

DOWNINGTOWN RUNNING COMPANY



OPEN RACING TEAM

Seth Kampf

Seth currently resides in King of Prussia. He is originally from north of Baltimore. While in high school, Seth placed 10th and 14th in Cross Country States. He was recruited to the University of Miami (Florida). College highlights are noted below. Seth just completed the 2008 New York City Marathon in 2:34:26 (PR).

High School Highlights

1600 meters- 4:35

3200 meters- 9:53

Cross Country States- placed 10th and 14th

College Highlights (University of Florida)

5K Track 15:34

5K Road 15:55

10K Track 32:24

15K Road 51:30

Post College Highlights

½ Marathon 1:11:22 (Philadelphia Distance Run 2008)

½ Marathon 1:13:38 (2nd Place Caesar Rodney ½ Marathon 2008)

Marathon 2:38:56 (Boston 2008)