

Brain Strong 5K Run/Walk
Benefits: Brain Injury Association of Delaware
Wild Quail Country Club - Wyoming, DE
Saturday, December 15, 2018 - 46 Degrees - Raining
A Trisports Events Production

Overall Finish List

5K Run								
Plc	Name	City	Bib	Age	Age Plc	Chip	Gun Time	Pace
1	Reginaldo Hernandez	Millville DE	107	20	1:Open	19:07.4	19:07.4	6:10/M
2	Rebekah Mills	Camden Wyoming DE	86	21	1:Open	19:17.8	19:17.8	6:13/M
3	Adam Jones	Camden Wyoming DE	1010	39	1:M 30-39	19:21.0	19:21.8	6:15/M
4	Matt Sparacino	Harrington DE	899	41	1:Masters	19:26.0	19:26.0	6:16/M
5	Brian Lewis	Camden DE	875	44	1:M 40-49	19:42.4	19:49.1	6:21/M
6	Sarah Breaux	Dover DE	853	31	1:F 30-39	20:59.5	21:04.4	6:46/M
7	David Trombello	Magnolia DE	886	36	2:M 30-39	21:22.4	21:23.2	6:54/M
8	Shawn Ramsey	Milford DE	104	35	3:M 30-39	21:44.1	21:45.0	7:01/M
9	Michael Kemerer	Baltimore MD	1044	27	1:M 20-29	22:00.1	22:02.9	7:06/M
10	Ryan Breaux	Dover DE	852	35	4:M 30-39	22:01.6	22:06.9	7:06/M
11	Jb Brown	Goldsboro MD	857	15	1:M 15-19	22:30.7	22:31.5	7:15/M
12	Duane Christy	Havre De Grace MD	83	55	1:M 50-59	22:37.2	22:38.1	7:18/M
13	Mardiny Ung	Elizabethtown PA	887	52	1:Masters	23:38.4	23:38.4	7:36/M
14	Katie Kuhlman	Milton DE	874	13	1:F 11-14	23:55.5	23:57.7	7:43/M
15	Rob Ridgeway	Camden Wyoming DE	1057	41	2:M 40-49	24:51.7	24:52.5	8:01/M
16	Jules Woodall	Lewes DE	106	70	1:M 70-99	24:52.7	24:56.4	8:01/M
17	David Brewer	Dover DE	854	42	3:M 40-49	25:16.8	25:21.6	8:09/M
18	Second Wind	Seaford DE	1053	63	1:M 60-69	26:09.8	26:13.1	8:26/M
19	Alan Quillen	Seaford DE	880	63	2:M 60-69	26:30.7	26:34.2	8:33/M
20	Joshua Mills	Camden Wyoming DE	91	16	2:M 15-19	26:55.1	26:59.1	8:41/M
21	Elizabeth Jones	Camden Wyoming DE	868	32	2:F 30-39	27:03.1	27:08.5	8:44/M
22	Todd Cumming	Harrington DE	862	56	2:M 50-59	27:03.3	27:09.1	8:44/M
23	Nathan Brewer	Dover DE	855	13	1:M 11-14	27:18.7	27:23.8	8:48/M
24	Dinah Blankenship	Smyrna DE	100	44	1:F 40-49	27:22.8	27:27.5	8:50/M
25	Adele Wagner	Bel Air MD	888	63	1:F 60-99	27:31.0	27:35.4	8:53/M
26	Zach Mills	Camden Wyoming DE	92	12	2:M 11-14	27:39.1	27:43.6	8:55/M
27	Nina Smeltzer	Rehoboth Beach DE	884	59	1:F 50-59	28:10.4	28:13.4	9:05/M
28	Casey Kinnikin	Laurel DE	871	22	1:F 20-29	28:14.6	28:27.8	9:06/M
29	Chris McMillen	Dover DE	877	38	5:M 30-39	28:54.9	29:02.5	9:19/M
30	Sandra Martin-Hatch	Magnolia DE	876	43	2:F 40-49	28:56.7	29:02.9	9:20/M
31	Robbin Wells	Greenwood DE	891	51	2:F 50-59	29:08.7	29:11.8	9:24/M
32	Tom Keating	Millsboro DE	85	70	2:M 70-99	29:23.6	29:24.5	9:29/M
33	Matthew Kreck	Townsend DE	897	42	4:M 40-49	29:38.8	29:48.9	9:34/M
34	Brett Kuhlman	Milton DE	873	46	5:M 40-49	31:16.6	31:21.2	10:05/M
35	Rick Kinnikin	Laurel DE	872	52	3:M 50-59	31:43.6	31:56.6	10:14/M
36	Leeann Waltz	Milton DE	890	56	3:F 50-59	33:18.1	33:20.7	10:45/M
37	Craig Warrington	Milford DE	900	56	4:M 50-59	34:41.8	34:50.4	11:11/M
38	Madison Christiansen	Dover DE	860	22	2:F 20-29	37:41.1	37:50.8	12:09/M
39	Nathaniel Kim	Sandy Spring MD	869	30	6:M 30-39	37:43.8	37:49.4	12:10/M
40	Cathy Seeney	Dover DE	883	42	3:F 40-49	38:34.2	38:47.9	12:26/M

41	Katie Christiansen	Dover DE	859	29	3:F 20-29	39:09.8	39:18.8	12:38/M
42	Olivia Woodward	Houston DE	894	6	1:F 1-10	40:21.8	40:30.2	13:01/M
43	Marcia Woodward	Houston DE	1056	35	3:F 30-39	40:22.3	40:31.1	13:01/M
44	Zoe Woodward	Houston DE	895	8	2:F 1-10	41:32.9	41:42.0	13:24/M
45	Arleen Murchison	Dover DE	1054	56	4:F 50-59	42:22.8	42:35.6	13:40/M
46	Karen Russell	Dover DE	882	58	5:F 50-59	42:26.3	42:29.7	13:41/M
47	Sandra Ramsdell	Dover DE	881	29	4:F 20-29	43:47.6	43:56.9	14:07/M
48	Phii Perry	Salisbury MD	879	73	3:M 70-99	43:49.0	43:59.2	14:08/M
49	Betty Brown	Magnolia DE	856	68	2:F 60-99	47:00.3	47:11.3	15:10/M
50	Ivy Woodward	Houston DE	893	4	3:F 1-10	51:42.1	51:50.4	16:41/M
51	Diana Woodward	Harrington DE	892	61	3:F 60-99	51:42.1	51:51.0	16:41/M
52	Marcus Woodward	Houston DE	1055	35	7:M 30-39	52:44.6	52:53.3	17:01/M
53	Jay Epstein	Elizabethtown PA	864	61	3:M 60-69	53:38.1	53:52.3	17:18/M
54	Angela Mills	Camden Wyoming DE	1358	47	4:F 40-49	54:35.3	54:47.0	17:36/M
55	James Mills	Camden Wyoming DE	1359	48	6:M 40-49	57:22.5	57:41.3	18:30/M
56	Ian Loy	Stevensville MD	898	29	2:M 20-29	57:27.0	57:41.6	18:32/M

5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun Time	Pace
1	Ron Salvio	Whiting NJ	1349	70	1:M 1-99	33:04.1	33:08.3	10:40/M
2	Steven Brennan	Dover DE	1333	58	2:M 1-99	33:31.1	33:32.0	10:49/M
3	Don Zalenski	Magnolia DE	1356	72	3:M 1-99	37:38.9	37:43.5	12:08/M
4	William Holmes	Bel Air MD	1342	59	4:M 1-99	43:42.3	43:55.2	14:06/M
5	James Lacey	Bel Air MD	1344	54	5:M 1-99	43:43.5	43:55.4	14:06/M
6	Paul Wagner	Bel Air MD	1351	32	6:M 1-99	43:50.7	44:03.0	14:08/M
7	Tracey Moore-Higbee	Dover DE	1347	48	1:F 1-99	44:05.0	44:14.6	14:13/M
8	Alexis Ray	Camden Wyoming DE	1363	39	2:F 1-99	46:13.9	46:25.4	14:55/M
9	Debbie Johnson	Middletown DE	1360	60	3:F 1-99	46:26.9	46:34.2	14:59/M
10	Mayer Rubin	Dover DE	1348	62	7:M 1-99	46:58.3	47:11.3	15:09/M
11	Greg Difonzo	Dover DE	1339	43	8:M 1-99	47:26.0	47:26.0	15:18/M
12	Shawn Donaldson	Dover DE	1340	43	9:M 1-99	47:29.3	47:29.3	15:19/M
13	Lindsey Garehan	Montchanin DE	1341	26	4:F 1-99	47:31.1	47:31.1	15:20/M
14	Jennifer Johnston	Middletown DE	1343	31	5:F 1-99	47:31.3	47:31.3	15:20/M
15	Shannon Warren	Milford DE	1352	27	6:F 1-99	47:31.6	47:31.6	15:20/M
16	Tiffani Taylor	Hartly DE	1350	40	7:F 1-99	48:40.6	49:00.0	15:42/M
17	Ted Werner		1353	45	10:M 1-99	48:42.0	49:01.3	15:43/M
18	Phyllis Zalenski	Magnolia DE	1357	69	8:F 1-99	49:50.8	49:59.4	16:05/M
19	Joshua Brewer	Dover DE	1334	17	11:M 1-99	52:53.8	53:09.2	17:04/M
20	Diana Curtis	Dover DE	1337	59	9:F 1-99	54:07.9	54:25.3	17:27/M
21	Terry Woodward		1355	63	12:M 1-99	54:19.2	54:23.3	17:31/M
22	Jennifer Twining	Camden Wyoming DE	1361	49	10:F 1-99	54:34.9	54:47.2	17:36/M
23	Michael Twining	Camden Wyoming DE	1362	50	13:M 1-99	56:03.4	56:15.6	18:05/M
24	Sophie Brewer	Dover DE	1335	15	11:F 1-99	57:11.2	57:25.9	18:27/M
25	Tracie Brewer	Dover DE	1336	44	12:F 1-99	57:11.3	57:25.9	18:27/M

Age Group Results

Female Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rebekah Mills	Camden Wyoming DE	21	2	19:17.8	19:17.8	6:13/M

Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	52	13	23:38.4	23:38.4	7:36/M

Female 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Olivia Woodward	Houston DE	6	42	40:21.8	40:30.2	13:01/M
2	Zoe Woodward	Houston DE	8	44	41:32.9	41:42.0	13:24/M
3	Ivy Woodward	Houston DE	4	50	51:42.1	51:50.4	16:41/M

Female 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Katie Kuhlman	Milton DE	13	14	23:55.5	23:57.7	7:43/M

Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Casey Kinnikin	Laurel DE	22	28	28:14.6	28:27.8	9:06/M
2	Madison Christiansen	Dover DE	22	38	37:41.1	37:50.8	12:09/M
3	Katie Christiansen	Dover DE	29	41	39:09.8	39:18.8	12:38/M
4	Sandra Ramsdell	Dover DE	29	47	43:47.6	43:56.9	14:07/M

Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sarah Breaux	Dover DE	31	6	20:59.5	21:04.4	6:46/M
2	Elizabeth Jones	Camden Wyoming DE	32	21	27:03.1	27:08.5	8:44/M
3	Marcia Woodward	Houston DE	35	43	40:22.3	40:31.1	13:01/M

Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Dinah Blankenship	Smyrna DE	44	24	27:22.8	27:27.5	8:50/M
2	Sandra Martin-Hatch	Magnolia DE	43	30	28:56.7	29:02.9	9:20/M
3	Cathy Seeney	Dover DE	42	40	38:34.2	38:47.9	12:26/M
4	Angela Mills	Camden Wyoming DE	47	54	54:35.3	54:47.0	17:36/M

Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Nina Smeltzer	Rehoboth Beach DE	59	27	28:10.4	28:13.4	9:05/M
2	Robbin Wells	Greenwood DE	51	31	29:08.7	29:11.8	9:24/M
3	Leeann Waltz	Milton DE	56	36	33:18.1	33:20.7	10:45/M
4	Arleen Murchison	Dover DE	56	45	42:22.8	42:35.6	13:40/M
5	Karen Russell	Dover DE	58	46	42:26.3	42:29.7	13:41/M

Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Adele Wagner	Bel Air MD	63	25	27:31.0	27:35.4	8:53/M
2	Betty Brown	Magnolia DE	68	49	47:00.3	47:11.3	15:10/M
3	Diana Woodward	Harrington DE	61	51	51:42.1	51:51.0	16:41/M

Male Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Reginaldo Hernandez	Millville DE	20	1	19:07.4	19:07.4	6:10/M

Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Matt Sparacino	Harrington DE	41	4	19:26.0	19:26.0	6:16/M

Male 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Nathan Brewer	Dover DE	13	23	27:18.7	27:23.8	8:48/M
2	Zach Mills	Camden Wyoming DE	12	26	27:39.1	27:43.6	8:55/M

Male 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jb Brown	Goldsboro MD	15	11	22:30.7	22:31.5	7:15/M
2	Joshua Mills	Camden Wyoming DE	16	20	26:55.1	26:59.1	8:41/M

Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Michael Kemerer	Baltimore MD	27	9	22:00.1	22:02.9	7:06/M
2	Ian Loy	Stevensville MD	29	56	57:27.0	57:41.6	18:32/M

Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Adam Jones	Camden Wyoming DE	39	3	19:21.0	19:21.8	6:15/M
2	David Trombello	Magnolia DE	36	7	21:22.4	21:23.2	6:54/M
3	Shawn Ramsey	Milford DE	35	8	21:44.1	21:45.0	7:01/M
4	Ryan Breaux	Dover DE	35	10	22:01.6	22:06.9	7:06/M
5	Chris McMillen	Dover DE	38	29	28:54.9	29:02.5	9:19/M
6	Nathaniel Kim	Sandy Spring MD	30	39	37:43.8	37:49.4	12:10/M
7	Marcus Woodward	Houston DE	35	52	52:44.6	52:53.3	17:01/M

Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Brian Lewis	Camden DE	44	5	19:42.4	19:49.1	6:21/M
2	Rob Ridgeway	Camden Wyoming DE	41	15	24:51.7	24:52.5	8:01/M
3	David Brewer	Dover DE	42	17	25:16.8	25:21.6	8:09/M
4	Matthew Kreck	Townsend DE	42	33	29:38.8	29:48.9	9:34/M

5	Brett Kuhlman	Milton DE	46	34	31:16.6	31:21.2	10:05/M
6	James Mills	Camden Wyoming DE	48	55	57:22.5	57:41.3	18:30/M

Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	55	12	22:37.2	22:38.1	7:18/M
2	Todd Cumming	Harrington DE	56	22	27:03.3	27:09.1	8:44/M
3	Rick Kinnikin	Laurel DE	52	35	31:43.6	31:56.6	10:14/M
4	Craig Warrington	Milford DE	56	37	34:41.8	34:50.4	11:11/M

Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Second Wind	Seaford DE	63	18	26:09.8	26:13.1	8:26/M
2	Alan Quillen	Seaford DE	63	19	26:30.7	26:34.2	8:33/M
3	Jay Epstein	Elizabethtown PA	61	53	53:38.1	53:52.3	17:18/M

Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Jules Woodall	Lewes DE	70	16	24:52.7	24:56.4	8:01/M
2	Tom Keating	Millsboro DE	70	32	29:23.6	29:24.5	9:29/M
3	Phii Perry	Salisbury MD	73	48	43:49.0	43:59.2	14:08/M

Final Team Results

5K Running Teams

Team - Certified Running Nuts - Finish Position - 1

Team Score (places): 98 Team Score (times): 2:09:37.7

Team Bib	Name	City/S	O'all F	Cum. Pl	Time	Cum.Time
1 886	David Trombello	Magn	7	7	21:22.4	21:22.4
2 874	Katie Kuhlman	Milton	14	21	23:55.5	45:17.9
3 106	Jules Woodall	Lewes	16	37	24:52.7	1:10:10.7
4 884	Nina Smeltzer	Rehot	27	64	28:10.4	1:38:21.1
5 873	Brett Kuhlman	Milton	34	98	31:16.6	2:09:37.7

Team - Team Mills - Finish Position - 2

Team Score (places): 157 Team Score (times): 3:05:49.9

Team Bib	Name	City/S	O'all F	Cum. Pl	Time	Cum.Time
1 86	Rebekah Mills	Camd	2	2	19:17.8	19:17.8
2 91	Joshua Mills	Camd	20	22	26:55.1	46:12.9
3 92	Zach Mills	Camd	26	48	27:39.1	1:13:52.0
4 1358	Angela Mills	Camd	54	102	54:35.3	2:08:27.4
5 1359	James Mills	Camd	55	157	57:22.5	3:05:49.9

Team - Team Bayhealth - Finish Position - 3

Team Score (places): Inc. Team Score (times):

Team Bib	Name	City/S	O'all F	Cum. Pl	Time	Cum. Time
1 875	Brian Lewis	Camd	5	5	19:42.4	19:42.4

2	868	Elizabeth Jones	Camd 21	26	27:03.1	46:45.5
3	862	Todd Cumming	Harrin 22	48	27:03.3	1:13:48.9
4	876	Sandra Martin-Hatch	Magn 30	78	28:56.7	1:42:45.6

Team - Delaware Electric Coop Finish Position - 4

Team Score (places): Inc. Team Score (times):

Team Bib	Name	City/S	O'all F	Cum. Pl	Time	Cum. Time
1 871	Casey Kinnikin	Laurel 28	28		28:14.6	28:14.6
2 872	Rick Kinnikin	Laurel 35	63		31:43.6	59:58.2

5K Walking Teams

Team - Team Bayhealth - Walk Finish Position - 1

Team Score (places): 65 Team Score (times): 3:57:29.5

Team Bib	Name	City/S	O'all F	Cum. Pl	Time	Cum. Time
1 1339	Greg Difonzo	Dover 11	11		47:26.0	47:26.0
2 1340	Shawn Donaldson	Dover 12	23		47:29.3	1:34:55.4
3 1341	Lindsey Garehan	Montc 13	36		47:31.1	2:22:26.5
4 1343	Jennifer Johnston	Middle 14	50		47:31.3	3:09:57.8
5 1352	Shannon Warren	Milfor 15	65		47:31.6	3:57:29.5

Team - Pam Rehab Walk Finish Position - 2

Team Score (places): Inc. Team Score (times):

Team Bib	Name	City/S	O'all F	Cum. Pl	Time	Cum. Time
1 1350	Tiffani Taylor	Hartly 16	16		48:40.6	48:40.6
2 1353	Ted Werner	, 17	33		48:42.0	1:37:22.6