

Coventry Woods Challenge 5K and 10k - 05/18/2025

Overall Results



Place	Bib	Name	Gender	Club	Group		Group Rank	Chip Pace	Chip Time	Gun Time
5k										
1.	174	Roheem Roten	M	Media, PA	Male 30-39		1st Overall	10:10 min/mile	31:36	31:36
2.	319	Lorraine Jasper	F	Birchrunville, PA	Female 60-69		1st Overall	10:46 min/mile	33:30	33:30
3.	159	Emily Ingram	F	Pottstown, PA	Female 30-39		Age Group Champ	11:40 min/mile	36:18	36:18
4.	230	Jason Birdsell	M	Phoenixville, PA	Male 50-59		Age Group Champ	11:56 min/mile	37:06	37:06
5.	306	Steven Schafer	M	Souderton, PA	Male 40-49		Age Group Champ	12:28 min/mile	38:45	38:45
6.	173	Ava Flinn	F	Elverson, PA	Female 30-39		2/9	12:42 min/mile	39:28	39:28
7.	205	Kyle Sullivan	M	Lansdale, PA	Male 30-39		Age Group Champ	13:08 min/mile	40:52	40:52
8.	195	Matthew Bomboy	M	Schwenksville, PA	Male 40-49		2/5	13:34 min/mile	42:12	42:12
9.	315	Sarah Conrad	F	Barto, PA	Female 40-49		Age Group Champ	13:56 min/mile	43:20	43:20
10.	233	Erin Ofner	F	Old Zionsville, PA	Female 30-39		3/9	13:57 min/mile	43:21	43:21
11.	203	Michael O'brien	M	Phoenixville, PA	Male 40-49		3/5	14:06 min/mile	43:52	43:52
12.	207	Heidi Heintz	F	Pottstown, PA	Female 40-49		2/5	14:15 min/mile	44:20	44:20
13.	157	Jason Byrne	M	Ephrata, PA	Male 30-39		2/2	14:18 min/mile	44:27	44:27
14.	326	Kristine Brennan	F	Newtown Square, PA	Female 50-59		Age Group Champ	14:37 min/mile	45:26	45:26
15.	154	James Fairchok	M	Telford, PA	Male 40-49		4/5	14:38 min/mile	45:31	45:31
16.	176	Kelly Nyemscek	F	Emmaus, PA	Female 40-49		3/5	14:57 min/mile	46:30	46:30
17.	175	Jon Nyemscek	M	Emmaus, PA	Male 40-49		5/5	14:58 min/mile	46:31	46:31
18.	156	Laura Mcbrearty	F	Allentown, PA	Female 50-59		2/3	15:38 min/mile	48:36	48:36
19.	163	Jill Kauffman	F	Harleysville, PA	Female 30-39		4/9	16:11 min/mile	50:20	50:20
20.	321	David Spontak	M	Pottstown, PA	Male 70+		Age Group Champ	16:19 min/mile	50:43	50:43
21.	160	Joseph Kling	M	Myerstown, PA	Male 60-69		Age Group Champ	16:26 min/mile	51:04	51:04
22.	178	Carla Majczan	F	Bethlehem, PA	Female 40-49		4/5	16:48 min/mile	52:14	52:14
23.	197	Janet Richards	F	Pottstown, PA	Female 30-39		5/9	16:57 min/mile	52:42	52:42
24.	196	Stefanie Trainer	F	Boyertown, PA	Female 30-39		6/9	17:12 min/mile	53:29	53:29
25.	165	Lila Steinginga	F	East Earl, PA	Females 19 & under		Age Group Champ	17:23 min/mile	54:02	54:02
26.	325	Aisha Damiani	F	Pottstown, PA	Female 30-39		7/9	17:40 min/mile	54:54	54:54
27.	312	Pam Light	F	Denver, PA	Female 50-59		3/3	18:03 min/mile	56:08	56:08
28.	311	Rob Bomboy	M	Telford, PA	Male 70+		2/2	18:38 min/mile	57:55	57:55
29.	167	Angela Steinginga	F	East Earl, PA	Female 40-49		5/5	19:29 min/mile	1:00:35	1:00:35
30.	318	Bonnie Mfarej	F	Allentown, PA	Female 70+		Age Group Champ	20:00 min/mile	1:02:11	1:02:11
31.	211	Elizabeth Wray	F	Pottstown, PA	Female 30-39		8/9	20:37 min/mile	1:04:04	1:04:04

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32.	171	Karen Pulgarin	F	Pottstown, PA	Female 30-39	9/9	20:48 min/mile	1:04:39	1:04:39
10k									
1.	310	Andy Maccormack	M	Bally, PA	Male 40-49	1st Overall	6:57 min/mile	43:15	43:15
2.	213	Adam Gaston	M	Ambler, PA	Male 40-49	Age Group Champ	7:44 min/mile	48:09	48:09
3.	199	Anthony Zaffino	M	Dublin, PA	Male 30-39	Age Group Champ	8:23 min/mile	52:08	52:08
4.	166	John Steinginga	M	East Earl, PA	Males 19 & under	Age Group Champ	8:33 min/mile	53:11	53:11
5.	309	Jamie Harris	M	Royersford, PA	Male 50-59	Age Group Champ	8:41 min/mile	54:00	54:00
6.	208	Zach Barber	M	Schwenksville, PA	Male 30-39	2/6	8:51 min/mile	55:05	55:05
7.	317	Ryan Rhodes	M	Clifton Heights, PA	Male 30-39	3/6	8:54 min/mile	55:24	55:24
8.	177	Anthony Knapp	M	Bethlehem, PA	Male 30-39	4/6	8:55 min/mile	55:26	55:26
9.	217	Marisa Stoltzfus	F	Pottstown, PA	Female 40-49	1st Overall	9:03 min/mile	56:18	56:18
10.	162	Jon Kling	M	Lansdale, PA	Male 40-49	2/4	9:03 min/mile	56:20	56:20
11.	322	Alyssa Abell-Doh	F	Haverford, PA	Female 20-29	Age Group Champ	9:16 min/mile	57:37	57:37
12.	316	James Mora	M	Philadelphia, PA	Male 60-69	Age Group Champ	9:18 min/mile	57:49	57:49
13.	150	Jennifer Shubzda	F	Emmaus, PA	Female 50-59	Age Group Champ	9:39 min/mile	1:00:02	1:00:02
14.	161	Josef Kling	M	Royersford, PA	Male 40-49	3/4	9:50 min/mile	1:01:08	1:01:08
15.	204	Isaiah Starr O'brien	M	Phoenixville, PA	Males 19 & under	2/2	9:52 min/mile	1:01:20	1:01:20
16.	169	Robin Abell	F	Haverford, PA	Female 50-59	2/7	10:03 min/mile	1:02:31	1:02:31
17.	201	Greg Evans	M	Collegeville, PA	Male 50-59	2/4	10:09 min/mile	1:03:09	1:03:09
18.	158	Steve Lantaff	M	Orefield, PA	Male 60-69	2/3	10:20 min/mile	1:04:16	1:04:16
19.	151	Jeffrey Shubzda	M	Emmaus, PA	Male 60-69	3/3	10:21 min/mile	1:04:24	1:04:24
20.	179	Julie Reardon	F	Bethlehem, PA	Female 30-39	Age Group Champ	10:32 min/mile	1:05:31	1:05:31
21.	198	Nancy Cowder	F	Sunbury, PA	Female 50-59	3/7	10:34 min/mile	1:05:43	1:05:43
22.	210	Dianne Morales	F	Havertown, PA	Female 40-49	Age Group Champ	10:46 min/mile	1:06:59	1:06:59
23.	155	Amy Hull	F	Pottstown, PA	Female 40-49	2/9	10:47 min/mile	1:07:05	1:07:05
24.	168	Matthew Steinginga	M	East Earl, PA	Male 40-49	4/4	10:51 min/mile	1:07:27	1:07:27
25.	314	Michael Coleman	M	Macungie, PA	Male 50-59	3/4	10:55 min/mile	1:07:55	1:07:55
26.	320	Rich Farella	M	Phoenixville, PA	Male 30-39	5/6	11:04 min/mile	1:08:51	1:08:51
27.	215	Sasha Kryst	F	Coatesville, PA	Female 40-49	3/9	11:18 min/mile	1:10:17	1:10:17
28.	218	Gail Drew	F	Lansdale, PA	Female 40-49	4/9	11:19 min/mile	1:10:22	1:10:22
29.	209	Lauren Hosford	F	Havertown, PA	Female 30-39	2/3	11:51 min/mile	1:13:39	1:13:39
30.	172	Tamika Castner	F	Royersford, PA	Female 40-49	5/9	12:11 min/mile	1:15:47	1:15:47

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31.	194	John Carre	M	Pottstown, PA	Male 70+		Age Group Champ	12:12 min/mile	1:15:50	1:15:50
32.	313	Marie-Laure Flamer	F	Ambler, PA	Female 30-39		3/3	12:25 min/mile	1:17:10	1:17:10
33.	200	Kristen Natoli	F	Schwenksville, PA	Female 50-59		4/7	12:26 min/mile	1:17:20	1:17:20
34.	214	Ryan Wigmore	M	Royersford, PA	Male 30-39		6/6	13:11 min/mile	1:21:56	1:21:56
35.	164	John Dugan	M	Collegeville, PA	Male 50-59		4/4	13:22 min/mile	1:23:08	1:23:08
36.	307	Karen Roman	F	Green Lane, PA	Female 40-49		6/9	13:26 min/mile	1:23:32	1:23:32
37.	202	Christina Beall	F	Collegeville, PA	Female 40-49		7/9	13:37 min/mile	1:24:42	1:24:42
38.	206	Elena Comber	F	Malvern, PA	Female 40-49		8/9	15:14 min/mile	1:34:41	1:34:41
39.	324	Alex Nagy	M	Royersford, PA	Male 20-29		Age Group Champ	15:21 min/mile	1:35:24	1:35:24
40.	170	Lisa Nagy	F	Royersford, PA	Female 50-59		5/7	15:21 min/mile	1:35:25	1:35:25
41.	153	Mary Carbone	F	Pottstown, PA	Female 50-59		6/7	16:08 min/mile	1:40:17	1:40:17
42.	152	Sheila Korick	F	Spring City, PA	Female 50-59		7/7	16:08 min/mile	1:40:19	1:40:19
43.	226	Laura Hopek	F	Allentown, PA	Female 40-49		9/9	16:38 min/mile	1:43:25	1:43:25

Number of records: 75