



Back Row: Coach Charlie, Olivia, Isabella, Will, Casey, Lucas, Lilliana, Coach Siu, Nathan, Coach Katie
Front Row: Caroline, Alyssa, Natalie, Ryan, Arianna, Guiseppe, Thomas

4 milers

Lucas – 30:51

Casey – 33:32

Isabella – 37:02



2022
Bellmore Striders
July 4th
Youth Mile



Alyssa – 6:11
1st place overall finisher



Will – 6:36
2nd place overall finish
1st male athlete to cross the finish line



Guiseppe - 7:22
(10th place)

Thomas – 7:24
(11th place)



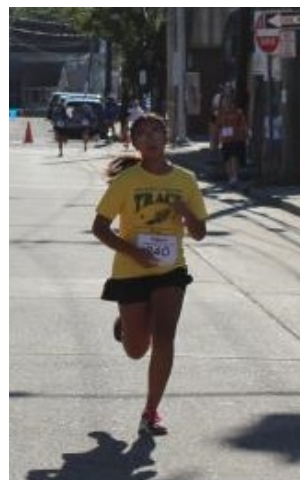
Nathan – 7:40
(12th place)



Josh – 7:44
(14th place)



Lilliana – 7:50
(15th place)



Olivia – 8:40
(19th place)



Jamie – 8:55
(20th place)



Natalie – 8:58
(22nd place)

Caroline – 8:59
(23rd place)



Arianna – 9:31
(26th place)



Ryan – 9:34
(27th place)

Our kids had a great start to their July 4th holiday at the Bellmore Striders Youth Mile. Three of our older athletes ran the 4 mile. As always, it was a beautiful hot day, and the athletes put their best on show!

This is the 1st of 5 1-mile races the team will do this summer as part of the Bellmore PAL Grand Prix .

You did a great job guys. . . . congratulations!

4 milers – way to go!