

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

8/6/2026

#	Last	First	1 Mile	Δ	2 Mile	Δ	3 Mile	Finish	Avg Mile	Proj 5k
1	Garcia	Henrik	5 56	+02	5 58	-21	5 37	17 31	5 50	18 08
2	Ireland	Gabriel	5 56	+02	5 58	-14	5 44	17 38	5 53	18 16
3	Taylor	Kamran	5 56	+03	5 59	-06	5 53	17 48	5 56	18 26
4	Smith	Aiden	5 56	+07	6 03	+01	6 04	18 03	6 01	18 42
5	Morris	Ian	5 56	+11	6 07	+03	6 10	18 13	6 04	18 52
6	Bryan	Luke	5 56	+21	6 17	-03	6 14	18 27	6 09	19 06
7	Desrochers	Vincent	6 01	+28	6 29	-28	6 01	18 31	6 10	19 11
8	Varghese	Aaron	5 56	+22	6 18	00.	6 18	18 32	6 11	19 12
9	Gaytan	Malachi	6 01	+32	6 33	-22	6 11	18 45	6 15	19 25
9	Jea	Matthew	5 56	+38	6 34	-19	6 15	18 45	6 15	19 25
11	de Coune	Max	6 10	+13	6 23	-10	6 13	18 46	6 15	19 26
12	Phu	Ethan	6 23	+23	6 46	-07	6 39	19 48	6 36	20 30
13	Tse	Isaac	6 09	+43	6 52	-03	6 49	19 50	6 37	20 32
14	Bassett	Elishah	6 35	+19	6 54	-24	6 30	19 59	6 40	20 42
15	Strickland	Colin	6 55	+02	6 57	+10	7 07	20 59	6 60	21 44
16	Monacelli	Marco	6 43	+39	7 22	+06	7 28	21 33	7 11	22 19
17	Worthington	James	7 01	+33	7 34	-19	7 15	21 50	7 17	22 37
18	Flinn	Ryan	7 01	+32	7 33	-14	7 19	21 53	7 18	22 40
19	Vivino	Noah	7 01	+34	7 35	+41	8 16	22 52	7 37	23 41

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

7/30/2026

#	Last	First	1 Mile	Δ	2 Mile	Δ	3 Mile	Finish	Avg Mile	Proj 5k
1	Garcia	Henrik	6 13	-26	5 47	+03	5 50	17 50	5 57	18 26
1	Ireland	Gabriel	6 01	-04	5 57	-05	5 52	17 50	5 57	18 26
3	Gaytan	Malachi	6 13	-05	6 08	+05	6 13	18 34	6 11	19 11
4	Bryan	Luke	6 13	00	6 13	+08	6 21	18 47	6 16	19 25
5	Taylor	Kamran	6 33	-15	6 18	-08	6 10	19 01	6 20	19 39
6	Varghese	Aaron	6 33	-04	6 29	-23	6 06	19 08	6 23	19 46
7	Jea	Matthew	6 33	-04	6 29	-08	6 21	19 23	6 28	20 02
8	Morris	Ian	6 33	-02	6 31	-08	6 23	19 27	6 29	20 06
9	de Coune	Max	6 33	-02	6 31	-07	6 24	19 28	6 29	20 07
10	Phu	Ethan	6 33	+17	6 50	+15	7 05	20 28	6 49	21 09
11	Bassett	Elishah	6 49	+07	6 56	-03	6 53	20 38	6 53	21 19
12	Flinn	Ryan	7 33	+06	7 39	-22	7 17	22 29	7 30	23 14
13	Higson	Theo	8 00	-14	7 46	-25	7 21	23 07	7 42	23 53
14	Clark	Cohen	8 00	-14	7 46	-18	7 28	23 14	7 45	24 00
15	Chastain	Paxton	6 49	+195	10 04	-112	8 12	25 05	8 22	25 55
16	Meiseman	Eric	8 07	+54	9 01	-30	8 31	25 39	8 33	26 30
17	Tawk	Mateo	8 07	+54	9 01	-15	8 46	25 54	8 38	26 46
18	Yamamoto	Connor	10 47	+01	10 48		DNF	21 35	10 48	DNF
19	Black	Seth	11 28	-27	11 01		DNF	22 29	11	

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

7/23/2026

#	Last	First	1 Mile	Δ	2 Mile	Finish
1	Smith	Aiden	5 55	-15	5 40	11 35
2	Ireland	Gabriel	5 55	+05	6 00	11 55
3	Garcia	Henrik	6 02	-08	5 54	11 56
3	Gaytan	Malachi	6 02	-08	5 54	11 56
3	Morris	Ian	6 00	-04	5 56	11 56
3	Owens	Jayden	6 02	-08	5 54	11 56
3	Taylor	Kamran	6 02	-08	5 54	11 56
8	de Coune	Max	6 25	-33	5 52	12 17
9	Jea	Matthew	6 02	+22	6 24	12 26
10	Tse	Isaac	6 18	+17	6 35	12 53
11	Strickland	Colin	6 33	+11	6 44	13 17
12	Bassett	Elishah	6 33	+14	6 47	13 20
13	Monacelli	Marco	6 27	+61	7 28	13 55
14	Allen	Robby	7 08	+07	7 15	14 23
15	Clark	Cohen	7 08	+08	7 16	14 24
16	Tawk	Mateo	7 35	+09	7 44	15 19
17	Meiseman	Eric	8 20	-25	7 55	16 15
18	Swain	Parker	9 05	-27	8 38	17 43
19	Price	Davis	8 56	-04	8 52	17 48
20	Pezalski	George	10 12	-108	8 24	18 36
21	Yamamoto	Connor	9 03	+36	9 39	18 42
22	Ellis	Palmer	9 34	-25	9 09	18 43
23	Hallman	Grayson	10 50			DNF
24	Black	Seth	11 08			DNF
	Bernstein	Eli	ABS			
	Bryan	Luke	ABS			
	Chastain	Paxton	ABS			
	Desrochers	Vincent	ABS			
	Flinn	Ryan	ABS			
	Hickman	Nicholas	ABS			
	Higson	Theo	ABS			
	Morris	Landon	ABS			
	Phu	Ethan	ABS			
	Simonson	Brayden	ABS			

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

7/16/2026

#	Last	First	1 Mile	Δ	2 Mile	Finish
1	Garcia	Henrik	6 02	-18	5 44	11 46
2	Taylor	Kamran	6 02	-09	5 53	11 55
3	Gaytan	Malachi	6 02	-01	6 01	12 03
4	Smith	Aiden	6 02	-01	6 01	12 03
5	Bryan	Luke	6 02	+05	6 07	12 09
6	de Coune	Max	6 11	-13	5 58	12 09
7	Phu	Ethan	6 17	+35	6 52	13 09
8	Strickland	Colin	6 37	+26	7 03	13 40
9	Monacelli	Marco	6 52	+24	7 16	14 08
10	Clark	Cohen	7 28	-07	7 21	14 49
11	Higson	Theo	7 33	+13	7 46	15 19
12	Morris	Landon	7 33	+27	8 00	15 33
13	Meiseman	Eric	7 43	+28	8 11	15 54
14	Tawk	Mateo	7 43	+33	8 16	15 59
15	Swain	Parker	9 30	-30	9 00	18 30
16	Price	Davis	9 32	-31	9 01	18 33
17	Jea	Matthew	8 28			DNF
18	Pezalski	George	9 03			DNF
	Allen	Robby	ABS			
	Bassett	Elishah	ABS			
	Bernstein	Eli	ABS			
	Black	Seth	ABS			
	Chastain	Paxton	ABS			
	Desrochers	Vincent	ABS			
	Ellis	Palmer	ABS			
	Flinn	Ryan	ABS			
	Hallman	Grayson	ABS			
	Hickman	Nicholas	ABS			
	Ireland	Gabriel	ABS			
	Morris	Ian	ABS			
	Owens	Jayden	ABS			
	Simonson	Brayden	ABS			
	Tse	Isaac	ABS			
	Valezquez	Elijah	ABS			
	Varghese	Aaron	ABS			
	Vivino	Noah				

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

6/25/26

#	Last	First	1 Mile	Δ	2 Mile	Finish
1	Ireland	Gabriel	6 06	-12	5 54	12 00
2	Smith	Aiden	6 06	-04	6 02	12 08
3	Desrochers	Vincent	6 08	+08	6 16	12 24
4	Varghese	Aaron	6 13	+06	6 19	12 32
5	Jea	Matthew	6 17	+19	6 36	12 53
6	de Coune	Max	6 20	+35	6 55	13 15
7	Bassett	Elishah	6 41	+38	7 19	14 00
8	Tse	Isaac	7 25	-32	6 53	14 18
9	Flinn	Ryan	7 22	-25	6 57	14 19
10	Higson	Theo	7 47	-53	6 54	14 41
11	Clark	Cohen	7 37	-03	7 34	15 11
12	Vivino	Noah	7 25	+23	7 48	15 13
13	Meiseman	Eric	8 00	+13	8 13	16 13
14	Hickman	Nicholas	8 00	+18	8 18	16 18
15	Tawk	Mateo	7 48	+49	8 37	16 25
16	Allen	Robby	8 17	+69	9 26	17 43
17	Valezquez	Elijah	8 29	+69	9 38	18 07
18	Swain	Parker	8 57	+16	9 13	18 10
19	Ellis	Palmer	8 57	+25	9 22	18 19
20	Hallman	Grayson	9 20	+82	10 42	20 02
21	Price	Davis	9 54			DNF
22	Black	Seth	10 11			DNF
23	Pezalski	George	11 12			DNF
	Morris	Landon	DNR			
	Chastain	Paxton	ABS			
	Bernstein	Eli	ABS			
	Yamamoto	Connor	ABS			
	Garcia	Henrik	ABS			
	Owens	Jayden	ABS			
	Gaytan	Malachi	ABS			
	Morris	Ian	ABS			
	Simonson	Brayden	ABS			
	Bryan	Luke	ABS			
	Strickland					

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

6/18/2026

#	Last	First	0.5 Mile	Δ	0.5 Mile	Finish
1	Jea	Matthew	3 00	-11	2 49	5 49
2	Owens	Jayden	3 00	-09	2 51	5 51
2	Smith	Aiden	3 00	-09	2 51	5 51
4	Garcia	Henrik	3 00	-08	2 52	5 52
4	Taylor	Kamran	3 00	-08	2 52	5 52
6	de Coune	Max	3 00	-07	2 53	5 53
7	Varghese	Aaron	3 02	-05	2 57	5 59
8	Phu	Ethan	3 00	+01	3 01	6 01
9	Bassett	Elishah	3 02	+05	3 07	6 09
10	Worthington	James	3 07	+24	3 31	6 38
11	Higson	Theo	3 25	-08	3 17	6 42
11	Tse	Isaac	3 18	+06	3 24	6 42
13	Vivino	Noah	3 32	-14	3 18	6 50
14	Clark	Cohen	3 22	+07	3 29	6 51
15	Meiseman	Eric	3 33	+08	3 41	7 14
16	Simonson	Brayden	3 52	+02	3 54	7 46
17	Monacelli	Marco	3 39	+70	4 49	8 28
18	Price	Davis	4 26	-09	4 17	8 43
19	Ellis	Palmer	4 18	+10	4 28	8 46
20	Tawk	Mateo	4 12	+25	4 37	8 49
21	Pezalski	George	5 02	-36	4 26	9 28
	Allen	Robby	ABS			
	Bernstein	Eli	ABS			
	Black	Seth	ABS			
	Bryan	Luke	ABS			
	Chastain	Paxton	ABS			
	Desrochers	Vincent	ABS			
	Flinn	Ryan	ABS			
	Gaytan	Malachi	ABS			
	Hallman	Grayson	ABS			
	Hickman	Nicholas	ABS			
	Ireland	Gabriel	ABS			
	Morris	Ian	ABS			
	Morris	Landon	ABS			

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

6/11/2026

#	Last	First	0.5 Mile	Δ	0.5 Mile	Finish
1	Bryan	Luke	2 58	-11	2 47	5 45
1	Desrochers	Vincent	2 58	-11	2 47	5 45
1	Taylor	Kamran	2 58	-11	2 47	5 45
4	Gaytan	Malachi	3 02	-17	2 45	5 47
5	Garcia	Henrik	2 58	-08	2 50	5 48
6	Phu	Ethan	2 58	+04	3 02	6 00
7	Morris	Ian	3 00	+03	3 03	6 03
8	Jea	Matthew	3 04	+02	3 06	6 10
9	Varghese	Aaron	3 09	+07	3 16	6 25
10	Bassett	Elishah	3 13	+09	3 22	6 35
11	Flinn	Ryan	3 18	+04	3 22	6 40
12	Smith	Aiden	3 29	-06	3 23	6 52
13	Higson	Theo	3 30	-06	3 24	6 54
14	Clark	Cohen	3 30	-02	3 28	6 58
15	Hickman	Nicholas	3 44	+04	3 48	7 32
16	Bernstein	Eli	3 40	+16	3 56	7 36
16	Tse	Isaac	3 40	+16	3 56	7 36
16	Vivino	Noah	3 39	+18	3 57	7 36
19	Meiseman	Eric	3 42	+23	4 05	7 47
20	Yamamoto	Connor	4 00	+02	4 02	8 02
21	Simonson	Brayden	3 59	+06	4 05	8 04
22	Worthington	James	3 07	+141	5 28	8 35
23	Ellis	Palmer	4 33	+12	4 45	9 18
24	Black	Seth	4 37	+51	5 28	10 05
25	Pezalski	George	4 43	+63	5 46	10 29
26	Price	Davis	5 00	+31	5 31	10 31
	Tawk	Mateo	DNR			
	Allen	Robby	ABS			
	Chastain	Paxton	ABS			
	de Coune	Max	ABS			
	Hallman	Grayson	ABS			
	Ireland	G				