

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<br>2.5K | 2nd<br>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 |