

Freedom 5K Run/Walk

July 4, 2009 - 76 degrees - Sunny

Age Group & Complete Event Results

Silver Lake Park, Dover, DE

Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Luis Navarro	17:25	Katie Courtney	23:45
	<u>Masters</u>		<u>Masters</u>	
	Tom Jermyn	17:34	Amy Hoey	26:27
	<u>14 & under</u>		<u>14 & under</u>	
1st	Sam Courtney	24:31	Marleigh Silvernale	37:11
2nd	Jonathan Segal	34:50	N/A	
3rd	N/A		N/A	
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Carl Richardson	19:04	Alissa Elliott	24:31
2nd	Jimmy Simons	19:45	Caitlyn Booton	30:07
3rd	Matt Hood	22:52	Kaitlin Fox	30:28
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Chas Barker	19:13	Megan Lambertz	23:49
2nd	Steve Wheeler	20:46	Alex Contant	24:13
3rd	Peter Kozlowski	21:13	Danielle Trombi	31:21
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Greg Massey	22:05	Jennifer Stumpf	28:50
2nd	John Brennan	23:26	Karin Rundak	31:47
3rd			Amanda Bundeck	32:08
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Jeff Silvernale	19:28	Sandra Krugh	27:20
2nd	Harry White	22:10	Janice Parsons	28:59
3rd	Bill Holden	22:17	Debra Fox	30:35
	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Pete Gitney	20:03	Laura Vanghn	28:22
2nd	Mike Keepports	20:10	Louise Holt	31:23
3rd	Chris Ford	21:38		

	<u>60 - 69</u>		<u>60 & Over</u>
1st	Don Marvel	25:13	N/A
2nd	Richard Grace	25:17	N/A
3rd	Ted Berkon	28:40	N/A

	<u>70 & over</u>
1st	N/A
2nd	N/A
3rd	N/A

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Bradley Lane	33:13	Rosemarie Cruse	42:05
2nd	Bob Carroll	37:11	Megan Kemmery	43:50
3rd	Patrick Kemmery	43:51	Debbie Johnson	45:13

<u>Most Patriotic</u>	<u>Most Parriotic</u>
Bradley Lane	Marleigh Silvernale

Complete Results In Finishing Order

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>
1	Luis Navarro	M	32	17:26
2	Tom Jermyn	M	46	17:34
3	Carl Richardson	M	15	19:04
4	Chas Barker	M	27	19:13
5	Jeff Silvernale	M	43	19:28
6	Jimmy Simons	M	16	19:45
7	Pete Gitney	M	52	20:03
8	Mike Keeports	M	50	20:10
9	Steve Wheeler	M	25	20:46
10	Peter Kozlowski	M	29	21:13
11	Chris Ford	M	50	21:38
12	Greg Massey	M	39	22:05
13	Harry White	M	45	22:10
14	Dion Haskell	M	25	22:15
15	Bill Holden	M	48	22:17
16	Jerome Mendez	M	50	22:30
17	Matt Hood	M	15	22:52
18	Josh Brite	M	23	23:06
19	John Brennan	M	19	23:26
20	Katie Courtney	F	28	23:45
21	Megan Lambertz	F	21	23:49
22	Chris Marker	M	21	24:02
23	Alex Contant	F	23	24:13
24	Alissa Elliott	F	16	24:31

25	Jerry Iverson	M	54	24:53
26	Sam Courtney	M	8	25:09
27	Garry Courtney	M	48	25:09
28	Don Marvel	M	66	25:13
29	Richard Grace	M	62	25:17
30	Mike Gondeck	M	45	25:24
31	Amy Hoey	F	50	26:27
32	Sandra Krugh	F	40	27:20
33	Laura Vaughn	F	51	28:22
34	Ted Berkon	M	68	28:40
35	Jennifer Stumpf	F	32	28:50
36	Janice Parsons	F	41	28:59
37	John Murray	M	46	29:00
38	Peder Hansen	M	50	29:03
39	Peter Dimaria	M	56	29:30
40	Charles Baines	M	68	29:55
41	David Segal	M	42	29:56
42	Paul Eichler	M	44	30:07
43	Catitlyn Booton	F	18	30:07
44	Kaitlin Fox	F	16	30:28
45	Debra Fox	F	41	30:35
46	Danielle Trombi	F	28	31:21
47	Louise Holt	F	52	31:23
48	Karin Ryndak	F	37	31:47
49	Amanda Bundeck	F	31	32:08
50	Kimberly Richardson	F	17	32:55
51	Sonja Quinonez	F	34	33:24
52	Brad Lane	M	52W	33:30
53	Jessica Gondeck	F	23	34:31
54	Laura Gondeck	F	44	34:47
55	Jonathan Segal	M	10	34:50
56	Kimberly Kout	F	15	34:55
57	Laura Streets	F	27	35:27
58	Bob Carroll	M	70W	37:11
59	Marleigh Silvernale	F	9	37:26
60	Molly Breeding	F	47	38:25
61	Karen Tobat	F	45	41:09
62	Rosemarie Cruse	F	65W	42:05
63	Megan Kemmery	F	29W	43:50
64	Patrick Kemmery	M	26W	43:51
65	Debbie Johnson	F	51W	45:13
66	Donna Diaz	F	50W	46:04
67	Deborah Proud	F	36W	46:19
68	Robert Mott	M	58W	46:26