

# Heart and Sole 5K Run/Walk

Presented by The Trinity Foundation

Benefits The Nanticoke Memorial Hospital Heart Fund

Saturday, August 29, 2020 - Overcast - 84 Degrees

79 Total Registered Participants

A Trisports Events Production

## Overall Finish List

### 5K RUN

PLC	Name	City	Bib	Age	Age PLC	Chip	Gun	Pace
1	Tyler Blandin	Dover DE	205	16	1:Open	17:39.9	17:39.9	5:42/M
2	Seth Flaharty	Wyoming DE	252	16	1:M 15-19	18:10.0	18:10.0	5:52/M
3	David Berger	Cherry Hill NJ	203	30	1:M 30-39	18:11.3	18:11.3	5:52/M
4	Andrew Berger	Cherry Hill NJ	202	28	1:M 20-29	18:11.5	18:11.5	5:52/M
5	Conor Craig	Magnolia DE	99	16	2:M 15-19	18:18.8	18:18.8	5:54/M
6	Steven Eshelman	Millsboro DE	258	27	2:M 20-29	18:24.8	18:24.8	5:56/M
7	Matt Sparacino	Harrington DE	246	42	1:Masters	19:02.5	19:02.5	6:09/M
8	Patrick Craig	Magnolia DE	93	14	1:M 11-14	21:29.0	21:29.0	6:56/M
9	Gregory Smith	Bear DE	244	45	1:M 40-49	22:29.9	22:29.9	7:15/M
10	Greg Massey	Felton DE	72	50	1:M 50-59	22:45.7	22:45.7	7:21/M
11	Manny Maisonet	Wilmington DE	227	9	1:M 1-10	23:26.4	23:26.4	7:34/M
12	Chase Kouts	Laurel DE	224	27	3:M 20-29	24:24.1	24:24.1	7:52/M
13	Jeffrey Berger	Cherry Hill NJ	204	58	2:M 50-59	25:27.6	25:27.6	8:13/M
14	Joanne Senft	Mount Wolf PA	242	50	1:Open	25:47.5	25:47.5	8:19/M
15	Duane Christy	Havre De Grace MD	208	57	3:M 50-59	26:33.3	26:33.3	8:34/M
16	Jakob Keglovits	Seaford DE	221	14	2:M 11-14	26:51.8	27:43.0	8:56/M
17	Alan Quillen	Seaford DE	239	65	1:M 60-69	26:52.8	26:52.8	8:40/M
18	Tricia Massey	Felton DE	86	47	1:Masters	26:56.6	26:56.6	8:42/M
19	Woody Disharoon	Laurel DE	211	71	1:M 70-99	27:03.8	27:03.8	8:44/M
20	Joanne Hastings	Harrington DE	92	42	1:F 40-49	27:09.5	27:09.5	8:46/M
21	Jadian Garica	Wilmington DE	215	12	3:M 11-14	27:12.8	27:12.8	8:47/M
22	Joe Gannon	Harrington DE	255	68	2:M 60-69	27:44.6	27:44.6	8:57/M
23	Frank Cusmano	Seaford DE	257	65	3:M 60-69	28:09.1	28:09.1	9:05/M
24	Rose Ann Smith	Bear DE	245	56	1:F 50-59	28:16.0	29:07.5	9:24/M
25	Troy Senft	Mount Wolf PA	243	63	4:M 60-69	28:43.4	28:43.4	9:16/M
26	Jackson Massey	Felton DE	81	16	3:M 15-19	29:04.7	29:04.7	9:23/M
27	Shelly Bloom	Felton DE	254	46	2:F 40-49	29:23.4	29:23.4	9:29/M
28	Megan Keglovits	Seaford DE	222	43	3:F 40-49	29:33.1	30:24.2	9:48/M
29	Ronald Purnell	Crisfield MD	238	63	5:M 60-69	32:05.5	32:56.0	10:37/M
30	Joseph Kim	Seaford DE	223	44	2:M 40-49	33:37.1	34:28.7	11:07/M
31	Sophia Ruffcorn	Seaford DE	259	8	1:F 1-10	36:28.6	37:27.1	12:05/M
32	Lisa Kane	Dover DE	253	56	2:F 50-59	36:38.4	37:34.1	12:07/M
33	Lincoln Proctor	Seaford DE	237	7	2:M 1-10	36:46.3	37:38.4	12:09/M
34	Sarah Ruffcorn	Seaford DE	261	39	1:F 30-39	36:46.4	37:45.6	12:11/M
35	Jackson Proctor	Seaford DE	235	10	3:M 1-10	36:52.1	37:43.9	12:10/M
36	Molly Breeding	Harrington DE	207	59	3:F 50-59	36:54.7	37:50.3	12:12/M
37	Larry Price	Middletown DE	91	77	2:M 70-99	37:16.2	38:08.7	12:18/M
38	Hayley Dobson	Seaford DE	212	39	2:F 30-39	37:31.8	38:28.4	12:25/M
39	Karen Dunn	Salisbury MD	213	43	4:F 40-49	38:01.0	38:54.3	12:33/M

40	Madeline Ruffcorn		260	10	2:F 1-10	41:25.9	42:25.2	13:41/M
41	Karilyn Off-Harman	Delmar MD	256	66	1:F 60-99	44:07.9	44:59.2	14:31/M
42	Sara Potvin	Snow Hill MD	233	53	4:F 50-59	44:21.9	45:22.3	14:38/M
43	Douglas Potvin	Snow Hill MD	232	53	4:M 50-59	44:22.4	45:22.9	14:38/M
44	Charles Matthews	Camden Wyoming DE	228	72	3:M 70-99	45:21.9	46:14.4	14:55/M
45	Margaret Pisano	Dover DE	172	43	5:F 40-49	47:14.0	48:11.9	15:33/M
46	Diana Woodward	Harrington DE	249	63	2:F 60-99	49:40.1	50:47.5	16:23/M
47	Amy Proctor	Seaford DE	234	39	3:F 30-39	49:56.4	49:56.4	16:07/M

### 5K WALK

PLC Name	City	Bib	Age	Age PLC	Chip	Gun	Pace	
1	Don Zalenski	Magnolia DE	251	74	1:M 1-99	37:20.3	38:15.4	12:20/M
2	Luis Maisonet	Wilmington DE	226	55	2:M 1-99	38:59.4	39:54.6	12:52/M
3	Chow Hoong	Felton DE	220	60	3:M 1-99	39:45.9	40:45.2	13:09/M
4	Tom Molin	Townsend DE	229	68	4:M 1-99	40:28.5	41:21.9	13:21/M
5	Alan Firlein	Rock Hall MD	214	81	5:M 1-99	40:43.0	41:47.3	13:29/M
6	Keith Harrington	Salisbury MD	216	52	6:M 1-99	47:26.3	48:36.9	15:41/M
7	Melissa Lehner	Whaleyville MD	225	52	1:F 1-99	47:31.7	48:37.0	15:41/M
8	Donna Angell	Seaford DE	995	73	2:F 1-99	51:06.1	52:03.8	16:48/M
9	Patty MacArthur	Seaford DE	994	65	3:F 1-99	51:06.5	52:04.1	16:48/M
10	Sharon Harrington	Salisbury MD	217	53	4:F 1-99	51:16.2	51:16.2	16:32/M
11	Kristin Deno	Federalsburg MD	209	36	5:F 1-99	51:34.6	52:37.1	16:58/M
12	Ron Deno	Federalsburg MD	210	34	7:M 1-99	51:34.7	52:37.5	16:59/M
13	Suzanne Abbate	Greenwood DE	100	45	6:F 1-99	54:34.0	55:36.1	17:56/M
14	Lori Perdue	Seaford DE	230	52	7:F 1-99	54:34.2	55:36.3	17:56/M
15	Terry Woodward	Harrington DE	250	64	8:M 1-99	57:37.8	58:42.9	18:56/M

### Age Group Results

#### Female Open Champions

PLC Name	City	Age	O'All	Chip	Gun	Pace
1	Joanne Senft	Mount Wolf PA	50	1	25:47.5	25:47.5 8:19/M

#### Female Masters Champions

PLC Name	City	Age	O'All	Chip	Gun	Pace
1	Tricia Massey	Felton DE	47	2	26:56.6	26:56.6 8:42/M

#### Female 10 and Under

PLC Name	City	Age	O'All	Chip	Gun	Pace
1	Sophia Ruffcorn	Seaford DE	8	7	36:28.6	37:27.1 12:05/M
2	Madeline Ruffcorn		10	13	41:25.9	42:25.2 13:41/M

#### Female 30 to 39

PLC Name	City	Age	O'All	Chip	Gun	Pace
1	Sarah Ruffcorn	Seaford DE	39	9	36:46.4	37:45.6 12:11/M
2	Hayley Dobson	Seaford DE	39	11	37:31.8	38:28.4 12:25/M
3	Amy Proctor	Seaford DE	39	18	49:56.4	49:56.4 16:07/M

Female 40 to 49

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Joanne Hastings	Harrington DE	42	3 27:09.5	27:09.5	8:46/M
2 Shelly Bloom	Felton DE	46	5 29:23.4	29:23.4	9:29/M
3 Megan Keglovits	Seaford DE	43	6 29:33.1	30:24.2	9:48/M
4 Karen Dunn	Salisbury MD	43	12 38:01.0	38:54.3	12:33/M
5 Margaret Pisano	Dover DE	43	16 47:14.0	48:11.9	15:33/M

Female 50 to 59

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Rose Ann Smith	Bear DE	56	4 28:16.0	29:07.5	9:24/M
2 Lisa Kane	Dover DE	56	8 36:38.4	37:34.1	12:07/M
3 Molly Breeding	Harrington DE	59	10 36:54.7	37:50.3	12:12/M
4 Sara Potvin	Snow Hill MD	53	15 44:21.9	45:22.3	14:38/M

Female 60 and Over

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Karilyn Off-Harman	Delmar MD	66	14 44:07.9	44:59.2	14:31/M
2 Diana Woodward	Harrington DE	63	17 49:40.1	50:47.5	16:23/M

Male Open Champions

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Tyler Blandin	Dover DE	16	1 17:39.9	17:39.9	5:42/M

Male Masters Champions

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Matt Sparacino	Harrington DE	42	7 19:02.5	19:02.5	6:09/M

Male 10 and Under

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Manny Maisonet	Wilmington DE	9	11 23:26.4	23:26.4	7:34/M
2 Lincoln Proctor	Seaford DE	7	25 36:46.3	37:38.4	12:09/M
3 Jackson Proctor	Seaford DE	10	26 36:52.1	37:43.9	12:10/M

Male 11 to 14

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Patrick Craig	Magnolia DE	14	8 21:29.0	21:29.0	6:56/M
2 Jakob Keglovits	Seaford DE	14	15 26:51.8	27:43.0	8:56/M
3 Jadian Garica	Wilmington DE	12	18 27:12.8	27:12.8	8:47/M

Male 15 to 19

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Seth Flaharty	Wyoming DE	16	2 18:10.0	18:10.0	5:52/M
2 Conor Craig	Magnolia DE	16	5 18:18.8	18:18.8	5:54/M

3	Jackson Massey	Felton DE	16	22	29:04.7	29:04.7	9:23/M
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Male 20 to 29

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Andrew Berger	Cherry Hill NJ	28	4 18:11.5	18:11.5	5:52/M
2 Steven Eshelman	Millsboro DE	27	6 18:24.8	18:24.8	5:56/M
3 Chase Kouts	Laurel DE	27	12 24:24.1	24:24.1	7:52/M

Male 30 to 39

PLC Name	City	Age	O'All Chip	Gun	Pace
1 David Berger	Cherry Hill NJ	30	3 18:11.3	18:11.3	5:52/M

Male 40 to 49

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Gregory Smith	Bear DE	45	9 22:29.9	22:29.9	7:15/M
2 Joseph Kim	Seaford DE	44	24 33:37.1	34:28.7	11:07/M

Male 50 to 59

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Greg Massey	Felton DE	50	10 22:45.7	22:45.7	7:21/M
2 Jeffrey Berger	Cherry Hill NJ	58	13 25:27.6	25:27.6	8:13/M
3 Duane Christy	Havre De Grace MD	57	14 26:33.3	26:33.3	8:34/M
4 Douglas Potvin	Snow Hill MD	53	28 44:22.4	45:22.9	14:38/M

Male 60 to 69

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Alan Quillen	Seaford DE	65	16 26:52.8	26:52.8	8:40/M
2 Joe Gannon	Harrington DE	68	19 27:44.6	27:44.6	8:57/M
3 Frank Cusmano	Seaford DE	65	20 28:09.1	28:09.1	9:05/M
4 Troy Senft	Mount Wolf PA	63	21 28:43.4	28:43.4	9:16/M
5 Ronald Purnell	Crisfield MD	63	23 32:05.5	32:56.0	10:37/M

Male 70 and Over

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Woody Disharoon	Laurel DE	71	17 27:03.8	27:03.8	8:44/M
2 Larry Price	Middletown DE	77	27 37:16.2	38:08.7	12:18/M
3 Charles Matthews	Camden Wyoming DE	72	29 45:21.9	46:14.4	14:55/M