

Cougars for a Cause 5K Run/Walk

Benefits: Ben Knapp's Medical Fund

Saturday, April 27, 2019 - Sunny - Very Windy - 60 Degrees

A Trisports Events Production

5K Run In Finish Order

PL	Name	City	Bib	Age	Age PL	Chip	Gun
1	Michael Rodriguez	Camden Wyoming DE	1786	17	1:Open	18:56.2	18:56.2
2	Steve Wheeler	Still Pond MD	1796	35	1:M 30-39	20:41.4	20:42.2
3	David Trombello	Magnolia DE	1772	36	2:M 30-39	21:02.7	21:03.6
4	Mason Greene	Dover DE	1784	17	1:M 15-19	22:35.5	22:36.4
5	Brendan Coyle	Camden Wyoming DE	1747	17	2:M 15-19	22:53.9	22:54.8
6	Jonathan Mullin	Dover DE	1976	21	1:M 20-29	23:03.7	23:07.0
7	Cole Greene	Dover DE	1783	15	3:M 15-19	23:03.8	23:04.7
8	Dante Daniel, Jr	Absecon NJ	1979	20	2:M 20-29	23:09.6	23:10.4
9	Todd Carmean	Bridgeville DE	1792	56	1:Masters	23:14.0	23:14.0
10	Tom Felice		1753	42	1:M 40-49	23:25.8	23:28.1
11	Coray Williams	Dover DE	1980	21	3:M 20-29	23:45.0	23:48.0
12	Frank Whittington		1774	68	1:M 60-69	23:48.4	23:49.3
13	Chase Greene		1782	11	1:M 11-14	24:35.0	24:35.9
14	Paul Wrobel		1777	38	3:M 30-39	24:38.7	24:41.9
15	Jason Fehrle	Wilmington DE	1752	41	2:M 40-49	24:50.3	24:58.6
16	Woody Disharoon	Laurel DE	1750	70	1:M 70-99	25:30.3	25:35.7
17	Gustavo Aguilar	Chestertown MD	1981	50	1:M 50-59	26:01.1	26:04.8
18	Ian Fox	Dover DE	1754	35	4:M 30-39	26:58.5	27:02.6
19	Lauren Wolfe	Dover DE	1775	19	1:Open	27:07.9	27:07.9
20	Amir Holly		1756	19	4:M 15-19	27:50.0	27:57.2
21	Michelle Cote		1746	49	1:Masters	27:57.3	27:57.3
22	Ron Salvio	Whiting NJ	1860	70	2:M 70-99	28:08.8	28:12.8
23	Quade Cummings		1749	9	1:M 1-10	28:19.7	28:20.6
24	Bill Brokenbrough	Clayton DE	1988	60	2:M 60-69	29:19.8	29:28.1
25	Tanya Karaman	Smyrna DE	1757	48	1:F 40-49	29:25.9	29:28.9
26	Emma Knapp	Dover DE	1758	15	1:F 15-19	30:17.8	30:18.7
27	Samantha Pennewell	Smyrna DE	1798	31	1:F 30-39	30:37.6	30:47.3
28	Heidi Greene	Dover DE	1785	45	2:F 40-49	32:32.3	32:39.9
29	Tavion Jones-Hill	Newark DE	1969	19	5:M 15-19	32:35.3	32:38.9
30	Shawn Ellis	Dover DE	1751	43	3:M 40-49	32:44.7	32:48.9
31	Shannon Wrobel		1778	35	2:F 30-39	33:07.2	33:17.5
32	David Greene	Dover DE	1788	49	4:M 40-49	33:32.7	33:35.4
33	Marc Cote		1745	52	2:M 50-59	33:40.4	33:49.6
34	Lori Ryan		1767	28	1:F 20-29	33:49.5	34:00.2
35	Michele Cummings	Dover DE	1748	42	3:F 40-49	33:49.8	33:53.9
36	Jason Carlton		1743	40	5:M 40-49	33:50.3	34:00.5
37	Samantha Jacobs	Dover DE	1799	32	3:F 30-39	33:58.0	34:09.0
38	Lisa Kane	Dover DE	1800	55	1:F 50-59	34:06.6	34:10.4
39	Rosita Burton	Lincoln DE	1741	47	4:F 40-49	34:39.3	34:49.0
40	Ryan Purnell	Smyrna DE	1765	18	6:M 15-19	34:57.9	35:01.4
41	John Fiori	Felton DE	1795	48	6:M 40-49	35:05.1	35:19.0
42	Jennifer Boland	Harrington DE	1790	43	5:F 40-49	35:09.6	35:26.5

43	Alexis Ray	Camden Wyoming DE	1789	39	4:F 30-39	35:46.6	35:51.7
44	Katie Christiansen	Dover DE	1744	29	2:F 20-29	36:04.4	36:19.6
45	Toni Hendricks	Dover DE	1983	36	5:F 30-39	36:08.3	36:15.2
46	Mickey Weis		1773	15	7:M 15-19	36:12.5	36:21.5
47	Skyler Robbins	Newark DE	1797	23	4:M 20-29	36:13.0	36:19.3
48	Mike Canevari	Milford DE	1742	58	3:M 50-59	37:50.2	37:50.2
49	Cathy Seeney	Dover DE	1768	42	6:F 40-49	38:52.6	39:09.9
50	Kelly Purnell	Smyrna DE	1764	21	3:F 20-29	38:59.1	39:02.8
51	Allison Tarver	Ravenna OH	1771	49	7:F 40-49	41:07.1	41:09.6
52	Myah Samonte	Dover DE	1982	10	1:F 1-10	42:27.9	42:29.8
53	Charles Matthews		1760	71	3:M 70-99	43:56.8	44:02.9
54	Olivia Woodward	Houston DE	1985	6	2:F 1-10	44:10.6	44:17.0
55	Marcia Woodward	Houston DE	1987	35	6:F 30-39	44:10.7	44:17.1
56	Sandra Ramsdell	Dover DE	1766	29	4:F 20-29	44:31.4	44:48.0
57	Zoe Woodward	Houston DE	1986	8	3:F 1-10	48:01.1	48:07.9
58	Ivy Woodward	Houston DE	1984	4	4:F 1-10	48:01.9	48:08.2
59	Diana Woodward		1776	62	1:F 60-99	48:24.9	48:31.1
60	Emma Zeitler	Clayton DE	1780	17	2:F 15-19	49:41.5	49:45.6
61	Heather Zeitler	Clayton DE	1781	41	8:F 40-49	49:41.5	49:45.6
62	Lena Boland	Harrington DE	1791	12	1:F 11-14	54:19.6	54:36.8
63	Vickie Vlachos	Camden Wyoming DE	1793	55	2:F 50-59	57:36.8	58:01.0
64	Chris Nickle	Camden Wyoming DE	1794	22	5:M 20-29	57:37.3	58:00.7
SQ	Kate Murphy	Dover DE	1762	45	F 40-49	26:54.8	27:15.5

5K Walk In Finish Order

PL	Name	City	Bib	Age	Age PLC	Chip	Gun
1	Don Zalenski		1863	73	1:M Male 9!	36:39.0	36:43.1
2	Hoong Chow		1850	59	2:M Male 9!	39:24.9	39:25.8
3	Taffi Lang	Dover DE	1858	49	1:F Female 40!	40:36.5	40:43.5
4	Alan Firlein		1852	80	3:M Male 9!	40:36.9	40:43.7
5	June Jarrell	Smyrna DE	1854	61	2:F Female 41!	41:04.9	41:27.0
6	Beth Hesterman	Camden Wyoming DE	1391	52	3:F Female 41!	41:53.5	42:04.4
7	Tom Molin	Townsend DE	1371	66	4:M Male 9!	42:09.8	42:21.5
8	Ibeth Boxtton	Felton DE	1847	44	4:F Female 43!	43:21.3	43:26.3
9	Jasmine Malone	Dover DE	1393	10	5:F Female 45!	45:07.2	45:18.1
10	Brian Hendricks	Dover DE	1853	41	5:M Male 9!	45:35.3	45:36.1
11	Keith Warne	Dover DE	1388	63	6:M Male 9!	46:27.1	46:32.7
12	Lori Kenton	Woodside DE	1857	54	6:F Female 47!	47:18.0	47:39.5
13	Halle Keighton	Essex MD	1855	23	7:F Female 47!	47:29.5	47:43.3
14	Steve Keighton	Blacksburg VA	1856	55	7:M Male 9!	47:33.2	47:47.6
15	Christopher McCalister	Camden Wyoming DE	1387	17	8:M Male 9!	48:33.6	48:54.1
16	Stone Seip	Magnolia DE	1386	16	9:M Male 9!	48:34.0	48:54.3
17	Phyllis Zalenski		1864	70	8:F Female 49!	49:03.7	49:11.1
18	Shymeree Vessels	Seaford DE	1383	20	10:M Male !	49:53.2	50:07.5
19	Kristina Wells	Sayreville NJ	1384	19	9:F Female 49!	49:53.2	50:07.5
20	Ian Carlton		1848	15	11:M Male !	51:18.5	51:31.1
21	Julie Carlton		1849	42	10:F Femal	51:18.5	51:31.1
22	Joe Bottiglien	Harbeson DE	1389	70	12:M Male !	52:01.1	52:16.8
23	Celeste Bishop	Felton DE	1382	52	11:F Femal	55:27.2	55:45.3
24	Meg Garey	Wilmington DE	1376	38	12:F Femal	55:27.4	55:44.8
25	Terry Woodward		1862	63	13:M Male !	55:30.0	55:35.5

26	Erin Bishop	Dover DE	1385	16	13:F Femal	55:33.6	55:48.0
27	Jordan Batey	Dover DE	1392	16	14:M Male	55:34.3	55:48.6
28	Lisa Weis		1861	55	14:F Femal	56:00.4	56:18.9
29	Bonnie Ingram-Grubb		1390	63	15:F Femal	56:02.2	56:20.6
30	Karen Flicker	Harrington DE	1379	62	16:F Femal	56:02.4	56:20.8
31	Nicolette Bell	Magnolia DE	1373	18	17:F Femal	56:31.3	56:52.0
32	Christian Cote		1851	17	15:M Male	56:31.4	56:51.9
33	Marybeth Schwenke	Hampstead MD	1666	55	18:F Femal	57:23.0	57:46.6
34	Jennifer Schiller	Wilmington DE	1690	51	19:F Femal	57:23.1	57:47.1
35	Craig Pettit	DE	1396	25	16:M Male	58:58.7	58:58.7
36	Erica Hamilton	Belcamp MD	1395	31	20:F Femal	58:59.5	58:59.5
37	Addison Malone	Dover DE	1394	6	21:F Femal	58:59.9	59:10.5
38	Karen Tisher	Dover DE	1370	65	22:F Femal	1:02:55.8	1:03:15.2
39	Bamdad Bahar	Georgetown DE	1369	56	17:M Male	1:02:55.9	1:03:15.3

Age Group Results

Female Champion

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Lauren Wolfe	Dover DE	19	19 27:07.9	27:07.9	5:50/M

Female Masters Champion

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Michelle Cote		49	21 27:57.3	27:57.3	6:01/M

Female 10 and Under

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Myah Samonte	Dover DE	10	52 42:27.9	42:29.8	9:08/M
2 Olivia Woodward	Houston DE	6	54 44:10.6	44:17.0	9:31/M
3 Zoe Woodward	Houston DE	8	57 48:01.1	48:07.9	10:21/M
4 Ivy Woodward	Houston DE	4	58 48:01.9	48:08.2	10:21/M

Female 11 to 14

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Lena Boland	Harrington DE	12	62 54:19.6	54:36.8	11:45/M

Female 15 to 19

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Emma Knapp	Dover DE	15	26 30:17.8	30:18.7	6:31/M
2 Emma Zeitler	Clayton DE	17	60 49:41.5	49:45.6	10:42/M

Female 20 to 29

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Lori Ryan		28	34 33:49.5	34:00.2	7:19/M
2 Katie Christiansen	Dover DE	29	44 36:04.4	36:19.6	7:49/M

3	Kelly Purnell	Smyrna DE	21	50	38:59.1	39:02.8	8:24/M
4	Sandra Ramsdell	Dover DE	29	56	44:31.4	44:48.0	9:38/M

Female 30 to 39

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Samantha Pennewell	Smyrna DE	31	27 30:37.6	30:47.3	6:37/M
2 Shannon Wrobel		35	31 33:07.2	33:17.5	7:09/M
3 Samantha Jacobs	Dover DE	32	37 33:58.0	34:09.0	7:21/M
4 Alexis Ray	Camden Wyoming DE	39	43 35:46.6	35:51.7	7:43/M
5 Toni Hendricks	Dover DE	36	45 36:08.3	36:15.2	7:48/M
6 Marcia Woodward	Houston DE	35	55 44:10.7	44:17.1	9:31/M

Female 40 to 49

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Tanya Karaman	Smyrna DE	48	25 29:25.9	29:28.9	6:20/M
2 Heidi Greene	Dover DE	45	28 32:32.3	32:39.9	7:01/M
3 Michele Cummings	Dover DE	42	35 33:49.8	33:53.9	7:17/M
4 Rosita Burton	Lincoln DE	47	39 34:39.3	34:49.0	7:29/M
5 Jennifer Boland	Harrington DE	43	42 35:09.6	35:26.5	7:37/M
6 Cathy Seeney	Dover DE	42	49 38:52.6	39:09.9	8:25/M
7 Allison Tarver	Ravenna OH	49	51 41:07.1	41:09.6	8:51/M
8 Heather Zeitler	Clayton DE	41	61 49:41.5	49:45.6	10:42/M
SD Kate Murphy	Dover DE	45	DQ 26:54.8	27:15.5	5:52/M

Female 50 to 59

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Lisa Kane	Dover DE	55	38 34:06.6	34:10.4	7:21/M
2 Vickie Vlachos	Camden Wyoming DE	55	63 57:36.8	58:01.0	12:29/M

Female 60 and Over

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Diana Woodward		62	59 48:24.9	48:31.1	10:26/M

Male Champion

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Michael Rodriguez	Camden Wyoming DE	17	1 18:56.2	18:56.2	4:04/M

Male Masters Champion

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Todd Carmean	Bridgeville DE	56	9 23:14.0	23:14.0	5:00/M

Male 10 and Under

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Quade Cummings		9	23 28:19.7	28:20.6	6:06/M

Male 11 to 14

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Chase Greene		11	13 24:35.0	24:35.9	5:17/M

Male 15 to 19

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Mason Greene	Dover DE	17	4 22:35.5	22:36.4	4:52/M
2 Brendan Coyle	Camden Wyoming DE	17	5 22:53.9	22:54.8	4:55/M
3 Cole Greene	Dover DE	15	7 23:03.8	23:04.7	4:58/M
4 Amir Holly		19	20 27:50.0	27:57.2	6:01/M
5 Tavion Jones-Hill	Newark DE	19	29 32:35.3	32:38.9	7:01/M
6 Ryan Purnell	Smyrna DE	18	40 34:57.9	35:01.4	7:32/M
7 Mickey Weis		15	46 36:12.5	36:21.5	7:49/M

Male 20 to 29

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Jonathan Mullin	Dover DE	21	6 23:03.7	23:07.0	4:58/M
2 Dante Daniel, Jr	Absecon NJ	20	8 23:09.6	23:10.4	4:59/M
3 Coray Williams	Dover DE	21	11 23:45.0	23:48.0	5:07/M
4 Skyler Robbins	Newark DE	23	47 36:13.0	36:19.3	7:49/M
5 Chris Nickle	Camden Wyoming DE	22	64 57:37.3	58:00.7	12:28/M

Male 30 to 39

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Steve Wheeler	Still Pond MD	35	2 20:41.4	20:42.2	4:27/M
2 David Trombello	Magnolia DE	36	3 21:02.7	21:03.6	4:32/M
3 Paul Wrobel		38	14 24:38.7	24:41.9	5:18/M
4 Ian Fox	Dover DE	35	18 26:58.5	27:02.6	5:49/M

Male 40 to 49

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Tom Felice		42	10 23:25.8	23:28.1	5:03/M
2 Jason Fehrle	Wilmington DE	41	15 24:50.3	24:58.6	5:22/M
3 Shawn Ellis	Dover DE	43	30 32:44.7	32:48.9	7:03/M
4 David Greene	Dover DE	49	32 33:32.7	33:35.4	7:13/M
5 Jason Carlton		40	36 33:50.3	34:00.5	7:19/M
6 John Fiori	Felton DE	48	41 35:05.1	35:19.0	7:36/M

Male 50 to 59

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Gustavo Aguilar	Chestertown MD	50	17 26:01.1	26:04.8	5:36/M
2 Marc Cote		52	33 33:40.4	33:49.6	7:16/M
3 Mike Canevari	Milford DE	58	48 37:50.2	37:50.2	8:08/M

Male 60 to 69

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Frank Whittington		68	12 23:48.4	23:49.3	5:07/M
2 Bill Brokenbrough	Clayton DE	60	24 29:19.8	29:28.1	6:20/M

Male 70 and Over

PLC Name	City	Age	O'all Chip	Gun	Pace
1 Woody Disharoon	Laurel DE	70	16 25:30.3	25:35.7	5:30/M
2 Ron Salvio	Whiting NJ	70	22 28:08.8	28:12.8	6:04/M
3 Charles Matthews		71	53 43:56.8	44:02.9	9:28/M