

2023 River Day SwimFest

1400 S. Trooper Rd., Norristown, PA 19403

Water Temp ~ 74F (wetsuit legal)

8/5/2023

5K Swim Overall Results

Place	Div Pl	Bib #	Name	Gender	Time
1	1M OA	335	Stephen Rouch	M	1:11:01
2	2M OA	26	Brad Kirschner	M	1:13:16
3	1F OA	294	Debbie Lennox	F	1:17:00
4	2F OA	23	Laurie Wei	F	1:19:42
5	3M OA	2	Max Adams	M	1:23:06
6	1M 40-49	8	Robert Delaney	M	1:25:46
7	1M 60+	22	Bob Unger	M	1:29:43
8	3F OA	18	Paula Miller	F	1:30:28
9	1F 50-59	14	Laura Marquez	F	1:32:30
10	1F 19U	16	Jordan McConnell	F	1:35:12
11	2F 50-59	5	LuAnn Billett	F	1:35:25
12	1M 30-39	10	David Freiberg	M	1:35:40
13	1F 30-39	4	Jenny Biener	F	1:35:48
14	1F 40-49	21	Mary Stella	F	1:36:40
15	2F 30-39	3	Samantha Bermudez	F	1:37:09
16	1F 20-29	9	Simona Dwass	F	1:39:35
17	2M 60+	24	Guy Griffiths	M	1:42:36
18	2F 20-29	20	Danielle Moore	F	1:43:56
19	3M 60+	6	Robert Bullen-Smith	M	2:03:57
20	3F 50-59	11	Carolyn Joniak	F	2:04:37
21	1F 60+	15	Michele McCandless	F	2:07:35
22	2F 40-49	12	Savannah Lee	F	2:17:22
23	4F 50-59	17	Dana McElhinney	F	2:34:25

Relay Overall Results

Place	Div Pl	Bib #	Name	Mile 1	Mile 2	Mile 3	Finish Time
1	1 Relay OA	25	Brian Akamine (1,2), Cliff Bryant	38:24	42:15	39:02	1:59:41

1 Mile Swim Overall Results

Place	Div Pl	Bib #	Name	Gender	Time
1	1M OA	335	Stephen Rouch	M	21:40
2	2M OA	44	Aiden Paterson	M	22:28
3	1F OA	1	Tenra Adams	F	23:08
4	2F OA	35	Melanie Hahn	F	25:10

5	3M OA	48	Alex Weaver	M	25:11
6	3F OA	23	Laurie Wei	F	25:29
7	1M 30-39	33	Isaac Greene	M	26:16
8	1F 40-49	294	Debbie Lennox	F	26:18
9	1M 50-59	2	Max Adams	M	26:35
10	1M 40-49	8	Robert Delaney	M	29:18
11	2F 40-49	45	Lelane Roussow-Bancroft	F	29:23
12	1F 50-59	18	Paula Miller	F	29:35
13	2M 40-49	49	John Shoen	M	30:46
14	2F 50-59	14	Laura Marquez	F	31:16
15	3F 40-49	21	Mary Stella	F	33:02
16	1F 60-69	39	Lin Malott	F	33:19
17	2M 30-39	10	David Freiberg	M	35:36
18	3M 40-49	34	Anuj Gupta	M	35:42
19	1M 20-29	32	Patrick Cloran	M	35:56
20	1F 20-29	20	Danielle Moore	F	36:03
21	3F 50-59	27	Linda Barton	F	38:07
22	1M 60+	38	Anthony Keller	M	39:18
23	4F 50-59	47	Julie Mullaney	F	40:14
24	4M 40-49	31	Luis Bermudez	M	40:20
25	4F 40-49	40	Dia McCaughan	F	42:15
26	1F 70+	41	Diane McManus	F	48:21
27	2M 60+	37	Barry Johnston	M	53:49

0.5 Mile Swim Overall Results

Place	Div Pl	Bib #	Name	Gender	Time
1	1M OA	44	Aiden Paterson	M	11:07
2	1F OA	1	Tenra Adams	F	11:09
3	2F OA	35	Melanie Hahn	F	12:16
4	2M OA	2	Max Adams	M	12:52
5	3M OA	58	Matthew Quandt	M	13:10
6	3F OA	23	Laurie Wei	F	13:14
7	1F 30-39	61	Danielle Yentz Rinde	F	14:29
8	1F 50-59	5	LuAnn Billett	F	14:33
9	1F 40-49	45	Lelane Rossouw-Bancroft	F	14:38
10	2F 50-59	18	Paula Miller	F	14:44
11	1M 40-49	8	Robert Delaney	M	14:58
12	2M 40-49	49	John Shoen	M	15:05
13	3F 50-59	14	Laura Marquez	F	15:12
14	1M 30-39	10	David Freiberg	M	16:37
15	2F 40-49	21	Mary Stella	F	16:42
16	1F 60-69	39	Lin Malott	F	17:28
17	1F 20-29	20	Danielle Moore	F	17:51
18	1M 60+	62	Bruce McLaughlin	M	18:13
19	2F 60+	59	Madelaine Sayko	F	19:29

20	1F 70+	41	Diane McManus	F	26:24
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800m Swim, 5K Run, 800m Swim Overall Results

Place	Div Pl	Bib #	Name	Gender	800m Swim	5K Run	800m Swim	Final Time
1	1M OA	335	Stephen Rouche	M	0:11:40	0:22:02	0:12:13	0:45:55
2	1F OA	294	Debbie Lennox	F	0:13:25	0:25:43	0:14:40	0:53:48
3	2F OA	293	Kylie Kimball	F	0:15:43	0:24:45	0:16:32	0:57:00
4	2M OA	192	Mick Donnelly	M	0:17:01	0:23:19	0:18:16	0:58:36
5	3M OA	297	Lucas McConnell	M	0:16:12	0:29:27	0:15:58	1:01:37
6	3F OA	400	Marisa Rowson	F	0:18:47	0:25:41	0:18:16	1:02:44
7	1F 50+	195	Denise Escher	F	0:18:54	0:45:52	0:19:28	1:24:14
8	1M 50+	188	David Dammer	M	0:22:21	0:40:23	0:25:27	1:28:11
9	1F 40-49	332	Jennifer McConnell	F	0:24:50	0:38:08	0:25:58	1:28:56
10	1F 19U	83	Emerson Chadwick	F	0:26:40	0:57:56	0:32:05	1:56:41
11	2F 40-49	99	Whitney Chadwick Lessar	F	0:30:11	0:54:25	0:32:55	1:57:31