

**Milk Run 5K Run/Walk**  
**Benefits: Delaware Farm Bureau Foundation**  
**Buffalo Wild Wings - Dover, DE**  
**Saturday, May 07, 2022 - Rainy Windy - 50 Degrees**  
**Trisports Events Production**

		<u>5K Run</u>						
PLC Name	City	Bib No	Age	Age Group	Chip	Gun	Pace	
1	Nick Cruz	Milford DE	1543	25	1:Open	18:13.7	18:14.3	5:53/M
2	Dominic Smith	Dover AFB DE	1602	22	1:M 20-29	20:21.6	20:22.2	6:34/M
3	Landon Bratz	Bridgeville DE	1511	9	1:M 1-10	21:54.2	21:54.7	7:04/M
4	Mardiny Ung	Elizabethtown PA	1607	55	1:Open	23:05.2	23:05.8	7:27/M
5	J.r. Ward	Millsboro DE	1610	50	1:Masters	23:34.2	23:37.4	7:36/M
6	Brian Harvey	Dover DE	1620	47	1:M 40-49	24:01.7	24:05.9	7:45/M
7	Gregory Smith	Bear DE	1603	46	2:M 40-49	24:19.9	24:22.4	7:51/M
8	Aubryn Nott	Greenwood DE	1581	23	1:F 20-29	25:22.1	25:33.1	8:11/M
9	Bryn Doiron	Wilton ME	1518	60	1:Masters	25:23.6	25:29.1	8:11/M
10	Frank Whittington	Middletown DE	1614	71	1:M 70-99	26:31.0	26:33.3	8:33/M
11	Jen Ward	Millsboro DE	1612	50	1:F 50-59	26:52.8	27:01.1	8:40/M
12	Mason Heinefield	Millington MD	1556	15	1:M 15-19	28:49.7	29:05.3	9:18/M
13	Ben Schnatterly	Dover DE	1601	49	3:M 40-49	28:53.9	29:12.9	9:19/M
14	Lori Brown	Felton DE	1537	44	1:F 40-49	28:59.4	29:11.5	9:21/M
15	Izzie Ward	Millsboro DE	1609	14	1:F 11-14	29:02.4	29:11.7	9:22/M
16	Jack Ward	Millsboro DE	1611	12	1:M 11-14	29:15.5	29:24.2	9:26/M
17	Kevin Goldsborough	Smyrna DE	1625	32	1:M 30-39	31:04.9	31:12.3	10:02/M
18	Tom Keating	Millsboro DE	1567	74	2:M 70-99	31:12.9	31:15.2	10:04/M
19	Donna Hoare Scanlon	Penn Run PA	1600	64	1:F 60-69	32:37.1	32:48.7	10:31/M
20	Kristen Thompson	Dover DE	1606	45	2:F 40-49	32:50.9	33:04.0	10:36/M
21	Karin Ryndak	Dover DE	1597	50	2:F 50-59	32:52.3	33:10.8	10:36/M
22	Daria Bernard	Bear DE	1535	51	3:F 50-59	33:11.6	33:23.4	10:42/M
23	Carrie Reynolds	Smyrna DE	1594	51	4:F 50-59	34:15.0	34:25.5	11:03/M
24	Amanda Katsimbris	Milford DE	1566	36	1:F 30-39	35:03.6	35:21.1	11:19/M
25	Michele Davis	Dover DE	1546	53	5:F 50-59	35:36.8	35:46.6	11:29/M
26	Rosemary Paul	Dover DE	1619	63	2:F 60-69	35:47.5	36:05.6	11:33/M
27	Lisa Kane	Dover DE	1622	58	6:F 50-59	35:49.9	36:00.6	11:34/M
28	Entreo Kitson	Smyrna DE	1568	42	4:M 40-49	35:55.8	35:59.8	11:35/M
29	Karen Romecki	Conowingo MD	1596	60	3:F 60-69	35:58.2	36:08.5	11:36/M
30	Summer Almanza	Dover DE	1530	25	2:F 20-29	36:37.9	36:51.4	11:49/M
31	Don Zalenski	Magnolia DE	1618	76	3:M 70-99	37:12.7	37:17.3	12:00/M
32	Mary Walsh	Dover DE	1608	66	4:F 60-69	37:43.1	38:01.1	12:10/M
33	Christopher Miller	Milford DE	1579	34	2:M 30-39	37:44.3	37:47.4	12:10/M
34	Jimmy Kroon	Felton DE	1569	44	5:M 40-49	38:14.0	38:27.5	12:20/M
35	Jennifer Ridgely	Camden Wyoming DE	1595	53	7:F 50-59	38:56.8	39:06.8	12:34/M
36	Dean Stirling	Seaford DE	1604	30	3:M 30-39	38:58.9	38:58.9	12:35/M
37	Arleen Murchison	Dover DE	1621	59	8:F 50-59	40:27.7	40:45.2	13:03/M
38	Donald Goldsborough	Smyrna DE	1624	51	1:M 50-59	40:52.5	41:05.1	13:11/M
39	Charles Matthews	Camden Wyoming DE	1576	74	4:M 70-99	45:44.3	45:50.9	14:45/M
40	Kellie Goldsborough	Smyrna DE	1623	51	9:F 50-59	47:24.0	47:34.5	15:17/M
41	Diana Woodward	Harrington DE	1616	65	5:F 60-69	47:54.8	48:11.1	15:27/M
42	Jennifer Pettry	Magnolia DE	1586	38	2:F 30-39	48:51.1	49:10.2	15:46/M
43	Marcia Willey	Dover DE	1615	49	3:F 40-49	52:42.3	52:57.1	17:00/M

44	Taylor Alexander	Dover DE	1529	22	3:F 20-29	52:43.0	52:57.6	17:00/M
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**5K WALK**

PLC Name	City	Bib No	Age	Age PLC	Chip	Gun	Pace
1 Tom Molin	Townsend DE	1580	70	1:M 1-99	42:47.0	42:52.7	13:48/M
2 Mark Wersebe	Felton DE	1613	66	2:M 1-99	43:28.8	43:35.5	14:02/M
3 Henry Harvey	Hartly DE	1554	75	3:M 1-99	44:38.9	44:45.5	14:24/M
4 Wendy Davis	Milford DE	1549	49	1:F 1-99	45:22.6	45:36.5	14:38/M
5 Marta Raccio	Dover DE	1593	64	2:F 1-99	47:58.9	48:16.0	15:29/M
6 Carol Beth Lambert	Seaford DE	1570	68	3:F 1-99	48:35.7	48:43.2	15:41/M
7 Katie Heinefield	Millington MD	1555	43	4:F 1-99	51:57.3	52:13.4	16:46/M
8 Patricia Burns	Wilmington DE	1539	61	5:F 1-99	51:58.4	52:20.0	16:46/M
9 Francis Burns	Wilmington DE	1538	62	4:M 1-99	51:58.7	52:20.7	16:46/M
10 Melissa Porter	Greenwood DE	1590	35	6:F 1-99	54:43.4	55:08.6	17:39/M
11 Holley Porter	Greenwood DE	1589	35	7:F 1-99	54:44.6	55:08.6	17:40/M
12 Terry Woodward	Harrington DE	1617	66	5:M 1-99	1:04:11.3	1:04:21.1	20:42/M

**Age Group Results**

**Female Open Winner**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Mardiny Ung	Elizabethtown PA	55	4	23:05.2	23:05.8	7:27/M

**Female Masters Winner**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Bryn Doiron	Wilton ME	60	9	25:23.6	25:29.1	8:11/M

**Female 11 to 14**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Izzie Ward	Millsboro DE	14	15	29:02.4	29:11.7	9:22/M

**Female 20 to 29**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Aubryn Nott	Greenwood DE	23	8	25:22.1	25:33.1	8:11/M
2	Summer Almanza	Dover DE	25	30	36:37.9	36:51.4	11:49/M
3	Taylor Alexander	Dover DE	22	44	52:43.0	52:57.6	17:00/M

**Female 30 to 39**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Amanda Katsimbris	Milford DE	36	24	35:03.6	35:21.1	11:19/M
2	Jennifer Pettry	Magnolia DE	38	42	48:51.1	49:10.2	15:46/M

**Female 40 to 49**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Lori Brown	Felton DE	44	14	28:59.4	29:11.5	9:21/M

2	Kristen Thompson	Dover DE	45	20	32:50.9	33:04.0	10:36/M
3	Marcia Willey	Dover DE	49	43	52:42.3	52:57.1	17:00/M

**Female 50 to 59**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Jen Ward	Millsboro DE	50	11	26:52.8	27:01.1	8:40/M
2	Karin Ryndak	Dover DE	50	21	32:52.3	33:10.8	10:36/M
3	Daria Bernard	Bear DE	51	22	33:11.6	33:23.4	10:42/M
4	Carrie Reynolds	Smyrna DE	51	23	34:15.0	34:25.5	11:03/M
5	Michele Davis	Dover DE	53	25	35:36.8	35:46.6	11:29/M
6	Lisa Kane	Dover DE	58	27	35:49.9	36:00.6	11:34/M
7	Jennifer Ridgely	Camden Wyomingcamr	53	35	38:56.8	39:06.8	12:34/M
8	Arleen Murchison	Dover DE	59	37	40:27.7	40:45.2	13:03/M
9	Kellie Goldsborough	Smyrna DE	51	40	47:24.0	47:34.5	15:17/M

**Female 60 to 69**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Donna Hoare Scanlon	Penn Run PA	64	19	32:37.1	32:48.7	10:31/M
2	Rosemary Paul	Dover DE	63	26	35:47.5	36:05.6	11:33/M
3	Karen Romecki	Conowingo MD	60	29	35:58.2	36:08.5	11:36/M
4	Mary Walsh	Dover DE	66	32	37:43.1	38:01.1	12:10/M
5	Diana Woodward	Harrington DE	65	41	47:54.8	48:11.1	15:27/M

**Male Open Winners**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Nick Cruz	Milford DE	25	1	18:13.7	18:14.3	5:53/M

**Male Masters Winners**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	J.r. Ward	Millsboro DE	50	5	23:34.2	23:37.4	7:36/M

**Male 10 and Under**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Landon Bratz	Bridgeville DE	9	3	21:54.2	21:54.7	7:04/M

**Male 11 to 14**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Jack Ward	Millsboro DE	12	16	29:15.5	29:24.2	9:26/M

**Male 15 to 19**

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Mason Heinefield	Millington MD	15	12	28:49.7	29:05.3	9:18/M

**Male 20 to 29**

Place Name	City	Age	Overall	Chip Time	Gun Time	Pace
1 Dominic Smith	Dover AFB DE	22	2	20:21.6	20:22.2	6:34/M

**Male 30 to 39**

Place Name	City	Age	Overall	Chip Time	Gun Time	Pace
1 Kevin Goldsborough	Smyrna DE	32	17	31:04.9	31:12.3	10:02/M
2 Christopher Miller	Milford DE	34	33	37:44.3	37:47.4	12:10/M
3 Dean Stirling	Seaford DE	30	36	38:58.9	38:58.9	12:35/M

**Male 40 to 49**

Place Name	City	Age	Overall	Chip Time	Gun Time	Pace
1 Brian Harvey	Dover DE	47	6	24:01.7	24:05.9	7:45/M
2 Gregory Smith	Bear DE	46	7	24:19.9	24:22.4	7:51/M
3 Ben Schnatterly	Dover DE	49	13	28:53.9	29:12.9	9:19/M
4 Entreo Kitson	Smyrna DE	42	28	35:55.8	35:59.8	11:35/M
5 Jimmy Kroon	Felton DE	44	34	38:14.0	38:27.5	12:20/M

**Male 50 to 59**

Place Name	City	Age	Overall	Chip Time	Gun Time	Pace
1 Donald Goldsborough	Smyrna DE	51	38	40:52.5	41:05.1	13:11/M

**Male 70 and Over**

Place Name	City	Age	Overall	Chip Time	Gun Time	Pace
1 Frank Whittington	Middletown DE	71	10	26:31.0	26:33.3	8:33/M
2 Tom Keating	Millsboro DE	74	18	31:12.9	31:15.2	10:04/M
3 Don Zalenski	Magnolia DE	76	31	37:12.7	37:17.3	12:00/M
4 Charles Matthews	Camden Wyoming DE	74	39	45:44.3	45:50.9	14:45/M