

# Heart & Sole 5K Run/Walk

April 30, 2011 52 degrees, breezy, cool

W. Seaford Elementary School

## Age Group & Complete Event Results

### Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Greg Massey	20:28	Lindsay James	22:03
	<u>Masters</u>		<u>Masters</u>	
	Alan Quillen	21:38	Laura Vaughn	25:52
	<u>14 &amp; under</u>		<u>14 &amp; under</u>	
1st	Andrew Hawkins	32:57	Regan Banning	37:12
2nd	Mitch Christopher	34:43	Wanda Gorski	37:39
3rd	Jackson Massey	43:09	Gracen Banning	37:55
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Robert Delgado	22:55	Jessica Hill	26:43
2nd	Taylor Baynum	24:19	Sara Adams	34:12
3rd	Dylan Banning	34:12	Stevie Steele	37:54
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Jordan Rollins	24:45	Jenny Meister	29:53
2nd	Eric Ruffcorn	26:22	Mindi Wheatley	30:32
3rd	Curt Kouts	26:43	Heather Hearn	33:28
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Chris Wheatley	24:44	Tina Hurley	25:13
2nd	Eric Eberspacher	31:23	Brandi Christopher	34:54
3rd	Justin Proctor	32:39	Angel Adams	36:38
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Lyndon Yearick	22:43	Debbie Fees	28:48
2nd	Randy Wilson	23:21	Laura Burke	28:51
3rd	John Rhoat	26:44	Janet Harrison	34:44

	<u>50 - 59</u>		<u>50 - 59</u>	
1st	John McHugh	23:03	Patricia Olekazyk	39:00
2nd	Frank Caldro	25:26	Kathleen Connaughton	43:20
3rd	Randall Anderson	26:06	Diana Woodward	46:38

	<u>60 - 69</u>		<u>60 &amp; Over</u>	
1st	Don Marvel	26:21	Betty Link	35:13
2nd	Richard Grace	26:22	N/A	
3rd	N/A		N/A	

	<u>70 &amp; over</u>			
1st	Lee Masser	33:30		
2nd	Jim Lyons	39:39		
3rd	NA			

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Richard Roash	40:37	Debbie Johnson	38:26
2nd	Terry Woodward	47:50	Stephanie Rhoads	45:36
3rd	Martin McDonough	47:51	Belinda Marvel	45:36

### Complete Results in Finish Order

Place	Name	Sex	Age	Time
1	Greg Massey	M	41	20:28
2	Alan Quillen	M	56	21:38
3	Lindsay James	F	21	22:03
4	Lyndon Yearick	M	46	22:43
5	Robert Delgado	M	19	22:55
6	John McHugh	M	55	23:03
7	Randy Wilson	M	49	23:21
8	Taylor Baynum	M	16	24:19
9	Chris Wheatley	M	39	24:44
10	Jordan Rollins	M	24	24:45
11	Tina Hurley	F	34	25:13
12	Frank Caldro	M	57	25:26
13	Laura Vaughn	F	53	25:52
14	Randall Anderson	M	54	26:06
15	Jose Lukecart	M	59	26:09
16	Don Marvel	M	68	26:21
17	Eric Ruffcorn	M	29	26:22
18	Richard Grace	M	64	26:35
19	Curt Kouts	M	20	26:43
20	Jessica Hill	F	19	26:43
21	John Rhoat	M	41	26:44
22	Michael Hurley	M	22	26:46
23	Eric Wick	M	29	27:57

24	Dean Swingle	M	42	28:45
25	Debbie Fees	F	41	28:48
26	Laura Burke	F	42	28:51
27	Jenny Meister	F	28	29:53
28	Mindi Wheatley	F	22	30:32
29	Eric Eberspacher	M	32	31:23
30	Tom Birowski	M	48	32:25
31	Justin Proctor	M	30	32:39
32	Andrew Hawkins	M	10	32:57
33	Heather Hearn	F	25	33:28
34	Breanna Bly	F	28	33:29
35	Lee Masser	M	75	33:30
36	Jackie Ochs	F	24	34:08
37	Dylan Banning	M	16	34:12
38	Sara Adams	F	19	34:12
39	Mitch Christopher	M	11	34:43
40	Mark O'Day	M	42	34:43
41	Janet Harrison	F	45	34:44
42	Brandi Christopher	F	35	34:54
43	Betty Link	F	61	35:13
44	Hayley John	F	30	35:47
45	Jodi Pries	F	31	36:38
46	Angel Adams	F	38	36:38
47	Regan Banning	F	12	37:12
48	Hanna Gorski	F	9	37:39
49	Denise Morton	F	45	37:41
50	Chase Kouts	M	17	37:54
51	Stevie Steele	F	15	37:54
52	Gracen Banning	F	9	37:55
53	Billy Banning	M	38	37:56
54	Debbie Johnson	F	52 W	38:26
55	Patricia Olekszyk	F	57	39:00
56	Jenni Lewis	F	27	39:13
57	Jim Lyons	M	77	39:39
58	Richard Roash	M	W	40:37
59	Lisa Swaim-Parker	F	48	41:26
60	Jackson Massey	M	7	43:09
61	Kathleen Connaughton	F	59	43:20
62	Stephanie Rhoads	F	W	45:32
63	Belinda Marvel	F	53 W	45:36
64	Lorraine Kouts	F	74 W	45:37
65	Trena Moore	F	47 W	46:05
66	Diana Woodward	F	54	46:38
67	Terry Woodward	M	55 W	47:50
68	Martin McDonough	M	60 W	47:51
69	Ross Gorski	M	5 W	48:42

70	<b>Bethany Chambers</b>	F	31 W	48:47
71	<b>Jason Armacost</b>	M	52 W	48:47
72	<b>Jessica Starkey</b>	F	40 W	49:04
73	<b>Patty MacArthar</b>	F	56 W	49:18
74	<b>Brittany Deats</b>	F	18 W	52:42
75	<b>Megan Ricks</b>	F	11 W	52:43
76	<b>Burnie Lankford</b>	F	51 W	52:44
77	<b>Jean Massey</b>	F	55 W	52:44
78	<b>Tricia Massey</b>	F	38 W	52:46
79	<b>Emma Massey</b>	F	5	52:46
80	<b>Brandy McMullen</b>	F	30 W	54:21
81	<b>Rebecca Wooters</b>	F	40 W	54:21
82	<b>Rachel Dukes</b>	F	W	54:24
83	<b>Amy Proctor</b>	F	30 W	54:32
84	<b>Sarah Ruffcorn</b>	F	30	54:33
85	<b>Keena Rollins</b>	F	19 W	55:01
86	<b>Julie Rollins</b>	F	24 W	55:02
87	<b>Cathy Macklin</b>	F	51 W	55:02
88	<b>Darlene Condon</b>	F	41 W	55:11
89	<b>Dan Dobson</b>	M	67 W	55:27
90	<b>Julie Dobson</b>	F	55 W	55:28
91	<b>Jessica Dukes</b>	F	23 W	59:45
92	<b>Toni DeGroat</b>	F	29 W	59:45