

Crossfit Dover 5K & 1.5 Fitness Challenge

May 10, 2013 76 degrees, clear, breezy

Crossfit Dover, DE

****SEE NOTE AT BOTTOM OF PAGE****

5K Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Preston DeMarreau	18:17	Rachael Mears	22:03
	<u>Male Master</u>		<u>Female Master</u>	
	Frank Whittington	21:21	Vicki Leone	24:34
	<u>14 & under</u>		<u>14 & under</u>	
1st	Mason Bush	24:40	Lily Turner	29:00
2nd	Michael Zoellner	25:54	Ashley Malaspina	30:33
3rd	Spencer Zoellner	26:36	Hayden Lord	33:57
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Gaven Allbee	27:58	NA	
2nd	Nicholas Zoellner	32:17	NA	
3rd	NA		NA	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Mike Hoffman	21:38	Elizabeth Shattuck	22:34
2nd	Andrew Mears	21:53	Lauren Gauker	29:11
3rd	Justin Alexander	22:02	Margaret Scarborough	29:40
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Adam Jones	18:41	Holly Bofinger	24:45
2nd	Steve Hart	20:20	Barbara Griffin	25:46
3rd	Beau Jones	22:13	Dawn Haw-Young	27:37
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Greg Massey	21:32	Deb Lafleur	28:22
2nd	Mike Kujawa	25:59	Susanne Whitney	29:39
3rd	Bill Bush	27:43	Kathy Lord	40:50
	<u>50 - 59</u>		<u>50 - 59</u>	
1st	NA		Laura Vaughn	30:14
2nd	NA		Debbie Polise	30:20
3rd	NA		Nanette Holmes	37:04

	<u>60 - 69</u>		<u>60 & Over</u>	
1st	Jerry Carter	31:59	Betty Link	37:09
2nd	NA		NA	
3rd	NA		NA	

	<u>70 & over</u>			
1st	Howard Bowker	31:39		
2nd	NA			
3rd	NA			

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Don Zalenski	35:17	Phyllis Zalenski	43:34
2nd	Joe Young	39:21	Lauren Slater	44:06
3rd	James Sharp	43:34	Jill Mears	47:55

CROSSFIT 1.5 Mile Challenge Winners

	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
	Paul Voorhees	13:48	Holly Briel	14:23

	<u>Male Master</u>		<u>Female Master</u>	
	Darryl Scott	20:25	Barbara Gladders	16:20

	<u>Open</u>		<u>Open</u>	
1st	Jeffrey Kearney	14:03	Wendy Flannery	14:59
2nd	Stephen Freedman	14:21	Karla Alexander	16:25
3rd	Danny Thwaites	14:32	Kimberly Root	16:50

5K Results In Finish Order

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>
1	Preston DeMarreau	M	17	18:17
2	Adam Jones	M	33	18:41
3	Steve Hart	M	31	20:20
4	Frank Whittington	M	62	21:21
5	Greg Massey	M	43	21:32
6	Mike Hoffman	M	29	21:38
7	Andrew Mears	M	28	21:53
8	Justin Alexander	M	27	22:02
9	Rachael Mears	F	29	22:03
10	Beau Jones	M	35	22:13
11	Jeff Chambers	M	33	22:19
12	Elizabeth Shattuck	F	25	22:34
13	David Angelo	M	30	23:53

14	Vicki Leone	F	44	24:34
15	Heath Carley	M	23	24:36
16	Mason Bush	M	8	24:40
17	Wade Wyatt	M	31	24:41
18	Holly Bofinger	F	30	24:45
19	Barbara Griffin	F	35	25:46
20	Michael Zoellner	M	12	25:54
21	Mike Kujawa	M	47	25:59
22	Chase Thompson	M	30	26:11
23	Spencer Zoellner	M	14	26:36
24	Liam Bush	M	10	26:47
25	Dawn Haw-Young	F	38	27:37
26	Bill Bush	M	45	27:43
27	Gaven Allbee	M	15	27:58
28	Rachel Cherrix	F	32	27:58
29	Matthew Strobel	M	22	27:59
30	Michael Baer	M	27	28:14
31	Kristi Galloway	F	37	28:18
32	Deb Lafleur	F	45	28:22
33	Chris Schellinger	M	32	28:26
34	Angela Schellinger	F	30	28:36
35	Lily Turner	F	9	29:00
36	Stephanie Turner	F	32	29:09
37	Lauren Gauker	F	27	29:11
38	Susanne Whitney	F	44	29:39
39	Margaret Scarborough	F	25	29:40
40	Megan Szabo	F	31	30:00
41	Laura Vaughn	F	55	30:14
42	Ashley Malaspina	F	14	30:18
43	Debbie Polise	F	52	30:20
44	Heather Melvin	F	32	30:33
45	Holly Bilbrough	F	28	31:14
46	Vanessa Gerrard	F	29	31:34
47	Howard Bowker	M	71	31:39
48	Jerry Carter	M	60	31:59
49	Nicholas Zoellner	M	17	32:17
50	Andrea Zoellner	F	39	32:57
51	Emily Warren	F	23	33:03
52	Alexandra Durand	F	38	33:39
53	Hayden Lord	F	12	33:57
54	Hunter Lord	F	14	34:25
55	Jackie Lafleur	F	22	34:33
56	Don Zalenski	M	67 W	35:17
57	Sheryl Saborio	F	39	35:17

58	Avery Bonner	M	7	35:17
59	Arianna Heredia	F	12	35:45
60	Holly Foraker	F	35	35:52
61	Erik Foraker	M	33	36:13
62	Nanette Holmes	F	54	37:04
63	Kristen Yuckel	F	29	37:08
64	Betty Link	F	64	37:09
65	Theresa Streadwick	F	36	38:42
66	Hannah Garey	F	10	39:17
67	Julie Garey	F	34	39:18
68	Joe Young	M	62 W	39:21
69	Kathy Lord	F	48	40:50
70	Will Scarborough	M	27	40:50
71	Jennifer Clemons	F	32	42:05
72	Lisa Steinberg	F	37	42:08
73	Lillie Hunter	F	11	42:08
74	Phyllis Zalenski	F	64 W	43:34
75	James Sharp	M	32 W	43:34
76	Laura Slater	F	29 W	44:06
77	Drew Slater	M	30 W	44:20
78	Marshall Bonner	M	4	46:33
79	Jason Bonner	M	39	46:45
80	Lauren Hunter	F	46	46:45
81	Michelle Garey	F	39	47:34
82	Connor Garey	M	6	47:36
83	Jill Mears	F	56 W	47:55
84	Mary Borger	F	44 W	50:09
85	MJ Faust	F	35	50:10
86	Jen Coffin	F	46 W	50:39
87	Carol Scott	F	48 W	51:20
88	Amber Nelson	F	24 W	51:58
89	Rachel Nelson	F	23 W	56:52

Crossfit 1.5 Mile Run Fitness Challenge
In Finish Order

1	Paul Voorhees	M	25	13:48
2	Jeffrey Kearney	M	23	14:03
3	Stephen Freedman	M	33	14:21
4	Holly Briel	F	36	14:23
5	Danny Thwaites	M	35	14:32
6	Wendy Flannery	F	30	14:59
7	Scott Kuehn	M	29	15:18
8	Tadan Tomkee	M	18	15:19

9	Tommy Dill	M	21	15:32
10	Jonathan Sadlowski	M	17	15:49
11	Barbara Gladders	F	41	16:20
12	Karla Alexander	F	29	16:25
13	Jeri Sheats	M	32	16:43
14	Mark Boulden, Jr	M	29	16:49
15	Kimberly Root	F	28	16:50
16	Jaime O'Brien	F	30	17:02
17	Jen Simmons	F	41	17:04
18	Christen Bosenberg	F	28	17:06
19	Amy Powers	F	32	17:11
20	Jacque Campbell	F	27	17:35
21	Matt Parker	M	38	17:37
22	Leslie Pleasanton	F	22	17:45
23	Kim Willson	F	30	17:50
24	Joseph McFadden	M	30	17:56
25	Ashlee Miller	F	25	18:08
26	Bart Wilson	M	36	18:09
27	Ashley Willis	F	26	18:13
28	Jennifer Heaney	F	26	18:20
29	Alejandra Rodriguez	F	20	18:27
33	Jody DeHoff	F	52	18:43
31	Justin Upp	M	25	19:32
32	Helena Rudd	F	30	19:34
33	Tracy Hayward	F	31	20:19
34	Darryl Scott	M	49	20:25
35	Jessica Shropshire	F	31	20:40
36	Laura Wisler	F	32	20:46
37	Lauren Oliver	F	32	19:34
38	Samantha Potter	F	25	21:18
39	Jennifer Kemske	F	34	21:47
40	Suni Edson	F	42	22:03
41	Clarimer Hernandez	F	31	22:09
42	Erin Tinsley	F	30	23:11
43	Kole Turner	M	5	23:26
44	Patrick Preece	M	33	24:43
45	Ije Anusionnu	F	35	24:43

Note - Times and places may be incorrect due to some of the 1.5 milers finishing in the 5K finish chute. When this happens it throws everything out of sequence. All awards winners should be correct.