

# 53rd Anniversary Lake Forest Cross Country Festival Open 5K Run/Walk

## Benefits The Friends of Killens Pond

September 11, 2010 68 degrees, sunny

### Age Group & Complete Event Results

Killens Pond State Park - Felton, DE

### Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Eric Macedo	17:01	Natalie DiGregorio	22:28
	<u>Male Master</u>		<u>Female Master</u>	
	Andrew Shearer	17:25	Michele Alt	28:19
	<u>Fastest Active Male Coach</u>		<u>Fastest Active Female Coach</u>	
	Andrew Shearer	17:25	Corinne Hofmann	26:37
	<u>L.F. Invitational Alumni</u>		<u>L.F. Invitational Alumni</u>	
1st	Czar Bloom	22:28	Lauren Medeiros	23:04
2nd	Bryan Iwardus	23:55	Molly Heyd	30:38
3rd	Alan Lloyd	24:25	Michelle Moore	42:04
	<u>14- Under</u>		<u>14 - under</u>	
1st	NA		NA	
2nd	NA		NA	
3rd	NA		NA	
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Geoffrey Heath	17:10	Tia Cooper	23:23
2nd	Tim Fields	17:25	Anna Powell	24:53
3rd	Chris Wilkerson	19:10	Tyra Cooper	24:54
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Eric Hack	18:12	Bridget Ellison	27:56
2nd	Steven Wheeler	21:38	Jessica Bork	29:02
3rd	Sean Affoyroux	21:52	Jessica Makdad	35:52
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Chris Hurd	21:43	Jennifer Woodward	27:38
2nd	Eric Bork	24:17	Stephanie Knutsen	28:28

3rd	Harry Brake	26:06	Lisa O'Keefe	28:40
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**40 - 49**

1st	Eric Payne	19:06	Sandra Kessler	28:28
2nd	Boff Whalley	20:33	Wendy Witherell	31:47
3rd	Frank DiGregorio	22:29	Jackie Seiwel	32:43

**50 - 59**

1st	Tad Damask	20:42	Melinda Duryea	36:22
2nd	Paul Phalen	23:51	Diana Woodward	47:43
3rd	Gary Focht	26:50	NA	

**60 - 69**

1st	Richard Grace	26:07
2nd	Don Donovan	29:34
3rd	Larry Price	35:26

**60 & Over**

NA  
NA  
NA

**70 and Over**

1st	NA
2nd	NA
3rd	NA

**Male Walkers**

1st	Robert Ross	37:06
2nd	Robert Mulholland	48:33
3rd	Terry Woodward	51:55

**Female Walkers**

Lauren MacKay	47:13
Debbie Johnson	47:52
Rita Smith	54:48

**Complete Results**

Place	Name	Sex	Age	Time
1	Eric Macedo	M	19 A	17:01
2	Geoggrey Heath	M	18	17:10
3	tim Fields	M	18	17:25
4	Andrew Shearer	M	46 C	17:51
5	Eric Hack	M	25 C	18:12
6	Eric Payne	M	41 C	19:06
7	Chris Wilkerson	M	19 C	19:10
8	Jesse Parrish	M	18	19:19
9	Boff Whalley	M	49	20:33
10	Tad Damask	M	51	20:42
11	Steven Wheeler	M	26	21:38
12	Chris Hurd	M	36 C	21:43
13	Sean Affoyroux	M	25	21:52
14	Czar Bloom	M	36 C A	22:28
15	Natalie DiGregorio	F	18	22:28

16	Frank DiGregorio	M	44	22:28
17	Lauren Medeiros	F	18 A	23:04
18	David Demarest	M	22	23:14
19	Tia Cooper	F	16	23:23
20	Paul Phalen	M	51	23:51
21	Bryan Twardus	M	34 A	23:55
22	Erik Bork	M	30	24:17
23	Alan Lloyd	M	33 A	24:25
24	Anna Powell	F	15	24:53
25	Tyra Cooper	F	16	24:54
26	Randy Wilson	M	48	25:06
27	Geoff Heath	M	46	25:18
28	Harry Brake	M	38 C	26:06
29	Richard Grace	M	63	26:07
30	Corinne Hofmann	F	28 C	26:37
31	Gered Crawford	M	29	26:45
32	Gary Focht	M	50	26:50
33	Jose Lukecart	M	58	26:58
34	Jerome Harris	M	45 A	27:15
35	Jennifer Woodward	F	34	27:38
36	Bridget Ellison	F	26	27:56
37	Ed Holbruner	M	55	28:18
38	Michele Alt	F	40	28:19
39	Sandra Kessler	F	43	28:28
40	Stephanie Knutsen	F	35	28:28
41	Lisa O'Keefe	F	32	28:40
42	Jessica Bork	F	23	29:02
43	Don Donovan	M	69	29:34
44	Alan Bundschuch	M	44	30:11
45	Molly Heyd	F	27 A	30:38
46	Mark Fields	M	46	30:44
47	Wendy Witherell	F	41	31:47
48	Jackie Seiwel	F	45	32:43
49	Jason Baumgartner	M	34	32:54
50	Sonja Quinonez	F	35	33:47
51	Art Doakes	M	49 C	34:16
52	Larry Price	M	68	35:26
53	Don Marvel	M	67	35:32
54	Jessica Makdad	F	20	35:52
55	Megan Makdad	F	24	35:52
56	Melinda Duryea	F	56	36:22
57	Robert Ross	M	63 W	37:06
58	David Marango	M	32	40:33
59	Michelle Moore	F	46 A	42:04

60	Laura MacKay	F	54 W	47:13
61	Diana Woodward	F	53	47:43
62	Debbie Johnson	F	52 W	47:52
63	Robert Mulholland	M	57 W	48:33
64	Terry Woodward	M	54 W	51:55
65	Sheldon Hayman	M	73 W	51:59
66	Rita Smith	F	60 W	54:48
67	Lillian Killen	F	63 W	54:50

**Legend:**

A - Alumni Runner

C - Coach Runner

W - Walker