

# CCRS COVENTRY WOODS 5K & 10K TRAIL CHALLENGE - 05/21/2023



## Overall Results

Place	Bib	Name	Gender	Club	Group	Group Rank	Chip Pace	Chip Time	Gun Time	
10K										
1.	1085	Pete Lobianco	M	York, PA	Male 40-49	1st Overall	6:21 min/mile	39:29	39:29	
2.	1250	Andrew Brown	M		Male 30-39	Age Group Champ	6:24 min/mile	39:47	39:47	
3.	1132	Lee Strappello	M	James Creek, PA	Male 40-49	Age Group Champ	6:25 min/mile	39:58	39:58	
4.	1050	Colin Gibbons	M	Pottstown, PA	Male 30-39	2/9	6:28 min/mile	40:13	40:13	
5.	1248	Craig Polakoff	M		Male 40-49	2/22	6:42 min/mile	41:43	41:43	
6.	1155	Justin Pino	M	Pitman, NJ	Male 50-59	Age Group Champ	6:45 min/mile	41:59	41:59	
7.	1159	Derek Schultz	M	Pottstown, PA	Male 40-49	3/22	6:57 min/mile	43:15	43:15	
8.	1037	Michael Dyba	M	Pottstown, PA	Male 30-39	3/9	7:02 min/mile	43:46	43:46	
9.	1247	Kurt Foster	M		Male 40-49	4/22	7:16 min/mile	45:15	45:15	
10.	1001	Omar Abdali	M	Pottstown, PA	Male 40-49	5/22	7:21 min/mile	45:41	45:41	
11.	1040	Michael Flanagan	M	Newtown Square, PA	Male 50-59	2/12	7:21 min/mile	45:43	45:43	
12.	1042	Charles Fries	M	Douglassville, PA	Male 40-49	6/22	7:21 min/mile	45:46	45:46	
13.	1245	John Costello	M		Male 60-69	Age Group Champ	7:22 min/mile	45:47	45:47	
14.	1031	Lou Donofrio	M	Wallingford, PA	Male 40-49	7/22	7:23 min/mile	45:55	45:55	
15.	1033	Robert Dredge	M	Pottstown, PA	Male 40-49	8/22	7:27 min/mile	46:22	46:22	
16.	1057	Stanley Hatch	M	Flourtown, PA	Male 60-69	2/11	7:30 min/mile	46:38	46:38	
17.	1143	Chris Walker	M	Downingtown, PA	Male 40-49	9/22	7:33 min/mile	47:00	47:00	
18.	1238	Kara Rubinich	F		Female 40-49	1st Overall	7:35 min/mile	47:10	47:10	
19.	1052	Michael Gittings	M	Coatesville, PA	Male 40-49	10/22	7:35 min/mile	47:12	47:12	
20.	1004	Scott Armstrong	M	Pottstown, PA	Male 60-69	3/11	7:42 min/mile	47:55	47:55	
21.	1105	David Quan	M	King Of Prussia, PA	Male 30-39	4/9	7:42 min/mile	47:56	47:56	
22.	1165	Chris Linn	M		Male 50-59	3/12	7:48 min/mile	48:32	48:32	
23.	1145	Stephen Waniak	M	Mount Laurel, NJ	Male 30-39	5/9	7:50 min/mile	48:42	48:42	
24.	1149	Rachel Wise	F	North Wales, PA	Female 30-39	Age Group Champ	8:04 min/mile	50:08	50:08	
25.	1015	Hope Brecto	F	Boulder, CO	Female 20-29	Age Group Champ	8:11 min/mile	50:56	50:56	
26.	1072	Megan Kane	F	Spring City, PA	Female 30-39	2/9	8:12 min/mile	51:03	51:03	
27.	1122	Nick Simonetti	M	Perkasie, PA	Male 60-69	4/11	8:14 min/mile	51:11	51:11	
28.	1003	Kate Agresti	F	Nazareth, PA	Female 40-49	Age Group Champ	8:18 min/mile	51:37	51:37	
29.	1002	Darin Agresti	M	Nazareth, PA	Male 40-49	11/22	8:18 min/mile	51:38	51:38	
30.	1246	Meaghan Mcelroy	F		Female 40-49	2/22	8:24 min/mile	52:12	52:12	
31.	1239	Josh Rubinich	M		Male 40-49	12/22	8:24 min/mile	52:18	52:18	
32.	1025	Greg Cauller	M	York, PA	Male 60-69	5/11	8:31 min/mile	53:01	53:01	

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33.	1154	Naomi Hillen	F	Pottstown, PA	Females 19 & under	🏆 Age Group Champ	8:34 min/mile	53:17	53:17
34.	1244	Scott Newcomb	M		Male 50-59	4/12	8:36 min/mile	53:27	53:27
35.	1243	David Farnsworth	M		Male 40-49	13/22	8:37 min/mile	53:39	53:39
36.	1144	Andrew Wallace	M	West Chester, PA	Male 50-59	5/12	8:38 min/mile	53:43	53:43
37.	1157	Joe Phillips	M	Bechtelsville, PA	Male 20-29	🏆 Age Group Champ	8:45 min/mile	54:26	54:26
38.	1138	Tim Tuhacek	M	Telford, PA	Male 40-49	14/22	8:48 min/mile	54:46	54:46
39.	1160	Sherwood Altemose	M	Roseto, PA	Male 60-69	6/11	8:51 min/mile	55:06	55:06
40.	1092	Joseph Meadowcroft	M	Douglassville, PA	Male 40-49	15/22	8:56 min/mile	55:33	55:33
41.	1036	Chrisa Dustman	F	Sicklerville, NJ	Female 40-49	🏆 3/22	8:57 min/mile	55:40	55:40
42.	1240	Wilmer Banks	M		Male 50-59	6/12	8:58 min/mile	55:48	55:48
43.	1117	Eliza Schondra	F	Spring City, PA	Female 30-39	🏆 3/9	8:59 min/mile	55:51	55:51
44.	1087	Reza Manavi	M	Willow Grove, PA	Male 40-49	16/22	9:03 min/mile	56:16	56:16
45.	1131	Bonnie Stoeckl	F	Pequea, PA	Female 60-69	🏆 Age Group Champ	9:03 min/mile	56:18	56:18
46.	1049	Ron Gest	M	Douglassville, PA	Male 50-59	7/12	9:03 min/mile	56:21	56:21
47.	1091	Jan Meadowcroft	F	Douglassville, PA	Female 40-49	4/22	9:04 min/mile	56:26	56:26
48.	1064	Skip Horton	M	Gloucester City, NJ	Male 40-49	17/22	9:08 min/mile	56:46	56:46
49.	1118	Megan Schueck	F	Gilbertsville, PA	Female 40-49	5/22	9:12 min/mile	57:15	57:15
50.	1121	Jennifer Shubzda	F	Emmaus, PA	Female 50-59	🏆 Age Group Champ	9:15 min/mile	57:35	57:35
51.	1151	Mike Keeports	M	Newark, DE	Male 60-69	7/11	9:20 min/mile	58:00	58:00
52.	1023	Josh Carson	M	Philadelphia, PA	Male 40-49	18/22	9:28 min/mile	58:54	58:54
53.	1075	Maddox Kirk	M	Douglassville, PA	Males 19 & under	🏆 Age Group Champ	9:35 min/mile	59:35	59:35
54.	1046	Jim Gannon	M	Mohrsville, PA	Male 50-59	8/12	9:37 min/mile	59:46	59:46
55.	1030	Craig Dombrosky	M	Berlin, NJ	Male 60-69	8/11	9:37 min/mile	59:49	59:49
56.	1014	Ben Boskoski	M	Honey Brook, PA	Male 30-39	6/9	9:59 min/mile	1:02:08	1:02:08
57.	1080	Roman Lantz	M	Ephrata, PA	Male 30-39	7/9	10:03 min/mile	1:02:30	1:02:30
58.	1129	Rahsul Stinson	M	Pottstown, PA	Male 40-49	19/22	10:04 min/mile	1:02:35	1:02:35
59.	1128	Robert Stenzel	M	Cherry Hill, NJ	Male 60-69	9/11	10:06 min/mile	1:02:49	1:02:49
60.	1249	Will Cramer	M		Male 60-69	10/11	10:09 min/mile	1:03:08	1:03:08
61.	1107	Scott Ramoth	M	Paoli, PA	Male 50-59	9/12	10:10 min/mile	1:03:14	1:03:14
62.	1048	Katja Gest	F	Douglassville, PA	Female 40-49	6/22	10:13 min/mile	1:03:31	1:03:31
63.	1022	Matthew Capell	M	Wayne, PA	Male 40-49	20/22	10:23 min/mile	1:04:36	1:04:36
64.	1054	Mary Ann Gurka	F	Berlin, NJ	Female 70+	🏆 Age Group Champ	10:24 min/mile	1:04:42	1:04:42
65.	1113	Tom Rowinski	M	Norristown, PA	Male 30-39	8/9	10:33 min/mile	1:05:35	1:05:35
66.	1055	Peter Gutzmirtl	M	Allentown, PA	Male 40-49	21/22	10:33 min/mile	1:05:38	1:05:38

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67.	1062	Catherine Hilliard	F	Ardmore, PA	Female 50-59	2/8	10:36 min/mile	1:05:56	1:05:56
68.	1065	Natalie Hutnick	F	Norristown, PA	Female 40-49	7/22	10:42 min/mile	1:06:33	1:06:33
69.	1028	Bonnie Curdt	F	Phoenixville, PA	Female 30-39	4/9	10:45 min/mile	1:06:51	1:06:51
70.	1041	Michelle Foley	F	Reading, PA	Female 40-49	8/22	10:56 min/mile	1:08:01	1:08:01
71.	1061	Luis Hernandez	M	Perkasie, PA	Male 30-39	9/9	11:04 min/mile	1:08:51	1:08:51
72.	1241	Tom Wise	M		Male 70+	Age Group Champ	11:07 min/mile	1:09:07	1:09:07
73.	1142	Cynthia Vidal	F	Blackwood, NJ	Female 40-49	9/22	11:09 min/mile	1:09:18	1:09:18
74.	1141	Brooke Vetter	F	Merchantville, NJ	Female 40-49	10/22	11:15 min/mile	1:10:01	1:10:01
75.	1012	Carol Bobby	F	Clementon, NJ	Female 40-49	11/22	11:16 min/mile	1:10:02	1:10:02
76.	1016	Joseph Breton	M	Reading, PA	Male 50-59	10/12	11:16 min/mile	1:10:05	1:10:05
77.	1147	Ami Wasilewski	F	Malvern, PA	Female 40-49	12/22	11:23 min/mile	1:10:45	1:10:45
78.	1034	Chris Drucquer	M	Pottstown, PA	Male 50-59	11/12	11:23 min/mile	1:10:48	1:10:48
79.	1162	Neil Policelli	M		Male 70+	2/4	11:35 min/mile	1:12:03	1:12:03
80.	1111	Elizabeth Rivera	F	Spring City, PA	Female 40-49	13/22	11:37 min/mile	1:12:12	1:12:12
81.	1010	Brienne Berry	F	Pottstown, PA	Female 30-39	5/9	11:37 min/mile	1:12:17	1:12:17
82.	1074	Harry Kelly	M	Phoenixville, PA	Male 60-69	11/11	11:42 min/mile	1:12:49	1:12:49
83.	1056	Rachel Hanes	F	Chester Springs, PA	Female 50-59	3/8	11:45 min/mile	1:13:06	1:13:06
84.	1024	Tamika Castner	F	Royersford, PA	Female 40-49	14/22	11:49 min/mile	1:13:29	1:13:29
85.	1019	James Bushong	M	Columbia, PA	Male 70+	3/4	11:50 min/mile	1:13:37	1:13:37
86.	1078	Julie Korchowsky	F	Pottstown, PA	Female 40-49	15/22	12:01 min/mile	1:14:45	1:14:45
87.	1082	Pam Light	F	Denver, PA	Female 50-59	4/8	12:06 min/mile	1:15:12	1:15:12
88.	1156	Bryanna Villiano	F	Bangor, PA	Female 30-39	6/9	12:08 min/mile	1:15:27	1:15:27
89.	1158	Julie Villiano	F	Bangor, PA	Female 60-69	2/3	12:08 min/mile	1:15:30	1:15:30
90.	1053	Karen Guerrero	F	Phoenixville, PA	Female 60-69	3/3	12:10 min/mile	1:15:38	1:15:38
91.	1043	Kevin Gaffney	M	Malvern, PA	Male 40-49	22/22	12:10 min/mile	1:15:40	1:15:40
92.	1027	Samantha Creamer	F	Mount Laurel, NJ	Female 30-39	7/9	12:11 min/mile	1:15:45	1:15:45
93.	1063	Laura Hopek	F	Breinigsville, PA	Female 40-49	16/22	12:18 min/mile	1:16:29	1:16:29
94.	1148	Michael Wills	M	Harleysville, PA	Male 50-59	12/12	12:46 min/mile	1:19:26	1:19:26
95.	1127	Angela Steel-Wills	F	Royersford, PA	Female 40-49	17/22	12:47 min/mile	1:19:28	1:19:28
96.	1112	Karen Roman	F	Green Lane, PA	Female 40-49	18/22	12:49 min/mile	1:19:40	1:19:40
97.	1079	Cortney Lakis	F	Allentown, PA	Female 30-39	8/9	12:57 min/mile	1:20:33	1:20:33
98.	1073	Shina Kang	F	Magnolia, NJ	Female 50-59	5/8	13:04 min/mile	1:21:13	1:21:13
99.	1005	Tricia Aspinwall	F	Collingswood, NJ	Female 40-49	19/22	13:04 min/mile	1:21:16	1:21:16
100.	1110	Janet Richards	F	Pottstown, PA	Female 30-39	9/9	13:07 min/mile	1:21:36	1:21:36

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Place	Bib	Name	Gender	Club	Group	Group Rank	Chip Pace	Chip Time	Gun Time
101.	1011	Kristine Blakely	F	West Chester, PA	Female 50-59	6/8	13:25 min/mile	1:23:24	1:23:24
102.	1102	Megan Petty	F	Downingtown, PA	Female 40-49	20/22	13:27 min/mile	1:23:37	1:23:37
103.	1133	Andrew Szabo	M	Morton, PA	Male 70+	4/4	13:34 min/mile	1:24:22	1:24:22
104.	1094	Ann Miller	F	Quakertown, PA	Female 50-59	7/8	14:23 min/mile	1:29:25	1:29:25
105.	1077	Lynn Knothe	F	Wilmington, DE	Female 40-49	21/22	14:30 min/mile	1:30:07	1:30:07
106.	1097	Lisa Nagy	F	Royersford, PA	Female 50-59	8/8	14:38 min/mile	1:31:00	1:31:00
107.	1013	Shannon Bojczuk	F	West Chester, PA	Female 40-49	22/22	15:16 min/mile	1:34:55	1:34:55

Number of records: 107