

Race Date
November 28, 2019

Run for Pie 5K
Most Improved List

5k

<u>Name</u>	<u>City</u>	<u>2018</u>	<u>2019</u>	<u>Improvement %</u>
Joe Bukartek	Newark	28:34.3	19:52.2	30.50
Rocco Ciccantelli	Pennsville	40:47.9	30:26.3	25.40
Walter Bruhl	Newark	54:20.6	42:53.7	21.10
Scott Egger	Chesapeake City	30:30.6	24:09.2	20.80
Bill Farquhar	Newark	24:47.9	19:45.4	20.30
Stephanie Smith	Bear	37:42.3	31:18.4	17.00
Jeremey Clayton	Wilmington	36:21.7	30:33.1	16.00
Olivia Stubblebine	Newark	26:46.0	22:48.2	14.80
Courtney Frink	Newark	35:17.6	30:08.6	14.60
Julie Harper	Newark	28:07.8	24:17.0	13.70
Nick Perkins	Newark	49:02.3	42:17.8	13.70
Cheryl Lehman	Chambersburg	33:30.5	29:03.1	13.30
Latoya Kosh	Newark	41:54.7	36:26.1	13.10
Kerry Freeman	Middletown	48:10.0	42:54.4	10.90
Lauren Conrad	Wilmington	54:03.1	48:14.2	10.80
Gus Mercante	Wilmington	54:04.4	48:14.4	10.80
Richard Flanagan	Oxford	32:04.6	28:50.5	10.10
Keith Moore	North East	30:07.3	27:28.2	8.80
Nathan Simon	Avondale	25:12.2	23:04.1	8.47
Emily Bullock	Delmar	31:07.1	28:32.5	8.28
Lori Cline	Wilmington	41:57.2	38:33.3	8.10
Joseph Kuligowski	New Castle	28:43.9	26:24.6	8.08
Joey Bukartek	Newark	28:34.2	26:19.4	7.86
Clifford Mitchell	Newark	36:29.8	33:44.6	7.54
Scott Quinn	Newark	37:00.9	34:18.5	7.31
Christopher Fecteau	Newark	25:38.2	24:05.3	6.04
Suzanne Prestileo-King	Hockessin	32:45.7	30:58.0	5.48
Stephanie Senigo	Wilmington	27:55.9	26:40.6	4.50
Ross Luzey	Townsend	26:01.9	24:52.5	4.44
Michael Reilly	New Castle	33:29.0	31:59.8	4.44
Sarah Trembanis	Middletown	33:02.0	31:40.0	4.14
Vincent Ciccantelli	Pennsville	27:13.3	26:11.3	3.80
Tom Curry	Arlington	24:29.2	23:42.6	3.17
Kari Elzey	Newark	24:29.0	23:43.2	3.12
Jill Fredel	New Castle	51:46.2	50:08.9	3.13
Julie Beachler	Bear	38:21.2	37:11.9	3.01
Melissa Bruhl	Newark	36:18.5	35:12.6	3.02
James King	West Grove	28:52.4	28:01.8	2.92
Janet Somerville	Hockessin	25:51.8	25:14.5	2.40
Katie Sullivan	Wilmington	29:26.6	28:47.5	2.22
Annette Werner	Pittsburgh	29:33.9	28:57.6	2.05
Karen Peterson	Bear	48:40.6	47:46.0	1.87
Jason Silva	Bear	20:11.1	19:49.6	1.78
David Peterson	Bear	48:47.4	47:59.4	1.64

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Deb Uff	Newark	26:29.6	26:06.0	1.49
Keith Kepplinger	Middletown	23:14.3	22:55.0	1.38
Megan King	Bear	34:48.1	34:18.7	1.41
Christopher Duvilla	Newark	23:09.7	22:57.0	0.91
Mike Janis	Newark	20:31.3	20:20.4	0.88
Jackson Mills	Landenberg	28:25.5	28:17.3	0.48
Julia Simon	Avondale	25:30.5	25:22.2	0.54
Jeffrey Wong	Warren	39:32.1	39:20.9	0.47
Ron Niblett	Newark	29:06.4	28:59.6	0.39
Don Mitchell	Caldwell	23:10.4	23:08.4	0.15
Shaun Gundel	Wilmington	21:37.8	21:38.0	-0.02
Justin Whipkey	Newark	23:43.1	23:43.7	-0.04
Charmaine Dill	Townsend	38:45.2	38:47.4	-0.10
Andrew Perkins	Newark	39:50.4	39:53.6	-0.13
Sean Gilligan	Middletown	21:30.6	21:34.2	-0.28
Heinz Kepplinger	Bloomfield	24:57.2	25:06.8	-0.65
Marianne Lockwood	Newark	32:51.6	33:03.6	-0.61
Richard Bates	Elkton	22:58.6	23:10.7	-0.88
Kara Kochenash	Newark	30:22.1	30:37.9	-0.87
Brad Mitchell	East Lansing	37:51.4	38:15.7	-1.07
James Fuller	Wilmington	25:28.9	25:46.6	-1.15
Eric Benson	Bear	49:15.4	49:53.5	-1.29
Kim Benson	Bear	49:15.3	49:53.8	-1.30
Kenneth Sliney	Wilmington	24:15.3	24:34.6	-1.33
Nance Hastings	New York	27:45.7	28:09.6	-1.43
Alison Duffy	Elkton	35:12.1	35:43.5	-1.49
Maura Schafer	Middletown	28:27.9	28:54.3	-1.54
Scott Clark	Bear	32:47.1	33:18.3	-1.59
Shannon Ciccantelli	Pennsville	40:50.1	41:40.7	-2.07
Stefanie Fedder	Wilmington	23:56.5	24:27.2	-2.14
Jason Pyryt	Townsend	22:54.6	23:32.3	-2.74
David Judd	North East	22:51.9	23:33.4	-3.02
Elizabeth King	Hockessin	22:48.4	23:29.5	-3.00
Jill Lewis	Newark	29:38.3	30:31.4	-2.99
Carl Perkins	Newark	41:09.7	42:27.5	-3.15
Sarah Ennis	Townsend	28:07.2	29:03.7	-3.35
Pat Kennedy	Hockessin	26:05.7	26:57.4	-3.30
Allison Wong	Newark	27:49.2	28:43.6	-3.26
Edgar Jones	Wilmington	51:08.3	53:05.4	-3.82
Nora Judd	North East	27:09.1	28:16.3	-4.13
Christopher Haisty	Raleigh	25:24.6	26:31.9	-4.41
Mary Jo Gilligan	Middletown	25:43.2	26:52.1	-4.46
Susan Haisty	Raleigh	25:14.6	26:25.9	-4.71
Wiley Michel-Eaton	Asheville	20:49.3	21:48.4	-4.73

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Jeff Moore	Newark	24:00.5	25:08.3	-4.71
Jessica Wong	Warren	25:50.7	27:03.1	-4.67
Eric Walstrom	New Castle	43:05.3	45:11.4	-4.88
Angela Egger	Chesapeake City	30:30.3	32:01.8	-5.00
Dave Houck	New Castle	32:43.6	34:21.0	-4.96
Thomas Duffy	Elkton	35:12.1	37:00.6	-5.13
Julia Sliney	Wilmington	25:22.3	26:39.6	-5.08
Bonnie Backus	Newark	49:39.7	52:19.9	-5.38
Tyler Michalowski	Wilmington	20:42.1	21:50.2	-5.48
Donna Colgain	Lincoln University	36:00.2	38:03.5	-5.71
Jacqueline Lukaszewicz	Townsend	37:27.6	39:34.8	-5.66
Kimberly Colgain	Lincoln Univers	30:42.2	32:29.1	-5.80
Kathy Zdrojewski	New Castle	47:39.8	50:25.3	-5.79
Anthony Soto	Newark	24:07.2	25:37.1	-6.21
Sarah Tennefoss	Greenwood	33:19.7	35:25.3	-6.28
Robert Mills	Landenberg	21:54.8	23:20.9	-6.55
Corey Backus	Newark	49:38.0	52:57.2	-6.69
Megan Walstrom	New Castle	37:19.3	39:48.3	-6.65
Diane Argo	Newark	27:45.4	29:41.7	-6.99
Aileen Murray	Elkton	30:46.2	32:55.2	-6.99
Marylou Nye	Bear	41:46.5	44:56.2	-7.57
Sierra Nye	Bear	41:45.6	44:55.6	-7.58
Sharon Mitchell	Newark	30:36.3	33:00.0	-7.83
John Del Genio	Newark	24:02.9	25:57.3	-7.93
Megan Kennedy	Wilmington	25:08.4	27:07.7	-7.91
Pamela Lewis	Bear	42:11.6	45:44.2	-8.40
Jim Witter	North East	29:27.4	31:56.2	-8.42
Hilary Crothers-Moore	North East	51:44.5	56:08.2	-8.49
Regina Guarino	Wilmington	39:56.4	43:27.7	-8.81
Melanie Obitz-Bukartek	Newark	30:39.3	33:23.1	-8.90
Cynthia Waddington	Bear	41:41.9	45:35.9	-9.35
Maya Scott	Newark	25:44.5	28:13.5	-9.65
Alyce Derr	Wilmington	34:08.6	37:26.9	-9.68
Amy Stubblebine	Newark	26:47.0	29:22.5	-9.67
Mark Senigo	Wilmington	28:35.5	31:36.8	-10.56
Howard Bowker	New Castle	35:58.5	39:48.8	-10.67
Nicole Perkins	Newark	42:41.1	47:46.7	-11.93
Cathy Witter	North East	36:22.4	40:50.3	-12.28
Maely Wong	Warren	44:56.0	50:33.5	-12.52
Trisha Lashomb	Elkton	28:33.8	32:48.5	-14.86
Rebecca Evans	Lincoln University	24:00.2	27:51.0	-16.03
Jennifer Acord	Newark	34:47.8	41:19.1	-18.74
Samantha Neubert	Bear	37:10.6	44:16.1	-19.07
Paul Dunsmore III	Bear	42:05.9	59:28.9	-41.29

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Paul Dunsmore IV	Bear	30:23.3	43:29.4	-43.11
Jon Euston	Newark	21:13.1	31:32.2	-48.63
Daryll Slimmer	Pine Hill	27:18.6	45:34.5	-66.87