

Footloose & Fancy Free 5K Run/Walk
In Memory of Cindy Canevari
Benefits: Make a Wish Delaware
Wild Quail Country Club - Wyoming, DE
Saturday, August 28, 2021 - Humid - 80 Degrees
Trisports Events Production

5K Run

| PLC | Name | City | Bib No | Age | Age PLC | Chip | Gun | Pace |
|-----|--------------------|-------------------|--------|-----|-----------|---------|---------|---------|
| 1 | Matt Sparacino | Harrington DE | 1459 | 43 | 1:Open | 18:59.7 | 18:59.8 | 6:08/M |
| 2 | Eric Lewis | Camden DE | 1388 | 11 | 1:M 11-14 | 20:55.0 | 20:56.8 | 6:45/M |
| 3 | Chris Brighton | Milford DE | 1455 | 34 | 1:M 30-39 | 22:36.3 | 22:39.5 | 7:19/M |
| 4 | Jaime Cantlon | Huntingtown MD | 1461 | 59 | 1:Masters | 22:41.8 | 22:41.9 | 7:19/M |
| 5 | Gregory Smith | Bear DE | 1441 | 46 | 1:M 40-49 | 22:49.3 | 22:51.3 | 7:22/M |
| 6 | Duane Christy | Havre De Grace MD | 1422 | 58 | 1:M 50-59 | 22:53.9 | 22:54.0 | 7:23/M |
| 7 | Jon Harris | Frederica DE | 1464 | 53 | 2:M 50-59 | 23:18.2 | 23:19.8 | 7:32/M |
| 8 | Braedon Higbee | Dover DE | 1428 | 15 | 1:M 15-19 | 24:23.5 | 24:23.7 | 7:52/M |
| 9 | Abigail Malazarte | Bear DE | 1457 | 21 | 1:Open | 25:48.3 | 25:49.9 | 8:20/M |
| 10 | Peter Wadsworth | Dover DE | 1446 | 53 | 3:M 50-59 | 26:58.1 | 27:22.1 | 8:50/M |
| 11 | Frank Whittington | Middletown DE | 1449 | 70 | 1:M 70-99 | 27:33.9 | 27:38.3 | 8:55/M |
| 12 | Nina Smeltzer | Bel Air MD | 1440 | 62 | 1:Masters | 28:37.8 | 28:40.6 | 9:15/M |
| 13 | Rose Ann Smith | Bear DE | 1442 | 57 | 1:F 50-59 | 29:23.6 | 29:28.3 | 9:30/M |
| 14 | David Eicken | Golden IL | 1424 | 71 | 2:M 70-99 | 30:25.7 | 30:29.5 | 9:50/M |
| 15 | Mark Snyder | Denton MD | 1443 | 52 | 4:M 50-59 | 31:26.8 | 31:35.0 | 10:11/M |
| 16 | Christopher Cattie | Camden Wyoming DE | 1418 | 43 | 2:M 40-49 | 32:02.2 | 32:04.9 | 10:21/M |
| 17 | Chris Cattie | Camden Wyoming DE | 1417 | 10 | 1:M 1-10 | 33:34.8 | 33:37.6 | 10:51/M |
| 18 | Emily Chesser | Dover DE | 1419 | 15 | 1:F 15-19 | 35:18.2 | 35:27.9 | 11:26/M |
| 19 | Vincent Pisano | Dover DE | 1434 | 70 | 3:M 70-99 | 35:35.4 | 35:39.7 | 11:30/M |
| 20 | Eric Walls | Marydel MD | 1463 | 36 | 2:M 30-39 | 35:41.0 | 35:45.8 | 11:32/M |
| 21 | Reardyn Cantlon | Huntingtown MD | 1460 | 10 | 1:F 1-10 | 36:40.2 | 36:40.3 | 11:50/M |
| 22 | Molly Breeding | Harrington DE | 1458 | 60 | 1:F 60-99 | 37:00.7 | 37:09.3 | 11:59/M |
| 23 | Roger Seedorf | Bear DE | 1456 | 66 | 1:M 60-69 | 37:29.9 | 37:33.2 | 12:07/M |
| 24 | Kim Chesser | Dover DE | 1420 | 48 | 1:F 40-49 | 38:01.4 | 38:11.9 | 12:19/M |
| 25 | Louise Holt | Milford DE | 1429 | 64 | 2:F 60-99 | 38:01.9 | 38:10.2 | 12:19/M |
| 26 | Larry Price | Middletown DE | 1435 | 78 | 4:M 70-99 | 38:53.7 | 38:59.1 | 12:35/M |
| 27 | Arleen Murchison | Dover DE | 1433 | 58 | 2:F 50-59 | 41:38.2 | 41:47.3 | 13:29/M |
| 28 | Craig Warrington | Milford DE | 1447 | 59 | 5:M 50-59 | 42:46.6 | 42:55.7 | 13:51/M |
| 29 | Charles Matthews | Camden Wyoming DE | 1430 | 73 | 5:M 70-99 | 43:37.7 | 43:41.1 | 14:06/M |
| 30 | Mike Canevari | Milford DE | 1415 | 60 | 2:M 60-69 | 44:06.9 | 44:28.3 | 14:21/M |
| 31 | Deanna Carmean | Millsboro DE | 1416 | 70 | 3:F 60-99 | 46:59.7 | 47:08.3 | 15:12/M |
| 32 | Kathryn Mancuso | Harrington DE | 1465 | 14 | 1:F 11-14 | 47:42.5 | 47:55.2 | 15:27/M |
| 33 | Jennifer Mancuso | Harrington DE | 1466 | 47 | 2:F 40-49 | 51:16.1 | 51:28.8 | 16:36/M |
| 34 | Diana Woodward | Harrington DE | 1450 | 64 | 4:F 60-99 | 51:21.2 | 51:32.9 | 16:38/M |
| 35 | Brian Gilewski | Milford DE | 1462 | 26 | 1:M 20-29 | 51:43.9 | 51:58.0 | 16:46/M |

5K WALK

| PLC | Name | City | Bib No | Age | Age PLC | Chip | Gun | Pace |
|-----|-----------------|-------------|--------|-----|----------|---------|---------|---------|
| 1 | John Fredericks | Brick NJ | 1426 | 73 | 1:M 1-99 | 35:47.2 | 35:53.2 | 11:35/M |
| 2 | Don Zalenski | Magnolia DE | 1452 | 75 | 2:M 1-99 | 39:24.7 | 39:32.2 | 12:45/M |
| 3 | Hoong Chow | Felton DE | 1421 | 62 | 3:M 1-99 | 39:54.5 | 40:02.3 | 12:55/M |
| 4 | Amy Zook | Magnolia DE | 1453 | 44 | 1:F 1-99 | 40:32.8 | 40:36.4 | 13:06/M |

| | | | | | | | | |
|----|------------------------|-------------------|------|----|----------|-----------|-----------|---------|
| 5 | Alan Firlein | Rock Hall MD | 1425 | 82 | 4:M 1-99 | 42:18.9 | 42:26.4 | 13:41/M |
| 6 | Kay Self | Dover DE | 1439 | 39 | 2:F 1-99 | 43:10.9 | 43:23.0 | 14:00/M |
| 7 | Barry Breeding | Harrington DE | 413 | 62 | 5:M 1-99 | 44:32.3 | 44:42.1 | 14:25/M |
| 8 | Don Stein | Dover DE | 388 | 72 | 6:M 1-99 | 44:34.4 | 44:40.7 | 14:25/M |
| 9 | Geraldine D'Allesandro | Magnolia DE | 1423 | 61 | 3:F 1-99 | 46:25.7 | 46:39.2 | 15:03/M |
| 10 | Bobbi Jo Webber | Clayton DE | 1448 | 42 | 4:F 1-99 | 51:43.7 | 51:57.9 | 16:46/M |
| 11 | Donald W Proud Jr | Sudlersville MD | 1436 | 64 | 7:M 1-99 | 51:54.5 | 52:06.9 | 16:49/M |
| 12 | Marian Stant | Dover DE | 1445 | 66 | 5:F 1-99 | 51:55.9 | 52:07.8 | 16:49/M |
| 13 | Mandy Stant | Dover DE | 1444 | 37 | 6:F 1-99 | 51:56.3 | 52:08.3 | 16:49/M |
| 14 | Joni Miller | Camden Wyoming DE | 1431 | 64 | 7:F 1-99 | 56:47.1 | 57:08.3 | 18:26/M |
| 15 | Eydie Meluney | Wyoming DE | 420 | 69 | 8:F 1-99 | 56:47.4 | 57:08.7 | 18:26/M |
| 16 | Terry Woodward | Harrington DE | 1451 | 65 | 8:M 1-99 | 1:04:26.3 | 1:04:37.6 | 20:51/M |
| 17 | Deborah Zook | Clayton DE | 1454 | 63 | 9:F 1-99 | 1:04:27.2 | 1:04:39.7 | 20:52/M |

Age Group Results

Female Open Champion

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|---------------------|---------|-----|------------|---------|--------|
| 1 Abigail Malazarte | Bear DE | 21 | 9 25:48.3 | 25:49.9 | 8:20/M |

Female Masters Champion

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|-----------------|------------|-----|------------|---------|--------|
| 1 Nina Smeltzer | Bel Air MD | 62 | 12 28:37.8 | 28:40.6 | 9:15/M |

Female 10 and Under

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|-------------------|----------------|-----|------------|---------|---------|
| 1 Reardyn Cantlon | Huntingtown MD | 10 | 21 36:40.2 | 36:40.3 | 11:50/M |

Female 11 to 14

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|-------------------|---------------|-----|------------|---------|---------|
| 1 Kathryn Mancuso | Harrington DE | 14 | 32 47:42.5 | 47:55.2 | 15:27/M |

Female 15 to 19

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|-----------------|----------|-----|------------|---------|---------|
| 1 Emily Chesser | Dover DE | 15 | 18 35:18.2 | 35:27.9 | 11:26/M |

Female 40 to 49

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|--------------------|---------------|-----|------------|---------|---------|
| 1 Kim Chesser | Dover DE | 48 | 24 38:01.4 | 38:11.9 | 12:19/M |
| 2 Jennifer Mancuso | Harrington DE | 47 | 33 51:16.1 | 51:28.8 | 16:36/M |

Female 50 to 59

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|--------------------|----------|-----|------------|---------|---------|
| 1 Rose Ann Smith | Bear DE | 57 | 13 29:23.6 | 29:28.3 | 9:30/M |
| 2 Arleen Murchison | Dover DE | 58 | 27 41:38.2 | 41:47.3 | 13:29/M |

Female 60 and Over

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|------------------|---------------|-----|------------|---------|---------|
| 1 Molly Breeding | Harrington DE | 60 | 22 37:00.7 | 37:09.3 | 11:59/M |
| 2 Louise Holt | Milford DE | 64 | 25 38:01.9 | 38:10.2 | 12:19/M |
| 3 Deanna Carmean | Millsboro DE | 70 | 31 46:59.7 | 47:08.3 | 15:12/M |
| 4 Diana Woodward | Harrington DE | 64 | 34 51:21.2 | 51:32.9 | 16:38/M |

Male Open Champion

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|------------------|---------------|-----|------------|---------|--------|
| 1 Matt Sparacino | Harrington DE | 43 | 1 18:59.7 | 18:59.8 | 6:08/M |

Male Masters Champion

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|-----------------|----------------|-----|------------|---------|--------|
| 1 Jaime Cantlon | Huntingtown MD | 59 | 4 22:41.8 | 22:41.9 | 7:19/M |

Male 10 and Under

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|----------------|-------------------|-----|------------|---------|---------|
| 1 Chris Cattie | Camden Wyoming DE | 10 | 17 33:34.8 | 33:37.6 | 10:51/M |

Male 11 to 14

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|--------------|-----------|-----|------------|---------|--------|
| 1 Eric Lewis | Camden DE | 11 | 2 20:55.0 | 20:56.8 | 6:45/M |

Male 15 to 19

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|------------------|----------|-----|------------|---------|--------|
| 1 Braedon Higbee | Dover DE | 15 | 8 24:23.5 | 24:23.7 | 7:52/M |

Male 20 to 29

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|------------------|------------|-----|------------|---------|---------|
| 1 Brian Gilewski | Milford DE | 26 | 35 51:43.9 | 51:58.0 | 16:46/M |

Male 30 to 39

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|------------------|------------|-----|------------|---------|---------|
| 1 Chris Brighton | Milford DE | 34 | 3 22:36.3 | 22:39.5 | 7:19/M |
| 2 Eric Walls | Marydel MD | 36 | 20 35:41.0 | 35:45.8 | 11:32/M |

Male 40 to 49

| PLC Name | City | Age | O'All Chip | Gun | Pace |
|----------------------|-------------------|-----|------------|---------|---------|
| 1 Gregory Smith | Bear DE | 46 | 5 22:49.3 | 22:51.3 | 7:22/M |
| 2 Christopher Cattie | Camden Wyoming DE | 43 | 16 32:02.2 | 32:04.9 | 10:21/M |

Male 50 to 59

| PLC | Name | City | Age | O'All Chip | Gun | Pace |
|-----|------------------|-------------------|-----|------------|---------|---------|
| 1 | Duane Christy | Havre De Grace MD | 58 | 6 22:53.9 | 22:54.0 | 7:23/M |
| 2 | Jon Harris | Frederica DE | 53 | 7 23:18.2 | 23:19.8 | 7:32/M |
| 3 | Peter Wadsworth | Dover DE | 53 | 10 26:58.1 | 27:22.1 | 8:50/M |
| 4 | Mark Snyder | Denton MD | 52 | 15 31:26.8 | 31:35.0 | 10:11/M |
| 5 | Craig Warrington | Milford DE | 59 | 28 42:46.6 | 42:55.7 | 13:51/M |

Male 60 to 69

| PLC | Name | City | Age | O'All Chip | Gun | Pace |
|-----|---------------|------------|-----|------------|---------|---------|
| 1 | Roger Seedorf | Bear DE | 66 | 23 37:29.9 | 37:33.2 | 12:07/M |
| 2 | Mike Canevari | Milford DE | 60 | 30 44:06.9 | 44:28.3 | 14:21/M |

Male 70 and Over

| PLC | Name | City | Age | O'All Chip | Gun | Pace |
|-----|-------------------|-------------------|-----|------------|---------|---------|
| 1 | Frank Whittington | Middletown DE | 70 | 11 27:33.9 | 27:38.3 | 8:55/M |
| 2 | David Eicken | Golden IL | 71 | 14 30:25.7 | 30:29.5 | 9:50/M |
| 3 | Vincent Pisano | Dover DE | 70 | 19 35:35.4 | 35:39.7 | 11:30/M |
| 4 | Larry Price | Middletown DE | 78 | 26 38:53.7 | 38:59.1 | 12:35/M |
| 5 | Charles Matthews | Camden Wyoming DE | 73 | 29 43:37.7 | 43:41.1 | 14:06/M |