

Crossfit Dover 5K & 1.5 Mile Fitness Challenge

June 27, 2014 72 degrees, sunny, breezy

Benefits: Meals on Wheels of Kent County

Crossfit Dover - Dover, DE

5K Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Andrew Jakvbowitch	17:44	Christine Marks	19:56
	<u>Male Master</u>		<u>Female Master</u>	
	John Costello	18:20	Diane Marks	21:59
	<u>14 & under</u>		<u>14 & under</u>	
1st	Austin Hardesty	26:06	NA	
2nd	Tate Wyatt	30:23	NA	
3rd	NA		NA	
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Jeff DeCarlo, Jr	25:36	NA	
2nd	NA		NA	
3rd	NA		NA	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Jared Hughart	21:33	Nicole Rallo	23:48
2nd	Nate Homan	23:40	Julie Jones	26:16
3rd	Heath Carley	24:40	Rachel Hastings	26:42
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Adam Jones	18:44	Erin Graves	21:57
2nd	Scott Kuehn	21:06	Kristi Galloway	25:48
3rd	Matt Parker	24:54	Jackie Czachorwoski	26:42
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Dion Williams	21:50	Tricia Massey	27:05
2nd	John Fiori	28:28	Robbin Wells	30:21
3rd	Robert Ware	28:48	Aprile Slensby	33:26
	<u>50- 59</u>		<u>50 - 59</u>	
1st	Mark Spence	26:36	Laura Vaughn	29:51
2nd	NA		Laura Strutz	32:28
3rd	NA		Nanette Holmes	33:28

	<u>60 - 69</u>		<u>60 & Over</u>	
1st	Tom Keating	26:15	Kathy Challandes	41:08
2nd	Jose Lukecart	29:08	NA	
3rd	Buzz Matthews	36:46	NA	

	<u>70 & over</u>	
1st	Jim Challandes	29:37
2nd	Lee Masser	40:00
3rd	NA	

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Ron Salvio	33:59	Debbie Johnson	40:57
2nd	Don Zalenski	34:51	Janelle Cornwell	41:04
3rd	Joe Young	41:38	Phyllis Zalenski	46:50
4th	Jeff Hall	52:41	Erica Richard	49:16
5th	Spencer Green	59:40	Donna Heller	49:17

CrossFit Dover 1.5 Mile Fitness Challenge Award Winners

	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
	Noah Wood	14:29	Karla Alexander	14:35
	<u>Male Master</u>		<u>Female Master</u>	
	Robert Easton	17:12	Vicki Leone	15:39
	<u>Open</u>		<u>Open</u>	
1st	Joe Casey	15:16	Corinne Hofmann	15:41
2nd	Jonathan Diggs	16:58	Nicole Bishop	16:29
3rd	Robert Howard	17:18	Selda Munson	16:33

5K Run/Walk Results in Finish Order

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>
1	Andrew Jakvbowitch	M	35	17:44
2	John Costello	M	53	18:20
3	Adam Jones	M	34	18:44
4	Christine Marks	F	16	19:56
5	Scott Kuehn	M	30	21:06
6	Jared Hugart	M	29	21:35
7	Dion Williams	M	40	21:50
8	Erin Graves	F	34	21:57
9	Diane Marks	F	46	21:59
10	Nate Homan	M	24	23:40

11	Nicole Rallo	F	28	23:48
12	Heath Carley	M	24	24:40
13	Matt Parker	M	38	24:54
14	Jeff DeCarlo, Jr	M	18	25:36
15	Michael Rallo	M	29	25:43
16	Kristi Galloway	F	38	25:48
17	Forrest Bradley	M	31	25:57
18	Austin Hardesty	M	14	26:06
19	John Bauer	M	38	26:08
20	Tom Keating	M	66	26:15
21	Julie Jones	F	21	26:16
22	Mark Spence	M	55	26:36
23	Jackie Czachorowski	F	33	26:42
24	Rachel Hastings	F	27	26:42
25	Barbara Griffin	F	36	26:45
26	Tricia Massey	F	41	27:05
27	Matthew Strobel	M	24	27:38
28	John Fiori	M	43	28:28
29	Alexandra Mereider	F	25	28:39
30	Robert Ware	M	49	28:48
31	Jose Lukecart	M	62	29:08
32	Allison Johnston	F	30	29:37
33	Jim Challandes	M	71	29:37
34	Laura Vaughn	F	56	29:51
35	Robbin Wells	F	46	30:21
36	Tate Wyatt	M	7	30:23
37	Kari Wyatt	F	34	30:23
38	Prentice Griffin	M	37	32:25
39	Laura Strutz	F	51	32:28
40	Cherise Franklin	F	32	33:21
41	Aprile Slensby	F	46	33:26
42	Romi Dunning	F	43	33:28
43	Nanette Holmes	F	56	33:34
44	Ron Salvio	M	65 W	33:59
45	Paul Eichler	M	49	34:21
46	Don Zalenski	M	68 W	34:51
47	Jennifer DeCarlo	F	43	36:10
48	Amber Havrilla	F	23	36:11
49	Cynthia Mangubat	F	50	36:17
50	Buzz Matthews	M	66	36:46
51	Jerri Fleetwood	F	58	37:49
52	Brandie Miller	F	21	38:29
53	Katherine Sears	F	32	38:29
54	Lee Masser	M	78	40:00

55	Debbie Johnson	F	56 W	40:57
56	Janelle Cornwell	F	39 W	41:04
57	Sarah Chafardon	F	31	41:05
58	Kathy Challandes	F	67	41:08
59	Joe Young	M	64 W	41:38
60	Renee Schlenner	F	36	45:41
61	Phyllis Zalenski	F	65 W	46:50
62	Erica Richard	F	32 W	49:16
63	Donna Heller	F	W	49:17
64	Wanda Curley	F	52 W	52:15
65	Ruth Brown	F	26	52:15
66	Jeff Hall	M	51 W	52:41
67	Alyssa Middletown-Yates	F	40 W	52:41
68	Cate Lyons	F	58 W	59:38
69	Theresa Carter	F	40 W	59:38
70	Amanda Lawrence	F	24 W	59:40
71	Spencer Greene	M	23 W	59:40
72	Agnes Gomez	F	50 W	1:00:07
73	Armee Hall	F	33 W	1:00:17
74	Hannah Miracle	F	24 W	1:00:47
75	Josheph Welte, III	M	31 W	1:00:47

CrossFit 1.5 Miles Fitness Challenge in Finish Order

1	Noah Wood	M	31	14:29
2	Karla Alexander	F	30	14:35
3	Joe Casey	M	37	15:16
4	Vicki Leone	F	45	15:39
5	Corinne Hofmann	F	31	15:41
6	Nicole Bishop	F	21	16:29
7	Selda Munson	F	35	16:33
8	Jamie Nabb	F	33	16:36
9	Alexandra McCready	F	34	16:46
10	Jonathan Diggs	M	33	16:58
11	Robert Easton	M	42	17:10
12	Robert Howard	M	38	17:18
13	Jill Casey	F	37	17:27
14	Chris Yandell	M	27	17:40
15	Caarolina Rodriguez	F	36	17:41
16	Jillian Swanson	F	37	19:12
17	Kimberly Root	F	29	19:26
18	Ryan Pautler	M	27	19:27
19	Laura Bortz	F	34	19:32
20	Chris Belczyk	M	44	19:47
21	Holly Foraker	F	37	20:08