

**The ARC of Delaware 5K Run/Walk**  
**Wild Quail Country Club - Wyoming, DE**  
**Saturday - May 05, 2018**  
**A TriSports Events Production**

**Overall Finish List**

**5K Run**

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Dean Holden	Dover DE	2337	44	1 Open	21:13.3	21:13.3	6:51/M
2	Todd Carmen	Bridgeville DE	2083	55	1 Masters	22:51.8	22:51.8	7:22/M
3	Rob Ridgeway	Camden Wyoming DE	2084	41	1 M 40-49	23:09.1	23:12.4	7:29/M
4	Sarah Cramton	Hollis NH	2318	20	1 F 20-29	23:32.8	23:34.8	7:36/M
5	Mardiny Ung	Elizabethtown PA	2378	51	1 Open	23:33.6	23:33.6	7:36/M
6	Frank Whittington	Middletown DE	2386	67	1 M 60-69	24:12.1	24:13.0	7:49/M
7	Kristen Cole	Holbrook NY	2314	19	1 F 15-19	25:57.2	25:59.3	8:23/M
8	Robert Schroeder	Camden Wyoming DE	2373	27	1 M 20-29	26:07.9	26:11.8	8:27/M
9	Riley Hastings	Harrington DE	2333	15	2 F 15-19	26:13.2	26:15.8	8:28/M
10	Bob Ciminella	Buffalo NY	2313	58	1 M 50-59	26:49.2	26:54.5	8:41/M
11	Sarah Cummings	Dover DE	2321	13	1 F 11-14	28:30.5	28:33.2	9:13/M
12	Quade Cummings	Dover DE	2320	8	1 M 1-10	29:10.6	29:13.3	9:25/M
13	Douglas Deeter	Camden Wyoming DE	2082	66	2 M 60-69	30:13.7	30:15.6	9:45/M
14	Morgan Newman	Trenton NJ	2368	19	3 F 15-19	30:33.0	30:35.2	9:52/M
15	Joanne Hastings	Harrington DE	2332	40	1 Masters	30:56.2	30:56.2	9:59/M
16	Thomas Canfield	Milford DE	2085	33	1 M 30-39	31:06.9	31:23.6	10:07/M
17	Eric Haskins	Smyrna DE	2331	29	2 M 20-29	31:14.1	31:29.1	10:09/M
18	Jose Socarras	Magnolia DE	2376	62	3 M 60-69	32:56.9	33:01.3	10:39/M
19	Michele Cummings	Dover DE	2319	42	1 F 40-49	33:40.5	33:46.2	10:54/M
20	Don Zalenski	Magnolia DE	2389	72	1 M 70-99	34:45.5	34:49.7	11:14/M
21	Leslie Cote	Smyrna DE	2317	53	1 F 50-59	35:01.5	35:06.2	11:19/M
22	Louise Holt	Milford DE	2340	60	1 F 60-99	35:16.1	35:26.5	11:26/M
23	James Malloy	Dover DE	2359	48	2 M 40-49	35:50.7	36:00.7	11:37/M
24	Laura Holloway	Camden DE	2338	53	2 F 50-59	36:12.9	36:16.5	11:42/M
25	Mike Canevari	Milford DE	2311	57	2 M 50-59	37:07.6	37:12.0	12:00/M
26	Tom Molin	Townsend DE	2363	66	4 M 60-69	39:20.9	39:33.5	12:45/M
27	Pam Cannon	Harrington DE	2312	58	3 F 50-59	39:32.1	39:39.5	12:47/M
28	Robert Confer	Magnolia DE	2315	37	2 M 30-39	40:27.3	40:43.2	13:08/M
29	Charles Matthews	Camden DE	2361	70	2 M 70-99	41:40.9	41:42.8	13:27/M
30	Arleen Murchison	Dover DE	2367	55	4 F 50-59	42:04.7	42:18.7	13:39/M
31	Diana Woodward	Harrington DE	2387	61	2 F 60-99	42:09.8	42:15.2	13:38/M
32	Betty Brown	Magnolia DE	2305	67	3 F 60-99	46:06.1	46:16.2	14:55/M
33	Jay Epstein	Elizabethtown PA	2323	60	5 M 60-69	48:10.7	48:21.7	15:36/M
34	Jerri Fleetwood	Houston DE	2324	62	4 F 60-99	48:11.1	48:21.3	15:36/M
35	Darcy White	Middletown DE	2385	51	5 F 50-59	52:44.8	52:53.1	17:04/M

**5K Walk**

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Steven Brennan	Dover DE	2304	57	1 M 1-99	36:00.5	36:01.5	11:37/M
2	Shirley Brennan	Dover DE	2303	55	1 F 1-99	40:28.5	40:29.5	13:04/M
3	Ben Fisher	Denton MD	2103	14	2 M 1-99	41:03.9	41:03.9	13:15/M
4	Ron Love	Wyoming DE	2118	71	3 M 1-99	41:05.3	41:14.6	13:18/M

5	Douglass Lambert	Seaford DE	2355	61	4 M	1-99	41:50.5	41:55.3	13:31/M
6	Alexis Ray	Camden Wyoming DE	2116	38	2 F	1-99	43:37.7	43:47.8	14:07/M
7	Debbie Johnson	Middletown DE	2348	59	3 F	1-99	43:41.8	43:51.1	14:09/M
8	Carol Beth Lambert	Seaford DE	2354	64	4 F	1-99	44:49.8	44:54.7	14:29/M
9	Brenda Biddle	Denton MD	2301	54	5 F	1-99	45:39.4	45:46.9	14:46/M
10	Kim Fisher	Denton MD	2102	53	6 F	1-99	45:40.6	45:46.9	14:46/M
11	Rusty Biddle	Denton MD	2302	55	5 M	1-99	46:21.3	46:28.1	14:59/M
12	Emma Fisher	Denton MD	2101	17	7 F	1-99	46:27.9	46:27.9	14:59/M
13	Phyllis Zalenski	Magnolia DE	2390	69	8 F	1-99	49:11.5	49:19.1	15:55/M
14	Jean Alexitch	Dover DE	2117	59	9 F	1-99	52:05.3	52:08.4	16:49/M
15	Lori Jones	Dover DE	2119	46	10 F	1-99	52:10.3	52:21.4	16:53/M
16	Terry Woodward	Harrington DE	2388	62	6 M	1-99	52:21.6	52:26.7	16:55/M
17	Jesse Hunt	Dover DE	2345	25	7 M	1-99	52:22.3	52:26.3	16:55/M
18	Rachel Foust	Dover DE	2115	24	11 F	1-99	52:26.5	52:38.4	16:59/M
19	Lucinda Kitching		2114	45	12 F	1-99	52:27.2	52:38.6	16:59/M
20	Daniel Hunt	Dover DE	2344	53	8 M	1-99	52:34.6	52:38.2	16:59/M
21	Heidi Zanecosky	Christiana PA	2391	55	13 F	1-99	52:54.3	52:54.3	17:04/M
22	Tina Auchterlonie	Harrington DE	2113	49	14 F	1-99	53:57.0	54:03.9	17:26/M
23	Monica Enrique	Dover DE	2111	46	15 F	1-99	53:57.8	54:03.6	17:26/M
24	Mayer Rubin	Dover DE	2371	62	9 M	1-99	56:08.2	56:17.0	18:09/M
25	Aleida Socarras	Magnolia DE	2375	60	16 F	1-99	56:09.4	56:17.1	18:09/M
26	Tony Desanctis	Seaford DE	2112	62	10 M	1-99	57:22.7	57:26.4	18:32/M
27	Pam Johnson	Dover DE	2350	60	17 F	1-99	58:02.8	58:19.2	18:49/M
28	Linda Davis	Camden Wyoming DE	2322	69	18 F	1-99	1:00:12.7	1:00:25.2	19:29/M
29	Julia Marshall	Magnolia DE	2360	76	19 F	1-99	1:00:12.8	1:00:25.7	19:29/M
30	Christopher Carlson	Camden DE	2110	32	11 M	1-99	1:00:28.4	1:00:38.6	19:34/M
31	Beth Parker	Camden DE	2108	76	20 F	1-99	1:00:53.3	1:01:01.0	19:41/M
32	Billy McCulley	DE	2362	55	12 M	1-99	1:02:02.3	1:02:12.1	20:04/M
33	Liz Harris	Wilmington DE	2107	28	21 F	1-99	1:02:04.0	1:02:13.8	20:04/M
34	Ashley Tabibian		2104	24	22 F	1-99	1:02:04.1	1:02:13.3	20:04/M
35	Vanessa Corbin	Newark DE	2316	54	23 F	1-99	1:02:05.5	1:02:14.5	20:05/M

#### 5K Roll

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace	
1	Harvey Hardy	DE	2330	68	1 M	1-99	57:56.8	58:18.0	18:48/M
2	Bill Mosley	DE	2366	63	2 M	1-99	58:03.4	58:18.0	18:48/M

#### 1 Mile Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace	
1	Ashley Shockley	Dover DE	2374	27	1 F	1-99	14:22.0	14:30.7	14:30/M
2	Bessie Sudler	Clayton DE	2377	62	2 F	1-99	14:29.5	14:39.7	14:39/M
3	Jerome Watson	Seaford DE	2384	49	1 M	1-99	15:25.0	15:36.3	15:36/M
4	Nancy George	Dover DE	2109	59	3 F	1-99	15:33.2	15:37.0	15:37/M
5	Shane Vari		2106	23	2 M	1-99	16:20.6	16:37.1	16:37/M
6	Louann Vari	Felton DE	2105	56	4 F	1-99	16:22.2	16:38.7	16:38/M
7	Clay Jester	Camden DE	2346	67	3 M	1-99	17:44.1	17:54.3	17:54/M
8	V. Ann Z. Jester	Camden DE	2347	68	5 F	1-99	17:45.3	17:54.2	17:54/M
9	John Moore	Denton MD	2364	82	4 M	1-99	17:52.2	17:54.3	17:54/M
10	Ruth Moore	Denton MD	2365	80	6 F	1-99	17:53.7	17:55.4	17:55/M
11	Michelle Gomes	Dover DE	2328	51	7 F	1-99	26:14.4	26:28.1	26:28/M
12	Ron Gomes	Dover DE	2329	74	5 M	1-99	29:34.9	29:48.6	29:48/M
13	Kimberly Jones	DE	2351	37	8 F	1-99	29:36.3	29:48.0	29:48/M

## Age Group Results

### Female Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	51	5	23:33.6	23:33.6	7:36/M

### Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Joanne Hastings	Harrington DE	40	15	30:56.2	30:56.2	9:59/M

### Female 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Cummings	Dover DE	13	11	28:30.5	28:33.2	9:13/M

### Female 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Kristen Cole	Holbrook NY	19	7	25:57.2	25:59.3	8:23/M
2	Riley Hastings	Harrington DE	15	9	26:13.2	26:15.8	8:28/M
3	Morgan Newman	Trenton NJ	19	14	30:33.0	30:35.2	9:52/M

### Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Cramton	Hollis NH	20	4	23:32.8	23:34.8	7:36/M

### Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Michele Cummings	Dover DE	42	19	33:40.5	33:46.2	10:54/M

### Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Leslie Cote	Smyrna DE	53	21	35:01.5	35:06.2	11:19/M
2	Laura Holloway	Camden DE	53	24	36:12.9	36:16.5	11:42/M
3	Pam Cannon	Harrington DE	58	27	39:32.1	39:39.5	12:47/M
4	Arleen Murchison	Dover DE	55	30	42:04.7	42:18.7	13:39/M
5	Darcy White	Middletown DE	51	35	52:44.8	52:53.1	17:04/M

### Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Louise Holt	Milford DE	60	22	35:16.1	35:26.5	11:26/M
2	Diana Woodward	Harrington DE	61	31	42:09.8	42:15.2	13:38/M
3	Betty Brown	Magnolia DE	67	32	46:06.1	46:16.2	14:55/M
4	Jerri Fleetwood	Houston DE	62	34	48:11.1	48:21.3	15:36/M

### Male Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Dean Holden	Dover DE	44	1	21:13.3	21:13.3	6:51/M

### Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Todd Carmen	Bridgeville DE	55	2	22:51.8	22:51.8	7:22/M

### Male 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Quade Cummings	Dover DE	8	12	29:10.6	29:13.3	9:25/M

### Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Robert Schroeder	Camden Wyoming DE	27	8	26:07.9	26:11.8	8:27/M
2	Eric Haskins	Smyrna DE	29	17	31:14.1	31:29.1	10:09/M

### Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Thomas Canfield	Milford DE	33	16	31:06.9	31:23.6	10:07/M
2	Robert Confer	Magnolia DE	37	28	40:27.3	40:43.2	13:08/M

### Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rob Ridgeway	Camden Wyoming DE	41	3	23:09.1	23:12.4	7:29/M
2	James Malloy	Dover DE	48	23	35:50.7	36:00.7	11:37/M

### Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Bob Ciminella	Buffalo NY	58	10	26:49.2	26:54.5	8:41/M
2	Mike Canevari	Milford DE	57	25	37:07.6	37:12.0	12:00/M

### Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	67	6	24:12.1	24:13.0	7:49/M
2	Douglas Deeter	Camden Wyoming DE	66	13	30:13.7	30:15.6	9:45/M
3	Jose Socarras	Magnolia DE	62	18	32:56.9	33:01.3	10:39/M
4	Tom Molin	Townsend DE	66	26	39:20.9	39:33.5	12:45/M
5	Jay Epstein	Elizabethtown PA	60	33	48:10.7	48:21.7	15:36/M

### Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
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1	Don Zalenski	Magnolia DE	72	20	34:45.5	34:49.7	11:14/M
2	Charles Matthews	Camden DE	70	29	41:40.9	41:42.8	13:27/M