

Dover Running Festival 1 Mile & 5K Run/Walk

Presented by the Colonial Rotary Club of Dover

Wednesday, June 14, 2017

A Trisports Events Production

1 Mile Run

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun
1	Dyce Bailey	Dover DE	949	18	1 Open 1m	4:57.9	4:57.9
2	Jonathan Whitehead	Dover DE	889	24	1 M 20-29	5:22.0	5:22.0
3	Adam Jones	Camden Wyoming DE	966	37	1 M 30-39	5:24.0	5:24.0
4	Nick Freese	Dover DE	979	39	2 M 30-39	5:31.9	5:31.9
5	Duane Christy	Havre De Grace MD	876	53	1 Master1	5:39.5	5:39.5
6	Tim Allen	Dover DE	967	23	2 M 20-29	5:43.4	5:43.4
7	Lara Dorsky	New York NY	991	21	1 Open 1m	5:44.7	5:44.7
8	Rebekah Mills	Camden Wyoming DE	968	20	1 F 20-29	5:53.1	5:53.1
9	Caughnery Freese	Dover DE	980	10	1 M 1-10	5:53.4	5:53.4
10	Keely Arndt	Harrington DE	919	15	1 F 15-19	5:55.5	5:55.5
11	Alex Mundell	Dover DE	987	25	3 M 20-29	6:05.1	6:05.1
12	David Trombello	Magnolia DE	946	34	3 M 30-39	6:06.8	6:06.8
13	Erin Dorset	Dover DE	969	25	2 F 20-29	6:07.1	6:07.1
14	Melissa Rubacky	Wyoming DE	904	26	3 F 20-29	6:20.4	6:20.4
15	Seth Flaherty	Camden Wyoming DE	998	13	1 M 11-14	6:23.4	6:23.4
16	Joshuah Mills	Camden Wyoming DE	965	15	1 M 15-19	6:24.8	6:24.8
17	Adam Hake	Camden Wyoming DE	983	13	2 M 11-14	6:41.7	6:41.7
18	Daniel Arndt	Harrington DE	918	43	1 M 40-49	6:48.9	6:48.9
19	Frank Whittington	Middletown DE	951	66	1 M 60-69	6:55.2	6:55.2
20	Jerome Mendez	Dover DE	938	58	1 M 50-59	6:58.9	6:58.9
21	James Mills	Camden Wyoming DE	963	47	2 M 40-49	7:04.6	7:04.6
22	Gerard Iacangelo	Rehoboth Beach DE	934	13	3 M 11-14	7:12.7	7:12.7
23	Dallas, IV Glass	Camden Wyoming DE	973	13	4 M 11-14	7:18.9	7:18.9
24	Sarah Cummings	Dover DE	927	12	1 F 11-14	7:19.8	7:19.8
25	Addison Hake	Camden Wyoming DE	985	10	1 F 1-10	7:21.6	7:21.6
26	Laurie Hake	Camden Wyoming DE	981	40	1 Master1	7:37.0	7:37.0
27	Myra Glass	Camden Wyoming DE	974	11	2 F 11-14	7:48.1	7:48.1
28	Dallas III Glass		972	41	3 M 40-49	7:49.0	7:49.0
29	David Hake	Camden DE	982	40	4 M 40-49	7:55.2	7:55.2
30	Anna Hake	Camden Wyoming DE	986	8	2 F 1-10	7:55.5	7:55.5
31	Quinn Glass	Camden Wyoming DE	975	10	2 M 1-10	8:05.2	8:05.2
32	Quade Cummings	DE	926	7	3 M 1-10	8:10.1	8:10.1
33	Zachariah Mills	Camden Wyoming DE	962	10	4 M 1-10	8:12.1	8:12.1
34	Drew Hake	Camden Wyoming DE	984	12	5 M 11-14	8:22.4	8:22.4
35	Angela Mills	Camden Wyoming DE	964	45	1 F 40-49	8:23.7	8:23.7
36	Bo Cummings	Dover DE	924	41	5 M 40-49	8:39.5	8:39.5
37	Elizabeth Jones	Camden Wyoming DE	977	11	3 F 11-14	8:40.3	8:40.3
38	Meaghan Nana-Sinkam	Hockessin DE	939	45	2 F 40-49	9:05.9	9:05.9
39	Michele Cummings	Dover DE	925	41	3 F 40-49	9:22.9	9:22.9
40	Sadie Fournier	Felton DE	997	7	3 F 1-10	9:44.9	9:44.9
41	Rebecca Fournier	Felton DE	996	38	1 F 30-39	9:45.3	9:45.3
42	Molly Rupert	Dover DE	854	10	4 F 1-10	9:49.8	9:49.8
43	Sean McCusker	Dover DE	957	7	5 M 1-10	9:50.2	9:50.2

44	Kylie McCusker	Dover DE	958	16	2 F 15-19	9:51.2	9:51.2
45	Mark Pinkus	Parkville MD	960	61	2 M 60-69	9:58.7	9:58.7
46	Crystal Jones	Camden Wyoming DE	976	37	2 F 30-39	10:13.7	10:13.7
47	Gary Fournier	Felton DE	995	48	6 M 40-49	10:34.3	10:34.3
48	Larry Price	Middletown DE	978	74	1 M 70-99	10:35.9	10:35.9
49	lisa kane		988	53	1 F 50-59	10:39.8	10:39.8
50	Marie Neaves	Townsend DE	959	69	1 F 60-99	10:42.8	10:42.8
51	Cynthia Mangubat	Magnolia DE	989	53	2 F 50-59	11:05.4	11:05.4
52	Saidah Glass	Camden Wyoming DE	971	40	4 F 40-49	11:21.2	11:21.2

1 Mile Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun
1	Don Zalenski	Magnolia DE	947	71	1 M 1-99	11:11.7	11:11.7
2	Phyllis Zalenski	Magnolia DE	948	66	1 F 1-99	14:25.0	14:25.0

1 Mile Age Group Results

Female 1 Mile Run Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Lara Dorsky	New York NY	21	7	5:44.7	5:44.7	5:44/M

Female Masters 1 Mile Run Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Laurie Hake	Camden Wyoming DE	40	26	7:37.0	7:37.0	7:37/M

Female 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Addison Hake	Camden Wyoming DE	10	25	7:21.6	7:21.6	7:21/M
2	Anna Hake	Camden Wyoming DE	8	30	7:55.5	7:55.5	7:55/M
3	Sadie Fournier	Felton DE	7	40	9:44.9	9:44.9	9:44/M
4	Molly Rupert	Dover DE	10	42	9:49.8	9:49.8	9:49/M

Female 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Cummings	Dover DE	12	24	7:19.8	7:19.8	7:19/M
2	Myra Glass	Camden Wyoming DE	11	27	7:48.1	7:48.1	7:48/M
3	Elizabeth Jones	Camden Wyoming DE	11	37	8:40.3	8:40.3	8:40/M

Female 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Keely Arndt	Harrington DE	15	10	5:55.5	5:55.5	5:55/M
2	Kylie McCusker	Dover DE	16	44	9:51.2	9:51.2	9:51/M

Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rebekah Mills	Camden Wyoming DE	20	8	5:53.1	5:53.1	5:53/M

2	Erin Dorset	Dover DE	25	13	6:07.1	6:07.1	6:07/M
3	Melissa Rubacky	Wyoming DE	26	14	6:20.4	6:20.4	6:20/M

Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rebecca Fournier	Felton DE	38	41	9:45.3	9:45.3	9:45/M
2	Crystal Jones	Camden Wyoming DE	37	46	10:13.7	10:13.7	10:13/M

Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Angela Mills	Camden Wyoming DE	45	35	8:23.7	8:23.7	8:23/M
2	Meaghan Nana-Sinkam	Hockessin DE	45	38	9:05.9	9:05.9	9:05/M
3	Michele Cummings	Dover DE	41	39	9:22.9	9:22.9	9:22/M
4	Saidah Glass	Camden Wyoming DE	40	52	11:21.2	11:21.2	11:21/M

Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	lisa kane		53	49	10:39.8	10:39.8	10:39/M
2	Cynthia Mangubat	Magnolia DE	53	51	11:05.4	11:05.4	11:05/M

Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Marie Neaves	Townsend DE	69	50	10:42.8	10:42.8	10:42/M

Male 1 Mile Run Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Dyce Bailey	Dover DE	18	1	4:57.9	4:57.9	4:57/M

Male Masters 1 Mile Run Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	53	5	5:39.5	5:39.5	5:39/M

Male 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Caughnery Freese	Dover DE	10	9	5:53.4	5:53.4	5:53/M
2	Quinn Glass	Camden Wyoming DE	10	31	8:05.2	8:05.2	8:05/M
3	Quade Cummings	DE	7	32	8:10.1	8:10.1	8:10/M
4	Zachariah Mills	Camden Wyoming DE	10	33	8:12.1	8:12.1	8:12/M
5	Sean McCusker	Dover DE	7	43	9:50.2	9:50.2	9:50/M

Male 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Seth Flaherty	Camden Wyoming DE	13	15	6:23.4	6:23.4	6:23/M

2	Adam Hake	Camden Wyoming DE	13	17	6:41.7	6:41.7	6:41/M
3	Gerard Iacangelo	Rehoboth Beach DE	13	22	7:12.7	7:12.7	7:12/M
4	Dallas, IV Glass	Camden Wyoming DE	13	23	7:18.9	7:18.9	7:18/M
5	Drew Hake	Camden Wyoming DE	12	34	8:22.4	8:22.4	8:22/M

Male 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Joshuah Mills	Camden Wyoming DE	15	16	6:24.8	6:24.8	6:24/M

Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jonathan Whitehead	Dover DE	24	2	5:22.0	5:22.0	5:22/M
2	Tim Allen	Dover DE	23	6	5:43.4	5:43.4	5:43/M
3	Alex Mundell	Dover DE	25	11	6:05.1	6:05.1	6:05/M

Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Adam Jones	Camden Wyoming DE	37	3	5:24.0	5:24.0	5:24/M
2	Nick Freese	Dover DE	39	4	5:31.9	5:31.9	5:31/M
3	David Trombello	Magnolia DE	34	12	6:06.8	6:06.8	6:06/M

Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Daniel Arndt	Harrington DE	43	18	6:48.9	6:48.9	6:48/M
2	James Mills	Camden Wyoming DE	47	21	7:04.6	7:04.6	7:04/M
3	Dallas III Glass		41	28	7:49.0	7:49.0	7:49/M
4	David Hake	Camden DE	40	29	7:55.2	7:55.2	7:55/M
5	Bo Cummings	Dover DE	41	36	8:39.5	8:39.5	8:39/M
6	Gary Fournier	Felton DE	48	47	10:34.3	10:34.3	10:34/M

Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jerome Mendez	Dover DE	58	20	6:58.9	6:58.9	6:58/M

Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	66	19	6:55.2	6:55.2	6:55/M
2	Mark Pinkus	Parkville MD	61	45	9:58.7	9:58.7	9:58/M

Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Larry Price	Middletown DE	74	48	10:35.9	10:35.9	10:35/M

Colonial 5K Run/Walk Results

Overall Finish List

5K Run

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Sean Saxton	Dover DE	950	19	1 Open	16:32.4	16:32.4	5:20/M
2	Drew Harris	Harrington DE	970	18	1 M 15-19	18:18.6	18:19.4	5:55/M
3	Lara Dorsky	New York NY	991	21	1 Open	20:10.0	20:10.0	6:30/M
4	Blaise Moyer	Magnolia DE	1000	13	1 M 11-14	20:27.0	20:28.0	6:36/M
5	Jessica Moyer	Magnolia DE	999	43	1 Masters	20:58.3	20:58.3	6:46/M
6	Rebekah Mills	Camden Wyoming DE	968	20	1 F 20-29	21:19.8	21:21.5	6:53/M
7	Duane Christy	Havre De Grace MD	876	53	1 Masters	21:48.5	21:48.5	7:02/M
8	David Trombello	Magnolia DE	946	34	1 M 30-39	22:21.5	22:23.0	7:13/M
9	Rob Ridgeway	Camden Wyoming DE	961	40	1 M 40-49	24:20.3	24:22.9	7:52/M
10	Jerome Mendez	Dover DE	938	58	1 M 50-59	24:34.3	24:35.8	7:56/M
11	Joshuah Mills	Camden Wyoming DE	965	15	2 M 15-19	26:35.8	26:37.6	8:35/M
12	Frank Whittington	Middletown DE	951	66	1 M 60-69	26:47.0	26:48.5	8:39/M
13	Michelle Hite	Magnolia DE	932	48	1 F 40-49	28:54.4	28:59.6	9:21/M
14	Nina Buongiorne	Dover DE	921	47	2 F 40-49	28:54.5	28:59.7	9:21/M
15	Brenda Ewing	Worton MD	993	48	3 F 40-49	29:15.9	29:19.7	9:27/M
16	Chelsea Connell	Dover DE	953	25	2 F 20-29	29:42.4	29:45.2	9:36/M
17	Scott Connell	Dover DE	954	54	2 M 50-59	29:42.9	29:45.7	9:36/M
18	Kim Pridemore	Smyrna DE	944	49	4 F 40-49	30:00.8	30:06.0	9:43/M
19	Sarah Gifford	Rock Hall MD	930	58	1 F 50-59	30:04.4	30:08.8	9:43/M
20	Arnelle Hughes	Dover DE	933	40	5 F 40-49	30:11.0	30:14.6	9:45/M
21	Valerie Reihl	Rock Hall MD	945	61	1 F 60-99	30:35.7	30:40.4	9:54/M
22	Jon Offredo		1003	26	1 M 20-29	31:27.5	31:35.8	10:11/M
23	Jennifer Rini		1004	26	3 F 20-29	31:28.2	31:36.3	10:12/M
24	Don Zalenski	Magnolia DE	947	71	1 M 70-99	31:31.8	31:35.4	10:11/M
25	Laura Barnas	Dover DE	920	41	6 F 40-49	32:16.7	32:22.2	10:26/M
26	Meaghan Nana-Sinkam	Hockessin DE	939	45	7 F 40-49	33:16.2	33:21.5	10:45/M
27	Lee Ann Waltz	Milton DE	992	54	2 F 50-59	34:11.3	34:14.6	11:03/M
28	Jason Moyer	Dover DE	1002	11	2 M 11-14	34:16.6	34:20.4	11:05/M
29	Jason Sr Moyer	Magnolia DE	1001	44	2 M 40-49	34:23.7	34:27.9	11:07/M
30	Larry Price	Middletown DE	978	74	2 M 70-99	35:25.3	35:31.5	11:27/M
31	Mark Pinkus	Parkville MD	960	61	2 M 60-69	37:19.4	37:24.2	12:04/M
32	Danielle Little	Dover DE	936	26	4 F 20-29	37:29.3	37:35.3	12:07/M
33	Cynthia Mangubat	Magnolia DE	989	53	3 F 50-59	38:05.8	38:12.2	12:19/M
34	Julie Grasso	Middletown DE	955	27	5 F 20-29	40:15.5	40:22.4	13:01/M
35	J J Grasso	Middletown DE	952	32	2 M 30-39	40:17.4	40:24.0	13:02/M
36	Darlene Gray	Dover DE	931	48	8 F 40-49	40:21.8	40:27.8	13:03/M
37	Charles Matthews	Camden Wyoming DE	937	69	3 M 60-69	40:23.6	40:29.4	13:04/M
38	Arleen Murchison	Dover DE	990	54	4 F 50-59	42:53.5	43:00.5	13:52/M

5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	John Fredericks	Brick NJ	929	69	1 M 1-99	37:32.0	37:34.7	12:07/M
2	Hoong Chow	Felton DE	922	58	2 M 1-99	38:15.1	38:18.5	12:21/M

5K Age Group Results

Female Open Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Lara Dorsky	New York NY	21	3	20:10.0	20:10.0	6:30/M

Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jessica Moyer	Magnolia DE	43	5	20:58.3	20:58.3	6:46/M

Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rebekah Mills	Camden Wyoming DE	20	6	21:19.8	21:21.5	6:53/M
2	Chelsea Connell	Dover DE	25	16	29:42.4	29:45.2	9:36/M
3	Jennifer Rini		26	23	31:28.2	31:36.3	10:12/M
4	Danielle Little	Dover DE	26	32	37:29.3	37:35.3	12:07/M
5	Julie Grasso	Middletown DE	27	34	40:15.5	40:22.4	13:01/M

Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Michelle Hite	Magnolia DE	48	13	28:54.4	28:59.6	9:21/M
2	Nina Buongiorno	Dover DE	47	14	28:54.5	28:59.7	9:21/M
3	Brenda Ewing	Worton MD	48	15	29:15.9	29:19.7	9:27/M
4	Kim Pridemore	Smyrna DE	49	18	30:00.8	30:06.0	9:43/M
5	Arnelle Hughes	Dover DE	40	20	30:11.0	30:14.6	9:45/M
6	Laura Barnas	Dover DE	41	25	32:16.7	32:22.2	10:26/M
7	Meaghan Nana-Sinkam	Hockessin DE	45	26	33:16.2	33:21.5	10:45/M
8	Darlene Gray	Dover DE	48	36	40:21.8	40:27.8	13:03/M

Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Gifford	Rock Hall MD	58	19	30:04.4	30:08.8	9:43/M
2	Lee Ann Waltz	Milton DE	54	27	34:11.3	34:14.6	11:03/M
3	Cynthia Mangubat	Magnolia DE	53	33	38:05.8	38:12.2	12:19/M
4	Arleen Murchison	Dover DE	54	38	42:53.5	43:00.5	13:52/M

Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Valerie Reihl	Rock Hall MD	61	21	30:35.7	30:40.4	9:54/M

Male Open Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sean Saxton	Dover DE	19	1	16:32.4	16:32.4	5:20/M

Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	53	7	21:48.5	21:48.5	7:02/M

Male 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Blaise Moyer	Magnolia DE	13	4	20:27.0	20:28.0	6:36/M
2	Jason Moyer	Dover DE	11	28	34:16.6	34:20.4	11:05/M

Male 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Drew Harris	Harrington DE	18	2	18:18.6	18:19.4	5:55/M
2	Joshuah Mills	Camden Wyoming DE	15	11	26:35.8	26:37.6	8:35/M

Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jon Offredo		26	22	31:27.5	31:35.8	10:11/M

Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	David Trombello	Magnolia DE	34	8	22:21.5	22:23.0	7:13/M
2	J J Grasso	Middletown DE	32	35	40:17.4	40:24.0	13:02/M

Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rob Ridgeway	Camden Wyoming DE	40	9	24:20.3	24:22.9	7:52/M
2	Jason Sr Moyer	Magnolia DE	44	29	34:23.7	34:27.9	11:07/M

Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jerome Mendez	Dover DE	58	10	24:34.3	24:35.8	7:56/M
2	Scott Connell	Dover DE	54	17	29:42.9	29:45.7	9:36/M

Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	66	12	26:47.0	26:48.5	8:39/M
2	Mark Pinkus	Parkville MD	61	31	37:19.4	37:24.2	12:04/M
3	Charles Matthews	Camden Wyoming DE	69	37	40:23.6	40:29.4	13:04/M

Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Don Zalenski	Magnolia DE	71	24	31:31.8	31:35.4	10:11/M
2	Larry Price	Middletown DE	74	30	35:25.3	35:31.5	11:27/M