

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Event 1 Mixed 1 Mile Run Open

| Name | Team | Finals |
|-----------------------|---------------------|---------------------|
| Finals | | |
| 1 Finn, Kevin | M Unattached | 4:09.74 |
| 1:01.335 (1:01.335) | 2:04.817 (1:03.482) | 3:08.597 (1:03.781) |
| 4:09.733 (1:01.136) | | |
| 2 Rae, Thomas | M Unattached | 4:10.36 |
| 1:01.599 (1:01.599) | 2:05.189 (1:03.591) | 3:08.894 (1:03.705) |
| 4:10.355 (1:01.462) | | |
| 3 L'Esperance, Tobias | M Unattached | 4:13.84 |
| 1:02.694 (1:02.694) | 2:06.448 (1:03.755) | 3:12.434 (1:05.986) |
| 4:13.831 (1:01.398) | | |
| 4 Scully, Eric | M Unattached | 4:14.84 |
| 1:02.248 (1:02.248) | 2:05.550 (1:03.302) | 3:09.533 (1:03.984) |
| 4:14.838 (1:05.305) | | |
| 5 Conroy, Ewan | M Bullis | 4:16.98 |
| 1:04.674 (1:04.674) | 2:09.592 (1:04.918) | 3:15.218 (1:05.626) |
| 4:16.976 (1:01.758) | | |
| 6 Nowicki, Sebastian | M Uva Club Run | 4:17.73 |
| 1:04.138 (1:04.138) | 2:08.135 (1:03.997) | 3:11.951 (1:03.817) |
| 4:17.722 (1:05.771) | | |
| 7 LoRusso, Joe | M Grc Tracksmi | 4:19.15 |
| 1:05.205 (1:05.205) | 2:10.324 (1:05.119) | 3:16.019 (1:05.696) |
| 4:19.147 (1:03.128) | | |
| 8 Heilman, Owen | M Bullis | 4:19.22 |
| 1:04.442 (1:04.442) | 2:09.556 (1:05.115) | 3:15.834 (1:06.278) |
| 4:19.219 (1:03.385) | | |
| 9 Wilensky, Ryan | M Bullis | 4:19.91 |
| 1:04.816 (1:04.816) | 2:09.808 (1:04.992) | 3:15.644 (1:05.836) |
| 4:19.909 (1:04.266) | | |
| 10 Cross, Joshua | M Unattached | 4:19.92 |
| 1:03.841 (1:03.841) | 2:09.183 (1:05.343) | 3:16.546 (1:07.363) |
| 4:19.915 (1:03.370) | | |
| 11 Bruns, Carter | M Spiders | 4:20.91 |
| 1:03.024 (1:03.024) | 2:07.015 (1:03.991) | 3:13.529 (1:06.514) |
| 4:20.904 (1:07.375) | | |
| 12 Anderson, Daniel | M Grc Tracksmi | 4:22.80 |
| 1:04.923 (1:04.923) | 2:10.233 (1:05.311) | 3:16.792 (1:06.559) |
| 4:22.794 (1:06.002) | | |
| 13 Creeks, Raymond | M Light Horse | 4:28.00 |
| 1:08.256 (1:08.256) | 2:15.108 (1:06.852) | 3:22.652 (1:07.545) |
| 4:27.996 (1:05.344) | | |
| 14 Hussen, Jafar | M Solo Ñfberme | 4:28.41 |
| 1:06.822 (1:06.822) | 2:13.393 (1:06.572) | 3:21.684 (1:08.291) |
| 4:28.409 (1:06.726) | | |
| 15 Durant, Phillip | M DC Cadets | 4:29.40 |
| 1:07.399 (1:07.399) | 2:14.171 (1:06.772) | 3:21.942 (1:07.771) |
| 4:29.394 (1:07.453) | | |
| 16 Stapleton, Luke | M Georgetown P | 4:29.66 |
| 1:07.289 (1:07.289) | 2:14.400 (1:07.111) | 3:22.935 (1:08.536) |
| 4:29.652 (1:06.718) | | |
| 17 Watson, Daniel | M Unattached | 4:31.44 |
| 1:07.630 (1:07.630) | 2:13.778 (1:06.149) | 3:22.371 (1:08.593) |
| 4:31.438 (1:09.067) | | |

| | | |
|------------------------|---------------------|---------------------|
| 18 Dawson, David | M Unattached | 4:31.61 |
| 1:04.946 (1:04.946) | 2:09.962 (1:05.016) | 3:17.110 (1:07.148) |
| 4:31.601 (1:14.492) | | |
| 19 Byford, William | M Georgetown P | 4:36.93 |
| 1:08.962 (1:08.962) | 2:18.016 (1:09.055) | 3:28.636 (1:10.621) |
| 4:36.921 (1:08.285) | | |
| 20 Fanale, Jeff | M Zs Track Clu | 4:39.60 |
| 1:09.459 (1:09.459) | 2:18.321 (1:08.862) | 3:29.946 (1:11.625) |
| 4:39.593 (1:09.648) | | |
| 21 Rae, Emmett | M Unattached | 4:40.70 |
| 1:09.786 (1:09.786) | 2:18.579 (1:08.793) | 3:29.652 (1:11.074) |
| 4:40.699 (1:11.047) | | |
| 22 Walizer, Chris | M Light Horse | 4:42.45 |
| 1:11.688 (1:11.688) | 2:22.496 (1:10.808) | 3:33.151 (1:10.656) |
| 4:42.443 (1:09.292) | | |
| 23 Healy, Ben | M Dojo of Pain | 4:43.21 |
| 1:11.507 (1:11.507) | 2:22.512 (1:11.006) | 3:34.014 (1:11.502) |
| 4:43.208 (1:09.194) | | |
| 24 Ortman, John | M Unattached | 4:43.30 |
| 1:10.727 (1:10.727) | 2:23.326 (1:12.599) | 3:36.732 (1:13.407) |
| 4:43.291 (1:06.559) | | |
| 25 Koroma, Edward | M Unattached | 4:43.69 |
| 1:08.779 (1:08.779) | 2:19.488 (1:10.709) | 3:31.793 (1:12.305) |
| 4:43.682 (1:11.890) | | |
| 26 Gruner, Oliver | M Unattached | 4:44.64 |
| 1:07.093 (1:07.093) | 2:18.259 (1:11.167) | 3:31.949 (1:13.690) |
| 4:44.638 (1:12.689) | | |
| 27 von Elling, Reece | M FCTF | 4:44.91 |
| 1:10.615 (1:10.615) | 2:19.709 (1:09.095) | 3:32.081 (1:12.372) |
| 4:44.904 (1:12.824) | | |
| 28 Dracoulis, Emiliano | M Seven Locks | 4:47.31 |
| 1:09.791 (1:09.791) | 2:21.345 (1:11.554) | 3:33.518 (1:12.173) |
| 4:47.304 (1:13.786) | | |
| 29 Verasin, Patrick | M Unattached | 4:47.44 |
| 1:09.546 (1:09.546) | 2:21.880 (1:12.335) | 3:35.110 (1:13.230) |
| 4:47.431 (1:12.321) | | |
| 30 Rockrohr, James | M Unattached | 4:47.63 |
| 1:11.840 (1:11.840) | 2:23.193 (1:11.354) | 3:37.012 (1:13.819) |
| 4:47.629 (1:10.617) | | |
| 31 Storper, Graham | M MCRRC | 4:48.98 |
| 1:10.853 (1:10.853) | 2:24.347 (1:13.494) | 3:38.189 (1:13.843) |
| 4:48.980 (1:10.791) | | |
| 32 Pardo, Patricio | M Seven Locks | 4:50.15 |
| 1:10.602 (1:10.602) | 2:24.053 (1:13.451) | 3:37.992 (1:13.940) |
| 4:50.143 (1:12.151) | | |
| 33 Byford, Morgan | M Seven Locks | 4:52.45 |
| 1:10.451 (1:10.451) | 2:23.042 (1:12.591) | 3:38.523 (1:15.481) |
| 4:52.441 (1:13.919) | | |
| 34 Oliver, John | M Angelo Pelle | 4:53.66 |
| 1:16.713 (1:16.713) | 2:29.108 (1:12.395) | 3:43.544 (1:14.437) |
| 4:53.658 (1:10.115) | | |
| 35 Burner, Liam | M Unattached | 4:54.19 |
| 1:11.596 (1:11.596) | 2:25.332 (1:13.736) | 3:42.906 (1:17.575) |
| 4:54.185 (1:11.279) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 1 Mixed 1 Mile Run Open)

| Name | Team | Finals |
|-----------------------|---------------------|---------------------|
| 36 Plunkett, Scott | M Light Horse | 4:54.20 |
| 1:17.267 (1:17.267) | 2:30.634 (1:13.367) | 3:43.891 (1:13.257) |
| 4:54.195 (1:10.305) | | |
| 37 Spence, Tristan | M Unattached | 4:54.34 |
| 1:12.090 (1:12.090) | 2:28.278 (1:16.188) | 3:45.023 (1:16.746) |
| 4:54.331 (1:09.308) | | |
| 38 Pendergast, Justin | M Uncs TC | 4:54.38 |
| 1:12.570 (1:12.570) | 2:25.357 (1:12.787) | 3:40.985 (1:15.629) |
| 4:54.380 (1:13.395) | | |
| 39 Singh, Shyer | M Bullis | 4:56.02 |
| 1:10.360 (1:10.360) | 2:21.243 (1:10.883) | 3:37.175 (1:15.932) |
| 4:56.018 (1:18.843) | | |
| 40 Stickles, Jack | M Gonzaga High | 4:57.42 |
| 1:12.439 (1:12.439) | 2:28.060 (1:15.622) | 3:44.845 (1:16.785) |
| 4:57.420 (1:12.575) | | |
| 41 Bowman, Jack | M Light Horse | 4:57.90 |
| 1:17.360 (1:17.360) | 2:31.655 (1:14.295) | 3:47.237 (1:15.582) |
| 4:57.900 (1:10.664) | | |
| 42 Coates, James | M Shadow Proje | 4:59.58 |
| 1:12.884 (1:12.884) | 2:28.841 (1:15.958) | 3:47.240 (1:18.400) |
| 4:59.572 (1:12.332) | | |
| 43 Post, Eric | M Unattached | 5:02.15 |
| 1:16.485 (1:16.485) | 2:30.510 (1:14.025) | 3:46.812 (1:16.302) |
| 5:02.146 (1:15.334) | | |
| 44 Brown, Andrew | M Light Horse | 5:02.47 |
| 1:17.040 (1:17.040) | 2:30.948 (1:13.909) | 3:47.584 (1:16.636) |
| 5:02.463 (1:14.879) | | |
| 45 Genest, Jonah | M Unattached | 5:02.80 |
| 1:16.151 (1:16.151) | 2:29.564 (1:13.414) | 3:44.686 (1:15.122) |
| 5:02.796 (1:18.111) | | |
| 46 Rae, Andrew | M Unattached | 5:03.05 |
| 1:12.755 (1:12.755) | 2:27.300 (1:14.545) | 3:45.191 (1:17.892) |
| 5:03.048 (1:17.857) | | |
| 47 Bieber, Colin | M Unattached | 5:03.31 |
| 1:11.806 (1:11.806) | 2:27.439 (1:15.634) | 3:45.426 (1:17.987) |
| 5:03.307 (1:17.881) | | |
| 48 Persh, Ryan | M Seven Locks | 5:03.74 |
| 1:11.514 (1:11.514) | 2:28.549 (1:17.035) | 3:46.122 (1:17.573) |
| 5:03.737 (1:17.615) | | |
| 49 Mullican, Sean | M Seven Locks | 5:05.88 |
| 1:10.900 (1:10.900) | 2:28.490 (1:17.591) | 3:48.146 (1:19.656) |
| 5:05.877 (1:17.732) | | |
| 50 Napier, Sean | M MCRRC | 5:06.69 |
| 1:16.826 (1:16.826) | 2:35.869 (1:19.043) | 3:55.326 (1:19.457) |
| 5:06.689 (1:11.363) | | |
| 51 Kootman, Cavan | M Seven Locks | 5:06.98 |
| 1:11.458 (1:11.458) | 2:25.342 (1:13.884) | 3:45.733 (1:20.391) |
| 5:06.977 (1:21.245) | | |
| 52 Dresser, Henry | M Seven Locks | 5:11.18 |
| 1:16.005 (1:16.005) | 2:31.164 (1:15.159) | 3:51.010 (1:19.846) |
| 5:11.174 (1:20.164) | | |

| | | |
|-----------------------|---------------------|---------------------|
| 53 Ortman, Patrick | M Unattached | 5:11.90 |
| 1:18.290 (1:18.290) | 2:37.914 (1:19.624) | 3:56.301 (1:18.388) |
| 5:11.900 (1:15.599) | | |
| 54 Sherwood, Ryan | M Unattached | 5:13.93 |
| 1:13.126 (1:13.126) | 2:31.087 (1:17.961) | 3:52.379 (1:21.292) |
| 5:13.924 (1:21.546) | | |
| 55 Fowler, Escher | M Seven Locks | 5:14.36 |
| 1:15.596 (1:15.596) | 2:34.880 (1:19.285) | 3:55.517 (1:20.637) |
| 5:14.352 (1:18.835) | | |
| 56 Moy, Geoffrey | M Light Horse | 5:17.15 |
| 1:18.393 (1:18.393) | 2:35.129 (1:16.737) | 3:55.712 (1:20.583) |
| 5:17.150 (1:21.439) | | |
| 57 Ozeki, Liz | W MCRRC | 5:17.91 |
| 1:17.416 (1:17.416) | 2:37.648 (1:20.232) | 3:58.658 (1:21.011) |
| 5:17.910 (1:19.252) | | |
| 58 Foley, Jack | M Unattached | 5:20.91 |
| 1:19.105 (1:19.105) | 2:36.609 (1:17.505) | 3:57.560 (1:20.951) |
| 5:20.902 (1:23.342) | | |
| 59 Harper, Eric | M Unattached | 5:21.59 |
| 1:19.136 (1:19.136) | 2:41.568 (1:22.432) | 4:06.922 (1:25.355) |
| 5:21.585 (1:14.663) | | |
| 60 Blenkinsop, Wesley | M Sligo Creek | 5:22.19 |
| 1:22.286 (1:22.286) | 2:44.995 (1:22.710) | 4:06.681 (1:21.686) |
| 5:22.186 (1:15.505) | | |
| 61 Williams, Zara | W Seven Locks | 5:22.27 |
| 1:17.805 (1:17.805) | 2:39.037 (1:21.232) | 4:02.089 (1:23.052) |
| 5:22.265 (1:20.177) | | |
| 62 Lazo, Philip | M Saloon TC | 5:23.60 |
| 1:12.078 (1:12.078) | 2:31.971 (1:19.894) | 3:59.663 (1:27.692) |
| 5:23.594 (1:23.931) | | |
| 63 Harris, Josh | M Light Horse | 5:23.85 |
| 1:18.002 (1:18.002) | 2:38.510 (1:20.509) | 4:00.828 (1:22.318) |
| 5:23.850 (1:23.023) | | |
| 64 Paul, Bryan | M Unattached | 5:25.16 |
| 1:16.277 (1:16.277) | 2:37.134 (1:20.858) | 4:01.184 (1:24.050) |
| 5:25.160 (1:23.976) | | |
| 65 Duarte, Nilani | W Light Horse | 5:25.64 |
| 1:16.954 (1:16.954) | 2:38.559 (1:21.605) | 4:04.268 (1:25.709) |
| 5:25.639 (1:21.372) | | |
| 66 Bieber, Chelsea | W Light Horse | 5:26.97 |
| 1:25.290 (1:25.290) | 2:47.705 (1:22.415) | 4:07.174 (1:19.469) |
| 5:26.967 (1:19.794) | | |
| 67 Lackey, Eryn | W University o | 5:27.25 |
| 1:16.779 (1:16.779) | 2:40.131 (1:23.352) | 4:05.512 (1:25.381) |
| 5:27.246 (1:21.735) | | |
| 68 Hodges, Brianna | W Unattached | 5:30.20 |
| 1:17.382 (1:17.382) | 2:40.166 (1:22.785) | 4:06.889 (1:26.723) |
| 5:30.194 (1:23.306) | | |
| 69 Fitzgibbon, Elise | W Paul VI | 5:30.94 |
| 1:16.183 (1:16.183) | 2:37.465 (1:21.282) | 4:03.347 (1:25.883) |
| 5:30.931 (1:27.584) | | |
| 70 Wallace, Brandon | M A Tribe Call | 5:32.58 |
| 1:18.694 (1:18.694) | 2:41.195 (1:22.501) | 4:06.596 (1:25.402) |
| 5:32.578 (1:25.982) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 1 Mixed 1 Mile Run Open)

| Name | Team | Finals |
|---------------------------|---------------------|---------------------|
| 71 Curry, Samantha | W Howard Count | 5:33.60 |
| 1:18.398 (1:18.398) | 2:39.645 (1:21.248) | 4:06.712 (1:27.067) |
| 5:33.597 (1:26.886) | | |
| 72 Kasal, Jacqueline | W Grc Tracksmi | 5:33.69 |
| 1:22.472 (1:22.472) | 2:47.115 (1:24.643) | 4:12.941 (1:25.826) |
| 5:33.685 (1:20.745) | | |
| 73 Pardo, Emilia | W Seven Locks | 5:34.29 |
| 1:18.196 (1:18.196) | 2:41.207 (1:23.011) | 4:06.321 (1:25.114) |
| 5:34.282 (1:27.961) | | |
| 74 Carrizales, Christian | M Unattached | 5:36.40 |
| 1:18.388 (1:18.388) | 2:40.698 (1:22.310) | 4:09.058 (1:28.361) |
| 5:36.394 (1:27.336) | | |
| 75 Dwyer, Luke | M Seven Locks | 5:36.76 |
| 1:21.776 (1:21.776) | 2:47.944 (1:26.168) | 4:13.786 (1:25.842) |
| 5:36.753 (1:22.968) | | |
| 76 Morakinyo, Akintunde | M Howard Count | 5:38.94 |
| 1:20.026 (1:20.026) | 2:45.155 (1:25.130) | 4:12.746 (1:27.591) |
| 5:38.940 (1:26.194) | | |
| 77 Klimek, Alexandra | W Light Horse | 5:41.18 |
| 1:27.651 (1:27.651) | 2:54.689 (1:27.039) | 4:21.971 (1:27.282) |
| 5:41.176 (1:19.205) | | |
| 78 Tareila, JP | M North East T | 5:42.13 |
| 1:22.929 (1:22.929) | 2:48.986 (1:26.058) | 4:16.319 (1:27.333) |
| 5:42.130 (1:25.811) | | |
| 79 Richards, Ella | W Unattached | 5:44.19 |
| 1:21.757 (1:21.757) | 2:47.976 (1:26.219) | 4:17.071 (1:29.095) |
| 5:44.189 (1:27.119) | | |
| 80 Walizer, Chrissy | W Light Horse | 5:45.42 |
| 1:25.988 (1:25.988) | 2:53.941 (1:27.954) | 4:23.723 (1:29.782) |
| 5:45.413 (1:21.691) | | |
| 81 Benny Klimek, Margaret | W Light Horse | 5:47.89 |
| 1:27.537 (1:27.537) | 2:54.645 (1:27.109) | 4:22.915 (1:28.270) |
| 5:47.886 (1:24.972) | | |
| 82 Hawkins, Hannah | W Unattached | 5:51.15 |
| 1:27.230 (1:27.230) | 2:52.908 (1:25.679) | 4:22.457 (1:29.549) |
| 5:51.141 (1:28.684) | | |
| 83 Lloyd, Maggie | W Unattached | 5:59.54 |
| 1:30.748 (1:30.748) | 2:58.580 (1:27.832) | 4:31.040 (1:32.460) |
| 5:59.534 (1:28.494) | | |
| 84 Spalding, RJ | M MCRRC | 6:13.49 |
| 1:31.100 (1:31.100) | 3:02.214 (1:31.114) | 4:39.539 (1:37.326) |
| 6:13.482 (1:33.943) | | |
| 85 Dwyer, Connor | M Seven Locks | 6:18.64 |
| 1:31.459 (1:31.459) | 3:06.694 (1:35.236) | 4:46.321 (1:39.627) |
| 6:18.639 (1:32.318) | | |
| 86 Baddad, Devon | M Unattached | 6:20.28 |
| 1:31.331 (1:31.331) | 3:04.450 (1:33.120) | 4:44.711 (1:40.261) |
| 6:20.274 (1:35.563) | | |
| 87 Pham, Steven | M Unattached | 6:21.76 |
| 1:31.879 (1:31.879) | 3:07.236 (1:35.358) | 4:46.672 (1:39.436) |
| 6:21.755 (1:35.084) | | |

| | | |
|-------------------------|---------------------|---------------------|
| 88 Flores, Seven | M North East T | 6:25.22 |
| 1:28.602 (1:28.602) | 3:03.917 (1:35.316) | 4:43.971 (1:40.054) |
| 6:25.215 (1:41.244) | | |
| 89 Hayden, Julie | W Greater Phil | 6:26.40 |
| 1:33.380 (1:33.380) | 3:11.540 (1:38.160) | 4:50.568 (1:39.028) |
| 6:26.400 (1:35.832) | | |
| 90 Young, Christy | W Unattached | 6:28.25 |
| 1:30.598 (1:30.598) | 3:01.090 (1:30.492) | 4:45.248 (1:44.158) |
| 6:28.242 (1:42.995) | | |
| 91 McGrath, Alicia | W Unattached | 6:35.47 |
| 1:33.848 (1:33.848) | 3:12.392 (1:38.545) | 4:54.178 (1:41.786) |
| 6:35.468 (1:41.291) | | |
| 92 Crowson, Thomas | M Unattached | 6:36.76 |
| 1:37.151 (1:37.151) | 3:17.961 (1:40.811) | 4:59.748 (1:41.787) |
| 6:36.752 (1:37.004) | | |
| 93 Hirt, Danielle | W Unattached | 6:51.78 |
| 1:34.604 (1:34.604) | 3:17.652 (1:43.049) | 5:04.137 (1:46.485) |
| 6:51.773 (1:47.636) | | |
| 94 Blanchard, Kenneth | M Unattached | 6:58.08 |
| 1:35.750 (1:35.750) | 3:18.977 (1:43.227) | 5:12.461 (1:53.484) |
| 6:58.077 (1:45.616) | | |
| 95 Blanchard, Kaitlyn | W Unattached | 6:58.15 |
| 1:38.951 (1:38.951) | 3:24.573 (1:45.622) | 5:13.775 (1:49.202) |
| 6:58.148 (1:44.374) | | |
| 96 Poulos, Ted | M Unattached | 8:19.65 |
| 2:02.098 (2:02.098) | 4:07.890 (2:05.792) | 6:13.381 (2:05.491) |
| 8:19.643 (2:06.263) | | |
| --- Mazzarella, Brandon | M Light Horse | DNF |
| 1:11.088 (1:11.088) | 2:20.922 (1:09.834) | 3:31.124 (1:10.202) |
| --- | Anderson, Collin | M Ice Cold TC |
| 1:12.081 (1:12.081) | 2:28.202 (1:16.121) | |
| --- | Hawkins, Monte | M Unattached |
| 1:26.810 (1:26.810) | 2:52.310 (1:25.500) | 4:21.817 (1:29.507) |
| --- | Alafritz, Olivia | W Unattached |
| 1:18.357 (1:18.357) | 2:39.364 (1:21.008) | |

Event 2 Mixed 1 Mile Run Youth

| Name | Team | Finals |
|----------------------|---------------------|---------------------|
| 1 Friedman, Asher | M Seven Locks | 5:17.42 |
| 1:14.605 (1:14.605) | 2:34.949 (1:20.344) | 3:57.172 (1:22.223) |
| 5:17.418 (1:20.246) | | |
| 2 Shah, Riyan | M Seven Locks | 5:28.86 |
| 1:15.146 (1:15.146) | 2:36.845 (1:21.699) | 4:05.289 (1:28.444) |
| 5:28.860 (1:23.572) | | |
| 3 Blenkinsop, Kailen | M Sligo Creek | 5:36.40 |
| 1:20.006 (1:20.006) | 2:44.688 (1:24.683) | 4:13.280 (1:28.593) |
| 5:36.399 (1:23.119) | | |
| 4 Fadden, Miles | M Unattached | 5:58.57 |
| 1:26.800 (1:26.800) | 2:59.869 (1:33.069) | 4:32.816 (1:32.948) |
| 5:58.569 (1:25.753) | | |
| 5 Walizer, Camden | M Light Horse | 6:03.04 |
| 1:26.072 (1:26.072) | 2:59.585 (1:33.514) | 4:34.521 (1:34.936) |
| 6:03.037 (1:28.517) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 2 Mixed 1 Mile Run Youth)

| Name | Team | Finals |
|----------------------|---------------------|---------------------|
| 6 Devlin, Jack | M Unattached | 6:16.87 |
| 1:26.624 (1:26.624) | 3:01.459 (1:34.835) | 4:39.888 (1:38.429) |
| 6:16.867 (1:36.980) | | |
| 7 Friedman, Mika | W Seven Locks | 6:19.80 |
| 1:27.967 (1:27.967) | 3:04.764 (1:36.797) | 4:46.396 (1:41.633) |
| 6:19.797 (1:33.401) | | |
| 8 Williams, Beckett | M Junior Mt Pl | 7:02.65 |
| 1:41.937 (1:41.937) | 3:29.254 (1:47.317) | 5:20.082 (1:50.828) |
| 7:02.644 (1:42.563) | | |
| 9 Wegerson, Samuel | M Junior Mt Pl | 7:13.63 |
| 1:42.787 (1:42.787) | 3:39.295 (1:56.508) | 5:29.346 (1:50.052) |
| 7:13.630 (1:44.284) | | |
| 10 Wie, Liam | M Unattached | 7:20.68 |
| 1:39.994 (1:39.994) | 3:34.437 (1:54.443) | 5:29.860 (1:55.423) |
| 7:20.675 (1:50.816) | | |
| 11 Devlin, Valarie | W Unattached | 7:21.08 |
| 1:45.008 (1:45.008) | 3:37.012 (1:52.004) | 5:35.114 (1:58.102) |
| 7:21.071 (1:45.957) | | |
| 12 Woodward, Cooper | M Unattached | 7:33.35 |
| 1:48.133 (1:48.133) | 3:43.363 (1:55.230) | 5:41.656 (1:58.293) |
| 7:33.349 (1:51.693) | | |
| 13 Woodward, Bennett | M Unattached | 7:46.04 |
| 1:42.869 (1:42.869) | 3:40.357 (1:57.489) | 5:43.567 (2:03.210) |
| 7:46.034 (2:02.467) | | |
| 14 Walizer, Calleigh | W Light Horse | 7:49.24 |
| 1:47.678 (1:47.678) | 3:46.381 (1:58.703) | 5:44.751 (1:58.370) |
| 7:49.240 (2:04.490) | | |
| 15 Williams, Wyatt | M Junior Mt Pl | 8:05.91 |
| 1:51.874 (1:51.874) | 3:54.372 (2:02.499) | 6:03.393 (2:09.021) |
| 8:05.904 (2:02.511) | | |
| 16 Hodges, Christian | M Unattached | 8:07.86 |
| 1:52.943 (1:52.943) | 3:57.381 (2:04.439) | 6:07.231 (2:09.850) |
| 8:07.853 (2:00.622) | | |
| 17 Keller, Emma | W Unattached | 8:09.34 |
| 2:04.563 (2:04.563) | 4:12.990 (2:08.428) | 6:05.423 (1:52.433) |
| 8:09.340 (2:03.918) | | |
| 18 Ferguson, Jamal | M Unattached | 8:23.35 |
| 2:02.056 (2:02.056) | 4:05.331 (2:03.276) | 6:12.497 (2:07.166) |
| 8:23.346 (2:10.849) | | |
| 19 Walizer, Carson | M Light Horse | 8:32.81 |
| 2:01.753 (2:01.753) | 4:11.017 (2:09.264) | 6:21.472 (2:10.456) |
| 8:32.801 (2:11.329) | | |
| 20 Woodward, Owen | M Unattached | 8:43.59 |
| 1:46.767 (1:46.767) | 3:54.400 (2:07.633) | 6:16.311 (2:21.911) |
| 8:43.586 (2:27.275) | | |
| 21 Merkel, James | M Howard Count | 8:58.85 |
| 2:02.492 (2:02.492) | 4:33.761 (2:31.269) | 6:47.807 (2:14.046) |
| 8:58.841 (2:11.034) | | |
| 22 Dexter, Abigail | W Light Horse | 9:15.54 |
| 1:59.423 (1:59.423) | 4:16.997 (2:17.574) | 6:39.645 (2:22.649) |
| 9:15.537 (2:35.892) | | |

| | | |
|------------------------|---------------------|---------------------|
| 23 Balijepalli, Nikhil | M Junior Mt Pl | 9:28.93 |
| 2:01.553 (2:01.553) | 4:24.744 (2:23.192) | 6:57.901 (2:33.157) |
| 9:28.925 (2:31.024) | | |
| 24 Whitacre, Charlotte | W Light Horse | 9:36.36 |
| 2:14.363 (2:14.363) | 4:44.376 (2:30.013) | 7:09.414 (2:25.039) |
| 9:36.352 (2:26.938) | | |
| 25 Brodeur, Sheridan | W Light Horse | 10:11.67 |
| 2:27.153 (2:27.153) | 5:08.113 (2:40.960) | 7:55.965 (2:47.852) |
| 10:11.661 (2:15.697) | | |
| 26 Suto, Kareem | M Suto Power! | 10:59.92 |
| 2:02.956 (2:02.956) | 4:43.490 (2:40.534) | 7:55.042 (3:11.553) |
| 10:59.919 (3:04.877) | | |
| 27 Suto, Luma | W Suto Power! | 12:21.90 |
| 2:34.613 (2:34.613) | 5:49.229 (3:14.616) | 9:15.946 (3:26.717) |
| 12:21.900 (3:05.955) | | |

Event 3 Women 1 Mile Run Webb

| Name | Team | Finals |
|-------------------------|---------------------|---------------------|
| 1 Keegan, McKenna | Unattached | 4:35.79 |
| 1:08.633 (1:08.633) | 2:18.915 (1:10.282) | 3:28.537 (1:09.622) |
| 4:35.782 (1:07.246) | | |
| 2 Ballowe, Hannah | Adidas | 4:39.36 |
| 1:08.960 (1:08.960) | 2:19.067 (1:10.107) | 3:28.853 (1:09.786) |
| 4:39.359 (1:10.507) | | |
| 3 Coe, Elizabeth | Unattached | 4:50.05 |
| 1:11.005 (1:11.005) | 2:23.330 (1:12.325) | 3:35.935 (1:12.605) |
| 4:50.048 (1:14.114) | | |
| 4 Carrizales, Alexandra | Unattached | 5:02.47 |
| 1:11.563 (1:11.563) | 2:27.462 (1:15.900) | 3:47.758 (1:20.296) |
| 5:02.468 (1:14.710) | | |
| 5 Richards, Catherine | Unattached | 5:09.30 |
| 1:12.340 (1:12.340) | 2:30.862 (1:18.523) | 3:51.450 (1:20.588) |
| 5:09.291 (1:17.841) | | |
| 6 Pham, Emma | Seven Locks | 5:12.25 |
| 1:14.890 (1:14.890) | 2:33.314 (1:18.424) | 3:53.966 (1:20.652) |
| 5:12.250 (1:18.285) | | |

Event 4 Men 1 Mile Run Webb

| Name | Team | Finals |
|------------------------|---------------------|---------------------|
| 1 O'Donovan, Charlie | Ireland | 4:03.83 |
| 1:01.037 (1:01.037) | 2:02.848 (1:01.811) | 3:06.369 (1:03.521) |
| 4:03.821 (57.453) | | |
| 2 Cuthbertson, William | Empire Elite | 4:04.11 |
| 1:01.199 (1:01.199) | 2:02.929 (1:01.730) | 3:06.237 (1:03.308) |
| 4:04.106 (57.870) | | |
| 3 Lyell, Patrick | Greenville T | 4:04.34 |
| 1:02.049 (1:02.049) | 2:03.809 (1:01.760) | 3:06.346 (1:02.537) |
| 4:04.331 (57.986) | | |
| 4 Johnson, Henry | Houghton Har | 4:05.91 |
| 1:01.396 (1:01.396) | 2:03.074 (1:01.679) | 3:06.493 (1:03.419) |
| 4:05.902 (59.409) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 4 Men 1 Mile Run Webb)

| Name | Team | Finals |
|---------------------|---------------------|---------------------|
| 5 Drew, Ryan | Greenville T | 4:06.35 |
| 1:01.895 (1:01.895) | 2:03.577 (1:01.683) | 3:06.418 (1:02.841) |
| 4:06.346 (59.928) | | |
| 6 Kelly, Colin | Empire Elite | 4:06.80 |
| 1:01.559 (1:01.559) | 2:03.216 (1:01.658) | 3:06.578 (1:03.362) |
| 4:06.800 (1:00.222) | | |
| 7 Haughton, Tim | Unattached | 4:06.89 |
| 1:03.098 (1:03.098) | 2:05.321 (1:02.223) | 3:07.483 (1:02.162) |
| 4:06.883 (59.400) | | |
| 8 Sandler, Trenton | Unattached | 4:06.99 |
| 1:01.488 (1:01.488) | 2:03.165 (1:01.678) | 3:06.549 (1:03.384) |
| 4:06.985 (1:00.436) | | |
| 9 Shea, Aidan | Unattached | 4:08.15 |
| 1:02.282 (1:02.282) | 2:04.044 (1:01.762) | 3:07.041 (1:02.997) |
| 4:08.141 (1:01.100) | | |
| 10 Revord, Colby | Unattached | 4:08.19 |
| 1:01.727 (1:01.727) | 2:03.356 (1:01.630) | 3:06.723 (1:03.367) |
| 4:08.186 (1:01.463) | | |
| 11 Nagel, Ben | Pro Bike + R | 4:08.81 |
| 1:02.388 (1:02.388) | 2:04.283 (1:01.895) | 3:07.361 (1:03.078) |
| 4:08.804 (1:01.444) | | |
| 12 Hayes, Gitch | Unattached | 4:10.67 |
| 1:01.970 (1:01.970) | 2:03.461 (1:01.492) | 3:06.892 (1:03.431) |
| 4:10.668 (1:03.776) | | |
| 13 Nelson, Zalen | Empire Elite | 4:14.57 |
| 1:02.798 (1:02.798) | 2:04.653 (1:01.855) | 3:08.170 (1:03.518) |
| 4:14.564 (1:06.394) | | |
| 14 McCarthy, Aidan | Light Horse | 4:16.08 |
| 1:02.548 (1:02.548) | 2:05.025 (1:02.477) | 3:09.258 (1:04.233) |
| 4:16.078 (1:06.820) | | |
| 15 Wilbur, Dylan | Empire Elite | 4:26.48 |
| 1:01.776 (1:01.776) | 2:05.446 (1:03.670) | 3:14.616 (1:09.171) |
| 4:26.475 (1:11.859) | | |

Event 5 Mixed 5000 Meter Run Select

| Name | Team | Finals |
|----------------------|----------------------|----------------------|
| 1 Rymer, Declan | M VT Elite | 14:05.61 |
| 34.718 (34.718) | 1:41.071 (1:06.353) | 2:49.132 (1:08.061) |
| 3:58.881 (1:09.750) | 5:08.651 (1:09.770) | 6:18.283 (1:09.632) |
| 7:28.279 (1:09.997) | 8:36.209 (1:07.930) | 9:44.839 (1:08.631) |
| 10:53.646 (1:08.807) | 12:01.292 (1:07.647) | 13:06.454 (1:05.162) |
| 14:05.608 (59.154) | | |
| 2 Day, Weston | M Unattached | 14:07.26 |
| 35.293 (35.293) | 1:41.371 (1:06.078) | 2:49.378 (1:08.007) |
| 3:59.135 (1:09.757) | 5:08.942 (1:09.807) | 6:18.521 (1:09.579) |
| 7:28.531 (1:10.011) | 8:36.517 (1:07.986) | 9:45.065 (1:08.548) |
| 10:53.865 (1:08.800) | 12:01.652 (1:07.787) | 13:06.815 (1:05.164) |
| 14:07.257 (1:00.442) | | |

| | | |
|----------------------|----------------------|----------------------|
| 3 Sheppard, Lloyd | M George Mason | 14:17.42 |
| 35.027 (35.027) | 1:41.677 (1:06.651) | 2:49.847 (1:08.170) |
| 3:59.569 (1:09.722) | 5:09.382 (1:09.814) | 6:18.893 (1:09.511) |
| 7:28.229 (1:09.337) | 8:35.953 (1:07.724) | 9:44.617 (1:08.664) |
| 10:53.363 (1:08.747) | 12:01.553 (1:08.190) | 13:09.587 (1:08.034) |
| 14:17.417 (1:07.830) | | |
| 4 Berg, Tyler | M Unattached | 14:22.78 |
| 35.464 (35.464) | 1:41.506 (1:06.042) | 2:49.634 (1:08.128) |
| 3:59.382 (1:09.748) | 5:09.148 (1:09.767) | 6:18.698 (1:09.550) |
| 7:28.755 (1:10.057) | 8:36.774 (1:08.019) | 9:45.320 (1:08.546) |
| 10:54.136 (1:08.817) | 12:02.011 (1:07.875) | 13:11.232 (1:09.222) |
| 14:22.775 (1:11.543) | | |
| 5 Wintheiser, Cole | M Light Horse | 15:03.05 |
| 36.374 (36.374) | 1:49.541 (1:13.167) | 3:01.398 (1:11.857) |
| 4:13.877 (1:12.480) | 5:26.331 (1:12.454) | 6:39.163 (1:12.833) |
| 7:52.380 (1:13.217) | 9:05.983 (1:13.604) | 10:19.052 (1:13.069) |
| 11:32.106 (1:13.055) | 12:44.656 (1:12.551) | 13:56.065 (1:11.409) |
| 15:03.042 (1:06.977) | | |
| 6 Rios Amick, Ivan | M Unattached | 15:31.51 |
| 37.800 (37.800) | 1:50.308 (1:12.508) | 3:01.709 (1:11.401) |
| 4:14.925 (1:13.216) | 5:29.174 (1:14.249) | 6:42.814 (1:13.641) |
| 7:59.047 (1:16.233) | 9:16.110 (1:17.063) | 10:33.160 (1:17.051) |
| 11:50.737 (1:17.577) | 13:06.483 (1:15.746) | 14:23.024 (1:16.541) |
| 15:31.504 (1:08.481) | | |
| 7 Edmondson, Jeffrey | M Unattached | 15:34.80 |
| 38.515 (38.515) | 1:51.436 (1:12.922) | 3:05.939 (1:14.503) |
| 4:20.876 (1:14.937) | 5:35.921 (1:15.046) | 6:50.943 (1:15.022) |
| 8:06.720 (1:15.777) | 9:22.138 (1:15.418) | 10:34.646 (1:12.509) |
| 11:50.365 (1:15.719) | 13:04.324 (1:13.960) | 14:19.483 (1:15.160) |
| 15:34.793 (1:15.310) | | |
| 8 Duval, Zach | M WMTC | 15:35.63 |
| 36.969 (36.969) | 1:49.423 (1:12.455) | 3:01.500 (1:12.077) |
| 4:14.133 (1:12.633) | 5:27.793 (1:13.661) | 6:43.896 (1:16.103) |
| 8:00.047 (1:16.152) | 9:16.538 (1:16.491) | 10:33.940 (1:17.402) |
| 11:50.577 (1:16.637) | 13:07.821 (1:17.245) | 14:25.019 (1:17.199) |
| 15:35.621 (1:10.602) | | |
| 9 Rabata, Isaiah | M Tidewater St | 15:36.25 |
| 38.146 (38.146) | 1:50.040 (1:11.895) | 3:02.478 (1:12.438) |
| 4:15.810 (1:13.332) | 5:29.994 (1:14.184) | 6:44.775 (1:14.782) |
| 8:00.673 (1:15.898) | 9:16.823 (1:16.150) | 10:33.684 (1:16.861) |
| 11:50.244 (1:16.561) | 13:07.035 (1:16.792) | 14:24.146 (1:17.111) |
| 15:36.244 (1:12.098) | | |
| 10 Fyock, Alexander | M Ess Elite | 15:36.60 |
| 37.367 (37.367) | 1:49.989 (1:12.622) | 3:02.236 (1:12.248) |
| 4:15.631 (1:13.395) | 5:29.553 (1:13.922) | 6:44.597 (1:15.044) |
| 7:59.629 (1:15.033) | 9:15.794 (1:16.165) | 10:32.252 (1:16.459) |
| 11:48.025 (1:15.773) | 13:05.339 (1:17.314) | 14:22.936 (1:17.598) |
| 15:36.599 (1:13.663) | | |
| 11 Clark, Elijah | M Unattached | 15:39.28 |
| 37.148 (37.148) | 1:49.720 (1:12.572) | 3:01.801 (1:12.081) |
| 4:14.504 (1:12.704) | 5:28.754 (1:14.250) | 6:44.286 (1:15.533) |
| 8:00.403 (1:16.117) | 9:16.285 (1:15.882) | 10:33.427 (1:17.142) |
| 11:50.196 (1:16.769) | 13:07.926 (1:17.730) | 14:25.656 (1:17.730) |
| 15:39.272 (1:13.616) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 5 Mixed 5000 Meter Run Select)

| Name | Team | Finals | | | | | |
|------|----------------------|----------------------|----------------------|----|----------------------|----------------------|----------------------|
| 12 | Hodgins, Cody | M Capital Area | 15:43.32 | 20 | Lushinski, Austin | M Light Horse | 16:27.32 |
| | 37.964 (37.964) | 1:51.613 (1:13.650) | 3:06.703 (1:15.090) | | 39.002 (39.002) | 1:50.627 (1:11.626) | 3:05.694 (1:15.067) |
| | 4:21.580 (1:14.878) | 5:36.587 (1:15.007) | 6:51.543 (1:14.956) | | 4:21.485 (1:15.791) | 5:39.242 (1:17.758) | 6:58.634 (1:19.392) |
| | 8:07.234 (1:15.691) | 9:22.752 (1:15.519) | 10:39.308 (1:16.556) | | 8:20.011 (1:21.378) | 9:42.656 (1:22.645) | 11:05.329 (1:22.673) |
| | 11:58.435 (1:19.127) | 13:14.814 (1:16.380) | 14:31.071 (1:16.257) | | 12:27.726 (1:22.398) | 13:49.960 (1:22.234) | 15:12.122 (1:22.162) |
| | 15:43.317 (1:12.247) | | | | 16:27.311 (1:15.189) | | |
| 13 | Henderson, Ryan | M Northern Vir | 15:47.30 | 21 | Eppard, Ellis | M Unattached | 16:29.81 |
| | 38.232 (38.232) | 1:51.349 (1:13.117) | 3:06.200 (1:14.851) | | 37.742 (37.742) | 1:52.939 (1:15.197) | 3:11.418 (1:18.479) |
| | 4:20.692 (1:14.493) | 5:36.072 (1:15.380) | 6:51.222 (1:15.150) | | 4:30.142 (1:18.725) | 5:49.053 (1:18.911) | 7:08.414 (1:19.362) |
| | 8:06.939 (1:15.717) | 9:22.343 (1:15.404) | 10:37.450 (1:15.108) | | 8:29.616 (1:21.202) | 9:49.104 (1:19.489) | 11:09.249 (1:20.145) |
| | 11:55.126 (1:17.677) | 13:13.267 (1:18.141) | 14:31.470 (1:18.204) | | 12:29.461 (1:20.213) | 13:50.507 (1:21.046) | 15:10.985 (1:20.479) |
| | 15:47.294 (1:15.824) | | | | 16:29.803 (1:18.818) | | |
| 14 | Shepard, Benjamin | M St John's ca | 15:48.18 | 22 | Jones, Christopher | M Smac Attack | 16:37.09 |
| | 38.761 (38.761) | 1:51.089 (1:12.328) | 3:06.509 (1:15.421) | | 40.680 (40.680) | 2:02.369 (1:21.690) | 3:22.069 (1:19.700) |
| | 4:20.852 (1:14.343) | 5:36.334 (1:15.483) | 6:51.515 (1:15.181) | | 4:41.206 (1:19.137) | 6:00.818 (1:19.612) | 7:19.505 (1:18.688) |
| | 8:08.212 (1:16.697) | 9:25.270 (1:17.059) | 10:43.547 (1:18.277) | | 8:38.646 (1:19.141) | 9:58.343 (1:19.698) | 11:19.221 (1:20.879) |
| | 12:01.032 (1:17.485) | 13:18.168 (1:17.137) | 14:35.342 (1:17.174) | | 12:40.325 (1:21.104) | 14:01.666 (1:21.341) | 15:21.082 (1:19.416) |
| | 15:48.180 (1:12.838) | | | | 16:37.082 (1:16.000) | | |
| 15 | Shea, Thomas | M Sherando Eli | 15:53.22 | 23 | Taylor, Alyssa | W Unattached | 16:45.26 |
| | 37.614 (37.614) | 2:00.935 (1:23.322) | 3:19.537 (1:18.602) | | 38.002 (38.002) | 2:01.411 (1:23.410) | 3:21.682 (1:20.271) |
| | 4:39.207 (1:19.670) | 5:58.660 (1:19.454) | 7:18.071 (1:19.411) | | 4:41.754 (1:20.072) | 6:01.196 (1:19.442) | 7:20.133 (1:18.938) |
| | 8:37.265 (1:19.195) | 9:50.972 (1:13.707) | 11:01.527 (1:10.556) | | 8:39.633 (1:19.500) | 10:00.857 (1:21.225) | 11:22.078 (1:21.221) |
| | 12:13.761 (1:12.234) | 13:27.359 (1:13.599) | 14:41.042 (1:13.683) | | 12:44.406 (1:22.328) | 14:06.538 (1:22.132) | 15:27.601 (1:21.063) |
| | 15:53.217 (1:12.176) | | | | 16:45.256 (1:17.655) | | |
| 16 | Jelen, Satchel | M Wheaton Warr | 16:05.14 | 24 | Scaramuzzini, Joseph | M Dojo of Pain | 16:48.02 |
| | 36.761 (36.761) | 1:50.883 (1:14.122) | 3:06.171 (1:15.289) | | 41.711 (41.711) | 2:03.288 (1:21.577) | 3:22.897 (1:19.610) |
| | 4:21.184 (1:15.013) | 5:36.634 (1:15.451) | 6:52.227 (1:15.593) | | 4:42.816 (1:19.919) | 6:02.607 (1:19.791) | 7:23.785 (1:21.178) |
| | 8:09.183 (1:16.956) | 9:27.870 (1:18.688) | 10:46.773 (1:18.903) | | 8:45.924 (1:22.140) | 10:08.485 (1:22.561) | 11:30.371 (1:21.887) |
| | 12:07.526 (1:20.754) | 13:29.197 (1:21.671) | 14:49.346 (1:20.150) | | 12:51.022 (1:20.651) | 14:11.865 (1:20.843) | 15:32.818 (1:20.954) |
| | 16:05.131 (1:15.785) | | | | 16:48.018 (1:15.200) | | |
| 17 | Radio, Eli | M Unattached | 16:07.16 | 25 | Shimer, Jordan | M Light Horse | 16:51.63 |
| | 38.096 (38.096) | 1:52.358 (1:14.262) | 3:06.994 (1:14.637) | | 40.332 (40.332) | 2:02.651 (1:22.319) | 3:22.353 (1:19.702) |
| | 4:21.864 (1:14.870) | 5:36.732 (1:14.868) | 6:51.832 (1:15.101) | | 4:42.226 (1:19.874) | 6:01.584 (1:19.358) | 7:22.299 (1:20.715) |
| | 8:08.502 (1:16.670) | 9:25.406 (1:16.905) | 10:44.487 (1:19.081) | | 8:45.039 (1:22.740) | 10:08.308 (1:23.269) | 11:30.788 (1:22.480) |
| | 12:03.189 (1:18.702) | 13:25.104 (1:21.916) | 14:47.296 (1:22.192) | | 12:52.912 (1:22.125) | 14:15.721 (1:22.809) | 15:37.880 (1:22.159) |
| | 16:07.158 (1:19.863) | | | | 16:51.622 (1:13.743) | | |
| 18 | Latimer, Andrew | M Unattached | 16:09.28 | 26 | Carter, Patrick | M Capital Area | 16:53.27 |
| | 37.516 (37.516) | 1:52.119 (1:14.603) | 3:07.423 (1:15.304) | | 42.197 (42.197) | 2:01.867 (1:19.670) | 3:21.950 (1:20.083) |
| | 4:23.205 (1:15.783) | 5:41.591 (1:18.386) | 7:02.176 (1:20.586) | | 4:41.895 (1:19.945) | 6:01.286 (1:19.391) | 7:22.012 (1:20.727) |
| | 8:23.363 (1:21.187) | 9:44.358 (1:20.996) | 11:03.638 (1:19.280) | | 8:44.486 (1:22.474) | 10:07.792 (1:23.307) | 11:30.924 (1:23.132) |
| | 12:23.388 (1:19.751) | 13:41.947 (1:18.559) | 14:59.793 (1:17.846) | | 12:53.953 (1:23.029) | 14:17.584 (1:23.631) | 15:40.799 (1:23.216) |
| | 16:09.277 (1:09.485) | | | | 16:53.264 (1:12.465) | | |
| 19 | Owings, Indiana | M St John's ca | 16:10.66 | 27 | Rolly, Philippe | M Capital Area | 16:56.60 |
| | 38.909 (38.909) | 1:51.179 (1:12.271) | 3:05.852 (1:14.673) | | 41.183 (41.183) | 2:02.801 (1:21.618) | 3:22.367 (1:19.566) |
| | 4:20.536 (1:14.685) | 5:36.110 (1:15.574) | 6:51.178 (1:15.068) | | 4:41.494 (1:19.128) | 6:01.006 (1:19.512) | 7:21.769 (1:20.764) |
| | 8:07.865 (1:16.688) | 9:25.881 (1:18.016) | 10:47.112 (1:21.231) | | 8:44.846 (1:23.077) | 10:08.077 (1:23.232) | 11:30.133 (1:22.056) |
| | 12:09.516 (1:22.404) | 13:32.313 (1:22.798) | 14:56.236 (1:23.924) | | 12:53.326 (1:23.193) | 14:16.900 (1:23.575) | 15:39.925 (1:23.025) |
| | 16:10.657 (1:14.421) | | | | 16:56.597 (1:16.672) | | |
| | | | | 28 | White, Phoebe | W UA Velociti | 16:57.72 |
| | | | | | 42.004 (42.004) | 2:03.858 (1:21.854) | 3:23.484 (1:19.627) |
| | | | | | 4:43.420 (1:19.936) | 6:03.205 (1:19.785) | 7:24.345 (1:21.140) |
| | | | | | 8:46.263 (1:21.919) | 10:08.683 (1:22.420) | 11:30.678 (1:21.995) |
| | | | | | 12:53.759 (1:23.082) | 14:18.101 (1:24.343) | 15:41.110 (1:23.009) |
| | | | | | 16:57.713 (1:16.603) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 5 Mixed 5000 Meter Run Select)

| Name | Team | Finals |
|-----------------------|----------------------|----------------------|
| 29 Smith, Tyler | M Light Horse | 17:03.72 |
| 41.881 (41.881) | 2:03.549 (1:21.669) | 3:23.180 (1:19.631) |
| 4:43.109 (1:19.929) | 6:02.883 (1:19.774) | 7:24.084 (1:21.201) |
| 8:45.185 (1:21.102) | 10:08.037 (1:22.852) | 11:29.086 (1:21.049) |
| 12:51.443 (1:22.357) | 14:16.033 (1:24.591) | 15:41.792 (1:25.759) |
| 17:03.713 (1:21.921) | | |
| 30 Parvizian, Cameron | M Marymount Un | 17:07.54 |
| 40.277 (40.277) | 2:00.110 (1:19.834) | 3:19.568 (1:19.458) |
| 4:39.667 (1:20.099) | 6:00.167 (1:20.501) | 7:22.646 (1:22.479) |
| 8:45.454 (1:22.808) | 10:09.288 (1:23.834) | 11:32.770 (1:23.483) |
| 12:56.972 (1:24.202) | 14:21.579 (1:24.607) | 15:46.297 (1:24.719) |
| 17:07.532 (1:21.236) | | |
| 31 Bretting, Kyle | M St Johns col | 17:11.98 |
| 39.416 (39.416) | 1:53.349 (1:13.933) | 3:11.058 (1:17.709) |
| 4:29.634 (1:18.577) | 5:50.265 (1:20.631) | 7:12.040 (1:21.775) |
| 8:36.020 (1:23.980) | 10:01.775 (1:25.756) | 11:29.283 (1:27.508) |
| 12:57.339 (1:28.057) | 14:24.096 (1:26.757) | 15:50.381 (1:26.285) |
| 17:11.971 (1:21.591) | | |
| 32 Hill, Brendan | M Unattached | 17:18.45 |
| 41.968 (41.968) | 2:05.201 (1:23.233) | 3:26.925 (1:21.724) |
| 4:49.898 (1:22.973) | 6:13.783 (1:23.886) | 7:39.244 (1:25.462) |
| 9:03.860 (1:24.616) | 10:31.023 (1:27.163) | 11:58.948 (1:27.926) |
| 13:23.980 (1:25.033) | 14:48.935 (1:24.955) | 16:09.111 (1:20.177) |
| 17:18.450 (1:09.339) | | |
| 33 Bremer, Beau | M North East T | 17:33.29 |
| 41.495 (41.495) | 2:03.018 (1:21.523) | 3:22.625 (1:19.608) |
| 4:42.494 (1:19.869) | 6:02.332 (1:19.839) | 7:23.570 (1:21.238) |
| 8:45.964 (1:22.394) | 10:09.583 (1:23.620) | 11:35.495 (1:25.912) |
| 13:04.191 (1:28.697) | 14:34.387 (1:30.196) | 16:04.699 (1:30.312) |
| 17:33.284 (1:28.585) | | |
| 34 Englander, Jacob | M Howard Count | 17:38.07 |
| 42.610 (42.610) | 2:05.320 (1:22.710) | 3:25.915 (1:20.595) |
| 4:47.745 (1:21.830) | 6:11.934 (1:24.189) | 7:35.963 (1:24.030) |
| 9:02.644 (1:26.682) | 10:31.049 (1:28.405) | 11:59.147 (1:28.099) |
| 13:25.839 (1:26.692) | 14:52.751 (1:26.913) | 16:19.558 (1:26.807) |
| 17:38.062 (1:18.504) | | |
| 35 Russell, Benjamin | M Unattached | 17:39.63 |
| 42.415 (42.415) | 2:05.369 (1:22.955) | 3:27.292 (1:21.923) |
| 4:50.026 (1:22.735) | 6:14.922 (1:24.896) | 7:40.730 (1:25.808) |
| 9:07.342 (1:26.613) | 10:34.443 (1:27.101) | 12:01.557 (1:27.114) |
| 13:27.977 (1:26.420) | 14:53.533 (1:25.556) | 16:18.808 (1:25.275) |
| 17:39.622 (1:20.814) | | |
| 36 Freeburn, Keith | M Light Horse | 17:47.07 |
| 42.302 (42.302) | 2:04.919 (1:22.617) | 3:24.953 (1:20.035) |
| 4:46.954 (1:22.001) | 6:11.064 (1:24.110) | 7:34.964 (1:23.900) |
| 9:01.429 (1:26.465) | 10:27.881 (1:26.453) | 11:55.996 (1:28.115) |
| 13:24.512 (1:28.517) | 14:54.709 (1:30.197) | 16:22.914 (1:28.205) |
| 17:47.065 (1:24.151) | | |
| --- Wallace, Ronald | M Ice Cold Run | DNF |
| 38.566 (38.566) | 1:57.005 (1:18.439) | 3:16.708 (1:19.704) |
| 4:37.234 (1:20.526) | 5:57.346 (1:20.112) | |

Event 7 Mixed 5000 Meter Run Open

| Name | Team | Finals |
|----------------------|----------------------|----------------------|
| 1 Ban, Charlie | M Grc Tracksmi | 17:27.17 |
| 41.152 (41.152) | 2:07.090 (1:25.938) | 3:32.917 (1:25.827) |
| 4:58.516 (1:25.600) | 6:23.701 (1:25.185) | 7:48.925 (1:25.225) |
| 9:11.689 (1:22.765) | 10:33.895 (1:22.206) | 11:57.500 (1:23.606) |
| 13:20.897 (1:23.397) | 14:43.879 (1:22.982) | 16:07.136 (1:23.257) |
| 17:27.165 (1:20.030) | | |
| 2 Fogg, Sam | M Seven Locks | 17:35.33 |
| 40.669 (40.669) | 2:06.317 (1:25.648) | 3:32.647 (1:26.331) |
| 4:58.256 (1:25.609) | 6:23.441 (1:25.185) | 7:48.827 (1:25.387) |
| 9:14.397 (1:25.570) | 10:37.228 (1:22.831) | 12:00.965 (1:23.738) |
| 13:25.982 (1:25.017) | 14:50.749 (1:24.768) | 16:15.233 (1:24.484) |
| 17:35.330 (1:20.098) | | |
| 3 Storper, David | M MCRRC | 17:36.31 |
| 41.276 (41.276) | 2:07.225 (1:25.949) | 3:33.241 (1:26.017) |
| 4:58.467 (1:25.226) | 6:23.647 (1:25.181) | 7:49.073 (1:25.426) |
| 9:14.917 (1:25.845) | 10:40.014 (1:25.097) | 12:04.665 (1:24.651) |
| 13:29.062 (1:24.398) | 14:54.057 (1:24.995) | 16:17.655 (1:23.599) |
| 17:36.302 (1:18.647) | | |
| 4 Genetti, Eric | M Capital Area | 17:47.59 |
| 40.826 (40.826) | 2:06.692 (1:25.866) | 3:33.042 (1:26.350) |
| 4:58.857 (1:25.816) | 6:24.094 (1:25.237) | 7:49.397 (1:25.304) |
| 9:15.225 (1:25.828) | 10:40.367 (1:25.142) | 12:05.550 (1:25.183) |
| 13:31.449 (1:25.900) | 14:57.882 (1:26.433) | 16:24.073 (1:26.192) |
| 17:47.586 (1:23.513) | | |
| 5 Taber, Ben | M Unattached | 17:49.16 |
| 42.937 (42.937) | 2:10.358 (1:27.421) | 3:37.895 (1:27.538) |
| 5:04.389 (1:26.494) | 6:30.759 (1:26.370) | 7:57.026 (1:26.267) |
| 9:23.501 (1:26.475) | 10:49.431 (1:25.931) | 12:14.691 (1:25.260) |
| 13:40.215 (1:25.524) | 15:06.035 (1:25.820) | 16:30.367 (1:24.333) |
| 17:49.156 (1:18.789) | | |
| 6 Winslow, George | M Light Horse | 18:12.17 |
| 45.870 (45.870) | 2:12.562 (1:26.692) | 3:38.835 (1:26.274) |
| 5:05.312 (1:26.477) | 6:32.997 (1:27.685) | 8:00.310 (1:27.313) |
| 9:28.268 (1:27.958) | 10:55.571 (1:27.303) | 12:24.885 (1:29.315) |
| 13:52.963 (1:28.078) | 15:21.274 (1:28.312) | 16:50.832 (1:29.558) |
| 18:12.169 (1:21.337) | | |
| 7 Turner, Hannah | W Unattached | 18:14.17 |
| 44.473 (44.473) | 2:11.080 (1:26.607) | 3:38.549 (1:27.469) |
| 5:05.783 (1:27.234) | 6:34.260 (1:28.478) | 8:01.986 (1:27.727) |
| 9:29.910 (1:27.924) | 10:58.839 (1:28.929) | 12:28.380 (1:29.542) |
| 13:55.341 (1:26.961) | 15:22.860 (1:27.519) | 16:50.424 (1:27.565) |
| 18:14.163 (1:23.739) | | |
| 8 LaFemina, Amber | W Light Horse | 18:17.39 |
| 43.663 (43.663) | 2:12.366 (1:28.704) | 3:39.442 (1:27.076) |
| 5:08.142 (1:28.700) | 6:36.316 (1:28.175) | 8:03.710 (1:27.394) |
| 9:31.839 (1:28.130) | 11:01.449 (1:29.610) | 12:30.715 (1:29.267) |
| 13:57.950 (1:27.235) | 15:25.676 (1:27.727) | 16:53.213 (1:27.538) |
| 18:17.384 (1:24.171) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 7 Mixed 5000 Meter Run Open)

| Name | Team | Finals |
|----------------------|----------------------|----------------------|
| 9 Neff, Hannah | W Unattached | 18:20.21 |
| 46.300 (46.300) | 2:19.181 (1:32.881) | 3:53.036 (1:33.855) |
| 5:27.272 (1:34.237) | 7:03.251 (1:35.979) | 8:38.480 (1:35.229) |
| 10:15.794 (1:37.314) | 11:52.469 (1:36.675) | 13:30.587 (1:38.118) |
| 15:10.028 (1:39.442) | 16:46.533 (1:36.505) | 18:20.202 (1:33.670) |
| 18:20.203 (0.001) | | |
| 10 Stout, Matthew | M Capital Area | 18:24.81 |
| 41.519 (41.519) | 2:07.453 (1:25.934) | 3:33.541 (1:26.089) |
| 4:59.257 (1:25.716) | 6:24.411 (1:25.155) | 7:49.727 (1:25.317) |
| 9:15.566 (1:25.839) | 10:41.773 (1:26.208) | 12:11.389 (1:29.616) |
| 13:44.188 (1:32.800) | 15:18.227 (1:34.039) | 16:53.455 (1:35.228) |
| 18:24.802 (1:31.347) | | |
| 11 Miller, Evan | M Light Horse | 18:26.76 |
| 44.314 (44.314) | 2:10.553 (1:26.239) | 3:37.533 (1:26.981) |
| 5:04.087 (1:26.554) | 6:31.140 (1:27.053) | 7:58.625 (1:27.485) |
| 9:27.638 (1:29.014) | 10:56.489 (1:28.851) | 12:26.394 (1:29.906) |
| 13:55.700 (1:29.307) | 15:26.390 (1:30.690) | 16:57.799 (1:31.409) |
| 18:26.753 (1:28.954) | | |
| 12 White, Kamari | M Seven Locks | 18:30.46 |
| 44.033 (44.033) | 2:12.210 (1:28.177) | 3:40.539 (1:28.330) |
| 5:08.957 (1:28.418) | 6:37.653 (1:28.696) | 8:07.730 (1:30.078) |
| 9:37.363 (1:29.633) | 11:07.151 (1:29.789) | 12:36.919 (1:29.769) |
| 14:08.363 (1:31.444) | 15:40.814 (1:32.451) | 17:10.397 (1:29.584) |
| 18:30.455 (1:20.058) | | |
| 13 Sarafin, Mickey | M Light Horse | 18:36.07 |
| 45.240 (45.240) | 2:12.255 (1:27.016) | 3:39.544 (1:27.289) |
| 5:07.616 (1:28.072) | 6:35.512 (1:27.896) | 8:03.308 (1:27.796) |
| 9:31.430 (1:28.122) | 11:01.257 (1:29.827) | 12:31.893 (1:30.636) |
| 14:02.099 (1:30.206) | 15:33.110 (1:31.011) | 17:05.056 (1:31.947) |
| 18:36.070 (1:31.014) | | |
| 14 Espinosa, Jesus | M Unattached | 18:38.59 |
| 47.622 (47.622) | 2:17.856 (1:30.235) | 3:47.386 (1:29.530) |
| 5:18.423 (1:31.037) | 6:48.640 (1:30.218) | 8:17.901 (1:29.262) |
| 9:49.262 (1:31.361) | 11:19.964 (1:30.702) | 12:48.891 (1:28.927) |
| 14:18.536 (1:29.646) | 15:47.573 (1:29.038) | 17:16.393 (1:28.820) |
| 18:38.582 (1:22.189) | | |
| 15 Deyette, Kalle | W Unattached | 18:57.67 |
| 41.030 (41.030) | 2:06.919 (1:25.889) | 3:34.403 (1:27.485) |
| 5:04.593 (1:30.190) | 6:35.274 (1:30.681) | 8:08.039 (1:32.765) |
| 9:40.892 (1:32.854) | 11:13.794 (1:32.902) | 12:47.518 (1:33.724) |
| 14:21.724 (1:34.207) | 15:55.636 (1:33.912) | 17:28.492 (1:32.856) |
| 18:57.665 (1:29.173) | | |
| 16 Napier, Nathan | M Capital Area | 19:03.36 |
| 47.511 (47.511) | 2:19.012 (1:31.502) | 3:48.881 (1:29.869) |
| 5:19.447 (1:30.567) | 6:51.578 (1:32.131) | 8:23.747 (1:32.170) |
| 9:55.162 (1:31.415) | 11:27.146 (1:31.984) | 13:00.566 (1:33.420) |
| 14:32.096 (1:31.531) | 16:04.000 (1:31.905) | 17:35.974 (1:31.974) |
| 19:03.351 (1:27.377) | | |

| | | |
|------------------------|----------------------|----------------------|
| 17 Dexter, John | M Light Horse | 19:11.86 |
| 47.292 (47.292) | 2:21.440 (1:34.148) | 3:55.592 (1:34.152) |
| 5:27.242 (1:31.650) | 7:03.098 (1:35.856) | 8:34.450 (1:31.352) |
| 10:07.830 (1:33.381) | 11:41.614 (1:33.784) | 13:16.192 (1:34.579) |
| 14:44.752 (1:28.560) | 16:15.159 (1:30.408) | 17:44.536 (1:29.377) |
| 19:11.860 (1:27.325) | | |
| 18 Purdin, Matthew | M Capital Area | 19:19.82 |
| 46.887 (46.887) | 2:18.328 (1:31.441) | 3:48.063 (1:29.736) |
| 5:18.859 (1:30.796) | 6:49.202 (1:30.343) | 8:20.028 (1:30.826) |
| 9:52.047 (1:32.019) | 11:24.657 (1:32.611) | 12:58.654 (1:33.997) |
| 14:33.494 (1:34.840) | 16:08.708 (1:35.215) | 17:43.944 (1:35.236) |
| 19:19.813 (1:35.869) | | |
| 19 Locke, Christian | M Light Horse | 19:25.54 |
| 47.179 (47.179) | 2:21.484 (1:34.305) | 3:55.290 (1:33.807) |
| 5:27.003 (1:31.713) | 7:02.741 (1:35.739) | 8:34.109 (1:31.368) |
| 10:07.486 (1:33.377) | 11:41.203 (1:33.717) | 13:15.894 (1:34.691) |
| 14:45.023 (1:29.129) | 16:17.985 (1:32.963) | 17:53.762 (1:35.777) |
| 19:25.538 (1:31.776) | | |
| 20 Carney, Christopher | M Capital Area | 19:31.68 |
| 47.574 (47.574) | 2:25.495 (1:37.921) | 3:58.291 (1:32.797) |
| 5:31.152 (1:32.861) | 7:04.234 (1:33.082) | 8:37.340 (1:33.106) |
| 10:10.069 (1:32.730) | 11:44.539 (1:34.470) | 13:17.899 (1:33.361) |
| 14:52.029 (1:34.130) | 16:26.835 (1:34.806) | 18:01.233 (1:34.399) |
| 19:31.676 (1:30.443) | | |
| 21 Nickley, Sean | M Light Horse | 19:35.84 |
| 47.668 (47.668) | 2:21.784 (1:34.116) | 3:55.894 (1:34.111) |
| 5:27.484 (1:31.590) | 7:03.216 (1:35.733) | 8:34.858 (1:31.642) |
| 10:08.244 (1:33.386) | 11:42.009 (1:33.765) | 13:16.633 (1:34.624) |
| 14:50.591 (1:33.958) | 16:24.897 (1:34.307) | 18:01.010 (1:36.114) |
| 19:35.838 (1:34.828) | | |
| 22 Demaree, Carolyn | W Tempo Thursd | 19:46.38 |
| 47.012 (47.012) | 2:25.031 (1:38.019) | 3:57.579 (1:32.548) |
| 5:30.932 (1:33.353) | 7:09.330 (1:38.398) | 8:45.943 (1:36.614) |
| 10:21.611 (1:35.668) | 11:58.054 (1:36.444) | 13:34.613 (1:36.559) |
| 15:10.487 (1:35.875) | 16:47.147 (1:36.660) | 18:21.653 (1:34.506) |
| 19:46.374 (1:24.721) | | |
| 23 White, Johnny | M Seven Locks | 19:52.55 |
| 46.025 (46.025) | 2:17.642 (1:31.618) | 3:47.200 (1:29.558) |
| 5:18.194 (1:30.995) | 6:48.540 (1:30.346) | 8:20.475 (1:31.935) |
| 9:55.615 (1:35.140) | 11:33.019 (1:37.405) | 13:12.936 (1:39.918) |
| 14:52.263 (1:39.327) | 16:32.429 (1:40.166) | 18:15.872 (1:43.443) |
| 19:52.550 (1:36.678) | | |
| 24 Woodward, Kristin | W Unattached | 19:57.26 |
| 47.183 (47.183) | 2:24.978 (1:37.795) | 3:57.647 (1:32.670) |
| 5:30.874 (1:33.227) | 7:09.079 (1:38.206) | 8:45.980 (1:36.901) |
| 10:21.568 (1:35.588) | 11:58.876 (1:37.309) | 13:36.239 (1:37.363) |
| 15:13.065 (1:36.826) | 16:51.084 (1:38.019) | 18:27.428 (1:36.344) |
| 19:57.254 (1:29.826) | | |
| 25 Raterman, Mary | W Unattached | 20:09.41 |
| 45.975 (45.975) | 2:17.117 (1:31.143) | 3:46.943 (1:29.826) |
| 5:17.879 (1:30.937) | 6:51.435 (1:33.556) | 8:30.330 (1:38.895) |
| 10:09.631 (1:39.301) | 11:49.407 (1:39.776) | 13:31.302 (1:41.895) |
| 15:13.851 (1:42.549) | 16:52.536 (1:38.686) | 18:32.911 (1:40.375) |
| 20:09.406 (1:36.495) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch

George Mason University

Results - Saturday

Finals ... (Event 7 Mixed 5000 Meter Run Open)

| Name | Team | Finals |
|-------------------------|----------------------|----------------------|
| 26 Krygowski, Sophia | W Unattached | 20:29.59 |
| 49.744 (49.744) | 2:27.559 (1:37.815) | 4:04.053 (1:36.495) |
| 5:42.207 (1:38.154) | 7:22.133 (1:39.926) | 8:59.021 (1:36.888) |
| 10:38.073 (1:39.052) | 12:19.398 (1:41.326) | 13:57.555 (1:38.157) |
| 15:35.623 (1:38.068) | 17:14.920 (1:39.298) | 18:54.909 (1:39.989) |
| 20:29.590 (1:34.681) | | |
| 27 Antal, Ian | M Unattached | 20:31.11 |
| 47.293 (47.293) | 2:24.211 (1:36.919) | 3:57.094 (1:32.883) |
| 5:30.480 (1:33.387) | 7:06.002 (1:35.522) | 8:42.299 (1:36.297) |
| 10:20.040 (1:37.742) | 11:59.886 (1:39.846) | 13:44.393 (1:44.507) |
| 15:26.794 (1:42.401) | 17:11.410 (1:44.616) | 18:55.509 (1:44.100) |
| 20:31.102 (1:35.593) | | |
| 28 Iacoviello, Matteo | M Capital Area | 21:12.58 |
| 47.963 (47.963) | 2:25.932 (1:37.969) | 3:59.374 (1:33.443) |
| 5:35.213 (1:35.839) | 7:13.243 (1:38.030) | 8:53.162 (1:39.920) |
| 10:34.818 (1:41.656) | 12:19.416 (1:44.599) | 14:05.251 (1:45.835) |
| 15:51.126 (1:45.875) | 17:39.424 (1:48.298) | 19:26.882 (1:47.458) |
| 21:12.579 (1:45.698) | | |
| 29 Gurgol, Cathy | W Mount Pleasa | 21:16.65 |
| 48.698 (48.698) | 2:27.202 (1:38.504) | 4:07.106 (1:39.905) |
| 5:47.733 (1:40.627) | 7:29.040 (1:41.307) | 9:10.108 (1:41.069) |
| 10:52.367 (1:42.259) | 12:35.310 (1:42.943) | 14:18.911 (1:43.601) |
| 16:02.607 (1:43.697) | 17:47.985 (1:45.378) | 19:33.236 (1:45.252) |
| 21:16.644 (1:43.408) | | |
| 30 Lindstrom, Augustine | M Seven Locks | 21:38.37 |
| 48.987 (48.987) | 2:28.810 (1:39.824) | 4:11.763 (1:42.953) |
| 5:57.242 (1:45.479) | 7:44.415 (1:47.173) | 9:30.470 (1:46.056) |
| 11:16.591 (1:46.121) | 13:03.620 (1:47.029) | 14:49.040 (1:45.421) |
| 16:36.052 (1:47.012) | 18:20.645 (1:44.593) | 19:54.387 (1:33.742) |
| 21:38.362 (1:43.976) | | |
| 31 Ubias, Eric | M Unattached | 21:41.63 |
| 50.719 (50.719) | 2:34.814 (1:44.096) | 4:20.552 (1:45.738) |
| 6:04.371 (1:43.819) | 7:49.134 (1:44.763) | 9:34.494 (1:45.360) |
| 11:18.602 (1:44.109) | 13:04.113 (1:45.511) | 14:47.886 (1:43.773) |
| 16:32.420 (1:44.534) | 18:15.933 (1:43.514) | 19:46.538 (1:30.606) |
| 21:41.630 (1:55.092) | | |
| 32 Clement, Djery | M Unattached | 21:43.25 |
| 47.608 (47.608) | 2:24.763 (1:37.155) | 4:02.073 (1:37.310) |
| 5:41.537 (1:39.464) | 7:23.799 (1:42.262) | 9:08.771 (1:44.972) |
| 10:53.680 (1:44.909) | 12:40.274 (1:46.595) | 14:29.314 (1:49.040) |
| 16:20.453 (1:51.139) | 18:11.462 (1:51.009) | 20:02.512 (1:51.051) |
| 21:43.241 (1:40.730) | | |
| 33 Oliver, Tobey | W Unattached | 21:46.90 |
| 51.278 (51.278) | 2:37.329 (1:46.051) | 4:24.239 (1:46.911) |
| 6:09.459 (1:45.220) | 7:54.092 (1:44.634) | 9:40.399 (1:46.307) |
| 11:25.909 (1:45.510) | 13:11.489 (1:45.581) | 14:57.470 (1:45.981) |
| 16:42.343 (1:44.873) | 18:27.991 (1:45.648) | 20:11.258 (1:43.267) |
| 21:46.895 (1:35.638) | | |

| | | |
|----------------------|----------------------|----------------------|
| 34 Wikiera, Amy | W Unattached | 22:02.57 |
| 50.513 (50.513) | 2:34.973 (1:44.460) | 4:20.857 (1:45.885) |
| 6:04.933 (1:44.076) | 7:50.338 (1:45.406) | 9:35.232 (1:44.894) |
| 11:21.804 (1:46.572) | 13:09.250 (1:47.446) | 14:57.343 (1:48.093) |
| 16:46.705 (1:49.362) | 18:36.834 (1:50.130) | 20:24.189 (1:47.355) |
| 22:02.567 (1:38.379) | | |
| 35 Pham, Alexandra | W Seven Locks | 22:07.75 |
| 50.615 (50.615) | 2:32.643 (1:42.028) | 4:16.673 (1:44.031) |
| 6:01.916 (1:45.243) | 7:46.426 (1:44.510) | 9:34.289 (1:47.863) |
| 11:19.469 (1:45.180) | 13:08.576 (1:49.108) | 14:57.228 (1:48.653) |
| 16:47.318 (1:50.090) | 18:37.448 (1:50.130) | 20:26.473 (1:49.026) |
| 22:07.750 (1:41.277) | | |
| 36 Wegerson, Barbara | W Mount Pleasa | 23:37.25 |
| 52.271 (52.271) | 2:40.151 (1:47.880) | 4:32.826 (1:52.676) |
| 6:26.426 (1:53.600) | 8:19.181 (1:52.755) | 10:13.001 (1:53.820) |
| 12:07.533 (1:54.533) | 14:02.517 (1:54.985) | 15:57.350 (1:54.833) |
| 17:53.045 (1:55.695) | 19:48.088 (1:55.043) | 21:43.940 (1:55.852) |
| 23:37.247 (1:53.308) | | |
| 37 Younis, Fatima | W Unattached | 23:37.32 |
| 50.920 (50.920) | 2:34.715 (1:43.796) | 4:20.892 (1:46.177) |
| 6:04.909 (1:44.017) | 7:50.676 (1:45.767) | 9:42.581 (1:51.906) |
| 11:39.737 (1:57.156) | 13:38.766 (1:59.029) | 15:37.071 (1:58.306) |
| 17:42.998 (2:05.927) | 19:46.240 (2:03.243) | 21:43.539 (1:57.299) |
| 23:37.318 (1:53.780) | | |
| 38 Williams, John | M Unattached | 23:40.18 |
| 52.194 (52.194) | 2:40.210 (1:48.016) | 4:34.993 (1:54.783) |
| 6:29.687 (1:54.694) | 8:21.107 (1:51.420) | 10:15.022 (1:53.916) |
| 12:07.693 (1:52.671) | 14:04.624 (1:56.931) | 15:59.823 (1:55.200) |
| 17:56.977 (1:57.154) | 19:48.965 (1:51.988) | 21:44.856 (1:55.892) |
| 23:40.176 (1:55.320) | | |
| 39 Parsley, James | M Unattached | 23:45.76 |
| 51.230 (51.230) | 2:35.761 (1:44.532) | 4:23.908 (1:48.147) |
| 6:18.184 (1:54.276) | 8:14.515 (1:56.332) | 10:13.724 (1:59.209) |
| 12:08.926 (1:55.202) | 14:03.404 (1:54.479) | 15:59.080 (1:55.676) |
| 17:57.906 (1:58.826) | 19:56.644 (1:58.739) | 21:51.042 (1:54.398) |
| 23:45.753 (1:54.711) | | |
| 40 Ibrahim, Laura | W Light Horse | 25:38.53 |
| 55.235 (55.235) | 2:52.839 (1:57.604) | 4:53.212 (2:00.373) |
| 6:54.487 (2:01.275) | 8:55.862 (2:01.375) | 10:59.151 (2:03.289) |
| 13:03.818 (2:04.667) | 15:09.886 (2:06.068) | 17:17.217 (2:07.331) |
| 19:25.735 (2:08.519) | 21:34.361 (2:08.626) | 23:39.711 (2:05.350) |
| 25:38.522 (1:58.811) | | |
| 41 Poulos, Ted | M Unattached | 27:19.89 |
| 1:05.109 (1:05.109) | 3:18.567 (2:13.458) | 5:30.711 (2:12.145) |
| 7:42.098 (2:11.387) | 9:55.885 (2:13.787) | 12:10.647 (2:14.763) |
| 14:22.941 (2:12.294) | 16:34.903 (2:11.962) | 18:46.856 (2:11.954) |
| 20:57.131 (2:10.275) | 23:04.899 (2:07.769) | 25:12.027 (2:07.129) |
| 27:19.887 (2:07.860) | | |
| 42 Shimer, Christine | W Unattached | 27:27.00 |
| 1:05.315 (1:05.315) | 3:16.233 (2:10.919) | 5:32.811 (2:16.578) |
| 7:47.558 (2:14.747) | 9:57.987 (2:10.430) | 12:11.887 (2:13.900) |
| 14:23.636 (2:11.750) | 16:35.613 (2:11.977) | 18:47.980 (2:12.368) |
| 20:58.241 (2:10.261) | 23:08.149 (2:09.909) | 25:18.789 (2:10.640) |
| 27:27.000 (2:08.211) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch
George Mason University
Results - Saturday

Finals ... (Event 7 Mixed 5000 Meter Run Open)

| Name | Team | Finals |
|----------------------|----------------------|----------------------|
| --- Mega, Brian | M Unattached | DNF |
| 1:58.820 (1:58.820) | 6:48.329 (4:49.510) | 11:50.929 (5:02.601) |
| 16:51.913 (5:00.984) | 21:43.878 (4:51.966) | 26:23.306 (4:39.428) |
| --- McKenzie, David | M Capital Area | DNF |
| 47.352 (47.352) | 2:25.286 (1:37.934) | 3:57.978 (1:32.692) |
| 5:31.464 (1:33.487) | 7:09.645 (1:38.181) | 8:46.363 (1:36.719) |
| 10:24.907 (1:38.544) | | |

Event 8 Men 800 Meter Run Select

| Name | Team | Finals |
|---------------------|---------------------|---------|
| Finals | | |
| 1 McCarthy, Daniel | Georgetown | 1:53.38 |
| 56.193 (56.193) | 1:53.372 (57.179) | |
| 2 Berry, Kaleb | Unattached | 1:55.43 |
| 54.379 (54.379) | 1:55.423 (1:01.044) | |
| 3 Jauffret, Connor | Unattached | 2:00.68 |
| 58.710 (58.710) | 2:00.680 (1:01.970) | |
| 4 von Elling, Reece | FCTF | 2:03.25 |
| 58.956 (58.956) | 2:03.241 (1:04.285) | |
| 5 Lawson, Reuben | DC Cadets | 2:04.03 |
| 59.768 (59.768) | 2:04.025 (1:04.257) | |

Event 9 Mixed 10000 Meter Run Select

| Name | Team | Finals |
|----------------------|----------------------|----------------------|
| Finals | | |
| 1 Joiner, Mason | M Light Horse | 31:24.64 |
| 1:16.217 (1:16.217) | 2:31.251 (1:15.035) | 3:45.340 (1:14.089) |
| 5:00.465 (1:15.125) | 6:14.562 (1:14.097) | 7:29.144 (1:14.583) |
| 8:43.418 (1:14.274) | 9:57.154 (1:13.737) | 11:11.489 (1:14.335) |
| 12:25.259 (1:13.771) | 13:40.437 (1:15.178) | 14:54.521 (1:14.085) |
| 16:08.920 (1:14.399) | 17:23.883 (1:14.963) | 18:39.824 (1:15.941) |
| 19:56.357 (1:16.534) | 21:12.652 (1:16.295) | 22:28.909 (1:16.257) |
| 23:45.756 (1:16.847) | 25:02.181 (1:16.426) | |
| 27:36.579 (1:16.853) | 28:53.812 (1:17.233) | 30:10.876 (1:17.064) |
| 31:24.636 (1:13.761) | | |
| 2 Bell, Cian | M Capital Area | 34:35.53 |
| 1:17.868 (1:17.868) | 2:36.035 (1:18.168) | 3:55.130 (1:19.095) |
| 5:14.416 (1:19.287) | 6:33.929 (1:19.513) | 7:55.404 (1:21.475) |
| 9:16.504 (1:21.100) | 10:37.729 (1:21.225) | 11:59.420 (1:21.691) |
| 13:21.694 (1:22.274) | 14:44.316 (1:22.622) | 16:07.589 (1:23.274) |
| 17:29.848 (1:22.259) | 18:52.561 (1:22.713) | 20:16.568 (1:24.007) |
| 21:41.227 (1:24.660) | 23:06.498 (1:25.271) | 24:31.080 (1:24.582) |
| 25:59.295 (1:28.215) | 27:27.688 (1:28.393) | |
| 30:22.376 (1:26.777) | 31:49.179 (1:26.804) | 33:13.712 (1:24.533) |
| 34:35.525 (1:21.813) | | |

| | | |
|----------------------|----------------------|----------------------|
| 3 Campbell, Anna | W Light Horse | 35:12.25 |
| 1:20.794 (1:20.794) | 2:44.840 (1:24.047) | 4:08.561 (1:23.721) |
| 5:32.880 (1:24.319) | 6:57.885 (1:25.006) | 8:21.453 (1:23.568) |
| 9:46.343 (1:24.890) | 11:10.528 (1:24.186) | 12:33.812 (1:23.284) |
| 13:58.372 (1:24.560) | 15:22.505 (1:24.133) | 16:46.173 (1:23.669) |
| 18:10.148 (1:23.975) | 19:33.724 (1:23.576) | 20:58.204 (1:24.480) |
| 22:22.241 (1:24.037) | 23:45.915 (1:23.675) | 25:10.123 (1:24.208) |
| 26:36.295 (1:26.173) | 28:03.180 (1:26.885) | |
| 30:55.958 (1:26.649) | 32:23.715 (1:27.758) | 33:50.882 (1:27.167) |
| 35:12.243 (1:21.362) | | |

| | | |
|----------------------|----------------------|----------------------|
| 4 Rogers, Emma | W Unattached | 36:05.95 |
| 1:21.464 (1:21.464) | 2:46.684 (1:25.220) | 4:10.168 (1:23.484) |
| 5:35.261 (1:25.094) | 7:00.384 (1:25.123) | 8:25.389 (1:25.005) |
| 9:50.600 (1:25.211) | 11:15.268 (1:24.669) | 12:41.056 (1:25.788) |
| 14:07.805 (1:26.749) | 15:33.926 (1:26.121) | 17:00.302 (1:26.376) |
| 18:26.722 (1:26.421) | 19:54.119 (1:27.397) | 21:21.231 (1:27.112) |
| 22:49.103 (1:27.872) | 24:17.651 (1:28.549) | 25:45.737 (1:28.086) |
| 27:14.098 (1:28.361) | 28:44.091 (1:29.994) | |
| 31:44.080 (1:30.125) | 33:13.355 (1:29.275) | 34:40.423 (1:27.068) |
| 36:05.944 (1:25.522) | | |

| | | |
|----------------------|----------------------|----------------------|
| 5 Johnson, Michael | M Light Horse | 36:41.21 |
| 1:26.352 (1:26.352) | 2:53.838 (1:27.487) | 4:21.016 (1:27.178) |
| 5:49.493 (1:28.477) | 7:17.518 (1:28.025) | 8:45.579 (1:28.062) |
| 10:13.121 (1:27.542) | 11:39.945 (1:26.825) | 13:07.790 (1:27.845) |
| 14:35.184 (1:27.394) | 16:01.822 (1:26.639) | 17:29.297 (1:27.475) |
| 18:55.925 (1:26.628) | 20:23.244 (1:27.320) | 21:50.207 (1:26.963) |
| 23:17.480 (1:27.273) | 24:45.963 (1:28.484) | 26:13.215 (1:27.252) |
| 27:40.021 (1:26.806) | 29:08.894 (1:28.874) | |
| 32:11.125 (1:32.229) | 33:44.377 (1:33.252) | 35:15.977 (1:31.600) |
| 36:41.206 (1:25.229) | | |

| | | |
|----------------------|----------------------|----------------------|
| 6 Zablan, Shea | W Unattached | 36:58.53 |
| 1:24.042 (1:24.042) | 2:53.752 (1:29.710) | 4:21.937 (1:28.185) |
| 5:50.092 (1:28.156) | 7:18.130 (1:28.038) | 8:45.755 (1:27.625) |
| 10:11.951 (1:26.196) | 11:38.770 (1:26.820) | 13:07.082 (1:28.312) |
| 14:34.804 (1:27.722) | 16:02.671 (1:27.867) | 17:30.447 (1:27.776) |
| 18:58.148 (1:27.702) | 20:26.155 (1:28.007) | 21:54.778 (1:28.623) |
| 23:24.133 (1:29.355) | 24:52.840 (1:28.707) | 26:23.797 (1:30.958) |
| 27:53.760 (1:29.963) | 29:24.406 (1:30.646) | |
| 32:27.045 (1:31.183) | 33:59.194 (1:32.149) | 35:29.530 (1:30.337) |
| 36:58.521 (1:28.991) | | |

| | | |
|----------------------|----------------------|----------------------|
| 7 Silva, Erica | W Unattached | 38:15.41 |
| 1:26.625 (1:26.625) | 2:54.853 (1:28.229) | 4:23.735 (1:28.882) |
| 5:53.520 (1:29.785) | 7:23.650 (1:30.130) | 8:54.102 (1:30.453) |
| 10:25.184 (1:31.082) | 11:57.492 (1:32.308) | 13:28.724 (1:31.232) |
| 14:59.662 (1:30.938) | 16:31.126 (1:31.464) | 18:02.669 (1:31.543) |
| 19:35.496 (1:32.828) | 21:08.029 (1:32.533) | 22:41.109 (1:33.081) |
| 24:14.485 (1:33.376) | 25:47.920 (1:33.435) | 27:21.561 (1:33.642) |
| 28:55.677 (1:34.116) | 30:29.409 (1:33.732) | |
| 33:38.134 (1:33.938) | 35:11.561 (1:33.427) | 36:44.668 (1:33.108) |
| 38:15.401 (1:30.733) | | |

Lighthouse Track Club - 5/23/2026

Down The Stretch
George Mason University
Results - Saturday

Finals ... (Event 9 Mixed 10000 Meter Run Select)

| Name | Team | Finals |
|----------------------|----------------------|----------------------|
| 8 Fernflores, Olivia | W Unattached | 39:11.45 |
| 1:26.654 (1:26.654) | 2:55.231 (1:28.578) | 4:24.155 (1:28.924) |
| 5:53.952 (1:29.797) | 7:24.259 (1:30.308) | 8:55.100 (1:30.841) |
| 10:28.731 (1:33.631) | 12:04.306 (1:35.575) | 13:40.203 (1:35.897) |
| 15:15.200 (1:34.998) | 16:51.180 (1:35.980) | 18:26.989 (1:35.809) |
| 20:01.886 (1:34.897) | 21:36.796 (1:34.910) | 23:11.626 (1:34.831) |
| 24:46.986 (1:35.360) | 26:22.105 (1:35.119) | 27:58.505 (1:36.401) |
| 29:34.037 (1:35.532) | 31:11.166 (1:37.129) | |
| 34:24.018 (1:38.125) | 36:01.093 (1:37.075) | 37:37.802 (1:36.710) |
| 39:11.448 (1:33.646) | | |

Event 10 Mixed 4x800 Meter Relay Open

| Team | Relay | Finals |
|------------------------|---------------------|---------------------|
| Finals | | |
| 1 Saloon TC | A | 8:07.12 |
| 2:02.552 (2:02.552) | 4:02.636 (2:00.084) | 6:07.342 (2:04.707) |
| 8:07.113 (1:59.772) | | |
| 2 Angelo Pellegrino TC | A | 9:03.86 |
| 2:25.098 (2:25.098) | 4:39.839 (2:14.741) | 6:55.548 (2:15.710) |
| 9:03.851 (2:08.303) | | |
| 3 The Greatest Show | A | 9:13.80 |
| 2:26.305 (2:26.305) | 4:31.296 (2:04.992) | 7:00.904 (2:29.608) |
| 9:13.797 (2:12.893) | | |
| 4 Uncs TC | A | 9:26.91 |
| 2:23.400 (2:23.400) | 4:54.762 (2:31.362) | 7:10.122 (2:15.360) |
| 9:26.904 (2:16.782) | | |
| 5 Light Horse TC | B | 9:28.35 |
| 2:13.058 (2:13.058) | 4:48.324 (2:35.266) | 7:22.711 (2:34.387) |
| 9:28.349 (2:05.639) | | |
| 6 Seven Locks RC | B | 9:38.00 |
| 2:19.777 (2:19.777) | 4:42.206 (2:22.429) | 7:13.586 (2:31.381) |
| 9:38.000 (2:24.414) | | |
| 7 Thursday Car Commute | A | 10:04.33 |
| 2:15.525 (2:15.525) | 4:57.271 (2:41.746) | 7:28.095 (2:30.825) |
| 10:04.323 (2:36.228) | | |
| 8 Capital Area Runners | A | 10:10.57 |
| 2:35.885 (2:35.885) | 5:11.497 (2:35.612) | 7:39.680 (2:28.183) |
| 10:10.562 (2:30.882) | | |
| 9 Seven Locks RC | A | 10:18.89 |
| 2:26.814 (2:26.814) | 5:11.274 (2:44.460) | 7:44.054 (2:32.781) |
| 10:18.881 (2:34.827) | | |
| 10 Light Horse TC | A | 10:57.00 |
| 2:41.407 (2:41.407) | 5:16.405 (2:34.999) | 8:10.224 (2:53.819) |
| 10:56.991 (2:46.767) | | |
| 11 Comeback Crew | A | 11:34.80 |
| 2:57.140 (2:57.140) | 5:45.709 (2:48.570) | 8:48.312 (3:02.603) |
| 11:34.796 (2:46.484) | | |
| 12 Mount Pleasa | A | 12:40.56 |
| 2:47.581 (2:47.581) | 5:59.051 (3:11.470) | 9:13.473 (3:14.422) |
| 12:40.553 (3:27.081) | | |