

**Heart & Sole 5K Run/Walk**  
**Benefits: Nantocoke Health Services**  
**Trinity (Logistics) Foundation - Seaford, DE**  
**Saturday - April 21, 2018**  
**A Trisports Events Production**

**Overall Finish List**

5K Run								
Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	David Berger	Cherry Hill NJ	2506	28	1 Open	17:34.0	17:34.0	5:40/M
2	Francisco Puac	Georgetown DE	2542	33	1 M 30-39	17:57.6	17:58.3	5:48/M
3	Enos Benbow	Georgetown DE	362	36	2 M 30-39	18:50.5	18:52.7	6:05/M
4	Josh Fogarty	Seaford DE	354	36	3 M 30-39	19:55.9	19:57.6	6:26/M
5	Ken Kessler	Seaford DE	325	46	1 Masters	20:02.0	20:02.0	6:28/M
6	Matt Sparacino	Harrington DE	329	40	1 M 40-49	20:06.2	20:06.9	6:29/M
7	Bennett Brumbley	Laurel DE	2509	10	1 M 1-10	20:29.3	20:30.1	6:37/M
8	Greg Massey	Felton DE	2529	48	2 M 40-49	21:02.6	21:03.5	6:47/M
9	Todd Carmean	Bridgeville DE	328	55	1 M 50-59	22:11.4	22:11.8	7:09/M
10	Rob Ridgeway	Camden Wyoming DE	353	41	3 M 40-49	22:49.3	22:51.3	7:22/M
11	Dennis Kalaygian	Milford DE	2521	23	1 M 20-29	23:28.9	23:32.7	7:35/M
12	Jeffrey Berger	Cherry Hill NJ	2507	56	2 M 50-59	23:32.7	23:36.2	7:37/M
13	John Blackford	Milton DE	334	41	4 M 40-49	24:39.1	24:40.4	7:57/M
14	Alan Quillen	Seaford DE	2543	63	1 M 60-69	25:07.5	25:09.7	8:07/M
15	Tricia Massey	Felton DE	2530	45	1 Open	25:17.7	25:17.7	8:09/M
16	Jonathan Schafer	Dagsboro DE	2548	23	2 M 20-29	25:35.7	25:40.3	8:17/M
17	Phil Perry	Friendsville MD	326	72	1 M 70-99	26:25.8	26:29.5	8:33/M
18	Riley Hastings	Harrington DE	2514	15	1 F 15-19	27:14.2	27:21.6	8:49/M
19	Bonnie Shoemaker	Salisbury MD	2569	38	1 F 30-39	27:38.3	27:41.3	8:56/M
20	Robbin Wells	Greenwood DE	324	50	1 Masters	28:56.8	28:56.8	9:20/M
21	Dean Swingle	Seaford DE	2550	49	5 M 40-49	29:09.7	29:11.1	9:25/M
22	Vicki Windsor	Dover DE	2556	48	1 F 40-49	29:18.0	29:21.5	9:28/M
23	Heather Marvin	Laurel DE	332	39	2 F 30-39	31:17.8	31:25.7	10:08/M
24	Kathy Tucker	Bethel DE	2551	57	1 F 50-59	31:42.3	31:44.4	10:14/M
25	Rachel Cherrix	Seaford DE	361	37	3 F 30-39	31:48.1	31:52.6	10:17/M
26	Gorgun Akpek	Seaford DE	2501	55	3 M 50-59	32:17.8	32:20.9	10:26/M
27	Joanne Hastings	Harrington DE	2513	40	2 F 40-49	32:30.3	32:38.4	10:32/M
28	Jim Marvin	Laurel DE	333	67	2 M 60-69	32:32.6	32:56.4	10:37/M
29	Kimberly Kessler	Seaford DE	327	43	3 F 40-49	33:40.0	33:45.4	10:53/M
30	Haley Pickinpaugh	Seaford DE	2537	9	1 F 1-10	33:42.7	33:44.0	10:53/M
31	Louise Holt	Milford DE	2515	60	1 F 60-99	34:16.4	34:26.3	11:06/M
32	Joseph Kim	Seaford DE	2522	42	6 M 40-49	34:45.5	34:48.7	11:14/M
33	Emma Massey	Felton DE	2528	11	1 F 11-14	35:58.5	36:00.0	11:37/M
34	Terry Fibelkorn	Harrington DE	2511	56	2 F 50-59	36:06.7	36:10.8	11:40/M
35	Don Zalenski	Magnolia DE	2561	72	2 M 70-99	36:10.5	36:13.5	11:41/M
36	Nick Parks	Seaford DE	2498	15	1 M 15-19	38:25.5	38:34.2	12:26/M
37	Aleksandra Anderson	Seaford DE	2502	11	2 F 11-14	38:32.2	38:39.8	12:28/M
38	Brooklyn Tyndall	Bethel DE	2552	15	2 F 15-19	38:50.8	38:53.6	12:33/M
39	Haylee Tyndall	Bethel DE	2553	12	3 F 11-14	38:59.4	39:01.9	12:35/M
40	Robin Hudson	DE	2495	39	4 F 30-39	39:53.7	40:01.7	12:55/M

41	Jenna Rapa	Laurel DE	2563	13	4 F 11-14	39:55.2	40:02.7	12:55/M
42	Charles Matthews	Camden DE	2531	70	3 M 70-99	40:26.6	40:32.3	13:05/M
43	Marcus Woodward	Houston DE	2558	34	4 M 30-39	42:21.2	42:44.0	13:47/M
44	Zoe Woodward	Houston DE	2560	7	2 F 1-10	42:21.6	42:43.7	13:47/M
45	Valarie Dacius	Seaford DE	355	37	5 F 30-39	43:10.1	43:15.4	13:57/M
46	Olivia Woodward	Houston DE	2559	5	3 F 1-10	43:22.3	43:43.8	14:06/M
47	Marcia Woodward	Houston DE	2557	34	6 F 30-39	43:23.6	43:44.8	14:06/M
48	Hannah Pickinpaugh	Seaford DE	2538	9	4 F 1-10	45:05.8	45:25.9	14:39/M
49	Shawn Scott	Seaford DE	2568	38	5 M 30-39	45:41.5	45:52.1	14:48/M
50	Hannah Insley	Hebron MD	2517	20	1 F 20-29	46:23.4	46:36.8	15:02/M
51	Kimberly Insley	Hebron MD	2518	48	4 F 40-49	46:25.2	46:37.2	15:02/M
52	Jackson Proctor	Seaford DE	2500	7	2 M 1-10	46:55.7	47:08.3	15:12/M
53	Sophia Ruffcorn	Seaford DE	2567	6	5 F 1-10	47:56.2	48:11.4	15:33/M
54	Maddox Dobson	Seaford DE	322	4	3 M 1-10	48:03.6	48:17.7	15:35/M
55	Justin Proctor	Seaford DE	261	37	6 M 30-39	49:13.7	49:30.2	15:58/M
56	Amy Proctor	Seaford DE	2499	37	7 F 30-39	49:17.1	49:29.8	15:58/M
57	Trigg Fulkrod	Dagsboro DE	357	8	4 M 1-10	51:55.1	52:14.1	16:51/M
58	Emily Dobson	Seaford DE	323	14	5 F 11-14	52:24.4	52:39.0	16:59/M
59	Madeline Ruffcorn	Seaford DE	2565	8	6 F 1-10	52:26.9	52:39.5	16:59/M

#### 5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Randall Anderson	Seaford DE	2505	61	1 M 1-99	37:15.0	37:24.2	12:04/M
2	Carl Jones	Seaford DE	2520	32	2 M 1-99	39:34.7	39:45.8	12:49/M
3	Douglass Lambert	Seaford DE	2524	61	3 M 1-99	41:10.2	41:14.3	13:18/M
4	Alexis Ray	Camden Wyoming DE	337	38	1 F 1-99	43:45.9	43:55.0	14:10/M
5	Linda Marvin	Laurel DE	331	68	2 F 1-99	43:53.3	44:17.5	14:17/M
6	Carol Beth Lambert	Seaford DE	2523	64	3 F 1-99	44:37.5	44:42.2	14:25/M
7	Christine Fiori	Seaford DE	2512	56	4 F 1-99	45:28.6	45:35.0	14:42/M
8	Lisa Anderson	Seaford DE	2504	58	5 F 1-99	46:07.9	46:17.1	14:56/M
9	Angela Anderson	Seaford DE	2503	38	6 F 1-99	47:42.1	47:51.6	15:26/M
10	Hayley Dobson	Seaford DE	223	37	7 F 1-99	48:40.6	48:54.9	15:46/M
11	Sarah Ruffcorn	Seaford DE	2566	37	8 F 1-99	48:40.7	48:54.8	15:46/M
12	Kari Green	Delmar DE	2493	32	9 F 1-99	49:36.9	49:44.3	16:03/M
13	Erica Huck	Seaford DE	2494	29	10 F 1-99	49:38.0	49:44.1	16:03/M
14	Kristen Bradley	Seaford DE	2492	35	11 F 1-99	49:39.0	49:44.5	16:03/M
15	Patty MacArthur	Seaford DE	330	63	12 F 1-99	50:10.4	50:20.7	16:14/M
16	Deb Long	Seaford DE	2526	57	13 F 1-99	50:49.6	51:01.6	16:27/M
17	Alicia Peterson	Seaford DE	2536	32	14 F 1-99	51:59.2	52:10.8	16:50/M
18	Amy Mitchell	Seaford DE	2532	47	15 F 1-99	52:10.5	52:17.7	16:52/M
19	Phyllis Zalenski	Magnolia DE	2562	68	16 F 1-99	53:03.3	53:10.4	17:09/M
20	Ray Fulkrod	Dagsboro DE	356	37	4 M 1-99	53:43.0	54:02.8	17:26/M
21	Lori Lee	Seaford DE	2525	55	17 F 1-99	53:43.5	54:02.0	17:26/M
22	Angela Fulkrod	Dagsboro DE	358	35	18 F 1-99	53:43.7	54:02.9	17:26/M
23	Ronnie Roop	Seaford DE	2544	47	19 F 1-99	53:46.7	53:58.4	17:25/M
24	Jen English	Seaford DE	2510	44	20 F 1-99	53:48.5	54:00.5	17:25/M
25	Jessica Zoch Perry	Seaford DE	2535	26	21 F 1-99	53:53.9	54:02.0	17:26/M
26	Teri Obier	Seaford DE	2497	54	22 F 1-99	54:15.7	54:31.2	17:35/M
27	Belinda White	DE	2554	58	23 F 1-99	54:15.7	54:32.1	17:35/M
31	Eric Ruffcorn	DE	2564	36	7 M 1-99	57:33.5	57:50.9	18:39/M
32	Steve Rose	Seaford DE	2545	67	8 M 1-99	57:34.4	57:51.6	18:40/M
33	Ann Seabrease	Seaford DE	2549	49	25 F 1-99	1:00:29.3	1:00:41.8	19:35/M

34	Lillian Louise Wilson	Laurel DE	2555	66	26 F 1-99	1:00:29.5	1:00:41.7	19:35/M
35	Maria Boyd	Seaford DE	2508	47	27 F 1-99	1:00:29.7	1:00:41.6	19:35/M
28	Scott Pickinpaugh	Seaford DE	2541	45	5 M 1-99	DNF	DNF	DNF
29	Kendrick Pickinpaugh	Seaford DE	2539	12	6 M 1-99	DNF	DNF	DNF
30	Kimberly Pickinpaugh	Seaford DE	2540	41	24 F 1-99	DNF	DNF	DNF

## Age Group Results

### Female Open Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Tricia Massey	Felton DE	45	15	25:17.7	25:17.7	8:09/M

### Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Robbin Wells	Greenwood DE	50	20	28:56.8	28:56.8	9:20/M

### Female 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Haley Pickinpaugh	Seaford DE	9	30	33:42.7	33:44.0	10:53/M
2	Zoe Woodward	Houston DE	7	44	42:21.6	42:43.7	13:47/M
3	Olivia Woodward	Houston DE	5	46	43:22.3	43:43.8	14:06/M
4	Hannah Pickinpaugh	Seaford DE	9	48	45:05.8	45:25.9	14:39/M
5	Sophia Ruffcorn	Seaford DE	6	53	47:56.2	48:11.4	15:33/M
6	Madeline Ruffcorn	Seaford DE	8	59	52:26.9	52:39.5	16:59/M

### Female 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Emma Massey	Felton DE	11	33	35:58.5	36:00.0	11:37/M
2	Aleksandra Anderson	Seaford DE	11	37	38:32.2	38:39.8	12:28/M
3	Haylee Tyndall	Bethel DE	12	39	38:59.4	39:01.9	12:35/M
4	Jenna Rapa	Laurel DE	13	41	39:55.2	40:02.7	12:55/M
5	Emily Dobson	Seaford DE	14	58	52:24.4	52:39.0	16:59/M

### Female 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Riley Hastings	Harrington DE	15	18	27:14.2	27:21.6	8:49/M
2	Brooklyn Tyndall	Bethel DE	15	38	38:50.8	38:53.6	12:33/M

### Female 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Hannah Insley	Hebron MD	20	50	46:23.4	46:36.8	15:02/M

### Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
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1	Bonnie Shoemaker	Salisbury MD	38	19	27:38.3	27:41.3	8:56/M
2	Heather Marvin	Laurel DE	39	23	31:17.8	31:25.7	10:08/M
3	Rachel Cherrix	Seaford DE	37	25	31:48.1	31:52.6	10:17/M
4	Robin Hudson	DE	39	40	39:53.7	40:01.7	12:55/M
5	Valarie Dacius	Seaford DE	37	45	43:10.1	43:15.4	13:57/M
6	Marcia Woodward	Houston DE	34	47	43:23.6	43:44.8	14:06/M
7	Amy Proctor	Seaford DE	37	56	49:17.1	49:29.8	15:58/M

#### Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Vicki Windsor	Dover DE	48	22	29:18.0	29:21.5	9:28/M
2	Joanne Hastings	Harrington DE	40	27	32:30.3	32:38.4	10:32/M
3	Kimberly Kessler	Seaford DE	43	29	33:40.0	33:45.4	10:53/M
4	Kimberly Insley	Hebron MD	48	51	46:25.2	46:37.2	15:02/M

#### Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Kathy Tucker	Bethel DE	57	24	31:42.3	31:44.4	10:14/M
2	Terry Fibelkorn	Harrington DE	56	34	36:06.7	36:10.8	11:40/M

#### Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Louise Holt	Milford DE	60	31	34:16.4	34:26.3	11:06/M

#### Male Open Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	David Berger	Cherry Hill NJ	28	1	17:34.0	17:34.0	5:40/M

#### Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Ken Kessler	Seaford DE	46	5	20:02.0	20:02.0	6:28/M

#### Male 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Bennett Brumbley	Laurel DE	10	7	20:29.3	20:30.1	6:37/M
2	Jackson Proctor	Seaford DE	7	52	46:55.7	47:08.3	15:12/M
3	Maddox Dobson	Seaford DE	4	54	48:03.6	48:17.7	15:35/M
4	Trigg Fulkrod	Dagsboro DE	8	57	51:55.1	52:14.1	16:51/M

#### Male 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Nick Parks	Seaford DE	15	36	38:25.5	38:34.2	12:26/M

#### Male 20 to 29

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Dennis Kalaygian	Milford DE	23	11	23:28.9	23:32.7	7:35/M
2	Jonathan Schafer	Dagsboro DE	23	16	25:35.7	25:40.3	8:17/M

#### Male 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Francisco Puac	Georgetown DE	33	2	17:57.6	17:58.3	5:48/M
2	Enos Benbow	Georgetown DE	36	3	18:50.5	18:52.7	6:05/M
3	Josh Fogarty	Seaford DE	36	4	19:55.9	19:57.6	6:26/M
4	Marcus Woodward	Houston DE	34	43	42:21.2	42:44.0	13:47/M
5	Shawn Scott	Seaford DE	38	49	45:41.5	45:52.1	14:48/M
6	Justin Proctor	Seaford DE	37	55	49:13.7	49:30.2	15:58/M

#### Male 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Matt Sparacino	Harrington DE	40	6	20:06.2	20:06.9	6:29/M
2	Greg Massey	Felton DE	48	8	21:02.6	21:03.5	6:47/M
3	Rob Ridgeway	Camden Wyoming DE	41	10	22:49.3	22:51.3	7:22/M
4	John Blackford	Milton DE	41	13	24:39.1	24:40.4	7:57/M
5	Dean Swingle	Seaford DE	49	21	29:09.7	29:11.1	9:25/M
6	Joseph Kim	Seaford DE	42	32	34:45.5	34:48.7	11:14/M

#### Male 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Todd Carmean	Bridgeville DE	55	9	22:11.4	22:11.8	7:09/M
2	Jeffrey Berger	Cherry Hill NJ	56	12	23:32.7	23:36.2	7:37/M
3	Gorgun Akpek	Seaford DE	55	26	32:17.8	32:20.9	10:26/M

#### Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Alan Quillen	Seaford DE	63	14	25:07.5	25:09.7	8:07/M
2	Jim Marvin	Laurel DE	67	28	32:32.6	32:56.4	10:37/M

#### Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Phil Perry	Friendsville MD	72	17	26:25.8	26:29.5	8:33/M
2	Don Zalenski	Magnolia DE	72	35	36:10.5	36:13.5	11:41/M
3	Charles Matthews	Camden DE	70	42	40:26.6	40:32.3	13:05/M