

**TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC  
 Cardozo Education Campus  
 Host: Trials of Miles  
 Friday, July 29, 2022

**MEET OFFICIALS**

**Meet Director:**  
 Trials of Miles  
**Timing:**  
 Windsor Running, LLC

**WINDSORRUNNING****OFFICIAL MEET REPORT**

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**RESULTS****#1 Men's & Women's 5000 Meters****SECTION RESULTS**

| <b>Pl</b>             | <b>Name</b>              | <b>Team</b> | <b>Time</b> | <b>Note</b> |
|-----------------------|--------------------------|-------------|-------------|-------------|
| <b>Section 1 of 9</b> |                          |             |             |             |
| 1                     | MEHRBAKSH, Amir          | Unattached  | 24:19.82    |             |
| 2                     | SHOLAR, Louisa           | Unattached  | 24:33.51    |             |
| 3                     | PATERSON, Brooke         | Unattached  | 25:05.00    |             |
| 4                     | JOLIVERT, Reginald       | Unattached  | 25:57.31    |             |
| 5                     | DICKINSON, Laura         | Unattached  | 26:12.48    |             |
| 6                     | ULLOA SOLORZANO, Nardha  | Unattached  | 26:29.82    |             |
| 7                     | LAIRD, Monika            | Unattached  | 26:34.84    |             |
| 8                     | SNEGIREVA, Anastasia     | Unattached  | 26:39.02    |             |
| 9                     | FARR, Kristen            | Unattached  | 26:59.45    |             |
| 10                    | CRAWFORD, Claudia        | Unattached  | 27:11.70    |             |
| 11                    | MORRIS, Caroline         | Unattached  | 28:32.14    |             |
| 12                    | FASELIS, Charles         | Unattached  | 28:49.83    |             |
| 13                    | FERNANDEZ, Alex          | Unattached  | 29:26.30    |             |
| 14                    | SANT, Clare              | Unattached  | 29:32.24    |             |
| 15                    | MCCALEB, Kelly           | Unattached  | 30:55.88    |             |
| 16                    | SIEGEL, Taylor           | Unattached  | 31:48.99    |             |
| 17                    | KINSMAN, Gianna          | Unattached  | 32:18.65    |             |
|                       | STAPLES, Alison          | Unattached  |             | DNF         |
| <b>Section 2 of 9</b> |                          |             |             |             |
|                       | CABRALES, Carlo          | Unattached  | 21:06.65    |             |
| 1                     | SPIGELMAN, Alex          | Unattached  | 20:44.35    |             |
| 2                     | MONTESINOS, Juan         | Unattached  | 21:06.69    |             |
| 3                     | FRANCIS, Brian           | Unattached  | 21:25.33    |             |
| 4                     | WEINERMAN, Joelle        | Unattached  | 21:42.84    |             |
| 5                     | RICE, Haley              | Unattached  | 21:54.79    |             |
| 6                     | SMITH, Daryl             | Unattached  | 22:04.91    |             |
| 7                     | DOAN, Quoc-Sy            | Unattached  | 22:07.89    |             |
| 8                     | NAUGLE, Matthew          | Unattached  | 22:14.92    |             |
| 9                     | FOWLER, Naomi            | Unattached  | 22:16.20    |             |
| 10                    | SIX, Anne                | Unattached  | 22:27.47    |             |
| 11                    | SHAFFER, David           | Unattached  | 22:29.27    |             |
| 12                    | FITZGERALD, Aislinn      | Unattached  | 22:30.40    |             |
| 13                    | SEGGEMAN, Ingrid         | Unattached  | 22:32.61    |             |
| 14                    | AHRENS, Katharine        | Unattached  | 22:39.89    |             |
| 15                    | WILSON, Edie (Elizabeth) | Unattached  | 22:44.64    |             |
| 16                    | CUTLER, Brianna          | Unattached  | 23:00.06    |             |
| 17                    | PARRA, Luis              | Unattached  | 23:00.24    |             |
| 18                    | SCHIED, Aaryn            | Unattached  | 23:02.41    |             |
| 19                    | STEPHENSON, Ross         | Unattached  | 23:09.01    |             |
| 20                    | MAHMOUD, Aliya           | Unattached  | 23:10.59    |             |
| 21                    | ALIBABAIE, Amir          | Unattached  | 23:28.57    |             |
| 22                    | SHAFFER, Jessica         | Unattached  | 23:30.05    |             |
| 23                    | TSANG, Harry             | Unattached  | 23:36.65    |             |
| 24                    | CUNNINGHAM, Erin         | Unattached  | 23:49.17    |             |

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| Pl                    | Name                | Team       | Time     | Note |
|-----------------------|---------------------|------------|----------|------|
| 25                    | VALDIVIA, Vanessa   | Unattached | 23:52.14 |      |
| 26                    | ZAUNER, Anna        | Unattached | 23:52.72 |      |
| 27                    | MEAGHER, Chris      | Unattached | 24:20.78 |      |
| 28                    | EDWARDS, Maria      | Unattached | 24:36.79 |      |
| 29                    | AHRENS, Katherine   | Unattached | 24:37.47 |      |
| 30                    | SALAMANCA, Melissa  | Unattached | 24:42.27 |      |
| 31                    | KLIMEK, Bradley     | Unattached | 25:22.61 |      |
| <b>Section 3 of 9</b> |                     |            |          |      |
| 1                     | MURGUIA, Ryan       | Unattached | 18:18.94 |      |
| 2                     | GALLERY, Keegan     | Unattached | 20:19.75 |      |
| 3                     | CRAIG, Ashley       | Unattached | 20:23.71 |      |
| 4                     | RESSEL, Claire      | Unattached | 20:29.82 |      |
| 5                     | RITCHEY, Caroline   | Unattached | 20:32.14 |      |
| 6                     | BRUBAKER, Karen     | Unattached | 20:42.80 |      |
| 7                     | BALLESTEROS, Steven | Unattached | 20:43.50 |      |
| 8                     | EYMAN, Sarah        | Unattached | 20:50.95 |      |
| 9                     | BROWN, Lauren       | Unattached | 20:56.14 |      |
| 10                    | STACKS, Sarah       | Unattached | 20:57.88 |      |
| 11                    | HARBURG, Michelle   | Unattached | 21:05.96 |      |
| 12                    | EYO, Alexis         | Unattached | 21:05.97 |      |
| 13                    | SLAVIN, Dmitry      | Unattached | 21:11.85 |      |
| 14                    | FRYE, Joel          | Unattached | 21:17.61 |      |
| 15                    | MOORE, Macie        | Unattached | 21:41.77 |      |
| 16                    | REILLY, Patrick     | Unattached | 21:48.84 |      |
| 17                    | BRUNS, Rose         | Unattached | 21:53.97 |      |
| 18                    | ELLIOTT, Rebecca    | Unattached | 22:06.41 |      |
| 19                    | GANG, David         | Unattached | 22:10.28 |      |
| 20                    | KRUMENACKER, Joseph | Unattached | 22:13.58 |      |
| 21                    | CECIL, Tricia       | Unattached | 22:20.06 |      |
| 22                    | LYNCH, Michael      | Unattached | 22:46.12 |      |
| 23                    | RYAN, Paul          | Unattached | 22:57.48 |      |
| <b>Section 4 of 9</b> |                     |            |          |      |
| 1                     | BRUZDZINSKI, Kayla  | Unattached | 19:17.16 |      |
| 2                     | MILLS, Hywel        | Unattached | 19:18.45 |      |
| 3                     | TATEISHI, Caitlyn   | Unattached | 19:30.53 |      |
| 4                     | SULLIVAN, Kate      | Unattached | 19:31.64 |      |
| 5                     | NICKERSON, Kennedy  | Unattached | 19:33.83 |      |
| 6                     | WOLFE, Clara        | Unattached | 19:34.50 |      |
| 7                     | JOHNSON, Kaitlyn    | Unattached | 19:44.14 |      |
| 8                     | BUNCH, Daniel       | Unattached | 19:47.64 |      |
| 9                     | LIU, Yingqi         | Unattached | 19:53.10 |      |
| 10                    | WANG, Chunxin       | Unattached | 19:58.81 |      |
| 11                    | VOYER, Brandon      | Unattached | 19:59.82 |      |
| 12                    | LEWINE, Florence    | Unattached | 20:02.56 |      |
| 13                    | SWANSON, Frances    | Unattached | 20:03.13 |      |
| 14                    | RUSS, Katie         | Unattached | 20:24.11 |      |

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| Pl                    | Name                   | Team       | Time     | Note |
|-----------------------|------------------------|------------|----------|------|
| 15                    | ROTH, Adam             | Unattached | 20:29.67 |      |
| 16                    | ZOTTNICK, Nathan       | Unattached | 20:38.65 |      |
| 17                    | MAI, Nick              | Unattached | 20:42.39 |      |
| 18                    | SNYDER, Sharon         | Unattached | 20:44.49 |      |
| 19                    | IRBY, Freddie          | Unattached | 20:52.60 |      |
| 20                    | LEHR, Alexander        | Unattached | 21:11.65 |      |
| 21                    | DUCHESNE, Casey        | Unattached | 21:12.74 |      |
| 22                    | LEVIN, Lisa            | Unattached | 21:24.68 |      |
| 23                    | PARIN, Matthew         | Unattached | 21:49.69 |      |
| 24                    | SIGMON, Andy           | Unattached | 23:50.00 |      |
|                       | RUTHERFORD, Tusa       | Unattached | DNF      |      |
|                       | CAPIZZI, Louis         | Unattached | DNF      |      |
|                       | BENNY KLIMEK, Margaret | Unattached | DNF      |      |
|                       | SHEETS, Sarah          | Unattached | DNF      |      |
| <b>Section 5 of 9</b> |                        |            |          |      |
| 1                     | GRUBER, Elliott        | Unattached | 18:56.17 |      |
| 2                     | BEARDSLEY, Adam        | Unattached | 18:58.16 |      |
| 3                     | PERCY, Erin            | Unattached | 18:59.15 |      |
| 4                     | ZIEMKE, michael        | Unattached | 19:03.36 |      |
| 5                     | JOHANEK, Sarah         | Unattached | 19:05.32 |      |
| 6                     | GENUA, Devon           | Unattached | 19:05.73 |      |
| 7                     | CHARLES, Ericka        | Unattached | 19:06.29 |      |
| 8                     | KUMER, Emma            | Unattached | 19:06.50 |      |
| 9                     | DELISSER, Jordan       | Unattached | 19:18.72 |      |
| 10                    | CRAWFORD, Caleb        | Unattached | 19:19.46 |      |
| 11                    | AHERN, Daniel          | Unattached | 19:19.90 |      |
| 12                    | SAMONAS, Nicholas      | Unattached | 19:22.54 |      |
| 13                    | WAKEMAN, Ross          | Unattached | 19:24.72 |      |
| 14                    | BROWN, Greg            | Unattached | 19:25.52 |      |
| 15                    | DAWSON, Nicole         | Unattached | 19:44.19 |      |
| 16                    | FRIERSON, Laurance     | Unattached | 19:52.55 |      |
| 17                    | MCDUGALL, Shannon      | Unattached | 19:54.55 |      |
| 18                    | GRUFFERMAN, Elizabeth  | Unattached | 20:06.16 |      |
| 19                    | BONFATTO, Michael      | Unattached | 20:06.24 |      |
| <b>Section 6 of 9</b> |                        |            |          |      |
| 1                     | TRAINOR, Clayton       | Unattached | 17:31.56 |      |
| 2                     | LAWVER, Daniel         | Unattached | 17:31.65 |      |
| 3                     | DAHLEM, Jim            | Unattached | 17:38.33 |      |
| 4                     | MCFALL, Shawn          | Unattached | 17:48.80 |      |
| 5                     | LEMON, Luther          | Unattached | 17:49.73 |      |
| 6                     | RIESENBERG, John       | Unattached | 17:56.40 |      |
| 7                     | PUTTERMAN, Sara        | Unattached | 17:57.84 |      |
| 8                     | LEFKOF, Drew           | Unattached | 18:05.70 |      |
| 9                     | NAPIER, Sean           | Unattached | 18:08.95 |      |
| 10                    | BROWN, Adam            | Unattached | 18:26.59 |      |
| 11                    | RAMASAMY, Samson       | Unattached | 18:28.55 |      |

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| Pl                    | Name               | Team       | Time     | Note     |
|-----------------------|--------------------|------------|----------|----------|
| 12                    | HANSEN, Dira       | Unattached | 18:29.23 |          |
| 13                    | BEENE, Cameron     | Unattached | 18:41.20 |          |
| 14                    | ALAO, Babadamilola | Unattached | 18:43.73 |          |
| 15                    | KRZYSTOFIK, Joseph | Unattached | 18:47.41 |          |
| 16                    | YANG, Carolyn      | Unattached | 18:49.68 |          |
| 17                    | O'KANE, Alexandra  | Unattached | 18:49.72 |          |
| 18                    | KLINE, Ronald      | Unattached | 18:55.67 |          |
| 19                    | WASKO, Anna Claire | Unattached | 18:56.04 |          |
| 20                    | MURPHY, Brian      | Unattached | 18:56.09 |          |
| 21                    | ROBELER, Caroline  | Unattached | 18:59.14 |          |
| 22                    | LESSARD, Donovan   | Unattached | 19:01.59 |          |
| 23                    | NAFF, Michael      | Unattached | 19:03.82 |          |
| 24                    | NIGHBOR, Tyler     | Unattached | 19:04.85 |          |
| 25                    | LITTLEFIELD, Eliot | Unattached | 19:10.29 |          |
| 26                    | CANFIELD, Jeremy   | Unattached | 19:15.43 |          |
| 27                    | CHEN, Willis       | Unattached | 19:17.81 |          |
| 28                    | BUTLER, Jarrhett   | Unattached | 19:23.67 |          |
| 29                    | KIND, Jonah        | Unattached | 19:26.11 |          |
| 30                    | GROVEUNDER, Seth   | Unattached | 20:37.36 |          |
| <b>Section 7 of 9</b> |                    |            |          |          |
| 1                     | LEE, Connor        | Unattached | 16:47.57 |          |
| 2                     | ALLEN, Kerry       | Unattached | 17:05.78 |          |
| 3                     | JOHANSEN, Syver    | Unattached | 17:15.09 |          |
| 4                     | LEIHER, Sydney     | Unattached | 17:20.00 |          |
| 5                     | LAPIANA, Joseph    | Unattached | 17:21.83 | 17:21.82 |
| 6                     | CHESTERTON, Eric   | Unattached | 17:21.83 | 17:21.82 |
| 7                     | BAXTER, Mason      | Unattached | 17:21.84 |          |
| 8                     | JUNG, Tristan      | Unattached | 17:30.78 |          |
| 9                     | YOUNG, CJ          | Unattached | 17:41.76 |          |
| 10                    | VIGER, Rachel      | Unattached | 17:43.98 |          |
| 11                    | BARRISS, Griffin   | Unattached | 17:45.48 |          |
| 12                    | GUPTA, Samarth     | Unattached | 17:47.66 |          |
| 13                    | HOYT, Conner       | Unattached | 17:48.94 |          |
| 14                    | GUERARD, Hannah    | Unattached | 17:49.75 |          |
| 15                    | FINN, Matthew      | Unattached | 18:10.15 |          |
| <b>Section 8 of 9</b> |                    |            |          |          |
| 1                     | RYBA, Thomas       | Unattached | 16:06.10 |          |
| 2                     | PETERS, Cameron    | Unattached | 16:12.82 |          |
| 3                     | BARRA, David       | Unattached | 16:22.73 |          |
| 4                     | HAYES, Owen        | Unattached | 17:00.82 |          |
| 5                     | SULLIVAN, Michael  | Unattached | 17:04.17 |          |
| 6                     | UMHAU, Bennett     | Unattached | 17:05.21 |          |
| 7                     | THOMAS, Benn       | Unattached | 17:08.49 |          |
| 8                     | CONNOLLY, Chip     | Unattached | 17:10.59 |          |
| 9                     | ALVARADO, Robert   | Unattached | 17:57.28 |          |

**Section 9 of 9**

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|----|---------------------|------------|----------|------|
|    | BROOK, Robert       | Unattached | 15:32.03 |      |
| 1  | WITTERS, Ryan       | Unattached | 14:48.53 |      |
| 2  | PISTILLI, Zach      | Unattached | 15:00.77 |      |
| 3  | PATEL, Panth        | Unattached | 15:34.61 |      |
| 4  | SARGE, Matthew      | Unattached | 15:34.90 |      |
| 5  | RIAL, Will          | Unattached | 15:38.59 |      |
| 6  | SALVADOR, Xavier    | Unattached | 15:45.22 |      |
| 7  | RIOS, Ivan          | Unattached | 15:50.60 |      |
| 8  | HODGINS, Cody       | Unattached | 15:51.57 |      |
| 9  | FOREMAN, Nick       | Unattached | 15:53.20 |      |
| 10 | REDFERN, Jeffrey    | Unattached | 15:57.48 |      |
| 11 | DICHIARA, Tom       | Unattached | 15:58.00 |      |
| 12 | MEYER, Jacob        | Unattached | 16:03.18 |      |
| 13 | ROW, Liam           | Unattached | 16:03.63 |      |
| 14 | MERCER, Dickson     | Unattached | 16:04.06 |      |
| 15 | BUSCAGLIA, Ryan     | Unattached | 16:09.40 |      |
| 16 | HALL, Kyle          | Unattached | 16:16.24 |      |
| 17 | CRAIG, Michael      | Unattached | 16:18.16 |      |
| 18 | HAKIM-FLORIAN, Asim | Unattached | 16:20.04 |      |
| 19 | LORUSSO, Joe        | Unattached | 16:25.38 |      |
| 20 | POSTON, Mark        | Unattached | 16:29.77 |      |
| 21 | GABEL, Ben          | Unattached | 16:36.68 |      |
| 22 | BOYLE, Joseph       | Unattached | 16:48.84 |      |
| 23 | WRIGHT, Kevin       | Unattached | 16:54.13 |      |
| 24 | ZELL, Peter         | Unattached | 17:02.86 |      |
| 25 | BELF, Audrey        | Unattached | 17:23.63 |      |
|    | FISHWICK, Colin     | Unattached | DNF      |      |
|    | MILLER, Jack        | Unattached | DNF      |      |