

# DOWNINGTOWN RUNNING COMPANY



## MASTER'S RACING TEAM

### Mary Matthews

#### Background

Mary did not start running until after college at the age of 25. She competed in local and regional road races in her late 20's and early 30's.

#### PRs

5K	19:10	West Chester Winter Series, 1992
5 Mile	31:49	Run for the Hill of It, 1992, 3 <sup>rd</sup> Place
10K	38:54	Brian's Run, 1991
10 Mile	1:05:29	Leesport Shamrock, 1992, 1 <sup>st</sup> Place
20K	1:20:21	Penn Relay's Distance, 1992, 1 <sup>st</sup> Place
½ Marathon	1:28:17	Philadelphia Distance Run, 1992
Marathon	3:17:57	Taylor Wineglass Marathon, 1992, 8 <sup>th</sup> Place

#### Master's PRs

5K	20:45	
8K	34:25	Rothman 8K, 2005
10 Mile	1:09:25	Broad Street, 2003
½ Marathon	1:39:38	Caesar Rodney, 2007
Marathon	3:35:19	Philadelphia Marathon, 2006