

FCA Heart and Soul 5K Run/Walk

June 6, 2009 64 degrees, overcast

Age Group & Complete Event Results

Lake Forest High School, Felton,DE

Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Mike Dellert	19:30	Alissa Elliott	24:09
	<u>Male Masters</u>		<u>Female Masters</u>	
	Richard Jones	19:42	Beth Johnson	27:07
	<u>14 & under</u>		<u>14 & under</u>	
1st	Bradyn Ricca	25:38	Natalie Lane	45:17
2nd	Kyle Lane	38:19	NA	
3rd	Alexander Lane	47:49	NA	
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	N/A		N/A	
2nd	N/A		N/A	
3rd	N/A		N/A	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Brandon Freeman	24:36	Cori Gervais	30:00
2nd	Ben Johnson	27:36	Emily Ponziano	32:53
3rd	N/A		N/A	
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Sam Louie	22:57	Angela Wagner	24:27
2nd	Greg Massey	23:08	Chrystal Ortega	27:46
3rd	John Brennan	25:06	Julie Osborne	29:28
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Patrick Hoffman	19:43	Susanne Whitney	33:13
2nd	Daniel McGinniss	21:31	Barbara McGowan	34:52
3rd	Harry White	24:03	Wanda Elliott	35:26
	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Jose Lukecart	26:16	Amy Hoey	27:46
2nd	N/A		Laura Vaughn	28:44
3rd	N/A		Louise Holt	34:10

	<u>60 & Over</u>		<u>60 & Over</u>	
1st	Dave Sauls	23:10	Betty Link	39:07
2nd	Richard Grace	25:48	N/A	
3rd	N/A		N/A	

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Bob Carroll	39:10	Sarah Starkey	48:56
2nd	Jim Lyons	39:36	D. Jeannie Wood	49:09
3rd	Rex Holderbaum	42:08	Betty Myers	49:09

Complete Results In Finishing Order

Place	Name	Sex	Age	Time
1	Mike Dellert	M	36	19:30
2	Richard Jones	M	41	19:42
3	Patrick Hoffman	M	41	19:43
4	Daniel McGinniss	M	42	21:31
5	Sam Louie	M	38	22:57
6	Greg Massey	M	39	23:08
7	Dave Sauls	M	63	23:10
8	Harry White	M	45	24:03
9	Alissa Elliott	F	16	24:09
10	Lyndon Yearick	M	44	24:18
11	Donald Riser	M	47	24:20
12	Angela Wagner	F	31	24:27
13	Brandon Freeman	M	28	24:36
14	John Brennan	M	38	25:06
15	Bradyn Ricca	M	8	25:38
16	Mike Gondeck	M	44	25:41
17	John Murray	M	46	25:43
18	Richard Grace	M	62	25:48
19	Jose Lukecart	M	57	26:16
20	John Petro	M	34	26:50
21	Beth Johnson	F	46	27:07
22	Ben Johnson	M	23	27:36
23	Chrystal Ortega	F	33	27:46
24	Amy Hoey	F	50	27:46
25	Laura Vaughn	F	51	28:44
26	Marshall Bisette	M	38	29:00
27	Julie Osborne	F	30	29:28
28	Cori Gervais	F	27	30:00
29	Mark Whitney	M	39	30:44
30	Emily Ponziano	F	23	32:53
31	Susanne Whitney	F	40	33:13

32	Kerri Patterson	F	34	33:18
33	Louise Holt	F	52	34:10
34	Barbara McGowan	F	42	34:52
35	Ron McGowan	M	43	34:54
36	Sonja Quinonez	F	34	35:23
37	Wanda Elliott	F	48	35:26
38	Laura Gondeck	F	44	36:18
39	Kristina Schonewolf	F	48	36:54
40	Laura Briggs	F	32	38:03
41	Kyle Lane	M	13	38:19
42	Michelle Moore	F	44	38:33
43	Betty Link	F	60	39:07
44	Bob Carroll	M	70 W	39:10
45	Jim Lyons	M	75 W	39:36
46	Melissa Chambers	F	34	40:10
47	Molly Breeding	F	47	40:31
48	Rex Holderbaum	M	50 W	42:08
49	Randy Chambers	M	42	42:22
50	David Marango	M	31	45:03
51	Natalie Lane	F	10	45:17
52	Diana Woodward	F	52	45:52
53	Alexander Lane	M	8	47:49
54	Debbie Johnson	F	50	48:07
55	Elizabeth Tarrant	F	48	48:22
56	Sarah Starkey	F	27 W	48:56
57	Mike Starkey	M	35 W	48:57
58	D.Jeannie Wood	F	60 W	49:09
59	Betty Myers	F	59 W	49:09
60	Amanda Grier	F	24 W	49:09
61	Allan Carmean	M	60 W	49:13
62	Deanna Carmean	F	57 W	49:13
63	Terri Sharpe	F	40 W	50:04
64	Pam Johnson	F	51 W	50:05
65	Melissa White	F	42 W	53:12
66	Stacey Lane	F	34	54:52
67	Terry Woodward	M	53 W	55:07
68	Rita Smith	F	58 W	1:00:05
69	Lillian Killen	F	61 W	1:00:07