

Running Hot- Clayton Fire Co 5K

August 13, 2016 - Clayton, DE

A Trisports Events Production

5K Run

Plac	Name	City	Bib	Age	Age Grp	Plc	Chip	Gun	Pace
1	Caleb Giles	Dover DE	812	19	1	open	18:54.0	18:54.0	6:06/M
2	Damion Richardson-Tucker	Dover DE	856	22	1	M 20-29	20:19.5	20:20.8	6:34/M
3	Jannsen Pacarro	Milford DE	844	19	1	M 15-19	20:24.3	20:24.4	6:35/M
4	Robert Novak	Dover DE	842	38	1	M 30-39	22:06.5	22:08.8	7:08/M
5	Robert Lupo	Marydel DE	833	41	1	Master	22:46.4	22:48.3	7:21/M
6	Tim Collins	Dover DE	1007	42	1	M 40-49	23:08.2	23:10.1	7:28/M
7	Miranda Warren	Cheswold DE	872	18	1	open	23:19.8	23:21.1	7:32/M
8	Brianna Bryfogle	DE	797	19	1	F 15-19	24:02.4	24:04.6	7:46/M
9	Trevor Blankenship	Smyrna DE	796	15	2	M 15-19	24:21.3	24:22.9	7:52/M
10	David Anderson	Clayton DE	999	55	1	M 50-59	24:32.6	24:36.6	7:56/M
11	Wr Carter	Smyrna DE	1025	26	2	M 20-29	24:44.8	24:44.8	7:59/M
12	Frank Whittington	Middletown DE	1003	65	1	M 60-69	25:13.7	25:15.0	8:09/M
13	Bethany Slawik	Clayton DE	1004	26	1	F 20-29	25:14.3	25:16.6	8:09/M
14	Matthew Hooker	Rehoboth Beach DE	817	19	3	M 15-19	25:18.6	25:20.6	8:10/M
15	Quentin Ferguson	Dover DE	1006	29	3	M 20-29	25:43.4	25:47.1	8:19/M
16	Sheree Pleasanton	Smyrna DE	847	26	2	F 20-29	26:01.1	26:05.5	8:25/M
17	Michael McKeown	Clayton DE	838	16	4	M 15-19	26:08.7	26:11.8	8:27/M
18	Ja'Na Tate	Smyrna DE	870	25	3	F 20-29	26:18.2	26:18.2	8:29/M
19	Kaelyn Press	Smyrna DE	849	16	2	F 15-19	26:35.4	26:39.5	8:36/M
20	Bill Brockenbrough	Clayton DE	998	57	2	M 50-59	26:38.6	26:40.7	8:36/M
21	John Byrd	Middletown DE	800	18	5	M 15-19	26:53.2	26:54.7	8:41/M
22	Daniel Stewart	Clayton DE	865	46	2	M 40-49	27:08.4	27:11.8	8:46/M
23	Robin Novak	Dover DE	843	39	1	F 30-39	27:16.6	27:19.9	8:49/M
24	James Hewes	Clayton DE	996	43	3	M 40-49	27:41.1	27:51.4	8:59/M
25	Tyler Hill-Shaner	Smyrna DE	990	28	4	M 20-29	27:42.2	27:53.7	9:00/M
26	Robert Johnson	Newark DE	826	35	2	M 30-39	29:16.0	29:21.1	9:28/M
27	James Edgeworth	Hudson NY	808	52	3	M 50-59	29:27.3	29:33.1	9:32/M
28	Claude Johnson	Smyrna DE	824	37	3	M 30-39	29:30.0	29:35.4	9:33/M
29	Dinah Blankenship	Smyrna DE	793	42	1	Master	29:35.8	29:39.6	9:34/M
30	Andrea Davis	Clayton DE	807	21	4	F 20-29	29:51.8	29:55.0	9:39/M
31	Kerri Lehnert	Clayton DE	831	40	1	F 40-49	30:16.4	30:20.3	9:47/M
32	Joel Tallhamer	Smyrna DE	869	48	4	M 40-49	30:53.2	30:55.8	9:58/M
33	Karin Ryndak	Felton DE	859	44	2	F 40-49	31:07.3	31:10.6	10:03/M
34	Caleb Jiminez	Clayton DE	821	11	1	M 11-14	31:31.5	31:35.6	10:11/M
35	Michelle Edgeworth	Hudson NY	809	48	3	F 40-49	31:42.9	31:47.7	10:15/M
36	Kim Pridemore	Smyrna DE	850	48	4	F 40-49	31:46.5	31:52.6	10:17/M
37	Melissa Schulte	Middletown DE	862	42	5	F 40-49	32:00.9	32:05.6	10:21/M
38	Amy Parsell	Smyrna DE	845	47	6	F 40-49	32:13.1	32:18.3	10:25/M
39	Keaton Rennie	Smyrna DE	1013	23	5	M 20-29	32:35.0	32:44.3	10:34/M
40	Lindsay Rennie	Smyrna DE	854	25	5	F 20-29	32:35.7	32:44.3	10:34/M
41	Richard Miller	Clayton DE	840	45	5	M 40-49	32:59.8	33:09.4	10:42/M
42	Mercedes McCoy	Dover DE	836	29	6	F 20-29	33:05.7	33:05.7	10:40/M
43	Thomas Hammond	Clayton DE	816	36	4	M 30-39	33:44.3	33:48.9	10:54/M
44	Jason Blankenship	Smyrna DE	794	38	5	M 30-39	35:05.5	35:10.1	11:21/M
45	Joey Blankenship	Smyrna DE	795	10	1	F 1-10	35:09.8	35:13.9	11:22/M

46	Cynthia Mangubat	Magnolia DE	1005	52	1 F 50-59	35:22.9	35:28.2	11:26/M
47	Melissa Urian	Clayton DE	1002	31	2 F 30-39	36:42.5	36:52.6	11:54/M
48	Katherine Jiminez	Clayton DE	822	13	1 F 11-14	36:42.9	36:46.8	11:52/M
49	Stacy Johnson	Smyrna DE	827	36	3 F 30-39	36:54.4	37:00.8	11:56/M
50	Amanda Fairley	Fairbury NE	1001	28	7 F 20-29	37:37.3	37:47.7	12:11/M
51	Larry Price	Middletown DE	987	73	1 M 70-99	38:02.7	38:10.4	12:19/M
52	Chris Truby	Clayton DE	1009	40	6 M 40-49	38:07.6	38:14.2	12:20/M
53	Kristina Hammond	Clayton DE	815	30	4 F 30-39	38:10.4	38:15.2	12:20/M
54	Laura Barnas	Dover DE	792	40	7 F 40-49	38:42.9	38:51.3	12:32/M
55	Michael Hill-Shaner	Smyrna DE	989	25	6 M 20-29	39:04.6	39:16.4	12:40/M
56	Sarah Knavel	Clayton DE	1008	34	5 F 30-39	39:48.4	39:55.1	12:53/M
57	Nate Dunnican	Newark DE	1011	31	6 M 30-39	39:49.4	39:59.6	12:54/M
58	Dawn Haw-Young	Smyrna DE	1000	42	8 F 40-49	40:05.7	40:11.2	12:58/M
59	Rachel Fink	Rehoboth Beach DE	811	19	3 F 15-19	40:07.6	40:07.6	12:56/M
60	John Pridemore	Smyrna DE	986	48	7 M 40-49	40:12.6	40:18.8	13:00/M
61	Ashley Carrow	Smyrna DE	988	26	8 F 20-29	40:30.2	40:36.9	13:06/M
62	Jeffrey Stover	Smyrna DE	1010	40	8 M 40-49	41:28.2	41:41.8	13:27/M
63	George Shilling	Smyrna DE	864	49	9 M 40-49	41:43.8	41:50.9	13:30/M
64	Faith Hewes	Clayton DE	995	11	2 F 11-14	42:31.7	42:39.4	13:45/M
65	Angie Hewes	Clayton DE	997	41	9 F 40-49	42:36.3	42:48.9	13:48/M
66	Stanley Jiminez	Clayton DE	823	48	10 M 40-49	43:34.9	43:39.9	14:05/M
67	Nicole Correll	Clayton DE	805	39	6 F 30-39	44:44.7	44:56.1	14:30/M
68	Charles Matthews	Camden Wyoming DE	835	68	2 M 60-69	45:15.8	45:22.4	14:38/M
69	Angie Zalenski	Pemberton NJ	883	33	7 F 30-39	45:39.6	45:42.8	14:45/M
70	Jeff Hurlock	Clayton DE	819	58	4 M 50-59	47:40.1	47:59.7	15:29/M
71	Jennifer Burton	Phoenix AZ	799	27	9 F 20-29	47:57.0	48:04.2	15:30/M
72	Bethany Shilling	Tempe AZ	863	22	10 F 20-29	47:59.6	48:06.7	15:31/M
73	Harita Kandarpa	Middletown DE	829	25	11 F 20-29	50:26.6	50:35.9	16:19/M
74	Derek Rennie	Cockeysville MD	1012	26	7 M 20-29	51:26.8	51:37.0	16:39/M
75	Gina Hammond	Baltimore MD	814	35	8 F 30-39	52:03.0	52:08.7	16:49/M
76	Lee Masser	Edgewater MD	834	80	2 M 70-99	54:49.3	54:58.8	17:44/M
DQ	Nehemias Mendez	Georgetown DE	839	20	DQ M 20-29	21:47.2	21:49.8	7:02/M

5K WALK

Plac	Name	City	Bib	Age	Age Grp	Plc	Chip	Gun	Pace
1	Don Zalenski	Magnolia DE	884	70	1 OpenWA		36:10.8	36:10.9	11:40/M
2	Newton Rennie	Smyrna DE	855	55	2 OpenWA		38:58.4	39:11.5	12:38/M
3	Hoong Chow	Felton DE	801	57	3 OpenWA		41:00.6	41:02.8	13:14/M
4	Joe Young	Dover DE	882	66	4 OpenWA		41:32.3	41:35.7	13:25/M
5	Heather Lightcap	Clayton DE	832	51	1 OpenWA		45:35.8	45:47.7	14:46/M
6	Debbie Johnson	Middletown DE	993	58	2 OpenWA		46:50.4	46:59.0	15:09/M
7	Therese Hurlock	Clayton DE	820	55	4 OpenWA		47:40.9	48:00.5	15:29/M
8	Beverly Whalen	Clayton DE	873	55	3 OpenWA		47:41.0	47:59.8	15:29/M
9	Phyllis Zalenski	Magnolia DE	885	67	5 OpenWA		48:23.2	48:32.0	15:39/M
10	Kristy Womax	Clayton DE	880	43	1 F 1-99		49:07.0	49:24.9	15:56/M
11	Meryle Lee Wilson	Smyrna DE	734	34	2 F 1-99		49:36.5	49:50.5	16:05/M
12	Kenny Chadwick	Clayton DE	705	64	5 OpenWA		49:38.6	49:50.5	16:05/M
13	Tammy King-Toft	Millington MD	830	46	3 F 1-99		49:43.2	50:00.2	16:08/M
14	Jennifer Durham	Hartly DE	991	39	4 F 1-99		50:28.4	50:40.5	16:21/M
15	Melissa Escoro	Bear DE	992	38	5 F 1-99		50:42.0	50:53.9	16:25/M
16	Cheryl Hurlock	Clayton DE	818	52	6 F 1-99		50:56.3	51:09.5	16:30/M
17	Howell Wallace	Smyrna DE	871	71	1 M 1-99		50:57.7	51:10.8	16:30/M

18	Janet Rennie	Smyrna DE	853	60	7 F	1-99	51:25.1	51:37.6	16:39/M
19	Alana Rodriquez	Dover DE	858	28	8 F	1-99	52:04.8	52:22.0	16:54/M
20	Bridget Mingle	Dover DE	841	32	9 F	1-99	52:13.0	52:31.6	16:56/M
21	Theresa Williams	Dover DE	877	39	10 F	1-99	52:24.4	52:43.5	17:00/M
22	Brittany Whalen	Clayton DE	874	29	11 F	1-99	53:02.2	53:21.8	17:13/M
23	Nicole Price	Clayton DE	994	30	12 F	1-99	53:12.2	53:27.1	17:15/M
24	Heather Fabi	Clayton DE	810	29	13 F	1-99	53:12.6	53:26.8	17:14/M
25	Leanne Redmon	New Castle DE	852	29	14 F	1-99	53:13.1	53:26.8	17:14/M
26	Amber Sacco	Smyrna DE	860	28	15 F	1-99	53:56.4	54:12.4	17:29/M
27	Frank Sacco	Smyrna DE	861	30	2 M	1-99	53:56.5	54:12.8	17:29/M
28	Karley Womax	Clayton DE	879	16	16 F	1-99	54:12.4	54:12.4	17:29/M
29	Lauren Raughley Agard	Downingtown PA	851	30	17 F	1-99	54:54.7	55:16.3	17:50/M
30	Rebecca Wicks	Clayton DE	876	30	18 F	1-99	54:55.4	55:16.5	17:50/M

Hand Cycle Athlete - Female

Plac	Name	City	Bib	Age	Age Grp	Plc	Chip	Gun	Pace
1	Jennifer Ridgley	Smyrna DE	857	31	1 F	1-99	18:53.6	18:55.5	6:06/M

Age Group Results

Female Champion

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Miranda Warren	Cheswold DE	18	7	23:19.8	23:21.1	7:32/M

Female Masters Champion

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Dinah Blankenship	Smyrna DE	42	29	29:35.8	29:39.6	9:34/M

Hand Cycle Athlete - Female

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Jennifer Ridgley	Smyrna, DE	31	1	18:53.6	18:55.5	6:06/M

Female 10 and Under

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Joey Blankenship	Smyrna DE	10	45	35:09.8	35:13.9	11:22/M

Female 11 to 14

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Katherine Jiminez	Clayton DE	13	48	36:42.9	36:46.8	11:52/M
2	Faith Hewes	Clayton DE	11	64	42:31.7	42:39.4	13:45/M

Female 15 to 19

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Brianna Bryfogle	DE	19	8	24:02.4	24:04.6	7:46/M
2	Kaelyn Press	Smyrna DE	16	19	26:35.4	26:39.5	8:36/M

3	Rachel Fink	Rehoboth Beach DE	19	59	40:07.6	40:07.6	12:56/M
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Female 20 to 29

Plac Name	City	Age	Overall Chip	Gun	Pace
1	Bethany Slawik	Clayton DE	26 13 25:14.3	25:16.6	8:09/M
2	Sheree Pleasanton	Smyrna DE	26 16 26:01.1	26:05.5	8:25/M
3	Ja'Na Tate	Smyrna DE	25 18 26:18.2	26:18.2	8:29/M
4	Andrea Davis	Clayton DE	21 30 29:51.8	29:55.0	9:39/M
5	Lindsay Rennie	Smyrna DE	25 40 32:35.7	32:44.3	10:34/M
6	Mercedes McCoy	Dover DE	29 42 33:05.7	33:05.7	10:40/M
7	Amanda Fairley	Fairbury NE	28 50 37:37.3	37:47.7	12:11/M
8	Ashley Carrow	Smyrna DE	26 61 40:30.2	40:36.9	13:06/M
9	Jennifer Burton	Phoenix AZ	27 71 47:57.0	48:04.2	15:30/M
10	Bethany Shilling	Tempe AZ	22 72 47:59.6	48:06.7	15:31/M
11	Harita Kandarpa	Middletown DE	25 73 50:26.6	50:35.9	16:19/M

Female 30 to 39

Plac Name	City	Age	Overall Chip	Gun	Pace
1	Robin Novak	Dover DE	39 23 27:16.6	27:19.9	8:49/M
2	Melissa Urian	Clayton DE	31 47 36:42.5	36:52.6	11:54/M
3	Stacy Johnson	Smyrna DE	36 49 36:54.4	37:00.8	11:56/M
4	Kristina Hammond	Clayton DE	30 53 38:10.4	38:15.2	12:20/M
5	Sarah Knavel	Clayton DE	34 56 39:48.4	39:55.1	12:53/M
6	Nicole Correll	Clayton DE	39 67 44:44.7	44:56.1	14:30/M
7	Angie Zalenski	Pemberton NJ	33 69 45:39.6	45:42.8	14:45/M
8	Gina Hammond	Baltimore MD	35 75 52:03.0	52:08.7	16:49/M

Female 40 to 49

Plac Name	City	Age	Overall Chip	Gun	Pace
1	Kerri Lehnert	Clayton DE	40 31 30:16.4	30:20.3	9:47/M
2	Karin Ryndak	Felton DE	44 33 31:07.3	31:10.6	10:03/M
3	Michelle Edgeworth	Hudson NY	48 35 31:42.9	31:47.7	10:15/M
4	Kim Pridemore	Smyrna DE	48 36 31:46.5	31:52.6	10:17/M
5	Melissa Schulte	Middletown DE	42 37 32:00.9	32:05.6	10:21/M
6	Amy Parsell	Smyrna DE	47 38 32:13.1	32:18.3	10:25/M
7	Laura Barnas	Dover DE	40 54 38:42.9	38:51.3	12:32/M
8	Dawn Haw-Young	Smyrna DE	42 58 40:05.7	40:11.2	12:58/M
9	Angie Hewes	Clayton DE	41 65 42:36.3	42:48.9	13:48/M

Female 50 to 59

Plac Name	City	Age	Overall Chip	Gun	Pace
1	Cynthia Mangubat	Magnolia DE	52 46 35:22.9	35:28.2	11:26/M

Male Champion

Plac Name	City	Age	Overall Chip	Gun	Pace
1	Caleb Giles	Dover DE	19 1 18:54.0	18:54.0	6:06/M

Male Masters Champion

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Robert Lupo	Marydel DE	41	5	22:46.4	22:48.3	7:21/M

Male 11 to 14

Plac	Name	City	Age	Overall	Chip	Gun	Pace
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Male 15 to 19

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Jannsen Pacarro	Milford DE	19	3	20:24.3	20:24.4	6:35/M
2	Trevor Blankenship	Smyrna DE	15	9	24:21.3	24:22.9	7:52/M
3	Matthew Hooker	Rehoboth Beach DE	19	14	25:18.6	25:20.6	8:10/M
4	Michael McKeown	Clayton DE	16	17	26:08.7	26:11.8	8:27/M
5	John Byrd	Middletown DE	18	21	26:53.2	26:54.7	8:41/M

Male 20 to 29

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Damion Richardson-Tucker	Dover DE	22	2	20:19.5	20:20.8	6:34/M
2	Wr Carter	Smyrna DE	26	11	24:44.8	24:44.8	7:59/M
3	Quentin Ferguson	Dover DE	29	15	25:43.4	25:47.1	8:19/M
4	Tyler Hill-Shaner	Smyrna DE	28	25	27:42.2	27:53.7	9:00/M
5	Keaton Rennie	Smyrna DE	23	39	32:35.0	32:44.3	10:34/M
6	Michael Hill-Shaner	Smyrna DE	25	55	39:04.6	39:16.4	12:40/M
7	Derek Rennie	Cockeysville MD	26	74	51:26.8	51:37.0	16:39/M
DQ	Nehemias Mendez	Georgetown DE	20	DQ	21:47.2	21:49.8	7:02/M

Male 30 to 39

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Robert Novak	Dover DE	38	4	22:06.5	22:08.8	7:08/M
2	Robert Johnson	Newark DE	35	26	29:16.0	29:21.1	9:28/M
3	Claude Johnson	Smyrna DE	37	28	29:30.0	29:35.4	9:33/M
4	Thomas Hammond	Clayton DE	36	43	33:44.3	33:48.9	10:54/M
5	Jason Blankenship	Smyrna DE	38	44	35:05.5	35:10.1	11:21/M
6	Nate Dunnican	Newark DE	31	57	39:49.4	39:59.6	12:54/M

Male 40 to 49

Plac	Name	City	Age	Overall	Chip	Gun	Pace
1	Tim Collins	Dover DE	42	6	23:08.2	23:10.1	7:28/M
2	Daniel Stewart	Clayton DE	46	22	27:08.4	27:11.8	8:46/M
3	James Hewes	Clayton DE	43	24	27:41.1	27:51.4	8:59/M
4	Joel Tallhamer	Smyrna DE	48	32	30:53.2	30:55.8	9:58/M
5	Richard Miller	Clayton DE	45	41	32:59.8	33:09.4	10:42/M
6	Chris Truby	Clayton DE	40	52	38:07.6	38:14.2	12:20/M
7	John Pridemore	Smyrna DE	48	60	40:12.6	40:18.8	13:00/M
8	Jeffrey Stover	Smyrna DE	40	62	41:28.2	41:41.8	13:27/M

9	George Shilling	Smyrna DE	49	63	41:43.8	41:50.9	13:30/M
10	Stanley Jiminez	Clayton DE	48	66	43:34.9	43:39.9	14:05/M

Male 50 to 59

Plac Name	City	Age	Overall	Chip	Gun	Pace
1	David Anderson	Clayton DE	55	10	24:32.6	24:36.6 7:56/M
2	Bill Brockenbrough	Clayton DE	57	20	26:38.6	26:40.7 8:36/M
3	James Edgeworth	Hudson NY	52	27	29:27.3	29:33.1 9:32/M
4	Jeff Hurlock	Clayton DE	58	70	47:40.1	47:59.7 15:29/M

Male 60 to 69

Plac Name	City	Age	Overall	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	65	12	25:13.7	25:15.0 8:09/M
2	Charles Matthews	Camden Wyoming DE	68	68	45:15.8	45:22.4 14:38/M

Male 70 and Over

Plac Name	City	Age	Overall	Chip	Gun	Pace
1	Larry Price	Middletown DE	73	51	38:02.7	38:10.4 12:19/M
2	Lee Masser	Edgewater MD	80	76	54:49.3	54:58.8 17:44/M