

**Crossfit Dover 5K & 1.5 Mile Fitness Challenge**  
**CrossFit Dover - Dover, DE**  
**June 23, 2017**  
**A Trisports Events Production**

**5K Run Finish Order**

**5K Run**

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun
1	Robert Lupo	Marydel DE	1033	42	1 Open	20:53.0	20:53.0
2	Duane Christy	Havre De Grace MD	935	54	1 Masters	22:10.8	22:10.8
3	Andrew Rosko	Camden Wyoming DE	1050	34	1 M 30-39	22:45.2	22:46.1
4	Greg Massey	Felton DE	1083	47	1 M 40-49	22:55.5	22:56.8
5	Sydni Warman	Dover DE	1062	15	1 Open	23:48.6	23:48.6
6	Richard Uslan	East Brunswick NJ	940	64	1 M 60-69	24:22.2	24:22.9
7	Bryan Perry	Clayton DE	1044	41	2 M 40-49	25:02.1	25:03.6
8	Howard Kimmel	Dover DE	1089	52	1 M 50-59	25:09.5	25:12.4
9	Sam Geschiere	Dover DE	1023	32	2 M 30-39	25:11.7	25:21.8
10	Frank Whittington	Middletown DE	942	66	2 M 60-69	25:26.6	25:28.4
11	Tina Duer	Smyrna DE	1099	35	1 F 30-39	25:31.6	25:37.0
12	Robert Spaulding	Townsend DE	1081	57	2 M 50-59	25:40.4	25:42.6
13	Tricia Massey	Felton DE	1082	44	1 Masters	25:46.9	25:46.9
14	Katie Gallucci	Camden Wyoming DE	1071	47	1 F 40-49	25:55.4	26:02.9
15	Donald Stock	Dover DE	1056	50	3 M 50-59	26:20.6	26:30.2
16	Angela Shakur	Dover DE	1054	27	1 F 20-29	26:29.1	26:29.8
17	Patrick Gallucci	Camden Wyoming DE	1072	49	3 M 40-49	26:56.7	27:04.1
18	Will McKenzie	Harrington DE	1039	34	3 M 30-39	28:03.4	28:13.2
19	Avery Rosan	Felton DE	1047	11	1 M 1-14	28:23.4	28:26.6
20	Abby Chow	Felton DE	1065	20	2 F 20-29	28:26.2	28:29.2
21	Tom Keating	Frankford DE	1073	69	3 M 60-69	28:30.1	28:31.3
22	Alexis Jamison	Dover DE	1028	64	1 F 60-99	28:39.3	28:45.3
23	Jeremy Salerno	Felton DE	1052	13	2 M 1-14	28:40.5	28:53.0
24	Skip Ford	Camden Wyoming DE	1020	49	4 M 40-49	28:57.3	29:07.9
25	Brenda Ewing	Worton MD	1080	48	2 F 40-49	28:57.4	29:00.3
26	Danielle Diede	Dover DE	1016	30	2 F 30-39	29:31.7	29:36.2
27	Prentice Griffin	Dover DE	1026	8	3 M 1-14	29:32.5	29:41.4
28	Barbara Griffin	Dover DE	1025	39	3 F 30-39	29:32.6	29:41.0
29	Steve Saulsbury	Centreville MD	1079	54	4 M 50-59	29:38.4	29:42.0
30	Arnelle Hughes	Dover DE	1027	40	3 F 40-49	29:44.6	29:48.3
31	Ashli Warman	Dover DE	1059	15	1 F 15-19	30:54.2	30:56.2
32	Davera Burgess	Dover DE	1011	38	4 F 30-39	30:55.0	30:59.6
33	Matt Parker	Tampa FL	941	41	5 M 40-49	31:22.6	31:28.1
34	Madelynn Harrison	Dover DE	1098	16	2 F 15-19	31:23.1	31:25.6
35	Elaine Nolan	Camden DE	1042	59	1 F 50-59	31:52.3	31:58.3
36	Aiden Morrison	Dover DE	1040	8	4 M 1-14	33:45.4	33:49.3
37	Emily Morrison	Dover DE	1041	35	5 F 30-39	33:47.1	33:50.6
38	Mark Wood	Dover DE	1093	55	5 M 50-59	33:47.8	33:50.9
39	John Fiori	Felton DE	1070	46	6 M 40-49	35:54.2	36:01.1
40	Jackquelynne Walden	Dover DE	1094	41	4 F 40-49	36:04.7	36:07.2
41	Kelly McKenzie	Harrington DE	1038	36	6 F 30-39	36:06.7	36:16.5
42	Lee Ann Waltz	Milton DE	875	54	2 F 50-59	36:18.3	36:21.3

43	Cali Engelsiepen	Camden Wyoming DE	1018	42	5 F 40-49	36:36.7	36:49.4
44	Nancy Dellis	Dover DE	1015	32	7 F 30-39	36:54.4	37:06.7
45	Jake Moyer	Magnolia DE	1078	11	5 M 1-14	37:34.0	37:39.2
46	Leslie Cote	Smyrna DE	1014	52	3 F 50-59	37:37.6	37:42.5
47	Larry Price	Middletown DE	1084	74	1 M 70-99	38:34.7	38:37.6
48	Dawn Warman	Dover DE	1060	47	6 F 40-49	39:50.9	39:58.5
49	Charles Matthews	Camden Wyoming DE	1035	69	4 M 60-69	40:15.9	40:18.5
50	Patricia Kerrigan	Magnolia DE	1030	37	8 F 30-39	41:01.6	41:16.2
51	Crystal Jones	Camden Wyoming DE	1097	37	9 F 30-39	41:57.2	42:06.0
52	Abigail Jones	Camden DE	1096	9	1 F 1-14	43:33.1	43:41.9
53	Barbara Salerno	Felton DE	1051	43	7 F 40-49	43:43.1	43:56.7
54	Jessi Warman	Dover DE	1061	20	3 F 20-29	44:50.2	44:55.0
55	Cassie Gorman	Newark DE	1024	26	4 F 20-29	58:55.3	59:08.7

### 5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun
1	Don Zalenski	Magnolia DE	1063	71	1 M 1-99	36:44.3	36:46.5
2	Hoong Chow	Felton DE	1012	58	2 M 1-99	40:00.9	40:02.8
3	Douglass Lambert	Seaford DE	1067	61	3 M 1-99	43:06.9	43:12.1
4	Carolbeth Lambert	Seaford DE	1066	64	1 F 1-99	45:35.8	45:41.7
5	Elijah Demby	Dover DE	1088	14	4 M 1-99	46:14.3	46:29.9
6	Phyllis Zalenski	Magnolia DE	1064	66	2 F 1-99	49:24.0	49:32.7
7	Terri Hamilton	Magnolia DE	1100	55	3 F 1-99	50:53.4	51:12.1
8	Ivana Hamilton	Magnolia DE	1101	27	4 F 1-99	50:53.9	51:12.7
9	Patti Lang		1069	57	5 F 1-99	50:58.4	51:12.8
10	Rebekah Ford	Camden DE	1019	37	6 F 1-99	55:08.9	55:27.5
11	Shanna Rosan	Felton DE	1049	46	7 F 1-99	55:10.9	55:23.3
12	Karen McGloughlin	Dover DE	1036	55	8 F 1-99	58:50.8	59:09.3
13	Kristina Drago	Dover DE	1085	31	9 F 1-99	58:54.2	59:08.4

### 1.5 Mile Fitness Challenge

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun
1	Kelley Koplín	Smyrna DE	1031	25	1 OpenFC	19:56.9	19:56.9
2	Jessica Moyer	Magnolia DE	1077	43	1 MastFC	21:20.2	21:20.2
3	Bernie Kale	Magnolia DE	1103	33	1 OpenFC	24:56.1	24:56.1
4	Adam Jones	Camden Wyoming DE	1095	37	1 M 1-99	26:01.3	26:03.1
5	Kelly McCullough	Dover DE	1068	24	1 F 1-99	26:11.2	26:17.6
6	Michael Rosan	Felton DE	1048	41	1 MastFC	26:27.7	26:27.7
7	Beth Johnson	Dover DE	1029	54	2 F 1-99	27:16.6	27:20.5
8	Kimberly Root	Magnolia DE	1046	32	3 F 1-99	27:49.6	27:54.7
9	Andrea Bush	Clayton DE	943	45	4 F 1-99	28:00.3	28:05.7
10	Kimberly Pittman	Hartly DE	923	21	5 F 1-99	29:27.0	29:34.0
11	Kristin Blackway	Middletown DE	1008	28	6 F 1-99	29:30.5	29:34.7
12	Jason Moyer	Magnolia DE	1076	44	2 M 1-99	29:58.7	30:02.5
13	Carolina Rodriguez	Dover DE	1045	39	7 F 1-99	30:23.6	30:33.4
14	Jonathan Diggs	Smyrna DE	1075	36	3 M 1-99	31:16.3	31:24.6
15	Bonnie Thomas	Dover DE	1057	49	8 F 1-99	32:24.2	32:31.7
16	Deanna Peer	Dover DE	1043	31	9 F 1-99	33:02.7	33:09.2
17	Paul Bernard	Magnolia DE	1007	60	4 M 1-99	33:22.9	33:33.5
18	Amanda Steinhorn	Dover DE	1055	29	10 F 1-99	33:40.2	33:46.6
19	Jennifer Foster	Magnolia DE	1021	19	11 F 1-99	34:07.1	34:09.8
20	Jennifer Christman	Felton DE	1013	35	12 F 1-99	34:09.4	34:19.9

21	Katherine Lopa	Townsend DE	1090	35	13 F 1-99	34:14.5	34:25.5
22	Katie Diggs	Smyrna DE	1074	34	14 F 1-99	34:21.4	34:30.3
23	Jeff Savin	Camden Wyoming DE	1053	49	5 M 1-99	35:12.4	35:22.9
24	Kelly Wark	Dover DE	1058	41	15 F 1-99	36:56.9	37:04.1
25	Lori Jones	Dover DE	1102	45	16 F 1-99	37:00.5	37:07.7
26	Victoria Chambers	Marydel DE	1086	48	17 F 1-99	38:40.6	38:48.9
27	Dreme Whitehurst	Smyrna DE	1091	44	18 F 1-99	40:16.6	40:22.4
28	Sam Parsons	Dover DE	1092	37	19 F 1-99	40:31.7	40:37.8
29	Stephanie Foster	Magnolia DE	1022	47	20 F 1-99	41:27.4	41:35.0
30	Stephanie Beers	Magnolia DE	1006	40	21 F 1-99	43:27.4	43:36.1
31	Christine Mahler	Dover DE	1034	38	22 F 1-99	43:27.4	43:36.1
32	Maria Emerson	Bear DE	1017	28	23 F 1-99	43:36.4	43:36.4
33	Laura Bortz	Camden Wyoming DE	1009	37	24 F 1-99	45:56.8	46:12.9
34	Bernadette Reiling	Middletown DE	928	43	25 F 1-99	47:54.7	48:06.2

### **5K Run/Walk Age Group Results**

#### **Female Champion**

Plc	Name	City	Age	O'all	Chip	Gun
1	Sydni Warman	Dover DE	15	5	23:48.6	23:48.6

#### **Female Masters Champion**

Plc	Name	City	Age	O'all	Chip	Gun
1	Tricia Massey	Felton DE	44	13	25:46.9	25:46.9

#### **Female 14 and Under**

Plc	Name	City	Age	O'all	Chip	Gun
1	Abigail Jones	Camden DE	9	52	43:33.1	43:41.9

#### **Female 15 to 19**

Plc	Name	City	Age	O'all	Chip	Gun
1	Ashli Warman	Dover DE	15	31	30:54.2	30:56.2
2	Madelynne Harrison	Dover DE	16	34	31:23.1	31:25.6

#### **Female 20 to 29**

Plc	Name	City	Age	O'all	Chip	Gun
1	Angela Shakur	Dover DE	27	16	26:29.1	26:29.8
2	Abby Chow	Felton DE	20	20	28:26.2	28:29.2
3	Jessi Warman	Dover DE	20	54	44:50.2	44:55.0
4	Cassie Gorman	Newark DE	26	55	58:55.3	59:08.7

#### **Female 30 to 39**

Plc	Name	City	Age	O'all	Chip	Gun
1	Tina Duer	Smyrna DE	35	11	25:31.6	25:37.0
2	Danielle Diede	Dover DE	30	26	29:31.7	29:36.2
3	Barbara Griffin	Dover DE	39	28	29:32.6	29:41.0

4	Davera Burgess	Dover DE	38	32	30:55.0	30:59.6
5	Emily Morrison	Dover DE	35	37	33:47.1	33:50.6
6	Kelly McKenzie	Harrington DE	36	41	36:06.7	36:16.5
7	Nancy Dellis	Dover DE	32	44	36:54.4	37:06.7
8	Patricia Kerrigan	Magnolia DE	37	50	41:01.6	41:16.2
9	Crystal Jones	Camden Wyoming DE	37	51	41:57.2	42:06.0

#### Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun
1	Katie Gallucci	Camden Wyoming DE	47	14	25:55.4	26:02.9
2	Brenda Ewing	Worton MD	48	25	28:57.4	29:00.3
3	Arnelle Hughes	Dover DE	40	30	29:44.6	29:48.3
4	Jackquelynne Walden	Dover DE	41	40	36:04.7	36:07.2
5	Cali Engelsiepen	Camden Wyoming DE	42	43	36:36.7	36:49.4
6	Dawn Warman	Dover DE	47	48	39:50.9	39:58.5
7	Barbara Salerno	Felton DE	43	53	43:43.1	43:56.7

#### Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun
1	Elaine Nolan	Camden DE	59	35	31:52.3	31:58.3
2	Lee Ann Waltz	Milton DE	54	42	36:18.3	36:21.3
3	Leslie Cote	Smyrna DE	52	46	37:37.6	37:42.5

#### Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun
1	Alexis Jamison	Dover DE	64	22	28:39.3	28:45.3

#### Male Champion

Plc	Name	City	Age	O'all	Chip	Gun
1	Robert Lupo	Marydel DE	42	1	20:53.0	20:53.0

#### Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun
1	Duane Christy	Havre De Grace MD	54	2	22:10.8	22:10.8

#### Male 14 and Under

Plc	Name	City	Age	O'all	Chip	Gun
1	Avery Rosan	Felton DE	11	19	28:23.4	28:26.6
2	Jeremy Salerno	Felton DE	13	23	28:40.5	28:53.0
3	Prentice Griffin	Dover DE	8	27	29:32.5	29:41.4
4	Aiden Morrison	Dover DE	8	36	33:45.4	33:49.3
5	Jake Moyer	Magnolia DE	11	45	37:34.0	37:39.2

#### Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun
1	Andrew Rosko	Camden Wyoming DE	34	3	22:45.2	22:46.1
2	Sam Geschiere	Dover DE	32	9	25:11.7	25:21.8
3	Will McKenzie	Harrington DE	34	18	28:03.4	28:13.2

#### Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun
1	Greg Massey	Felton DE	47	4	22:55.5	22:56.8
2	Bryan Perry	Clayton DE	41	7	25:02.1	25:03.6
3	Patrick Gallucci	Camden Wyoming DE	49	17	26:56.7	27:04.1
4	Skip Ford	Camden Wyoming DE	49	24	28:57.3	29:07.9
5	Matt Parker	Tampa FL	41	33	31:22.6	31:28.1
6	John Fiori	Felton DE	46	39	35:54.2	36:01.1

#### Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun
1	Howard Kimmel	Dover DE	52	8	25:09.5	25:12.4
2	Robert Spaulding	Townsend DE	57	12	25:40.4	25:42.6
3	Donald Stock	Dover DE	50	15	26:20.6	26:30.2
4	Steve Saulsbury	Centreville MD	54	29	29:38.4	29:42.0
5	Mark Wood	Dover DE	55	38	33:47.8	33:50.9

#### Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun
1	Richard Uslan	East Brunswick NJ	64	6	24:22.2	24:22.9
2	Frank Whittington	Middletown DE	66	10	25:26.6	25:28.4
3	Tom Keating	Frankford DE	69	21	28:30.1	28:31.3
4	Charles Matthews	Camden Wyoming DE	69	49	40:15.9	40:18.5

#### Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun
1	Larry Price	Middletown DE	74	47	38:34.7	38:37.6

### 1.5 Mile Fitness Challenge

#### Female Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun
1	Kelley Koplín	Smyrna DE	25	1	19:56.9	19:56.9

#### Female Masters Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun
1	Jessica Moyer	Magnolia DE	43	2	21:20.2	21:20.2

#### Female 99 and Under

Plc	Name	City	Age	O'all	Chip	Gun
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1	Kelly McCullough	Dover DE	24	5	26:11.2	26:17.6
2	Beth Johnson	Dover DE	54	7	27:16.6	27:20.5
3	Kimberly Root	Magnolia DE	32	8	27:49.6	27:54.7
4	Andrea Bush	Clayton DE	45	9	28:00.3	28:05.7
5	Kimberly Pittman	Hartly DE	21	10	29:27.0	29:34.0
6	Kristin Blackway	Middletown DE	28	11	29:30.5	29:34.7
7	Carolina Rodriquez	Dover DE	39	13	30:23.6	30:33.4
8	Bonnie Thomas	Dover DE	49	15	32:24.2	32:31.7
9	Deanna Peer	Dover DE	31	16	33:02.7	33:09.2
10	Amanda Steinhorn	Dover DE	29	18	33:40.2	33:46.6
11	Jennifer Foster	Magnolia DE	19	19	34:07.1	34:09.8
12	Jennifer Christman	Felton DE	35	20	34:09.4	34:19.9
13	Katherine Lopa	Townsend DE	35	21	34:14.5	34:25.5
14	Katie Diggs	Smyrna DE	34	22	34:21.4	34:30.3
15	Kelly Wark	Dover DE	41	24	36:56.9	37:04.1
16	Lori Jones	Dover DE	45	25	37:00.5	37:07.7
17	Victoria Chambers	Marydel DE	48	26	38:40.6	38:48.9
18	Dreme Whitehurst	Smyrna DE	44	27	40:16.6	40:22.4
19	Sam Parsons	Dover DE	37	28	40:31.7	40:37.8
20	Stephanie Foster	Magnolia DE	47	29	41:27.4	41:35.0
21	Stephanie Beers	Magnolia DE	40	30	43:27.4	43:36.1
22	Christine Mahler	Dover DE	38	31	43:27.4	43:36.1
23	Maria Emerson	Bear DE	28	32	43:36.4	43:36.4
24	Laura Bortz	Camden Wyoming DE	37	33	45:56.8	46:12.9
25	Bernadette Reiling	Middletown DE	43	34	47:54.7	48:06.2

#### Male Open Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun
1	Bernie Kale	Magnolia DE	33	3	24:56.1	24:56.1

#### Male Masters Fitness Challenge Champion

Plc	Name	City	Age	O'all	Chip	Gun
1	Michael Rosan	Felton DE	41	6	26:27.7	26:27.7

#### Male 99 and Under

Plc	Name	City	Age	O'all	Chip	Gun
1	Adam Jones	Camden Wyoming DE	37	4	26:01.3	26:03.1
2	Jason Moyer	Magnolia DE	44	12	29:58.7	30:02.5
3	Jonathan Diggs	Smyrna DE	36	14	31:16.3	31:24.6
4	Paul Bernard	Magnolia DE	60	17	33:22.9	33:33.5
5	Jeff Savin	Camden Wyoming DE	49	23	35:12.4	35:22.9