

Heart & Sole 5K Run/Walk

Trinity Logistics - Seaford, DE

April 01, 2017

A Trisports Events Production

Overall Finish List

5K Run

Plc	Name	City	Bib	Age	Age Grp	Plc	Chip	Gun	Pace
1	David Berger	Cherry Hill NJ	619	26	1	Open	17:33.1	17:34.5	5:40/M
2	Jesse Goodyear	Elkton MD	649	37	1	M 30-39	17:46.0	17:47.2	5:44/M
3	Robert Lupo	Marydel DE	752	42	1	Masters	20:42.3	20:43.6	6:41/M
4	Greg Massey	Felton DE	754	47	1	M 40-49	21:14.5	21:15.7	6:51/M
5	Ken Kessler	Seaford DE	665	44	2	M 40-49	22:09.5	22:12.3	7:10/M
6	Frank Whittington	Middletown DE	895	66	1	M 60-69	23:48.7	23:50.8	7:41/M
7	Brian Van Hoven	Washington DC	796	37	2	M 30-39	23:52.8	23:54.8	7:43/M
8	Todd Carmean	Bridgeville DE	705	54	1	M 50-59	24:05.3	24:06.8	7:46/M
9	Mardiny Ung	Elizabethtown PA	795	50	1	Open	24:15.7	24:17.5	7:50/M
10	Marianne Adams	Washington DC	691	35	1	F 30-39	24:26.9	24:29.4	7:54/M
11	Robert Spaulding	Townsend DE	790	57	2	M 50-59	24:54.4	24:58.6	8:03/M
12	Patrick Hammond	Arnold MD	884	23	1	M 20-29	25:15.3	25:18.9	8:10/M
13	Alan Quillen	Seaford DE	779	62	2	M 60-69	25:23.7	25:25.7	8:12/M
14	Tricia Massey	Felton DE	755	44	1	Masters	25:37.5	25:39.6	8:16/M
15	Katie Kaplan	Long Valley NJ	739	27	1	F 20-29	25:52.2	25:54.1	8:21/M
16	Michael Hurley	Seaford DE	889	28	2	M 20-29	25:52.3	25:56.0	8:22/M
17	Deena Mills	DE	757	35	2	F 30-39	26:02.5	26:07.1	8:25/M
18	Tina Hurley	Seaford DE	891	40	1	F 40-49	26:09.7	26:14.5	8:28/M
19	Randall Anderson	Seaford DE	893	60	3	M 60-69	26:41.4	26:47.6	8:38/M
20	Dan Hudson	Delmar DE	729	31	3	M 30-39	27:02.6	27:03.6	8:44/M
21	Barbara Kaplan	Long Valley NJ	738	58	1	F 50-59	27:06.7	27:08.9	8:45/M
22	Logan Armour	Townsend DE	693	11	1	M 11-14	27:11.3	27:18.3	8:48/M
23	Frank Caldoro	Seaford DE	700	63	4	M 60-69	27:20.4	27:27.8	8:51/M
24	Jonathan Schafer	Dagsboro DE	783	22	3	M 20-29	27:41.9	27:45.4	8:57/M
25	Dylan Rapa	Laurel DE	780	13	2	M 11-14	27:53.8	27:57.5	9:01/M
26	Jamie Pinkstaff	Lincoln DE	774	40	2	F 40-49	27:55.0	27:59.0	9:02/M
27	Dean Swingle	Seaford DE	791	48	3	M 40-49	27:56.9	27:59.2	9:02/M
28	Jerome Harris	Lincoln DE	639	51	3	M 50-59	28:06.3	28:09.1	9:05/M
29	Sambina Anthony	Seaford DE	892	18	1	F 15-19	28:14.9	28:19.6	9:08/M
30	Amy Brown	Lincoln DE	885	43	3	F 40-49	28:27.3	28:31.3	9:12/M
31	Chris McAvoy	Seaford DE	888	37	4	M 30-39	28:40.8	28:47.5	9:17/M
32	James Callaway	Harrington DE	701	65	5	M 60-69	29:01.1	29:04.3	9:23/M
33	Phil Perry	Friendsville MD	592	71	1	M 70-99	29:20.8	29:27.8	9:30/M
34	David Genshaw	Seaford DE	721	51	4	M 50-59	30:22.1	30:28.0	9:50/M
35	Michael Rapa	Laurel DE	890	41	4	M 40-49	30:53.4	30:57.2	9:59/M
36	Karen Handy	Seaford DE	722	48	4	F 40-49	31:18.2	31:20.3	10:06/M
37	Danielle Ell	Seaford DE	712	37	3	F 30-39	31:23.5	31:31.0	10:10/M
38	Jessica Bonola	Ocean City MD	696	27	2	F 20-29	31:25.9	31:29.8	10:09/M
39	Joseph Kim	Seaford DE	741	41	5	M 40-49	31:54.2	31:59.4	10:19/M
40	Robin Hudson	DE	731	38	4	F 30-39	32:20.5	32:24.0	10:27/M
41	Jose Lukecart	Felton DE	886	64	6	M 60-69	32:26.1	32:34.2	10:30/M

42	Joselyn Roop	Preston MD	607	11	1 F 11-14	33:08.6	33:09.7	10:42/M
43	Luann Waltz	Millsboro DE	606	54	2 F 50-59	33:13.4	33:16.5	10:44/M
44	Kathy Tucker	Bethel DE	792	56	3 F 50-59	37:11.8	37:14.9	12:01/M
45	Larry Price	Middletown DE	653	74	2 M 70-99	37:36.1	37:44.3	12:10/M
46	Shanice Cannon	Seaford DE	702	22	3 F 20-29	37:37.2	37:39.3	12:09/M
47	Charles Matthews	Camden Wyoming DE	756	69	7 M 60-69	39:07.5	39:15.2	12:40/M
48	Kimberly Kessler	Seaford DE	882	42	5 F 40-49	39:29.4	39:35.8	12:46/M
49	Doug Potvin	Snow Hill MD	775	50	5 M 50-59	39:33.2	39:36.4	12:46/M
50	Jackson Proctor	Seaford DE	777	6	1 M 1-10	39:47.3	39:51.8	12:51/M
51	Justin Proctor	Seaford DE	778	36	5 M 30-39	39:49.0	39:53.6	12:52/M
52	Zoe Woodward	Houston DE	878	6	1 F 1-10	39:54.5	40:15.1	12:59/M
53	Marcus Woodward	Houston DE	876	33	6 M 30-39	39:55.3	40:15.2	12:59/M
54	Brian Richardson	Delmar DE	781	37	7 M 30-39	41:20.5	41:29.3	13:23/M
55	Orlando Holland	Seaford DE	727	51	6 M 50-59	42:00.0	42:03.4	13:34/M
56	Lenny Williams	Milton DE	799	14	3 M 11-14	42:45.0	42:53.9	13:50/M
57	Tom Molin	Townsend DE	759	64	8 M 60-69	43:00.8	43:08.4	13:55/M
58	Stephen Carey	Milton DE	703	36	8 M 30-39	43:58.7	44:07.5	14:14/M
59	Christopher Geis	Parsonsborg MD	719	50	7 M 50-59	43:59.0	44:06.9	14:14/M
60	Jeffrey Berger	Cherry Hill NJ	635	55	8 M 50-59	44:17.9	44:23.9	14:19/M
61	Sara Potvin	Snow Hill MD	776	49	6 F 40-49	44:23.7	44:32.1	14:22/M
62	Olivia Woodward	Houston DE	877	4	2 F 1-10	44:33.9	44:55.1	14:29/M
63	Marcia Woodward	Houston DE	800	33	5 F 30-39	44:37.0	44:58.0	14:30/M
64	Juanita Smith	Greenwood DE	787	34	6 F 30-39	45:42.9	45:56.2	14:49/M
65	Kayla Huey	Lincoln DE	732	29	4 F 20-29	45:44.8	45:56.3	14:49/M
66	Lee Masser	Edgewater MD	753	81	3 M 70-99	46:54.2	47:02.3	15:10/M
67	Breanna Bly	Seaford DE	896	34	7 F 30-39	47:31.8	47:50.5	15:26/M
68	Heather Hearn	DE	723	31	8 F 30-39	50:18.8	50:38.0	16:20/M
69	Haylee Tyndall	Bethel DE	794	11	2 F 11-14	56:43.8	56:46.9	18:19/M

5K Walk

Plc	Name	City	Bib	Age	Age Grp	Plc	Chip	Gun	Pace
1	Beth Brown	Wilmington DE	883	64	1 F 1-99		36:56.0	37:03.1	11:57/M
2	Don Zalenski	Magnolia DE	881	71	1 M 1-99		36:56.1	36:59.0	11:56/M
3	Hoong Chow	Felton DE	706	57	2 M 1-99		39:06.2	39:06.9	12:37/M
4	Haley Pickinpaugh	Seaford DE	769	8	2 F 1-99		41:28.9	41:40.5	13:26/M
5	Beth Garvilla	Georgetown DE	718	55	3 F 1-99		41:49.5	42:03.9	13:34/M
6	Heather Jones	Seaford DE	736	29	4 F 1-99		41:58.4	42:03.9	13:34/M
7	Joe Young	Dover DE	879	66	3 M 1-99		42:09.2	42:09.9	13:36/M
8	Douglass Lambert	Seaford DE	743	60	4 M 1-99		42:56.0	42:58.9	13:52/M
9	Lisa Anderson	Seaford DE	894	57	5 F 1-99		43:04.4	43:14.1	13:57/M
10	Shelly Geis	Parsonsborg MD	720	46	6 F 1-99		43:59.2	44:07.2	14:14/M
11	Jamie Willey	Harrington DE	898	31	7 F 1-99		44:04.3	44:23.8	14:19/M
12	Krissy Stanks	Philadelphia PA	621	28	8 F 1-99		44:18.2	44:24.1	14:19/M
13	Pam Peterson	Seaford DE	767	66	9 F 1-99		45:45.6	45:59.4	14:50/M
14	Debbie Ernst	Long Valley NJ	714	61	10 F 1-99		45:45.7	45:59.9	14:50/M
15	Christine Fiori	Seaford DE	716	55	11 F 1-99		45:50.5	45:59.3	14:50/M
16	Elijah Lewis	Delmar MD	747	29	5 M 1-99		45:58.2	46:16.0	14:55/M
17	Farrah Lewis	Delmar MD	748	6	12 F 1-99		45:58.9	46:16.0	14:55/M
18	Carol Beth Lambert	Seaford DE	742	63	13 F 1-99		46:00.4	46:02.6	14:51/M
19	Kyle Hearn	DE	724	29	6 M 1-99		47:44.9	48:05.1	15:31/M
20	Jason Russell	Seaford DE	782	32	7 M 1-99		49:03.6	49:19.7	15:55/M
21	Alexa Hudson	Seaford DE	897	14	14 F 1-99		49:03.6	49:19.5	15:55/M

22	Phyllis Zalenski	Magnolia DE	880	67	15 F	1-99	49:06.9	49:17.4	15:54/M
23	Bill Hinz	Seaford DE	726	74	8 M	1-99	49:10.5	49:29.4	15:58/M
24	Jennifer Fritz	Salisbury MD	717	35	16 F	1-99	49:17.3	49:21.8	15:55/M
25	Barb Hinz	Seaford DE	725	72	17 F	1-99	49:23.0	49:41.6	16:02/M
26	Brenda Carmean	Bridgeville DE	704	57	18 F	1-99	49:31.0	49:43.2	16:02/M
27	Penny Short	Seaford DE	899	55	19 F	1-99	49:37.4	49:47.9	16:04/M
28	Thomas Brown	Seaford DE	698	63	9 M	1-99	49:38.6	49:48.4	16:04/M
29	Steve Rose	Seaford DE	654	66	10 M	1-99	49:38.8	49:47.3	16:04/M
30	Lisa Dize	Crisfield MD	711	39	20 F	1-99	50:53.5	51:06.6	16:29/M
31	Burnie Lankford	Seaford DE	744	57	21 F	1-99	50:54.3	51:07.2	16:29/M
32	Christine Sohn	Ellendale DE	789	62	22 F	1-99	51:32.0	51:46.6	16:42/M
33	Janice Justice	Seaford DE	737	54	23 F	1-99	51:32.4	51:46.5	16:42/M
34	Amy Mitchell	Seaford DE	758	46	24 F	1-99	51:32.9	51:38.4	16:39/M
35	Jessica Perry	Seaford DE	763	25	25 F	1-99	51:39.2	51:50.5	16:43/M
36	Jay Epstein	Elizabethtown PA	713	59	11 M	1-99	51:53.7	52:00.6	16:46/M
37	Abigail Wile	Seaford DE	901	16	26 F	1-99	52:02.4	52:09.3	16:49/M
38	Ryan Lewis	Delmar MD	749	11	12 M	1-99	53:20.6	53:38.6	17:18/M
39	Deb Long	Seaford DE	751	56	27 F	1-99	53:22.4	53:37.9	17:18/M
40	Brittany Lewis	Delmar MD	746	27	28 F	1-99	53:22.7	53:40.1	17:19/M
41	Belinda White	DE	798	57	29 F	1-99	53:29.2	53:40.9	17:19/M
42	Lisa Wile	Seaford DE	900	47	30 F	1-99	53:36.7	53:44.3	17:20/M
43	Makayla Collier	Bridgeville DE	707	22	31 F	1-99	55:11.8	55:28.2	17:54/M
44	Sharon Collier	Bridgeville DE	708	49	32 F	1-99	55:12.5	55:28.1	17:54/M
45	Mary Buck	Milton DE	699	61	33 F	1-99	56:04.8	56:22.3	18:11/M
46	Nancy Schnabel	Bridgeville DE	784	67	34 F	1-99	56:09.6	56:21.9	18:11/M
47	Cheryl Homnick	Ellendale DE	728	54	35 F	1-99	56:23.3	56:35.1	18:15/M
48	Jodi Allen	Seaford DE	692	49	36 F	1-99	56:25.5	56:34.7	18:15/M
49	Hannah Pickinpaugh	Seaford DE	770	8	37 F	1-99	56:26.8	56:39.9	18:16/M
50	Kendrick Pickinpaugh	Seaford DE	771	11	13 M	1-99	56:27.5	56:40.0	18:17/M
51	Ashley McAvoy	Seaford DE	887	32	38 F	1-99	56:43.3	56:59.4	18:23/M
52	Donna Ervin	Seaford DE	715	51	39 F	1-99	56:44.1	56:57.1	18:22/M
53	Kimberly Pickinpaugh	Seaford DE	772	40	40 F	1-99	56:44.3	56:56.8	18:22/M
54	Patricia Smith	Greenwood DE	788	63	41 F	1-99	56:44.4	57:01.2	18:24/M
55	Kathi Dayton	Lincoln DE	709	56	42 F	1-99	56:45.7	57:01.2	18:24/M
56	Scott Pickinpaugh	Seaford DE	773	44	14 M	1-99	56:47.8	57:01.4	18:24/M
57	Renee Morris	Seaford DE	760	50	43 F	1-99	56:55.1	57:03.9	18:24/M
58	Samantha Watson	Seaford DE	797	42	44 F	1-99	56:57.3	57:03.7	18:24/M
59	DeeIdria Huffman	Seaford DE	733	36	45 F	1-99	56:57.6	57:02.9	18:24/M
60	Dinee Smallwood	Salisbury MD	786	43	46 F	1-99	56:57.7	57:04.0	18:25/M

Female Champion

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	50	9	24:15.7	24:17.5	7:50/M

Female Masters Champion

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Tricia Massey	Felton DE	44	14	25:37.5	25:39.6	8:16/M

Female 10 and Under

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Zoe Woodward	Houston DE	6	52	39:54.5	40:15.1	12:59/M
2	Olivia Woodward	Houston DE	4	62	44:33.9	44:55.1	14:29/M

Female 11 to 14

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Joselyn Roop	Preston MD	11	42	33:08.6	33:09.7	10:42/M
2	Haylee Tyndall	Bethel DE	11	69	56:43.8	56:46.9	18:19/M

Female 15 to 19

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Sambina Anthony	Seaford DE	18	29	28:14.9	28:19.6	9:08/M

Female 20 to 29

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Katie Kaplan	Long Valley NJ	27	15	25:52.2	25:54.1	8:21/M
2	Jessica Bonola	Ocean City MD	27	38	31:25.9	31:29.8	10:09/M
3	Shanice Cannon	Seaford DE	22	46	37:37.2	37:39.3	12:09/M
4	Kayla Huey	Lincoln DE	29	65	45:44.8	45:56.3	14:49/M

Female 30 to 39

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Marianne Adams	Washington DC	35	10	24:26.9	24:29.4	7:54/M
2	Deena Mills	DE	35	17	26:02.5	26:07.1	8:25/M
3	Danielle Ell	Seaford DE	37	37	31:23.5	31:31.0	10:10/M
4	Robin Hudson	DE	38	40	32:20.5	32:24.0	10:27/M
5	Marcia Woodward	Houston DE	33	63	44:37.0	44:58.0	14:30/M
6	Juanita Smith	Greenwood DE	34	64	45:42.9	45:56.2	14:49/M
7	Breanna Bly	Seaford DE	34	67	47:31.8	47:50.5	15:26/M
8	Heather Hearn	DE	31	68	50:18.8	50:38.0	16:20/M

Female 40 to 49

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Tina Hurley	Seaford DE	40	18	26:09.7	26:14.5	8:28/M
2	Jamie Pinkstaff	Lincoln DE	40	26	27:55.0	27:59.0	9:02/M
3	Amy Brown	Lincoln DE	43	30	28:27.3	28:31.3	9:12/M
4	Karen Handy	Seaford DE	48	36	31:18.2	31:20.3	10:06/M
5	Kimberly Kessler	Seaford DE	42	48	39:29.4	39:35.8	12:46/M
6	Sara Potvin	Snow Hill MD	49	61	44:23.7	44:32.1	14:22/M

Female 50 to 59

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Barbara Kaplan	Long Valley NJ	58	21	27:06.7	27:08.9	8:45/M
2	Luann Waltz	Millsboro DE	54	43	33:13.4	33:16.5	10:44/M
3	Kathy Tucker	Bethel DE	56	44	37:11.8	37:14.9	12:01/M

Male Champion

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	David Berger	Cherry Hill NJ	26	1	17:33.1	17:34.5	5:40/M

Male Masters Champion

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Robert Lupo	Marydel DE	42	3	20:42.3	20:43.6	6:41/M

Male 10 and Under

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Jackson Proctor	Seaford DE	6	50	39:47.3	39:51.8	12:51/M

Male 11 to 14

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Logan Armour	Townsend DE	11	22	27:11.3	27:18.3	8:48/M
2	Dylan Rapa	Laurel DE	13	25	27:53.8	27:57.5	9:01/M
3	Lenny Williams	Milton DE	14	56	42:45.0	42:53.9	13:50/M

Male 20 to 29

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Patrick Hammond	Arnold MD	23	12	25:15.3	25:18.9	8:10/M
2	Michael Hurley	Seaford DE	28	16	25:52.3	25:56.0	8:22/M
3	Jonathan Schafer	Dagsboro DE	22	24	27:41.9	27:45.4	8:57/M

Male 30 to 39

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Jesse Goodyear	Elkton MD	37	2	17:46.0	17:47.2	5:44/M
2	Brian Van Hoven	Washington DC	37	7	23:52.8	23:54.8	7:43/M
3	Dan Hudson	Delmar DE	31	20	27:02.6	27:03.6	8:44/M
4	Chris McAvoey	Seaford DE	37	31	28:40.8	28:47.5	9:17/M
5	Justin Proctor	Seaford DE	36	51	39:49.0	39:53.6	12:52/M
6	Marcus Woodward	Houston DE	33	53	39:55.3	40:15.2	12:59/M
7	Brian Richardson	Delmar DE	37	54	41:20.5	41:29.3	13:23/M
8	Stephen Carey	Milton DE	36	58	43:58.7	44:07.5	14:14/M

Male 40 to 49

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Greg Massey	Felton DE	47	4	21:14.5	21:15.7	6:51/M
2	Ken Kessler	Seaford DE	44	5	22:09.5	22:12.3	7:10/M
3	Dean Swingle	Seaford DE	48	27	27:56.9	27:59.2	9:02/M
4	Michael Rapa	Laurel DE	41	35	30:53.4	30:57.2	9:59/M
5	Joseph Kim	Seaford DE	41	39	31:54.2	31:59.4	10:19/M

Male 50 to 59

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Todd Carmean	Bridgeville DE	54	8	24:05.3	24:06.8	7:46/M
2	Robert Spaulding	Townsend DE	57	11	24:54.4	24:58.6	8:03/M
3	Jerome Harris	Lincoln DE	51	28	28:06.3	28:09.1	9:05/M
4	David Genshaw	Seaford DE	51	34	30:22.1	30:28.0	9:50/M
5	Doug Potvin	Snow Hill MD	50	49	39:33.2	39:36.4	12:46/M
6	Orlando Holland	Seaford DE	51	55	42:00.0	42:03.4	13:34/M
7	Christopher Geis	Parsonsborg MD	50	59	43:59.0	44:06.9	14:14/M
8	Jeffrey Berger	Cherry Hill NJ	55	60	44:17.9	44:23.9	14:19/M

Male 60 to 69

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Frank Whittington	Middletown DE	66	6	23:48.7	23:50.8	7:41/M
2	Alan Quillen	Seaford DE	62	13	25:23.7	25:25.7	8:12/M
3	Randall Anderson	Seaford DE	60	19	26:41.4	26:47.6	8:38/M
4	Frank Caldoro	Seaford DE	63	23	27:20.4	27:27.8	8:51/M
5	James Callaway	Harrington DE	65	32	29:01.1	29:04.3	9:23/M
6	Jose Lukecart	Felton DE	64	41	32:26.1	32:34.2	10:30/M
7	Charles Matthews	Camden Wyoming DE	69	47	39:07.5	39:15.2	12:40/M
8	Tom Molin	Townsend DE	64	57	43:00.8	43:08.4	13:55/M

Male 70 and Over

PI	Name	City	Age	O'all	Chip	Gun	Pace
1	Phil Perry	Friendsville MD	71	33	29:20.8	29:27.8	9:30/M
2	Larry Price	Middletown DE	74	45	37:36.1	37:44.3	12:10/M
3	Lee Masser	Edgewater MD	81	66	46:54.2	47:02.3	15:10/M