

ARC 5K Run/Walk
Wild Quail Country Club - Wyoming, DE
May 06, 2017
A Trisports Events Production

Overall Finish List

5K Run								
Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Jesse Goodyear	Elkton MD	1099	37	1 Open	18:15.1	18:15.1	5:53/M
2	Robert Lupo	Marydel DE	1065	42	1 Masters	20:44.7	20:44.7	6:41/M
3	Dean Holden	Dover DE	1057	43	1 M 40-49	22:16.5	22:19.6	7:12/M
4	Bill O'Brien	Camden Wyoming DE	1072	55	1 M 50-59	23:41.9	23:44.9	7:39/M
5	Frank Whittington	Middletown DE	71	66	1 M 60-69	24:16.5	24:17.7	7:50/M
6	Todd Carmean	Bridgeville DE	1100	54	2 M 50-59	24:32.2	24:33.1	7:55/M
7	Mardiny Ung	Elizabethtown PA	1080	50	1 Open	24:45.9	24:45.9	7:59/M
8	Marshall Capinpin	Dover DE	1045	18	1 M 15-19	25:33.6	25:34.3	8:15/M
9	Jon Harris	Frederica DE	1056	49	2 M 40-49	25:37.1	25:39.1	8:16/M
10	Rob Ridgeway	Camden Wyoming DE	79	40	3 M 40-49	26:10.0	26:11.0	8:27/M
11	Claudia Biester	Newark DE	42	34	1 F 30-39	26:58.0	27:00.3	8:43/M
12	Tom Keating	Frankford DE	1096	69	2 M 60-69	28:01.6	28:02.5	9:03/M
13	Sharron Manners	Camden DE	1066	53	1 Masters	28:51.6	28:51.6	9:18/M
14	Douglas Deeter	Camden Wyoming DE	1006	65	3 M 60-69	28:51.7	28:56.4	9:20/M
15	Donna Lawson	Marydel DE	70	56	1 F 50-59	29:22.4	29:26.2	9:30/M
16	Phil Perry	Friendsville MD	1292	71	1 M 70-99	29:30.9	29:35.7	9:33/M
17	Chris Mertz	Youngsville NC	1062	61	4 M 60-69	29:45.3	29:51.2	9:38/M
18	Anita Rimer	Ft George G Meade MD	1075	26	1 F 20-29	30:11.0	30:15.0	9:45/M
19	Juan Vega	Alexandria VA	1082	29	1 M 20-29	30:11.1	30:15.1	9:45/M
20	Alejandro Vega	Alexandria VA	1081	10	1 M 1-10	30:12.1	30:16.2	9:46/M
21	Crystal Reynolds	Clayton DE	1145	40	1 F 40-49	30:29.7	30:33.9	9:51/M
22	Nathan Walston	Dover DE	1083	31	1 M 30-39	30:51.8	30:56.9	9:59/M
23	Shawn Ellis	Dover DE	1051	41	4 M 40-49	31:57.7	32:00.9	10:19/M
24	Mary Brown	Magnolia DE	1042	29	2 F 20-29	32:02.2	32:03.2	10:20/M
25	Marcia Woodward	Houston DE	1087	33	2 F 30-39	32:37.9	32:46.8	10:34/M
26	Leeann Waltz	Milton DE	1097	54	2 F 50-59	32:56.5	32:58.6	10:38/M
27	Mary Walsh	Dover DE	1159	61	1 F 60-99	34:07.3	34:13.3	11:02/M
28	Jennifer Logue	Clayton DE	1064	45	2 F 40-49	34:38.9	34:43.1	11:12/M
29	Craig Warrington	Milford DE	1158	55	3 M 50-59	34:52.8	34:58.0	11:17/M
30	Larry Price	Middletown DE	1001	74	2 M 70-99	35:30.6	35:36.0	11:29/M
31	Leslie Cote	Smyrna DE	1050	52	3 F 50-59	35:51.9	35:59.4	11:36/M
32	Julie St. Clair	Port Saint Lucie FL	1078	51	4 F 50-59	36:06.6	36:11.2	11:40/M
33	Keith Gallihue	Smyrna DE	1128	45	5 M 40-49	36:48.0	36:57.9	11:55/M
34	Charles Matthews	Camden Wyoming DE	1067	69	5 M 60-69	37:49.8	37:54.9	12:14/M
35	Paul Eichler	Dover DE	72	52	4 M 50-59	38:43.9	38:50.5	12:32/M
36	Pam Cannon	Harrington DE	1044	57	5 F 50-59	40:01.4	40:05.8	12:56/M
37	Miriam Shafi	Newark DE	1177	34	3 F 30-39	40:36.8	40:41.0	13:07/M
38	Arleen Murchison	Dover DE	1071	54	6 F 50-59	42:20.0	42:26.4	13:41/M
39	Lori Jones	Dover DE	1061	45	3 F 40-49	42:58.9	43:02.5	13:53/M
40	Zoe Woodward	Houston DE	1091	6	1 F 1-10	43:37.0	43:44.8	14:06/M
41	Marcus Woodward	Houston DE	1088	33	2 M 30-39	43:38.2	43:48.6	14:08/M

42	Olivia Woodward	Houston DE	1089	4	2 F 1-10	43:40.0	43:49.0	14:08/M
43	Diana Woodward	Harrington DE	1086	60	2 F 60-99	44:29.6	44:37.5	14:24/M

5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Don Zalenski	Magnolia DE	1092	71	1 M 1-99	36:01.3	36:03.6	11:38/M
2	John Westhafer	Mechanicsburg PA	1172	60	2 M 1-99	36:32.7	36:35.3	11:48/M
3	Catherine Dryden	Middletown DE	85	48	1 F 1-99	38:43.1	38:47.1	12:31/M
4	Hoong Chow	Felton DE	1047	57	3 M 1-99	38:43.4	38:46.0	12:30/M
5	Bob Carroll	Milford DE	1046	78	4 M 1-99	40:00.8	40:05.1	12:56/M
6	Douglass Lambert	Seaford DE	1063	60	5 M 1-99	41:50.0	41:55.9	13:31/M
7	Carol Beth Lambert	Seaford DE	939	63	2 F 1-99	45:05.9	45:11.4	14:35/M
8	Susan Hajec	Camden DE	1053	68	3 F 1-99	46:06.8	46:09.6	14:53/M
9	Clarke Stokes	Camden DE	1079	66	6 M 1-99	46:07.3	46:10.7	14:54/M
10	Jeff Hall	Dover DE	104	54	7 M 1-99	48:51.6	49:05.4	15:50/M
11	Alyssa Middleton Yates	Dover DE	97	42	4 F 1-99	48:51.9	49:05.1	15:50/M
12	Amy Miller	Felton DE	1146	43	5 F 1-99	50:34.2	50:40.7	16:21/M
13	Karen Rivera	Dover DE	1147	57	6 F 1-99	50:34.4	50:40.5	16:21/M
14	Pam Johnson	Dover DE	1060	59	7 F 1-99	51:47.4	52:01.6	16:47/M
15	Mayer Rubin	Dover DE	1076	61	8 M 1-99	52:04.6	52:10.6	16:50/M
16	Heidi Zancozsky	Christiana PA	1093	54	8 F 1-99	52:04.8	52:10.5	16:50/M
17	Terry Woodward	Harrington DE	1090	61	9 M 1-99	53:12.9	53:16.3	17:11/M
18	Betty Brown	Magnolia DE	1041	66	9 F 1-99	53:17.2	53:24.2	17:14/M
19	Anne Brown	Magnolia DE	1040	37	10 F 1-99	54:16.0	54:18.5	17:31/M
20	Jesse Hunt	Dover DE	1059	24	10 M 1-99	54:27.3	54:31.8	17:35/M
21	Daniel Hunt	Dover DE	1058	52	11 M 1-99	57:31.0	57:36.4	18:35/M
22	Tony Desanctis	Seaford DE	1132	61	12 M 1-99	59:33.3	59:44.4	19:16/M
23	Tony Desanctis		1169	27	13 M 1-99	59:34.1	59:44.2	19:16/M
24	Kendy Prystajlco	Camden Wyoming DE	1098	53	11 F 1-99	1:00:41.0	1:00:56.0	19:39/M
25	Billy McCulley	DE	1068	54	14 M 1-99	1:00:42.2	1:00:55.7	19:39/M
26	Michael Prystajlco	Camden Wyoming DE	1095	56	12 F 1-99	1:00:43.4	1:00:58.2	19:40/M
27	Donald Watkins	DE	1084	57	15 M 1-99	1:04:41.8	1:04:46.6	20:54/M

5K Roll

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Jennifer Ridgley	Smyrna DE	1094	31	1 F 1-99	18:15.7	18:18.5	5:54/M
2	Harvey Hardy	DE	1054	67	1 M 1-99	41:52.0	42:04.8	13:34/M
3	Bill Mosley	DE	1070	62	2 M 1-99	51:48.5	52:01.5	16:47/M

1 Mile Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Asa Mebane	Dover DE	1171	27	1 M 1-99	12:37.5	12:44.6	12:44/M
2	Sandi Voss		1160	54	1 F 1-99	12:42.4	12:52.0	12:52/M
3	Jerome Watson	Seaford DE	1085	48	2 M 1-99	12:45.5	12:52.4	12:52/M
4	Brian Perry	Frederica DE	1202	37	3 M 1-99	15:49.4	15:57.3	15:57/M
5	Christine Perry	Frederica DE	1262	67	2 F 1-99	16:12.9	16:20.9	16:20/M
6	Terry Olson	MD	1194	63	4 M 1-99	16:38.6	16:40.5	16:40/M
7	Susanna Eaton-Ryan	Wilmington DE	994	70	3 F 1-99	16:43.2	16:45.3	16:45/M
8	Pam Avila		119	64	4 F 1-99	17:24.6	17:35.7	17:35/M
9	Janet Desanctis		1161	62	5 F 1-99	17:26.2	17:36.0	17:36/M
10	Matthew Bryson		126	14	5 M 1-99	21:23.5	21:23.5	21:23/M

11	Sherline Exantus	Dover DE	995	36	6 F 1-99	21:29.7	21:29.7	21:29/M
12	Carol Bryson		130	48	7 F 1-99	21:37.9	21:37.9	21:37/M
13	Rick Bryson		136	52	6 M 1-99	21:38.2	21:38.2	21:38/M
14	Kimberly Jones	Dover DE	935	36	8 F 1-99	23:12.1	23:22.9	23:22/M
15	James Crampton	Magnolia DE	993	54	7 M 1-99	23:41.0	23:56.0	23:56/M
16	Tiffani Johnson	Dover DE	933	47	9 F 1-99	24:00.1	24:00.1	24:00/M
17	Jessica Hurtado	Middletown DE	998	30	10 F 1-99	24:27.1	24:41.0	24:41/M
18	Tiesha Johnson	Smyrna DE	1000	29	11 F 1-99	24:28.1	24:42.0	24:42/M
19	Phyllis Zalenski	Magnolia DE	1074	68	12 F 1-99	33:44.3	33:51.3	33:51/M
20	Greg Fisher	Dover DE	59	40	8 M 1-99	39:16.8	39:17.5	39:17/M

Age Group Results

Female Champion

Plac	Name	City	Age	Over	Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	50	7	24:45.9	24:45.9	7:59/M

Female Masters Champion

Plac	Name	City	Age	Over	Chip	Gun	Pace
1	Sharron Manners	Camden DE	53	13	28:51.6	28:51.6	9:18/M

Female 10 and Under

Plac	Name	City	Age	Over	Chip	Gun	Pace
1	Zoe Woodward	Houston DE	6	40	43:37.0	43:44.8	14:06/M
2	Olivia Woodward	Houston DE	4	42	43:40.0	43:49.0	14:08/M

Female 20 to 29

Plac	Name	City	Age	Over	Chip	Gun	Pace
1	Anita Rimer	Fort George G Meade MD	26	18	30:11.0	30:15.0	9:45/M
2	Mary Brown	Magnolia DE	29	24	32:02.2	32:03.2	10:20/M

Female 30 to 39

Plac	Name	City	Age	Over	Chip	Gun	Pace
1	Claudia Biester	Newark DE	34	11	26:58.0	27:00.3	8:43/M
2	Marcia Woodward	Houston DE	33	25	32:37.9	32:46.8	10:34/M
3	Miriam Shafi	Newark DE	34	37	40:36.8	40:41.0	13:07/M

Female 40 to 49

Plac	Name	City	Age	Over	Chip	Gun	Pace
1	Crystal Reynolds	Clayton DE	40	21	30:29.7	30:33.9	9:51/M
2	Jennifer Logue	Clayton DE	45	28	34:38.9	34:43.1	11:12/M
3	Lori Jones	Dover DE	45	39	42:58.9	43:02.5	13:53/M

Female 50 to 59

Plac	Name	City	Age	Over	Chip	Gun	Pace
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1	Donna Lawson	Marydel DE	56	15	29:22.4	29:26.2	9:30/M
2	Leeann Waltz	Milton DE	54	26	32:56.5	32:58.6	10:38/M
3	Leslie Cote	Smyrna DE	52	31	35:51.9	35:59.4	11:36/M
4	Julie St. Clair	Port Saint Lucie FL	51	32	36:06.6	36:11.2	11:40/M
5	Pam Cannon	Harrington DE	57	36	40:01.4	40:05.8	12:56/M
6	Arleen Murchison	Dover DE	54	38	42:20.0	42:26.4	13:41/M

Female 60 and Over

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Mary Walsh	Dover DE	61	27 34:07.3	34:13.3	11:02/M
2 Diana Woodward	Harrington DE	60	43 44:29.6	44:37.5	14:24/M

Male Champion

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Jesse Goodyear	Elkton MD	37	1 18:15.1	18:15.1	5:53/M

Male Masters Champion

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Robert Lupo	Marydel DE	42	2 20:44.7	20:44.7	6:41/M

Male 10 and Under

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Alejandro Vega	Alexandria VA	10	20 30:12.1	30:16.2	9:46/M

Male 15 to 19

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Marshall Capinpin	Dover DE	18	8 25:33.6	25:34.3	8:15/M

Male 20 to 29

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Juan Vega	Alexandria VA	29	19 30:11.1	30:15.1	9:45/M

Male 30 to 39

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Nathan Walston	Dover DE	31	22 30:51.8	30:56.9	9:59/M
2 Marcus Woodward	Houston DE	33	41 43:38.2	43:48.6	14:08/M

Male 40 to 49

Plac Name	City	Age	Overa Chip	Gun	Pace
1 Dean Holden	Dover DE	43	3 22:16.5	22:19.6	7:12/M
2 Jon Harris	Frederica DE	49	9 25:37.1	25:39.1	8:16/M
3 Rob Ridgeway	Camden Wyoming DE	40	10 26:10.0	26:11.0	8:27/M
4 Shawn Ellis	Dover DE	41	23 31:57.7	32:00.9	10:19/M

5	Keith Gallihue	Smyrna DE	45	33	36:48.0	36:57.9	11:55/M
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Male 50 to 59

Plac	Name	City	Age	Overa	Chip	Gun	Pace
1	Bill O'Brien	Camden Wyoming DE	55	4	23:41.9	23:44.9	7:39/M
2	Todd Carmean	Bridgeville DE	54	6	24:32.2	24:33.1	7:55/M
3	Craig Warrington	Milford DE	55	29	34:52.8	34:58.0	11:17/M
4	Paul Eichler	Dover DE	52	35	38:43.9	38:50.5	12:32/M

Male 60 to 69

Plac	Name	City	Age	Overa	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	66	5	24:16.5	24:17.7	7:50/M
2	Tom Keating	Frankford DE	69	12	28:01.6	28:02.5	9:03/M
3	Douglas Deeter	Camden Wyoming DE	65	14	28:51.7	28:56.4	9:20/M
4	Chris Mertz	Youngsville NC	61	17	29:45.3	29:51.2	9:38/M
5	Charles Matthews	Camden Wyoming DE	69	34	37:49.8	37:54.9	12:14/M

Male 70 and Over

Plac	Name	City	Age	Overa	Chip	Gun	Pace
1	Phil Perry	Friendsville MD	71	16	29:30.9	29:35.7	9:33/M
2	Larry Price	Middletown DE	74	30	35:30.6	35:36.0	11:29/M