

Heart & Sole 5K Run/Walk

April 27, 2013 70 degrees, Sunny

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	Greg Massey	20:57	Tina Hurley	27:22
	<u>Masters</u>		<u>Masters</u>	
	Larry Windsor	21:39	Tanya James	32:32
	<u>14 & under</u>		<u>14 & under</u>	
1st	Andrew Hawkins	30:15	Emily Dobson	49:27
2nd	Jackson Massey	34:32	Brianna Toomey	58:51
3rd			NA	
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Chase Kouts	24:25	Mikalah Potvin	40:05
2nd	Trey Banning	39:01	Carlee Morgan	43:24
3rd	Tyler Banning	39:02	NA	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Cameron Tierno	23:46	Melissa Ockels	30:55
2nd	Curt Kouts	27:23	Jordan Reed	34:08
3rd	Dan Hudson	29:30	Taylor Reed	36:07
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	David Jones	27:15	Jen Wright	27:39
2nd	Chris McAvery	32:22	Gwen Willey	28:21
3rd	Adam Wright	39:25	Melissa Hawkins	29:51
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Frank Parks	26:24	Karen Handy	33:10
2nd	Steve Ferree	31:29	Alison Seudder	33:31
3rd	Doug Potvin	40:05	Jessica Starkey	38:09
	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Frank Cusmano & Oreo	24:06	Michelle Leary	33:32
2nd	Alan Quillen	24:12	Kim Birowski	34:50
3rd	Tom Birowski	29:53	Debbie Johnson	42:44

	<u>60 - 69</u>		<u>60 & Over</u>
1st	Charles Leary	26:34	NA
2nd	Jim Marvin	29:01	NA
3rd	Phil Perry	29:05	NA

	<u>70 & over</u>	
1st	Lee Masser	33:45
2nd	Don Marvel	34:48
3rd	NA	

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Jim Lyons	43:30	Susan Hickey	32:32
2nd	Michael Stein	44:13	Susan Kent	32:33
3rd	Joseph Fields	45:52	Jenni Lewis	42:53

Complete Results In Finish Order

Place	Name	Sex	Age	Time
1	Greg Massey	M	43	20:57
2	Larry Windsor	M	61	21:39
3	Cameron Tierno	M	20	23:46
4	Frank Cusmano & Oreo	M	58	24:06
5	Alan Quillen	M	58	24:12
6	Chase Kouts	M	19	24:25
7	Frank Parks	M	42	26:24
8	Charles Leary	M	69	26:34
9	David Jones	M	33	27:15
10	Tina Hurley	F	36	27:22
11	Curt Kouts	M	22	27:23
12	Jen Wright	F	33	27:39
13	Gwen Willey	F	30	28:21
14	Jim Marvin	M	62	29:01
15	Phil Perry	M	67	29:05
16	Dan Hudson	M	27	29:30
17	Melissa Hawkins	F	36	29:51
18	Tom Birowski	M	50	29:53
19	Andrew Hawkins	M	12	30:15
20	Melissa Ockels	F	29	30:55
21	Donald Hollenbeck	M	59	31:28
22	Lee O'Hara	M	59	31:28
23	Steve Ferree	M	42	31:29
24	Chris McAvoy	M	33	32:22
25	Tonya James	F	43	32:32
26	Susan Hickey	F	53 W	32:32

27	Susan Kent	F	40 W	32:33
28	Karen Handy	F	44	33:10
29	Michelle Leary	F	51	33:32
30	Lee Masser	M	77	33:45
31	Justin Woodland	M	29	33:48
32	Jordan Reed	M	22	34:08
33	Jackson Massey	M	9	34:32
34	Don Marvel	M	70	34:48
35	Kim Birowski	F	51	34:50
36	Alison Seudder	F	44	35:31
37	Taylor Reed	F	20	36:07
38	Ashley Connolly	F	28	37:01
39	Jessica Starkey	F	42	38:09
40	Emma Stijntjes	F	45	38:13
41	Trey Banning	M	16	39:01
42	Tyler Banning	M	16	39:02
43	Alison Nolt	F	29	39:23
44	Sara Potvin	F	45	39:25
45	Adam Wright	M	36	39:25
46	Mikalah Potvin	F	16	40:05
47	Doug Potvin	M	46	40:17
48	Kellie Morgan	F	22	40:39
49	Debbie Johnson	F	54 W	42:44
50	Jenni Lewis	F	29 W	42:53
51	Tricia Massey	F	40	43:22
52	Carlee Morgan	F	16	43:24
53	Jim Lyons	M	79	43:30
54	Michael Stein	M	47	44:13
55	Marcus Brown	M	30	44:53
56	Joseph Fields	M	51 W	45:52
57	Scott Bell	M	20 W	46:37
58	Patricia MacArthur	F	58 W	47:47
59	Greg Nolt	M	57 W	48:00
60	Marion Boatwright	F	44 W	48:55
61	Melissa Malorie	F	48	49:21
62	Emily Dobson	F	9	49:27
63	Elisha Brown	F	33 W	49:31
64	Mike Dobson	M	37 W	49:31
65	Jessica Dennis	F	23 W	51:21
66	Crystal Twilley	F	22 W	51:22
67	Megan Ricks	F	13 W	52:51
68	Brittany Deats	F	20 W	52:52
69	Frank Stijntjes	M	52 W	53:04
70	Amber Woodland	F	26	53:43

71	Sherri Holder	F	43W	53:43
72	Katy Ulrich	F	23 W	53:54
73	Derek Wise	M	25 W	53:54
74	Susan Massey	F	52 W	54:05
75	Sarah Brumbaugh	F	24 W	DNF
76	Laurie Hiller	F	58 W	55:24
77	Kara Jones	F	42 W	55:28
78	Leigh Ann Spicer-Parks	F	43 W	55:28
79	Heather Hearn	F	27	55:39
80	Katrina Espenlaub	F	20 W	55:39
81	Casie Wahl	F	27 W	55:40
82	Lori Perdue	F	44 W	55:59
83	Connie Covey	F	67 W	56:30
84	Liz Connors	F	53 W	56:30
85	Kyle Hearn	M	25	57:54
86	Scott Bleile	M	57 W	57:55
87	Kay Bleile	F	56 W	57:55
88	Dan Dobson	M	69 W	57:58
89	Hayley Dobson	F	32 W	57:58
90	Julie Dobson	F	58 W	57:59
91	Sarah Ruffcorn	F	32 W	57:59
92	Jenny Toomey	F	37 W	58:50
93	Briana Toomey	F	8	58:51
94	Chris Parker	M	35 W	58:54
95	Deb Russell	F	50	59:34
96	Mackenzie Toomey	F	12 W	1:00:15
97	Jessie Ashley	F	28 W	1:01:07
98	Stephanie Hill	F	32 W	1:01:10
99	Martha Foster	F	64 W	1:04:21