

FCA Heart and Soul 5K Run/Walk

June 5, 2010 80 degrees, overcast, humid

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	Steve Eshelman	20:30	Morgan Anton	31:17
	<u>Male Masters</u>		<u>Female Masters</u>	
	Stephen Wills	20:38	Wendy Witherell	31:23
	<u>14 & under</u>		<u>14 & under</u>	
1st	William Chambers	51:00	Trinity Paoli	59:30
2nd	Jordan Paoli	59:50	NA	
3rd	A. J. Paoli	1:00:03	NA	
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Henry Phalen	21:49	Amanda Cates	35:53
2nd	Mike Dunn, Jr.	35:30	N/A	
3rd	N/A		N/A	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Blair Maginnis	36:36	Danielle Hines	42:08
2nd	N/A		N/A	
3rd	N/A		N/A	
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Brad Turner	29:36	Annie Wagoner	31:38
2nd	David Marango	1:10:05	Lisa O'Keefe	31:39
3rd	N/A		Kim Paoli	59:29
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Daniel McGinniss	21:57	Beth Johnson	36:09
2nd	Greg Massey	22:38	Laura Gondeck	37:27
3rd	Lyndon Yearick	23:27	Molly Breeding	38:17
	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Tad Damask	21:16	Amy Hoey	36:19
2nd	Paul Phalen	24:20	Pam Johnson	39:36
3rd	James Calloway	29:41	Diana Woodward	47:59

	<u>60 & Over</u>		<u>60 & Over</u>
1st	Richard Grace	27:27	N/A
2nd	Don Marvel	27:43	N/A
3rd	N/A		N/A

	<u>Male Walkers</u>		<u>Female Walkers</u>
1st	Bob Carroll	37:51	Terri Sharpe 42:43
2nd	Jim Lyons	40:22	Sarah Starkey 46:48
3rd	Matt Andrews	43:08	Kristi Lloyd 46:50

Complete Results In Finish Order

Place	Name	Sex	Age	Time
1	Steve Eshelman	M	16	20:30
2	Stephen Wills	M	49	20:38
3	Tad Damask	M	50	21:26
4	Henry Phalen	M	15	21:49
5	Daniel McGinniss	M	43	21:57
6	Greg Massey	M	40	22:38
7	Lyndon Yearick	M	45	23:27
8	Brian Zockoll	M	46	23:30
9	Paul Phalen	M	50	24:20
10	Mike Gondeck	M	45	25:14
11	Richard Grace	M	63	27:27
12	Don Marvel	M	67	27:43
13	Ken Outten	M	42	29:03
14	Brad Turner	M	39	29:36
15	James Callaway	M	58	29:41
16	Morgan Anton	F	16	31:17
17	Wendy Witherell	F	41	31:23
18	Annie Wagoner	F	38	31:38
19	Lisa O'Keefe	F	32	31:52
20	Paul Eichler	M	45	33:19
21	Mike Dunn, Jr.	M	17	33:19
22	Amanda Cates	F	15	35:53
23	Beth Johnson	F	47	36:09
24	Amy Hoey	F	51	36:19
25	Blair Maginnis	M	23	36:36
26	Laura Gondeck	F	45	37:27
27	Bob Carroll	M	71 W	37:51
28	Molly Breeding	F	48	38:17
29	Pam Johnson	F	52	39:36
30	Jim Lyons	M	76 W	40:22
31	Kristina Schonewolf	F	49	40:30

32	Danielle Hines	F	21	42:08
33	Terri Sharpe	F	41 W	42:43
34	Matt Andrews	M	43 W	43:08
35	Sarah Starkey	F	28 W	46:48
36	Kristi Lloyd	F	W	46:50
37	Michelle Moore	F	45	47:01
38	Diana Woodward	F	53	47:59
39	Debbie Johnson	F	51 W	48:14
40	Betty Myers	F	60 W	49:09
41	D. Jeannie Wood	F	61 W	49:09
42	William Chambers	M	7	51:00
43	Randy Chambers	M	43	51:03
44	Terry Woodward	M	54 W	54:03
45	Kim Paoli	F	38	59:29
46	Trinity Paoli	F	3 W	59:30
47	Jordan Paoli	M	5 W	57:50
48	AJ Paoli	M	2 W	1:00:03
49	Al Paoli	M	45 W	1:00:05
50	Keisha Lowe	F	33 W	1:02:35
51	Anthony Morris	M	31 W	1:02:36
52	Pamela Pippin	F	30 W	1:05:12
53	Virginia Abate	F	23 W	1:05:32
54	Jomelle Bowen	F	37 W	1:05:32
55	David Marango	M	32	1:10:05