	444/521	169/211	151	Lauren Fischer	34	F	Long Beach	NY	L	12:31	00:38:56.12
13	461/521	177/211	513	Colleen Zukowski	31	F	Holtsville	NY		13:07	00:40:47.38
14	465/521	180/211	453	Amanda Strong	32	F	E Patchogue	NY		13:21	00:41:29.92
15	468/521	181/211	568	Joan Drabczyk	34	F	Jericho	NY		13:29	00:41:56.59
16	476/521	186/211	297	Joanne Mccombs	30	F	Franklin Sq	NY		13:41	00:42:31.68
17	496/521	201/211	234	Theresa Juva-Brown	32	F	Oakland Gdns	NY		14:49	00:46:04.18

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1	24/521	24/310	135	Adam Ensalata	32	M	Brookhaven	NY	L	6:32	00:20:20.33
2	35/521	33/310	583	Matthew Janisch	34	M	Kings Park	NY	L	6:43	00:20:54.25
3	38/521	35/310	59	Miguel Cabrera	33	M	Great Neck	NY		6:52	00:21:22.24
4	44/521	40/310	314	Joe Meyer	31	M	Central Islip	NY		6:57	00:21:38.67
5	48/521	44/310	382	David Reed	31	M	N Massapequa	NY	L	7:02	00:21:51.87
6	71/521	60/310	112	Ryan Demeri	30	M	Massapequa Pk	NY		7:17	00:22:39.16
7	76/521	64/310	457	Chris Swann	32	M	Lake Grove	NY		7:22	00:22:55.79
8	81/521	68/310	72	Andrew Chin	30	M	Douglaston	NY	L	7:26	00:23:06.75
9	89/521	74/310	167	Eric Fuores	34	M	New York	NY		7:34	00:23:33.38
10	91/521	76/310	223	Gregory Hudson	31	M	Copiague	NY		7:36	00:23:38.37
11	168/521	127/310	330	Nicholas Moran	32	M	Bethpage	NY	L	8:27	00:26:16.71
12	170/521	129/310	582	Brett Markgraf	30	M	S Huntington	NY	L	8:30	00:26:25.17
13	224/521	162/310	286	Rob Martella	32	M	E Northport	NY		9:11	00:28:32.57
14	228/521	166/310	522	Robert Sutton	31	M	Oceanside	NY		9:14	00:28:42.42
15	233/521	169/310	589	Chris Campbell	34	M	Plainview	NY		9:17	00:28:52.67
16	254/521	180/310	157	Michael Fox	34	M	Deer Park	NY	L	9:28	00:29:27.17
17	274/521	193/310	394	Codey Robinson	30	M	East Norwich	NY		9:41	00:30:08.25
18	275/521	194/310	570	Michael Pascucci	32	M	Freeport	NY		9:42	00:30:09.26
19	300/521	209/310	187	William Gottfried	34	M	Bellport	NY	L	10:00	00:31:05.60
20	417/521	266/310	95	Mark Custodio	32	M	Dix Hills	NY		11:49	00:36:43.40
21	424/521	271/310	551	Steve Henson	33	M	Farmingdale	NY		11:54	00:36:59.85

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	57/521	6/211	189	Jen Granai	39	F	Levittown	NY		7:07	00:22:08.91
2	69/521	11/211	543	Jacqueline Sweet	35	F	Babylon	NY		7:14	00:22:30.84
3	94/521	17/211	113	Kelly Demeri	37	F	Massapequa Pk	NY		7:37	00:23:40.67
4	142/521	30/211	486	Suzann Vera	35	F	N Bellmore	NY		8:15	00:25:38.67
5	148/521	32/211	449	Kerri Stanganelli	35	F	Williston Pk	NY		8:16	00:25:42.60
6	159/521	36/211	235	Rachael Kandler	37	F	East Rockaway	NY		8:22	00:26:02.67
7	213/521	58/211	191	Kimberly Greenwald	37	F	Unknown	NY		9:04	00:28:13.11
8	242/521	68/211	58	Claudia Cabanas	38	F	Lindenhurst	NY		9:24	00:29:12.36
9	280/521	83/211	490	Pamela Waluk	35	F	Levittown	NY	L	9:43	00:30:14.31
10	311/521	94/211	438	Jennifer Smith	38	F	Saint James	NY	L	10:04	00:31:19.41
11	319/521	99/211	23	Melaine Balsdon	38	F	Howard Beach	NY	L	10:09	00:31:35.17
12	337/521	106/211	553	Nicole Fuchs	36	F	Brooklyn	NY		10:25	00:32:24.92
13	370/521	127/211	289	Monica Martinez	38	F	Brentwood	NY		10:56	00:33:59.79
14	381/521	135/211	85	Cindy Coons	38	F	Wantagh	NY		11:08	00:34:36.15
15	390/521	137/211	459	Monica Tamayo	36	F	Oyster Bay	NY		11:15	00:34:57.59
16	403/521	144/211	258	Valerie Laforest	37	F	W Hempstead	NY		11:33	00:35:53.87
17	422/521	153/211	368	Dina Perillo	38	F	Selden	NY	L	11:52	00:36:53.13
18	443/521	168/211	356	Amanda Pannenbacker	35	F	Ronkonkoma	NY		12:29	00:38:49.63
19	482/521	190/211	56	Arline Butts	38	F	Hicksville	NY	L	13:48	00:42:53.43
20	520/521	210/211	351	Janelle Olsen	36	F	Ronkonkoma	NY		20:17	01:03:02.54

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	8/521	8/310	155	Joe Flick	37	M	Farmingdale	NY		6:03	00:18:49.41
2	23/521	23/310	199	Victor Hambarsoumian	36	M	Lindenhurst	NY		6:29	00:20:11.16
3	46/521	42/310	129	David Drebsky	35	M	Plainview	NY		7:00	00:21:45.40
4	47/521	43/310	532	Shawn Grand	39	M	Oceanside	NY		7:01	00:21:49.65
5	80/521	67/310	469	Matthew Tito	37	M	East Setauket	NY		7:25	00:23:05.10
6	119/521	92/310	389	Daniel Reyes	35	M	Middle Island	NY	L	8:00	00:24:51.41
7	136/521	108/310	512	Christopher Zuccarello	39	M	West Sayville	NY	L	8:12	00:25:30.67
8	179/521	134/310	340	Chris Nelson	38	M	Hicksville	NY		8:34	00:26:38.43
9	185/521	138/310	376	Romain Ramdas	35	M	Mineola	NY	L	8:37	00:26:48.92
10	202/521	149/310	493	Kyle Wendel	35	M	Hicksville	NY		8:56	00:27:45.42
11	203/521	150/310	501	Mike Wisniewski	35	M	Dix Hills	NY		8:56	00:27:45.84
12	214/521	156/310	384	John Reed	39	M	Franklin Sq	NY		9:05	00:28:15.56
13	240/521	174/310	120	Eric Dippel	36	M	Levittown	NY	L	9:23	00:29:09.51
14	258/521	182/310	160	Eric Frank	37	M	Coram	NY		9:29	00:29:29.92
15	317/521	219/310	180	Paul Ginocchio	39	M	Lynbrook	NY		10:08	00:31:31.39
16	318/521	220/310	208	Mike Hengerle	36	M	Ronkonkoma	NY		10:09	00:31:33.27
17	331/521	227/310	515	Joseph Termini	39	M	Syosset	NY		10:19	00:32:05.92
18	391/521	254/310	84	Thomas Cook	37	M	Centereach	NY		11:15	00:34:59.30
19	416/521	265/310	14	Alexander Anastasides	36	M	Belle Harbor	NY	L	11:48	00:36:40.54
20	449/521	279/310	54	Justin Burke	39	M	Mineola	NY		12:41	00:39:25.92

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	40/521	4/211	124	Martha Doall	40	F	Central Islip	NY		6:55	00:21:29.54
2	88/521	15/211	221	Lynda Hubbard	44	F	Oceanside	NY		7:30	00:23:21.20
3	108/521	24/211	488	Jennifer Wagner	43	F	Island Park	NY		7:48	00:24:16.17
4	145/521	31/211	153	Tara Fitzgerald	41	F	New Hyde Park	NY		8:15	00:25:40.14
5	157/521	35/211	456	Diana Suprenant	43	F	North Babylon	NY		8:21	00:25:58.25
6	176/521	44/211	308	Kathy McNally	44	F	Malverne	NY		8:32	00:26:30.92
7	231/521	64/211	83	Kate Conlon	41	F	Bohemia	NY		9:17	00:28:50.85
8	241/521	67/211	267	Hyun Lim	43	F	Port Jeff Sta	NY		9:23	00:29:11.93
9	247/521	71/211	114	Rachel Dengel	40	F	East Rockaway	NY		9:26	00:29:18.66
10	339/521	108/211	106	Alicia Delano	42	F	Medford	NY		10:26	00:32:27.80
11	346/521	112/211	591	Desiree Marrero	42	F	Baldwin	NY		10:35	00:32:55.61
12	352/521	116/211	12	Luanne Alicea	43	F	Massapequa Pk	NY		10:37	00:33:01.30
13	354/521	118/211	132	Christine Dunbar	42	F	Wantagh	NY		10:40	00:33:10.42
14	365/521	124/211	377	Diane Ramirez	43	F	Syosset	NY		10:50	00:33:41.67
15	393/521	139/211	280	Ariel Marine	40	F	Oceanside	NY		11:17	00:35:06.17
16	397/521	141/211	556	Jeanna Lambert	40	F	Hicksville	NY		11:24	00:35:26.67
17	400/521	142/211	103	Randy Davis-Alvy	43	F	East Meadow	NY		11:27	00:35:36.61
18	425/521	154/211	27	Gigi Becker	42	F	Huntingtn Sta	NY		11:57	00:37:08.77
19	436/521	162/211	451	Brigette Stone	40	F	Baldwin	NY		12:11	00:37:51.42
20	459/521	175/211	174	Susan Geoghan	42	F	Mineola	NY		12:55	00:40:09.17
21	462/521	178/211	248	Rachel King	41	F	Jericho	NY		13:09	00:40:51.84
22	493/521	198/211	300	Meredith Mcdermott	40	F	East Meadow	NY		14:36	00:45:23.99
23	504/521	205/211	309	Jennifer Mcneill	44	F	E Northport	NY		15:28	00:48:04.68

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	6/521	6/310	335	Tim Murphy	44	M	Ronkonkoma	NY		5:53	00:18:19.56
2	27/521	26/310	207	Robert Hegedus	40	M	Kew Gardens Hills	NY		6:35	00:20:27.41
3	34/521	32/310	318	Rich Minns	41	M	Massapequa Pk	NY		6:43	00:20:52.41
4	52/521	48/310	440	Adam Smith	43	M	Southold	NY		7:04	00:21:58.33
5	97/521	80/310	594	David Zylinski	42	M	Amityville	NY		7:38	00:23:43.76
6	120/521	93/310	485	Richie Vera	41	M	N Bellmore	NY		8:01	00:24:55.14
7	140/521	111/310	212	Mike Heyer	41	M	Hicksville	NY		8:13	00:25:32.92
8	144/521	114/310	458	Jason Szober	42	M	Lk Ronkonkoma	NY		8:15	00:25:39.12
9	216/521	158/310	455	Joseph Suprenant	43	M	North Babylon	NY		9:07	00:28:20.67
10	225/521	163/310	407	Paul Ryan	44	M	Rockville Ctr	NY		9:11	00:28:34.17
11	256/521	181/310	433	Semyon Shnayderman	42	M	Farmingdale	NY	L	9:29	00:29:29.17
12	271/521	191/310	146	Samuel Ferrandino	42	M	Islip Terrace	NY	L	9:41	00:30:05.17
13	291/521	205/310	247	Hwan Kim	44	M	Port Jeff Sta	NY		9:51	00:30:38.62
14	295/521	208/310	343	John Novello	44	M	Franklin Sq	NY		9:57	00:30:57.50
15	323/521	221/310	100	Andrew Dalbey	40	M	Lindenhurst	NY		10:13	00:31:44.79
16	348/521	235/310	205	Dennis Heaney	43	M	Wantagh	NY		10:36	00:32:56.42
17	376/521	246/310	178	Tommy Gibson	40	M	Huntingtn Sta	NY		11:01	00:34:16.19
18	398/521	257/310	117	Joe Digaetano	44	M	Lindenhurst	NY	L	11:27	00:35:35.40
19	508/521	302/310	605	Greg Galustian	42	M	Westbury	NY	L	16:07	00:50:04.93



# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	115/521	27/211	463	Jenney Tesoriero	45	F	Westbury	NY		7:57	00:24:44.25
2	123/521	28/211	121	Wendy Disilvestro	48	F	E Northport	NY		8:04	00:25:05.92
3	173/521	43/211	277	Linda Manno	49	F	Lindenhurst	NY		8:31	00:26:27.89
4	206/521	54/211	414	Rosa Sapanara	47	F	Massapequa	NY		8:59	00:27:56.17
5	219/521	60/211	601	Laura Quinn	46	F	Westbury	NY		9:08	00:28:23.92
6	236/521	65/211	416	Emma Saunders	46	F	East Norwich	NY		9:19	00:28:56.92
7	259/521	77/211	306	Kim Mcgreevey	46	F	Nesconset	NY	L	9:29	00:29:30.25
8	283/521	85/211	484	Heidi Van Pelt	46	F	Farmingville	NY	L	9:47	00:30:24.99
9	288/521	86/211	452	Jill Storms	46	F	Oceanside	NY	L	9:50	00:30:35.17
10	294/521	87/211	133	Ellen Dunn	48	F	Massapequa	NY		9:56	00:30:54.64
11	297/521	89/211	596	Cindy Bowmann	46	F	Massapequa Park	NY	L	9:58	00:30:58.12
12	299/521	91/211	388	Susan Reid	45	F	Brooklyn	NY		10:00	00:31:04.59
13	316/521	98/211	374	Lisa Prudenti	49	F	Manorville	NY	L	10:07	00:31:28.92
14	322/521	102/211	144	Ronnie Farquharson	45	F	Hempstad	NY		10:11	00:31:41.35
15	336/521	105/211	352	Jamie O'mara	47	F	Huntington	NY	L	10:23	00:32:17.70
16	338/521	107/211	255	Sandy Kyrkostas	48	F	Miller Place	NY	L	10:26	00:32:27.39
17	341/521	109/211	265	Katherine Lettenberger	46	F	Saint James	NY		10:30	00:32:37.92
18	342/521	110/211	350	Jackie Olmsted	46	F	Massapequa	NY		10:32	00:32:44.42
19	360/521	121/211	97	Elizabeth De Domenico	49	F	Freeport	NY		10:44	00:33:21.39
20	369/521	126/211	344	Nancy Nowak	47	F	Mineola	NY		10:55	00:33:55.92
21	380/521	134/211	169	Jan Gaddist	46	F	Bay Shore	NY	L	11:07	00:34:34.67
22	392/521	138/211	604	Valerie Clarke	45	F	Westbury	NY	L	11:16	00:35:02.95
23	401/521	143/211	353	Samantha Orourke	46	F	Farmingdale	NY		11:28	00:35:40.17
24	409/521	147/211	567	Christine Cristoforo	46	F	Centereach	NY		11:39	00:36:14.18
25	431/521	159/211	75	Jodi Clarin	48	F	Huntingtn Sta	NY		12:06	00:37:36.39
26	487/521	194/211	537	Janet Scheiner	46	F	Plainview	NY	L	13:57	00:43:22.18
27	492/521	197/211	147	Pamela Ferrandino	45	F	Islip Terrace	NY		14:34	00:45:16.88
28	494/521	199/211	25	Maura Barrett	48	F	Lynbrook	NY		14:45	00:45:50.14
29	495/521	200/211	217	Star Hope	49	F	Forest Hills	NY		14:46	00:45:55.40
30	497/521	202/211	252	Mary Beth Kraese	47	F	S Huntington	NY		14:49	00:46:05.19
31	512/521	207/211	159	Lisa Frank	48	F	Plainview	NY		16:24	00:50:58.96

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	9/521	9/310	481	Daniel Valderrama	45	M	Oyster Bay	NY		6:08	00:19:05.59
2	10/521	10/310	544	Tommy Nettuno	46	M	Babylon	NY		6:10	00:19:12.56
3	11/521	11/310	228	Gus Isaksson	49	M	Saint James	NY		6:13	00:19:19.66
4	30/521	29/310	527	Kevin Arloff	49	M	Dix Hills	NY		6:38	00:20:37.22
5	33/521	31/310	196	Jose Gutierrez	49	M	Glendale	NY		6:42	00:20:50.78
6	37/521	34/310	227	David Isaksson	48	M	Saint James	NY		6:48	00:21:08.41
7	39/521	36/310	236	Ira Kaplan	46	M	East Meadow	NY		6:53	00:21:25.27
8	43/521	39/310	276	John Manitta	49	M	Wading River	NY		6:57	00:21:35.84
9	45/521	41/310	528	Hector Jaramillo	45	M	Baldwin	NY		6:58	00:21:40.32
10	51/521	47/310	559	Billy Johnson	49	M	Long Beach	NY		7:03	00:21:55.41
11	61/521	54/310	307	Michael Mcmillin	45	M	Massapequa Pk	NY	L	7:11	00:22:19.57
12	62/521	55/310	422	Timothy Schmidt	49	M	Williston Pk	NY	L	7:11	00:22:19.85
13	72/521	61/310	305	John Mcgay	49	M	Greenlawn	NY	L	7:18	00:22:43.42
14	86/521	73/310	110	Dominick Delorenzo	48	M	Lk Ronkonkoma	NY	L	7:28	00:23:14.71
15	105/521	83/310	534	Mike Vulpis	48	M	Islip Terrace	NY		7:41	00:23:55.15
16	107/521	84/310	71	Qiang Chen	48	M	Syosset	NY		7:47	00:24:12.40
17	117/521	90/310	79	Thomas Coll	45	M	Massapequa Pk	NY	L	7:58	00:24:47.88
18	126/521	98/310	561	Steve Juchem	47	M	Bellmore	NY		8:07	00:25:13.51
19	139/521	110/310	575	Walter Gallocher	48	M	Bayport	NY		8:13	00:25:32.56
20	146/521	115/310	186	Roy Gordon	48	M	Huntington	NY		8:15	00:25:40.75
21	155/521	121/310	101	George Darienzo	48	M	E Northport	NY	L	8:21	00:25:56.83
22	158/521	123/310	431	Jack Shapiro	45	M	Miller Place	NY	L	8:22	00:26:01.51
23	177/521	133/310	250	Micah Korn	46	M	Huntingtn Sta	NY		8:32	00:26:32.16
24	191/521	141/310	326	Peter Montenegro	49	M	Kings Park	NY	L	8:43	00:27:06.31
25	195/521	144/310	296	Mike Mccloskey	47	M	Roslyn	NY	L	8:46	00:27:16.27
26	205/521	152/310	168	Michael Gadaleta	49	M	Glen Cove	NY		8:59	00:27:54.80
27	210/521	154/310	483	Kevin Van Pelt	48	M	Farmingville	NY	L	9:01	00:28:01.67
28	221/521	161/310	339	Ron Nelson	46	M	East Meadow	NY		9:08	00:28:25.17
29	263/521	184/310	410	Chris Sacco	45	M	Holtsville	NY		9:32	00:29:37.97
30	269/521	189/310	572	Joe Franolich	46	M	East Meadow	NY		9:38	00:29:56.67
31	307/521	215/310	552	Michael Mascioli	45	M	Westbury	NY		10:04	00:31:16.74
32	310/521	217/310	432	Chris Shea	48	M	Kings Park	NY	L	10:04	00:31:17.92
33	328/521	225/310	10	Richard Afanador	45	M	Shirley	NY	L	10:17	00:31:57.79
34	345/521	234/310	590	Kevin Hassell	46	M	Baldwin	NY		10:35	00:32:54.92
35	375/521	245/310	173	Jason Geller	46	M	Plainview	NY		11:00	00:34:10.92
36	387/521	251/310	225	Jim Hutter	47	M	Lindenhurst	NY	L	11:12	00:34:48.30
37	473/521	289/310	548	Christopher Mccaffrey	49	M	Bellmore	NY		13:38	00:42:23.93

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	36/521	3/211	460	Nancy Tantone	51	F	West Islip	NY		6:45	00:21:01.14
2	56/521	5/211	82	Karen Conkling	53	F	Massapequa	NY		7:06	00:22:06.48
3	65/521	9/211	134	Monica Enright	53	F	Massapequa	NY		7:13	00:22:27.17
4	93/521	16/211	586	Lisa Colby	51	F	Smithtown	NY		7:36	00:23:39.89
5	104/521	22/211	336	Susan Murray	52	F	Hauppauge	NY		7:41	00:23:54.92
6	154/521	34/211	588	Linda Koszalka	53	F	West Islip	NY		8:20	00:25:54.99
7	184/521	47/211	584	Vanessa Elbaum	54	F	Melville	NY		8:36	00:26:46.14
8	209/521	56/211	366	Ellen Perchinelli	54	F	Lido Beach	NY	L	9:00	00:28:00.66
9	217/521	59/211	51	Anne Broderick	50	F	Hicksville	NY		9:07	00:28:22.25
10	267/521	80/211	171	Janet Gallagher	54	F	Seaford	NY	L	9:33	00:29:43.24
11	303/521	92/211	316	Christine Miller	50	F	Bellerose	NY		10:01	00:31:08.22
12	309/521	93/211	19	Christine Bailey	50	F	Kings Park	NY		10:04	00:31:17.92
13	320/521	100/211	435	Jeanne Sisinni	54	F	Lindenhurst	NY	L	10:11	00:31:38.42
14	325/521	103/211	285	Beth Marinis	52	F	Hicksville	NY		10:14	00:31:48.17
15	347/521	113/211	34	Robin Blosser	50	F	Greenlawn	NY		10:35	00:32:55.67
16	351/521	115/211	158	Rachel Fox	51	F	Prt Washingt	NY		10:36	00:32:58.67
17	353/521	117/211	214	Hildy Hirsch	54	F	Commack	NY		10:37	00:33:01.94
18	359/521	120/211	99	Cynthia Daily	54	F	Garden Cty Pk	NY	L	10:43	00:33:20.59
19	428/521	156/211	126	Leslie Dolan	51	F	Islip Terrace	NY		12:00	00:37:19.53
20	430/521	158/211	81	Peggy Collins	54	F	Hauppauge	NY		12:04	00:37:29.92
21	437/521	163/211	549	Joann Turkovich	51	F	Levittown	NY		12:12	00:37:54.66
22	452/521	172/211	565	Erin Oleary	50	F	East Norwich	NY		12:47	00:39:45.27
23	484/521	192/211	400	Elaine Rossi	54	F	Hicksville	NY		13:53	00:43:10.86
24	515/521	208/211	554	Kathleen Baier	51	F	East Islip	NY		18:29	00:57:27.15

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	18/521	18/310	20	Alan Baisch	54	M	Selden	NY		6:22	00:19:48.26
2	22/521	22/310	535	Rocco Sinisi	52	M	Rockville Ctr	NY		6:28	00:20:07.97
3	26/521	25/310	294	Bill Mazza	54	M	W Gilgo Beach	NY		6:34	00:20:25.82
4	49/521	45/310	472	Jose Toro	51	M	Jackson Hts	NY		7:02	00:21:53.66
5	83/521	70/310	37	Frank Borgi	53	M	North Massapequa	NY	L	7:26	00:23:07.98
6	84/521	71/310	30	Tom Biggers	54	M	Massapequa	NY	L	7:26	00:23:08.59
7	96/521	79/310	540	Kevin Case	51	M	Freeport	NY	L	7:37	00:23:41.14
8	114/521	88/310	555	Daniel Lahey	52	M	Port Jefferson	NY		7:57	00:24:43.16
9	116/521	89/310	462	Dwayne Taylor	53	M	North Baldwin	NY		7:58	00:24:45.26
10	124/521	96/310	495	Artie Whitmarsh	54	M	Sayville	NY		8:05	00:25:08.62
11	127/521	99/310	67	Vito Cassara	54	M	Bay Shore	NY		8:08	00:25:18.17
12	129/521	101/310	251	Joe Kotak	54	M	Hauppauge	NY		8:10	00:25:23.91
13	133/521	105/310	398	Timothy Rooney	53	M	Massapequa	NY		8:12	00:25:28.70
14	141/521	112/310	161	Steven Friedland	51	M	Great Neck	NY		8:14	00:25:37.67
15	143/521	113/310	291	Joseph Materazo	52	M	Ronkonkoma	NY	L	8:15	00:25:38.91
16	152/521	120/310	331	Greg Morley	51	M	Syosset	NY	L	8:19	00:25:50.87
17	165/521	126/310	461	Thomas Tatarian	52	M	Shoreham	NY	L	8:25	00:26:11.44
18	169/521	128/310	430	Larry Shames	54	M	Levittown	NY		8:29	00:26:21.58
19	172/521	130/310	50	Michael Broderick	51	M	Hicksville	NY		8:30	00:26:26.26
20	174/521	131/310	66	John Casey	51	M	Bellerose	NY		8:31	00:26:30.34
21	175/521	132/310	261	Jeffrey Larssan	51	M	East Meadow	NY	L	8:31	00:26:30.67
22	189/521	140/310	533	James Fitzgerald	53	M	West Sayville	NY		8:40	00:26:58.12
23	200/521	148/310	24	John Barrett	50	M	Lynbrook	NY		8:54	00:27:39.92
24	265/521	186/310	170	Albert Galatan	51	M	Bayside	NY		9:32	00:29:39.92
25	293/521	207/310	531	John Dey	54	M	Massapequa	NY		9:54	00:30:45.90
26	302/521	211/310	569	Alvin Johnson	54	M	Merrick	NY	L	10:01	00:31:07.82
27	330/521	226/310	33	John Blosser	51	M	Greenlawn	NY	L	10:19	00:32:05.76
28	333/521	229/310	450	Richard Stewart	52	M	Bethpage	NY		10:21	00:32:10.36
29	396/521	256/310	295	Michael McBride	52	M	New Hyde Park	NY	L	11:22	00:35:21.41
30	402/521	259/310	587	Al Mattera	51	M	Centereach	NY		11:32	00:35:51.42
31	405/521	261/310	125	Brian Dobkin	50	M	New Hyde Park	NY		11:35	00:36:00.77
32	421/521	269/310	166	Garrett Fujarski	52	M	Seaford	NY	L	11:51	00:36:49.67
33	486/521	293/310	538	Adam Scheiner	52	M	Old Bethpage	NY	L	13:57	00:43:21.84
34	514/521	307/310	29	Fred Benlein	51	M	Farmingdale	NY		17:48	00:55:19.69

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	75/521	12/211	264	Mary Lenzi	55	F	Hauppauge	NY		7:21	00:22:50.92
2	87/521	14/211	581	Dolores Doman	59	F	Dix Hills	NY		7:29	00:23:16.54
3	100/521	19/211	31	Debbie Blair	57	F	Cold Spg Hbr	NY		7:38	00:23:45.38
4	166/521	40/211	87	Sue Corrie	55	F	New Hyde Park	NY		8:26	00:26:12.42
5	171/521	42/211	387	Leslie Reid	57	F	Woodbury	NY		8:30	00:26:26.16
6	194/521	51/211	63	Maura Carroll	56	F	Islip	NY		8:45	00:27:11.42
7	223/521	62/211	516	Sue Fitzpatrick	56	F	Dix Hills	NY		9:10	00:28:29.92
8	244/521	69/211	122	Joann Distler	55	F	Merrick	NY	L	9:24	00:29:13.99
9	245/521	70/211	466	Vera Thompson	58	F	North Babylon	NY		9:25	00:29:15.62
10	251/521	74/211	474	Nancy Tremblay	55	F	Huntington	NY		9:27	00:29:24.34
11	260/521	78/211	164	Maria Fucella	55	F	Levittown	NY		9:29	00:29:30.42
12	321/521	101/211	53	Katrina Brown	55	F	Hempstead	NY		10:11	00:31:40.93
13	343/521	111/211	206	Catherine Hearon	58	F	Hicksville	NY		10:33	00:32:47.53
14	361/521	122/211	61	Patricia Carbo	56	F	Prt Washingtn	NY		10:45	00:33:25.55
15	362/521	123/211	510	Caryn Zilka	55	F	Long Beach	NY		10:47	00:33:31.17
16	372/521	128/211	550	Susan Bellantoni	55	F	Long Beach	NY		10:56	00:34:00.81
17	374/521	130/211	471	Mari Titterton	59	F	Merrick	NY		10:59	00:34:07.90
18	379/521	133/211	370	Shirley Pinkney	56	F	Glen Oaks	NY	L	11:03	00:34:22.77
19	433/521	160/211	334	Eileen Murphy	56	F	Massapequa	NY	L	12:07	00:37:40.65
20	460/521	176/211	243	Shirley Kennedy	57	F	Lindenhurst	NY		13:05	00:40:41.17
21	463/521	179/211	162	Barbara Friel	59	F	Ctr Moriches	NY	L	13:11	00:41:00.35
22	488/521	195/211	65	Carol Caserta	56	F	Levittown	NY		14:07	00:43:54.55
23	490/521	196/211	192	Jaye Gregorio	59	F	Bethpage	NY		14:18	00:44:27.44
24	502/521	203/211	579	Veronica Lynch	56	F	Oceanside	NY	L	15:15	00:47:24.49

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	17/521	17/310	395	Michael Robles	57	M	Smithtown	NY		6:19	00:19:37.91
2	42/521	38/310	64	Michael Casale	55	M	N Bellmore	NY		6:55	00:21:32.39
3	50/521	46/310	497	Mario Wilkowski	56	M	Merrick	NY		7:03	00:21:54.49
4	54/521	50/310	35	Paul Bonanni	55	M	Selden	NY		7:04	00:22:00.17
5	58/521	52/310	298	Terence McCormick	56	M	Lindenhurst	NY		7:08	00:22:11.35
6	70/521	59/310	503	Glen Wolther	59	M	Jericho	NY		7:16	00:22:35.10
7	73/521	62/310	49	Scott Brennan	55	M	East Meadow	NY		7:18	00:22:43.63
8	74/521	63/310	470	Anthony Tito	56	M	Flushing	NY		7:19	00:22:44.22
9	85/521	72/310	233	Daniel Joseph	58	M	Levittown	NY		7:28	00:23:13.83
10	92/521	77/310	45	Gareth Brancato	57	M	E Williston	NY		7:36	00:23:39.27
11	102/521	82/310	230	John Johnsen	58	M	Rockville Ctr	NY	L	7:39	00:23:48.24
12	118/521	91/310	600	Karl Fassberger	56	M	Centerport	NY		7:59	00:24:50.54
13	134/521	106/310	354	Vincent Oshaughnessy	55	M	West Babylon	NY	L	8:12	00:25:29.51
14	147/521	116/310	525	Michael Marino	57	M	Garden City	NY	L	8:16	00:25:41.99
15	151/521	119/310	337	Thomas Murray	55	M	Hauppauge	NY	L	8:18	00:25:50.33
16	186/521	139/310	342	Ray Nieves	58	M	Westbury	NY		8:38	00:26:52.45
17	204/521	151/310	577	Bill Niedfeld	57	M	Seaford	NY		8:58	00:27:52.92
18	207/521	153/310	172	Michael Garone	55	M	Commack	NY		9:00	00:27:58.64
19	220/521	160/310	92	Tom Cunningham	57	M	East Meadow	NY		9:08	00:28:24.66
20	230/521	167/310	70	David Chan	55	M	Holbrook	NY	L	9:17	00:28:50.64
21	235/521	171/310	385	Thomas Reid	56	M	Woodbury	NY		9:18	00:28:56.34
22	250/521	177/310	571	Nick Pandolfo	58	M	Commack	NY	L	9:27	00:29:22.92
23	268/521	188/310	89	J R Cox	58	M	Garden City	NY	L	9:36	00:29:51.57
24	276/521	195/310	558	John Lamanna	57	M	Oceanside	NY		9:42	00:30:10.88
25	277/521	196/310	536	Michael Pascucci	58	M	Hicksville	NY	L	9:43	00:30:11.48
26	281/521	198/310	60	Rick Capobianco	55	M	Holtsville	NY	L	9:44	00:30:14.67
27	289/521	203/310	412	Stephen Saldana	58	M	Deer Park	NY		9:50	00:30:35.99
28	335/521	231/310	327	Robert Montgomery	56	M	Hicksville	NY		10:23	00:32:17.70
29	384/521	248/310	541	Rich Golub	56	M	Dix Hills	NY		11:10	00:34:44.45
30	404/521	260/310	15	John Angerame	58	M	Bayville	NY		11:34	00:35:58.92
31	407/521	262/310	268	Thomas Linslata	56	M	Seaford	NY		11:39	00:36:12.34
32	414/521	263/310	560	Kip Currin	55	M	Rockville Centre	NY		11:47	00:36:37.42
33	418/521	267/310	436	Vernon Sissons	55	M	Levittown	NY		11:49	00:36:45.42
34	420/521	268/310	177	Steve Gerson	58	M	East Meadow	NY		11:50	00:36:46.93
35	447/521	277/310	224	Glenn Hutter	56	M	East Meadow	NY	L	12:38	00:39:17.67
36	467/521	287/310	357	Jim Paradine	57	M	Kings Park	NY		13:29	00:41:53.67
37	470/521	288/310	428	David Schwartz	56	M	Plainview	NY		13:33	00:42:06.49
38	500/521	298/310	479	David Twomey	58	M	Bay Shore	NY	L	15:02	00:46:44.93
39	511/521	305/310	324	Chris Molano	55	M	Levittown	NY		16:16	00:50:34.18

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	111/521	25/211	593	Jodi Brodsky	61	F	Atlantic Beach	NY		7:51	00:24:23.58
2	181/521	46/211	263	Pamela Lee	63	F	Syosset	NY		8:35	00:26:41.42
3	314/521	96/211	399	Donna Rosen	60	F	Woodbury	NY		10:06	00:31:25.33
4	329/521	104/211	128	Fran Dowling	62	F	North Baldwin	NY		10:18	00:32:00.41
5	413/521	151/211	545	Barbara Lagrassa	63	F	Baldwin	NY		11:44	00:36:30.17
6	419/521	152/211	216	Rochelle Holden	62	F	Westbury	NY		11:49	00:36:45.85
7	434/521	161/211	448	Linda Spisto	61	F	Wantagh	NY		12:08	00:37:42.67
8	438/521	164/211	222	Sheree Hudes	61	F	Levittown	NY		12:12	00:37:55.46
9	469/521	182/211	197	Derrah Hall	60	F	Hempstead	NY		13:31	00:42:02.66

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	53/521	49/310	454	William Sullivan	60	M	Uniondale	NY		7:04	00:21:59.92
2	78/521	66/310	562	Edward Ward	60	M	East Meadow	NY		7:25	00:23:03.72
3	82/521	69/310	523	Kevin Mcpadden	60	M	East Islip	NY	L	7:26	00:23:07.91
4	95/521	78/310	375	Grant Radtke	60	M	East Meadow	NY		7:37	00:23:41.14
5	122/521	95/310	341	Paul Nelson	61	M	Saint James	NY		8:03	00:25:01.92
6	131/521	103/310	91	Kevin Creegan	61	M	N Bellmore	NY		8:11	00:25:26.83
7	135/521	107/310	111	Drew Demasters	61	M	Westbury	NY		8:12	00:25:30.33
8	198/521	146/310	211	Bill Hessle	64	M	Massapequa	NY		8:52	00:27:33.42
9	261/521	183/310	402	Richard Rubin	64	M	Lido Beach	NY		9:31	00:29:35.13
10	279/521	197/310	202	Robert Hart	62	M	Garden City	NY	L	9:43	00:30:13.91
11	285/521	200/310	183	Jed Golden	60	M	Floral Park	NY		9:47	00:30:26.42
12	290/521	204/310	130	Timothy Droge	61	M	North Merrick	NY		9:51	00:30:37.61
13	334/521	230/310	310	Kevin Mcquillan	61	M	Amityville	NY		10:23	00:32:17.42
14	355/521	237/310	393	Thomas Richardson	63	M	Bellmore	NY	L	10:41	00:33:11.89
15	358/521	239/310	107	Vincent Del-Cid	60	M	New Hyde Park	NY		10:43	00:33:19.57
16	366/521	242/310	246	Thomas Kiernan	64	M	Hicksville	NY		10:51	00:33:43.55
17	368/521	243/310	204	Fred Haslett	63	M	Cedarhurst	NY		10:54	00:33:53.93
18	371/521	244/310	592	Rick Caiado	60	M	E.northport	NY	L	10:56	00:34:00.41
19	388/521	252/310	290	Tom Masone	63	M	E Northport	NY		11:14	00:34:54.21
20	394/521	255/310	468	James Tilton	63	M	North Merrick	NY		11:18	00:35:06.92
21	423/521	270/310	578	Michael Mcgowan	62	M	Hempstead	NY	L	11:52	00:36:53.92
22	435/521	274/310	301	John Mcdermott	60	M	Coram	NY	L	12:10	00:37:50.41
23	448/521	278/310	509	John Zenkewich	60	M	Valley Stream	NY		12:39	00:39:20.83
24	454/521	282/310	504	Soo Wong	61	M	Garden City	NY		12:49	00:39:49.32
25	489/521	294/310	403	Scott Rubin	61	M	Woodbury	NY		14:17	00:44:24.39
26	517/521	309/310	475	Bill Tremblay	61	M	Huntington	NY		19:59	01:02:06.11

### Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	249/521	73/211	502	Gloria Withus	65	F	Brentwood	NY		9:27	00:29:22.17
2	373/521	129/211	473	Maureen Traxler Dellacona	67	F	Garden City	NY		10:57	00:34:03.84
3	451/521	171/211	28	Sherry Bellovin	69	F	N Massapequa	NY		12:47	00:39:44.42

# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	99/521	81/310	288	Peter Martin	66	M	Bellmore	NY		7:38	00:23:44.57
2	109/521	85/310	260	Joe Landini	65	M	Smithtown	NY		7:49	00:24:19.92
3	125/521	97/310	332	Glenn Morse	67	M	Massapequa	NY		8:06	00:25:11.88
4	199/521	147/310	184	Ehud Golos	65	M	Roslyn Hts	NY		8:53	00:27:36.31
5	234/521	170/310	102	Larry Davidson	69	M	Wantagh	NY		9:18	00:28:54.92
6	252/521	178/310	140	Scott Fairgrieve	65	M	Mineola	NY	L	9:28	00:29:25.96
7	270/521	190/310	239	Chris Karrmann	68	M	Hicksville	NY	L	9:40	00:30:04.17
8	273/521	192/310	302	James Mcdonald	69	M	N Massapequa	NY	L	9:41	00:30:08.25
9	301/521	210/310	317	Ben Milone	67	M	Ozone Park	NY		10:01	00:31:07.43
10	324/521	222/310	90	Howard Cragg	68	M	Bethpage	NY		10:14	00:31:47.92
11	327/521	224/310	57	Kevin Byrne	66	M	East Meadow	NY	L	10:16	00:31:56.78
12	332/521	228/310	519	Edward Platt	65	M	W Hempstead	NY	L	10:20	00:32:06.89
13	340/521	232/310	437	Robert Sklar	65	M	Hollis Hills	NY		10:28	00:32:33.17
14	350/521	236/310	424	David Schneidman	68	M	Melville	NY		10:36	00:32:57.92
15	389/521	253/310	507	Joseph Yonda	65	M	Mineola	NY		11:14	00:34:55.83
16	442/521	275/310	109	Paul Dellacona	67	M	Garden City	NY	L	12:29	00:38:48.92
17	455/521	283/310	508	Michael Yowhan	67	M	Melville	NY	L	12:50	00:39:52.42
18	491/521	295/310	201	Paul Hargrove	69	M	Garden City	NY	L	14:34	00:45:15.89
19	498/521	296/310	292	Kevin Matthews	67	M	Melville	NY	L	14:53	00:46:15.74
20	510/521	304/310	198	Wayne Hall Sr	69	M	Hempstead	NY		16:16	00:50:32.68

### Female Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	395/521	140/211	77	Helma Clavin	73	F	Lk Ronkonkoma	NY		11:20	00:35:13.95
2	408/521	146/211	149	Loreha Ferrari	72	F	Center Moriches	NY		11:39	00:36:14.18

### Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	197/521	145/310	494	Buzz White	71	M	Floral Park	NY		8:48	00:27:22.86
2	215/521	157/310	136	Doug Escher	71	M	Garden City	NY	L	9:06	00:28:18.59
3	237/521	172/310	467	Lewis Thornton	73	M	Medford	NY		9:20	00:29:00.79
4	326/521	223/310	361	Jay Patten	70	M	Wantagh	NY		10:15	00:31:52.91
5	364/521	241/310	442	Frederick Smith	71	M	Hempstead	NY		10:50	00:33:41.11
6	427/521	272/310	304	Eddie Mcgay	72	M	Mastic Beach	NY		11:59	00:37:16.10
7	464/521	285/310	380	Vic Rapp	70	M	Levittown	NY		13:15	00:41:12.15
8	481/521	292/310	213	James Hill	73	M	Unknown	NY		13:44	00:42:42.67



# Long Island Police Appreciation 5K Run

June 9, 2016

## Overall Division Results

### Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	226/521	164/310	542	Joe Cordero	77	M	Central Islip	NY		9:12	00:28:35.17
2	284/521	199/310	489	John Wallace	75	M	Melville	NY		9:47	00:30:25.43
3	287/521	202/310	218	John Horan	77	M	Freeport	NY		9:49	00:30:32.34
4	344/521	233/310	312	Jose Mendez	77	M	Brentwood	NY		10:33	00:32:47.67
5	382/521	247/310	347	Michael Ogazon	75	M	Garden City	NY		11:09	00:34:39.17
6	466/521	286/310	210	Norman Hershkowitz	77	M	N Massapequa	NY		13:22	00:41:32.22
7	475/521	290/310	145	Norman Feldman	76	M	Freeport	NY		13:41	00:42:31.10
8	499/521	297/310	17	Barry Aronowsky	75	M	Greenlawn	NY		14:54	00:46:20.62
9	506/521	300/310	517	Mike Polansky	75	M	Plainview	NY		15:31	00:48:15.65
10	513/521	306/310	194	Joseph Guardino	76	M	E Williston	NY		17:32	00:54:29.53

### Male Ages 80 - 84

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	385/521	249/310	329	Carlos Morales	82	M	Corona	NY		11:11	00:34:46.17
2	501/521	299/310	287	Frank Martin	81	M	Bay Shore	NY		15:14	00:47:20.65
3	516/521	308/310	244	Howard Kestenbaum	84	M	Plainview	NY		19:20	01:00:06.36

### Male Ages 85 - 89

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Law	Pace	Time
1	479/521	291/310	229	Bert Jablon	89	M	Syosset	NY		13:43	00:42:39.93