

March 21, 2026

USATF Mid-Atlantic 2026 Grand Prix

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Club Results

Haddonfield Adrenaline Run 5K

Last Name	First Name	City	State	Place	HH	MM	SS	AP%	AG	AGE	G	Club	Points
Cohen	Howard	Maple Glen	PA	319	0	25	45	65.621	65	67	M	Ambler Area Running Club	
Craver	Jen	Ambler	PA	215	0	22	21	64.175	35	37	F	Ambler Area Running Club	
Racette	Paul	Oreland	PA	380	0	27	39	61.112	65	67	M	Ambler Area Running Club	
Hansell	Stephanie	North Wales	PA	331	0	25	59	54.388	30	34	F	Ambler Area Running Club	245.296
Manavi	Damian	Willow Grove	PA	32	0	16	24	83.068	*	13	M	AOC Ambler Track Club	
Manavi	Anneliese	Willow Grove	PA	195	0	21	43	74.460	*	11	F	AOC Ambler Track Club	
Kalaus	Connor	Perkasie	PA	98	0	18	33	73.440	*	13	M	AOC Ambler Track Club	230.969

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Folzer	Sandra	Philadelphia	PA	486	0	31	25	<b>92.658</b>	85	86	F	Greater Philadelphia TC	
Becker	John	Berwyn	PA	31	0	16	23	<b>87.067</b>	45	47	M	Greater Philadelphia TC	
Jasper	Lorraine	Birchrunville	PA	204	0	22	7	<b>86.891</b>	60	64	F	Greater Philadelphia TC	
Giroto	Sara	Wynnewood	PA	104	0	18	52	<b>85.748</b>	50	50	F	Greater Philadelphia TC	
Morrison	Don	West Brandywine	PA	210	0	22	21	<b>85.234</b>	75	76	M	Greater Philadelphia TC	<b>437.598</b>
Gagliardi	John	West Chester	PA	40	0	16	44	84.587	45	46	M	Greater Philadelphia TC	
Moura	Fernando	Douglassville	PA	207	0	22	19	83.877	75	75	M	Greater Philadelphia TC	
Wenger	Mark	Swarthmore	PA	118	0	19	15	82.452	60	60	M	Greater Philadelphia TC	
Shields	Charles	Abington	PA	146	0	20	25	82.006	65	66	M	Greater Philadelphia TC	
Jones	Anne	New Hope	PA	175	0	21	10	81.994	55	56	F	Greater Philadelphia TC	
Dean	Abby	Wilmington	DE	161	0	20	46	81.587	50	54	F	Greater Philadelphia TC	
Cutrona	Matthew	Wilmington	DE	105	0	18	52	80.632	55	55	M	Greater Philadelphia TC	
Boyer	Linda	North Wales	PA	300	0	25	14	80.488	65	68	F	Greater Philadelphia TC	
McHugh	Siobhan	Line Lexington	PA	191	0	21	39	78.258	50	54	F	Greater Philadelphia TC	
Armstrong	Scott	Pottstown	PA	168	0	20	55	77.908	60	63	M	Greater Philadelphia TC	
Wheeler	John	Yardley	PA	155	0	20	38	76.924	60	60	M	Greater Philadelphia TC	
Siegel	Lauren	Elkins Park	PA	334	0	26	14	75.286	65	66	F	Greater Philadelphia TC	
Rebbechi	Donovan	Penn Valley	PA	127	0	19	45	75.153	50	52	M	Greater Philadelphia TC	
Hranilovich	Stephen	Phoenixville	PA	189	0	21	35	74.836	60	62	M	Greater Philadelphia TC	
Albright	Andrew	Maple Glen	PA	187	0	21	31	70.702	55	55	M	Greater Philadelphia TC	
Fanelli	Lorena	Phoenixville	PA	232	0	23	11	70.579	50	51	F	Greater Philadelphia TC	
Webb	David	Clifton Heights	PA	186	0	21	29	69.089	50	52	M	Greater Philadelphia TC	
Regan	Cecelia	Glenside	PA	291	0	24	55	68.812	55	55	F	Greater Philadelphia TC	
Wheeler	Karen	Yardley	PA	360	0	26	31	67.919	55	59	F	Greater Philadelphia TC	
Buvac	Vanja	Philadelphia	PA	223	0	23	3	65.999	55	55	M	Greater Philadelphia TC	
McManus	Diane	Upper Darby	PA	704	0	53	20	42.275	75	75	F	Greater Philadelphia TC	
Hewitt	Claire	Philadelphia	PA	74	0	17	50	<b>83.398</b>	40	42	F	Liberty Track Club	
Morro	Abigail	Narberth	PA	49	0	17	0	<b>81.789</b>	25	27	F	Liberty Track Club	<b>81.789</b>
Gualano	Stephen	Easton	PA	219	0	22	46	<b>66.820</b>	55	55	M	Philadelphia Masters	<b>66.820</b>

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Matuszak	Paul	Huntingdon Valley	PA	2	0	14	56	<b>89.917</b>	35	39	M	Philadelphia Runner Track Club	
Guillard	Allie	State College	PA	41	0	16	43	<b>88.223</b>	40	41	F	Philadelphia Runner Track Club	
McCauley	Colin	Philadelphia	PA	1	0	14	53	<b>86.114</b>	20	24	M	Philadelphia Runner Track Club	
Coffey	Matthew	Philadelphia	PA	8	0	15	15	<b>84.044</b>	25	25	M	Philadelphia Runner Track Club	
Musselman	Zachary	Philadelphia	PA	9	0	15	24	<b>83.812</b>	30	33	M	Philadelphia Runner Track Club	<b>432.110</b>
Seykora	Maria	Broomall	PA	53	0	17	11	81.413	30	31	F	Philadelphia Runner Track Club	
Galiczynski	Ryan	Philadelphia	PA	16	0	15	48	81.118	25	26	M	Philadelphia Runner Track Club	
Payne	Jordan	Philadelphia	PA	18	0	15	52	80.777	25	27	M	Philadelphia Runner Track Club	
Nieto	Benjamin	Philadelphia	PA	38	0	16	38	80.139	35	38	M	Philadelphia Runner Track Club	
Mateer	Christopher	Philadelphia	PA	30	0	16	18	80.039	35	35	M	Philadelphia Runner Track Club	
Hudson	Kevin	Philadelphia	PA	24	0	16	5	79.689	25	26	M	Philadelphia Runner Track Club	
Krall	Max	Philadelphia	PA	34	0	16	30	77.950	30	32	M	Philadelphia Runner Track Club	
Cardamone	Nick	Ambler	PA	39	0	16	40	76.900	25	26	M	Philadelphia Runner Track Club	
Kayhan	Zarah	Philadelphia	PA	85	0	18	5	76.866	25	25	F	Philadelphia Runner Track Club	
Dotz	Stephen	Philadelphia	PA	57	0	17	17	76.568	35	37	M	Philadelphia Runner Track Club	
Angello	Marella	Philadelphia	PA	94	0	18	17	76.515	30	31	F	Philadelphia Runner Track Club	
Feehan	Megan	Philadelphia	PA	126	0	19	38	75.752	40	42	F	Philadelphia Runner Track Club	
Smith	Nathan	Philadelphia	PA	63	0	17	25	74.907	35	35	M	Philadelphia Runner Track Club	
Potocek	Andrew	Philadelphia	PA	82	0	17	59	74.667	35	39	M	Philadelphia Runner Track Club	
George	Cynthia	Philadelphia	PA	99	0	18	43	74.288	25	27	F	Philadelphia Runner Track Club	
Duby	Jordyn	Philadelphia	PA	111	0	19	7	72.711	20	22	F	Philadelphia Runner Track Club	
Drapeau	Elizabeth	Philadelphia	PA	132	0	19	59	70.718	30	34	F	Philadelphia Runner Track Club	
Cuiule	Cynthia	Mount Laurel	NJ	154	0	20	39	68.435	30	34	F	Philadelphia Runner Track Club	

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McKelvey	Frank	Centreville	DE	92	0	18	13	<b>87.891</b>	60	61	M	Pike Creek Valley Running Club	
Emmons	Allison	Wilmington	DE	77	0	17	55	<b>86.394</b>	45	46	F	Pike Creek Valley Running Club	
Creekmore	Joseph	Wilmington	DE	11	0	15	30	<b>83.271</b>	30	33	M	Pike Creek Valley Running Club	
Mason	Robert	Wilmington	DE	176	0	21	12	<b>83.227</b>	70	71	M	Pike Creek Valley Running Club	
Rose	William	Hockessin	DE	140	0	20	20	<b>83.102</b>	65	67	M	Pike Creek Valley Running Club	<b>423.884</b>
Anderson	Chris	Wilmington	DE	65	0	17	36	82.988	50	50	M	Pike Creek Valley Running Club	
Swierzbinski	Anthony	Wilmington	DE	33	0	16	28	82.147	40	40	M	Pike Creek Valley Running Club	
Cauller	Gregory	WILMINGTON	DE	194	0	21	43	77.097	65	66	M	Pike Creek Valley Running Club	
Ramirez	Roxanne	Wilmington	DE	91	0	18	11	76.520	25	28	F	Pike Creek Valley Running Club	
Knothe	Lynn	Wilmington	DE	342	0	26	13	60.346	45	48	F	Pike Creek Valley Running Club	
McGowan	Karen	Medford	NJ	247	0	23	46	<b>85.455</b>	65	68	F	Pineland Striders	
Gurka	Mary Ann	Berlin	NJ	311	0	25	36	<b>85.386</b>	70	73	F	Pineland Striders	
Groff	David	Cherry Hill	NJ	163	0	20	48	<b>80.495</b>	65	66	M	Pineland Striders	
Wolf	Ann	Marlton	NJ	340	0	26	18	<b>78.334</b>	65	69	F	Pineland Striders	
Harvey	Michelle	Atco	NJ	270	0	24	24	<b>74.750</b>	60	60	F	Pineland Striders	<b>404.419</b>
Holmes	Michele	Delran	NJ	211	0	22	21	74.056	50	52	F	Pineland Striders	
Roth	Robert	Berlin	NJ	230	0	23	11	73.575	65	68	M	Pineland Striders	
Summers	Jan	Mullica Hill	NJ	371	0	27	20	70.308	60	64	F	Pineland Striders	
Aquino	Lee	Cherry Hill	NJ	129	0	19	55	68.423	40	41	M	Pineland Striders	
Mroz	Denise	Haddon Heights	NJ	321	0	25	53	67.053	55	56	F	Pineland Striders	
Hellman	Jerry	Medford Lakes	NJ	370	0	27	5	66.011	70	72	M	Pineland Striders	
Brynko	Barbara	Marlton	NJ	550	0	33	58	63.387	70	72	F	Pineland Striders	
Hellman	Joanna	Medford Lakes	NJ	555	0	34	4	60.475	65	69	F	Pineland Striders	
Estrada	Alex	Mount Laurel	NJ	446	0	29	26	55.862	60	64	M	Pineland Striders	
McMillan	Jay	Columbia	PA	100	0	18	44	<b>79.879</b>	50	53	M	Red Rose Track Club	
Ausel (Gregory)	John	Strasburg	PA	27	0	16	9	<b>79.639</b>	30	32	M	Red Rose Track Club	
Hodge	Brenda	Lancaster	PA	193	0	21	41	<b>78.138</b>	50	54	F	Red Rose Track Club	
Tucker	Maura	Lancaster	PA	109	0	19	3	<b>75.292</b>	35	37	F	Red Rose Track Club	
Hallock	John	Lancaster	PA	58	0	17	19	<b>74.535</b>	30	33	M	Red Rose Track Club	<b>387.484</b>
Matthews	John	Lancaster	PA	78	0	17	54	71.688	30	31	M	Red Rose Track Club	
Dever	Samuel	Wyomissing	PA	97	0	18	40	68.902	30	32	M	Red Rose Track Club	

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Iovanisci	Joe	Williamstown	NJ	143	0	20	22	<b>73.473</b>	50	53	M	South Jersey Athletic Club	
D'Andrea	Kurt	Haddon Township	NJ	150	0	20	30	<b>72.995</b>	50	53	M	South Jersey Athletic Club	
Hoffman	Joseph	National Park	NJ	325	0	25	54	<b>72.273</b>	75	75	M	South Jersey Athletic Club	
Nolfi	Rich	PITMAN	NJ	120	0	19	21	<b>67.020</b>	30	34	M	South Jersey Athletic Club	
panus	Phil	mount laurel	NJ	263	0	23	56	65.748	55	59	M	South Jersey Athletic Club	
Bergmann	Seth	Glassboro	NJ	455	0	30	3	63.393	75	76	M	South Jersey Athletic Club	
McCoy	Marjory	Haddonfield	NJ	471	0	30	47	<b>60.014</b>	60	61	F	South Jersey Athletic Club	<b>345.775</b>
Cooper	Stanley	Cherry Hill	NJ	413	0	28	22	59.568	65	67	M	South Jersey Athletic Club	
Martinez	Genaro	BLACKWOOD	NJ	458	0	30	18	56.294	65	68	M	South Jersey Athletic Club	
Ruberti	Donna	Glassboro	NJ	611	0	37	57	52.769	65	67	F	South Jersey Athletic Club	
Shoemaker	Jacob	Haddon Township	NJ	29	0	16	13	<b>84.034</b>	40	41	M	South Jersey Distance Project	
MacFarlane	Colin	Collingswood	NJ	23	0	16	2	<b>83.138</b>	35	38	M	South Jersey Distance Project	
Elliott	Tom	Cinnaminson	NJ	87	0	18	8	<b>81.853</b>	50	52	M	South Jersey Distance Project	
Abdelhamid	Omar	Cherry Hill	NJ	60	0	17	23	<b>80.800</b>	45	45	M	South Jersey Distance Project	
England	Robin	Oaklyn	NJ	96	0	18	23	<b>77.598</b>	35	36	F	South Jersey Distance Project	<b>407.424</b>
Pelerin	Marc	Philadelphia	PA	73	0	17	49	76.487	40	41	M	South Jersey Distance Project	
Samulis	Peter	Haddon Heights	NJ	101	0	18	45	75.489	45	46	M	South Jersey Distance Project	
Uffner	Neil	Haddonfield	NJ	93	0	18	13	74.808	40	41	M	South Jersey Distance Project	
Handler	Rachel	Cherry Hill	NJ	228	0	22	58	73.772	50	54	F	South Jersey Distance Project	
Melson	Adam	Moorestown	NJ	102	0	18	47	73.647	40	43	M	South Jersey Distance Project	
Crawford	Benjamin	Haddonfield	NJ	151	0	20	37	72.582	50	53	M	South Jersey Distance Project	
Lacovara	Vincent	Haddon Township	NJ	75	0	17	53	72.517	30	34	M	South Jersey Distance Project	
Ringwood	Kate	Haddonfield	NJ	130	0	19	58	71.088	35	35	F	South Jersey Distance Project	
Lambert	Joseph	Cherry Hill	NJ	103	0	18	51	70.204	35	37	M	South Jersey Distance Project	
Kaucher	Michael	Philadelphia	PA	156	0	20	43	69.945	45	49	M	South Jersey Distance Project	
Erlich	Gil	Haddonfield	NJ	125	0	19	36	66.563	35	35	M	South Jersey Distance Project	
Dawson	Deirdre	Philadelphia	PA	214	0	22	26	63.271	35	35	F	South Jersey Distance Project	
Pandolfo	James	Medford Lakes	NJ	152	0	20	37	62.902	30	34	M	South Jersey Distance Project	
Van Hoogenstyn	Andrew	Wilmington	DE	37	0	16	34	82.875	40	42	M	Unattached	
McDonnell	Joseph	Moorestown	NJ	81	0	18	2	74.460	35	39	M	Unattached	
Menasion	Samuel	Brookhaven	PA	290	0	25	2	68.852	65	69	M	Unattached	
Baer	Andrew	Plymouth Meeting	PA	124	0	19	31	65.670	25	28	M	Unattached	
Weaver	Nathan	Philadelphia	PA	145	0	20	25	62.776	25	28	M	Unattached	
<b>*Age group scoring begins at age 15 based on Grand Prix Scoring rules</b>													