

Crossfit Dover 5K and 1.5 Mile Fitness Challenge 2016

June 24, 2016

A Trisports Events Production

5K Run In Finish Order

Place	Name	City	Bib	Age	Age Plc	Time	Pace
1	Andrew Jakubowitch	Dover DE	509	37	1 open	17:40.1	5:42/M
2	Duane Christy	Havre De Grace MD	374	53	1 masters	20:14.0	6:32/M
3	Greg Massey	Felton DE	493	46	1 M 40-49	20:52.6	6:44/M
4	Blaise Moyer	Magnolia DE	501	12	1 M 1-14	22:16.3	7:11/M
5	Sydni Warman	Dover DE	487	14	1 open	22:36.0	7:17/M
6	Bryan Perry	Clayton DE	461	40	2 M 40-49	22:47.2	7:21/M
7	Chris Hall	Camden DE	496	36	1 M 30-39	22:59.0	7:25/M
8	Frank Whittington	Middletown DE	42	65	1 M 60-69	22:59.3	7:25/M
9	David Trombello	Magnolia DE	504	33	2 M 30-39	23:06.1	7:27/M
10	Jim Tracy	Swarthmore PA	477	40	3 M 40-49	24:11.6	7:48/M
11	Richard Uslan	East Brunswick NJ	95	63	2 M 60-69	24:23.3	7:52/M
12	Dallas, IV Glass	Camden Wyoming DE	384	12	2 M 1-14	24:26.6	7:53/M
13	Dallas Green	Camden Wyoming DE	393	40	4 M 40-49	24:27.1	7:53/M
14	Tricia Massey	Felton DE	403	43	1 masters	24:38.2	7:57/M
15	Adrienne Yousek	Clayton DE	505	37	1 F 30-39	24:57.7	8:03/M
16	Irene Schmid	East Glacier Park IN	468	23	1 F 20-29	25:03.1	8:05/M
17	Todd Carmean	Bridgeville DE	497	53	1 M 50-59	25:09.2	8:07/M
18	Kevin Tracy	Stephenson VA	478	40	5 M 40-49	25:21.6	8:11/M
19	Benjamin Hollinger	Magnolia DE	448	49	6 M 40-49	25:38.0	8:16/M
20	Vickie Vlachos	Milford DE	483	52	1 F 50-59	25:41.1	8:17/M
21	Sheree Pleasanton	Smyrna DE	465	26	2 F 20-29	25:54.3	8:21/M
22	Alejandra Rodriguez	Dover DE	514	23	3 F 20-29	25:56.0	8:22/M
23	Peter Tracy	Cartersville GA	479	50	2 M 50-59	26:05.2	8:25/M
24	Emily Morrison	Dover DE	458	34	2 F 30-39	27:37.1	8:55/M
25	Laura Wisler	Dover DE	489	35	3 F 30-39	27:47.9	8:58/M
26	Nina Smeltzer	Rehoboth Beach DE	471	57	2 F 50-59	28:12.1	9:06/M
27	Allison Hughart	Greenwood DE	450	32	4 F 30-39	28:16.2	9:07/M
28	Tom Keating	Middletown DE	453	68	3 M 60-69	28:23.2	9:09/M
29	Bob Tracy	Manassas VA	474	54	3 M 50-59	28:28.8	9:11/M
30	Sarah Tracy	Swarthmore PA	481	44	1 F 40-49	28:36.1	9:14/M
31	Ashli Warman	Dover DE	485	14	1 F 1-14	28:42.0	9:15/M
32	Steve Saulsbury	Centreville MD	467	53	4 M 50-59	29:16.3	9:26/M
33	Jackie Czachorowski	Clayton DE	441	35	5 F 30-39	29:26.9	9:30/M
34	Andy MacKel	Denton MD	152	65	4 M 60-69	29:27.0	9:30/M
35	Bonnie Thomas	Dover DE	472	48	2 F 40-49	29:33.3	9:32/M
36	James Malloy	Dover DE	500	46	7 M 40-49	29:43.4	9:35/M
37	Maureen Origoni	Emerson NJ	459	56	3 F 50-59	29:46.6	9:36/M
38	Brenda Ewing	Worton MD	444	47	3 F 40-49	30:28.4	9:50/M
39	Leslie Pleasanton	Dover DE	463	26	4 F 20-29	30:35.5	9:52/M
40	Jason Burlew	Dover DE	432	35	3 M 30-39	30:51.6	9:57/M
41	Howard Bowker	New Castle DE	429	74	1 M 70-99	31:10.7	10:03/M
42	Nicole Dudley	Dover DE	442	30	6 F 30-39	31:13.6	10:04/M
43	John Fiori	Felton DE	445	45	8 M 40-49	31:16.0	10:05/M
44	Mark Pleasanton	Smyrna DE	464	55	5 M 50-59	31:41.4	10:13/M

45	Jason Farley	Bridgeville DE	512	44	9 M 40-49	31:43.8	10:14/M
46	Jillian Swanson	Dover DE	506	39	7 F 30-39	32:04.1	10:21/M
47	Lee Ann Waltz	DE	484	53	4 F 50-59	32:16.1	10:25/M
48	Cathy Tolvo	Dover DE	473	31	8 F 30-39	32:22.6	10:26/M
49	Marketa Burden	Magnolia DE	430	22	5 F 20-29	32:28.4	10:28/M
50	Jim Challandes	Smyrna DE	437	73	2 M 70-99	32:52.1	10:36/M
51	Patrick McManus	Dover DE	517	22	1 M 20-29	33:01.8	10:39/M
52	Davera Burgess	Camden Wyoming DE	431	37	9 F 30-39	33:34.2	10:50/M
53	Owen Thomas	Dover DE	515	13	3 M 1-14	33:52.4	10:55/M
54	Katherine Schmid	East Glacier Park MT	469	57	5 F 50-59	34:00.8	10:58/M
55	Jessica Tracy	Cartersville GA	476	23	6 F 20-29	36:56.3	11:55/M
56	Emily Tracy	Cartersville GA	475	16	1 F 15-19	36:56.5	11:55/M
57	Holly Foraker	Dover DE	507	38	10 F 30-39	37:30.2	12:06/M
58	Ryan Tracy	Manassas VA	480	17	1 M 15-19	37:38.3	12:08/M
59	Kathy Challandes	Smyrna DE	438	69	1 F 60-99	39:22.4	12:42/M
60	Dawn Warman	Dover DE	486	46	4 F 40-49	40:10.8	12:57/M
61	Tierney Bowen	Dover DE	508	14	2 F 1-14	40:10.9	12:57/M
62	Charles Matthews	Camden Wyoming DE	456	68	5 M 60-69	41:03.7	13:15/M
63	Dawn Hollinger	Magnolia DE	449	45	5 F 40-49	41:09.3	13:16/M
64	Chance Galloway	Camden DE	494	8	4 M 1-14	43:05.1	13:54/M
65	Kristi Galloway	Camden Wyoming DE	498	40	6 F 40-49	43:05.2	13:54/M
66	Tara Mazzoni	Dover DE	457	31	11 F 30-39	51:57.0	16:45/M

5K Walk In Finish Order

Place	Name	City	Bib	Age	Age Place	Time	Pace
1	Ron Salvio	Whiting NJ	495	67	1 Walk	29:56.9	9:39/M
2	Don Zalenski	Magnolia DE	491	70	2 Walk	36:47.3	11:52/M
3	Karen Carson	Dover DE	433	41	1 Walk	37:17.8	12:02/M
4	Rodney Carson	Dover DE	434	49	3 Walk	37:38.2	12:08/M
5	Hoong Chow	Felton DE	439	57	4 Walk	40:42.0	13:08/M
6	Joe Young	Dover DE	490	66	5 Walk	41:36.0	13:25/M
7	Phyllis Zalenski	Magnolia DE	492	67	2 Walk	46:36.5	15:02/M
8	Kristin Trout	Dover DE	516	39	3 Walk	49:04.9	15:50/M
9	Charlie Watson	Dover DE	488	66	1 M 1-99	49:05.1	15:50/M
10	Melissa Rhoads	Townsend DE	499	35	4 Walk	51:18.6	16:33/M
11	Jennifer Durham	Hartly DE	503	39	5 Walk	51:19.1	16:33/M

1.5 Mile Fitness Challenge In Finish Order

Place	Name	City	Bib	Age	Age Place	Time	Pace
1	Jessica Moyer	Magnolia DE	502	42	1 OpenFit	16:54.4	11:16/M
2	Kelley Koplín	Smyrna DE	454	24	2 OpenFit	17:49.6	11:53/M
3	Joe Casey	Smyrna DE	436	39	1 OpenFit	19:38.3	13:05/M
4	Kristin Blackway	Middletown DE	427	27	3 OpenFit	20:21.9	13:34/M
5	Jamie Nabb	Bear DE	518	35	1 F 1-99	20:35.5	13:43/M
6	Adam Jones	Camden Wyoming DE	452	36	2 OpenFit	21:39.9	14:26/M
7	Rachel Lamb	Dover DE	455	26	2 F 1-99	21:52.7	14:35/M
8	Alec Laise	Dover DE	513	21	3 OpenFit	22:03.8	14:42/M
9	Kimberly Root	Magnolia DE	466	31	3 F 1-99	22:17.5	14:51/M
10	Jill Casey	Smyrna DE	435	40	1 FitMast	22:23.8	14:55/M
11	Traci Perry	Dover DE	462	44	4 F 1-99	22:35.6	15:03/M

12	Johnny Diggs	Seaford DE	373	35	1 M 1-99	24:18.1	16:12/M
13	Mathew Parrish	Dover DE	460	28	2 M 1-99	26:15.7	17:30/M
14	Kevin Blackburn	Harrington DE	510	39	3 M 1-99	34:50.0	23:13/M
15	Laura Bortz	Camden Wyoming DE	428	36	5 F 1-99	34:50.5	23:13/M

**5K Run Age Groups
Female Champion**

Place	Name	City	Age	Overall Time	Pace
1	Sydni Warman	Dover DE	14	22:36.0	7:17/M

Female Masters champion

Place	Name	City	Age	Overall Time	Pace
1	Tricia Massey	Felton DE	43	24:38.2	7:57/M

Female 14 and Under

Place	Name	City	Age	Overall Time	Pace
1	Ashli Warman	Dover DE	14	28:42.0	9:15/M
2	Tierney Bowen	Dover DE	14	40:10.9	12:57/M

Female 15 to 19

Place	Name	City	Age	Overall Time	Pace
1	Emily Tracy	Cartersville GA	16	36:56.5	11:55/M

Female 20 to 29

Place	Name	City	Age	Overall Time	Pace
1	Irene Schmid	East Glacier Park IN	23	25:03.1	8:05/M
2	Sheree Pleasanton	Smyrna DE	26	25:54.3	8:21/M
3	Alejandra Rodriguez	Dover DE	23	25:56.0	8:22/M
4	Leslie Pleasanton	Dover DE	26	30:35.5	9:52/M
5	Marketa Burden	Magnolia DE	22	32:28.4	10:28/M
6	Jessica Tracy	Cartersville GA	23	36:56.3	11:55/M

Female 30 to 39

Place	Name	City	Age	Overall Time	Pace
1	Adrienne Yousek	Clayton DE	37	24:57.7	8:03/M
2	Emily Morrison	Dover DE	34	27:37.1	8:55/M
3	Laura Wisler	Dover DE	35	27:47.9	8:58/M
4	Allison Hughart	Greenwood DE	32	28:16.2	9:07/M
5	Jackie Czachorowski	Clayton DE	35	29:26.9	9:30/M
6	Nicole Dudley	Dover DE	30	31:13.6	10:04/M
7	Jillian Swanson	Dover DE	39	32:04.1	10:21/M
8	Cathy Tolvo	Dover DE	31	32:22.6	10:26/M
9	Davera Burgess	Camden Wyoming DE	37	33:34.2	10:50/M
10	Holly Foraker	Dover DE	38	37:30.2	12:06/M
11	Tara Mazzoni	Dover DE	31	51:57.0	16:45/M

Female 40 to 49

Place	Name	City	Age	Overall	Time	Pace
1	Sarah Tracy	Swarthmore PA	44	30	28:36.1	9:14/M
2	Bonnie Thomas	Dover DE	48	35	29:33.3	9:32/M
3	Brenda Ewing	Worton MD	47	38	30:28.4	9:50/M
4	Dawn Warman	Dover DE	46	60	40:10.8	12:57/M
5	Dawn Hollinger	Magnolia DE	45	63	41:09.3	13:16/M
6	Kristi Galloway	Camden Wyoming DE	40	65	43:05.2	13:54/M

Female 50 to 59

Place	Name	City	Age	Overall	Time	Pace
1	Vickie Vlachos	Milford DE	52	20	25:41.1	8:17/M
2	Nina Smeltzer	Rehoboth Beach DE	57	26	28:12.1	9:06/M
3	Maureen Origoni	Emerson NJ	56	37	29:46.6	9:36/M
4	Lee Ann Waltz	DE	53	47	32:16.1	10:25/M
5	Katherine Schmid	East Glacier Park MT	57	54	34:00.8	10:58/M

Female 60 and Over

Place	Name	City	Age	Overall	Time	Pace
1	Kathy Challandes	Smyrna DE	69	59	39:22.4	12:42/M

Male Champion

Place	Name	City	Age	Overall	Time	Pace
1	Andrew Jakubowitch	Dover DE	37	1	17:40.1	5:42/M

Male Masters Champion

Place	Name	City	Age	Overall	Time	Pace
1	Duane Christy	Havre De Grace MD	53	2	20:14.0	6:32/M

Male 14 and Under

Place	Name	City	Age	Overall	Time	Pace
1	Blaise Moyer	Magnolia DE	12	4	22:16.3	7:11/M
2	Dallas, IV Glass	Camden Wyoming DE	12	12	24:26.6	7:53/M
3	Owen Thomas	Dover DE	13	53	33:52.4	10:55/M
4	Chance Galloway	Camden DE	8	64	43:05.1	13:54/M

Male 15 to 19

Place	Name	City	Age	Overall	Time	Pace
1	Ryan Tracy	Manassas VA	17	58	37:38.3	12:08/M

Male 20 to 29

Place	Name	City	Age	Overall	Time	Pace
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1	Patrick McManus	Dover DE	22	51	33:01.8	10:39/M
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Male 30 to 39

Place Name	City	Age	Overall Time	Pace
1 Chris Hall	Camden DE	36	7 22:59.0	7:25/M
2 David Trombello	Magnolia DE	33	9 23:06.1	7:27/M
3 Jason Burlew	Dover DE	35	40 30:51.6	9:57/M

Male 40 to 49

Place Name	City	Age	Overall Time	Pace
1 Greg Massey	Felton DE	46	3 20:52.6	6:44/M
2 Bryan Perry	Clayton DE	40	6 22:47.2	7:21/M
3 Jim Tracy	Swarthmore PA	40	10 24:11.6	7:48/M
4 Dallas Green	Camden Wyoming DE	40	13 24:27.1	7:53/M
5 Kevin Tracy	Stephenson VA	40	18 25:21.6	8:11/M
6 Benjamin Hollinger	Magnolia DE	49	19 25:38.0	8:16/M
7 James Malloy	Dover DE	46	36 29:43.4	9:35/M
8 John Fiori	Felton DE	45	43 31:16.0	10:05/M
9 Jason Farley	Bridgeville DE	44	45 31:43.8	10:14/M

Male 50 to 59

Place Name	City	Age	Overall Time	Pace
1 Todd Carmean	Bridgeville DE	53	17 25:09.2	8:07/M
2 Peter Tracy	Cartersville GA	50	23 26:05.2	8:25/M
3 Bob Tracy	Manassas VA	54	29 28:28.8	9:11/M
4 Steve Saulsbury	Centreville MD	53	32 29:16.3	9:26/M
5 Mark Pleasanton	Smyrna DE	55	44 31:41.4	10:13/M

Male 60 to 69

Place Name	City	Age	Overall Time	Pace
1 Frank Whittington	Middletown DE	65	8 22:59.3	7:25/M
2 Richard Uslan	East Brunswick NJ	63	11 24:23.3	7:52/M
3 Tom Keating	Middletown DE	68	28 28:23.2	9:09/M
4 Andy MacKel	Denton MD	65	34 29:27.0	9:30/M
5 Charles Matthews	Camden Wyoming DE	68	62 41:03.7	13:15/M

Male 70 and Over

Place Name	City	Age	Overall Time	Pace
1 Howard Bowker	New Castle DE	74	41 31:10.7	10:03/M
2 Jim Challandes	Smyrna DE	73	50 32:52.1	10:36/M

Female 5K Walk

Place Name	City	Age	Overall Time	Pace
1 Karen Carson	Dover DE	41	3 37:17.8	12:02/M
2 Phyllis Zalenski	Magnolia DE	67	7 46:36.5	15:02/M

3	Kristin Trout	Dover DE	39	8	49:04.9	15:50/M
4	Melissa Rhoads	Townsend DE	35	10	51:18.6	16:33/M
5	Jennifer Durham	Hartly DE	39	11	51:19.1	16:33/M

Male 5K Walk

Place	Name	City	Age		Overall Time	Pace
1	Ron Salvio	Whiting NJ	67	1	29:56.9	9:39/M
2	Don Zalenski	Magnolia DE	70	2	36:47.3	11:52/M
3	Rodney Carson	Dover DE	49	4	37:38.2	12:08/M
4	Hoong Chow	Felton DE	57	5	40:42.0	13:08/M
5	Joe Young	Dover DE	66	6	41:36.0	13:25/M
1	Charlie Watson	Dover DE	66	7	49:05.1	15:50/M

1.5 Mile Fitness Challenge Female

Place	Name	City	Age		Overall Time	Pace
1	Jessica Moyer	Magnolia DE	42	1	16:54.4	11:16/M
2	Kelley Koplín	Smyrna DE	24	2	17:49.6	11:53/M
3	Kristin Blackway	Middletown DE	27	4	20:21.9	13:34/M

Female Masters Champion

Place	Name	City	Age		Overall Time	Pace
1	Jill Casey	Smyrna DE	40	10	22:23.8	14:55/M

Female Open

Place	Name	City	Age		Overall Time	Pace
1	Jamie Nabb	Bear DE	35	5	20:35.5	13:43/M
2	Rachel Lamb	Dover DE	26	7	21:52.7	14:35/M
3	Kimberly Root	Magnolia DE	31	9	22:17.5	14:51/M
4	Traci Perry	Dover DE	44	11	22:35.6	15:03/M
5	Laura Bortz	Camden Wyoming DE	36	15	34:50.5	23:13/M

1.5 Mile Fitness open Winners Male

Place	Name	City	Age		Overall Time	Pace
1	Joe Casey	Smyrna DE	39	3	19:38.3	13:05/M
2	Adam Jones	Camden Wyoming DE	36	6	21:39.9	14:26/M
3	Alec Laise	Dover DE	21	8	22:03.8	14:42/M

Male Open

Place	Name	City	Age		Overall Time	Pace
1	Johnny Diggs	Seaford DE	35	12	24:18.1	16:12/M
2	Mathew Parrish	Dover DE	28	13	26:15.7	17:30/M
3	Kevin Blackburn	Harrington DE	39	14	34:50.0	23:13/M