

16th Annual Freedom 5K Run/Walk/Roll

July 04, 2015

Benefits the Delaware Veterans Trust Fund
A Trisports Events Chipped Timed Production

5k Run Results in Finish Order

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Steven Wheeler	1318	31	M	18:41.3	18:39.9	0:01.4
2	Brian Rowe	1162	24	M	19:30.8	19:29.1	0:01.7
3	Charles Bailey	1289	49	M	19:47.4	19:44.6	0:02.8
4	Sarah Rusk	1276	34	F	19:56.0	19:54.4	0:01.5
5	Jaime Cantlon	1305	53	M	20:35.2	20:33.5	0:01.6
6	Greg Massey	1188	45	M	20:46.0	20:45.7	0:00.3
7	Cheryln Minto	1152	37	F	21:02.7	21:01.0	0:01.7
8	Diane Marks	1485	47	F	21:32.4	21:24.9	0:07.5
9	Edward Hoenisch	1277	35	M	21:40.1	21:33.3	0:06.8
10	Chip Armbruster	1274	35	M	21:57.8	21:54.4	0:03.4
11	Casey Keppler	1271	32	M	22:01.1	21:57.6	0:03.5
12	Melanie Grainger	1129	23	F	22:13.6	22:12.0	0:01.5
13	Frank Whittington	1193	64	M	22:20.8	22:18.7	0:02.0
14	Kelli Henrich	1187	46	F	22:29.7	22:27.0	0:02.6
15	Martin Gakuria	1294	31	M	22:46.0	22:30.1	0:15.8
16	Danny Haight	1130	18	M	22:46.6	22:44.6	0:02.0
17	Kevin McDermott	1270	49	M	22:55.5	22:50.4	0:05.1
18	Benjamin Hollinger	1132	48	M	23:13.5	23:11.2	0:02.3
19	Bob Fleming	1292	50	M	23:29.6	23:26.9	0:02.7
20	Jeremy Moore	1279	31	M	23:59.7	23:58.2	0:01.4
21	Gary Fisher	1123	55	M	24:12.2	24:01.4	0:10.8
22	Dave Buck	1104	68	M	24:31.5	24:29.7	0:01.8
23	Thomas Watts	1174	34	M	24:35.0	24:27.8	0:07.2
24	Michael McKipbin	1201	54	M	24:35.1	24:28.5	0:06.5
25	Victoria Vlachos	1172	51	F	25:17.0	25:00.7	0:16.2
26	Tricia Massey	1191	42	F	25:19.1	25:17.2	0:01.8
27	Annabel Dwiggins	1118	17	F	25:52.4	25:41.4	0:10.9
28	Steve Dirksen	1291	44	M	25:57.6	25:48.5	0:09.1
29	Bill Brockenbrough	1290	56	M	25:59.0	25:48.5	0:10.4
30	Denise Courtney	1110	36	F	26:13.5	25:06.4	1:07.0
31	Hillary Kline	1300	25	F	26:24.1	26:17.6	0:06.5
32	Adrian Hunte-Smith	1206	61	F	26:31.4	26:27.4	0:04.0
33	Daniel Escue	1120	41	M	26:42.7	26:39.8	0:02.8
34	Anthony Gott	1128	24	M	26:58.3	26:39.5	0:18.8
35	Dave Vance	1171	48	M	27:04.3	26:59.9	0:04.4
36	Audrey Biewer	1410	32	F	27:13.1	27:08.2	0:04.8
37	Ed Fennell	1283	50	M	27:14.5	27:04.7	0:09.8
38	Alexis Jamison	1136	62	F	27:24.3	27:10.3	0:13.9
39	Pamela Welton	1175	48	F	27:34.6	27:24.5	0:10.0
40	Tasha Escue	1121	33	F	27:47.5	27:30.0	0:17.5
41	Paul III Sawyer	1194	28	M	27:48.8	27:44.9	0:03.9

42	Paul McGuirk	1149	55	M	27:59.2	27:52.3	0:06.9
43	Antonio Ortiz-Rodriquez	248	41	M	28:17.8	28:11.2	0:06.5
44	Elaine Nolan	1156	57	F	28:25.0	28:20.1	0:04.9
45	Jeanette Kernan	1137	30	F	28:36.9	28:27.3	0:09.5
46	Marcia Woodward	1299	31	F	28:42.0	28:29.7	0:12.3
47	Matthew Scott	1165	26	M	28:42.4	28:20.3	0:22.1
48	Sarah Davis	1113	28	F	29:06.4	28:58.4	0:07.9
49	Patrick Mitchell	1153	58	M	29:11.0	29:06.9	0:04.1
50	Chad Davis	1112	29	M	29:12.6	29:03.4	0:09.1
51	Christine Ksenich	1140	47	F	29:22.5	29:16.1	0:06.4
52	Lauren Fleming	1293	18	F	29:29.3	29:26.0	0:03.2
53	John Fiori	1122	44	M	29:30.9	29:15.5	0:15.4
54	Shelley Gibson	1218	39	F	29:45.6	29:40.7	0:04.9
55	Jason Minto	1273	36	M	30:36.3	30:27.8	0:08.4
56	Lucia Calloway	1186	54	F	30:41.1	30:26.0	0:15.1
57	Christine Marks	1454	17	F	30:41.8	30:22.9	0:18.9
58	Corissa Dodson	1117	26	F	30:50.7	30:33.3	0:17.4
59	Shawna Schmiedlin	1164	39	F	31:00.5	30:42.4	0:18.0
60	Christina Hoeneisch	1275	32	F	31:03.6	30:56.5	0:07.0
61	Kathy Gallagher	1313	56	F	31:07.0	31:03.6	0:03.3
62	Patrick Courtney	1111	34	M	31:08.3	30:06.3	1:02.0
63	Marcus Woodward	1295	31	M	31:08.5	30:54.9	0:13.5
64	Laura Bond	1102	28	F	31:10.2	31:02.8	0:07.3
65	Howard Bowker	1103	73	M	31:27.1	31:11.1	0:15.9
66	Jason Burlew	1105	34	M	31:41.4	31:22.6	0:18.8
67	Dominique Dimatteo	1115	19	F	31:54.8	31:47.9	0:06.9
68	Michelle Blankenship	251	41	F	32:12.5	32:02.7	0:09.7
69	Dawn Ebert	1119	49	F	32:24.2	32:14.9	0:09.3
70	Vicki Windsor	1282	44	F	32:52.8	32:38.2	0:14.5
71	Kayla Kernan	1139	14	F	33:11.6	33:01.9	0:09.6
72	Amber Carter	1298	30	F	33:15.0	33:10.0	0:04.9
73	James Malloy	1147	45	M	33:24.3	33:15.4	0:08.9
74	Lauren Witherite	1176	29	F	34:11.3	33:53.6	0:17.7
75	Bill Smith	1200	70	M	35:06.7	35:00.5	0:06.2
76	Elizabeth Lanouette	1146	40	F	35:27.4	35:10.4	0:16.9
77	Cindy Burritt	1288	41	F	35:27.5	35:09.4	0:18.1
78	Peter Dimatteo	1116	45	M	35:33.2	35:26.5	0:06.6
79	Paul Eichler	1281	50	M	35:39.1	35:22.4	0:16.7
80	Nicholas Minto	1267	66	M	35:42.9	35:34.7	0:08.2
81	Cynthia Canevari	1107	57	F	35:59.6	35:54.6	0:05.0
82	Caroline Armbruster	1101	30	F	36:15.6	36:11.8	0:03.8
83	Hannah Kennard	1184	31	F	36:18.0	35:56.2	0:21.7
84	Wendy Morgan	1183	41	F	36:58.5	36:36.9	0:21.5
85	Ana Sandor	1163	39	F	37:30.9	37:07.7	0:23.2
86	Peter Ksenich	1195	50	M	37:35.0	37:28.9	0:06.0
87	Laura Holloway	1280	51	F	38:02.2	37:50.8	0:11.4
88	Dave Dayhoff	1114	31	M	38:13.6	37:55.8	0:17.7
89	Aleshia Geer	1126	30	F	38:45.8	38:26.2	0:19.5
90	Larry Price	1272	72	M	39:16.0	39:12.5	0:03.4
91	Leslie Cote	1285	57	F	39:48.0	39:29.1	0:18.8
92	Monica Noffsinger	1284	28	F	39:48.1	39:29.2	0:18.8
93	Ryan Reyna	1161	32	M	40:46.5	40:22.0	0:24.4

94	Elizabeth Reyna	1160	30	F	40:47.3	40:22.6	0:24.7
95	Kellie Goldsborough	1127	44	F	42:05.1	41:54.3	0:10.7
96	Patricia Walston	1173	35	F	42:41.0	42:17.9	0:23.1
97	Michael Kunz	1142	48	M	43:19.5	42:58.4	0:21.1
98	Bill Ingram	1135	58	M	44:05.4	43:56.7	0:08.6
99	Alex Ingram	1134	25	M	44:06.1	43:57.9	0:08.2
100	Vince Socorso	1269	43	M	45:32.9	45:18.4	0:14.5
101	Katie Socorso	1268	24	F	45:33.1	45:19.0	0:14.0
102	Eve Moretti	1154	56	F	49:11.0	48:55.8	0:15.2
103	Melissa Ingram	1297	25	F	52:57.0	52:43.3	0:13.6
104	Lisa Kunz	1141	46	F	53:08.7	52:47.9	0:20.7
105	Shelby Kunz	1143	18	F	53:08.7	52:48.9	0:19.8
106	Diana Woodward	1177	58	F	1:02:57.0	1:02:42.1	0:14.8
107	Zoe Woodward	1296	4	F	1:05:28.6	1:05:14.1	0:14.4
108	Mackensie Watakis	1286	5	F	1:08:19.3	1:08:16.6	0:02.7
109	Christopher Watkins	1287	32	M	1:08:19.7	1:08:16.9	0:02.8

5k Run Results in Finish Order

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Ron Salvio	1157	66	M	27:38.1	27:36.0	0:02.0
2	Dorit Attias	1181	53	F	33:27.2	33:24.9	0:02.2
3	Don Zalenski	1179	69	M	34:56.0	34:52.9	0:03.1
4	Darryl Calloway	1185	56	M	37:49.5	37:46.1	0:03.4
5	Robert Henrich	1190	57	M	38:21.4	38:18.6	0:02.7
6	Karen Carson	1108	40	F	38:55.5	38:48.8	0:06.7
7	Rodney Carson	1109	48	M	38:55.8	38:50.0	0:05.8
8	Debbie Johnson	1196	57	F	39:34.6	39:25.6	0:09.0
9	Mike McMichael	1151	62	M	40:00.6	39:46.0	0:14.6
10	Vickie Quinn	1159	52	F	42:30.8	42:25.0	0:05.7
11	Linda McKinney	1150	62	F	42:31.5	42:25.4	0:06.0
12	Roland Cohee	1180	51	M	45:13.8	44:47.8	0:25.9
13	Paul Yoder	1278	59	M	45:42.4	45:38.9	0:03.4
14	Larence Kirby	1242	50	M	46:26.3	46:06.7	0:19.6
15	Sonja Kirby	1228	44	F	46:26.7	46:07.3	0:19.4
16	Winston Burns	1199	73	M	46:29.1	46:14.9	0:14.1
17	Digie McGuirk	1197	55	F	47:16.7	46:59.8	0:16.9
18	Donald Dawson	258	78	M	47:34.0	47:31.7	0:02.3
19	Terry Woodward	1178	59	M	47:45.9	47:42.9	0:03.0
20	Dan Watson	1198	68	M	48:47.6	48:32.5	0:15.1
21	Carolyn Cohee	1182	47	F	48:52.1	48:23.3	0:28.8
22	Phyllis Zalenski	1189	67	F	48:58.4	48:47.8	0:10.6
23	Sable Phomphakdy	1158	40	F	50:40.6	50:35.1	0:05.5
24	Adriana Kwok	1144	14	F	52:58.5	52:36.1	0:22.3
25	Corina Kwok	1309	12	F	53:00.8	52:38.4	0:22.4
26	Annamarie Fosmire	1124	57	F	53:06.5	52:57.8	0:08.7
27	Tana Trythall	1170	55	F	53:06.5	52:55.0	0:11.5
28	Nancy McClements	1192	60	F	58:23.5	58:02.8	0:20.7

Male Open Champion

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Steven Wheeler	31	1318	1	18:41.3	18:39.9	0:01.4

Male Masters Champion

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Charles Bailey	49	1289	3	19:47.4	19:44.6	0:02.8

Male Age Group Results

Male 15 to 19

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Danny Haight	18	1130	16	22:46.6	22:44.6	0:02.0

Male 20 to 29

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Brian Rowe	24	1162	2	19:30.8	19:29.1	0:01.7
2	Anthony Gott	24	1128	34	26:58.3	26:39.5	0:18.8
3	Paul III Sawyer	28	1194	41	27:48.8	27:44.9	0:03.9
4	Matthew Scott	26	1165	47	28:42.4	28:20.3	0:22.1
5	Chad Davis	29	1112	50	29:12.6	29:03.4	0:09.1
6	Alex Ingram	25	1134	99	44:06.1	43:57.9	0:08.2

Male 30 to 39

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Edward Hoenisch	35	1277	9	21:40.1	21:33.3	0:06.8
2	Chip Armbruster	35	1274	10	21:57.8	21:54.4	0:03.4
3	Casey Keppler	32	1271	11	22:01.1	21:57.6	0:03.5
4	Martin Gakuria	31	1294	15	22:46.0	22:30.1	0:15.8
5	Jeremy Moore	31	1279	20	23:59.7	23:58.2	0:01.4
6	Thomas Watts	34	1174	23	24:35.0	24:27.8	0:07.2
7	Jason Minto	36	1273	55	30:36.3	30:27.8	0:08.4
8	Patrick Courtney	34	1111	62	31:08.3	30:06.3	1:02.0
9	Marcus Woodward	31	1295	63	31:08.5	30:54.9	0:13.5
10	Jason Burlew	34	1105	66	31:41.4	31:22.6	0:18.8
11	Dave Dayhoff	31	1114	88	38:13.6	37:55.8	0:17.7
12	Ryan Reyna	32	1161	93	40:46.5	40:22.0	0:24.4
13	Christopher Watkins	32	1287	109	1:08:19.7	1:08:16.9	0:02.8

Male 40 to 49

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Greg Massey	45	1188	6	20:46.0	20:45.7	0:00.3
2	Kevin McDermott	49	1270	17	22:55.5	22:50.4	0:05.1
3	Benjamin Hollinger	48	1132	18	23:13.5	23:11.2	0:02.3
4	Steve Dirksen	44	1291	28	25:57.6	25:48.5	0:09.1
5	Daniel Escue	41	1120	33	26:42.7	26:39.8	0:02.8

6	Dave Vance	48	1171	35	27:04.3	26:59.9	0:04.4
7	Antonio Ortiz-Rodriquez	41	248	43	28:17.8	28:11.2	0:06.5
8	John Fiori	44	1122	53	29:30.9	29:15.5	0:15.4
9	James Malloy	45	1147	73	33:24.3	33:15.4	0:08.9
10	Peter Dimatteo	45	1116	78	35:33.2	35:26.5	0:06.6
11	Michael Kunz	48	1142	97	43:19.5	42:58.4	0:21.1
12	Vince Socorso	43	1269	100	45:32.9	45:18.4	0:14.5

Male 50 to 59

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Jaime Cantlon	53	1305	5	20:35.2	20:33.5	0:01.6
2	Bob Fleming	50	1292	19	23:29.6	23:26.9	0:02.7
3	Gary Fisher	55	1123	21	24:12.2	24:01.4	0:10.8
4	Michael McKipbin	54	1201	24	24:35.1	24:28.5	0:06.5
5	Bill Brockenbrough	56	1290	29	25:59.0	25:48.5	0:10.4
6	Ed Fennell	50	1283	37	27:14.5	27:04.7	0:09.8
7	Paul McGuirk	55	1149	42	27:59.2	27:52.3	0:06.9
8	Patrick Mitchell	58	1153	49	29:11.0	29:06.9	0:04.1
9	Paul Eichler	50	1281	79	35:39.1	35:22.4	0:16.7
10	Peter Ksenich	50	1195	86	37:35.0	37:28.9	0:06.0
11	Bill Ingram	58	1135	98	44:05.4	43:56.7	0:08.6

Male 60 to 69

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Frank Whittington	64	1193	13	22:20.8	22:18.7	0:02.0
2	Dave Buck	68	1104	22	24:31.5	24:29.7	0:01.8
3	Nicholas Minto	66	1267	80	35:42.9	35:34.7	0:08.2

Male 70 and Over

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Howard Bowker	73	1103	65	31:27.1	31:11.1	0:15.9
2	Bill Smith	70	1200	75	35:06.7	35:00.5	0:06.2
3	Larry Price	72	1272	90	39:16.0	39:12.5	0:03.4

Female Open Champion

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Sarah Rusk	34	1276	4	19:56.0	19:54.4	0:01.5

Female Masters Champion

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Diane Marks	47	1485	8	21:32.4	21:24.9	0:07.5

Female Age Group Results

Female 14 and Under

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Kayla Kernan	14	1139	71	33:11.6	33:01.9	0:09.6
2	Zoe Woodward	4	1296	107	1:05:28.6	1:05:14.1	0:14.4
3	Mackensie Watakins	5	1286	108	1:08:19.3	1:08:16.6	0:02.7

Female 15 to 19

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Annabel Dwiggins	17	1118	27	25:52.4	25:41.4	0:10.9
2	Lauren Fleming	18	1293	52	29:29.3	29:26.0	0:03.2
3	Christine Marks	17	1454	57	30:41.8	30:22.9	0:18.9
4	Dominique Dimatteo	19	1115	67	31:54.8	31:47.9	0:06.9
5	Shelby Kunz	18	1143	105	53:08.7	52:48.9	0:19.8

Female 20 to 29

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Melanie Grainger	23	1129	12	22:13.6	22:12.0	0:01.5
2	Hillary Kline	25	1300	31	26:24.1	26:17.6	0:06.5
3	Sarah Davis	28	1113	48	29:06.4	28:58.4	0:07.9
4	Corissa Dodson	26	1117	58	30:50.7	30:33.3	0:17.4
5	Laura Bond	28	1102	64	31:10.2	31:02.8	0:07.3
6	Lauren Witherite	29	1176	74	34:11.3	33:53.6	0:17.7
7	Monica Noffsinger	28	1284	92	39:48.1	39:29.2	0:18.8
8	Katie Socorso	24	1268	101	45:33.1	45:19.0	0:14.0
9	Melissa Ingram	25	1297	103	52:57.0	52:43.3	0:13.6

Female 30 to 39

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Cheryln Minto	37	1152	7	21:02.7	21:01.0	0:01.7
2	Denise Courtney	36	1110	30	26:13.5	25:06.4	1:07.0
3	Audrey Biewer	32	1410	36	27:13.1	27:08.2	0:04.8
4	Tasha Escue	33	1121	40	27:47.5	27:30.0	0:17.5
5	Jeanette Kernan	30	1137	45	28:36.9	28:27.3	0:09.5
6	Marcia Woodward	31	1299	46	28:42.0	28:29.7	0:12.3
7	Shelley Gibson	39	1218	54	29:45.6	29:40.7	0:04.9
8	Shawna Schmiedlin	39	1164	59	31:00.5	30:42.4	0:18.0
9	Christina Hoeneisch	32	1275	60	31:03.6	30:56.5	0:07.0
10	Amber Carter	30	1298	72	33:15.0	33:10.0	0:04.9
11	Caroline Armbruster	30	1101	82	36:15.6	36:11.8	0:03.8
12	Hannah Kennard	31	1184	83	36:18.0	35:56.2	0:21.7
13	Ana Sandor	39	1163	85	37:30.9	37:07.7	0:23.2
14	Aleshia Geer	30	1126	89	38:45.8	38:26.2	0:19.5
15	Elizabeth Reyna	30	1160	94	40:47.3	40:22.6	0:24.7
16	Patricia Walston	35	1173	96	42:41.0	42:17.9	0:23.1

Female 40 to 49

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Kelli Henrich	46	1187	14	22:29.7	22:27.0	0:02.6
2	Tricia Massey	42	1191	26	25:19.1	25:17.2	0:01.8

3	Pamela Welton	48	1175	39	27:34.6	27:24.5	0:10.0
4	Christine Ksenich	47	1140	51	29:22.5	29:16.1	0:06.4
5	Michelle Blankenship	41	251	68	32:12.5	32:02.7	0:09.7
6	Dawn Ebert	49	1119	69	32:24.2	32:14.9	0:09.3
7	Vicki Windsor	44	1282	70	32:52.8	32:38.2	0:14.5
8	Elizabeth Lanouette	40	1146	76	35:27.4	35:10.4	0:16.9
9	Cindy Burritt	41	1288	77	35:27.5	35:09.4	0:18.1
10	Wendy Morgan	41	1183	84	36:58.5	36:36.9	0:21.5
11	Kellie Goldsborough	44	1127	95	42:05.1	41:54.3	0:10.7
12	Lisa Kunz	46	1141	104	53:08.7	52:47.9	0:20.7

Female 50 to 59

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Victoria Vlachos	51	1172	25	25:17.0	25:00.7	0:16.2
2	Elaine Nolan	57	1156	44	28:25.0	28:20.1	0:04.9
3	Lucia Calloway	54	1186	56	30:41.1	30:26.0	0:15.1
4	Kathy Gallagher	56	1313	61	31:07.0	31:03.6	0:03.3
5	Cynthia Canevari	57	1107	81	35:59.6	35:54.6	0:05.0
6	Laura Holloway	51	1280	87	38:02.2	37:50.8	0:11.4
7	Leslie Cote	57	1285	91	39:48.0	39:29.1	0:18.8
8	Eve Moretti	56	1154	102	49:11.0	48:55.8	0:15.2
9	Diana Woodward	58	1177	106	1:02:57.0	1:02:42.1	0:14.8

Female 60 and Over

#	Name	Bib #	Age	M/F	Gun Time	Chip Time	Chip Diff
1	Adrian Hunte-Smith	61	1206	32	26:31.4	26:27.4	0:04.0
2	Alexis Jamison	62	1136	38	27:24.3	27:10.3	0:13.9

Pace

6:01/M
6:17/M
6:22/M
6:25/M
6:38/M
6:42/M
6:47/M
6:54/M
6:57/M
7:04/M
7:05/M
7:10/M
7:12/M
7:15/M
7:15/M
7:20/M
7:22/M
7:29/M
7:34/M
7:44/M
7:45/M
7:54/M
7:53/M
7:54/M
8:04/M
8:09/M
8:17/M
8:19/M
8:19/M
8:06/M
8:29/M
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9:34/M
9:49/M
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9:48/M
9:51/M
9:54/M
9:59/M
10:01/M
9:43/M
9:58/M
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Pace

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Pace

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