

Share the Holiday Spirit 5K Run/Walk

Silver Lake Park - Dover, DE

December 10, 2016

A Trisports Events Production

Overall Finish List

		5K Run						
Pla	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Mike Sewell	Camden DE	1112	47	1 Open	18:44.1	18:44.4	6:03/M
2	Christopher Harrilla	Seaford DE	1095	32	1 M 30-39	19:32.6	19:32.8	6:18/M
3	Timothy Allen	Dover DE	1043	23	1 M 20-29	19:57.7	19:58.0	6:26/M
4	Adam Jones	Camden Wyoming DE	1088	37	2 M 30-39	20:36.8	20:37.1	6:39/M
5	Chuck Connor	Magnolia DE	1092	52	1 Masters	22:43.5	22:46.8	7:21/M
6	Brian Harvey	Dover DE	1101	42	1 M 40-49	22:47.1	22:50.0	7:22/M
7	Michael Gillen	Camden DE	1060	45	2 M 40-49	23:41.8	23:44.1	7:39/M
8	Todd Carmean	Bridgeville DE	1087	54	1 M 50-59	24:04.3	24:04.6	7:46/M
9	Emily Hanlin	Dover DE	1106	40	1 Open	24:11.4	24:14.2	7:49/M
10	Brylee Wheeler	Still Pond MD	1097	6	1 F 1-10	24:34.2	24:34.4	7:55/M
11	Steve Wheeler	Still Pond MD	1096	33	3 M 30-39	24:34.3	24:34.6	7:55/M
12	Lyndon Yearick	Dover DE	1107	52	2 M 50-59	24:35.6	24:39.8	7:57/M
13	Adam Insley	Hebron MD	1084	15	1 M 15-19	24:54.2	24:54.5	8:02/M
14	Jeanette Hammon	Magnolia DE	846	44	1 Masters	25:17.8	25:20.0	8:10/M
15	Kenny Vu	Dover DE	1108	44	3 M 40-49	25:24.8	25:25.1	8:12/M
16	Robert Spaulding	Townsend DE	1103	57	3 M 50-59	25:51.9	25:56.4	8:22/M
17	Darren Guiido	Camden DE	1110	47	4 M 40-49	26:01.7	26:06.9	8:25/M
18	Simone Dotson	Dover DE	1057	28	1 F 20-29	26:16.0	26:16.2	8:28/M
19	Sarah Smith	Wilmington DE	1077	31	1 F 30-39	26:29.6	26:34.8	8:34/M
20	Rob Ridgeway	Camden Wyoming DE	1115	39	4 M 30-39	26:32.8	26:33.1	8:34/M
21	Jennifer Liquido	Smyrna DE	1065	44	1 F 40-49	26:34.3	26:37.0	8:35/M
22	Emily Morrison	Dover DE	1070	34	2 F 30-39	26:45.2	26:47.6	8:38/M
23	Alexis Jamison	Dover DE	1062	63	1 F 60-99	27:13.3	27:15.8	8:47/M
24	Julia Beaty	Camden Wyoming DE	1046	29	2 F 20-29	27:16.4	27:19.6	8:49/M
25	Mark Voicheck	Aston PA	1079	58	4 M 50-59	27:24.3	27:30.8	8:52/M
26	Andrea Vu	Dover DE	1104	43	2 F 40-49	27:27.3	27:30.4	8:52/M
27	Stephanie Harrison	Dover DE	1100	36	3 F 30-39	27:54.0	27:58.3	9:01/M
28	Gizella Villanueva	Camden DE	1119	13	1 F 11-14	27:58.6	28:04.6	9:03/M
29	Craig Burkett	Dover DE	1047	51	5 M 50-59	28:45.8	28:47.4	9:17/M
30	Ellen Lauder		1105	55	1 F 50-59	28:59.5	29:01.9	9:22/M
31	Steve Saulsbury	Centreville MD	1076	53	6 M 50-59	29:28.0	29:31.8	9:31/M
32	Brenda Ewing	Worton MD	1058	47	3 F 40-49	29:28.8	29:32.1	9:32/M
33	Paul Parsons	Wilmington DE	1074	34	5 M 30-39	29:41.5	29:47.1	9:36/M
34	Danielle Diede	Dover DE	1056	29	3 F 20-29	29:45.7	29:48.7	9:37/M
35	Romelia Obeso	Smyrna DE	1073	50	2 F 50-59	31:53.4	31:57.2	10:18/M
36	Erin D'Allesandro	Magnolia DE	1052	27	4 F 20-29	32:53.1	32:58.2	10:38/M
37	Mike Vanordwn	Dover DE	1116	46	5 M 40-49	32:56.5	33:04.2	10:40/M
38	Karin Ryndak	Felton DE	1075	44	4 F 40-49	33:01.1	33:04.6	10:40/M
39	Patty Guido	Camden DE	1111	49	5 F 40-49	33:21.7	33:27.2	10:47/M
40	Brian Walsh	19904 DE	1080	62	1 M 60-69	33:43.4	33:47.4	10:54/M
41	Mary Walsh	Dover DE	1081	61	2 F 60-99	33:47.7	33:52.4	10:55/M
42	Lyndon Cagampan		1117	51	7 M 50-59	34:03.7	34:05.7	11:00/M

43	Laura Barnas	Dover DE	1045	40	6 F 40-49	34:34.6	34:40.0	11:11/M
44	Lynda Keyser	Dover DE	1063	44	7 F 40-49	34:46.5	34:50.4	11:14/M
45	Cindy Wright	Dover DE	1102	51	3 F 50-59	35:53.5	36:02.0	11:37/M
46	Larry Price	Middletown DE	1086	74	1 M 70-99	36:13.8	36:17.5	11:42/M
47	Charles Matthews	Camden Wyoming DE	1069	68	2 M 60-69	37:02.4	37:07.2	11:58/M
48	Cynthia Mangubat	Magnolia DE	1083	52	4 F 50-59	37:12.3	37:16.1	12:01/M
49	Cynthia Umobi	Magnolia DE	1113	39	4 F 30-39	37:33.5	37:38.4	12:08/M
50	Peter Dimaria	Dover DE	1114	63	3 M 60-69	37:49.3	37:53.6	12:13/M
51	Angelita Mosley	Frederica DE	1071	33	5 F 30-39	37:50.1	37:57.2	12:15/M
52	Lisa Voicheck	Aston PA	1078	49	8 F 40-49	38:43.8	38:50.6	12:32/M
53	Laura Burkett	Dover DE	1048	59	5 F 50-59	39:11.4	39:11.7	12:38/M
54	Hunter Gondeck	Dover DE	865	13	1 M 11-14	39:30.5	39:38.2	12:47/M
55	Arleen Murchison	Dover DE	1090	54	6 F 50-59	43:03.7	43:10.8	13:55/M
56	Zara Davis	Dover DE	1099	22	5 F 20-29	44:19.2	44:27.0	14:20/M
57	Carla Davis	Lawnside NJ	1098	46	9 F 40-49	44:20.4	44:27.9	14:20/M
58	Lee Masser	Edgewater MD	1068	81	2 M 70-99	45:54.7	46:00.0	14:50/M
59	Amber Havrilla	Seaford DE	1094	25	6 F 20-29	46:31.1	46:41.3	15:04/M
60	Jennifer Decarlo		1093	45	10 F 40-49	46:31.4	46:41.5	15:04/M
61	Andrew Littleton	Dover DE	1066	29	2 M 20-29	50:54.7	51:12.9	16:31/M
62	Jason Abernathey	Dover DE	1041	34	6 M 30-39	52:07.2	52:18.5	16:52/M
63	David Gondeck	Dover DE	858	51	8 M 50-59	52:09.2	52:17.4	16:52/M
64	Jessica Abernathey	Dover DE	1042	30	6 F 30-39	52:16.4	52:16.7	16:52/M
65	Kimberly Insley	Hebron MD	1085	46	11 F 40-49	58:01.8	58:11.7	18:46/M
66	Kelly Gondeck	Dover DE	857	42	12 F 40-49	58:02.1	58:11.7	18:46/M

5K WALK

Pla Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Hoong Chow	Felton DE	1051	1 M 0-0	38:31.1	38:31.4	12:25/M
2	Cynthia Canevari	Milford DE	1109	1 F 1-99	38:37.0	38:44.0	12:30/M
3	Geraldine D'Allesandro	Magnolia DE	1053	2 F 1-99	40:42.3	40:49.7	13:10/M
4	Bob Carroll	Milford DE	868	1 M 1-99	41:14.1	41:17.1	13:19/M
5	Joe Young	Dover DE	1082	2 M 1-99	42:03.5	42:03.8	13:34/M
6	Sonja Quinonez	Dover DE	1118	3 F 1-99	45:56.8	46:07.8	14:53/M
7	Stephanie Proctor	Dover DE	1091	4 F 1-99	1:03:31.7	1:03:43.5	20:33/M

Age Group Results

Female Champion

Pla Name	City	Age	Overall Chip	Gun	Pace	
1	Emily Hanlin	Dover DE	40 9	24:11.4	24:14.2	7:49/M

Female Masters Champion

Pla Name	City	Age	Overall Chip	Gun	Pace	
1	Jeanette Hammon	Magnolia DE	44 14	25:17.8	25:20.0	8:10/M

Female 10 and Under

Pla Name	City	Age	Overall Chip	Gun	Pace	
1	Brylee Wheeler	Still Pond MD	6 10	24:34.2	24:34.4	7:55/M

Female 11 to 14

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Gizella Villanueva	Camden DE	13	28 27:58.6	28:04.6	9:03/M

Female 20 to 29

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Simone Dotson	Dover DE	28	18 26:16.0	26:16.2	8:28/M
2 Julia Beaty	Camden Wyoming DE	29	24 27:16.4	27:19.6	8:49/M
3 Danielle Diede	Dover DE	29	34 29:45.7	29:48.7	9:37/M
4 Erin D'Allesandro	Magnolia DE	27	36 32:53.1	32:58.2	10:38/M
5 Zara Davis	Dover DE	22	56 44:19.2	44:27.0	14:20/M
6 Amber Havrilla	Seaford DE	25	59 46:31.1	46:41.3	15:04/M

Female 30 to 39

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Sarah Smith	Wilmington DE	31	19 26:29.6	26:34.8	8:34/M
2 Emily Morrison	Dover DE	34	22 26:45.2	26:47.6	8:38/M
3 Stephanie Harrison	Dover DE	36	27 27:54.0	27:58.3	9:01/M
4 Cynthia Umobi	Magnolia DE	39	49 37:33.5	37:38.4	12:08/M
5 Angelita Mosley	Frederica DE	33	51 37:50.1	37:57.2	12:15/M
6 Jessica Abernathey	Dover DE	30	64 52:16.4	52:16.7	16:52/M

Female 40 to 49

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Jennifer Liquido	Smyrna DE	44	21 26:34.3	26:37.0	8:35/M
2 Andrea Vu	Dover DE	43	26 27:27.3	27:30.4	8:52/M
3 Brenda Ewing	Worton MD	47	32 29:28.8	29:32.1	9:32/M
4 Karin Ryndak	Felton DE	44	38 33:01.1	33:04.6	10:40/M
5 Patty Guido	Camden DE	49	39 33:21.7	33:27.2	10:47/M
6 Laura Barnas	Dover DE	40	43 34:34.6	34:40.0	11:11/M
7 Lynda Keyser	Dover DE	44	44 34:46.5	34:50.4	11:14/M
8 Lisa Voicheck	Aston PA	49	52 38:43.8	38:50.6	12:32/M
9 Carla Davis	Lawnside NJ	46	57 44:20.4	44:27.9	14:20/M
10 Jennifer Decarlo		45	60 46:31.4	46:41.5	15:04/M
11 Kimberly Insley	Hebron MD	46	65 58:01.8	58:11.7	18:46/M
12 Kelly Gondeck	Dover DE	42	66 58:02.1	58:11.7	18:46/M

Female 50 to 59

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Ellen Lauder		55	30 28:59.5	29:01.9	9:22/M
2 Romelia Obeso	Smyrna DE	50	35 31:53.4	31:57.2	10:18/M
3 Cindy Wright	Dover DE	51	45 35:53.5	36:02.0	11:37/M
4 Cynthia Mangubat	Magnolia DE	52	48 37:12.3	37:16.1	12:01/M
5 Laura Burkett	Dover DE	59	53 39:11.4	39:11.7	12:38/M
6 Arleen Murchison	Dover DE	54	55 43:03.7	43:10.8	13:55/M

Female 60 and Over

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Alexis Jamison	Dover DE	63	23 27:13.3	27:15.8	8:47/M
2 Mary Walsh	Dover DE	61	41 33:47.7	33:52.4	10:55/M

Male Champion

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Mike Sewell	Camden DE	47	1 18:44.1	18:44.4	6:03/M

Male Masters Champion

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Chuck Connor	Magnolia DE	52	5 22:43.5	22:46.8	7:21/M

Male 11 to 14

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Hunter Gondeck	Dover DE	13	54 39:30.5	39:38.2	12:47/M

Male 15 to 19

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Adam Insley	Hebron MD	15	13 24:54.2	24:54.5	8:02/M

Male 20 to 29

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Timothy Allen	Dover DE	23	3 19:57.7	19:58.0	6:26/M
2 Andrew Littleton	Dover DE	29	61 50:54.7	51:12.9	16:31/M

Male 30 to 39

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Christopher Harrilla	Seaford DE	32	2 19:32.6	19:32.8	6:18/M
2 Adam Jones	Camden Wyoming DE	37	4 20:36.8	20:37.1	6:39/M
3 Steve Wheeler	Still Pond MD	33	11 24:34.3	24:34.6	7:55/M
4 Rob Ridgeway	Camden Wyoming DE	39	20 26:32.8	26:33.1	8:34/M
5 Paul Parsons	Wilmington DE	34	33 29:41.5	29:47.1	9:36/M
6 Jason Abernathey	Dover DE	34	62 52:07.2	52:18.5	16:52/M

Male 40 to 49

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Brian Harvey	Dover DE	42	6 22:47.1	22:50.0	7:22/M
2 Michael Gillen	Camden DE	45	7 23:41.8	23:44.1	7:39/M
3 Kenny Vu	Dover DE	44	15 25:24.8	25:25.1	8:12/M
4 Darren Guiido	Camden DE	47	17 26:01.7	26:06.9	8:25/M
5 Mike Vanordwn	Dover DE	46	37 32:56.5	33:04.2	10:40/M

Male 50 to 59

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Todd Carmean	Bridgeville DE	54	8 24:04.3	24:04.6	7:46/M
2 Lynddon Yearick	Dover DE	52	12 24:35.6	24:39.8	7:57/M
3 Robert Spaulding	Townsend DE	57	16 25:51.9	25:56.4	8:22/M
4 Mark Voicheck	Aston PA	58	25 27:24.3	27:30.8	8:52/M
5 Craig Burkett	Dover DE	51	29 28:45.8	28:47.4	9:17/M
6 Steve Saulsbury	Centreville MD	53	31 29:28.0	29:31.8	9:31/M
7 Lyndon Cagampan		51	42 34:03.7	34:05.7	11:00/M
8 David Gondeck	Dover DE	51	63 52:09.2	52:17.4	16:52/M

Male 60 to 69

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Brian Walsh	19904 DE	62	40 33:43.4	33:47.4	10:54/M
2 Charles Matthews	Camden Wyoming DE	68	47 37:02.4	37:07.2	11:58/M
3 Peter Dimaria	Dover DE	63	50 37:49.3	37:53.6	12:13/M

Male 70 and Over

Pla Name	City	Age	Overall Chip	Gun	Pace
1 Larry Price	Middletown DE	74	46 36:13.8	36:17.5	11:42/M
2 Lee Masser	Edgewater MD	81	58 45:54.7	46:00.0	14:50/M