



TCRC WEDNESDAY NIGHT TRACK MEET – 7/26/2023

1 Mile

Patrick Milano - 4:54
Tom Cummings - 5:01
Takumi Guay - 5:02
Jordan Varano - 5:02
Nathan Wood - 5:41
Steve Vasina - 6:11
Rachel Johnson - 6:18
Zizwe Grandison- 6:27
Bob Kuchera - 6:31
Tara Niedalkowski – 6:33
Jeff Wood - 6:37
David Coleman - 6:59
Bridgette Wood - 7:13
Rebecca Mille - 7:22
Grant Briggs - 7:51
Matt Lamphere - 7:53
Jamie McVannan - 8:16
Graham Upton - 8:34
Aymyra Concepcion 8:42
Greg Amend - 9:36
Kathy Purtell - 10:09
Paul McMahan - 10:29
Barb Morrissey - 10:39

400 Meter

Gideon Martin - 1:00
Nathan Wood - 1:15
Bob Kuchera - 1:16
Shayna Johnson - 1:17
Rachel Johnson - 1:21
Tara Niedalkowski - 1:21
Bridget Wood - 1:22
Jamie McVannon - 1:23
Jeff Wood - 1:24
Grant Briggs - 1:25
Aymyra Concepcion - 1:40
Matt Lamphere - 1:41
Emilie Chang Jackson 1:42
Barb Small - 1:52
Rebecca Miller - 1:53
Lily Jackson - 1:57
Ruby Wilcox - 2:20
Kathy Purtell - 2:47
Isabella Jackson - 2:48

800 Meter

Collin MacHeffner 2:39
Robert Guay - 2:45
Nathan Wood - 2:54
Shayna Johnson - 2:59
Rachel Johnson - 3:05
Jeff Wood - 3:09
Tara Niednalkowski 3:11
Bridgette Wood - 3:24
Grant Briggs - 3:44
Greg Amend - 3:58
Barbara Small - 4:24
Rebecca Miller - 4:25
Lily Jackson - 4:38
Barb Morrissey - 5:07
Emily Chang Jackson 6:49
Isabella Jackson - 6:50

2 Mile

Jordan Varano - 11:11
Tom Cummings - 11:15
David Fellows - 11:34
Jon Rosley - 12:42
Colin Mason - 12:46
Emily Gunther - 13:38
Steve Resina - 13:38
Zizwe Grandison - 13:45
Christine Marchuska - 14:08
Jeff Wood - 14:31
Ella Coleman - 14:35
Grant Briggs - 16:42
Rebecca Miller - 16:44
Graham Upton - 17:46
Greg Amend - 17:57
Matt Lamphere - 18:16
Kathy Purtell - 18:31
David Coleman - 19:21
Bridgette Wood - 19:46
Tara Niednakowski 19:47
Paul McMahan - 22:06