

**Ryan's High Five 5K 2016**  
**Magnolia Fire Company - Magnolia DE**  
**November 13, 2016**  
**A Trisports Events Production**

**5K Run**

Plac	Name	City	Bib	Age	Age Grp	Plk	Chip	Gun	Pace
1	Michael Sewell	Camden DE	317	47	1 Open		19:10.8	19:11.3	6:11/M
2	Jaime Cantlon	Huntingtown MD	117	54	1 Masters		20:18.6	20:19.2	6:33/M
3	Timothy Allen	Dover DE	250	23	1 M 20-29		20:38.0	20:38.5	6:39/M
4	Rishi Gundakaram	Camden Wyoming DE	1949	15	1 M 15-19		21:30.3	21:32.6	6:57/M
5	David Trombello	Magnolia DE	321	34	1 M 30-39		21:36.7	21:38.0	6:59/M
6	Jodie Wedel	Dover DE	247	47	1 Open		21:39.6	21:40.1	6:59/M
7	Tim Collins	Dover DE	267	42	1 M 40-49		21:42.8	21:43.3	7:00/M
8	Michael Kline	Seaford DE	104	51	1 M 50-59		21:49.2	21:50.9	7:03/M
9	Gregory Caldwell	Des Plaines IL	261	41	2 M 40-49		22:28.5	22:31.9	7:16/M
10	Jonathan Whitehead	Dover DE	333	24	2 M 20-29		22:31.9	22:34.2	7:17/M
11	John Yanacek	Milford DE	336	50	2 M 50-59		22:42.8	22:46.7	7:21/M
12	Frank Whittington	Middletown DE	164	66	1 M 60-69		23:09.4	23:09.9	7:28/M
13	Melissa Rubacky	Wyoming DE	313	25	1 F 20-29		23:18.3	23:20.8	7:32/M
14	Bob Beron	Camden DE	253	35	2 M 30-39		23:50.6	23:55.6	7:43/M
15	Jeanette Hammon	Magnolia DE	1955	44	1 Masters		23:54.7	23:57.7	7:44/M
16	Rick Grimminger	Dover DE	1945	53	3 M 50-59		24:08.1	24:11.0	7:48/M
17	Joseph Rubacky III	Camden DE	314	60	2 M 60-69		24:14.8	24:17.2	7:50/M
18	Sharad Patel		307	43	3 M 40-49		24:21.9	24:29.0	7:54/M
19	Todd Dunn	Wyoming DE	279	52	4 M 50-59		24:25.6	24:26.1	7:53/M
20	Alan Quillen	Seaford DE	55	61	3 M 60-69		24:33.9	24:35.4	7:56/M
21	Joe Gannon	Harrington DE	165	65	4 M 60-69		24:35.9	24:38.0	7:57/M
22	Tracy Hindt	Clayton DE	134	43	1 F 40-49		25:14.1	25:21.3	8:11/M
23	Brylee Wheeler	Still Pond MD	1954	6	1 F 1-10		25:23.9	25:27.5	8:13/M
24	Steve Wheeler	Still Pond MD	1953	33	3 M 30-39		25:24.2	25:27.8	8:13/M
25	Nina Smeltzer	Rehoboth Beach DE	319	57	1 F 50-59		26:00.1	26:00.6	8:23/M
26	John Brady	Smyrna DE	245	48	4 M 40-49		26:18.0	26:26.4	8:32/M
27	Pete Sawyer	Newark DE	316	46	5 M 40-49		26:20.7	26:28.3	8:32/M
28	Tyler Tylman	Magnolia DE	326	15	2 M 15-19		26:22.0	26:22.5	8:30/M
29	Amy Haywood	Wilmington DE	287	45	2 F 40-49		26:23.2	26:29.8	8:33/M
30	Julia Beaty	Camden Wyoming DE	88	29	2 F 20-29		26:47.9	27:00.2	8:43/M
31	Brody Hinkle	Camden Wyoming DE	220	7	1 M 1-10		27:04.4	27:14.5	8:47/M
32	Tom Keating	Frankford DE	292	68	5 M 60-69		27:14.9	27:16.9	8:48/M
33	Jerry Pappas	Easton MD	306	52	5 M 50-59		27:24.6	27:34.0	8:54/M
34	Chris Nutter	Dover DE	1950	47	6 M 40-49		27:29.2	27:32.8	8:53/M
35	Tracey Goff	Camden Wyoming DE	208	44	3 F 40-49		28:24.7	28:29.1	9:11/M
36	Alexis Pflumm	Camden Wyoming DE	309	16	1 F 15-19		28:31.6	28:36.1	9:14/M
37	Robbin Wells	Greenwood DE	32	49	4 F 40-49		28:35.2	28:41.4	9:15/M
38	Reece Davis	Camden Wyoming DE	277	15	3 M 15-19		28:39.5	28:44.3	9:16/M
39	Sarah Cummings	Dover DE	273	12	1 F 11-14		29:02.3	29:04.2	9:23/M
40	Lexi Goff	Camden DE	214	13	2 F 11-14		29:39.6	29:43.6	9:35/M
41	Karin Ryndak	Felton DE	75	44	5 F 40-49		29:42.6	29:56.7	9:39/M
42	Ruhan Patel	Camden Wyoming DE	1944	10	2 M 1-10		29:44.5	29:52.7	9:38/M
43	Alex Crisco	Dover DE	270	20	3 F 20-29		29:48.9	29:55.4	9:39/M
44	Jiya Patel		76	12	3 F 11-14		29:49.8	29:56.8	9:39/M

45	Will Burris	Marydel DE	258	47	7 M 40-49	29:57.5	29:58.0	9:40/M
46	Patrick Mitchell	Magnolia DE	302	59	6 M 50-59	30:11.9	30:21.3	9:47/M
47	Bonnie Ingram		1957	60	1 F 60-99	30:25.0	30:38.5	9:53/M
48	Pete Gitlin	Camden Wyoming DE	1956	63	6 M 60-69	31:16.9	31:20.5	10:06/M
49	Laurie Yanacek	Milford DE	337	51	2 F 50-59	31:23.5	31:33.4	10:11/M
50	Susan Albanese	Hartly DE	142	53	3 F 50-59	31:28.2	31:36.9	10:12/M
51	Leighann Hinkle	Camden Wyoming DE	209	35	1 F 30-39	32:54.4	33:04.4	10:40/M
52	Erin D'Allesandro	Magnolia DE	274	27	4 F 20-29	33:13.8	33:21.4	10:45/M
53	Ashley Pappas	Camden Wyoming DE	305	21	5 F 20-29	33:23.5	33:32.6	10:49/M
54	Pamela Coupe	Lewes DE	268	53	4 F 50-59	33:53.6	34:00.5	10:58/M
55	Robert Coupe	Lewes DE	269	53	7 M 50-59	33:53.8	34:00.5	10:58/M
56	Allison Kahn	Camden Wyoming DE	290	30	2 F 30-39	34:02.2	34:10.2	11:01/M
57	Keith Kahn	Wyoming DE	291	30	4 M 30-39	34:16.2	34:25.1	11:06/M
58	Michele Cummings	Dover DE	272	40	6 F 40-49	34:24.9	34:27.9	11:07/M
59	John Fiori	Felton DE	281	45	8 M 40-49	34:29.3	34:42.0	11:12/M
60	Kathy Lord	Dover DE	138	51	5 F 50-59	34:47.4	34:55.8	11:16/M
61	Carol McNatt	Clayton DE	14	54	6 F 50-59	35:37.8	35:43.7	11:31/M
62	Jerri Fleetwood	Houston DE	282	61	2 F 60-99	36:17.5	36:21.2	11:44/M
63	Cynthia Mangubat	Magnolia DE	81	52	7 F 50-59	36:24.0	36:35.2	11:48/M
64	Crystal Cahall	Dover DE	260	34	3 F 30-39	36:28.5	36:34.8	11:48/M
65	Gloria Elliot	Dover DE	280	34	4 F 30-39	36:29.0	36:34.7	11:48/M
66	Priya Patel	Camden Wyoming DE	1943	44	7 F 40-49	36:49.2	36:57.3	11:55/M
67	Wendy Keeler	Clayton DE	19	32	5 F 30-39	36:56.9	37:03.0	11:57/M
68	Charles Matthews	Camden Wyoming DE	299	68	7 M 60-69	37:03.1	37:13.5	12:00/M
69	Lori Davis-Palmin	Magnolia DE	1958	43	8 F 40-49	37:34.6	37:52.7	12:13/M
70	Maddy Beron	Camden Wyoming DE	201	6	2 F 1-10	37:42.4	37:54.0	12:14/M
71	Caty Beron	Camden DE	254	33	6 F 30-39	37:43.4	37:54.5	12:14/M
72	Mark Bivins	Dover DE	1959	56	8 M 50-59	37:56.7	37:56.7	12:14/M
73	Pamela Cannon	Harrington DE	264	56	8 F 50-59	38:57.9	39:03.5	12:36/M
74	Leah Palmer	Magnolia DE	304	25	6 F 20-29	39:40.1	39:58.9	12:54/M
75	Lee Masser	Edgewater MD	298	80	1 M 70-99	45:10.1	45:23.6	14:38/M
76	Shannon Wilkins	Dover DE	335	41	9 M 40-49	45:33.6	45:41.3	14:44/M
77	Marilyn Wilkins	Dover DE	334	45	9 F 40-49	45:34.0	45:41.3	14:44/M
78	Anand Gundakaram	Camden Wyoming DE	1947	50	9 M 50-59	46:39.7	46:48.6	15:06/M
79	Minh Vu	Middletown DE	328	9	3 M 1-10	46:58.3	47:06.0	15:12/M
80	Larry Price	Middletown DE	310	74	2 M 70-99	48:39.8	48:51.4	15:45/M
81	Marie Hartigan	Dover DE	286	54	9 F 50-59	49:04.2	49:14.2	15:53/M
82	William Burris	Marydel DE	259	11	1 M 11-14	53:33.6	53:42.3	17:19/M
83	Chris Nickle	Milford DE	303	20	3 M 20-29	1:00:03.6	1:00:15.7	19:26/M
84	Vickie Vlachos	Milford DE	327	52	10 F 50-59	1:00:06.0	1:00:17.9	19:27/M

#### 5K WALK

Plac	Name	City	Bib	Age	Age Grp	Plk	Chip	Gun	Pace
1	Cynthia Canevari	Milford DE	262	59	1 F	1-99	38:24.0	38:37.9	12:27/M
2	Geraldine D'Allesandro	Magnolia DE	275	56	2 F	1-99	40:19.6	40:34.5	13:05/M
3	Joe Young	Dover DE	338	66	1 M	1-99	40:22.5	40:25.2	13:02/M
4	Hoong Chow	Felton DE	265	57	2 M	1-99	40:38.0	40:40.3	13:07/M
5	Lisa Burris	Marydel DE	257	52	3 F	1-99	44:17.4	44:26.8	14:20/M
6	Amanda Walls	Frederica DE	330	38	4 F	1-99	48:08.5	48:13.9	15:33/M
7	Hunter Lord	Dover DE	297	17	5 F	1-99	48:26.8	48:37.1	15:41/M
8	Israel Rudinoff	Earleville MD	315	17	3 M	1-99	48:27.3	48:37.6	15:41/M
9	Bobbie Larsen	Dover DE	296	57	6 F	1-99	48:57.5	49:10.1	15:52/M

10	Patricia Pecora	Dover DE	308	30	7 F	1-99	49:06.1	49:11.5	15:52/M
11	Holly Crisco	Dover DE	271	50	8 F	1-99	51:42.8	51:50.8	16:43/M
12	Tina Sander-Loftus		1952	50	9 F	1-99	53:56.9	54:14.4	17:30/M
13	Sara Dandridge	Dover DE	1951	49	10 F	1-99	53:57.2	54:14.4	17:30/M
14	Laura Anderson	Middletown DE	251	29	11 F	1-99	55:15.0	55:26.1	17:53/M
15	Shalini Shah	Middletown DE	318	41	12 F	1-99	55:15.1	55:26.2	17:53/M
16	Stephanie Wagner	Dover DE	329	46	13 F	1-99	55:30.3	55:47.1	18:00/M
17	Justin Walls	Frederica DE	331	14	4 M	1-99	56:59.9	57:06.8	18:25/M
18	Kevin Walls	Frederica DE	332	44	5 M	1-99	57:00.4	57:06.4	18:25/M
19	Jennifer Cazzell	Dover DE	248	40	14 F	1-99	1:00:45.6	1:01:00.8	19:41/M
20	Adriana Cazzell	Dover DE	1942	17	15 F	1-99	1:00:46.3	1:01:00.8	19:41/M
21	Ashlyn Tylman	Magnolia DE	322	5	16 F	1-99	1:01:27.4	1:01:42.3	19:54/M
22	Michael Tylman	Magnolia DE	325	44	6 M	1-99	1:01:46.8	1:02:00.6	20:00/M
23	Landon Tylman	Magnolia DE	324	4	7 M	1-99	1:02:39.1	1:02:53.5	20:17/M
24	Kristi Tylman	Magnolia DE	323	43	17 F	1-99	1:02:45.4	1:02:59.7	20:19/M
25	Christopher Franks	Dover DE	284	49	8 M	1-99	1:02:46.8	1:02:59.5	20:19/M
26	Lisa Frankos	Dover DE	283	38	18 F	1-99	1:02:47.1	1:03:00.2	20:19/M
27	Christine Miozza	Dover DE	301	54	19 F	1-99	1:02:50.2	1:03:01.8	20:20/M
28	Deepa Komdejani	Camden Wyoming DE	1946	43	20 F	1-99	1:02:53.4	1:03:11.8	20:23/M
29	Valshwavi Gundakaram	Camden Wyoming DE	1948	18	21 F	1-99	1:02:54.3	1:03:12.0	20:23/M
30	John Kirby	Dover DE	293	71	9 M	1-99	1:03:01.4	1:03:06.9	20:21/M
31	Diane McGuire	Dover DE	300	80	22 F	1-99	1:03:03.8	1:03:09.3	20:22/M

## Age Group Results

### Overall Female Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jodie Wedel	Dover DE	47	6	21:39.6	21:40.1	6:59/M

### Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jeanette Hammon	Magnolia DE	44	15	23:54.7	23:57.7	7:44/M

### Female 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Brylee Wheeler	Still Pond MD	6	23	25:23.9	25:27.5	8:13/M
2	Maddy Beron	Camden Wyoming DE	6	70	37:42.4	37:54.0	12:14/M

### Female 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Cummings	Dover DE	12	39	29:02.3	29:04.2	9:23/M
2	Lexi Goff	Camden DE	13	40	29:39.6	29:43.6	9:35/M
3	Jiya Patel		12	44	29:49.8	29:56.8	9:39/M

### Female 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Alexis Pflumm	Camden Wyoming DE	16	36	28:31.6	28:36.1	9:14/M

### Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Melissa Rubacky	Wyoming DE	25	13	23:18.3	23:20.8	7:32/M
2	Julia Beaty	Camden Wyoming DE	29	30	26:47.9	27:00.2	8:43/M
3	Alex Crisco	Dover DE	20	43	29:48.9	29:55.4	9:39/M
4	Erin D'Allesandro	Magnolia DE	27	52	33:13.8	33:21.4	10:45/M
5	Ashley Pappas	Camden Wyoming DE	21	53	33:23.5	33:32.6	10:49/M
6	Leah Palmer	Magnolia DE	25	74	39:40.1	39:58.9	12:54/M

### Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Leighann Hinkle	Camden Wyoming DE	35	51	32:54.4	33:04.4	10:40/M
2	Allison Kahn	Camden Wyoming DE	30	56	34:02.2	34:10.2	11:01/M
3	Crystal Cahall	Dover DE	34	64	36:28.5	36:34.8	11:48/M
4	Gloria Elliot	Dover DE	34	65	36:29.0	36:34.7	11:48/M
5	Wendy Keeler	Clayton DE	32	67	36:56.9	37:03.0	11:57/M
6	Caty Beron	Camden DE	33	71	37:43.4	37:54.5	12:14/M

### Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Tracy Hindt	Clayton DE	43	22	25:14.1	25:21.3	8:11/M
2	Amy Haywood	Wilmington DE	45	29	26:23.2	26:29.8	8:33/M
3	Tracey Goff	Camden Wyoming DE	44	35	28:24.7	28:29.1	9:11/M
4	Robbin Wells	Greenwood DE	49	37	28:35.2	28:41.4	9:15/M
5	Karin Ryndak	Felton DE	44	41	29:42.6	29:56.7	9:39/M
6	Michele Cummings	Dover DE	40	58	34:24.9	34:27.9	11:07/M
7	Priya Patel	Camden Wyoming DE	44	66	36:49.2	36:57.3	11:55/M
8	Lori Davis-Palmin	Magnolia DE	43	69	37:34.6	37:52.7	12:13/M
9	Marilyn Wilkins	Dover DE	45	77	45:34.0	45:41.3	14:44/M

### Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Nina Smeltzer	Rehoboth Beach DE	57	25	26:00.1	26:00.6	8:23/M
2	Laurie Yanacek	Milford DE	51	49	31:23.5	31:33.4	10:11/M
3	Susan Albanese	Hartly DE	53	50	31:28.2	31:36.9	10:12/M
4	Pamela Coupe	Lewes DE	53	54	33:53.6	34:00.5	10:58/M
5	Kathy Lord	Dover DE	51	60	34:47.4	34:55.8	11:16/M
6	Carol McNatt	Clayton DE	54	61	35:37.8	35:43.7	11:31/M
7	Cynthia Mangubat	Magnolia DE	52	63	36:24.0	36:35.2	11:48/M
8	Pamela Cannon	Harrington DE	56	73	38:57.9	39:03.5	12:36/M
9	Marie Hartigan	Dover DE	54	81	49:04.2	49:14.2	15:53/M
10	Vickie Vlachos	Milford DE	52	84	1:00:06.0	1:00:17.9	19:27/M

### Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Bonnie Ingram		60	47	30:25.0	30:38.5	9:53/M

2	Jerri Fleetwood	Houston DE	61	62	36:17.5	36:21.2	11:44/M
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### Male Open Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Michael Sewell	Camden DE	47	1	19:10.8	19:11.3	6:11/M

### Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jaime Cantlon	Huntingtown MD	54	2	20:18.6	20:19.2	6:33/M

### Male 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Brody Hinkle	Camden Wyoming DE	7	31	27:04.4	27:14.5	8:47/M
2	Ruhan Patel	Camden Wyoming DE	10	42	29:44.5	29:52.7	9:38/M
3	Minh Vu	Middletown DE	9	79	46:58.3	47:06.0	15:12/M

### Male 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	William Burris	Marydel DE	11	82	53:33.6	53:42.3	17:19/M

### Male 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rishi Gundakaram	Camden Wyoming DE	15	4	21:30.3	21:32.6	6:57/M
2	Tyler Tylman	Magnolia DE	15	28	26:22.0	26:22.5	8:30/M
3	Reece Davis	Camden Wyoming DE	15	38	28:39.5	28:44.3	9:16/M

### Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Timothy Allen	Dover DE	23	3	20:38.0	20:38.5	6:39/M
2	Jonathan Whitehead	Dover DE	24	10	22:31.9	22:34.2	7:17/M
3	Chris Nickle	Milford DE	20	83	1:00:03.6	1:00:15.7	19:26/M

### Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	David Trombello	Magnolia DE	34	5	21:36.7	21:38.0	6:59/M
2	Bob Beron	Camden DE	35	14	23:50.6	23:55.6	7:43/M
3	Steve Wheeler	Still Pond MD	33	24	25:24.2	25:27.8	8:13/M
4	Keith Kahn	Wyoming DE	30	57	34:16.2	34:25.1	11:06/M

### Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Tim Collins	Dover DE	42	7	21:42.8	21:43.3	7:00/M
2	Gregory Caldwell	Des Plaines IL	41	9	22:28.5	22:31.9	7:16/M

3	Sharad Patel		43	18	24:21.9	24:29.0	7:54/M
4	John Brady	Smyrna DE	48	26	26:18.0	26:26.4	8:32/M
5	Pete Sawyer	Newark DE	46	27	26:20.7	26:28.3	8:32/M
6	Chris Nutter	Dover DE	47	34	27:29.2	27:32.8	8:53/M
7	Will Burris	Marydel DE	47	45	29:57.5	29:58.0	9:40/M
8	John Fiori	Felton DE	45	59	34:29.3	34:42.0	11:12/M
9	Shannon Wilkins	Dover DE	41	76	45:33.6	45:41.3	14:44/M

#### Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Michael Kline	Seaford DE	51	8	21:49.2	21:50.9	7:03/M
2	John Yanacek	Milford DE	50	11	22:42.8	22:46.7	7:21/M
3	Rick Grimminger	Dover DE	53	16	24:08.1	24:11.0	7:48/M
4	Todd Dunn	Wyoming DE	52	19	24:25.6	24:26.1	7:53/M
5	Jerry Pappas	Easton MD	52	33	27:24.6	27:34.0	8:54/M
6	Patrick Mitchell	Magnolia DE	59	46	30:11.9	30:21.3	9:47/M
7	Robert Coupe	Lewes DE	53	55	33:53.8	34:00.5	10:58/M
8	Mark Bivins	Dover DE	56	72	37:56.7	37:56.7	12:14/M
9	Anand Gundakaram	Camden Wyoming DE	50	78	46:39.7	46:48.6	15:06/M

#### Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	66	12	23:09.4	23:09.9	7:28/M
2	Joseph Rubacky III	Camden DE	60	17	24:14.8	24:17.2	7:50/M
3	Alan Quillen	Seaford DE	61	20	24:33.9	24:35.4	7:56/M
4	Joe Gannon	Harrington DE	65	21	24:35.9	24:38.0	7:57/M
5	Tom Keating	Frankford DE	68	32	27:14.9	27:16.9	8:48/M
6	Pete Gitlin	Camden Wyoming DE	63	48	31:16.9	31:20.5	10:06/M
7	Charles Matthews	Camden Wyoming DE	68	68	37:03.1	37:13.5	12:00/M

#### Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Lee Masser	Edgewater MD	80	75	45:10.1	45:23.6	14:38/M
2	Larry Price	Middletown DE	74	80	48:39.8	48:51.4	15:45/M