

Race Date
February 02, 2020

Touchdown 5K
Most Improved List

5K

<u>Name</u>	<u>City</u>	<u>2019</u>	<u>2020</u>	<u>Improvement %</u>
Lisha Hollars	Lincoln University	50:57.8	34:00.9	33.30
Alex Grant	Newark	38:24.7	29:01.7	24.40
Bob Wisniewski	Newark	30:27.8	25:37.1	15.90
Frank A Ursomarso, Jr.	Wilmington	22:44.2	19:29.8	14.30
Reid Hubbard	Newark	31:20.0	27:38.6	11.80
Zoe Brady	Landenberg	41:03.1	36:42.7	10.60
Tom Cahue	Newark	41:17.3	37:00.7	10.40
Samantha Eller	Oxford	29:38.4	26:34.5	10.30
Brian Holl	Townsend	25:21.5	22:56.4	9.54
Luke Massaglia	Oxford	25:24.2	23:22.6	7.97
Betty Olmstead	Wilmington	46:50.0	43:17.5	7.56
Karl Peidl	Stratford	33:02.8	30:33.5	7.53
Justin Speed	New Castle	27:47.1	25:43.9	7.39
Greg Gilbert	Newark	26:33.5	24:36.9	7.31
Nicole Perkins	Newark	50:12.4	46:51.3	6.68
Ken Dean	Warwick	31:07.9	29:05.7	6.54
Kelly Staehle	Newark	25:32.1	23:52.0	6.54
Karen Romecki	Conowingo	37:16.4	35:08.5	5.72
Rebeca Sanchez	Newark	28:12.3	26:47.1	5.03
Jo Ann Alexander	Wilmington	29:56.0	28:28.1	4.89
Jeremey Clayton	Wilmington	33:57.3	32:29.8	4.29
Kerry Freeman	Middletown	47:48.6	45:53.8	4.00
Amy Osik	Wilmington	30:45.6	29:32.5	3.96
Michael Welch	Bear	18:27.7	17:45.1	3.85
Jason Fehrle	Wilmington	26:19.9	25:24.3	3.52
Connie Montana	Landenberg	31:44.3	30:41.2	3.31
Michael Matthei	Middletown	30:17.4	29:20.0	3.16
Tina Dean	Warwick	42:45.0	41:31.1	2.88
Robert Fitzgerald	Newark	25:44.0	25:01.4	2.76
Kari Elzey	Newark	23:52.1	23:13.1	2.73
Ronald Seale	Bear	22:21.1	21:45.5	2.66
Rachel Hodel	Landenberg	26:42.3	26:00.2	2.62
Jane Kovicak	Elkton	25:33.8	24:53.2	2.65
Robert Quirk	Elkton	26:58.0	26:15.9	2.60
Tom Jones	Wilmington	23:40.9	23:11.9	2.04
Christopher McLean	Middletown	27:17.6	26:44.5	2.02
Mike Piorkowski	Glen Mills	24:19.8	24:06.4	0.92
Linda Kusters	Wilmington	33:39.5	33:25.7	0.68
Mike Guessford	Newark	19:15.5	19:13.2	0.20
Bob Massaglia	Oxford	18:30.9	18:33.2	-0.22
Sean Gilligan	Middletown	20:50.1	20:53.6	-0.29
Sonja Fox	Wilmington	35:50.8	36:02.5	-0.54
Michael Reilly	New Castle	32:16.2	32:28.7	-0.65
Mike Janis	Newark	20:33.8	20:42.2	-0.68

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Julie Harper	Newark	26:01.6	26:21.8	-1.29
Justin Whipkey	Newark	23:38.1	23:56.4	-1.29
April Anderson	Newark	37:53.0	38:24.1	-1.37
Jody Dallas	Newark	33:27.8	34:18.8	-2.54
Janet Somerville	Hockessin	24:37.6	25:15.9	-2.59
Dan Healy	Landenberg	22:15.3	22:51.2	-2.69
Juliana Sheehan	Wilmington	27:18.3	28:02.5	-2.70
Mary Jo Gilligan	Middletown	24:56.1	25:39.9	-2.93
Amanda Alexander	Wilmington	26:38.3	27:31.6	-3.33
Mollie Kerin	Wilmington	33:37.6	34:49.9	-3.59
Stacy Waybright	Newark	30:29.7	31:43.6	-4.04
Corrine Reed	Newark	33:31.8	34:54.1	-4.09
Amy Vega	Elkton	27:25.0	28:43.4	-4.76
Jennifer Acord	Newark	34:02.2	35:46.0	-5.08
Bridgette Boody	Middletown	32:09.9	33:54.8	-5.43
Randy Hawkes	West Grove	31:55.5	33:52.0	-6.08
Terrienne Lavin	Newark	34:59.5	37:11.6	-6.29
Liz West	Newark	28:00.4	29:51.7	-6.62
Chas Kerin	Wilmington	24:02.9	25:46.7	-7.19
Jeff Leggett	Newark	25:35.1	27:28.5	-7.39
Linda Lipsky	Broomall	28:49.5	31:05.6	-7.87
Sheila Duclos	Malvern	36:04.5	38:59.6	-8.09
Jamie Harris	Wilmington	29:13.4	31:37.4	-8.21
Deb Buenaga	Wilmington	30:31.4	33:33.3	-9.93
Sarah Ennis	Townsend	26:39.1	29:22.6	-10.22
Dave Houck	New Castle	31:14.1	34:26.4	-10.26
Deb Uff	Newark	26:02.6	28:48.4	-10.61
Margaret Doss	Port Deposit	48:48.4	57:03.4	-16.91
Steve Buenaga	Wilmington	38:09.4	45:51.6	-20.19
Anthony Soto	Newark	23:29.1	29:14.8	-24.53
Michael Lankiewicz	Chadds Ford	23:50.4	32:33.8	-36.59
Jodi Drake	Newark	41:11.6	57:03.3	-38.50
Kaliegh MacPherson	Bear	35:29.0	51:51.7	-46.15