



TCRC WEDNESDAY NIGHT TRACK MEET – 7/19/2023

**1 Mile**

Trennan Tewksbury – 5:07  
David Fellows- 5:18  
Christa Dingman- 6:10  
Emily Gunther- 6:14  
Rachel Johnson- 6:15  
Zizwe Grandison- 6:23  
Rich Pichura- 6:24  
Bob Kucera- 6:25  
Christine Marchuska- 6:36  
Jeffrey Wood- 6:41  
Kevin Nelson- 7:28  
Matt Lamphere- 7:55  
Amy Panella- 7:57  
Greg Amend- 8:05  
Jon Rowley- 8:39  
Kathy Purtell- 8:51  
Lilly Jackson- 9:14  
Emilie Chang-Jackson-10:29 (3laps)  
Isabelle Jackson- 10:30 (3 laps)  
Dawn DeVita- 10:51  
Barbara Morrissey- 11:05

**400 Meter**

Gideon Martin- :60  
Ian Benjamin- 1:12  
Shayna Johnson- 1:16  
Jeffrey Wood- 1:25  
Rachel Johnson- 1:25  
Kevin Nelson- 1:29  
Lilly Jackson- 1:53  
Kathy Purtell- 2:10  
Barb Morrissey- 2:32  
Emilie Chang-Jackson- 3:17  
Isabella Jackson- 3:16

**800 Meter**

Takumi Guay- 2:18  
Ian Benjamin- 2:25  
Robert Guay- 2:47  
Shayna Johnson- 2:59  
Rachel Johnson- 3:05  
Jeffrey Wood- 3:09  
Matt Lamphere- 3:51  
Jon Rowley- 4:04

**2 Mile**

Trennan Tewksberry- 13:02  
David Fellows- 13:02  
Rachel Johnson- 13:37  
Emily Gunther- 14:19  
Zizwe Grandison- 14:22  
Greg Amend- 17:56  
Matt Lamphere- 18:56  
Jon Rowley- 19:48  
Dawn DeVita- 23:29