



2023 OVERALL CHAMPIONS

TOP MEN

Place	Name	Company	Time
1	Aiden Smyth	Runner's Edge	16:52
2	Patrick Perry	Roux Environmental	18:25
3	Aakash Yagnik	Runner's Edge	19:07
4	Riley Keffer	Runner's Edge	19:23
5	Christopher Koegel	D & B Engineering	20:15

TOP WOMEN

Place	Name	Company	Time
1	Shanna Beairsto	605-TV	22:43
2	Morgan Engel	Catholic Health: St. Francis	22:49
3	Lauren Jasinski	Runner's Edge	23:01
4	Abigail Melican	Roux Environmental	23:12
5	Gia Engel	Catholic Health: St. Francis	23.29

TOP NON BINARY

Name	Company	Time
Catherine Cannavina	1-800-Flowers.com	57:49
Oliver Paneth	JPMorgan Chase & Co.	1:06:14

TOP DOGS

Team	Name	Company	Time
Male	Paul Curtis	Runner's Edge	20:22
Female	Kerry Brown	Catholic Health: Mercy Hospital	31:47

THE LEGAL CHALLENGE

Team	Company	Time
Men's	Jaspan Schlesinger Narendran	2:12:19
Women's	Moritt Hock & Hamroff	2:03:48
COED	Grey & Grey LLP	2:17:35

THE FINANCIAL INDUSTRY CHALLENGE

Team	Company	Time
Men's	Broadridge Financial Solutions	1:42:27
Women's	Broadridge Financial Solutions	2:48:07
COED	Broadridge Financial Solutions	2:05:35

THE HEALTHCARE CHALLENGE

Team	Company	Time
Men's	Catholic Health- St. Charles Hospital	1:48:33
Women's	Catholic Health- St. Francis Hospital and Heart Center	1:58:53
COED	Catholic Health- St. Francis Hospital and Heart Center	1:41:53

THE ENGINEERING/ARCHITECTURAL FIRM CHALLENGE

Team	Company	Time
Men's	D&B Engineers and Architects	1:30:03
COED	Lockwood, Kessler & Bartlett Inc.	2:58:16



2023 SPECIAL EVENT AWARDS

GREATEST PARTICIPATION

PSEG Long Island	470 Participants
Estee Lauder Companies	459 Participants

T-SHIRT CONTESTS

Design the Event T-Shirt	Zebra Technologies
Best Graphic Design	Hub Truck Rental
Most Colorful	GPI
Best Event-Related Slogan	Nationwide Mortgage Bankers
Best Use of the MWC Event Logo	Innoveering

John E. McGorry Jr. SPIRIT OF THE RACE AWARD

Nikon

BENEFICIARY FUND CHALLENGE AWARDS

Team	PSEG Long Island
Individual	Liz Meyers – Darby Dental

BENSON/SANGESLAND VOLUNTEER AWARD

James and Doreen McDougall



2023 TOP DOGS

TOP DOG - WOMEN

Kerry Brown	Catholic Health: Mercy Hospital	0:31:47
Jennifer Marks	JPMorgan Chase & Co.	0:32:10

TOP DOG - MEN

Paul Curtis	Runner's Edge	0:20:22
Sumit Chowdhery	Catholic Health: St. Charles Hospital	0:25:20
Randy Howard	Catholic Health: St. Catherine of Sienna Hospital	0:25:41
Robert Bazan	Chelsea Lighting	0:27:20
Patrick Hession	PSEG Long Island	0:27:30
Robert Raab	D&B Engineers and Architects	0:29:38
George Lombardo	Lizardos Engineering Associates	0:30:38
Michael Zikoski	Trane	0:35:00
Robert Grey	Grey & Grey LLP	0:35:21
David Macedonio	Lockwood, Kessler & Bartlett	0:49:08



2023 TOP 10 MEN'S TEAMS

1	Runner's Edge	1:15:44
	Aiden Smyth	16:52
	Aakash Yagnik	19:07
	Riley Keffer	19:23
	Paul Curtis	20:22
2	D & B Engineers and Architects	1:30:03
	Christopher Koegel	20:15
	Tom Savarese	20:32
	Joe Badolato	24:20
	T.J. McConnell	24:56
3	JPMorgan Chase & Co.	1:40:35
	Michael Brandi	22:44
	Omar Brown	24:51
	Louis Peng	26:30
	Mark DiPiero	26:30
4	Trane	1:41:14
	Chris Jones	23:51
	Michael Zikoski	24:35
	Emilio Ron	26:12
	Corey Letcher	26:36
5	PSEG Long Island	1:41:25
	Thomas Primrose	21:00
	Luke Hession	24:49
	Patrick Hession	27:30
	Sunil Katwala	28:06

6	Broadridge Financial Solutions	1:42:27
	Andrei Shelekhov	22:29
	Willie Barnes	23:08
	Bruce Weissmann	26:49
	Eddyson Rios	30:01
7	Lockheed Martin - Trident	1:44:47
	Hunter Devine	23:00
	Jonathan Nikolaidi	26:24
	Kevin Trejo Miranda	27:25
	Chris Whitenack	27:58
8	Farmingdale State College	1:45:38
	Trent Hampton	22:25
	Brett Southard	26:24
	Jeffery Borah	27:23
	Jorge Ayala	29:26
9	Brookhaven National Lab	1:48:07
	Andrea Mattera	25:54
	Jesse Kelly	26:05
	Lazar Kish	27:47
	Brian Brenton	28:21
10	Catholic Health Services: St. Charles Hospital	1:48:33
	Sumit Chowdhery	25:20
	Eric Burke	26:23
	Kevin Warren	27:40
	John Perkins	29:10



2023 TOP 10 WOMEN'S TEAMS

1	Runner's Edge	1:43:51
	Lauren Jasinski	23:01
	Kailey Uresk	24:46
	Alyssa Soethout	26:44
	Allison Galante	29:20
2	Catholic Health: St. Francis Hospital & The Heart Center	1:58:53
	Amanda De Piano	27:00
	Isabel Llano	25:11
	Claire Papagalis	32:07
	Christina Engel	34:35
3	Moritt Hock & Hamroff LLP	2:03:48
	Lauren Bernstein	27:50
	Rebekah Sherry	27:58
	Mary Johnson	33:00
	Dina Connor	35:00
4	JPMorgan Chase	2:03:54
	Natasha Castillo	28:43
	Caitlin Hubbell	31:00
	Katurah Brown	32:01
	Jennifer Marks	32:10
5	Brookhaven National Lab	2:11:44
	Julianne Lovece	30:46
	Kim Wolfersdorf	31:15
	Qingyan Ma	34:16
	Laura Rotundo	35:27

6	Roux Environmental	2:23:56
	Louisa Fernandez	30:25
	Valerie Sabatasso	32:15
	Lauren Dolginko	32:36
	MaryBeth Lyons	38:55
7	Nassau County Employees	2:26:53
	Cynthia Cirillo	31:25
	Suzanne Perina	31:45
	Margaret Dixon	37:13
	Isabella Caruso	46:30
8	Northrop Grumman	2:33:30
	Amy Ziter	34:00
	Sarah Prechtl	36:30
	Joanne Chin	40:30
	Pat Martin	42:30
9	Catholic Health: Mercy Hospital	2:44:19
	Theresa Bazan	38:01
	Vanessa Mullings Jones	41:03
	Allison Wu	41:45
	Katlin Von Bargen	43:30
10	Broadridge Financial Solutions	2:48:07
	Lindsay Scott	33:58
	Alyse Batt	44:09
	Lenis Majano	45:00
	Dina Romero	45:00



2023 TOP 10 COED TEAMS

1	Roux Environmental	1:37:43
	Patrick Perry	18:24
	Abigail Melican	23:12
	Matthew Smith	25:47
	Wendy Shen	30:20
2	Catholic Health: St. Francis Hospital & The Heart Center	1:41:53
	Morgan Engel	22:44
	Giavanna Engel	23:29
	James Fitzpatrick	27:23
	Michael Maglione	28:17
3	Runner's Edge	1:47:03
	Alex Eletto	21:27
	Stephen Uresk	24:24
	Susan Fitzpatrick	30:35
	Kaitlin Dello Iacono	30:37
4	Suffolk County District Attorney	1:52:46
	Joseph Mallek	21:24
	Dominique Vaccaro	29:01
	Jed Painter	29:55
	Danielle Sciarretta	32:26
5	Northrup Grumman	1:53:59
	Stephen Krehley	25:11
	Laura Bonebrake	27:16
	Juan Delgado	28:38
	Jessica Yau	32:54

6	PSEG Long Island	1:54:40
	Emma Rodriguez	24:54
	Sunil Katwala	28:06
	Jorge Jimenez	30:40
	Samantha Janowitz	31:00
7	Siemens	1:56:38
	Aiden Yurdiga	24:30
	Heather Swann	27:10
	Jeff Votteler	29:06
	Emma Unverzagt	35:52
8	Broadridge Financial Solutions	2:05:35
	Andrei Shelekhov	22:29
	Willie Barnes	23:08
	Lindsay Scott	33:58
	Fanny Chacon	46:00
9	Chelsea Lighting	2:07:08
	Robert Bazan	27:20
	Madalyn Pimental	32:08
	John Regan	33:20
	Nicole Valvo	34:20
10	Catholic Health: Mercy Hospital	2:10:24
	Ray David	28:28
	Kerry Brown	31:46
	Melissa Halpern	33:00
	Glen Rowell	37:10