

Freedom 5K Run/Walk

Saturday, July 1, 2017 - Silver Lake Park - Dover, DE

Benefits: Delaware Veterans Trust Fund

A TriSports Events Production

Overall Finish List

5K Run

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun Time	Pace
1	Mike O'Brian	Newark DE	1178	27	1 open	17:01.4	17:01.4	5:29/M
2	Jesse Goodyear	Elkton MD	1184	37	1 M 30-39	17:51.0	17:52.5	5:45/M
3	Drew Harris	Harrington DE	1149	18	1 M 15-19	17:56.5	17:57.2	5:47/M
4	Michael Tiedeman	Upper Darby PA	1135	38	2 M 30-39	19:26.0	19:27.8	6:16/M
5	Leah-Kate Lounsbury	Newark DE	1211	30	1 open	19:45.4	19:45.4	6:22/M
6	Sarah Rusk	Wilmington DE	1182	36	1 F 30-39	20:12.6	20:13.9	6:31/M
7	Aziz Kane	Sicklerville NJ	1130	11	1 M 11-14	20:40.4	20:41.0	6:40/M
8	Whitney Hora	Newark DE	1197	24	1 F 20-29	21:23.6	21:25.2	6:54/M
9	Jared Fluck	Souderton PA	1005	28	1 M 20-29	21:23.6	21:25.2	6:54/M
10	Duane Christy	Havre De Grace MD	1123	54	1 masters	21:43.8	21:43.8	7:00/M
11	Steve Eshleman	Pequea PA	1146	52	1 M 50-59	21:44.9	21:46.5	7:01/M
12	Andrew Rosko	Camden Wyoming DE	1180	34	3 M 30-39	22:34.5	22:35.4	7:17/M
13	David Trombello	Magnolia DE	1181	34	4 M 30-39	22:42.1	22:44.1	7:19/M
14	Greg Massey	Felton DE	1143	47	1 M 40-49	22:53.5	22:55.4	7:23/M
15	Ethan Phillips	Whiteman AFB, MO	1126	14	2 M 11-14	23:41.9	23:43.7	7:38/M
16	Seth Flaherty	Camden Wyoming DE	1151	13	3 M 11-14	23:43.8	23:45.3	7:39/M
17	Mardiny Ung	Elizabethtown PA	1207	50	1 masters	24:06.8	24:06.8	7:46/M
18	Matt Sparacino	Harrington DE	1179	40	2 M 40-49	24:11.9	24:14.3	7:48/M
19	Joseph Grimaldi	Dover DE	1200	15	2 M 15-19	24:56.4	24:57.8	8:03/M
20	Rob Ridgeway	Camden Wyoming DE	1195	40	3 M 40-49	25:00.9	25:03.6	8:04/M
21	Frank Whittington	Middletown DE	1199	66	1 M 60-69	25:07.2	25:08.0	8:06/M
22	Benjamin Hollinger	Magnolia DE	1188	50	2 M 50-59	25:09.5	25:12.2	8:07/M
23	Brett Clarke		1183	18	3 M 15-19	25:19.1	25:21.5	8:10/M
24	Tricia Massey	Felton DE	1185	44	1 F 40-49	26:02.5	26:05.0	8:24/M
25	Bridget Hartigan	Dover DE	1141	22	2 F 20-29	26:29.7	26:36.0	8:33/M
26	Ron Niblett	Newark DE	1140	68	2 M 60-69	26:39.8	26:42.4	8:36/M
27	Colby Morris	Clayton DE	1163	13	4 M 11-14	27:34.1	27:38.4	8:54/M
28	Adrienne Yourek	Clayton DE	1205	38	2 F 30-39	27:47.9	27:54.5	8:58/M
29	Dean Bulford	Smyrna DE	1144	44	4 M 40-49	27:54.4	28:00.0	9:00/M
30	Melissa Richardson	Burke VA	1145	35	3 F 30-39	27:56.2	28:01.1	9:01/M
31	Thomas Richardson	Burke VA	1010	36	5 M 30-39	28:05.8	28:10.4	9:04/M
32	David Wyatt	Camden Wyoming DE	1148	17	4 M 15-19	28:14.9	28:15.7	9:06/M
33	Lon Sullivan	Wilmington DE	1104	46	5 M 40-49	28:27.2	28:32.8	9:11/M
34	Miae Ahn	Seoul	1194	28	3 F 20-29	28:40.9	28:42.7	9:15/M
35	Danielle Diede	Dover DE	1190	30	4 F 30-39	29:10.7	29:13.1	9:25/M
36	Brenda Ewing	Worton MD	1152	48	2 F 40-49	29:18.9	29:22.2	9:27/M
37	David Vance	Magnolia DE	1169	50	3 M 50-59	29:19.3	29:28.8	9:27/M
38	James Chervenak	Silver Spring MD	1110	47	6 M 40-49	29:57.2	30:03.3	9:40/M
39	Donald Baustert	Dover DE	1206	55	4 M 50-59	29:57.3	29:58.4	9:40/M
40	David Leavitt	Washington DC	1177	40	7 M 40-49	29:57.9	30:04.1	9:40/M
41	Arnelle Hughes	Dover DE	1167	40	3 F 40-49	30:07.3	30:12.6	9:43/M

42	Eric Evans	Newark DE	1192	22	2 M 20-29	30:33.5	30:35.7	9:51/M
43	Steve Saulsbury	Centreville MD	1213	54	5 M 50-59	30:51.5	30:55.1	9:57/M
44	Gregory Yourek	Clayton DE	1214	40	8 M 40-49	30:53.3	31:05.2	9:58/M
45	Austin Yourek	Clayton DE	1198	9	1 M 1-10	30:53.3	31:04.9	9:58/M
46	Elaine Nolan	Camden DE	1172	59	1 F 50-59	31:26.2	31:32.7	10:08/M
47	Robin Holt	Marydel MD	1160	52	2 F 50-59	31:31.8	31:37.8	10:10/M
48	Terry Wheeler	Queen Anne MD	1196	56	3 F 50-59	31:32.2	31:37.4	10:10/M
49	Bethany Pollert	Bismarck ND	1118	18	1 F 15-19	31:34.0	31:36.0	10:11/M
50	Bryan Clarke	Magnolia DE	1175	46	9 M 40-49	31:37.7	31:37.7	10:12/M
51	Amy Zook	Magnolia DE	1168	39	5 F 30-39	31:50.7	31:55.3	10:16/M
52	Sarah Leavitt	Silver Spring MD	1203	46	4 F 40-49	31:53.8	32:00.2	10:17/M
53	Brian Reynolds	Berlin MD	1112	26	3 M 20-29	32:05.4	32:08.9	10:21/M
54	Jennifer Boyer	Magnolia DE	1150	40	5 F 40-49	32:07.6	32:11.2	10:22/M
55	Janine Townsend	Magnolia DE	1109	49	6 F 40-49	32:07.6	32:11.2	10:22/M
56	Laura Barnas	Dover DE	1202	41	7 F 40-49	33:37.0	33:46.4	10:51/M
57	Bob Vawter	Clayton DE	1161	37	6 M 30-39	33:40.7	33:42.8	10:52/M
58	Marcia Woodward	Houston DE	1174	33	6 F 30-39	33:49.9	34:12.0	10:55/M
59	Sherrie Hill	Millington MD	1204	53	4 F 50-59	34:14.5	34:19.2	11:03/M
60	Leeann Waltz	Milton DE	1125	55	5 F 50-59	34:16.8	34:21.3	11:03/M
61	John Fiori	Felton DE	1170	46	10 M 40-49	34:56.6	35:03.1	11:16/M
62	Ian Flaherty	Magnolia DE	1114	14	5 M 11-14	35:04.0	35:06.2	11:19/M
63	Leon Brown	Middletown DE	1037	73	1 M 70-99	35:04.7	35:10.0	11:19/M
64	Larry Price	Middletown DE	1162	74	2 M 70-99	35:12.9	35:20.9	11:21/M
65	Marcus Woodward	Houston DE	1119	33	7 M 30-39	35:38.4	35:59.9	11:30/M
66	Leslie Cote	Smyrna DE	1132	53	6 F 50-59	36:42.5	36:49.8	11:50/M
67	Jennifer King	Dundalk MD	1106	41	8 F 40-49	36:46.4	36:57.6	11:52/M
68	April Anderson	Newark DE	1215	72	1 F 60-99	37:13.9	37:22.0	12:00/M
69	Cynthia Mangubat	Magnolia DE	1105	53	7 F 50-59	37:42.6	37:42.6	12:10/M
70	Melissa Allen	Camden DE	1171	49	9 F 40-49	38:19.6	38:22.7	12:22/M
71	Amy Lorenz	Millington MD	1212	51	8 F 50-59	38:38.1	38:44.2	12:28/M
72	Bruce Hubbard	Newark DE	1133	71	3 M 70-99	38:40.1	38:48.0	12:28/M
73	James Lacey	Bel Air MD	1201	53	6 M 50-59	39:06.7	39:10.9	12:37/M
74	Danielle Hufford	Smyrna DE	1157	29	4 F 20-29	39:06.9	39:12.2	12:37/M
75	Paul Wagner	Bel Air MD	1210	31	8 M 30-39	39:08.0	39:12.1	12:37/M
76	Lisa Kane	Dover DE	1193	53	9 F 50-59	39:09.1	39:17.8	12:38/M
77	Christina Dominick	Smyrna DE	1159	29	5 F 20-29	39:13.9	39:13.9	12:39/M
78	John Wheeler	Queen Anne MD	1136	57	7 M 50-59	39:24.3	39:29.9	12:43/M
79	Charles Matthews	Camden Wyoming DE	1128	69	3 M 60-69	39:41.3	39:49.9	12:48/M
80	Laura Holloway	Camden DE	1164	53	10 F 50-59	40:01.2	40:08.4	12:55/M
81	Angie Zalenski	Pemberton NJ	1186	34	7 F 30-39	42:08.7	42:12.3	13:35/M
82	Matt Hartigan	Dover DE	1217	54	8 M 50-59	42:09.5	42:16.3	13:36/M
83	Roberta Faircloth	Dover DE		59	11 F 50-59	43:05.9	43:18.4	13:54/M

5K Walk

Plc	Name	City	1116	Age	Age Plc	Chip	Gun Time	Pace
1	Karen Carson	Dover DE	1165	42	1 F 1-99	34:30.4	34:34.1	11:08/M
2	Don Zalenski	Magnolia DE	1216	71	1 M 1-99	35:40.5	35:43.9	11:30/M
3	Catherine Dryden	Middletown DE	1154	48	2 F 1-99	37:09.4	37:13.1	11:59/M
4	Adele Wagner	Bel Air MD	1117	61	3 F 1-99	37:10.5	37:19.7	11:59/M
5	Rodney Carson	Dover DE	1158	50	2 M 1-99	37:33.5	37:38.0	12:07/M
6	Tom Wagner	Bel Air MD	1155	59	3 M 1-99	40:08.5	40:18.9	12:57/M
7	Alison Wagner	Bel Air MD	1115	53	4 F 1-99	40:10.7	40:20.7	12:57/M

8	Bob Carroll	Milford DE	1131	78	4 M	1-99	43:17.3	43:22.2	13:58/M
9	Debbie Johnson	Middletown DE	1191	59	5 F	1-99	43:19.7	43:25.3	13:58/M
10	Douglass Lambert	Seaford DE	1122	61	5 M	1-99	43:53.4	44:01.9	14:09/M
11	Geraldine D'Allesandro	Magnolia DE	1129	57	6 F	1-99	44:02.0	44:11.7	14:12/M
12	William Holmes	Bel Air MD	1189	58	6 M	1-99	44:15.6	44:27.4	14:16/M
13	Carolbeth Lambert	Seaford DE	1156	64	7 F	1-99	45:29.6	45:36.8	14:40/M
14	Jessica Wagner	Bel Air MD	1187	34	8 F	1-99	47:42.2	47:52.4	15:23/M
15	Marie Hartigan	Dover DE	1166	55	9 F	1-99	50:28.2	50:36.3	16:17/M
16	Phyllis Zalenski	Magnolia DE	1176	68	10 F	1-99	50:55.2	51:03.3	16:25/M
17	Pamela Johnson	Ellendale DE	1142	53	11 F	1-99	51:33.0	51:45.2	16:38/M
18	Reneika Pettyjohn	Dover DE	1124	27	12 F	1-99	55:39.9	55:53.3	17:57/M
19	William Farley	Dover DE	1113	71	7 M	1-99	57:19.5	57:30.8	18:29/M
20	Andrew Braune	Newark DE	1137	51	8 M	1-99	57:22.5	57:31.6	18:30/M
21	Andrea Maucher	Dover DE	1208	50	13 F	1-99	58:04.7	58:18.8	18:44/M
22	Holly Fels	Dover DE	1209	21	14 F	1-99	1:03:22.4	1:03:32.3	20:26/M
23	Susan Betts	Dover DE	1111	56	15 F	1-99	1:03:25.5	1:03:34.9	20:27/M
24	Dionicia Bearse	Camden Wyoming DE	1134	78	16 F	1-99	1:03:30.2	1:03:33.9	20:29/M
25	Patricia Latham	Smyrna DE	1218	44	17 F	1-99	1:06:03.2	1:06:17.6	21:18/M
26	Lyra Lascano	Smyrna DE		46	18 F	1-99	1:06:17.1	1:06:17.1	21:23/M

Age Group Results

Female Champion

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Leah-Kate Lounsbury	Newark DE	30	5 19:45.4	19:45.4	6:22/M

Female Masters Champion

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	50	17 24:06.8	24:06.8	7:46/M

Female 15 to 19

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Bethany Pollert	Bismarck ND	18	49 31:34.0	31:36.0	10:11/M

Female 20 to 29

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Whitney Hora	Newark DE	24	8 21:23.6	21:25.2	6:54/M
2	Bridget Hartigan	Dover DE	28	25 26:29.7	26:36.0	8:33/M
3	Miae Ahn	Seoul	29	34 28:40.9	28:42.7	9:15/M
4	Danielle Hufford	Smyrna DE	29	74 39:06.9	39:12.2	12:37/M
5	Christina Dominick	Smyrna DE		77 39:13.9	39:13.9	12:39/M

Female 30 to 39

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Sarah Rusk	Wilmington DE	36	6 20:12.6	20:13.9	6:31/M
2	Adrienne Yourek	Clayton DE	35	28 27:47.9	27:54.5	8:58/M
3	Melissa Richardson	Burke VA	30	30 27:56.2	28:01.1	9:01/M

4	Danielle Diede	Dover DE	39	35	29:10.7	29:13.1	9:25/M
5	Amy Zook	Magnolia DE	33	51	31:50.7	31:55.3	10:16/M
6	Marcia Woodward	Houston DE	34	58	33:49.9	34:12.0	10:55/M
7	Angie Zalenski	Pemberton NJ		81	42:08.7	42:12.3	13:35/M

Female 40 to 49

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Tricia Massey	Felton DE	48	24	26:02.5	26:05.0	8:24/M
2	Brenda Ewing	Worton MD	40	36	29:18.9	29:22.2	9:27/M
3	Arnelle Hughes	Dover DE	46	41	30:07.3	30:12.6	9:43/M
4	Sarah Leavitt	Silver Spring MD	40	52	31:53.8	32:00.2	10:17/M
5	Jennifer Boyer	Magnolia DE	49	54	32:07.6	32:11.2	10:22/M
6	Janine Townsend	Magnolia DE	41	55	32:07.6	32:11.2	10:22/M
7	Laura Barnas	Dover DE	41	56	33:37.0	33:46.4	10:51/M
8	Jennifer King	Dundalk MD	49	67	36:46.4	36:57.6	11:52/M
9	Melissa Allen	Camden DE		70	38:19.6	38:22.7	12:22/M

Female 50 to 59

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Elaine Nolan	Camden DE	52	46	31:26.2	31:32.7	10:08/M
2	Robin Holt	Marydel MD	56	47	31:31.8	31:37.8	10:10/M
3	Terry Wheeler	Queen Anne MD	53	48	31:32.2	31:37.4	10:10/M
4	Sherrie Hill	Millington MD	55	59	34:14.5	34:19.2	11:03/M
5	Leeann Waltz	Milton DE	53	60	34:16.8	34:21.3	11:03/M
6	Leslie Cote	Smyrna DE	53	66	36:42.5	36:49.8	11:50/M
7	Cynthia Mangubat	Magnolia DE	51	69	37:42.6	37:42.6	12:10/M
8	Amy Lorenz	Millington MD	53	71	38:38.1	38:44.2	12:28/M
9	Lisa Kane	Dover DE	53	76	39:09.1	39:17.8	12:38/M
10	Laura Holloway	Camden DE	59	80	40:01.2	40:08.4	12:55/M
11	Roberta Faircloth	Dover DE		83	43:05.9	43:18.4	13:54/M

Female 60 and Over

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	April Anderson	Newark DE	72	68	37:13.9	37:22.0	12:00/M

Male Champion

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Mike O'Brian	Newark DE	27	1	17:01.4	17:01.4	5:29/M

Male Masters Champion

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	54	10	21:43.8	21:43.8	7:00/M

Male 10 and Under

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Austin Yourek	Clayton DE	9	45	30:53.3	31:04.9	9:58/M

Male 11 to 14

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Aziz Kane	Sicklerville NJ	14	7	20:40.4	20:41.0	6:40/M
2	Ethan Phillips	Whiteman Air Force Bas	13	15	23:41.9	23:43.7	7:38/M
3	Seth Flaherty	Camden Wyoming DE	13	16	23:43.8	23:45.3	7:39/M
4	Colby Morris	Clayton DE	14	27	27:34.1	27:38.4	8:54/M
5	Ian Flaherty	Magnolia DE		62	35:04.0	35:06.2	11:19/M

Male 15 to 19

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Drew Harris	Harrington DE	15	3	17:56.5	17:57.2	5:47/M
2	Joseph Grimaldi	Dover DE	18	19	24:56.4	24:57.8	8:03/M
3	Brett Clarke		17	23	25:19.1	25:21.5	8:10/M
4	David Wyatt	Camden Wyoming DE		32	28:14.9	28:15.7	9:06/M

Male 20 to 29

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Jared Fluck	Souderton PA	22	9	21:23.6	21:25.2	6:54/M
2	Eric Evans	Newark DE	26	42	30:33.5	30:35.7	9:51/M
3	Brian Reynolds	Berlin MD		53	32:05.4	32:08.9	10:21/M

Male 30 to 39

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Jesse Goodyear	Elkton MD	38	2	17:51.0	17:52.5	5:45/M
2	Michael Tiedeman	Upper Darby PA	34	4	19:26.0	19:27.8	6:16/M
3	Andrew Rosko	Camden Wyoming DE	34	12	22:34.5	22:35.4	7:17/M
4	David Trombello	Magnolia DE	36	13	22:42.1	22:44.1	7:19/M
5	Thomas Richardson	Burke VA	37	31	28:05.8	28:10.4	9:04/M
6	Bob Vawter	Clayton DE	33	57	33:40.7	33:42.8	10:52/M
7	Marcus Woodward	Houston DE	31	65	35:38.4	35:59.9	11:30/M
8	Paul Wagner	Bel Air MD		75	39:08.0	39:12.1	12:37/M

Male 40 to 49

Plc	Name	City	Age	Overa	Chip	Gun	Pace
1	Greg Massey	Felton DE	40	14	22:53.5	22:55.4	7:23/M
2	Matt Sparacino	Harrington DE	40	18	24:11.9	24:14.3	7:48/M
3	Rob Ridgeway	Camden Wyoming DE	44	20	25:00.9	25:03.6	8:04/M
4	Dean Bulford	Smyrna DE	46	29	27:54.4	28:00.0	9:00/M
5	Lon Sullivan	Wilmington DE	47	33	28:27.2	28:32.8	9:11/M
6	James Chervenak	Silver Spring MD	40	38	29:57.2	30:03.3	9:40/M
7	David Leavitt	Washington DC	40	40	29:57.9	30:04.1	9:40/M
8	Gregory Yourek	Clayton DE	46	44	30:53.3	31:05.2	9:58/M
9	Bryan Clarke	Magnolia DE	46	50	31:37.7	31:37.7	10:12/M
10	John Fiori	Felton DE		61	34:56.6	35:03.1	11:16/M

Male 50 to 59

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Steve Eshleman	Pequea PA	50	11 21:44.9	21:46.5	7:01/M
2	Benjamin Hollinger	Magnolia DE	50	22 25:09.5	25:12.2	8:07/M
3	David Vance	Magnolia DE	55	37 29:19.3	29:28.8	9:27/M
4	Donald Baustert	Dover DE	54	39 29:57.3	29:58.4	9:40/M
5	Steve Saulsbury	Centreville MD	53	43 30:51.5	30:55.1	9:57/M
6	James Lacey	Bel Air MD	57	73 39:06.7	39:10.9	12:37/M
7	John Wheeler	Queen Anne MD	54	78 39:24.3	39:29.9	12:43/M
8	Matt Hartigan	Dover DE		82 42:09.5	42:16.3	13:36/M

Male 60 to 69

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Frank Whittington	Middletown DE	66	21 25:07.2	25:08.0	8:06/M
2	Ron Niblett	Newark DE	69	26 26:39.8	26:42.4	8:36/M
3	Charles Matthews	Camden Wyoming DE		79 39:41.3	39:49.9	12:48/M

Male 70 and Over

Plc	Name	City	Age	Overa Chip	Gun	Pace
1	Leon Brown	Middletown DE	73	63 35:04.7	35:10.0	11:19/M
2	Larry Price	Middletown DE	74	64 35:12.9	35:20.9	11:21/M
3	Bruce Hubbard	Newark DE		72 38:40.1	38:48.0	12:28/M