

**23rd Freedom 5K Run/Walk**  
**Benefits: Veterans Trust Fund**  
**Buffalo Wild Wings - Dover, DE**  
**Saturday, July 02, 2022 - Humid - 81 Degrees**  
**Trisports Events Production**

<u>5K Run</u>									
PLC	Name	City	Bib No	Age	Age PLC	Chip	Gun	Pace	
1	Dominic Smith	Dover AFB DE	42	22	1:Open	20:33.0	20:33.0	6:38/M	
2	Rod Wilson	Sunbury OH	58	50	1:Masters	21:10.2	21:10.2	6:49/M	
3	Eric Payne	Felton DE	70	53	1:M 50-59	21:44.5	21:45.3	7:01/M	
4	Justin Carrow	Dover DE	6	34	1:M 30-39	22:18.0	22:22.8	7:12/M	
5	Ernest Nyannor	Middletown DE	31	46	1:M 40-49	23:45.5	23:47.7	7:40/M	
6	Skip Sensbach	Grasonville MD	39	54	2:M 50-59	23:48.6	23:50.8	7:41/M	
7	Mardiny Ung	Elizabethtown PA	49	55	1:Open	24:13.4	24:13.4	7:48/M	
8	Mark Allison	Grasonville MD	2	51	3:M 50-59	24:51.5	24:51.5	8:01/M	
9	Joe Brown	Smyrna DE	5	33	2:M 30-39	25:25.5	25:29.5	8:12/M	
10	Chris Brooks	Middletown DE	81	36	3:M 30-39	25:48.7	25:49.5	8:20/M	
11	Aydin Jones	Bridgeville DE	18	12	1:M 11-14	26:40.4	26:42.8	8:36/M	
12	Frank Whittington	Middletown DE	57	71	1:M 70-99	28:16.8	28:19.5	9:07/M	
13	Jen Ward	Millsboro DE	54	50	1:Masters	28:21.5	28:21.5	9:08/M	
14	Satya Ung	Southern Pines NC	65	13	1:F 11-14	28:22.0	28:24.4	9:09/M	
15	Edwin Lopez	Magnolia DE	23	29	1:M 20-29	29:05.1	29:12.8	9:23/M	
16	Jennifer Lopez	Magnolia DE	24	37	1:F 30-39	29:05.8	29:13.5	9:23/M	
17	Kelsey Baker	Magnolia DE	83	35	2:F 30-39	29:41.4	29:49.9	9:35/M	
18	David Vance	Magnolia DE	50	55	4:M 50-59	29:42.9	29:58.4	9:35/M	
19	Adele Wagner	Bel Air MD	52	66	1:F 60-69	30:18.6	30:25.2	9:47/M	
20	Bill Brockenbrough	Clayton DE	73	63	1:M 60-69	30:19.9	30:26.8	9:47/M	
21	Hilary Mead	Middletown DE	75	45	1:F 40-49	31:13.3	31:26.2	10:04/M	
22	Bryan Clarke	Magnolia DE	8	51	5:M 50-59	32:00.5	32:11.8	10:20/M	
23	Joanne Hastings	Harrington DE	17	44	2:F 40-49	32:06.1	32:12.1	10:21/M	
24	Alyssa Middleton	Dover DE	84	48	3:F 40-49	33:28.3	33:36.5	10:48/M	
25	Paul Wagner	Bel Air MD	53	36	4:M 30-39	35:11.9	35:20.0	11:21/M	
26	James Lacey	Bel Air MD	21	58	6:M 50-59	35:12.1	35:19.9	11:21/M	
27	James Napoli	Bear DE	67	46	2:M 40-49	35:37.0	35:51.8	11:29/M	
28	Justin Smith	Felton DE	43	36	5:M 30-39	36:00.1	36:09.0	11:37/M	
29	Carrie Reynolds	Smyrna DE	33	52	1:F 50-59	36:08.8	36:22.3	11:40/M	
30	Entreo Kitson	Smyrna DE	20	43	3:M 40-49	36:41.7	36:45.9	11:50/M	
31	Don Zalenski	Magnolia DE	61	76	2:M 70-99	36:53.7	37:02.1	11:54/M	
32	Mark Snyder	Denton MD	64	52	7:M 50-59	38:27.1	38:36.9	12:24/M	
33	Lisa Kane	Dover DE	82	58	2:F 50-59	39:09.4	39:21.5	12:38/M	
34	Christopher Miller	Milford DE	28	34	6:M 30-39	40:06.8	40:10.5	12:56/M	
35	Melissa Clarke	Magnolia DE	9	52	3:F 50-59	41:37.5	41:50.0	13:26/M	
36	Deborah Allison	Grasonville MD	1	59	4:F 50-59	42:24.0	42:29.5	13:41/M	
37	Scott Connell	Dover DE	11	60	2:M 60-69	42:42.4	42:54.2	13:47/M	
38	Craig Warrington	Milford DE	55	60	3:M 60-69	46:05.8	46:20.3	14:52/M	
39	Larry Price	Middletown DE	63	79	3:M 70-99	46:09.1	46:20.6	14:53/M	
40	Katera Moore	Frederica DE	30	48	4:F 40-49	46:26.3	46:40.4	14:59/M	
41	Kim Klecan	Smyrna DE	76	45	5:F 40-49	46:28.5	46:41.7	15:00/M	
42	Jackson Dittig	Magnolia DE	12	8	1:M 0-10	46:57.7	47:15.5	15:09/M	
43	Diana Woodward	Harrington DE	59	65	2:F 60-69	47:12.3	47:34.6	15:14/M	

44	Roger Walls	Harrington DE	68	28	2:M 20-29	47:12.4	47:15.2	15:14/M
45	Brian Brown	Frederica DE	4	52	8:M 50-59	47:12.8	47:28.5	15:14/M
46	Charles Matthews	Camden Wyoming DE	26	74	4:M 70-99	47:37.8	47:43.1	15:22/M
47	Danielle Smith	Felton DE	41	36	3:F 30-39	54:57.4	55:20.8	17:44/M
DNF	Phil Perry	Salisbury MD	32	76	M 70-99	40:18.4	40:27.6	13:00/M

### 5K WALK

PLC	Name	City	Bib No	Age	Age PLC	Chip	Gun	Pace
1	Steve Brennan	Dover DE	80	61	1:M Male	37:20.7	37:26.5	12:03/M
2	Amy Zook	Magnolia DE	62	44	1:F 1-99	38:57.8	39:04.9	12:34/M
3	Tom Molin	Townsend DE	29	70	2:M Male	43:22.5	43:33.0	14:00/M
4	Kirsten Sensbach	Grasonville MD	38	55	2:F 1-99	43:30.0	43:35.6	14:02/M
5	Mark Wersebe	Felton DE	56	66	3:M Male	44:14.9	44:29.6	14:16/M
6	Alan Firlein	Rock Hall MD	14	83	4:M Male	44:21.8	44:30.9	14:19/M
7	Carol Beth Lambert	Seaford DE	22	69	3:F 1-99	47:55.8	48:02.6	15:28/M
8	Sarah Dittig	Magnolia DE	13	40	4:F 1-99	48:21.1	48:39.3	15:36/M
9	Bob Carroli	Milford DE	66	82	5:M Male	49:38.9	49:59.1	16:01/M
10	David Polanco	Dover DE	71	60	6:M Male	51:55.7	52:18.5	16:45/M
11	Peyton Rivera	Dover DE	37	10	5:F 1-99	51:59.3	52:18.3	16:46/M
12	Gayle Sundeen	Magnolia DE	44	68	6:F 1-99	52:11.4	52:30.7	16:50/M
13	Alex Rivera	Dover DE	35	42	7:M Male	54:55.9	55:20.0	17:43/M
14	Aiden Rivera	Dover DE	34	7	8:M Male	54:56.1	55:19.5	17:43/M
15	Dorean Polanco	Dover DE	72	60	7:F 1-99	55:07.0	55:29.3	17:47/M
16	Kimberly Rivera	Dover DE	36	39	8:F 1-99	55:07.8	55:29.1	17:47/M
17	Patricia Lynn	Dover DE	87	66	9:F 1-99	55:10.3	55:27.0	17:48/M
18	Lori Christensen	Dover DE	86	29	10:F 1-99	55:10.5	55:27.1	17:48/M
19	Heather Keller	Magnolia DE	19	25	11:F 1-99	55:31.4	55:52.7	17:55/M
20	Gary Taylor	Magnolia DE	45	65	9:M Male	59:50.9	1:00:10.5	19:18/M
21	Katrina Gutsell	Felton DE	16	36	12:F 1-99	1:00:07.9	1:00:33.0	19:24/M
22	Allison Gutsell	Felton DE	15	60	13:F 1-99	1:00:09.3	1:00:34.3	19:24/M
23	Rich Brooks	Dover DE	79	64	10:M Male	1:00:10.3	1:00:10.3	19:25/M
24	Marcus Taylor	Magnolia DE	46	32	11:M Male	1:01:19.9	1:01:40.3	19:47/M
25	Sherri Taylor	Magnolia DE	47	57	14:F 1-99	1:01:21.2	1:01:39.6	19:48/M
26	Sable Vance	Magnolia DE	51	47	15:F 1-99	1:01:21.4	1:01:39.7	19:48/M
27	Terry Woodward	Harrington DE	60	66	12:M Male	1:01:55.1	1:02:06.5	19:58/M
28	Joshua Matticks	Magnolia DE	77	34	13:M Male	1:05:19.3	1:05:46.7	21:04/M
29	Tatiana Rivera	Dover DE	74	16	16:F 1-99	1:05:24.8	1:05:46.5	21:06/M
30	Alyssa Conklin	Dover DE	78	28	17:F 1-99	1:05:27.0	1:05:54.0	21:07/M

### Age Group Results

#### **Female Open Champion**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	55	1 24:13.4	24:13.4	7:48/M

#### **Female Masters Champion**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Jen Ward	Millsboro DE	50	2 28:21.5	28:21.5	9:08/M

#### **Female 11 to 14**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Satya Ung	Southern Pines NC	13	3 28:22.0	28:24.4	9:09/M

**Female 30 to 39**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Jennifer Lopez	Magnolia DE	37	4 29:05.8	29:13.5	9:23/M
2	Kelsey Baker	Magnolia DE	35	5 29:41.4	29:49.9	9:35/M
3	Danielle Smith	Felton DE	36	17 54:57.4	55:20.8	17:44/M

**Female 40 to 49**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Hilary Mead	Middletown DE	45	7 31:13.3	31:26.2	10:04/M
2	Joanne Hastings	Harrington DE	44	8 32:06.1	32:12.1	10:21/M
3	Alyssa Middleton	Dover DE	48	9 33:28.3	33:36.5	10:48/M
4	Katera Moore	Frederica DE	48	14 46:26.3	46:40.4	14:59/M
5	Kim Klecan	Smyrna DE	45	15 46:28.5	46:41.7	15:00/M

**Female 50 to 59**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Carrie Reynolds	Smyrna DE	52	10 36:08.8	36:22.3	11:40/M
2	Lisa Kane	Dover DE	58	11 39:09.4	39:21.5	12:38/M
3	Melissa Clarke	Magnolia DE	52	12 41:37.5	41:50.0	13:26/M
4	Deborah Allison	Grasonville MD	59	13 42:24.0	42:29.5	13:41/M

**Female 60 to 69**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Adele Wagner	Bel Air MD	66	6 30:18.6	30:25.2	9:47/M
2	Diana Woodward	Harrington DE	65	16 47:12.3	47:34.6	15:14/M

**Male Open Champion**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Dominic Smith	Dover AFB DE	22	1 20:33.0	20:33.0	6:38/M

**Male Masters Champion**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Rod Wilson	Sunbury OH	50	2 21:10.2	21:10.2	6:49/M

**Male 10 and Under**

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Jackson Dittig	Magnolia DE	8	27 46:57.7	47:15.5	15:09/M

**Male 11 to 14**

PLC	Name	City	Age	O'All Chip	Gun	Pace
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1	Aydin Jones	Bridgeville DE	12	10	26:40.4	26:42.8	8:36/M
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**Male 20 to 29**

PLC	Name	City	Age	O'All Chip	Gun	Pace	
1	Edwin Lopez	Magnolia DE	29	12	29:05.1	29:12.8	9:23/M
2	Roger Walls	Harrington DE	28	28	47:12.4	47:15.2	15:14/M

**Male 30 to 39**

PLC	Name	City	Age	O'All Chip	Gun	Pace	
1	Justin Carrow	Dover DE	34	4	22:18.0	22:22.8	7:12/M
2	Joe Brown	Smyrna DE	33	8	25:25.5	25:29.5	8:12/M
3	Chris Brooks	Middletown DE	36	9	25:48.7	25:49.5	8:20/M
4	Paul Wagner	Bel Air MD	36	16	35:11.9	35:20.0	11:21/M
5	Justin Smith	Felton DE	36	19	36:00.1	36:09.0	11:37/M
6	Christopher Miller	Milford DE	34	23	40:06.8	40:10.5	12:56/M

**Male 40 to 49**

PLC	Name	City	Age	O'All Chip	Gun	Pace	
1	Ernest Nyannor	Middletown DE	46	5	23:45.5	23:47.7	7:40/M
2	James Napoli	Bear DE	46	18	35:37.0	35:51.8	11:29/M
3	Entreo Kitson	Smyrna DE	43	20	36:41.7	36:45.9	11:50/M

**Male 50 to 59**

PLC	Name	City	Age	O'All Chip	Gun	Pace	
1	Eric Payne	Felton DE	53	3	21:44.5	21:45.3	7:01/M
2	Skip Sensbach	Grasonville MD	54	6	23:48.6	23:50.8	7:41/M
3	Mark Allison	Grasonville MD	51	7	24:51.5	24:51.5	8:01/M
4	David Vance	Magnolia DE	55	13	29:42.9	29:58.4	9:35/M
5	Bryan Clarke	Magnolia DE	51	15	32:00.5	32:11.8	10:20/M
6	James Lacey	Bel Air MD	58	17	35:12.1	35:19.9	11:21/M
7	Mark Snyder	Denton MD	52	22	38:27.1	38:36.9	12:24/M
8	Brian Brown	Frederica DE	52	29	47:12.8	47:28.5	15:14/M

**Male 60 to 69**

PLC	Name	City	Age	O'All Chip	Gun	Pace	
1	Bill Brockenbrough	Clayton DE	63	14	30:19.9	30:26.8	9:47/M
2	Scott Connell	Dover DE	60	24	42:42.4	42:54.2	13:47/M
3	Craig Warrington	Milford DE	60	25	46:05.8	46:20.3	14:52/M

**Male 70 and Over**

PLC	Name	City	Age	O'All Chip	Gun	Pace	
1	Frank Whittington	Middletown DE	71	11	28:16.8	28:19.5	9:07/M
2	Don Zalenski	Magnolia DE	76	21	36:53.7	37:02.1	11:54/M
3	Larry Price	Middletown DE	79	26	46:09.1	46:20.6	14:53/M
4	Charles Matthews	Camden Wyoming DE	74	30	47:37.8	47:43.1	15:22/M
DQ	Phil Perry	Salisbury MD	76	DQ	40:18.4	40:27.6	13:00/M