

Heart & Sole 5K Run/Walk

April 28, 2012 52 degrees, cloudy, breezy, cool

Age Group & Complete Event Results

W. Seaford Elementary School

Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Enos Benbow	17:40	Morgan Joseph	23:03
	<u>Masters</u>		<u>Masters</u>	
	Greg Massey	20:26	Laura Vaughn	27:10
	<u>14 & under</u>		<u>14 & under</u>	
1st	Chandler Berger	24:44	Abigail Wile	44:55
2nd	Andrew Hawkins	31:13	NA	
3rd	Jackson Massey	31:18	NA	
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Chase Kouts	24:01	Karly Joseph	28:01
2nd	NA		NA	
3rd	NA		NA	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Matt Lindsay	25:54	Rachel Ostroski	27:30
2nd	Chris Hayes	25:54	Breanna Bly	27:39
3rd	Curt Kouts	26:12	Kristan Hudson	30:34
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Andrew Pinghera	26:37	Tina Hurley	25:21
2nd	Seth Douglas	26:52	Rachel Cherrix	27:03
3rd	Eric Ruffcorn	27:07	Sarah Prettyman	28:20
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Ken Kessler	21:18	Tracy Davis	27:38
2nd	Dean Swingle	26:55	Melody Booker-Wilkins	27:59
3rd	Leo O'Hara	31:42	Jessica Starkey	37:49
	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Frank Cusmano & Oreo	22:39	Molly Breeding	31:21
2nd	Randall Anderson	26:47	Diana Woodward	42:59
3rd	Robert Joseph	29:41	NA	

	<u>60 - 69</u>		<u>60 & Over</u>
1st	Frank Whittington	20:39	NA
2nd	Larry Windsor	21:33	NA
3rd	Don Marvel	31:23	NA

	<u>70 & over</u>	
1st	Lee Masser	33:36
2nd	Jim Lyons	43:08
3rd	NA	

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Greg Johnson	42:06	Debbie Johnson	41:07
2nd	Charlie Towers	42:07	Delinda Marvel	45:51
3rd	Marcus Woodward	47:05	Karie Ostrom	46:20

Complete Results In Finish Order

Place	Name	Sex	Age	Time
1	Enos Benbow	M	30	17:40
2	Greg Massey	M	42	20:26
3	Frank Whittington	M	61	20:39
4	Ken Kessler	M	40	21:18
5	Larry Windsor	M	60	21:33
6	Frank Cusmano & Oreo	M	57	22:39
7	Morgan Joseph	F	15	23:03
8	Chase Kouts	M	18	24:01
9	Chandler Berger	M	13	24:44
10	Tina Hurley	F	35	25:21
11	Matt Lindsay	M	23	25:54
12	Chris Hayes	M	29	25:54
13	Curt Kouts	M	21	26:12
14	Andrew Pinghera	M	39	26:37
15	Randall Anderson	M	55	26:47
16	Seth Douglas	M	37	26:52
17	Dean Swingle	M	43	26:55
18	Rachel Cherrix	F	31	27:03
19	Eric Ruffcorn	M	30	27:07
20	Laura Vaughn	F	54	27:10
21	Rachel Ostroski	F	23	27:30
22	Tracy Davis	F	41	27:38
23	Breanna Bly	F	29	27:39
24	Martin Ockels	M	32	27:46
25	Melody Booker-Wilkins	F	47	27:59
26	Michael Obier	M	21	27:59

27	Karly Joseph	F	16	28:01
28	Sarah Prettyman	F	33	28:20
29	Robert Joseph	M	50	29:41
30	Kristan Hudson	F	28	30:34
31	Jennifer Wright	F	32	30:47
32	Andrew Hawkins	M	11	31:13
33	Kyle Hearn	M	24	31:14
34	Jackson Massey	M	8	31:18
35	Molly Breeding	F	50	31:21
36	Don Marvel	M	69	31:25
37	Melissa Hawkins	F	35	31:25
38	Donald Hollenbeck	M	58	31:42
39	Leo O'Hara	M	47	31:42
40	Sara Kilmon	F	24	31:44
41	Lindsey Davis	F	33	31:51
42	Doug Potvin	M	45	32:25
43	Melissa Ockels	F	28	32:31
44	Adam Wright	M	35	32:40
45	Lee Masser	M	76	33:36
46	Lori Stakiel	F	31	33:58
47	Courtney Johnson	F	26	34:15
48	Jack Ochs	M	56	34:15
49	Sara Potvin	F	44	37:00
50	Stephanie Hill	F	30	37:19
51	Jessica Starkey	F	41	37:49
52	Ashley Connolly	F	27	38:02
53	Julia Kerns	F	35	38:33
54	Jackie Ochs	F	25	38:33
55	Debbie Johnson	F	53 W	41:07
56	Greg Johnson	M	W	42:06
57	Charlie Towers	M	57 W	42:07
58	Laura McCarty	F	49	42:36
59	Rodney Marshall	M	48	42:48
60	Diana Woodward	F	55	42:59
61	Jim Lyons	M	78	43:08
62	Abigail Wile	F	11	44:55
63	Steve Rose	M	61	44:55
64	Belinda Marvel	F	54 W	45:51
65	Karie Ostrom	F	36 W	46:20
66	Marcus Woodward	M	28 W	47:05
67	Marcia Woodward	F	28 W	47:06
68	Terry Woodward	M	56 W	47:18
69	Jessica DiNunzio	F	30 W	49:49
70	Sarah Ruffcorn	F	31 W	49:49

71	Brianna Callahan	F	11 W	50:35
72	Brandy McMullen	F	31	51:40
73	Megan Ricks	F	12 W	51:43
74	Brittany Deats	F	19 W	51:43
75	Jenni Lewis	F	28 W	51:59
76	Joann Darling	F	64 W	52:00
77	Amy Proctor	F	31 W	52:31
78	Hayley John	F	31	52:32
79	Mary Sue Smith	F	65 W	53:11
80	Renee Morris	F	45 W	54:58
81	Lisa Wile	F	42 W	55:09
82	Heather Hearn	F	26 W	55:10
83	Scott Bleile	M	56 W	55:11
84	Janine Muir	F	42 W	55:21
85	Mackenzie Muir	F	14 W	55:21
86	Lois Dukes	F	46 W	55:22
87	Kay Bleile	F	55 W	55:24
88	Greg Nolt	M	57 W	55:25
89	Burnice Lankford	F	52 W	55:53
90	Rachel Dukes	F	23 W	55:53
91	Becky Wooters	F	41 W	55:54
92	Toni Degroat	F	30 W	56:14
93	Scott Avery	M	30 W	56:15
94	William Dobson	M	68 W	56:20
95	Julie Dobson	F	56 W	56:21
96	Susan Massey	F	51 W	56:22
97	Jean Massey	F	56 W	56:22
98	Aimee Massey	F	35 W	56:22
99	Sara Parker	F	33 W	58:24