

**Running the Mill Trail 5K**  
**Blair's Pond Nature Trail, Milford, DE**  
**Saturday, June 03, 2017**  
**Trisports Events Production**

**Overall Finish List**

**5K Run**

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Sean Saxton	Dover DE	807	19	1 Open	17:10.4	17:10.4	5:32/M
2	Dyce Bailey	Dover DE	757	18	1 M 15-19	18:24.4	18:24.4	5:56/M
3	Patrick Hoffman	Federica DE	627	49	1 Masters	18:55.9	18:55.9	6:06/M
4	Steven Eshelman	Lincoln DE	248	23	1 M 20-29	19:23.5	19:23.5	6:15/M
5	Robert Lupo	Marydel DE	793	42	1 M 40-49	20:12.4	20:12.4	6:31/M
6	Jamie Cantlon	Huntingtown MD	829	55	1 M 50-59	21:20.1	21:20.1	6:53/M
7	Janssen Pacarro	Milford DE	802	19	2 M 15-19	21:50.3	21:50.3	7:03/M
8	Emily Holstein	Felton DE	247	17	1 Open	22:39.7	22:39.7	7:18/M
9	Matthew Tetrick	Dover DE	811	30	1 M 30-39	23:54.2	23:54.2	7:43/M
10	Frank Whittington	Middletown DE	232	66	1 M 60-69	24:38.5	24:38.5	7:57/M
11	Troy Julian	Georgetown DE	785	14	1 M 11-14	25:15.9	25:15.9	8:09/M
12	Jason Langley	Milford DE	791	39	2 M 30-39	25:28.2	25:28.2	8:13/M
13	Micaela Hester	Santa Fe NM	777	36	1 F 30-39	25:43.1	25:43.1	8:18/M
14	Rob Ridgeway	Camden Wyoming DE	234	40	2 M 40-49	25:51.4	25:51.4	8:20/M
15	Robert Uebele	Milford DE	813	48	3 M 40-49	26:02.8	26:02.8	8:24/M
16	Drew Herbert	Milton DE	776	45	4 M 40-49	26:39.0	26:39.0	8:36/M
17	Morgan Logue	Clayton DE	797	18	1 F 15-19	26:41.2	26:41.2	8:36/M
18	Gabriel Wade	Santa Fe NM	814	41	5 M 40-49	26:55.8	26:55.8	8:41/M
19	Rob Hunter	Townsend DE	783	47	6 M 40-49	27:01.5	27:01.5	8:43/M
20	Jamie Pinkstaff	Lincoln DE	803	40	1 Masters	27:04.5	27:04.5	8:44/M
21	Marshal Capinpin	Dover DE	835	19	3 M 15-19	27:05.0	27:05.0	8:44/M
22	Penny Williams	Trappe MD	818	65	1 F 60-99	27:05.7	27:05.7	8:44/M
23	Patricia Metts	Milford DE	796	48	1 F 40-49	27:14.1	27:14.1	8:47/M
24	Kathy Francis	Camden DE	832	48	2 F 40-49	27:16.0	27:16.0	8:48/M
25	Eric Diffendall	Middletown DE	768	35	3 M 30-39	27:33.7	27:33.7	8:53/M
26	Parker Wells	Felton DE	226	8	1 M 1-10	27:33.7	27:33.7	8:53/M
27	Jude Butler	Salisbury MD	763	42	7 M 40-49	27:38.9	27:38.9	8:55/M
28	David Pulcinella	Milton DE	804	49	8 M 40-49	27:55.4	27:55.4	9:00/M
29	Tom Keating	Frankford DE	217	69	2 M 60-69	27:55.4	27:55.4	9:00/M
30	Randy Fisher	Milford DE	833	54	2 M 50-59	28:11.0	28:11.0	9:05/M
31	James Bourke	Selbyville DE	760	64	3 M 60-69	28:36.9	28:36.9	9:14/M
32	Alexis Jamison	Dover DE	784	64	2 F 60-99	28:52.9	28:52.9	9:19/M
33	Jade Carter	Milton DE	218	11	1 F 11-14	28:56.4	28:56.4	9:20/M
34	Jessica Haggerty	Milford DE	774	35	2 F 30-39	29:00.6	29:00.6	9:21/M
35	Adele Wagner	Bel Air MD	815	61	3 F 60-99	29:16.1	29:16.1	9:26/M
36	Steve Saulsbury	Centreville MD	625	54	3 M 50-59	29:29.2	29:29.2	9:31/M
37	Brenda Ewing	Worton MD	771	48	3 F 40-49	29:30.0	29:30.0	9:31/M
38	Julian Pons	Milton DE	222	13	2 M 11-14	31:01.8	31:01.8	10:00/M
39	Marcia Woodward	Houston DE	820	33	3 F 30-39	31:03.7	31:03.7	10:01/M
40	Elizabeth Morton	Milton DE	798	49	4 F 40-49	31:06.4	31:06.4	10:02/M
41	April Chestnut	Dover DE	765	26	1 F 20-29	31:08.3	31:08.3	10:03/M

42	Michel Di Gati	Magnolia DE	767	56	1 F 50-59	31:45.9	31:45.9	10:15/M
43	Liz Talley	Ocean View DE	810	42	5 F 40-49	31:52.9	31:52.9	10:17/M
44	Caitlyn Timko	Dover DE	574	26	2 F 20-29	31:57.9	31:57.9	10:18/M
45	Karin Ryndak	Felton DE	207	45	6 F 40-49	32:30.0	32:30.0	10:29/M
46	Kaden Koch	Middletown DE	787	7	2 M 1-10	32:38.6	32:38.6	10:32/M
47	Haley Timko	Georgetown DE	573	20	3 F 20-29	34:28.1	34:28.1	11:07/M
48	Deby Evans	Milton DE	769	46	7 F 40-49	34:40.1	34:40.1	11:11/M
49	Earlene Bouchat	Lincoln DE	759	43	8 F 40-49	34:45.8	34:45.8	11:13/M
50	Neil Baker	Ocean City MD	758	69	4 M 60-69	35:27.6	35:27.6	11:26/M
51	Larry Price	Middletown DE	231	74	1 M 70-99	35:49.2	35:49.2	11:33/M
52	Tony Hall	Dover DE	775	51	4 M 50-59	36:45.0	36:45.0	11:51/M
53	Marcus Woodward	Houston DE	821	33	4 M 30-39	36:45.1	36:45.1	11:51/M
54	Mary Walsh	Dover DE	576	61	4 F 60-99	36:49.0	36:49.0	11:53/M
55	Ryan Koch	Middletown DE	788	41	9 M 40-49	36:50.8	36:50.8	11:53/M
56	Logen Hunter	Townsend DE	782	15	4 M 15-19	37:01.3	37:01.3	11:56/M
57	Ethan Hunter	Townsend DE	781	14	3 M 11-14	37:01.6	37:01.6	11:56/M
58	Kit Schmulling	Houston DE	808	36	4 F 30-39	37:06.2	37:06.2	11:58/M
59	Chloe Butler	Salisbury MD	762	29	4 F 20-29	37:12.0	37:12.0	12:00/M
60	Charlie Koch	Middletown DE	786	6	3 M 1-10	37:30.4	37:30.4	12:06/M
61	Dawn Hunter	Townsend DE	780	50	2 F 50-59	37:38.7	37:38.7	12:08/M
62	Emily Fisher	Felton DE	834	23	5 F 20-29	37:54.8	37:54.8	12:14/M
63	Alexis Ray	Camden Wyoming DE	704	37	5 F 30-39	40:56.4	40:56.4	13:12/M
64	Angelita Mosley	Frederica DE	799	33	6 F 30-39	41:08.5	41:08.5	13:16/M
65	Melissa Allen	Camden Wyoming DE	756	49	9 F 40-49	41:23.0	41:23.0	13:21/M
66	Michaela Young	Salisbury MD	826	36	7 F 30-39	41:30.0	41:30.0	13:23/M
67	Marianne Timko	Georgetown DE	575	53	3 F 50-59	41:51.3	41:51.3	13:30/M
68	Shelley Koch	Middletown DE	789	41	10 F 40-49	42:01.3	42:01.3	13:33/M
69	Charles Matthews	Camden Wyoming DE	794	69	5 M 60-69	42:12.4	42:12.4	13:37/M
70	Thomas Molin	Townsend DE	229	65	6 M 60-69	44:05.0	44:05.0	14:13/M
71	Zoe Woodward	Houston DE	824	6	1 F 1-10	44:39.8	44:39.8	14:24/M
72	Olivia Woodward	Houston DE	822	4	2 F 1-10	44:41.1	44:41.1	14:25/M
73	Diana Woodward	Harrington DE	819	60	5 F 60-99	45:15.3	45:15.3	14:36/M
74	Carrie Robinson	Dover DE	805	51	4 F 50-59	47:35.9	47:35.9	15:21/M

### 5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Ron Salvio	Whiting NJ	806	68	1 M 1-99	34:08.0	34:08.0	11:01/M
2	Don Zalenski	Magnolia DE	827	71	2 M 1-99	37:49.5	37:49.5	12:12/M
3	Amy Huff	Milton DE	779	40	1 F 1-99	42:47.6	42:47.6	13:48/M
4	Paul Wagner	Bel Air MD	817	31	3 M 1-99	43:07.3	43:07.3	13:55/M
5	James Lacey	Bel Air MD	790	53	4 M 1-99	43:07.7	43:07.7	13:55/M
6	Debbie Johnson	Middletown DE	233	58	2 F 1-99	45:19.3	45:19.3	14:37/M
7	William Holmes	Bel Air MD	778	58	5 M 1-99	46:11.6	46:11.6	14:54/M
8	Jessica Wagner	Bel Air MD	816	34	3 F 1-99	48:02.2	48:02.2	15:30/M
9	Mike Wells	Felton DE	230	43	6 M 1-99	48:02.4	48:02.4	15:30/M
10	Terry Woodward	Harrington DE	823	61	7 M 1-99	53:30.4	53:30.4	17:15/M
11	Phyllis Zalenski	Magnolia DE	828	66	4 F 1-99	53:32.7	53:32.7	17:16/M
12	Joann Uebele	Milford DE	812	73	5 F 1-99	53:34.3	53:34.3	17:17/M
13	Suzanne Caputo	Milford DE	764	51	6 F 1-99	53:34.9	53:34.9	17:17/M
14	Katie Megee	Georgetown DE	795	45	7 F 1-99	54:12.6	54:12.6	17:29/M
15	Mary Buck	Milton DE	761	61	8 F 1-99	54:12.7	54:12.7	17:29/M
16	Emilee Van Denheuvel	Felton DE	830	7	9 F 1-99	1:01:05.1	1:01:05.1	19:42/M

17 Kenneth Van Denheuvel Felton DE 831 45 8 M 1-99 1:01:05.3 1:01:05.3 19:42/M

## Age Group Results

### Female Champion

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Emily Holstein	Felton DE	17	8 22:39.7	22:39.7	7:18/M

### Female Masters Champion

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Jamie Pinkstaff	Lincoln DE	40	20 27:04.5	27:04.5	8:44/M

### Female 10 and Under

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Zoe Woodward	Houston DE	6	71 44:39.8	44:39.8	14:24/M
2	Olivia Woodward	Houston DE	4	72 44:41.1	44:41.1	14:25/M

### Female 11 to 14

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Jade Carter	Milton DE	11	33 28:56.4	28:56.4	9:20/M

### Female 15 to 19

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Morgan Logue	Clayton DE	18	17 26:41.2	26:41.2	8:36/M

### Female 20 to 29

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	April Chestnut	Dover DE	26	41 31:08.3	31:08.3	10:03/M
2	Caitlyn Timko	Dover DE	26	44 31:57.9	31:57.9	10:18/M
3	Haley Timko	Georgetown DE	20	47 34:28.1	34:28.1	11:07/M
4	Chloe Butler	Salisbury MD	29	59 37:12.0	37:12.0	12:00/M
5	Emily Fisher	Felton DE	23	62 37:54.8	37:54.8	12:14/M

### Female 30 to 39

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Micaela Hester	Santa Fe NM	36	13 25:43.1	25:43.1	8:18/M
2	Jessica Haggerty	Milford DE	35	34 29:00.6	29:00.6	9:21/M
3	Marcia Woodward	Houston DE	33	39 31:03.7	31:03.7	10:01/M
4	Kit Schmulling	Houston DE	36	58 37:06.2	37:06.2	11:58/M
5	Alexis Ray	Camden Wyoming DE	37	63 40:56.4	40:56.4	13:12/M
6	Angelita Mosley	Frederica DE	33	64 41:08.5	41:08.5	13:16/M
7	Michaela Young	Salisbury MD	36	66 41:30.0	41:30.0	13:23/M

### Female 40 to 49

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Patricia Metts	Milford DE	48	23 27:14.1	27:14.1	8:47/M
2	Kathy Francis	Camden DE	48	24 27:16.0	27:16.0	8:48/M
3	Brenda Ewing	Worton MD	48	37 29:30.0	29:30.0	9:31/M
4	Elizabeth Morton	Milton DE	49	40 31:06.4	31:06.4	10:02/M
5	Liz Talley	Ocean View DE	42	43 31:52.9	31:52.9	10:17/M
6	Karin Ryndak	Felton DE	45	45 32:30.0	32:30.0	10:29/M
7	Deby Evans	Milton DE	46	48 34:40.1	34:40.1	11:11/M
8	Earlene Bouchat	Lincoln DE	43	49 34:45.8	34:45.8	11:13/M
9	Melissa Allen	Camden Wyoming DE	49	65 41:23.0	41:23.0	13:21/M
10	Shelley Koch	Middletown DE	41	68 42:01.3	42:01.3	13:33/M

#### Female 50 to 59

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Michel Di Gati	Magnolia DE	56	42 31:45.9	31:45.9	10:15/M
2	Dawn Hunter	Townsend DE	50	61 37:38.7	37:38.7	12:08/M
3	Marianne Timko	Georgetown DE	53	67 41:51.3	41:51.3	13:30/M
4	Carrie Robinson	Dover DE	51	74 47:35.9	47:35.9	15:21/M

#### Female 60 and Over

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Penny Williams	Trappe MD	65	22 27:05.7	27:05.7	8:44/M
2	Alexis Jamison	Dover DE	64	32 28:52.9	28:52.9	9:19/M
3	Adele Wagner	Bel Air MD	61	35 29:16.1	29:16.1	9:26/M
4	Mary Walsh	Dover DE	61	54 36:49.0	36:49.0	11:53/M
5	Diana Woodward	Harrington DE	60	73 45:15.3	45:15.3	14:36/M

#### Male Champion

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Sean Saxton	Dover DE	19	1 17:10.4	17:10.4	5:32/M

#### Male Masters Champion

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Patrick Hoffman	Federica DE	49	3 18:55.9	18:55.9	6:06/M

#### Male 10 and Under

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Parker Wells	Felton DE	8	26 27:33.7	27:33.7	8:53/M
2	Kaden Koch	Middletown DE	7	46 32:38.6	32:38.6	10:32/M
3	Charlie Koch	Middletown DE	6	60 37:30.4	37:30.4	12:06/M

#### Male 11 to 14

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Troy Julian	Georgetown DE	14	11 25:15.9	25:15.9	8:09/M
2	Julian Pons	Milton DE	13	38 31:01.8	31:01.8	10:00/M

3	Ethan Hunter	Townsend DE	14	57	37:01.6	37:01.6	11:56/M
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**Male 15 to 19**

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Dyce Bailey	Dover DE	18	2 18:24.4	18:24.4	5:56/M
2	Janssen Pacarro	Milford DE	19	7 21:50.3	21:50.3	7:03/M
3	Marshal Capinpin	Dover DE	19	21 27:05.0	27:05.0	8:44/M
4	Logen Hunter	Townsend DE	15	56 37:01.3	37:01.3	11:56/M

**Male 20 to 29**

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Steven Eshelman	Lincoln DE	23	4 19:23.5	19:23.5	6:15/M

**Male 30 to 39**

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Matthew Tetrick	Dover DE	30	9 23:54.2	23:54.2	7:43/M
2	Jason Langley	Milford DE	39	12 25:28.2	25:28.2	8:13/M
3	Eric Diffendall	Middletown DE	35	25 27:33.7	27:33.7	8:53/M
4	Marcus Woodward	Houston DE	33	53 36:45.1	36:45.1	11:51/M

**Male 40 to 49**

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Robert Lupo	Marydel DE	42	5 20:12.4	20:12.4	6:31/M
2	Rob Ridgeway	Camden Wyoming DE	40	14 25:51.4	25:51.4	8:20/M
3	Robert Uebele	Milford DE	48	15 26:02.8	26:02.8	8:24/M
4	Drew Herbert	Milton DE	45	16 26:39.0	26:39.0	8:36/M
5	Gabriel Wade	Santa Fe NM	41	18 26:55.8	26:55.8	8:41/M
6	Rob Hunter	Townsend DE	47	19 27:01.5	27:01.5	8:43/M
7	Jude Butler	Salisbury MD	42	27 27:38.9	27:38.9	8:55/M
8	David Pulcinella	Milton DE	49	28 27:55.4	27:55.4	9:00/M
9	Ryan Koch	Middletown DE	41	55 36:50.8	36:50.8	11:53/M

**Male 50 to 59**

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Jamie Cantlon	Huntingtown MD	55	6 21:20.1	21:20.1	6:53/M
2	Randy Fisher	Milford DE	54	30 28:11.0	28:11.0	9:05/M
3	Steve Saulsbury	Centreville MD	54	36 29:29.2	29:29.2	9:31/M
4	Tony Hall	Dover DE	51	52 36:45.0	36:45.0	11:51/M

**Male 60 to 69**

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Frank Whittington	Middletown DE	66	10 24:38.5	24:38.5	7:57/M
2	Tom Keating	Frankford DE	69	29 27:55.4	27:55.4	9:00/M
3	James Bourke	Selbyville DE	64	31 28:36.9	28:36.9	9:14/M
4	Neil Baker	Ocean City MD	69	50 35:27.6	35:27.6	11:26/M
5	Charles Matthews	Camden Wyoming DE	69	69 42:12.4	42:12.4	13:37/M

6	Thomas Molin	Townsend DE	65	70	44:05.0	44:05.0	14:13/M
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**Male 70 and Over**

Plc	Name	City	Age	O'all Chip	Gun	Pace
1	Larry Price	Middletown DE	74	51 35:49.2	35:49.2	11:33/M