

Cougars for a Cause 5K Run/Walk

Campus Community School - Dover, DE

May 14, 2016

A Trisports Events Production

Overall Run/Walk Finish List

5K Run

Place	Name	City	Bib No	Age	Age Grp	Place	Chip	Gun
1	Henry Miller	Harrington DE	517	19	1 Open		19:35.1	19:35.9
2	Adam Jones	Camden Wyoming DE	440	36	1 M 30-39		19:47.4	19:48.2
3	Jaime Cantlon	Huntingtown MD	425	54	1 masters		20:41.8	20:42.6
4	Robert Lupo Jr.	Marydel DE	513	41	1 M 40-49		21:00.6	21:01.4
5	Peter Martz	Blenheim NJ	515	49	2 M 40-49		21:52.1	21:52.9
6	Bob Fleming	Harrington DE	489	51	1 M 50-59		22:24.0	22:26.7
7	Frank Whittington	Middletown DE	945	65	1 M 60-69		22:39.7	22:40.6
8	Ben Campbell	Newark DE	472	19	1 M 15-19		23:03.9	23:07.8
9	Timothy Allen	Dover DE	461	22	1 M 20-29		23:07.8	23:08.6
10	Tom Felice	Magnolia DE	488	39	2 M 30-39		23:15.9	23:18.5
11	Jason Fehrle	Glenolden PA	967	38	3 M 30-39		23:42.7	23:48.2
12	Nicolas Alfaro	Dover DE	952	13	1 M 11-14		23:54.1	23:54.9
13	Myles Brooks	Dover DE	471	13	2 M 11-14		23:55.0	23:55.8
14	Zavier Allen	Dover DE	462	21	2 M 20-29		24:33.5	24:37.1
15	Alan Quillen	Seaford DE	424	61	2 M 60-69		24:57.7	24:58.5
16	Samer Manna	Dover DE	514	20	3 M 20-29		25:03.2	25:06.6
17	Jennifer Liquido	Smyrna DE	512	44	1 Open		25:06.8	25:11.6
18	Zach Parsons	Dover DE	450	21	4 M 20-29		25:06.8	25:15.2
19	Bridget Hartigan	Dover DE	451	21	1 F 20-29		25:06.9	25:15.3
20	Kathrina Chua	Camden Wyoming DE	415	45	1 masters		25:20.1	25:25.2
21	Michael Roth	Dover DE	946	20	5 M 20-29		25:36.3	25:39.4
22	Christian Cote	Magnolia DE	477	14	3 M 11-14		25:39.0	25:39.8
23	Ethan Roth	Dover DE	947	12	4 M 11-14		25:39.0	25:42.3
24	Victoria Vlachos	Milford DE	532	52	1 F 50-59		25:48.9	25:58.1
25	Mason Greene	Dover DE	956	14	5 M 11-14		25:50.4	25:51.2
26	Emma Cote	DE	478	20	2 F 20-29		26:10.7	26:15.8
27	Daniel Kesack	Dover DE	504	21	6 M 20-29		26:29.6	26:30.4
28	Christine Stoops	Dover DE	529	46	1 F 40-49		26:39.8	26:57.0
29	Arlene Maheu	Felton DE	968	19	1 F 15-19		26:42.3	26:45.4
30	Cole Greene	Dover DE	954	12	6 M 11-14		27:02.6	27:03.4
31	Nic Jones	Magnolia DE	502	16	2 M 15-19		27:28.8	27:36.8
32	Autumn Larish	Dover DE	437	15	2 F 15-19		27:39.1	27:47.3
33	Bill Brockenbrough	Clayton DE	469	57	2 M 50-59		28:02.3	28:08.2
34	Matt Schmidt	Dover DE	960	22	7 M 20-29		28:31.4	28:48.9
35	Stephanie Rodgers	Hartly DE	982	20	3 F 20-29		28:36.9	28:44.8
36	Kevin Murphy	Dover DE	976	42	3 M 40-49		28:40.2	28:52.5
37	Matthew Hesterman	Camden DE	496	16	3 M 15-19		28:40.8	28:44.7
38	Michelle Cote	DE	483	46	2 F 40-49		28:52.0	29:02.1
39	Steve Saulsbury	Centreville MD	525	53	3 M 50-59		29:03.1	29:10.2
40	Bonnie Ingram Grubt	Magnolia DE	962	60	1 F 60-99		29:53.6	30:05.3
41	Brenda Ewing	Worton MD	487	47	3 F 40-49		30:07.0	30:12.7
42	Norberto Obeso	Smyrna DE	519	50	4 M 50-59		30:23.5	30:33.1

43	Howard Bowker	New Castle DE	468	74	1 M 70-99	31:11.3	31:23.7
44	Diane Legar	Dover DE	510	43	4 F 40-49	31:16.8	31:21.7
45	Matthew Weis	DE	535	15	4 M 15-19	31:18.5	31:19.3
46	Holly Rembold	Dover DE	416	15	3 F 15-19	31:35.6	31:44.3
47	Randall Donithan	Clayton DE	485	27	8 M 20-29	31:52.8	31:57.6
48	Douglas Stamm	Dover DE	528	62	3 M 60-69	32:05.8	32:10.8
49	Bobbi Jo Webber	Clayton DE	533	37	1 F 30-39	32:16.2	32:25.1
50	Robert Wittig		977	52	5 M 50-59	32:27.4	32:34.4
51	Romelia Obeso	Smyrna DE	520	49	5 F 40-49	32:41.3	32:50.7
52	Christine Stang	Dover DE	975	51	2 F 50-59	32:41.7	32:53.3
53	Rebecca Greene	Harrington DE	494	51	3 F 50-59	33:13.3	33:19.8
54	Christina Cashion	Dover DE	971	12	1 F 11-14	33:31.0	33:35.2
55	Emma Knapp	Dover DE	507	12	2 F 11-14	33:35.2	33:39.7
56	Christin Dilorenzo	Dover DE	973	18	4 F 15-19	33:50.7	33:57.1
57	Heidi Greene	Dover DE	955	42	6 F 40-49	33:59.6	34:15.9
58	Alexa Baurys	Camden Wyoming DE	959	18	5 F 15-19	34:14.3	34:20.4
59	Jodi Collins	Townsend DE	475	38	2 F 30-39	34:47.8	34:56.7
60	Dawayne Perkins	Wilmington DE	522	25	9 M 20-29	34:50.8	34:58.3
61	Kiera Gibbs	Wilmington DE	493	23	4 F 20-29	34:51.1	34:58.4
62	Sara Dilorenzo	Dover DE	974	45	7 F 40-49	34:59.8	35:06.5
63	Marc Cote	DE	482	48	4 M 40-49	35:00.8	35:08.4
64	Cynthia Mangubat	Magnolia DE	970	53	4 F 50-59	35:29.0	35:35.3
65	Larry Price	Middletown DE	413	73	2 M 70-99	35:30.2	35:40.5
66	Kevin Hartigan	Dover DE	445	18	5 M 15-19	35:56.6	36:04.9
67	Chip Knapp	Dover DE	980	51	6 M 50-59	36:25.6	36:38.9
68	Christene Donithan	Clayton DE	484	29	5 F 20-29	39:26.4	39:31.4
69	Eliaka Gibbs	Wilmington DE	492	42	8 F 40-49	39:43.7	39:51.6
70	Charles Matthews	Camden-Wyoming DE	404	68	4 M 60-69	39:44.4	39:55.3
71	Matt Hartigan	Dover DE	939	53	7 M 50-59	40:20.2	40:33.0
72	Amber Thompson	Townsend DE	530	17	6 F 15-19	40:59.9	41:08.4
73	Mickey Weis	DE	536	12	7 M 11-14	42:27.1	42:43.4
74	Lisa Weis	DE	534	52	5 F 50-59	42:28.7	42:45.0
75	Morgn Cook	Kenton DE	969	18	7 F 15-19	42:46.4	42:49.6
76	Frankie Whitaker	Felton DE	963	18	8 F 15-19	42:46.5	42:49.8
77	Alison McKay	Dover DE	949	17	9 F 15-19	42:46.9	42:49.8
78	Jamie Trabaudo	Camden Wyoming DE	961	18	10 F 15-19	42:47.2	42:49.6
79	Ellie Knapp	DE	506	18	11 F 15-19	42:48.8	42:49.6
80	Kaitlin Bergold	Dover DE	448	18	12 F 15-19	42:49.1	42:49.9
81	Marcia Woodward	Houston DE	540	32	3 F 30-39	43:53.8	44:13.4
82	Zoe Woodward	Houston DE	544	5	1 F 1-10	43:55.9	44:01.4
83	Robin Fleming	Harrington DE	491	48	9 F 40-49	43:55.9	44:02.1
84	Diana Woodward	Harrington DE	539	59	6 F 50-59	44:14.4	44:20.3
85	Lee Masser	Edgewater MD	516	80	3 M 70-99	45:19.7	45:31.8
86	Arthur Jacobs	Dover DE	972	78	4 M 70-99	46:46.1	47:04.9
87	Timothy Beckman	Magnolia DE	467	22	10 M 20-29	47:24.0	48:06.1
88	Frank Alfaro	Dover DE	984	49	5 M 40-49	47:24.3	48:05.8
89	Dylan Brooks	Clayton DE	470	17	6 M 15-19	47:37.6	47:49.8
90	Dakota Gearhart	Dover DE	401	17	7 M 15-19	47:38.1	47:49.7
91	Trudy McKay		950	46	10 F 40-49	47:41.2	47:48.6
92	Monica Noffsinger	Harrington DE	518	29	6 F 20-29	49:13.7	49:33.7
93	Leslie Cote	Smyrna DE	480	51	7 F 50-59	49:13.9	49:34.2
94	Hannah Cote	DE	479	17	13 F 15-19	51:05.4	51:15.7

95	Heather Keller	Dover DE	503	19	14 F 15-19	54:22.3	54:37.4
96	Kevin Sellers	Dover DE	526	53	8 M 50-59	54:22.8	54:37.6
97	Madilyn McKay	Dover DE	948	15	15 F 15-19	54:24.5	54:39.2
98	Marcus Woodward	Houston DE	541	32	4 M 30-39	56:01.5	56:21.1
99	Oliva Woodward	Houston DE	542	3	2 F 1-10	56:14.7	56:20.6
100	Zac Petty	Magnolia DE	407	14	8 M 11-14	1:05:55.8	1:06:15.2

5K Walk

Place	Name	City	Bib No	Age	Age Grp	Place	Chip	Gun
1	Cory Comegys	Smyrna DE	476	21	1 Walk		41:55.7	42:05.0
2	Rick Legar	Dover DE	511	60	1 Walk		42:12.9	42:21.8
3	Joe Young	Dover DE	545	65	2 Walk		42:51.8	42:55.1
4	Pam Alfaro	Dover DE	953	44	2 Walk		45:18.6	45:48.8
5	Joe Callahan	Apo AE	986	54	3 Walk		46:34.3	46:50.0
6	Judy Callahan	Clementon NJ	987	51	3 Walk		46:35.2	46:49.8
7	Christina Oconnor	Dover DE	521	37	4 Walk		47:02.7	47:14.8
8	Christiana Honaker	Dover DE	498	17	5 Walk		47:03.4	47:14.9
9	Beth Hesterman	Camden Wyoming DE	495	49	1 F 1-99		47:23.5	48:05.4
10	Elisabeth Amtmann-f	Magnolia DE	463	55	2 F 1-99		47:24.1	48:05.3
11	Anmarie Reinbold	Dover DE	423	47	3 F 1-99		47:41.0	47:48.4
12	Terry Woodward	Harrington DE	543	60	4 Walk		48:46.0	48:50.3
13	Teresa Connor	Magnolia DE	983	50	4 F 1-99		50:08.1	50:32.3
14	Tyrah Christianson	Clayton DE	951	17	5 F 1-99		51:04.5	51:16.0
15	Madeline Sheehan	Milford DE	988	18	6 F 1-99		51:04.6	51:15.1
16	Abigail Bivens	Frederica DE	417	18	7 F 1-99		51:06.2	51:15.9
17	Michael Drass	Dover DE	486	55	5 Walk		52:20.9	52:27.8
18	Dianna Rodgers	Hartly DE	981	57	8 F 1-99		52:51.0	53:08.9
19	Tamra Baurys	Camden Wyoming DE	958	46	9 F 1-99		53:36.5	53:46.3
20	Scott Baurys	Camden Wyoming DE	957	49	1 M 1-99		53:41.4	53:51.5
21	Lyncy Gruwell	Camden Wyoming DE	979	17	10 F 1-99		54:24.3	54:39.5
22	Grace Stang	Dover DE	978	17	11 F 1-99		54:24.8	54:39.5
23	Jessica Amado	Dover DE	966	23	12 F 1-99		58:34.4	59:00.3
24	Patricia Morrison	Dover DE	964	48	13 F 1-99		58:34.6	58:59.8
25	Adrianna Lafontaine	Dover DE	965	9	14 F 1-99		58:35.3	59:00.3
26	Nancy Weis	Newark DE	537	63	15 F 1-99		59:00.6	59:14.0
27	Thomas Weis	Dover DE	538	58	2 M 1-99		59:01.2	59:14.9
28	Tina Auen	Felton DE	466	37	16 F 1-99		1:00:13.1	1:00:30.2
29	Sydney Auen	Felton DE	465	13	17 F 1-99		1:00:13.3	1:00:30.1
30	Caralisa Pfeiffer	Dover DE	985	19	18 F 1-99		1:00:13.4	1:00:29.9
31	Christina Shorts	Dover DE	527	46	19 F 1-99		1:06:23.8	1:06:52.5
32	Rhonda Hurd	Dover DE	500	50	20 F 1-99		1:06:27.5	1:06:53.1

Age Group Results

Female Champion

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Jennifer Liquido	Smyrna DE	44	19	25:06.8	25:11.6	8:06/M

Female Masters Champion

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Kathrina Chua	Camden Wyoming DE	45	20	25:20.1	25:25.2	8:10/M

Female 10 and Under

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Zoe Woodward	Houston DE	5	82	43:55.9	44:01.4	14:10/M
2	Oliva Woodward	Houston DE	3	99	56:14.7	56:20.6	18:08/M

Female 11 to 14

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Christina Cashion	Dover DE	12	54	33:31.0	33:35.2	10:49/M
2	Emma Knapp	Dover DE	12	55	33:35.2	33:39.7	10:50/M

Female 15 to 19

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Arlene Maheu	Felton DE	19	29	26:42.3	26:45.4	8:37/M
2	Autumn Larish	Dover DE	15	32	27:39.1	27:47.3	8:55/M
3	Holly Rembold	Dover DE	15	46	31:35.6	31:44.3	10:11/M
4	Christin Dilonzo	Dover DE	18	56	33:50.7	33:57.1	10:55/M
5	Alexa Baurys	Camden Wyoming DE	18	58	34:14.3	34:20.4	11:03/M
6	Amber Thompson	Townsend DE	17	72	40:59.9	41:08.4	13:13/M
7	Morgn Cook	Kenton DE	18	75	42:46.4	42:49.6	13:48/M
8	Frankie Whitaker	Felton DE	18	76	42:46.5	42:49.8	13:48/M
9	Alison McKay	Dover DE	17	77	42:46.9	42:49.8	13:48/M
10	Jamie Trabaudo	Camden Wyoming DE	18	78	42:47.2	42:49.6	13:48/M
11	Ellie Knapp	DE	18	79	42:48.8	42:49.6	13:48/M
12	Kaitlin Bergold	Dover DE	18	80	42:49.1	42:49.9	13:49/M
13	Hannah Cote	DE	17	94	51:05.4	51:15.7	16:29/M
14	Heather Keller	Dover DE	19	95	54:22.3	54:37.4	17:32/M
15	Madilyn McKay	Dover DE	15	97	54:24.5	54:39.2	17:33/M

Female 20 to 29

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Bridget Hartigan	Dover DE	21	18	25:06.9	25:15.3	8:06/M
2	Emma Cote	DE	20	26	26:10.7	26:15.8	8:26/M
3	Stephanie Rodgers	Hartly DE	20	35	28:36.9	28:44.8	9:14/M
4	Kiera Gibbs	Wilmington DE	23	61	34:51.1	34:58.4	11:15/M
5	Christene Donithan	Clayton DE	29	68	39:26.4	39:31.4	12:43/M
6	Monica Noffsinger	Harrington DE	29	92	49:13.7	49:33.7	15:53/M

Female

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Bobbi Jo Webber	Clayton DE	37	49	32:16.2	32:25.1	10:25/M
2	Jodi Collins	Townsend DE	38	59	34:47.8	34:56.7	11:13/M
3	Marcia Woodward	Houston DE	32	81	43:53.8	44:13.4	14:09/M

Female 40 to 49

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Christine Stoops	Dover DE	46	28	26:39.8	26:57.0	8:36/M
2	Michelle Cote	DE	46	38	28:52.0	29:02.1	9:19/M
3	Brenda Ewing	Worton MD	47	41	30:07.0	30:12.7	9:43/M
4	Diane Legar	Dover DE	43	44	31:16.8	31:21.7	10:05/M
5	Romelia Obeso	Smyrna DE	49	51	32:41.3	32:50.7	10:33/M
6	Heidi Greene	Dover DE	42	57	33:59.6	34:15.9	10:58/M
7	Sara Dilorenzo	Dover DE	45	62	34:59.8	35:06.5	11:17/M
8	Eliaka Gibbs	Wilmington DE	42	69	39:43.7	39:51.6	12:49/M
9	Robin Fleming	Harrington DE	48	83	43:55.9	44:02.1	14:10/M
10	Trudy McKay		46	91	47:41.2	47:48.6	15:23/M

Female 50 to 59

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Victoria Vlachos	Milford DE	52	24	25:48.9	25:58.1	8:19/M
2	Christine Stang	Dover DE	51	52	32:41.7	32:53.3	10:33/M
3	Rebecca Greene	Harrington DE	51	53	33:13.3	33:19.8	10:43/M
4	Cynthia Mangubat	Magnolia DE	53	64	35:29.0	35:35.3	11:27/M
5	Lisa Weis	DE	52	74	42:28.7	42:45.0	13:42/M
6	Diana Woodward	Harrington DE	59	84	44:14.4	44:20.3	14:16/M
7	Leslie Cote	Smyrna DE	51	93	49:13.9	49:34.2	15:53/M

Female 60 and Over

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Bonnie Ingram Grubt	Magnolia DE	60	40	29:53.6	30:05.3	9:38/M

Male Champion

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Henry Miller	Harrington DE	19	1	19:35.1	19:35.9	6:19/M

Male Masters Champion

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Jaime Cantlon	Huntingtown MD	54	3	20:41.8	20:42.6	6:40/M

Male 11 to 14

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Nicolas Alfaro	Dover DE	13	12	23:54.1	23:54.9	7:43/M
2	Myles Brooks	Dover DE	13	13	23:55.0	23:55.8	7:43/M
3	Christian Cote	Magnolia DE	14	22	25:39.0	25:39.8	8:16/M
4	Ethan Roth	Dover DE	12	23	25:39.0	25:42.3	8:16/M
5	Mason Greene	Dover DE	14	25	25:50.4	25:51.2	8:20/M
6	Cole Greene	Dover DE	12	30	27:02.6	27:03.4	8:43/M
7	Mickey Weis	DE	12	73	42:27.1	42:43.4	13:42/M
8	Zac Petty	Magnolia DE	14	100	1:05:55.8	1:06:15.2	21:16/M

Male 15 to 19

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Ben Campbell	Newark DE	19	8	23:03.9	23:07.8	7:26/M
2	Nic Jones	Magnolia DE	16	31	27:28.8	27:36.8	8:52/M
3	Matthew Hesterman	Camden DE	16	37	28:40.8	28:44.7	9:15/M
4	Matthew Weis	DE	15	45	31:18.5	31:19.3	10:06/M
5	Kevin Hartigan	Dover DE	18	66	35:56.6	36:04.9	11:35/M
6	Dylan Brooks	Clayton DE	17	89	47:37.6	47:49.8	15:22/M
7	Dakota Gearhart	Dover DE	17	90	47:38.1	47:49.7	15:22/M

Male 20 to 29

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Timothy Allen	Dover DE	22	9	23:07.8	23:08.6	7:27/M
2	Zavier Allen	Dover DE	21	14	24:33.5	24:37.1	7:55/M
3	Samer Manna	Dover DE	20	16	25:03.2	25:06.6	8:05/M
4	Zach Parsons	Dover DE	21	17	25:06.8	25:15.2	8:06/M
5	Michael Roth	Dover DE	20	21	25:36.3	25:39.4	8:15/M
6	Daniel Kesack	Dover DE	21	27	26:29.6	26:30.4	8:33/M
7	Matt Schmidt	Dover DE	22	34	28:31.4	28:48.9	9:12/M
8	Randall Donithan	Clayton DE	27	47	31:52.8	31:57.6	10:17/M
9	Dawayne Perkins	Wilmington DE	25	60	34:50.8	34:58.3	11:14/M
10	Timothy Beckman	Magnolia DE	22	87	47:24.0	48:06.1	15:17/M

Male 30 to 39

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Adam Jones	Camden Wyoming DE	36	2	19:47.4	19:48.2	6:23/M
2	Tom Felice	Magnolia DE	39	10	23:15.9	23:18.5	7:30/M
3	Jason Fehrle	Glenolden PA	38	11	23:42.7	23:48.2	7:39/M
4	Marcus Woodward	Houston DE	32	98	56:01.5	56:21.1	18:04/M

Male 40 to 49

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Robert Lupo Jr.	Marydel DE	41	4	21:00.6	21:01.4	6:46/M
2	Peter Martz	Blenheim NJ	49	5	21:52.1	21:52.9	7:03/M
3	Kevin Murphy	Dover DE	42	36	28:40.2	28:52.5	9:15/M
4	Marc Cote	DE	48	63	35:00.8	35:08.4	11:17/M
5	Frank Alfaro	Dover DE	49	88	47:24.3	48:05.8	15:17/M

Male 50 to 59

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Bob Fleming	Harrington DE	51	6	22:24.0	22:26.7	7:14/M
2	Bill Brockenbrough	Clayton DE	57	33	28:02.3	28:08.2	9:03/M
3	Steve Saulsbury	Centreville MD	53	39	29:03.1	29:10.2	9:22/M
4	Norberto Obeso	Smyrna DE	50	42	30:23.5	30:33.1	9:48/M
5	Robert Wittig		52	50	32:27.4	32:34.4	10:28/M
6	Chip Knapp	Dover DE	51	67	36:25.6	36:38.9	11:45/M

7	Matt Hartigan	Dover DE	53	71	40:20.2	40:33.0	13:01/M
8	Kevin Sellers	Dover DE	53	96	54:22.8	54:37.6	17:32/M

Male 60 to 69

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	65	7	22:39.7	22:40.6	7:18/M
2	Alan Quillen	Seaford DE	61	15	24:57.7	24:58.5	8:03/M
3	Douglas Stamm	Dover DE	62	48	32:05.8	32:10.8	10:21/M
4	Charles Matthews	Camden-Wyoming DE	68	70	39:44.4	39:55.3	12:49/M

Male 70 and Over

Place	Name	City	Age	Overall	Chip	Gun	Pace
1	Howard Bowker	New Castle DE	74	43	31:11.3	31:23.7	10:04/M
2	Larry Price	Middletown DE	73	65	35:30.2	35:40.5	11:27/M
3	Lee Masser	Edgewater MD	80	85	45:19.7	45:31.8	14:37/M
4	Arthur Jacobs	Dover DE	78	86	46:46.1	47:04.9	15:05/M