

## 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 |
| 2  | Rae, Thomas         | M Unattached   | 4:10.36 |
| 3  | L'Esperance, Tobias | M Unattached   | 4:13.84 |
| 4  | Scully, Eric        | M Unattached   | 4:14.84 |
| 5  | Conroy, Ewan        | M Bullis       | 4:16.98 |
| 6  | Nowicki, Sebastian  | M Uva Club Run | 4:17.73 |
| 7  | LoRusso, Joe        | M Grc Tracksmi | 4:19.15 |
| 8  | Heilman, Owen       | M Bullis       | 4:19.22 |
| 9  | Wilensky, Ryan      | M Bullis       | 4:19.91 |
| 10 | Cross, Joshua       | M Unattached   | 4:19.92 |
| 11 | Bruns, Carter       | M Spiders      | 4:20.91 |
| 12 | Anderson, Daniel    | M Grc Tracksmi | 4:22.80 |
| 13 | Creeks, Raymond     | M Light Horse  | 4:28.00 |
| 14 | Hussen, Jafar       | M Solo A/berme | 4:28.41 |
| 15 | Durant, Phillip     | M DC Cadets    | 4:29.40 |
| 16 | Stapleton, Luke     | M Georgetown P | 4:29.66 |
| 17 | Watson, Daniel      | M Unattached   | 4:31.44 |
| 18 | Dawson, David       | M Unattached   | 4:31.61 |
| 19 | Byford, William     | M Georgetown P | 4:36.93 |
| 20 | Fanale, Jeff        | M Zs Track Clu | 4:39.60 |
| 21 | Rae, Emmett         | M Unattached   | 4:40.70 |
| 22 | Walizer, Chris      | M Light Horse  | 4:42.45 |
| 23 | Healy, Ben          | M Dojo of Pain | 4:43.21 |
| 24 | Ortman, John        | M Unattached   | 4:43.30 |
| 25 | Koroma, Edward      | M Unattached   | 4:43.69 |
| 26 | Gruner, Oliver      | M Unattached   | 4:44.64 |
| 27 | von Elling, Reece   | M FCTF         | 4:44.91 |
| 28 | Dracoulis, Emiliano | M Seven Locks  | 4:47.31 |
| 29 | Verasin, Patrick    | M Unattached   | 4:47.44 |
| 30 | Rockrohr, James     | M Unattached   | 4:47.63 |
| 31 | Storper, Graham     | M MCRRC        | 4:48.98 |
| 32 | Pardo, Patricio     | M Seven Locks  | 4:50.15 |
| 33 | Byford, Morgan      | M Seven Locks  | 4:52.45 |
| 34 | Oliver, John        | M Angelo Pelle | 4:53.66 |
| 35 | Burner, Liam        | M Unattached   | 4:54.19 |
| 36 | Plunkett, Scott     | M Light Horse  | 4:54.20 |
| 37 | Spence, Tristan     | M Unattached   | 4:54.34 |
| 38 | Pendergast, Justin  | M Uncs TC      | 4:54.38 |
| 39 | Singh, Shyer        | M Bullis       | 4:56.02 |
| 40 | Stickles, Jack      | M Gonzaga High | 4:57.42 |
| 41 | Bowman, Jack        | M Light Horse  | 4:57.90 |
| 42 | Coates, James       | M Shadow Proje | 4:59.58 |
| 43 | Post, Eric          | M Unattached   | 5:02.15 |
| 44 | Brown, Andrew       | M Light Horse  | 5:02.47 |
| 45 | Genest, Jonah       | M Unattached   | 5:02.80 |
| 46 | Rae, Andrew         | M Unattached   | 5:03.05 |
| 47 | Bieber, Colin       | M Unattached   | 5:03.31 |
| 48 | Persh, Ryan         | M Seven Locks  | 5:03.74 |
| 49 | Mullican, Sean      | M Seven Locks  | 5:05.88 |
| 50 | Napier, Sean        | M MCRRC        | 5:06.69 |
| 51 | Kootman, Cavan      | M Seven Locks  | 5:06.98 |

|     |                        |                |         |
|-----|------------------------|----------------|---------|
| 52  | Dresser, Henry         | M Seven Locks  | 5:11.18 |
| 53  | Ortman, Patrick        | M Unattached   | 5:11.90 |
| 54  | Sherwood, Ryan         | M Unattached   | 5:13.93 |
| 55  | Fowler, Escher         | M Seven Locks  | 5:14.36 |
| 56  | Moy, Geffrey           | M Light Horse  | 5:17.15 |
| 57  | Ozeki, Liz             | W MCRRC        | 5:17.91 |
| 58  | Foley, Jack            | M Unattached   | 5:20.91 |
| 59  | Harper, Eric           | M Unattached   | 5:21.59 |
| 60  | Blenkinsop, Wesley     | M Sligo Creek  | 5:22.19 |
| 61  | Williams, Zara         | W Seven Locks  | 5:22.27 |
| 62  | Lazo, Philip           | M Saloon TC    | 5:23.60 |
| 63  | Harris, Josh           | M Light Horse  | 5:23.85 |
| 64  | Paul, Bryan            | M Unattached   | 5:25.16 |
| 65  | Duarte, Nilani         | W Light Horse  | 5:25.64 |
| 66  | Bieber, Chelsea        | W Light Horse  | 5:26.97 |
| 67  | Lackey, Eryn           | W University o | 5:27.25 |
| 68  | Hodges, Brianna        | W Unattached   | 5:30.20 |
| 69  | Fitzgibbon, Elise      | W Paul VI      | 5:30.94 |
| 70  | Wallace, Brandon       | M A Tribe Call | 5:32.58 |
| 71  | Curry, Samantha        | W Howard Count | 5:33.60 |
| 72  | Kasal, Jacqueline      | W Grc Tracksmi | 5:33.69 |
| 73  | Pardo, Emilia          | W Seven Locks  | 5:34.29 |
| 74  | Carrizales, Christian  | M Unattached   | 5:36.40 |
| 75  | Dwyer, Luke            | M Seven Locks  | 5:36.76 |
| 76  | Morakinyo, Akintunde   | M Howard Count | 5:38.94 |
| 77  | Klimek, Alexandra      | W Light Horse  | 5:41.18 |
| 78  | Tareila, JP            | M North East T | 5:42.13 |
| 79  | Richards, Ella         | W Unattached   | 5:44.19 |
| 80  | Walizer, Chrissy       | W Light Horse  | 5:45.42 |
| 81  | Benny Klimek, Margaret | W Light Horse  | 5:47.89 |
| 82  | Hawkins, Hannah        | W Unattached   | 5:51.15 |
| 83  | Lloyd, Maggie          | W Unattached   | 5:59.54 |
| 84  | Spalding, RJ           | M MCRRC        | 6:13.49 |
| 85  | Dwyer, Connor          | M Seven Locks  | 6:18.64 |
| 86  | Bandad, Devon          | M Unattached   | 6:20.28 |
| 87  | Pham, Steven           | M Unattached   | 6:21.76 |
| 88  | Flores, Seven          | M North East T | 6:25.22 |
| 89  | Hayden, Julie          | W Greater Phil | 6:26.40 |
| 90  | Young, Christy         | M Unattached   | 6:28.25 |
| 91  | McGrath, Alicia        | W Unattached   | 6:35.47 |
| 92  | Crowson, Thomas        | M Unattached   | 6:36.76 |
| 93  | Hirt, Danielle         | W Unattached   | 6:51.78 |
| 94  | Blanchard, Kenneth     | M Unattached   | 6:58.08 |
| 95  | Blanchard, Kaitlyn     | W Unattached   | 6:58.15 |
| 96  | Poulos, Ted            | M Unattached   | 8:19.65 |
| --- | Mazzarella, Brandon    | M Light Horse  | DNF     |
| --- | Anderson, Collin       | M Ice Cold TC  | DNF     |
| --- | Hawkins, Monte         | M Unattached   | DNF     |
| --- | Alafriz, Olivia        | W Unattached   | DNF     |

## Event 2 Mixed 1 Mile Run Youth

| Name | Team | Finals |
|------|------|--------|
|------|------|--------|

## Finals

|   |                 |               |         |
|---|-----------------|---------------|---------|
| 1 | Friedman, Asher | M Seven Locks | 5:17.42 |
| 2 | shah, riyen     | M Seven Locks | 5:28.86 |

## 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                 |
|------|---------------------|------------------------|
| 3    | Blenkinsop, Kailen  | M Sligo Creek 5:36.40  |
| 4    | Fadden, Miles       | M Unattached 5:58.57   |
| 5    | Walizer, Camden     | M Light Horse 6:03.04  |
| 6    | Devlin, Jack        | M Unattached 6:16.87   |
| 7    | Friedman, Mika      | W Seven Locks 6:19.80  |
| 8    | Williams, Beckett   | M Junior Mt Pl 7:02.65 |
| 9    | Wegerson, Samuel    | M Junior Mt Pl 7:13.63 |
| 10   | Wie, Liam           | M Unattached 7:20.68   |
| 11   | Devlin, Valarie     | W Unattached 7:21.08   |
| 12   | Woodward, Cooper    | M Unattached 7:33.35   |
| 13   | Woodward, Bennett   | M Unattached 7:46.04   |
| 14   | Walizer, Calleigh   | W Light Horse 7:49.24  |
| 15   | Williams, Wyatt     | M Junior Mt Pl 8:05.91 |
| 16   | Hodges, Christian   | M Unattached 8:07.86   |
| 17   | Keller, Emma        | W Unattached 8:09.34   |
| 18   | Ferguson, Jamal     | M Unattached 8:23.35   |
| 19   | Walizer, Carson     | M Light Horse 8:32.81  |
| 20   | Woodward, Owen      | M Unattached 8:43.59   |
| 21   | Merkel, James       | M Howard Count 8:58.85 |
| 22   | Dexter, Abigail     | W Light Horse 9:15.54  |
| 23   | Balijepalli, Nikhil | M Junior Mt Pl 9:28.93 |
| 24   | Whitacre, Charlotte | W Light Horse 9:36.36  |
| 25   | Brodeur, Sheridan   | W Light Horse 10:11.67 |
| 26   | Suto, Kareem        | M Suto Power! 10:59.92 |
| 27   | Suto, Luma          | W Suto Power! 12:21.90 |

## Event 3 Women 1 Mile Run Webb

| Name | Team                  | Finals              |
|------|-----------------------|---------------------|
| 1    | Keegan, McKenna       | Unattached 4:35.79  |
| 2    | Ballowe, Hannah       | Adidas 4:39.36      |
| 3    | Coe, Elizabeth        | Unattached 4:50.05  |
| 4    | Carrizales, Alexandra | Unattached 5:02.47  |
| 5    | Richards, Catherine   | Unattached 5:09.30  |
| 6    | Pham, Emma            | Seven Locks 5:12.25 |

## Event 4 Men 1 Mile Run Webb

| Name | Team                 | Finals               |
|------|----------------------|----------------------|
| 1    | O'Donovan, Charlie   | Ireland 4:03.83      |
| 2    | Cuthbertson, William | Empire Elite 4:04.11 |
| 3    | Lyell, Patrick       | Greenville T 4:04.34 |
| 4    | Johnson, Henry       | Houghton Har 4:05.91 |
| 5    | Drew, Ryan           | Greenville T 4:06.35 |
| 6    | Kelly, Colin         | Empire Elite 4:06.80 |
| 7    | Haughton, Tim        | Unattached 4:06.89   |
| 8    | Sandler, Trenton     | Unattached 4:06.99   |
| 9    | Shea, Aidan          | Unattached 4:08.15   |
| 10   | Revord, Colby        | Unattached 4:08.19   |
| 11   | Nagel, Ben           | Pro Bike + R 4:08.81 |
| 12   | Hayes, Gitch         | Unattached 4:10.67   |
| 13   | Nelson, Zalen        | Empire Elite 4:14.57 |
| 14   | McCarthy, Aidan      | Light Horse 4:16.08  |

15 Wilbur, Dylan Empire Elite 4:26.48

## Event 5 Mixed 5000 Meter Run Select

| Name | Team                 | Finals                  |
|------|----------------------|-------------------------|
| 1    | Rymer, Declan        | M VT Elite 14:05.61     |
| 2    | Day, Weston          | M Unattached 14:07.26   |
| 3    | Sheppard, Lloyd      | M George Mason 14:17.42 |
| 4    | Berg, Tyler          | M Unattached 14:22.78   |
| 5    | Wintheiser, Cole     | M Light Horse 15:03.05  |
| 6    | Rios Amick, Ivan     | M Unattached 15:31.51   |
| 7    | Edmondson, Jeffrey   | M Unattached 15:34.80   |
| 8    | Duval, Zach          | M WMTC 15:35.63         |
| 9    | Rabata, Isaiah       | M Tidewater St 15:36.25 |
| 10   | Fyock, Alexander     | M Ess Elite 15:36.60    |
| 11   | Clark, Elijah        | M Unattached 15:39.28   |
| 12   | Hodgins, Cody        | M Capital Area 15:43.32 |
| 13   | Henderson, Ryan      | M Northern Vir 15:47.30 |
| 14   | Shepard, Benjamin    | M St John's ca 15:48.18 |
| 15   | Shea, Thomas         | M Sherando Eli 15:53.22 |
| 16   | Jelen, Satchel       | M Wheaton Warr 16:05.14 |
| 17   | Radio, Eli           | M Unattached 16:07.16   |
| 18   | Latimer, Andrew      | M Unattached 16:09.28   |
| 19   | Owings, Indiana      | M St John's ca 16:10.66 |
| 20   | Lushinski, Austin    | M Light Horse 16:27.32  |
| 21   | Eppard, Ellis        | M Unattached 16:29.81   |
| 22   | Jones, Christopher   | M Smac Attack 16:37.09  |
| 23   | Taylor, Alyssa       | W Unattached 16:45.26   |
| 24   | Scaramuzzini, Joseph | M Dojo of Pain 16:48.02 |
| 25   | Shimer, Jordan       | M Light Horse 16:51.63  |
| 26   | Carter, Patrick      | M Capital Area 16:53.27 |
| 27   | Rolly, Philippe      | M Capital Area 16:56.60 |
| 28   | White, Phoebe        | W UA Velociti 16:57.72  |
| 29   | Smith, Tyler         | M Light Horse 17:03.72  |
| 30   | Parvizian, Cameron   | M Marymount Un 17:07.54 |
| 31   | Bretting, Kyle       | M St Johns col 17:11.98 |
| 32   | Hill, Brendan        | M Unattached 17:18.45   |
| 33   | Bremer, Beau         | M North East T 17:33.29 |
| 34   | Englander, Jacob     | M Howard Count 17:38.07 |
| 35   | Russell, Benjamin    | M Unattached 17:39.63   |
| 36   | Freeburn, Keith      | M Light Horse 17:47.07  |
| ---  | Wallace, Ronald      | M Ice Cold Run DNF      |

## Event 7 Mixed 5000 Meter Run Open

| Name | Team            | Finals                  |
|------|-----------------|-------------------------|
| 1    | Ban, Charlie    | M Grc Tracksmi 17:27.17 |
| 2    | Fogg, Sam       | M Seven Locks 17:35.33  |
| 3    | Storper, David  | M MCRRC 17:36.31        |
| 4    | Genetti, Eric   | M Capital Area 17:47.59 |
| 5    | Taber, Ben      | M Unattached 17:49.16   |
| 6    | Winslow, George | M Light Horse 18:12.17  |
| 7    | Turner, Hannah  | W Unattached 18:14.17   |
| 8    | LaFemina, Amber | W Light Horse 18:17.39  |
| 9    | Neff, Hannah    | W Unattached 18:20.21   |

## 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   |
|-------------------------|----------------|----------|
| 10 Stout, Matthew       | M Capital Area | 18:24.81 |
| 11 Miller, Evan         | M Light Horse  | 18:26.76 |
| 12 White, Kamari        | M Seven Locks  | 18:30.46 |
| 13 Sarafin, Mickey      | M Light Horse  | 18:36.07 |
| 14 Espinosa, Jesus      | M Unattached   | 18:38.59 |
| 15 Deyette, Kalle       | W Unattached   | 18:57.67 |
| 16 Napier, Nathan       | M Capital Area | 19:03.36 |
| 17 Dexter, John         | M Light Horse  | 19:11.86 |
| 18 Purdin, Matthew      | M Capital Area | 19:19.82 |
| 19 Locke, Christian     | M Light Horse  | 19:25.54 |
| 20 Carney, Christopher  | M Capital Area | 19:31.68 |
| 21 Nickley, Sean        | M Light Horse  | 19:35.84 |
| 22 Demaree, Carolyn     | W Tempo Thursd | 19:46.38 |
| 23 White, Johnny        | M Seven Locks  | 19:52.55 |
| 24 Woodward, Kristin    | W Unattached   | 19:57.26 |
| 25 Raterman, Mary       | W Unattached   | 20:09.41 |
| 26 Krygowski, Sophia    | W Unattached   | 20:29.59 |
| 27 Antal, Ian           | M Unattached   | 20:31.11 |
| 28 Iacoviello, Matteo   | M Capital Area | 21:12.58 |
| 29 Gurgol, Cathy        | W Mount Pleasa | 21:16.65 |
| 30 Lindstrom, Augustine | M Seven Locks  | 21:38.37 |
| 31 Ubias, Eric          | M Unattached   | 21:41.63 |
| 32 Clement, Djery       | M Unattached   | 21:43.25 |
| 33 Oliver, Tobey        | W Unattached   | 21:46.90 |
| 34 Wikiera, Amy         | W Unattached   | 22:02.57 |
| 35 Pham, Alexandra      | W Seven Locks  | 22:07.75 |
| 36 Wegerson, Barbara    | W Mount Pleasa | 23:37.25 |
| 37 Younis, Fatima       | W Unattached   | 23:37.32 |
| 38 Williams, John       | M Unattached   | 23:40.18 |
| 39 Parsley, James       | M Unattached   | 23:45.76 |
| 40 Ibrahim, Laura       | W Light Horse  | 25:38.53 |
| 41 Poulos, Ted          | M Unattached   | 27:19.89 |
| 42 Shimer, Christine    | W Unattached   | 27:27.00 |
| --- Mega, Brian         | M Unattached   | DNF      |
| --- McKenzie, David     | M Capital Area | DNF      |

|                      |              |          |
|----------------------|--------------|----------|
| 6 Zablan, Shea       | W Unattached | 36:58.53 |
| 7 Silva, Erica       | W Unattached | 38:15.41 |
| 8 Fernflores, Olivia | W Unattached | 39:11.45 |

## Event 10 Mixed 4x800 Meter Relay Open

| Team                   | Relay | Finals   |
|------------------------|-------|----------|
| <b>Finals</b>          |       |          |
| 1 Saloon TC            | A     | 8:07.12  |
| 2 Angelo Pellegrino TC | A     | 9:03.86  |
| 3 The Greatest Show    | A     | 9:13.80  |
| 4 Uncs TC              | A     | 9:26.91  |
| 5 Light Horse TC       | B     | 9:28.35  |
| 6 Seven Locks RC       | B     | 9:38.00  |
| 7 Thursday Car Commute | A     | 10:04.33 |
| 8 Capital Area Runners | A     | 10:10.57 |
| 9 Seven Locks RC       | A     | 10:18.89 |
| 10 Light Horse TC      | A     | 10:57.00 |
| 11 Comeback Crew       | A     | 11:34.80 |
| 12 Mount Pleasa        | A     | 12:40.56 |

## Event 8 Men 800 Meter Run Select

| Name                | Team       | Finals  |
|---------------------|------------|---------|
| <b>Finals</b>       |            |         |
| 1 McCarthy, Daniel  | Georgetown | 1:53.38 |
| 2 Berry, Kaleb      | Unattached | 1:55.43 |
| 3 Jauffret, Connor  | Unattached | 2:00.68 |
| 4 von Elling, Reece | FCTF       | 2:03.25 |
| 5 Lawson, Reuben    | DC Cadets  | 2:04.03 |

## Event 9 Mixed 10000 Meter Run Select

| Name               | Team           | Finals   |
|--------------------|----------------|----------|
| <b>Finals</b>      |                |          |
| 1 Joiner, Mason    | M Light Horse  | 31:24.64 |
| 2 Bell, Cian       | M Capital Area | 34:35.53 |
| 3 Campbell, Anna   | W Light Horse  | 35:12.25 |
| 4 Rogers, Emma     | W Unattached   | 36:05.95 |
| 5 Johnson, Michael | M Light Horse  | 36:41.21 |