



TCRC WEDNESDAY NIGHT TRACK MEET – 7/23/2025

1 Mile

1	Aiden Skaben	4:56
2	Myles Clement	4:57
3	Zavian Rouhana	5:20
4	Colin Machoffie	5:45
5	Emily Gunther	5:55
6	William Elliott	5:59
7	Fareed Umar	6:03
8	Jacob Quail	6:16
9	Cher Armstrong	6:39
10	Zach Rouhana	6:54
11	Maaz Hussain	6:58
12	Samuel Labare	7:29
13	Kevin Nelson	8:04
14	Grant Briggs	8:38
15	Tina Vetting	8:45
16	Emily Chang-Jackson	10:27
17	Paul McMahon	11:24

400 M

1	Gideon Martin	1:00
2	Chris Nedlik	1:01
3	Fareed Umar	1:03
4	Michael Orda	1:03
5	Zavian Rouhana	1:08
6	Jacob Quail	1:09
7	Samuel Labare	1:19
8	William Elliott	1:20
9	Zach Rouhana	1:22
10	Cher Armstrong	1:25
11	Aiden Skaben	1:33
12	Myles Clement	1:33
13	Kevin Nelson	1:36
14	Tina Vetting	1:50
15	Emily Chang-Jackson	2:00
16	Isabella Jackson	2:05

800 M

1	Gideon Martin	2:22
2	Colin Machoffie	2:38
3	William Elliott	2:52
4	Cher Armstrong	3:06
5	Maaz Hussain	3:47
6	Zavian Rouhana	3:53
7	Zach Rouhana	3:54
8	Aiden Skaben	4:00
9	Myles Clement	4:01
10	Samuel Labare	4:49

2 Mile

1	Peter Wall	10:51
2	Dave Fellows	11:38
3	Emily Gunther	12:42
4	Zavian Rouhana	12:43
5	Myles Clement	13:52
6	Aiden Skaben	13:53
7	Cher Armstrong	14:55
8	Chris Nedlik	16:49
9	Jacob Quail	18:00
10	Grant Briggs	18:20
11	Zach Rouhana	18:29
12	Tina Vetting	21:59
13	Paul McMahon	27:03

*Although we try our best to be accurate with results, errors do occur, if you notice an error please email triplecitiesrunnersclub@gmail.com with proof of the time you ran.