

# Run The Mill Trail 5K Run/Walk

Blairs Pond 5K Trail, Greenwood, DE

Benefits: Delaware Nature Society

September 22, 2018

A Trisports Events Production

## Overall Finish List

								5k Run
Plc	Name	City	Bib	Age	Age Plc	Gun	Pace	
1	Mike Sewell	Camden DE	785	49	1:open	19:53.1	6:25/M	
2	Moses Martinez	Lincoln DE	732	16	1:M 15-19	20:24.4	6:35/M	
3	Conor Sylvester		776	15	2:M 15-19	20:37.9	6:39/M	
4	Matt Sparacino	Harrington DE	748	40	1:Masters	20:52.2	6:44/M	
5	Kristopher Thompson	Milford DE	773	39	1:M 30-39	21:03.2	6:47/M	
6	Angelo Costantino	Milford DE	705	14	1:M 11-14	21:10.2	6:50/M	
7	Derek Davis	Smyrna DE	707	14	2:M 11-14	21:20.8	6:53/M	
8	Bryce Thompson	Milford DE	754	16	3:M 15-19	21:43.3	7:00/M	
9	Cameron Hallman	Lincoln DE	718	17	4:M 15-19	22:14.9	7:10/M	
10	Tristan Stevenson	Milford DE	750	15	5:M 15-19	22:18.7	7:12/M	
11	Alexandria Herber	Lincoln DE	721	14	1:open	22:48.6	7:21/M	
12	Matt Stangl	Greenwood DE	777	15	6:M 15-19	23:50.5	7:41/M	
13	Jorja Willey	Milford DE	760	13	1:F 11-14	23:51.6	7:42/M	
14	Spencer Warren	Lincoln DE	781	14	3:M 11-14	24:02.7	7:45/M	
15	Brianna Thompson	Milford DE	753	13	2:F 11-14	24:11.1	7:48/M	
16	Shawn Ramsey	Milford DE	775	35	2:M 30-39	24:17.7	7:50/M	
17	Mardiny Ung	Elizabethtown PA	757	51	1:Masters	24:27.9	7:53/M	
18	Kassidy Willey	Milford DE	761	14	3:F 11-14	24:40.2	7:57/M	
19	Raley Parker	Lincoln DE	736	42	1:M 40-49	25:30.4	8:14/M	
20	Paige Thompson	Milford DE	756	14	4:F 11-14	25:46.6	8:19/M	
21	Wayne Steerman	Greensboro MD	772	47	2:M 40-49	26:00.6	8:23/M	
22	Todd Lesser	Rehoboth Beach DE	774	48	3:M 40-49	26:25.6	8:31/M	
23	Haley Thompson	Milford DE	755	14	5:F 11-14	26:39.7	8:36/M	
24	Michael Tusi	Middletown DE	807	45	4:M 40-49	27:04.3	8:44/M	
25	Alan Quillen	Seaford DE	740	63	1:M 60-69	27:05.7	8:44/M	
26	Michael Murphy	Lewes DE	735	52	1:M 50-59	27:26.3	8:51/M	
27	Patrick Courtney	Clayton DE	706	38	3:M 30-39	27:42.1	8:56/M	
28	Drew Herbert	Milton DE	722	46	5:M 40-49	27:52.3	8:59/M	
29	Troy Donavon	Lincoln DE	709	15	7:M 15-19	28:32.7	9:12/M	
30	Adele Wagner	Bel Air MD	759	64	1:F 60-99	28:45.2	9:16/M	
31	Reina Fogel	Milford DE	712	14	6:F 11-14	28:52.7	9:19/M	
32	Lina Frederick	Milford DE	713	11	7:F 11-14	28:53.8	9:19/M	
33	Charles Brown	Lincoln DE	778	12	4:M 11-14	29:00.7	9:21/M	
34	Tom Keating	Millsboro DE	728	70	1:M 70-99	29:21.3	9:28/M	
35	Lori Brown	Felton DE	783	41	1:F 40-49	31:02.6	10:01/M	
36	Owen Rosko	Camden Wyoming DE	743	9	1:M 1-10	31:57.4	10:18/M	
37	Elizabeth Morton	Milton DE	770	50	1:F 50-59	32:12.3	10:23/M	
38	Jerome Harris	Lincoln DE	771	53	2:M 50-59	32:14.7	10:24/M	
39	Liz Talley	Ocean View DE	751	43	2:F 40-49	32:53.1	10:36/M	
40	Owen Peel	Milford DE	738	13	5:M 11-14	34:16.6	11:03/M	
41	Amy Zook	Magnolia DE	769	41	3:F 40-49	34:36.0	11:10/M	

42	James Lacey	Bel Air MD	729	54	3:M 50-59	35:16.6	11:23/M
43	Samantha Pennewell	Smyrna DE	782	31	1:F 30-39	35:50.2	11:34/M
44	Jimmy Kroon	Felton DE	784	41	6:M 40-49	36:43.7	11:51/M
45	William Holmes	Bel Air MD	725	59	4:M 50-59	37:27.1	12:05/M
46	Suzannah Fredrick	Milford DE	714	41	4:F 40-49	37:34.0	12:07/M
47	Elaine Nolan	Camden DE	779	60	2:F 60-99	40:24.7	13:02/M
48	Rosita Burton	Lincoln DE	702	46	5:F 40-49	40:39.7	13:07/M
49	Lisa Peel	Milford DE	737	42	6:F 40-49	41:00.3	13:14/M
50	Larry Price	Middletown DE	739	75	2:M 70-99	41:07.3	13:16/M
51	Tom Molin	Townsend DE	734	66	2:M 60-69	44:38.5	14:24/M
52	Susan Evans-Struve	Delmar DE	780	54	2:F 50-59	46:43.4	15:04/M
53	Allison Gardner	Milford DE	715	14	8:F 11-14	49:10.8	15:52/M
54	Diana Woodward	Harrington DE	763	61	3:F 60-99	49:48.6	16:04/M
55	Charles Matthews	Camden Wyoming DE	733	70	3:M 70-99	50:22.0	16:15/M
56	Jay Epstein	Elizabethtown PA	710	61	3:M 60-69	56:40.0	18:17/M

### 5K Walk

Plc	Name	City	Bib	Age	Age Plc	Gun	Pace
1	Don Zalenski	Magnolia DE	766	72	1:M 1-99	39:26.7	12:43/M
2	Amy Huff	Milton DE	726	42	1:F 1-99	43:05.5	13:54/M
3	Geraldine D'Allesandro	Magnolia DE	798	58	2:F 1-99	44:24.6	14:19/M
4	Alan Firlein	Rock Hall MD	711	80	2:M 1-99	44:58.5	14:30/M
5	Phyllis Zalenski	Magnolia DE	767	69	3:F 1-99	53:14.7	17:10/M
6	Terry Woodward	Harrington DE	764	62	3:M 1-99	1:02:38.6	20:12/M

## Age Group Results

### Female Open Winner

Plc	Name	City	Age	Overa	Gun	Pace
1	Alexandria Herber	Lincoln DE	14	11	22:48.6	7:21/M

### Female Masters Winner

Plc	Name	City	Age	Overa	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	51	17	24:27.9	7:53/M

### Female 11 to 14

Plc	Name	City	Age	Overa	Gun	Pace
1	Jorja Willey	Milford DE	13	13	23:51.6	7:42/M
2	Brianna Thompson	Milford DE	13	15	24:11.1	7:48/M
3	Kassidy Willey	Milford DE	14	18	24:40.2	7:57/M
4	Paige Thompson	Milford DE	14	20	25:46.6	8:19/M
5	Haley Thompson	Milford DE	14	23	26:39.7	8:36/M
6	Reina Fogel	Milford DE	14	31	28:52.7	9:19/M
7	Lina Frederick	Milford DE	11	32	28:53.8	9:19/M
8	Allison Gardner	Milford DE	14	53	49:10.8	15:52/M

### Female 30 to 39

Plc	Name	City	Age	Overa	Gun	Pace
1	Samantha Pennewell	Smyrna DE	31	43	35:50.2	11:34/M

#### Female 40 to 49

Plc	Name	City	Age	Overa	Gun	Pace
1	Lori Brown	Felton DE	41	35	31:02.6	10:01/M
2	Liz Talley	Ocean View DE	43	39	32:53.1	10:36/M
3	Amy Zook	Magnolia DE	41	41	34:36.0	11:10/M
4	Suzannah Fredrick	Milford DE	41	46	37:34.0	12:07/M
5	Rosita Burton	Lincoln DE	46	48	40:39.7	13:07/M
6	Lisa Peel	Milford DE	42	49	41:00.3	13:14/M

#### Female 50 to 59

Plc	Name	City	Age	Overa	Gun	Pace
1	Elizabeth Morton	Milton DE	50	37	32:12.3	10:23/M
2	Susan Evans-Struve	Delmar DE	54	52	46:43.4	15:04/M

#### Female 60 and Over

Plc	Name	City	Age	Overa	Gun	Pace
1	Adele Wagner	Bel Air MD	64	30	28:45.2	9:16/M
2	Elaine Nolan	Camden DE	60	47	40:24.7	13:02/M
3	Diana Woodward	Harrington DE	61	54	49:48.6	16:04/M

#### Male Open Winner

Plc	Name	City	Age	Overa	Gun	Pace
1	Mike Sewell	Camden DE	49	1	19:53.1	6:25/M

#### Male Masters Winner

Plc	Name	City	Age	Overa	Gun	Pace
1	Matt Sparacino	Harrington DE	40	4	20:52.2	6:44/M

#### Male 10 and Under

Plc	Name	City	Age	Overa	Gun	Pace
1	Owen Rosko	Camden Wyoming DE	9	36	31:57.4	10:18/M

#### Male 11 to 14

Plc	Name	City	Age	Overa	Gun	Pace
1	Angelo Costantino	Milford DE	14	6	21:10.2	6:50/M
2	Derek Davis	Smyrna DE	14	7	21:20.8	6:53/M
3	Spencer Warren	Lincoln DE	14	14	24:02.7	7:45/M
4	Charles Brown	Lincoln DE	12	33	29:00.7	9:21/M
5	Owen Peel	Milford DE	13	40	34:16.6	11:03/M

#### Male 15 to 19

Plc	Name	City	Age	Overa	Gun	Pace
1	Moses Martinez	Lincoln DE	16	2	20:24.4	6:35/M
2	Conor Sylvester		15	3	20:37.9	6:39/M
3	Bryce Thompson	Milford DE	16	8	21:43.3	7:00/M
4	Cameron Hallman	Lincoln DE	17	9	22:14.9	7:10/M
5	Tristan Stevenson	Milford DE	15	10	22:18.7	7:12/M
6	Matt Stangl	Greenwood DE	15	12	23:50.5	7:41/M
7	Troy Donavon	Lincoln DE	15	29	28:32.7	9:12/M

#### Male 30 to 39

Plc	Name	City	Age	Overa	Gun	Pace
1	Kristopher Thompson	Milford DE	39	5	21:03.2	6:47/M
2	Shawn Ramsey	Milford DE	35	16	24:17.7	7:50/M
3	Patrick Courtney	Clayton DE	38	27	27:42.1	8:56/M

#### Male 40 to 49

Plc	Name	City	Age	Overa	Gun	Pace
1	Raley Parker	Lincoln DE	42	19	25:30.4	8:14/M
2	Wayne Steerman	Greensboro MD	47	21	26:00.6	8:23/M
3	Todd Lesser	Rehoboth Beach DE	48	22	26:25.6	8:31/M
4	Michael Tusi	Middletown DE	45	24	27:04.3	8:44/M
5	Drew Herbert	Milton DE	46	28	27:52.3	8:59/M
6	Jimmy Kroon	Felton DE	41	44	36:43.7	11:51/M

#### Male 50 to 59

Plc	Name	City	Age	Overa	Gun	Pace
1	Michael Murphy	Lewes DE	52	26	27:26.3	8:51/M
2	Jerome Harris	Lincoln DE	53	38	32:14.7	10:24/M
3	James Lacey	Bel Air MD	54	42	35:16.6	11:23/M
4	William Holmes	Bel Air MD	59	45	37:27.1	12:05/M

#### Male 60 to 69

Plc	Name	City	Age	Overa	Gun	Pace
1	Alan Quillen	Seaford DE	63	25	27:05.7	8:44/M
2	Tom Molin	Townsend DE	66	51	44:38.5	14:24/M
3	Jay Epstein	Elizabethtown PA	61	56	56:40.0	18:17/M

#### Male 70 and Over

Plc	Name	City	Age	Overa	Gun	Pace
1	Tom Keating	Millsboro DE	70	34	29:21.3	9:28/M
2	Larry Price	Middletown DE	75	50	41:07.3	13:16/M
3	Charles Matthews	Camden Wyoming DE	70	55	50:22.0	16:15/M