

# Heart & Sole 5K Run/Walk

April 19, 2014 50 degrees, partly cloudy, breezy, cool  
Trinity Logistics - Seaford DE

## Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Lance Fargo	19:54	Lauren Fleming	22:29
	<u>Masters</u>		<u>Masters</u>	
	Greg Massey	20:36	August Cave	25:06
	<u>14 &amp; under</u>		<u>14 &amp; under</u>	
1st	Nathan Sneller	23:43	Hanna Gorski	28:44
2nd	Austen Cave	24:37	Adrianna Cannon	33:04
3rd	Aaron Cave	26:12	Ashlyn Cave	33:22
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Justin Worrick	28:40	Lauren Snellar	42:30
2nd	NA		Jessica Skochelak	42:51
3rd	NA		NA	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Jake Phillips	22:54	Rachel Ostroski	27:12
2nd	Andrew Williamson	25:08	Heather Hearn	53:29
3rd	Chase Kouts	25:16	NA	
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Jerry Ginion	22:29	Sara Bushey	22:32
2nd	Philip Messick	23:22	Stephanie Figgs	25:19
3rd	Luke Messick	26:08	Gwen Willey	25:51
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Bob Fleming	23:43	Tricia Massey	27:43
2nd	Robert Sneller	24:49	Diane Legar	28:02
3rd	Dean Swingle	28:43	Robbin Wells	31:35

	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Frank Cusmano	22:43	Melinda Huffman	32:19
2nd	Alan Quillen	24:38	Lisa Reed	32:31
3rd	Jay Mervine	25:54	Denise Murphy	34:26

	<u>60 - 69</u>		<u>60 &amp; Over</u>	
1st	Frank Whittington	21:31	Patricia Olekszyk	40:28
2nd	Rick Darrah	25:54	NA	
3rd	Larry Windsor	26:14	NA	

	<u>70 &amp; over</u>			
1st	Don Marvel	43:39		
2nd	NA			
3rd	NA			

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Don Zalenski	35:58	Penny Short	43:15
2nd	Terry Woodward	46:01	Kim Darling	43:16
3rd	Jerome Watson	46:07	Leah Darling	43:54
4th	Dave Blackwell	52:51	Shelly Leary	44:02
5th	David Crouse	54:02	Gerry Bradley	44:03

### Complete Results In Finish Order

Place	Name	Sex	Age	Time
1	Lance Farago	M	47	19:54
2	Greg Massey	M	44	20:36
3	Frank Whittington	M	63	21:31
4	Jerry Ginion	M	35	22:29
5	Lauren Fleming	F	17	22:29
6	Sara Bushey	F	33	22:32
7	Frank Cusmano	M	59	22:34
8	Jake Phillips	M	25	22:54
9	Philip Messick	M	36	23:22
10	Nathan Sneller	M	12	23:43
11	Bob Fleming	M	49	23:50
12	Austen Cave	M	12	24:37
13	Alan Quillen	M	59	24:38
14	Robert Sneller	M	43	24:49
15	August Cave	F	42	25:06
16	Andrew Williamson	M	23	25:08
17	Chase Kouts	M	20	25:16
18	Stephanie Figs	F	37	25:19
19	Drew Libby	M	27	25:19
20	Gwen Willey	F	31	25:51
21	Rick Darrah	M	60	25:54

22	Jay Mervine	M	52	25:54
23	Emily Ginion	F	32	25:55
24	Luke Messick	M	32	26:08
25	Aaron Cave	M	11	26:12
26	Larry Windsor	M	62	26:14
27	Katie West	F	31	26:21
28	Woody Disharoon	M	65	26:36
29	Rachel Cherrix	F	33	26:47
30	Breanna Bly	F	31	26:50
31	Sebastian Buenano	M	13	27:04
32	Rachel Ostroski	F	25	27:12
33	Curt Kouts	M	23	27:18
34	Andrew Hawkins	M	13	27:18
35	Dan Hudson	M	28	27:24
36	Gary Trout	M	32	27:31
37	Scott Sapna	M	35	27:37
38	Tricia Massey	F	41	27:43
39	Todd Carmean	M	51	27:47
40	Diane Legar	F	41	28:02
41	Michael Fuller	M	50	28:21
42	Adin Chambers	M	11	28:31
43	Alvaro Buenano	M	14	28:31
44	Justin Worrick	M	17	28:40
45	Dean Swingle	M	45	28:43
46	Hanna Gorski	F	12	28:44
47	Melissa Hawkins	F	37	28:57
48	Tom Birowski	M	51	29:21
49	Greg Fibbs	M	37	30:10
50	Jim Marvin	M	63	31:20
51	Robbin Wells	F	46	31:35
52	Melinda Huffman	F	56	32:19
53	Lisa Reed	F	51	32:31
54	Alvaro Buenano	M	45	32:44
55	Mark Lowe	M	52	32:47
56	Adrianna Cannon	F	11	33:04
57	Josh Read	M	32	33:09
58	Christy Gorski	F	38	33:13
59	Ashlyn Cave	F	11	33:22
60	Denise Crockett	F	39	33:32
61	Teresah Sawicki	F	45	33:44
62	Brandi Christopher	F	38	33:53
63	Denise Murphy	F	56	34:26
64	Ivonne Herrera	F	45	34:28
65	Donald Hollenbeck	M	60	35:00
66	Lee O'Hara	M	49	35:01
67	Courtney Sneller	F	13	35:22

68	Valerie Long	F	46	35:32
69	Randall Anderson	M	57	35:54
70	Don Zalenski	M	68 W	35:58
71	Kim Birowski	F	52	36:13
72	Jeff Banning	M	47	36:58
73	Marcus Woodward	M	30	37:22
74	Ceci Scott	F	38	38:23
75	Edward Thompson	M	12	38:57
76	Chris Whetlor	M	44	39:14
77	Daniel Whetlor	M	13	39:15
78	Nicole Barrie	F	30	39:25
79	Zaine Bradley	M	8	40:03
80	Diana Woodward	F	57	40:25
81	Patricia Olekszyk	F	60	40:28
82	Steve Rose	M	63	41:24
83	Lauren Sneller	F	15	42:38
84	Tamra Sneller	F	40	42:40
85	Jessicaa Skochelak	F	15	42:49
86	Dianne Skochelak	F	44	42:51
87	Abigail Wile	F	13	42:56
88	Don Tricarico	M	55	43:05
89	Penny Short	F	51 W	43:15
90	Kim Darling	F	40 W	43:16
91	Don Marvel	M	71	43:39
92	Leah Darling	F	12 W	43:54
93	Shelly Leary	F	52 W	44:02
94	Gerry Bradley	F	67 W	44:03
95	unknown			44:04
96	unknown			44:04
97	Terry Woodward	M	58 W	46:01
98	Pam Cannon	F	54 W	46:05
99	Jerome Watson	M	49 W	46:07
100	Christy Thomas	F	15 W	46:08
101	Jose Ibarra	M	11	46:29
102	Phyllis Zalenski	F	65 W	47:00
103	Marcia Woodward	F	30	48:34
104	Tina Warren	F	32 W	49:00
105	Janice Justice	F	51 W	49:01
106	Thomas Brown	M	60 W	49:52
107	Jenni Lewis	F	30 W	50:06
108	Robin Hudson	F	35 W	50:06
109	Stacey Howell	F	35 W	50:06
110	Lori Lee	F	51 W	50:40
111	Lisa Wile	F	43	50:40
112	Megan Ricks	F	14 W	52:07
113	Brittany Deats	F	21 W	52:08

114	<b>Lisa Anderson</b>	F	54 W	52:09
115	<b>Cheryl Homnick</b>	F	52 W	52:14
116	<b>Thelma Meddings</b>	F	53 W	52:14
117	<b>Cindy Blackwell</b>	F	48 W	52:51
118	<b>Dave Blackwell</b>	M	51 W	52:51
119	<b>Angela Anderson</b>	F	34 W	53:05
120	<b>Melissa Bradley</b>	F	33 W	53:23
121	<b>Kay Bleile</b>	F	57 W	53:28
122	<b>Heather Hearn</b>	F	28	53:29
123	<b>Olivia Santos</b>	F	11 W	53:53
124	<b>Maggie Meilhammer</b>	F	12 W	53:53
125	<b>Tina Crouse</b>	F	50 W	54:01
126	<b>David Crouse</b>	M	49 W	54:02
127	<b>Susan Riddle</b>	F	55 W	54:08
128	<b>Jack Riddle</b>	M	55 W	54:08
129	<b>Renee Morris</b>	F	47 W	54:09
130	<b>Justin Proctor</b>	M	33	54:10
131	<b>Burnie Lankford</b>	F	54 W	54:32
132	<b>Lisa Dize</b>	F	36 W	54:33
133	<b>Karen Nagel</b>	F	44 W	54:35
134	<b>Gail Hargreaves</b>	F	28 W	54:36
135	<b>Barbara Hendricks</b>	F	53 W	54:36
136	<b>Leslie Umschlag</b>	F	60 W	56:00
137	<b>Trina Joyner</b>	F	49 W	57:02
138	<b>Debra Lee</b>	F	48	57:24
139	<b>Scott Bleile</b>	M	58 W	57:37
140	<b>Kyle Hearn</b>	M	26 W	57:37
141	<b>Joann Santos</b>	F	46 W	58:31
142	<b>Tayonna Ringgold</b>	F	11	59:24
143	<b>Ladayg Mosley</b>	F	13 W	59:25
144	<b>Nancy Steele</b>	F	54 W	59:30
145	<b>Allison Maione</b>	F	26 W	59:30
146	<b>Dan Dobson</b>	M	70 W	59:49