

LIRRC DUCKS MILE
WEDNESDAY, AUGUST 3, 2022
EISENHOWER PARK – 7:00 PM

12 & U GIRLS

- | | |
|-------------------|---------|
| 1. Natalie Lam | 8:00.71 |
| 2. Jamie Sat | 8:01.65 |
| 3. Caroline Maxon | 8:27.86 |

12 & U BOYS

- | | |
|----------------------|---------|
| 1. Nathan Lam | 7:04.12 |
| 2. Thomas Howe | 7:05.33 |
| 4. Josh Sat | 7:22.62 |
| 7. Josiah Sunderland | 9:14.54 |

13 - 15 BOYS

- | | |
|------------------|---------|
| 1. Lucas Lam | 5:37.64 |
| 4. Casey Fleming | 6:41.51 |

COACHES

- | | |
|----------------|-----------------------|
| Coach Rob | 6:45.51 |
| Coach Sheryl | 8:38.16 |
| Coach Veronica | 15:11.95 - walk & run |
| Coach Katie | 15:21.89 - walk & run |

All the athletes had awesome improvements on their July 4th mile times!
Way to go guys - the hard work is paying off and certainly showing!



Left to right:
Coaches Katie & Siu, Natalie,
Casey, Jamie, Caroline, Josh,
Nathan, Josiah, Coach Sheryl
with Lucas standing behind her,
Coach Veronica