

Running Hot 5K Run/Walk In Memory of John Pridemore

Benefits: Clayton Fire Company

Clayton, DE

Saturday, August 13, 2022 - Sunny - 76 Degrees

Trisports Events Production

5K Run

PLC	Name	City	Bib No	Age	Age PLC	Chip	Gun	Pace
1	Landon Lewicki	Dover DE	178	18	1:Open	17:24.5	17:24.5	5:37/M
2	Cory Braddy	Knightdale NC	94	29	1:M 20-29	17:48.8	17:48.8	5:45/M
3	Benjamin Stulir	Smyrna DE	154	17	1:M 15-19	19:47.4	19:47.5	6:23/M
4	Gregory Yourek	Clayton DE	191	46	1:Masters	20:16.3	20:16.3	6:32/M
5	Tal Bruno	Middletown DE	96	26	2:M 20-29	20:54.1	20:55.5	6:45/M
6	Auden Jones	Clayton DE	121	18	2:M 15-19	20:59.4	21:02.6	6:46/M
7	Keely Arndt	Camden Wyoming DE	90	20	1:Open	21:01.1	21:01.1	6:47/M
8	Gregory Smith	Bear DE	151	46	1:M 40-49	23:00.3	23:01.4	7:25/M
9	Mardiny Ung	Elizabethtown PA	160	55	1:Masters	23:02.3	23:02.3	7:26/M
10	Duane Christy	Havre De Grace MD	100	59	1:M 50-59	23:11.1	23:11.2	7:29/M
11	David Wooten	Middletown DE	181	13	1:M 11-14	23:20.1	23:22.1	7:32/M
12	Kirsten Johnson	Smyrna DE	120	16	1:F 15-19	23:21.2	23:21.3	7:32/M
13	Daniel Arndt	Camden Wyoming DE	89	48	2:M 40-49	23:41.0	23:41.1	7:38/M
14	Christopher Allen	Smyrna DE	183	31	1:M 30-39	23:55.6	23:56.9	7:43/M
15	Anna Korpela	Smyrna DE	186	13	1:F 11-14	25:12.3	25:13.7	8:08/M
16	Bill Myers	Wilmington DE	174	66	1:M 60-69	25:24.9	25:27.3	8:12/M
17	Christina Hoenisch	Smyrna DE	111	39	1:F 30-39	25:26.6	25:29.5	8:12/M
18	Nick Kroll	Middletown DE	197	37	2:M 30-39	26:17.2	26:23.2	8:29/M
19	Scott Silver	Middletown DE	149	55	2:M 50-59	26:42.9	26:46.2	8:37/M
20	Christina Bell	Clayton DE	93	44	1:F 40-49	26:46.2	26:48.1	8:38/M
21	Frank Whittington	Middletown DE	167	71	1:M 70-99	26:56.5	26:59.1	8:41/M
22	Owen Fay	Clayton DE	184	14	2:M 11-14	27:18.5	27:22.4	8:49/M
23	Gus Jones	Clayton DE	122	13	3:M 11-14	27:21.2	27:25.6	8:49/M
24	Deane Willis	Clayton DE	168	10	1:M 0-10	27:48.7	27:50.7	8:58/M
25	Marc Young	Smyrna DE	172	69	2:M 60-69	28:01.7	28:04.1	9:02/M
26	Michael Reed	Aberdeen MD	195	46	3:M 40-49	28:11.6	28:15.0	9:06/M
27	Steve Russell	Worton MD	145	66	3:M 60-69	28:12.0	28:15.0	9:06/M
28	Rose Ann Smith	Bear DE	152	58	1:F 50-59	28:15.3	28:19.7	9:07/M
29	Bill Brockenbrough	Clayton DE	95	63	4:M 60-69	28:53.0	28:55.8	9:19/M
30	Amber Getty	Clayton DE	105	38	2:F 30-39	29:02.8	29:05.1	9:22/M
31	Ephraim Yourek	Clayton DE	190	10	2:M 0-10	29:10.8	29:14.3	9:25/M
32	Thomas Wooten	Middletown DE	182	11	4:M 11-14	29:15.3	29:17.7	9:26/M
33	Tyler Hill-Shaner	Smyrna DE	110	34	3:M 30-39	30:05.2	30:19.1	9:42/M
34	Amanda Wood	Dover DE	171	28	1:F 20-29	30:15.9	30:27.3	9:46/M
35	Entreo Kitson	Smyrna DE	125	43	4:M 40-49	30:19.3	30:20.8	9:47/M
36	Adele Wagner	Bel Air MD	161	66	1:F 60-69	30:29.7	30:35.0	9:50/M
37	Katherine Wooten	Middletown DE	180	9	1:F 0-10	31:30.6	31:33.7	10:10/M
38	Paul Wagner	Bel Air MD	162	36	4:M 30-39	32:13.4	32:18.6	10:24/M
39	James Lacey	Bel Air MD	127	58	3:M 50-59	32:13.5	32:18.8	10:24/M
40	Colton Johnson	Smyrna DE	119	14	5:M 11-14	32:19.9	32:31.1	10:26/M
41	Kim Pridemore	Smyrna DE	143	54	2:F 50-59	32:39.8	32:50.0	10:32/M
42	Karin Ryndak	Dover DE	146	50	3:F 50-59	32:40.5	32:50.7	10:32/M
43	Brody Masten	Clayton DE	134	13	6:M 11-14	32:43.0	32:47.0	10:33/M

44	Jennifer Logue	Clayton DE	131	50	4:F 50-59	33:29.4	33:35.1	10:48/M
45	Eric Lafontaine	Camden Wyoming DE	128	36	5:M 30-39	33:29.9	33:36.2	10:48/M
46	Jessica Lafontaine	Camden Wyoming DE	129	29	2:F 20-29	33:30.2	33:37.0	10:48/M
47	David Lovelace	Newark DE	132	76	2:M 70-99	33:38.2	33:46.2	10:51/M
48	Kristy Curtis	Middletown DE	189	36	3:F 30-39	33:43.1	33:52.8	10:53/M
49	Reaghan King	Smyrna DE	124	16	2:F 15-19	34:11.0	34:24.0	11:02/M
50	Jennifer Schaffler	Middletown DE	147	46	2:F 40-49	34:25.0	34:30.5	11:06/M
51	Melissa Koller	Clayton DE	126	34	4:F 30-39	34:39.6	34:50.3	11:11/M
52	Kristen Thompson	Dover DE	158	45	3:F 40-49	34:47.5	34:58.8	11:13/M
53	Elijah Blu Hill-Shaner	Smyrna DE	107	9	3:M 0-10	34:51.1	35:03.4	11:15/M
54	Eric Walls	Marydel MD	193	37	6:M 30-39	35:33.5	35:44.1	11:28/M
55	Amy Walls	Felton DE	163	53	5:F 50-59	36:09.1	36:20.0	11:40/M
56	Gary Stulir	Smyrna DE	155	52	4:M 50-59	36:13.5	36:25.5	11:41/M
57	Hunter Parsell	Felton DE	140	23	3:M 20-29	36:32.8	36:40.0	11:47/M
58	Don Zalenski	Magnolia DE	173	76	3:M 70-99	36:33.1	36:38.3	11:47/M
59	Karen Romecki	Conowingo MD	179	60	2:F 60-69	37:27.6	37:31.3	12:05/M
60	Louise Holt	Milford DE	112	65	3:F 60-69	37:45.1	37:57.0	12:11/M
61	Shane Bates	Smyrna DE	92	15	3:M 15-19	37:57.5	38:10.1	12:15/M
62	Sydney Tusio	Smyrna DE	159	22	3:F 20-29	38:04.9	38:11.8	12:17/M
63	Molly Breeding	Harrington DE	194	60	4:F 60-69	39:01.5	39:09.2	12:35/M
64	Ashley Carrow	Clayton DE	175	32	5:F 30-39	39:12.6	39:26.4	12:39/M
65	Matthew Lovlie	New Castle DE	133	55	5:M 50-59	41:45.3	41:49.4	13:28/M
66	Michael Hill-Shaner	Smyrna DE	109	41	5:M 40-49	41:55.2	42:08.4	13:31/M
67	Kylie Hill-Shaner	Smyrna DE	108	12	2:F 11-14	41:56.1	42:08.4	13:32/M
68	Susan Korpela	Smyrna DE	187	47	4:F 40-49	42:05.1	42:14.7	13:35/M
69	Laura Willis	Clayton DE	170	41	5:F 40-49	42:05.1	42:14.6	13:35/M
70	Larry Price	Middletown DE	142	79	4:M 70-99	43:28.4	43:35.5	14:01/M
71	Daquan Taylor	Clayton DE	157	28	4:M 20-29	43:39.3	44:08.8	14:05/M
72	Charles Matthews	Camden Wyoming DE	136	74	5:M 70-99	45:01.5	45:07.5	14:31/M
73	Chindnso Ochuba	Clayton DE	185	40	6:M 40-49	45:54.7	46:14.7	14:49/M
74	Elizabeth Anderson	Smyrna DE	88	27	4:F 20-29	49:38.1	49:47.1	16:01/M
75	Brittany Keplinger	Smyrna DE	123	30	6:F 30-39	49:40.0	49:48.4	16:01/M
76	James Brennan	Smyrna DE	196	6	4:M 0-10	57:55.5	58:03.7	18:41/M

5K WALK

PLC	Name	City	Bib No	Age	Age PLC	Chip	Gun	Pace
1	Amy Zook	Magnolia DE	192	45	1:F 1-99	38:26.4	38:29.8	12:24/M
2	Tom Molin	Townsend DE	27	70	1:M Male	42:09.0	42:18.3	13:36/M
3	Alan Firlein	Rock Hall MD	103	83	2:M Male	42:33.6	42:33.6	13:44/M
4	Cheryl Hurlock	Clayton DE	113	58	2:F 1-99	43:51.6	44:12.4	14:09/M
5	Angela Gibson	Clayton DE	177	40	3:F 1-99	45:11.6	45:19.2	14:35/M
6	Heather Lightcap	Clayton DE	130	57	4:F 1-99	45:25.0	45:37.6	14:39/M
7	Candace Masten	Clayton DE	135	40	5:F 1-99	47:25.0	47:36.1	15:18/M
8	Jaime Hurlock	Rehoboth Beach DE	115	33	6:F 1-99	47:35.7	47:57.7	15:21/M
9	Erin Hurlock	Rehoboth Beach DE	114	33	7:F 1-99	47:37.9	47:57.3	15:22/M
10	Buddy Jackson	Frederica DE	117	34	3:M Male	47:48.5	48:03.0	15:25/M
11	Katie Jackson	Frederica DE	118	36	8:F 1-99	47:48.8	48:02.9	15:25/M
12	Aiden Sacco	Smyrna DE	25	12	4:M Male	48:45.6	49:06.0	15:44/M
13	Bailey Sacco	Smyrna DE	10	10	9:F 1-99	48:45.7	49:05.7	15:44/M
14	Stacy Press-Johnson	Smyrna DE	141	42	10:F 1-99	48:46.8	49:06.0	15:44/M
15	Jeffrey Hurlock	Clayton DE	116	64	5:M Male	49:25.6	49:47.3	15:57/M
16	Beverly Whalen	Clayton DE	165	61	11:F 1-99	49:28.2	49:47.5	15:58/M

17	Alexander Carrow	Clayton DE	3	34	6:M Male	€ 49:59.6	50:22.8	16:08/M
18	Sharon Staats	Clayton DE	153	47	12:F 1-99	50:39.3	50:58.4	16:20/M
19	Sarah Skinner	Sudlersville MD	150	30	13:F 1-99	50:39.7	50:58.6	16:21/M
20	Gabriella Gibson	Clayton DE	40	14	14:F 1-99	53:59.2	54:07.5	17:25/M
21	Bobbyjo Geissler	Newark DE	104	47	15:F 1-99	54:35.8	54:55.2	17:37/M
22	Christine Clark	Smyrna DE	101	58	16:F 1-99	56:31.8	56:50.1	18:14/M
23	Katelyn Walton	Clayton DE	164	33	17:F 1-99	56:32.2	56:55.0	18:14/M
24	Stacey Cecil	Townsend DE	98	41	18:F 1-99	56:32.2	56:50.2	18:14/M
25	Nicole Rife	Clayton DE	144	32	19:F 1-99	56:34.1	56:55.6	18:15/M
26	Robert Cecil Sr	Clayton DE	99	65	7:M Male	€ 56:49.8	56:49.8	18:20/M
27	Samantha Grimminger	Dover DE	106	31	20:F 1-99	57:08.8	57:33.6	18:26/M
28	Cindy Scott	Clayton DE	148	62	21:F 1-99	57:12.6	57:32.1	18:27/M
29	Jennifer Noel	Smyrna DE	137	46	22:F 1-99	57:15.3	57:32.8	18:28/M
30	Samuel Noel	Smyrna DE	139	42	8:M Male	€ 57:16.5	57:32.6	18:29/M
31	Brittany Barnes	Hartly DE	91	31	23:F 1-99	57:16.6	57:42.3	18:29/M
32	Natalie Noel	Smyrna DE	138	17	24:F 1-99	58:05.4	58:22.2	18:44/M
33	Brandy Arvay	Smyrna DE	48	70	25:F 1-99	1:00:43.1	1:01:01.5	19:35/M
34	Joan Tallhamer	Smyrna DE	156	56	26:F 1-99	1:00:43.1	1:01:01.0	19:35/M

Age Group Results

Female Open Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Keely Arndt	Camden Wyoming DE	20	1 21:01.1	21:01.1	6:47/M

Female Masters Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Mardiny Ung	Elizabethtown PA	55	2 23:02.3	23:02.3	7:26/M

Female 10 and Under

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Katherine Wooten	Middletown DE	9	11 31:30.6	31:33.7	10:10/M

Female 11 to 14

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Anna Korpela	Smyrna DE	13	4 25:12.3	25:13.7	8:08/M
2 Kylie Hill-Shaner	Smyrna DE	12	27 41:56.1	42:08.4	13:32/M

Female 15 to 19

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Kirsten Johnson	Smyrna DE	16	3 23:21.2	23:21.3	7:32/M
2 Reaghan King	Smyrna DE	16	17 34:11.0	34:24.0	11:02/M

Female 20 to 29

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Amanda Wood	Dover DE	28	9 30:15.9	30:27.3	9:46/M

2	Jessica Lafontaine	Camden Wyoming DE	29	15	33:30.2	33:37.0	10:48/M
3	Sydney Tusio	Smyrna DE	22	24	38:04.9	38:11.8	12:17/M
4	Elizabeth Anderson	Smyrna DE	27	30	49:38.1	49:47.1	16:01/M

Female 30 to 39

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Christina Hoenisch	Smyrna DE	39	5 25:26.6	25:29.5	8:12/M
2 Amber Getty	Clayton DE	38	8 29:02.8	29:05.1	9:22/M
3 Kristy Curtis	Middletown DE	36	16 33:43.1	33:52.8	10:53/M
4 Melissa Koller	Clayton DE	34	19 34:39.6	34:50.3	11:11/M
5 Ashley Carrow	Clayton DE	32	26 39:12.6	39:26.4	12:39/M
6 Brittany Keplinger	Smyrna DE	30	31 49:40.0	49:48.4	16:01/M

Female 40 to 49

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Christina Bell	Clayton DE	44	6 26:46.2	26:48.1	8:38/M
2 Jennifer Schaffler	Middletown DE	46	18 34:25.0	34:30.5	11:06/M
3 Kristen Thompson	Dover DE	45	20 34:47.5	34:58.8	11:13/M
4 Susan Korpela	Smyrna DE	47	28 42:05.1	42:14.7	13:35/M
5 Laura Willis	Clayton DE	41	29 42:05.1	42:14.6	13:35/M

Female 50 to 59

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Rose Ann Smith	Bear DE	58	7 28:15.3	28:19.7	9:07/M
2 Kim Pridemore	Smyrna DE	54	12 32:39.8	32:50.0	10:32/M
3 Karin Ryndak	Dover DE	50	13 32:40.5	32:50.7	10:32/M
4 Jennifer Logue	Clayton DE	50	14 33:29.4	33:35.1	10:48/M
5 Amy Walls	Felton DE	53	21 36:09.1	36:20.0	11:40/M

Female 60 to 69

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Adele Wagner	Bel Air MD	66	10 30:29.7	30:35.0	9:50/M
2 Karen Romecki	Conowingo MD	60	22 37:27.6	37:31.3	12:05/M
3 Louise Holt	Milford DE	65	23 37:45.1	37:57.0	12:11/M
4 Molly Breeding	Harrington DE	60	25 39:01.5	39:09.2	12:35/M

Male Open Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Landon Lewicki	Dover DE	18	1 17:24.5	17:24.5	5:37/M

Male Masters Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Gregory Yourek	Clayton DE	46	4 20:16.3	20:16.3	6:32/M

Male 10 and Under

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Deane Willis	Clayton DE	10	18 27:48.7	27:50.7	8:58/M
2	Ephraim Yourek	Clayton DE	10	23 29:10.8	29:14.3	9:25/M
3	Elijah Blu Hill-Shaner	Smyrna DE	9	33 34:51.1	35:03.4	11:15/M
4	James Brennan	Smyrna DE	6	45 57:55.5	58:03.7	18:41/M

Male 11 to 14

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	David Wooten	Middletown DE	13	9 23:20.1	23:22.1	7:32/M
2	Owen Fay	Clayton DE	14	16 27:18.5	27:22.4	8:49/M
3	Gus Jones	Clayton DE	13	17 27:21.2	27:25.6	8:49/M
4	Thomas Wooten	Middletown DE	11	24 29:15.3	29:17.7	9:26/M
5	Colton Johnson	Smyrna DE	14	29 32:19.9	32:31.1	10:26/M
6	Brody Masten	Clayton DE	13	30 32:43.0	32:47.0	10:33/M

Male 15 to 19

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Benjamin Stulir	Smyrna DE	17	3 19:47.4	19:47.5	6:23/M
2	Auden Jones	Clayton DE	18	6 20:59.4	21:02.6	6:46/M
3	Shane Bates	Smyrna DE	15	38 37:57.5	38:10.1	12:15/M

Male 20 to 29

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Cory Braddy	Knightdale NC	29	2 17:48.8	17:48.8	5:45/M
2	Tal Bruno	Middletown DE	26	5 20:54.1	20:55.5	6:45/M
3	Hunter Parsell	Felton DE	23	36 36:32.8	36:40.0	11:47/M
4	Daquan Taylor	Clayton DE	28	42 43:39.3	44:08.8	14:05/M

Male 30 to 39

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Christopher Allen	Smyrna DE	31	11 23:55.6	23:56.9	7:43/M
2	Nick Kroll	Middletown DE	37	13 26:17.2	26:23.2	8:29/M
3	Tyler Hill-Shaner	Smyrna DE	34	25 30:05.2	30:19.1	9:42/M
4	Paul Wagner	Bel Air MD	36	27 32:13.4	32:18.6	10:24/M
5	Eric Lafontaine	Camden Wyoming DE	36	31 33:29.9	33:36.2	10:48/M
6	Eric Walls	Marydel MD	37	34 35:33.5	35:44.1	11:28/M

Male 40 to 49

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Gregory Smith	Bear DE	46	7 23:00.3	23:01.4	7:25/M
2	Daniel Arndt	Camden Wyoming DE	48	10 23:41.0	23:41.1	7:38/M
3	Michael Reed	Aberdeen MD	46	20 28:11.6	28:15.0	9:06/M
4	Entreo Kitson	Smyrna DE	43	26 30:19.3	30:20.8	9:47/M
5	Michael Hill-Shaner	Smyrna DE	41	40 41:55.2	42:08.4	13:31/M
6	Chindnso Ochuba	Clayton DE	40	44 45:54.7	46:14.7	14:49/M

Male 50 to 59

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	59	8 23:11.1	23:11.2	7:29/M
2	Scott Silver	Middletown DE	55	14 26:42.9	26:46.2	8:37/M
3	James Lacey	Bel Air MD	58	28 32:13.5	32:18.8	10:24/M
4	Gary Stulir	Smyrna DE	52	35 36:13.5	36:25.5	11:41/M
5	Matthew Lovlie	New Castle DE	55	39 41:45.3	41:49.4	13:28/M

Male 60 to 69

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Bill Myers	Wilmington DE	66	12 25:24.9	25:27.3	8:12/M
2	Marc Young	Smyrna DE	69	19 28:01.7	28:04.1	9:02/M
3	Steve Russell	Worton MD	66	21 28:12.0	28:15.0	9:06/M
4	Bill Brockenbrough	Clayton DE	63	22 28:53.0	28:55.8	9:19/M

Male 70 and Over

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Frank Whittington	Middletown DE	71	15 26:56.5	26:59.1	8:41/M
2	David Lovelace	Newark DE	76	32 33:38.2	33:46.2	10:51/M
3	Don Zalenski	Magnolia DE	76	37 36:33.1	36:38.3	11:47/M
4	Larry Price	Middletown DE	79	41 43:28.4	43:35.5	14:01/M
5	Charles Matthews	Camden Wyoming DE	74	43 45:01.5	45:07.5	14:31/M