

Big Thursday on Sunday 5K

Bowers Beach, DE

October 14, 2016

A Trisports Events Production

Overall Finish List

5K Run

Pla	Name	City	Bib	Age	Age Grp	PI	Chip	Gun	Pace
1	Caleb Giles	Dover DE	1838	20	1	Open	17:50.9	17:51.4	5:45/M
2	Jansson Pacarro	Milford DE	1849	19	1	M 15-19	18:03.1	18:03.6	5:49/M
3	Damion Richardson-Tucker	Dover DE	1854	22	1	M 20-29	19:12.2	19:12.7	6:12/M
4	Paul Evans	Milford DE	1653	30	1	M 30-39	20:09.1	20:10.7	6:30/M
5	Jaime Cantlon	Huntingtown MD	1638	54	1	Masters	20:28.3	20:28.9	6:36/M
6	Nehemias Mendez	Georgetown DE	1846	20	2	M 20-29	21:16.3	21:16.8	6:52/M
7	Corey Stull	19947	1861	19	2	M 15-19	21:17.4	21:18.0	6:52/M
8	John Byrd	Middletown DE	1832	18	3	M 15-19	21:25.4	21:26.0	6:55/M
9	Theodore Ray	Laurel DE	1852	45	1	M 40-49	21:27.1	21:27.7	6:55/M
10	Brianna Bryfogle	DE	1830	19	1	Open	22:00.0	22:00.6	7:06/M
11	Mardiny Ung	Elizabethtown PA	1863	49	1	Masters	23:22.2	23:22.7	7:32/M
12	Todd Carmean	Bridgeville DE	1637	54	1	M 50-59	23:57.6	23:59.3	7:44/M
13	Marshal Capinpin	Dover DE	1833	19	4	M 15-19	24:38.4	24:38.9	7:57/M
14	Todd Dunn	Wyoming DE	1835	52	2	M 50-59	24:41.1	24:43.4	7:58/M
15	Mike Cordeiro	Dover DE	1649	52	3	M 50-59	24:50.5	24:53.4	8:02/M
16	Grace Mueller	Dover DE	1847	33	1	F 30-39	26:54.7	26:55.3	8:41/M
17	Menna Holcombe	Frederica DE	1841	58	1	F 50-59	27:24.2	27:27.6	8:51/M
18	Dickie Burgess	Milford DE	1665	61	1	M 60-69	27:25.2	27:27.4	8:51/M
19	Brylee Wheeler	Still Pond MD	1675	6	1	F 1-10	28:53.8	28:56.4	9:20/M
20	Steve Wheeler	Still Pond MD	1682	33	2	M 30-39	28:54.2	28:56.8	9:20/M
21	Karin Ryndak	Felton DE	1855	44	1	F 40-49	29:03.2	29:06.5	9:23/M
22	Jose Lukecart	Felton DE	1663	64	2	M 60-69	29:31.9	29:38.0	9:34/M
23	Mindy Berry	Ellendale DE	1829	32	2	F 30-39	31:36.7	31:40.5	10:13/M
24	Monica Green	Frederica DE	1840	37	3	F 30-39	31:50.0	31:57.7	10:18/M
25	Leeann Waltz	Milton DE	1656	54	2	F 50-59	34:53.7	34:55.7	11:16/M
26	Sarah Burress	Milford DE	1831	32	4	F 30-39	35:47.3	35:52.4	11:34/M
27	Charles Matthews	Camden Wyoming DE	1845	68	3	M 60-69	36:07.8	36:13.0	11:41/M
28	Cynthia Mangubat	Magnolia DE	1650	52	3	F 50-59	36:26.7	36:31.1	11:47/M
29	Larry Price	Middletown DE	1641	74	1	M 70-99	38:00.3	38:05.8	12:17/M
30	Amanda Walls	Frederica DE	1864	38	5	F 30-39	42:23.0	42:26.6	13:41/M

5K WALK

Pla	Name	City	Bib	Age	Age Grp	PI	Chip	Gun	Pace
1	Don Zalenski	Magnolia DE	1869	70	1	M 1-99	37:21.5	37:23.9	12:04/M
2	Hoong Chow	Felton DE	1834	57	2	M 1-99	39:04.6	39:06.6	12:37/M
3	Joe Young	Dover DE	1868	66	3	M 1-99	41:09.8	41:12.5	13:17/M
4	Douglass Lambert	Seaford DE	1844	60	4	M 1-99	42:21.9	42:25.4	13:41/M
5	Terri Glanden	Magnolia DE	1839	52	1	F 1-99	43:36.5	43:41.0	14:05/M
6	Trisha Reed	Magnolia DE	1853	53	2	F 1-99	43:55.9	44:00.7	14:12/M
7	Carolbeth Lambert	Seaford DE	1843	63	3	F 1-99	44:04.6	44:07.6	14:14/M
8	Jay Epstein	Elizabethtown PA	1836	59	5	M 1-99	45:26.9	45:31.0	14:41/M

9	Douglas Shuck	Frederica DE	1858	57	6 M	1-99	46:39.1	46:45.1	15:05/M
10	Donna Blakey	Dover DE	1684	59	4 F	1-99	47:24.3	47:33.0	15:20/M
11	Karen Williams	Felton DE	1683	53	5 F	1-99	48:28.1	48:29.5	15:38/M
12	Phyllis Zalenski	Magnolia DE	1870	67	6 F	1-99	49:19.3	49:23.0	15:56/M
13	Diana Young	Felton DE	1867	64	7 F	1-99	54:28.3	54:28.8	17:34/M
14	Leigh Shuck	Frederica DE	1859	63	8 F	1-99	55:22.6	55:27.3	17:53/M
15	Becky Sharp	Milford DE	1856	63	9 F	1-99	58:46.7	58:56.2	19:01/M
16	Melinda Hudson	Frankford DE	1842	30	10 F	1-99	58:47.5	58:56.1	19:01/M
17	Debbie Postles	Milford DE	1851	32	11 F	1-99	58:50.5	58:57.9	19:01/M
18	Amanda Giuttari	Federica DE	1685	27	12 F	1-99	59:20.2	59:49.4	19:18/M
19	Erina Miller	Harrington DE	1686	34	13 F	1-99	59:21.3	59:49.5	19:18/M
20	Gene Sharp	Milford DE	1857	68	7 M	1-99	59:34.8	59:45.2	19:16/M
21	Charles Postles	Milford DE	1850	67	8 M	1-99	59:37.7	59:45.2	19:16/M

Female 5K Run

Female Champion

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Brianna Bryfogle	DE	19	10	22:00.0	22:00.6	7:06/M

Female Masters Champion

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Mardiny Ung	Elizabethtown PA	49	11	23:22.2	23:22.7	7:32/M

Female 10 and Under

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Brylee Wheeler	Still Pond MD	6	19	28:53.8	28:56.4	9:20/M

Female 30 to 39

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Grace Mueller	Dover DE	33	16	26:54.7	26:55.3	8:41/M
2 Mindy Berry	Ellendale DE	32	23	31:36.7	31:40.5	10:13/M
3 Monica Green	Frederica DE	37	24	31:50.0	31:57.7	10:18/M
4 Sarah Burress	Milford DE	32	26	35:47.3	35:52.4	11:34/M
5 Amanda Walls	Frederica DE	38	30	42:23.0	42:26.6	13:41/M

Female 40 to 49

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Karin Ryndak	Felton DE	44	21	29:03.2	29:06.5	9:23/M

Female 50 to 59

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Menna Holcombe	Frederica DE	58	17	27:24.2	27:27.6	8:51/M
2 Leeann Waltz	Milton DE	54	25	34:53.7	34:55.7	11:16/M
3 Cynthia Mangubat	Magnolia DE	52	28	36:26.7	36:31.1	11:47/M

Male 5K Run

Male Open Champion

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Caleb Giles	Dover DE	20	1	17:50.9	17:51.4	5:45/M

Male Masters Champion

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Jaime Cantlon	Huntingtown MD	54	5	20:28.3	20:28.9	6:36/M

Male 15 to 19

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Jansson Pacarro	Milford DE	19	2	18:03.1	18:03.6	5:49/M
2 Corey Stull	19947	19	7	21:17.4	21:18.0	6:52/M
3 John Byrd	Middletown DE	18	8	21:25.4	21:26.0	6:55/M
4 Marshal Capinpin	Dover DE	19	13	24:38.4	24:38.9	7:57/M

Male 20 to 29

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Damion Richardson-Tucker	Dover DE	22	3	19:12.2	19:12.7	6:12/M
2 Nehemias Mendez	Georgetown DE	20	6	21:16.3	21:16.8	6:52/M

Male 30 to 39

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Paul Evans	Milford DE	30	4	20:09.1	20:10.7	6:30/M
2 Steve Wheeler	Still Pond MD	33	20	28:54.2	28:56.8	9:20/M

Male 40 to 49

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Theodore Ray	Laurel DE	45	9	21:27.1	21:27.7	6:55/M

Male 50 to 59

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Todd Carmean	Bridgeville DE	54	12	23:57.6	23:59.3	7:44/M
2 Todd Dunn	Wyoming DE	52	14	24:41.1	24:43.4	7:58/M
3 Mike Cordeiro	Dover DE	52	15	24:50.5	24:53.4	8:02/M

Male 60 to 69

Pla Name	City	Age	Overall	Chip	Gun	Pace
1 Dickie Burgess	Milford DE	61	18	27:25.2	27:27.4	8:51/M
2 Jose Lukecart	Felton DE	64	22	29:31.9	29:38.0	9:34/M
3 Charles Matthews	Camden Wyoming DE	68	27	36:07.8	36:13.0	11:41/M

Male 70 and Over

Pla	Name	City	Age	Overall	Chip	Gun	Pace
1	Larry Price	Middletown DE	74	29	38:00.3	38:05.8	12:17/M