

Be Great 5K Run/Walk
Benefits: Greater Dover Boys and Girls Club
Greater Dover Boys and Girls Club, Dover, DE
Sunday, March 20, 2022 - Windy - 50 Degrees
Trisports Events Production

5K Run

PLC	Name	City	Bib#	Age	Age PLC	Chip	Gun	Pace
1	Matt Sparacino	Harrington DE	134	44	1:Open	19:02.2	19:02.2	6:08/M
2	Landon Bratz	Bridgeville DE	132	9	1:M 1-10	21:35.1	21:35.1	6:58/M
3	Duane Christy	Havre De Grace MD	1119	58	1:Masters	23:37.5	23:37.5	7:37/M
4	Brian Harvey	Dover DE	1134	47	1:M 40-49	23:51.4	23:58.6	7:42/M
5	Aaron Schaubert	Chestertown MD	1185	31	1:M 30-39	25:37.7	25:37.7	8:16/M
6	Nick Kroll	Middletown DE	139	37	2:M 30-39	27:48.1	27:55.6	8:58/M
7	Frank Whittington	Middletown DE	1175	71	1:M 70-99	28:29.0	28:35.6	9:11/M
8	Jennifer Spencer	Camden Wy DE	1167	29	1:Open	28:52.9	28:59.7	9:19/M
9	Dana Brennan	Smyrna DE	138	35	1:F 30-39	29:25.7	29:33.7	9:30/M
10	Adele Wagner	Bel Air MD	1171	66	1:Masters	29:58.1	30:06.3	9:40/M
11	Burdon Tyson	New Castle DE	1169	49	2:M 40-49	30:04.9	30:12.3	9:42/M
12	Chris Cattie	Camden Wy DE	1117	10	2:M 1-10	30:16.7	30:23.0	9:46/M
13	Kimberly Moore	Camden Wyoming DE	1158	30	2:F 30-39	30:20.5	30:28.8	9:47/M
14	Christopher Cattie	Camden Wyoming DE	1118	44	3:M 40-49	30:55.2	31:02.4	9:58/M
15	Paul Wagner	Bel Air MD	1172	35	3:M 30-39	32:05.9	32:14.4	10:21/M
16	James Lacey	Bel Air MD	1144	57	1:M 50-59	32:06.3	32:14.5	10:21/M
17	Maggie Haass	Dover DE	1133	34	3:F 30-39	35:07.0	35:15.9	11:20/M
18	Caitlin Harvey	Camden Wyoming DE	1135	32	4:F 30-39	37:01.0	37:07.3	11:56/M
19	Zoe Harvey	Camden Wyoming DE	1136	9	1:F 1-10	37:06.4	37:09.6	11:58/M
20	Ava Hogare	Dover DE	141	11	1:F 11-14	37:22.5	43:20.1	12:03/M
21	Payton Garnsey	Camden Wyoming DE	137	10	2:F 1-10	37:26.2	43:20.2	12:05/M
22	Karin Ryndak	Dover DE	1166	50	1:F 50-59	38:31.7	38:43.1	12:26/M
23	Mary Walsh	Dover DE	133	66	1:F 60-69	38:32.3	38:43.9	12:26/M
24	Sean McGowan	Ellicott City MD	1155	54	2:M 50-59	40:51.5	41:06.8	13:11/M
25	Arleen Murchison	Dover DE	136	59	2:F 50-59	41:39.1	41:52.9	13:26/M
26	Angelina Mosley	Dover DE	140	38	5:F 30-39	44:14.8	44:29.9	14:16/M
27	Micah Gleasner	Dover DE	1132	8	3:M 1-10	47:31.0	47:44.3	15:20/M
28	Estee Gleasner	Dover DE	1131	39	6:F 30-39	47:31.6	47:44.7	15:20/M
29	Charles Matthews	Camden Wyoming DE	1151	74	2:M 70-99	49:22.8	49:36.0	15:56/M
30	Scott Beegle	Lewes DE	135	69	1:M 60-69	52:21.0	52:30.4	16:53/M

5K Walk

PLC	Name	City	Bib#	Age	Age PLC	Chip	Gun	Pace
1	Don Zalenski	Magnolia DE	1180	76	1:M 1-99	37:51.9	37:58.8	12:13/M
2	Amy Zook	Magnolia DE	1181	44	1:F 1-99	37:59.0	38:05.9	12:15/M
3	Mark Wersebe	Felton DE	1174	65	2:M 1-99	42:47.3	42:57.4	13:48/M
4	Alan Firlein	Rock Hall MD	1031	83	3:M 1-99	42:51.6	43:04.1	13:50/M
5	Craig Warrington	Milford DE	1190	60	4:M 1-99	45:15.2	45:27.4	14:36/M
6	Kathryn Beasley	Dover DE	104	48	2:F 1-99	45:47.6	45:58.8	14:46/M
7	Teresa Stoakley	Dover DE	1168	59	3:F 1-99	45:47.8	45:59.0	14:46/M
8	Kristen Higgins	Camden Wyoming DE	1138	46	4:F 1-99	46:01.3	46:12.6	14:51/M
9	Izabela Marasco	Camden Wyoming DE	1150	20	5:F 1-99	46:01.5	46:12.8	14:51/M
10	Pam Lilly	Magnolia DE	1147	49	6:F 1-99	47:06.1	47:16.2	15:12/M

11	Jen Cohan	Dover DE	1120	49	7:F 1-99	47:06.6	47:17.1	15:12/M
12	Kathleen Rodgers	Dover DE	102	40	8:F 1-99	49:51.3	50:03.6	16:05/M
13	Emmanual Kennedy	Dover DE	103	20	5:M 1-99	49:56.4	50:08.8	16:07/M
14	Karen Candeloro	Dover DE	1193	58	9:F 1-99	50:13.2	50:31.0	16:12/M
15	Debbie Lord	Dover DE	1149	52	10:F 1-99	50:13.6	50:31.0	16:12/M
16	Danica Wainwright	Camden DE	1173	13	11:F 1-99	50:14.1	50:14.1	16:12/M
17	Renee Lins	Camden Wyoming DE	1148	52	12:F 1-99	50:14.1	50:26.6	16:12/M
18	James Collins	Magnolia DE	1122	51	6:M 1-99	50:17.0	50:33.9	16:13/M
19	Sharon Collins	Magnolia DE	1123	50	13:F 1-99	50:17.2	50:33.9	16:13/M
20	Lawrence Gregg	Dover DE	1188	54	7:M 1-99	50:27.7	50:45.2	16:17/M
21	Barbara Walker	Camden Wyoming DE	1182	61	14:F 1-99	50:27.9	50:45.5	16:17/M
22	Craig Rodgers	Dover DE	1005	43	8:M 1-99	53:26.0	53:39.1	17:14/M
23	Christopher Martarano	Dover DE	1021	41	9:M 1-99	54:52.1	55:01.4	17:42/M
24	Tiffany Fluhr	Frederica DE	1129	41	15:F 1-99	54:58.8	55:08.1	17:44/M
25	Sangeetha Lakshmana Thilagaraj	Magnolia DE	1145	42	16:F 1-99	57:28.1	57:41.1	18:32/M

Age Group Results

Female Open Champion

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Jennifer Spencer	Camden Wyoming DE	29	1	28:52.9	28:59.7	9:19/M

Female Masters Champion

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Adele Wagner	Bel Air MD	66	3	29:58.1	30:06.3	9:40/M

Female 10 and Under

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Zoe Harvey	Camden Wyoming DE	9	7	37:06.4	37:09.6	11:58/M
2	Payton Garnsey	Camden Wyoming DE	10	9	37:26.2	43:20.2	12:05/M

Female 11 to 14

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Ava Hogare	Dover DE	11	8	37:22.5	43:20.1	12:03/M

Female 30 to 39

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Dana Brennan	Smyrna DE	35	2	29:25.7	29:33.7	9:30/M
2	Kimberly Moore	Camden Wyoming DE	30	4	30:20.5	30:28.8	9:47/M
3	Maggie Haass	Dover DE	34	5	35:07.0	35:15.9	11:20/M
4	Caitlin Harvey	Camden Wyoming DE	32	6	37:01.0	37:07.3	11:56/M
5	Angelina Mosley	Dover DE	38	13	44:14.8	44:29.9	14:16/M
6	Estee Gleasner	Dover DE	39	14	47:31.6	47:44.7	15:20/M

Female 50 to 59

PLC	Name	City	Age	O'All	Chip	Gun	Pace
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1	Karin Ryndak	Dover DE	50	10	38:31.7	38:43.1	12:26/M
2	Arleen Murchison	Dover DE	59	12	41:39.1	41:52.9	13:26/M

Female 60 to 69

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Mary Walsh	Dover DE	66	11	38:32.3	38:43.9	12:26/M

Male Open Champion

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Matt Sparacino	Harrington DE	44	1	19:02.2	19:02.2	6:08/M

Male Masters Champion

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	58	3	23:37.5	23:37.5	7:37/M

Male 10 and Under

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Landon Bratz	Bridgeville DE	9	2	21:35.1	21:35.1	6:58/M
2	Chris Cattie	Camden Wyoming DE	10	9	30:16.7	30:23.0	9:46/M
3	Micah Gleasner	Dover DE	8	14	47:31.0	47:44.3	15:20/M

Male 30 to 39

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Aaron Schauber	Chestertown MD	31	5	25:37.7	25:37.7	8:16/M
2	Nick Kroll	Middletown DE	37	6	27:48.1	27:55.6	8:58/M
3	Paul Wagner	Bel Air MD	35	11	32:05.9	32:14.4	10:21/M

Male 40 to 49

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Brian Harvey	Dover DE	47	4	23:51.4	23:58.6	7:42/M
2	Burdon Tyson	New Castle DE	49	8	30:04.9	30:12.3	9:42/M
3	Christopher Cattie	Camden Wyoming DE	44	10	30:55.2	31:02.4	9:58/M

Male 50 to 59

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	James Lacey	Bel Air MD	57	12	32:06.3	32:14.5	10:21/M
2	Sean McGowan	Ellicott City MD	54	13	40:51.5	41:06.8	13:11/M

Male 60 to 69

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Scott Beegle	Lewes DE	69	16	52:21.0	52:30.4	16:53/M

Male 70 and Over

PLC	Name	City	Age	O'All	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	71	7	28:29.0	28:35.6	9:11/M
2	Charles Matthews	Camden Wyoming DE	74	15	49:22.8	49:36.0	15:56/M