

March 18, 2023  
Age Group Results

USATF Mid-Atlantic 2023 Grand Prix  
Haddonfield Adrenaline 5K

| Last Name            | First Name | City           | State | Place | HH | MM | SS | WMA%   | AG | AGE | G | Club                           | Points |
|----------------------|------------|----------------|-------|-------|----|----|----|--------|----|-----|---|--------------------------------|--------|
| Ng                   | Stephanie  | Philadelphia   | PA    | 75    | 0  | 17 | 31 | 84.110 | 20 | 24  | F | Philadelphia Runner Track Club | 5      |
| Seykora              | Maria      | Broomall       | PA    | 57    | 0  | 16 | 50 | 87.525 | 25 | 28  | F | Philadelphia Runner Track Club | 5      |
| Spadaccini           | Angelina   | Bear           | DE    | 112   | 0  | 18 | 54 | 77.954 | 25 | 26  | F | Pike Creek Valley Running Club | 3      |
| Pellechio<br>(Bodor) | Sierra     | Doylestown     | PA    | 509   | 0  | 31 | 12 | 47.222 | 25 | 29  | F | Philadelphia Masters           | 1      |
| Zimmerman            | Amber      | Philadelphia   | PA    | 20    | 0  | 15 | 50 | 93.053 | 30 | 30  | F |                                | 5      |
| Dever                | Alyssa     | Wyomissing     | PA    | 66    | 0  | 17 | 18 | 85.164 | 30 | 30  | F | F and M Track Club             | 3      |
| Smith                | Jessica    | Philadelphia   | PA    | 91    | 0  | 18 | 0  | 82.222 | 30 | 34  | F | Philadelphia Runner Track Club | 1      |
| Coda                 | Liz        | Philadelphia   | PA    | 105   | 0  | 18 | 39 | 79.088 | 30 | 32  | F | Philadelphia Runner Track Club |        |
| Cuiule               | Cynthia    | Mount Laurel   | NJ    | 152   | 0  | 20 | 25 | 72.163 | 30 | 31  | F | Philadelphia Runner Track Club |        |
| Creamer              | Samantha   | Mount Laurel   | NJ    | 369   | 0  | 27 | 3  | 54.713 | 30 | 34  | F | Pineland Striders              |        |
| O'Regan              | Kathryn    | Lititz         | PA    | 78    | 0  | 17 | 40 | 84.811 | 35 | 38  | F | F and M Track Club             | 5      |
| McCalley             | Katherine  | Haddonfield    | NJ    | 162   | 0  | 20 | 39 | 75.303 | 40 | 44  | F | South Jersey Athletic Club     | 5      |
| Holroyd              | Erika      | Wayne          | PA    | 130   | 0  | 19 | 47 | 79.275 | 45 | 45  | F | Greater Philadelphia TC        | 5      |
| Miller               | Sarah      | Medford        | NJ    | 247   | 0  | 23 | 28 | 67.401 | 45 | 46  | F | Pineland Striders              | 3      |
| Knothe               | Lynn       | Wilmington     | DE    | 426   | 0  | 28 | 43 | 54.614 | 45 | 45  | F | Pike Creek Valley Running Club | 1      |
| Dean                 | Abby       | Wilmington     | DE    | 111   | 0  | 18 | 51 | 88.417 | 50 | 51  | F | Greater Philadelphia TC        | 5      |
| Hodge                | Brenda     | Lancaster      | PA    | 131   | 0  | 19 | 49 | 84.104 | 50 | 51  | F | Pike Creek Valley Running Club | 3      |
| Heppelmann           | Patricia   | Malvern        | PA    | 128   | 0  | 19 | 45 | 83.460 | 50 | 50  | F | Greater Philadelphia TC        | 1      |
| McHugh               | Siobhan    | Line Lexington | PA    | 186   | 0  | 21 | 38 | 77.042 | 50 | 51  | F | Greater Philadelphia TC        |        |
| Schmidt              | Aliza      | Philadelphia   | PA    | 275   | 0  | 24 | 18 | 67.833 | 50 | 50  | F | Philadelphia Masters           |        |
| Pangburn             | Julie      | Downingtown    | PA    | 213   | 0  | 22 | 30 | 80.222 | 55 | 58  | F | Greater Philadelphia TC        | 5      |
| Broadbent            | Anabelle   | Perkasie       | PA    | 209   | 0  | 22 | 22 | 77.943 | 55 | 55  | F | Greater Philadelphia TC        | 3      |
| Briggs               | Maretta    | Marlton        | NJ    | 238   | 0  | 23 | 14 | 77.690 | 55 | 58  | F | Pineland Striders              | 1      |
| Longshore            | Kristine   | Doylestown     | PA    | 715   | 0  | 51 | 21 | 33.950 | 55 | 55  | F | Philadelphia Masters           |        |
| McCoubrie            | Doreen     | West Chester   | PA    | 137   | 0  | 20 | 2  | 93.428 | 60 | 61  | F | Greater Philadelphia TC        | 5      |
| Siegel               | Lauren     | Elkins Park    | PA    | 250   | 0  | 23 | 39 | 81.184 | 60 | 63  | F | Greater Philadelphia TC        | 3      |
| Boyer                | Linda      | North Wales    | PA    | 263   | 0  | 23 | 56 | 82.312 | 65 | 65  | F | Greater Philadelphia TC        | 5      |
| Brynko               | Barbara    | Marlton        | NJ    | 481   | 0  | 30 | 32 | 68.013 | 65 | 69  | F | Pineland Striders              | 3      |
| Hellman              | Joanna     | Medford Lakes  | NJ    | 512   | 0  | 31 | 25 | 63.501 | 65 | 66  | F | Pineland Striders              | 1      |
| Gurka                | Mary Ann   | Berlin         | NJ    | 276   | 0  | 24 | 11 | 87.112 | 70 | 70  | F | Pineland Striders              | 5      |
| Folzer               | Sandra     | Philadelphia   | PA    | 570   | 0  | 33 | 53 | 77.127 | 80 | 83  | F | Greater Philadelphia TC        | 5      |

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|--------------|-------------|-------------------|-------|-------|----|----|----|--------|----|-----|---|--------------------------------|--------|
| Walkush      | Declan      | Philadelphia      | PA    | 16    | 0  | 15 | 42 | 81.847 | 20 | 23  | M | Philadelphia Runner Track Club | 5      |
| Iglesias     | Vicente     | Philadelphia      | PA    | 29    | 0  | 15 | 55 | 80.733 | 20 | 23  | M | Philadelphia Runner Track Club | 3      |
| Richwall     | Jason       | Philadelphia      | PA    | 74    | 0  | 17 | 31 | 73.359 | 20 | 24  | M | Philadelphia Runner Track Club | 1      |
| Barrett      | Tyler       | North Wales       | PA    | 80    | 0  | 17 | 40 | 72.736 | 20 | 24  | M |                                |        |
| Maguire      | Joe         | Philadelphia      | PA    | 4     | 0  | 14 | 49 | 86.727 | 25 | 25  | M | Philadelphia Runner Track Club | 5      |
| Dever        | Samuel      | Wyomissing        | PA    | 62    | 0  | 17 | 7  | 75.073 | 25 | 29  | M | F and M Track Club             | 3      |
| Celona       | Phil        | Philadelphia      | PA    | 18    | 0  | 15 | 46 | 81.607 | 30 | 31  | M | Philadelphia Runner Track Club | 5      |
| Mateer       | Christopher | Philadelphia      | PA    | 26    | 0  | 15 | 53 | 81.112 | 30 | 32  | M | Philadelphia Runner Track Club | 3      |
| Matuszak     | Paul        | Huntingdon Valley | PA    | 3     | 0  | 14 | 42 | 89.456 | 35 | 36  | M | Philadelphia Runner Track Club | 5      |
| Nieto        | Benjamin    | Philadelphia      | PA    | 21    | 0  | 15 | 47 | 82.682 | 35 | 35  | M | Philadelphia Runner Track Club | 3      |
| Kampf        | Seth        | Collegetown       | PA    | 41    | 0  | 16 | 19 | 81.716 | 35 | 38  | M | Philadelphia Runner Track Club | 1      |
| Swierzbinski | Anthony     | Wilmington        | DE    | 56    | 0  | 16 | 45 | 79.005 | 35 | 37  | M | Pike Creek Valley Running Club |        |
| Tagg         | Nate        | Lancaster         | PA    | 76    | 0  | 17 | 33 | 75.404 | 35 | 37  | M | F and M Track Club             |        |
| Vannais      | Rory        | Marlton           | NJ    | 109   | 0  | 18 | 42 | 70.321 | 35 | 36  | M | Pineland Striders              |        |
| Becker       | John        | Berwyn            | PA    | 36    | 0  | 16 | 0  | 87.188 | 40 | 44  | M | Greater Philadelphia TC        | 5      |
| Burns        | Scott       | West Chester      | PA    | 19    | 0  | 15 | 47 | 87.012 | 40 | 42  | M | Greater Philadelphia TC        | 3      |
| Gourley      | Steve       | Doylestown        | PA    | 38    | 0  | 16 | 6  | 86.646 | 40 | 44  | M | Philadelphia Runner Track Club | 1      |
| DiGennaro    | Mike        | Wilmington        | DE    | 53    | 0  | 16 | 40 | 83.700 | 40 | 44  | M | Pike Creek Valley Running Club |        |
| Gagliardi    | John        | West Chester      | PA    | 64    | 0  | 17 | 11 | 80.504 | 40 | 43  | M | Greater Philadelphia TC        |        |
| Angellotti   | Colten      | Voorhees          | NJ    | 108   | 0  | 18 | 40 | 73.036 | 40 | 41  | M | Pineland Striders              |        |
| Hernandez    | Eric        | Lawnside          | NJ    | 193   | 0  | 21 | 44 | 62.730 | 40 | 41  | M | Greater Philadelphia TC        |        |
| Horton       | William     | Gloucester City   | NJ    | 235   | 0  | 23 | 1  | 60.608 | 40 | 44  | M | Pineland Striders              |        |
| Holroyd      | Jason       | Wayne             | PA    | 23    | 0  | 15 | 51 | 89.274 | 45 | 46  | M | Greater Philadelphia TC        | 5      |
| Butler       | Brock       | West Chester      | PA    | 24    | 0  | 15 | 51 | 88.644 | 45 | 45  | M | Greater Philadelphia TC        | 3      |
| Sokol        | Kurt        | Newark            | DE    | 126   | 0  | 19 | 34 | 71.806 | 45 | 45  | M | Pike Creek Valley Running Club | 1      |
| Witzig       | Jack        | Merchantville     | NJ    | 147   | 0  | 20 | 19 | 69.647 | 45 | 46  | M | South Jersey Athletic Club     |        |
| Harte        | Tim         | Coatesville       | PA    | 47    | 0  | 16 | 25 | 91.878 | 50 | 54  | M | Greater Philadelphia TC        | 5      |
| Bodels       | Colin       | Drexel Hill       | PA    | 93    | 0  | 18 | 6  | 82.689 | 50 | 53  | M | Philadelphia Runner Track Club | 3      |
| Cutrona      | Matthew     | Wilmington        | DE    | 110   | 0  | 18 | 48 | 78.989 | 50 | 52  | M | Greater Philadelphia TC        | 1      |
| Cheng        | Kwok-Ming   | Wilmington        | DE    | 188   | 0  | 21 | 37 | 69.776 | 50 | 54  | M | Pike Creek Valley Running Club |        |
| Johnson      | Jemal       | Phila             | PA    | 338   | 0  | 25 | 53 | 57.824 | 50 | 53  | M |                                |        |
| Law          | Bob         | Mantua            | NJ    | 414   | 0  | 28 | 44 | 52.494 | 50 | 54  | M | Pineland Striders              |        |

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|-------------|---------|-----------------|----|-----|---|----|----|--------|----|----|---|--------------------------------|---|
| Hranilovich | Stephen | Phoenixville    | PA | 122 | 0 | 19 | 26 | 80.961 | 55 | 59 | M | Philadelphia Masters           | 5 |
| Farquhar    | Bill    | Newark          | DE | 169 | 0 | 20 | 46 | 73.274 | 55 | 55 | M | Pike Creek Valley Running Club | 3 |
| Hamilton    | Brandon | Haddon Township | NJ | 677 | 0 | 42 | 14 | 36.030 | 55 | 55 | M | South Jersey Athletic Club     | 1 |
| Rechtin     | Larry   | Spring City     | PA | 113 | 0 | 19 | 5  | 83.930 | 60 | 61 | M | Greater Philadelphia TC        | 5 |
| Davies      | Keith   | Hatboro         | PA | 129 | 0 | 19 | 45 | 82.532 | 60 | 63 | M | Greater Philadelphia TC        | 3 |
| Armstrong   | Scott   | Pottstown       | PA | 125 | 0 | 19 | 32 | 81.229 | 60 | 60 | M | Greater Philadelphia TC        | 1 |
| Cauler      | Gregory | York            | PA | 150 | 0 | 20 | 25 | 79.837 | 60 | 63 | M | Pike Creek Valley Running Club |   |
| Costello    | John    | Milton          | DE | 158 | 0 | 20 | 33 | 78.589 | 60 | 62 | M | Pike Creek Valley Running Club |   |
| Steenkamer  | Thomas  | Rising Sun      | MD | 174 | 0 | 21 | 10 | 77.638 | 60 | 64 | M | Pike Creek Valley Running Club |   |
| Kapner      | Kenneth | Havertown       | PA | 175 | 0 | 21 | 15 | 77.333 | 60 | 64 | M | Greater Philadelphia TC        |   |
| Hesketh     | Robert  | Sicklerville    | NJ | 215 | 0 | 22 | 27 | 71.938 | 60 | 62 | M | South Jersey Athletic Club     |   |
| Cooper      | Stanley | Cherry Hill     | NJ | 231 | 0 | 22 | 59 | 71.501 | 60 | 64 | M | South Jersey Athletic Club     |   |
| Dotsey      | David   | Cherry Hill     | NJ | 243 | 0 | 23 | 22 | 68.545 | 60 | 61 | M | South Jersey Athletic Club     |   |
| Stewart     | David   | Haddonfield     | NJ | 346 | 0 | 26 | 6  | 62.452 | 60 | 63 | M | South Jersey Athletic Club     |   |
| Estrada     | Alex    | Mount Laurel    | NJ | 373 | 0 | 26 | 59 | 59.358 | 60 | 61 | M | Pineland Striders              |   |
| Mason       | Robert  | Wilmington      | DE | 145 | 0 | 20 | 19 | 83.921 | 65 | 68 | M | Pike Creek Valley Running Club | 5 |
| Reynolds    | Robert  | Wyndmoor        | PA | 141 | 0 | 20 | 8  | 82.368 | 65 | 65 | M | Greater Philadelphia TC        | 3 |
| Wrzosek     | Thomas  | Downingtown     | PA | 168 | 0 | 20 | 48 | 80.449 | 65 | 66 | M |                                | 1 |
| Brown       | John    | Kennett Square  | PA | 199 | 0 | 21 | 58 | 75.493 | 65 | 65 | M | Pike Creek Valley Running Club |   |
| Roth        | Robert  | Berlin          | NJ | 233 | 0 | 23 | 2  | 71.997 | 65 | 65 | M | Pineland Striders              |   |
| Mullen      | Nace    | Philadelphia    | PA | 288 | 0 | 24 | 33 | 68.160 | 65 | 66 | M |                                |   |
| Pellechio   | Thomas  | Doylestown      | PA | 357 | 0 | 26 | 44 | 63.217 | 65 | 67 | M | Philadelphia Masters           |   |
| Bruckner    | Joseph  | West Berlin     | NJ | 417 | 0 | 28 | 30 | 59.825 | 65 | 68 | M | Pineland Striders              |   |
| Dykes       | Gene    | Bala Cynwyd     | PA | 181 | 0 | 21 | 24 | 86.137 | 70 | 74 | M | Greater Philadelphia TC        | 5 |
| Morrison    | Don     | West Brandywine | PA | 206 | 0 | 22 | 11 | 80.691 | 70 | 72 | M | Greater Philadelphia TC        | 3 |
| Broadbent   | Dave    | Perkasie        | PA | 259 | 0 | 23 | 55 | 75.889 | 70 | 73 | M | Greater Philadelphia TC        | 1 |
| Marino      | Jerry   | Williamstown    | NJ | 265 | 0 | 24 | 3  | 74.428 | 70 | 72 | M | South Jersey Athletic Club     |   |
| Sawyer      | Steve   | Philadelphia    | PA | 317 | 0 | 25 | 22 | 69.580 | 70 | 71 | M | Greater Philadelphia TC        |   |
| Schuler     | Robert  | Marlton         | NJ | 485 | 0 | 30 | 38 | 60.174 | 70 | 74 | M | Pineland Striders              |   |
| Bell        | James   | Philadelphia    | PA | 438 | 0 | 29 | 15 | 66.496 | 75 | 77 | M | Greater Philadelphia TC        | 5 |
| Herman      | Gerald  | Wilmington      | DE | 675 | 0 | 43 | 3  | 47.077 | 75 | 79 | M | Pike Creek Valley Running Club | 3 |