

COLONIE RECREATION DEPARTMENT'S TUESDAY NITE TRACK SERIES - JULY 26, 2005

Men

Open

100M	Nelson English	11.2
200M	Julien Burnett	22.7
400M	Nelson English	52.6
800M	Justin Bishop	2:07.5
Mile	Marty O'Brien	4:50.4
2 Mile	Jason DeRocco	11:12.3
Javelin	Justin Bishop	131'
Discus	Joe Malone	117'3"
High Jump	Mark Stephan	6'2"

Submasters

100M	David Tromp	15.6
400M	Zach Gobel	55.2
800M	David Tromp	2:54.8
Mile	David Tromp	5:51.1

Masters

100M	Kenn Pompey	12.1
200M	Mark Stevenson	25.9
400M	Fred Kitzrow	57.5
800M	Bill Ports	2:36.4
Mile	Bill Ports	5:39.6
Discus	John Dollard	94'

Seniors

100M	Charlie Shrader	17.9
200M	Alan Taylor	27.8
400M	Alan Taylor	59.7
800M	David Concordia	2:44.6
Mile	Paul Forbes	5:52.3

Veterans

100M	Paul Gansle	13.7
200M	Paul Gansle	28.0
800M	Chris Rush	2:41.9
Mile	Wade Stockman	6:52.0
Shot Put	John Sheridan	26'5"
Discus	John Sheridan	68'5"
High Jump	Paul Gansle	4'8"

Women

Open

100MH	Alicia Nelson	17.4
100M	Najla Singleton	13.1
200M	Najla Singleton	26.6
400M	Lisa D'Anelio	61.0
800M	Rachel Ohm	2:37.5
Mile	Nicole Soblosky	5:29.1
2 Mile	Chelsea Trant	12:07.0
Javelin	Heather Weldon	83'6"
Discus	Heather Maffei	113'7"
High Jump	Heather Maffei	4'8"

Submasters

Mile	Maryann Johnson	6:31.6
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Masters

100M	Cathy Murphy	18.4
Mile	Hope Plavin	6:46.0
Shot Put	Arlene Reyell	24'2"
Discus	Arleen Reyell	54'3"

Seniors

Mile	Cynthia Finnegan	6:46.1
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Veterans

Mile	Annie Stockman	8:17.2
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