



TCRC WEDNESDAY NIGHT TRACK MEET – 8/06/2025

1 Mile

1	Michael Roda	4:54
2	Myles Clement	5:08
3	Dave Fellows	5:20
4	Aiden Skaben	5:26
5	Abby McHugh	5:51
6	Zavien Rahana	5:58
7	Maaz Hussain	6:13
8	Cher Armstrong	6:29
9	Zach Rouhana	6:32
10	Tom Cummings	6:46
11	Jeff Wood	6:46
12	Shalin Patel	6:54
13	Sasha Asin	6:58
14	Vince Fox	8:20
15	Greg Amend	8:36
16	Greg Kisacky	9:39
17	James Miner	9:45

800 M

1	Zavien Rahana	2:30
2	Ben Lauder Milch	2:36
3	Jana Lauder Milch	2:36
4	Abby McHugh	2:50
5	Karis Lauder Milch	2:52
6	Corbin Lauder Milch	2:55
7	Cher Armstrong	3:02
8	Jeff Wood	3:05
9	Shalin Patel	3:07
10	Kevin Nelson	3:32
11	Maaz Hussain	3:58
12	Greg Amend	4:00
13	Zach Rouhana	4:58
14	Greg Kisacky	4:59

400 M

1	Fareed Umar	0:58
2	Zach Rouhana	1:12
3	Ben Lauder Milch	1:16
4	Karis Lauder Milch	1:16
5	Shalin Patel	1:17
6	Sasha Asin	1:19
7	Cher Armstrong	1:24
8	Ethan Cummings	1:31
9	Corbin Lauder Milch	1:32
10	Selah Lauder Milch	1:33
11	Zavien Rouhana	1:42
12	Greg Kisacky	2:03
13	Clair Cummings	2:40
14	Tom Cummings	2:41

2 Mile

1	Michael Roda	10:33
2	Ben Straebler	11:54
3	Dave Fellows	13:23
4	Ben Lauder Milch	13:42
5	Janna Lauder Milch	13:42
6	Zavien Rouhana	14:29
7	Cher Armstrong	14:57
8	Charles Ramsden	15:42
9	Mike Ramsden	15:48
10	Vince Fox	18:10
11	Kevin Nelson	18:45
12	Greg Amend	19:53
13	James Miner	21:16
14	Sasha Asin	22:29

*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.