



2024 OVERALL CHAMPIONS

TOP MEN

Place	Name	Company	Time
1	Tim Lynch	Runner's Edge	18:39
2	Patrick Perry	Roux Environmental	18:44
3	Thomas Primrose	PSEG Long Island	19:11
4	Matthew Portillo	JPMorgan Chase & Co.	19:23
5	Christopher Koegel	D & B Engineering	20:11

TOP WOMEN

Place	Name	Company	Time
1	Amanda Whittaker	Runner's Edge	21:34
2	Giavanna Engel	Catholic Health: St. Francis Hospital	21:55
3	Morgan Engel	Catholic Health: St. Francis Hospital	22:38
4	Becca Pizzi	Marcum LLP	22:49
5	Laurel Jasinski	Runner's Edge	23:26

MALE WHEELCHAIR ATHLETE

Name	Company	Time
Joe Slaninka	Achilles International	20:50

TOP DOGS

Team	Name	Company	Time
Male	Chris Jones	Trane	24:37
Female	Allison Galante	Runner's Edge	32:29

THE HEALTHCARE CHALLENGE

Team	Company	Time
Men's	Catholic Health- St. Francis Hospital and Heart Center	2:06:16
Women's	Catholic Health- St. Francis Hospital and Heart Center	1:42:53
COED	Catholic Health- Mercy Hospital	1:46:23

THE FINANCIAL INDUSTRY CHALLENGE

Team	Company	Time
Men's	JPMorgan Chase	1:48:19
Women's	JPMorgan Chase	2:20:48
COED	JPMorgan Chase	1:39:07

THE ENGINEERING/ARCHITECTURAL FIRM CHALLENGE

Team	Company	Time
Men's	D&B Engineers and Architects	1:35:03
COED	Lizardos Engineering Associates D.P.C.	2:17:28



2024 SPECIAL EVENT AWARDS

GREATEST PARTICIPATION

PSEG Long Island	542 Participants
Estee Lauder	356 Participants

T-SHIRT CONTESTS

Design the Event T-Shirt	East Coast Capital
Best Graphic Design	Farmingdale State College
Most Colorful	National Grid Ventures
Best Event-Related Slogan	East Coast Capital
Best Use of the MWC Event Logo	Hub Truck Rental

John E. McGorry Jr. SPIRIT OF THE RACE AWARD

Engineers Joint Committee of Long Island

BENEFICIARY FUND CHALLENGE AWARDS

Team	PSEG Long Island
Individual	Bob Pesce, Marcum LLP

BENSON/SANGESLAND VOLUNTEER AWARD

Irene and Curt Robinson



2024 TOP DOGS

TOP DOG - WOMEN		
Allison Galante	Runner's Edge	32:29
Jennifer Marks	JPMorgan Chase & Co.	35:00
Corinne Testa	PEF Region 12	54:49
Erika Floreska	Team LICM	1:02:21

TOP DOG - MEN		
Chris Jones	Trane	24:37
Lester Deleon	Siemens	24:42
Sumit Chowdhery	Catholic Health: St. Charles Hospital	25:08
Randy Howard	Catholic Health: St. Catherine of Sienna Hospital	26:08
Bruce Weissman	Broadridge Financial Solutions	26:40
Robert Bazan	Chelsea Lighting	27:55
Christopher Hahn	PSEG Long Island	28:50
Patrick Tennant	Lizardos Engineering Associates	34:34
Nicholas Gargiso	SBLM Architects	36:37
David Macedonio	Lockwood, Kessler & Bartlett	46:27
Thomas Saracino	Northrop Grumman-Bethpage	1:03:11
Christopher Fiene	Greenman-Pedersen Inc.	1:09:00



2024 TOP 10 MEN'S TEAMS

1	Runner's Edge	1:20:49
	Tim Lynch	18:39
	Jeremy Mulvey	20:35
	Thomas Milhailin	20:45
	Alex Eletto	20:50
2	PSEG Long Island	1:23:28
	Thomas Primrose	19:11
	Luke Hession	20:49
	Michael Stayne	21:27
	Daniel Bellissimo	22:01
3	D & B Engineers and Architects	1:35:03
	Christopher Koegel	20:11
	23:41	24:51
	Timothy McConnell	24:25
	Oliver Cisneros	26:46
4	Lockheed Martin - Trident 1	1:36:08
	Konrad Rogowski	21:20
	Christopher Simak	23:13
	Hunter Devine	24:20
	Christopher Austell	27:15
5	BNL Runners	1:41:05
	Andrew Jones	23:34
	Jesse Kelly	24:09
	Andrea Mattera	26:07
	Peng Xu	27:15

6	Clever Devices	1:47:10
	Inwook Kang	24:48
	Michael Herman	25:57
	Zacarias Imperial	26:32
	Elvis Santana	29:53
7	JPMorgan Chase	1:48:19
	Kevin Orellana	25:32
	Gaetano Sabatino	25:37
	John Parada	28:30
	Chuk Lam	28:40
8	Ernst & Young	1:52:17
	James Surless	24:56
	James Chen	26:57
	Steven Shale	27:00
	James Steier	33:24
9	Broadridge Financial Solutions	1:54:34
	Bruce Weissman	26:40
	Brandon Van Manen	28:25
	Eddyson Rios	29:28
	Jim Surless	30:01
10	Trane Technologies	1:58:13
	Chris Jones	24:37
	Jonathan Harris	26:36
	Shaun Mooney	32:20
	Thomas Cilla	34:40



2024 TOP 10 WOMEN'S TEAMS

1	Runner's Edge	1:32:21
	Amanda Whittaker	21:34
	Lauren Jasinski	23:26
	Kailey Uresk	23:40
	Alyssa Soethout	23:41
2	Catholic Health: St. Francis Hospital & The Heart Center	1:42:53
	Giavanna Engel	21:55
	Morgan Engel	22:38
	Allison Brody	27:30
	Donna Haubert	30:50
3	Ernst & Young	2:05:57
	Danielle Amato	29:23
	Tracy McSorley	29:23
	Julianna Talenti	30:00
	Alex Rousseau	37:11
4	BNL Runners	2:13:04
	Chiara Cappuccino	31:40
	Abigail Crow	31:41
	Sierra Deppe	33:54
	Julianne Lovece	35:49
5	JPMorgan Chase	2:20:48
	Jennifer Marks	35:00
	Erin Davidson	35:00
	Kaityn Kralick	35:10
	Deb Manzo	35:38

6	Nassau County Employees	2:21:00
	Cynthia Cirillo	32:05
	Tavora Buchman	34:19
	Suzanne Perina	37:02
	Margaret Dixon	37:34
7	Broadridge Financial Solutions	2:36:09
	Nicole Frantangelo	33:19
	Sara Freisem	39:15
	Jennifer Breneisen	40:10
	Omaira Berrios	43:25
8	Northrop Grumman - Bethpage	2:39:44
	Janet Hagerman	35:52
	Joanne Chin	39:20
	Pat Martin	41:10
	Marcia Avila	43:22
9	Cox & Company Inc.	2:55:37
	Karina Yoncon	37:17
	Brenda Granados	38:20
	Derly Bermudez	49:00
	Jazmine Tapia	51:00
10	Siemens	3:26:57
	Muktai Khandekar	41:49
	Lynn Prussen	44:08
	Xi Chen	50:00
	Taina Unverzagt	1:11:00



2024 TOP 10 COED TEAMS

1	Runner's Edge	1:36:22
	Scott Crane	20:59
	William Buith	22:13
	Elizabeth Licata	25:17
	Gabrielle Alzmann	27:53
2	JPMorgan Chase	1:39:07
	Matthew Portillo	19:53
	Michael Brandi	23:03
	Sarah White	28:00
	Kirstin Balavander	28:11
3	Roux Environmental	1:42:14
	Patrick Perry	18:47
	Max Smith	26:03
	Wendy Shen	27:22
	Rachel Fenwick	30:02
4	SUNY Farmingdale	1:46:14
	Trent Hampton	20:45
	Michelle Johnson	26:16
	Jeffrey Borah	27:19
	Amy Kappel	31:31
5	Catholic Health: Mercy Hospital	1:46:23
	Thomas Carroll	23:04
	Keith Lavey	24:26
	Jessica Mangieri	26:04
	Kerry Brown	32:49

6	Siemens	1:48:50
	Lester DeLeon	24:41
	Heather Swann	26:08
	Aiden Yurdiga	26:30
	Emma Unverzagt	31:31
7	Suffolk County District Attorney	1:50:40
	Jacob Kubetz	22:28
	Alyssa Constantino	29:05
	Jed Painter	29:10
	Dominique Vaccaro	29:57
8	Northrop Grumman – Bethpage	1:51:56
	Juan Delgado	26:20
	Laura Bonebrake	27:03
	Nicholas Minerva	27:09
	Jessica Yau	31:24
9	Catholic Health: St. Charles Hospital	1:59:06
	Summit Chowdhery	25:08
	Brenin Mahon	25:50
	John Perkins	28:23
	Catherine Stinsman	39:45
10	Northrop Grumman – Bethpage	2:03:23
	Liam Homeyer	28:09
	Stephen Krehley	29:10
	Amy Ziter	32:34
	Sarah Prechtl	33:30