

**Heart & Sole 5K Run/Walk**  
**Trinity Logistics - Seaford, DE**  
**Benefits: Nanticoke Health Services**  
**Saturday, April 20, 2019 - Cloudy - 70 Degrees**  
**A Trisports Events Production**

**Overall Finish List**

**5K Run**

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	David Berger	Philadelphia PA	1686	29	1:Open	18:07.3	18:07.3	5:51/M
2	Reginaldo Hernandez	Millville DE	1619	21	1:M 20-29	18:11.9	18:12.6	5:52/M
3	Enos Benbow	Georgetown DE	1978	37	1:M 30-39	18:24.2	18:27.1	5:57/M
4	Andrew Berger	Cherry Hill NJ	1685	26	2:M 20-29	19:18.9	19:19.5	6:14/M
5	Matt Sparacino	Harrington DE	1970	41	1:Masters	19:26.7	19:26.7	6:16/M
6	Andrew Zeveney	Durham NC	1740	26	3:M 20-29	20:45.7	20:46.4	6:42/M
7	Dennis Kalaygian	Milford DE	1703	24	4:M 20-29	22:44.8	22:47.3	7:21/M
8	Greg Massey	Felton DE	1706	49	1:M 40-49	23:11.3	23:13.5	7:29/M
9	Todd Carmean	Bridgeville DE	1968	56	1:M 50-59	23:30.9	23:31.6	7:35/M
10	Jeffrey Berger	Cherry Hill NJ	1687	57	2:M 50-59	23:52.3	23:54.7	7:43/M
11	Rob Ridgeway	Camden Wyoming DE	1972	42	2:M 40-49	24:02.5	24:04.7	7:46/M
12	Tyler Elzey	Seaford DE	1595	19	1:M 15-19	24:06.4	24:07.1	7:47/M
13	Kevin Mastaw	Seaford DE	1709	55	3:M 50-59	24:28.5	24:32.7	7:55/M
14	Frank Whittngton	Middletown DE	1734	68	1:M 60-69	24:34.8	24:35.5	7:56/M
15	Gene Smith	Federalsburg MD	1731	62	2:M 60-69	25:08.6	25:11.2	8:07/M
16	Tricia Massey	Felton DE	1708	46	1:Open	25:37.8	25:37.8	8:16/M
17	Diego Padilla	Seaford DE	1716	11	1:M 11-14	26:01.6	26:05.4	8:25/M
18	The Defibrilator	Seaford DE	1974	64	3:M 60-69	26:20.4	26:24.0	8:31/M
19	Alan Quillen	Seaford DE	1723	64	4:M 60-69	26:41.5	26:48.0	8:39/M
20	Hunter Ruff	Seaford DE	1726	16	2:M 15-19	26:57.1	26:57.8	8:42/M
21	Woody Disharoon	Laurel DE	1689	70	1:M 70-99	26:58.5	27:05.7	8:44/M
22	Chris McAvoy	Seaford DE	1712	39	2:M 30-39	27:06.3	27:07.0	8:45/M
23	Jonathan Schafer	Dagsboro DE	1729	24	5:M 20-29	27:20.2	27:24.5	8:50/M
24	Scott Hamilton	Milton DE	1693	48	3:M 40-49	27:47.2	27:49.9	8:58/M
25	Phil Perry	Friendsville MD	1719	73	2:M 70-99	27:54.8	28:01.3	9:02/M
26	Rachel Cherrix	Seaford DE	1977	38	1:F 30-39	28:05.1	28:08.8	9:05/M
27	Riley Hastings	Harrington DE	1696	16	1:F 15-19	28:19.9	28:23.1	9:09/M
28	Jackson Massey	Felton DE	1707	15	3:M 15-19	28:35.0	28:35.7	9:13/M
29	Dean Swingle	Seaford DE	1732	50	4:M 50-59	28:50.0	28:52.3	9:19/M
30	Sandra Palavecino	Seaford DE	1718	44	1:F 40-49	29:10.3	29:14.4	9:26/M
31	Joanne Hastings	Harrington DE	1695	41	1:Masters	29:12.8	29:12.8	9:25/M
32	Jacob Handley	Bridgeville DE	1694	11	2:M 11-14	29:29.5	29:30.2	9:31/M
33	Ron Russell	Seaford DE	1966	70	3:M 70-99	30:31.8	30:41.2	9:54/M
34	Dylan Rapa	Laurel DE	1724	16	4:M 15-19	33:25.5	33:28.5	10:48/M
35	Zachary Elzey	Seaford DE	1573	16	5:M 15-19	33:37.6	33:42.3	10:52/M
36	Robin Hudson	DE	1701	40	2:F 40-49	33:40.7	33:43.4	10:53/M
37	Hilary Wright	Laurel DE	1737	33	2:F 30-39	33:48.4	33:55.0	10:56/M
38	Lauren Gravatt	Camden DE	1691	34	3:F 30-39	33:51.9	33:58.2	10:57/M
39	Emma Massey	Felton DE	1677	12	1:F 11-14	33:53.9	33:54.6	10:56/M
40	Joseph Kim	Seaford DE	1704	43	4:M 40-49	34:11.7	34:17.9	11:04/M

41	Francisco Padilla	Seaford DE	1717	48	5:M 40-49	34:34.2	34:38.5	11:10/M
42	Jim Marvin	Laurel DE	1971	68	5:M 60-69	35:40.4	35:45.2	11:32/M
43	Aleksandra Anderson	Seaford DE	1681	12	2:F 11-14	38:54.2	38:59.5	12:35/M
44	Madeleine Ruffcorn	Seaford DE	1728	9	1:F 1-10	42:19.0	42:26.9	13:41/M
45	Sophia Ruffcorn	Seaford DE	1975	7	2:F 1-10	42:19.1	42:27.1	13:42/M
46	Daniel Pennington	Milford DE	1973	39	3:M 30-39	42:52.3	42:53.0	13:50/M
47	Sarah Ruffcorn	Seaford DE	1727	38	4:F 30-39	43:06.3	43:13.5	13:56/M
48	Sara Potvin	Snow Hill MD	1722	51	1:F 50-59	43:55.6	44:01.3	14:12/M
49	Douglas Potvin	Snow Hill MD	1721	52	5:M 50-59	44:07.9	44:13.7	14:16/M
50	Charles Matthews	Camden Wyoming DE	1710	71	4:M 70-99	46:03.2	46:10.8	14:54/M
51	Ivy Woodward	Houston DE	1967	4	3:F 1-10	48:46.5	48:50.4	15:45/M
52	Diana Woodward	Harrington DE	1735	62	1:F 60-99	49:01.2	49:05.7	15:50/M
53	Jacob Hudson	Laurel DE	1699	41	6:M 40-49	56:22.9	56:26.4	18:12/M

### 5K Walk

Plc	Name	City	Bib	Age	Age Plc	Chip	Gun	Pace
1	Randall Anderson	Seaford DE	1684	62	1:M 1-99	34:55.2	35:02.6	11:18/M
2	Don Zalenski	Magnolia DE	1738	73	2:M 1-99	35:37.3	35:40.4	11:30/M
3	Hoong Chow	Felton DE	1688	59	3:M 1-99	39:55.9	39:56.6	12:53/M
4	Carl Jones	Seaford DE	1702	33	4:M 1-99	42:09.1	42:14.8	13:37/M
5	Alicia Peterson	Seaford DE	1720	33	1:F 1-99	44:03.7	44:08.8	14:14/M
6	Lisa Anderson	Seaford DE	1683	59	2:F 1-99	45:31.0	45:37.7	14:43/M
7	Jennifer Scott	Seaford DE	1730	35	3:F 1-99	46:02.8	46:06.5	14:52/M
8	Brian Hendricks	Dover DE	1697	41	5:M 1-99	46:13.5	46:17.7	14:56/M
9	Christine Fiori	Seaford DE	1559	57	4:F 1-99	46:50.9	46:57.7	15:09/M
10	Cheryl Agan	Ellendale DE	1680	57	5:F 1-99	46:51.1	46:58.1	15:09/M
11	Holly Cooper	Bridgeville DE	1671	47	6:F 1-99	47:13.0	47:21.8	15:16/M
12	Kathleen Hall	Seaford DE	1692	57	7:F 1-99	48:21.9	48:32.2	15:39/M
13	Natalie Heskett	Seaford DE	1698	57	8:F 1-99	48:22.2	48:32.6	15:39/M
14	Phyllis Zalenski	Magnolia DE	1739	70	9:F 1-99	49:26.7	49:32.9	15:59/M
15	Angela Anderson	Seaford DE	1682	39	10:F 1-99	49:41.1	49:49.3	16:04/M
16	Mary Niles	Bridgeville DE	1714	21	11:F 1-99	51:44.1	51:53.2	16:44/M
17	Terry Woodward	Harrington DE	1736	63	6:M 1-99	52:21.0	52:24.8	16:54/M
18	Amy Mitchell	Seaford DE	2170	48	12:F 1-99	52:43.2	52:48.3	17:02/M
19	Belinda White	DE	1733	59	13:F 1-99	53:17.4	54:12.0	17:29/M
20	Deb Long	Seaford DE	1705	58	14:F 1-99	53:18.8	53:27.5	17:15/M
21	Jenna Rapa	Laurel DE	1725	14	15:F 1-99	56:23.9	56:27.0	18:13/M
22	Melissa Hudson	Laurel DE	1700	39	16:F 1-99	56:24.6	56:27.2	18:13/M
23	Bamdad Bahar	Georgetown DE	1641	56	7:M 1-99	1:01:02.2	1:01:09.7	19:44/M

### Age Group Results

#### Female Open Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Tricia Massey	Felton DE	46	16	25:37.8	25:37.8	8:16/M

#### Female Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Joanne Hastings	Harrington DE	41	31	29:12.8	29:12.8	9:25/M

### Female 10 and Under

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Madeleine Ruffcorn	Seaford DE	9	44	42:19.0	42:26.9	13:41/M
2	Sophia Ruffcorn	Seaford DE	7	45	42:19.1	42:27.1	13:42/M
3	Ivy Woodward	Houston DE	4	51	48:46.5	48:50.4	15:45/M

### Female 11 to 14

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Emma Massey	Felton DE	12	39	33:53.9	33:54.6	10:56/M
2	Aleksandra Anderson	Seaford DE	12	43	38:54.2	38:59.5	12:35/M

### Female 15 to 19

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Riley Hastings	Harrington DE	16	27	28:19.9	28:23.1	9:09/M

### Female 30 to 39

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Rachel Cherrix	Seaford DE	38	26	28:05.1	28:08.8	9:05/M
2	Hilary Wright	Laurel DE	33	37	33:48.4	33:55.0	10:56/M
3	Lauren Gravatt	Camden DE	34	38	33:51.9	33:58.2	10:57/M
4	Sarah Ruffcorn	Seaford DE	38	47	43:06.3	43:13.5	13:56/M

### Female 40 to 49

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sandra Palavecino	Seaford DE	44	30	29:10.3	29:14.4	9:26/M
2	Robin Hudson	DE	40	36	33:40.7	33:43.4	10:53/M

### Female 50 to 59

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Sara Potvin	Snow Hill MD	51	48	43:55.6	44:01.3	14:12/M

### Female 60 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Diana Woodward	Harrington DE	62	52	49:01.2	49:05.7	15:50/M

### Male Open Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	David Berger	Philadelphia PA	29	1	18:07.3	18:07.3	5:51/M

### Male Masters Champion

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Matt Sparacino	Harrington DE	41	5	19:26.7	19:26.7	6:16/M

### Male 11 to 14

Plc Name	City	Age	O'all	Chip	Gun	Pace
1 Diego Padilla	Seaford DE	11	17	26:01.6	26:05.4	8:25/M
2 Jacob Handley	Bridgeville DE	11	32	29:29.5	29:30.2	9:31/M

### Male 15 to 19

Plc Name	City	Age	O'all	Chip	Gun	Pace
1 Tyler Elzey	Seaford DE	19	12	24:06.4	24:07.1	7:47/M
2 Hunter Ruff	Seaford DE	16	20	26:57.1	26:57.8	8:42/M
3 Jackson Massey	Felton DE	15	28	28:35.0	28:35.7	9:13/M
4 Dylan Rapa	Laurel DE	16	34	33:25.5	33:28.5	10:48/M
5 Zachary Elzey	Seaford DE	16	35	33:37.6	33:42.3	10:52/M

### Male 20 to 29

Plc Name	City	Age	O'all	Chip	Gun	Pace
1 Reginaldo Hernandez	Millville DE	21	2	18:11.9	18:12.6	5:52/M
2 Andrew Berger	Cherry Hill NJ	26	4	19:18.9	19:19.5	6:14/M
3 Andrew Zeveney	Durham NC	26	6	20:45.7	20:46.4	6:42/M
4 Dennis Kalaygian	Milford DE	24	7	22:44.8	22:47.3	7:21/M
5 Jonathan Schafer	Dagsboro DE	24	23	27:20.2	27:24.5	8:50/M

### Male 30 to 39

Plc Name	City	Age	O'all	Chip	Gun	Pace
1 Enos Benbow	Georgetown DE	37	3	18:24.2	18:27.1	5:57/M
2 Chris McAvoy	Seaford DE	39	22	27:06.3	27:07.0	8:45/M
3 Daniel Pennington	Milford DE	39	46	42:52.3	42:53.0	13:50/M

### Male 40 to 49

Plc Name	City	Age	O'all	Chip	Gun	Pace
1 Greg Massey	Felton DE	49	8	23:11.3	23:13.5	7:29/M
2 Rob Ridgeway	Camden Wyoming DE	42	11	24:02.5	24:04.7	7:46/M
3 Scott Hamilton	Milton DE	48	24	27:47.2	27:49.9	8:58/M
4 Joseph Kim	Seaford DE	43	40	34:11.7	34:17.9	11:04/M
5 Francisco Padilla	Seaford DE	48	41	34:34.2	34:38.5	11:10/M
6 Jacob Hudson	Laurel DE	41	53	56:22.9	56:26.4	18:12/M

### Male 50 to 59

Plc Name	City	Age	O'all	Chip	Gun	Pace
1 Todd Carmean	Bridgeville DE	56	9	23:30.9	23:31.6	7:35/M
2 Jeffrey Berger	Cherry Hill NJ	57	10	23:52.3	23:54.7	7:43/M
3 Kevin Mastaw	Seaford DE	55	13	24:28.5	24:32.7	7:55/M
4 Dean Swingle	Seaford DE	50	29	28:50.0	28:52.3	9:19/M
5 Douglas Potvin	Snow Hill MD	52	49	44:07.9	44:13.7	14:16/M

### Male 60 to 69

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Frank Whittngton	Middletown DE	68	14	24:34.8	24:35.5	7:56/M
2	Gene Smith	Federalsburg MD	62	15	25:08.6	25:11.2	8:07/M
3	The Defibrilator	Seaford DE	64	18	26:20.4	26:24.0	8:31/M
4	Alan Quillen	Seaford DE	64	19	26:41.5	26:48.0	8:39/M
5	Jim Marvin	Laurel DE	68	42	35:40.4	35:45.2	11:32/M

### Male 70 and Over

Plc	Name	City	Age	O'all	Chip	Gun	Pace
1	Woody Disharoon	Laurel DE	70	21	26:58.5	27:05.7	8:44/M
2	Phil Perry	Friendsville MD	73	25	27:54.8	28:01.3	9:02/M
3	Ron Russell	Seaford DE	70	33	30:31.8	30:41.2	9:54/M
4	Charles Matthews	Camden Wyoming DE	71	50	46:03.2	46:10.8	14:54/M