

THE 2009 NIKE CROSS REGIONAL CHAMPIONSHIPS – NEW YORK & NORTHEAST
November 28 Held at Bowdoin Park, Wappingers Falls

BOYS OPEN RACE – 5000 METERS

Results by Leone Timing & Results Services

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PLACE	PTS	NAME	YR	TEAM	TIME	1st 2.5K	2nd 2.5K
1	1	Bobby McShane	SR	Rocks XC	17:18.5	8:28	8:51
2		John Dugan	JR	Ramsey Rams	17:23.0	8:33	8:50
3	2	Conrad Lippert	SO	rothers XC Club	17:26.1	8:41	8:46
4		Sam Anderson	SO	South Lewis XC Club	17:34.5	8:41	8:54
5	3	Josh Halpern	SR	Syosset TC	17:34.8	8:32	9:03
6	4	Alex Murray	SR	Rocks XC	17:38.1	8:50	8:49
7	5	TJ Mullen	SO	Brothers XC Club	17:43.6	8:53	8:51
8	6	Maxwell SeaGull	SR	Syosset TC	17:51.1	8:42	9:10
9		Ryan Tucker	SO	Ironman XC-B	17:54.0	9:04	8:50
10		Alex Andre	JR	Red Raider XC	17:54.3	8:47	9:08
11		Sam Burke	SO	UNA-MA-Westfield	17:57.4	9:00	8:58
12		Mark Hegarty	SO	UNA-MA-Springfield	17:58.2	9:03	8:56
13	7	Ryan Healy	SR	Syosset TC	17:58.7	8:51	9:08
14	8	Nick Watson	JR	Henrietta Harriers	17:59.7	9:05	8:55
15	9	Will Bragg	FR	Brothers XC Club	18:00.7	8:54	9:07
16	10	Jared Jones	JR	Henrietta Harriers	18:00.9	8:49	9:12
17	11	Tim Gill	SR	Rocks XC	18:03.1	8:52	9:12
18	12	Scott Zapcic	SO	Brothers XC Club	18:06.8	8:48	9:19
19	13	Nick Senra	JR	Hawks TC	18:07.5	9:02	9:06
20	14	Pat O'Rordan	JR	Ironman XC Club	18:10.5	9:06	9:05
21	15	Paul Repka	JR	Henrietta Harriers	18:11.4	8:56	9:16
22		Josh Lampron	SO	Mansfield Turtles	18:12.8	9:13	9:00
23		Khampasong Haleudet	SO	Mansfield Turtles	18:13.2	9:10	9:04
24		Jeremy Stonier	SR	UNA-PA-Factoryville	18:13.7	8:59	9:15
25	16	Tyler Gerhardt	FR	Henrietta Harriers-B	18:14.6	8:57	9:18
26	17	Nick Dye	SO	Germantown Friends XC Club	18:15.4	8:58	9:18
27	18	Mickey Burke	8	Henrietta Harriers	18:19.2	9:05	9:15
28		Evan Magnussen	JR	UNA-NY-Geneseo	18:19.8	8:58	9:22
29		JD Mitchell	JR	Brothers XC Club-B	18:20.3	9:01	9:20
30	19	Ed Cody	JR	Clifton Park TC	18:21.0	9:11	9:10
31	20	Nick Chrones	JR	Hawks TC	18:21.5	9:14	9:08
32	21	Chad Uckermark	JR	Warwick TC	18:21.9	9:04	9:18
33	22	Chris Millman	FR	Hill n' Harrier TC	18:22.5	9:05	9:18
34		Zach Eustance	JR	Hilton	18:22.6	9:02	9:21
35		Zac Florence	JR	UNA-MA-East Long.	18:24.4	9:07	9:18
36	23	Brendan McLeod	SR	Fairfield Runners	18:26.2	9:12	9:15
37		Ross Mungeam	SO	Tri Valley Frontrunners	18:26.8	9:03	9:24

38	24	Will Clerx	SR	Rocks XC	18:27.4	9:18	9:10
39		Dylan Mountain	SO	UNA-PA-Altoona	18:27.4	9:01	9:27
40	25	Ben Marino	JR	Hawks TC	18:28.0	9:18	9:10
41	26	Aaron McInnis	SR	Hawks TC	18:28.2	9:10	9:19
42	27	Tim Gorman	SO	Brothers XC Club	18:28.6	9:08	9:21
43	28	Sam Brady	JR	Henrietta Harriers	18:30.1	9:20	9:11
44		Cody Hodgins	SO	Holyoke TC	18:31.4	9:12	9:20
45	29	Gary Soeller	JR	Clifton Park TC	18:34.0	9:01	9:33
46	30	Jon Mugavero	FR	Brothers XC Club	18:34.5	9:12	9:23
47	31	Thomas Marcotte	JR	Rocks XC	18:35.2	9:27	9:09
48		Buddy Herkenham	SO	Deluge XC	18:35.6	9:12	9:24
49		Ben Wach	JR	UNA-NY-Mamaroneck	18:37.5	9:21	9:17
50	32	Aaron Peterson	FR	Warwick TC	18:40.4	9:13	9:28
51	33	Rob Troia	SR	Warwick TC	18:41.0	9:04	9:37
52		Patrick Malloy	SO	UNA-CT-Glastonbury	18:41.2	9:13	9:29
53	34	Pete Corkery	SR	Rocks XC	18:41.5	9:26	9:16
54	35	Pierre Armand	SR	Warwick TC	18:41.6	9:09	9:33
55	36	Scott Ebbeling	FR	Whitinsville TC	18:42.1	9:22	9:21
56	37	Steve McNicholas	JR	Ironman XC Club	18:42.4	9:21	9:22
57	38	Sam Ebert	SR	Germantown Friends XC Club	18:43.1	9:00	9:44
58		Jake Feinstein	FR	UNA-CT-Sandy	18:44.5	9:13	9:32
59	39	Pat Aiken	SO	Henrietta Harriers-B	18:44.8	9:24	9:21
60	40	Jordan Matteowitz	SR	Syosset TC	18:44.8	9:19	9:26
61		Thaddeus Sheehan	SO	Westchester TC	18:45.6	9:18	9:28
62	41	Nathan Swaim	SO	Whitinsville TC	18:46.1	9:24	9:23
63	42	Tom Pederzani	JR	Hawks TC	18:47.1	9:23	9:25
64	43	Scott Kulm	FR	Hill n' Harrier TC	18:47.3	9:15	9:33
65	44	Aaron Lin	SR	Syosset TC	18:47.6	9:28	9:20
66		Thomas McGuinness	JR	Deluge XC	18:48.3	9:25	9:24
67	45	Phelan McCormick	JR	Ironman XC Club	18:48.5	9:05	9:44
68		Conor Jacobs	JR	Haddonfield RC	18:49.1	9:18	9:32
69	46	Alex Bertrand	FR	Syosset TC	18:53.4	9:18	9:36
70	47	Daniel Ramirez	SR	Warwick TC	18:53.7	9:21	9:33
71		Curtis Jewett	FR	UNA-PA-Rome	18:53.8	9:12	9:42
72		Mitchell Kun	SO	Sheepsheads Finest	18:54.2	9:15	9:40
73	48	Caleb Gladstone	FR	Hill n' Harrier TC	18:57.0	9:24	9:33
74	49	Mitchell Haynes	SR	Henrietta Harriers	18:57.2	9:22	9:36
75		Stephen Rathbun	SR	Syracuse TC	18:58.1	9:20	9:39
76		Rhys Duquette	FR	Holyoke TC	18:58.8	9:20	9:39
77		Dylan D'Martino		Unattached	19:02.1	9:21	9:42
78		Tyler Henseler	FR	Hawks TC-C	19:05.4	9:35	9:31
79		Sam Williams	FR	UNA-PA-Rome	19:05.7	9:14	9:52
80		Andrew Clinton	JR	Ramsey Rams	19:06.2	9:20	9:47
81		Matt VanVleck	FR	UNA-NY-Pittsford	19:06.5	9:23	9:44
82	50	Billy Looney	JR	Rocks XC-B	19:06.6	9:35	9:32
83	51	Sam Korus	JR	Germantown Friends XC Club	19:06.9	9:29	9:38
84		Keyvin Adams	SR	Sheepsheads Finest	19:07.9	9:28	9:40
85		Brian Taylor	SO	Ironman XC-B	19:09.9	9:29	9:41
86	52	Kevin Liang	SR	Clifton Park TC	19:10.9	9:06	10:05

87	53	Ian Longshore	JR	Germantown Friends XC Club	19:11.4	9:25	9:47
88		Tommy Cunningham	JR	Mansfield Turtles	19:11.8	9:39	9:33
89		Brian Donaghy	JR	Nashua Cardinals	19:12.5	9:40	9:33
90	54	David Blessington	SR	Hawks TC	19:14.6	9:36	9:39
91	55	Ryan Keller	SO	Ironman XC Club	19:16.0	9:32	9:44
92	56	Henry Dodge	FR	Rocks XC-B	19:16.1	9:33	9:44
93	57	Alex Conway	FR	Rocks XC-B	19:17.5	9:33	9:45
94	58	Ryan Stirt	FR	Warwick TC	19:19.2	9:17	10:03
95	59	Will Marois	SO	Clifton Park TC	19:19.3	9:16	10:04
96		Conor Monks	FR	Mansfield Turtles	19:19.9	9:33	9:47
97		Adam Rego	FR	LSA XC Club	19:20.1	9:31	9:50
98		Nuno Tinoco	JR	Mustang RC	19:21.7	9:17	10:05
99	60	Sagar Khona	JR	Syosset TC	19:22.9	9:40	9:43
100		Joe Jacobowitz	SR	Syosset TC	19:23.4	9:54	9:30
101		Alex Boccard	SR	UNA-NY-Huntington	19:23.7	9:26	9:58
102	61	Kevin O'Brien	JR	Rocks XC	19:24.4	9:29	9:56
103	62	Pat Boylan	JR	Ironman XC Club	19:25.7	9:39	9:47
104		Fred Lang	FR	Mustang RC	19:28.8	9:34	9:55
105	63	Jimmy McAllister	SR	Rocks XC-B	19:30.6	9:46	9:45
106	64	Christian Brady	SO	Germantown Friends XC Club	19:30.9	9:47	9:44
107	65	Chris Hook	SO	Hawks TC-B	19:32.3	9:31	10:02
108	66	Tyler DeMay	SO	Henrietta Harriers-B	19:34.0	9:36	9:58
109		Timothy Latterner	JR	UNA-NJ-Allendale	19:39.2	9:52	9:48
110	67	Robert Salandra	SO	Fairfield Runners	19:39.3	9:35	10:05
111		Patrick Sullivan	SO	UNA-CT-Sandy	19:43.7	9:42	10:02
112	68	Jackson Walker	JR	Germantown Friends-B	19:44.9	9:48	9:57
113	69	Charles Diaz	SO	Germantown Friends XC Club	19:45.9	9:30	10:16
114		Istvan Alicea	SR	Capital Preparatory Magnet	19:47.3	9:53	9:55
115	70	Max Kuik	FR	Whitinsville TC	19:47.4	9:50	9:58
116		Matthew Migliore	SR	UNA-NY-Commack	19:48.9	9:45	10:04
117	71	Ed Lyons	SR	Rocks XC-B	19:50.0	9:53	9:57
118		Jeff Vogel	SO	Rocks XC-C	19:51.9	9:53	9:59
119	72	Brian Harris	SO	Clifton Park TC	19:52.0	9:37	10:15
120		Sir William Janiak	SR	Syosset TC	19:53.8	9:49	10:05
121		Mike Paris	SR	Warwick TC-B	19:56.8	9:32	10:25
122	73	Jon Contreras	FR	Hill n' Harrier TC	19:57.7	9:54	10:04
123		Noah Krassin	FR	UNA-CT-Weston	20:00.5	9:56	10:05
124	74	Ryan Tierney	JR	Hawks TC-B	20:00.5	10:05	9:56
125		Sal Massa	SR	Mustang RC	20:00.8	9:55	10:06
126	75	Gabe Solano	FR	Whitinsville TC	20:01.1	9:55	10:07
127	76	Brendan Connor	JR	H.U.D.'hawk Harriers	20:02.5	9:50	10:13
128		Zach Zgardinzski	FR	Tully XC Club	20:02.6	9:57	10:06
129	77	Tim McCarthy	JR	Ironman XC Club	20:02.8	9:51	10:12
130	78	Lyle Wistar	FR	Germantown Friends-B	20:03.6	9:56	10:08
131	79	Adam Wilcox	SR	Henrietta Harriers	20:03.6	9:48	10:16
132	80	Brian Brazeau	SR	Hawks TC	20:04.5	9:48	10:17
133	81	Caleb Rau	JR	Germantown Friends XC Club	20:09.8	9:59	10:11
134	82	Raffaele Gans-Pfist	SO	Germantown Friends-B	20:12.3	10:11	10:02
135	83	Ryan McNaughton	SO	Hawks TC-B	20:13.7	9:58	10:16

136		Greg Beaudette	FR	Hawks TC-C	20:14.1	10:06	10:09
137		Tyler Moritz	JR	Syosset TC	20:18.2	9:27	10:52
138	84	Jon Miller	SO	Henrietta Harriers-B	20:21.0	10:01	10:20
139	85	Ben Fazio	FR	Hill n' Harrier TC	20:27.2	9:56	10:32
140	86	Connor Dean	FR	Rocks XC-B	20:29.2	10:17	10:13
141	87	Stephen Atwill	JR	Rocks XC-B	20:31.8	10:15	10:17
142		Connor Doyle	FR	Hawks TC-C	20:39.9	10:19	10:21
143	88	Peter Lee	SO	Germantown Friends-B	20:44.4	10:11	10:34
144	89	Jacob Mageira	SO	Hawks TC-B	20:44.4	9:58	10:47
145	90	Kyle Martin	SO	Henrietta Harriers-B	20:46.8	10:20	10:27
146		Richard Patterson	JR	Rocks XC-C	20:49.4	10:18	10:32
147		Dan Eichorn	SO	Tully XC Club	20:51.8	10:37	10:15
148	91	Patrick LaChance	SO	H.U.D.'hawk Harriers	20:52.4	10:03	10:50
149		Matthew Sanborn	SO	UNA-NH-Holderness	20:52.9	10:22	10:31
150		Stephen Couture	FR	Hawks TC-C	20:55.2	10:23	10:33
151	92	Bryce Courbois	SR	H.U.D.'hawk Harriers	21:00.6	10:13	10:48
152	93	Ben Contreras	FR	Hill n' Harrier TC	21:01.0	10:13	10:48
153	94	Patrick Salmon	JR	Whitinsville TC	21:12.1	10:26	10:47
154	95	Evan Moore	FR	Warwick TC	21:14.5	9:54	11:21
155		Braden Mungeam	8	Tri Valley Frontrunners	21:23.2	10:32	10:52
156	96	Kyle Musto	SO	Germantown Friends-B	21:32.7	10:38	10:55
157	97	Peter Morrison	SO	Fairfield Runners	21:33.5	10:22	11:12
158	98	Ben Dinobeli	FR	Hill n' Harrier TC	21:39.9	10:36	11:04
159	99	Johnny Greiner	SO	Henrietta Harriers-B	21:44.7	10:07	11:38
160	100	Daniel Thadeio	FR	Hawks TC-B	21:50.2	10:39	11:12
161		Chirs Klocke	SO	Aurora Runners	21:53.6	10:40	11:14
162		Dan Laforce	SR	Tully XC Club	22:00.0	10:46	11:14
163		Marc Changanaqui	SO	Capital Preparatory Magnet	22:01.9	10:35	11:27
164	101	Brian Calcutt	JR	Fairfield Runners	22:04.7	10:30	11:35
165	102	David St. Amant	SO	Hawks TC-B	22:19.1	10:57	11:23
166	103	Patrick Araya	FR	Germantown Friends-B	22:48.5	10:55	11:54
167		Noah Paccia	FR	Tully XC Club	22:59.1	11:06	11:54
168		Douglas Chan	SR	UNA-MA-Concord	23:33.9	11:30	12:04
169	104	Ogden Courbois	FR	H.U.D.'hawk Harriers	23:58.9	11:22	12:37
170	105	Chris Hickey	SR	H.U.D.'hawk Harriers	23:59.9	12:20	11:40
171	106	Scott Ball	FR	Fairfield Runners	24:54.6	12:11	12:44
172		Luis Cruz	FR	Capital Preparatory Magnet	26:04.8	12:49	13:16
173	107	Jeremy Wright	FR	Germantown Friends-B	27:41.8	13:31	14:11
174		Luis Vega	FR	Capital Preparatory Magnet	29:37.6	14:19	15:19