

Heart and Sole 5K Run/Walk
Benefits: The Family of Willy Rojas
Trinty Foundation, Seaford
Saturday, May 21, 2022 - Sunny - 85 Degrees
Trisports Events Production

5K Run

PLC	Name	City	Bib No	Age	Age PLC	Chip	Gun
1	Steven Maupin	Salisbury MD	1996	27	1:Open	19:27.4	19:27.7
2	Mardiny Ung	Elizabethtown PA	2048	55	1:Open	23:26.8	23:28.2
3	Chris Moosey	Harrisburg PA	2001	66	1:Masters	23:29.9	23:32.9
4	Kelsey Oliphant	Laurel DE	2014	30	1:F 30-39	23:34.0	23:39.8
5	Duane Christy	Havre De Grace MD	1948	58	1:M 50-59	23:37.9	23:38.2
6	Arthur Betts	Bremerton WA	2113	34	1:M 30-39	24:13.5	24:23.2
7	Greg Massey	Felton DE	1915	52	2:M 50-59	24:46.7	24:48.5
8	Alexis Oliphant	Laurel DE	2013	30	2:F 30-39	24:51.7	24:57.7
9	Myron Comstock	Salisbury MD	1949	36	2:M 30-39	25:00.2	25:02.4
10	Dan Korenyi	Millsboro DE	1983	32	3:M 30-39	25:13.4	25:20.6
11	Kylee Korenyi	Millsboro DE	1984	29	1:F 20-29	25:15.1	25:21.6
12	Jill Fischer-Politz	Pacific Palisades CA	1964	60	1:Masters	25:53.2	25:56.3
13	Jackson Massey	Felton DE	2085	18	1:M 15-19	26:22.2	26:22.5
14	Frank Whittington	Middletown DE	2051	71	1:M 70-99	27:21.6	27:24.8
15	Michael Mitchell	Lewes DE	1998	67	1:M 60-69	28:12.2	28:16.7
16	Patricia Metts	Camden Wyoming DE	1997	53	1:F 50-59	28:23.4	28:30.5
17	Bill Brockenbrough	Clayton DE	2101	63	2:M 60-69	28:44.2	28:49.3
18	Matthew Malinger	Delmar DE	1992	30	4:M 30-39	29:10.7	29:14.7
19	Tricia Massey	Felton DE	1911	49	1:F 40-49	29:29.3	29:30.7
20	James Rhatigan	Millsboro DE	2024	74	2:M 70-99	29:46.8	29:52.9
21	Jog O Saurus	Seaford DE	2102	67	3:M 60-69	31:01.5	31:09.5
22	Sophia Ruffcorn	Lewes DE	2039	10	1:F 1-10	31:09.7	31:24.0
23	Tommy Munro	Seaford DE	2008	33	5:M 30-39	31:58.1	32:06.4
24	Yohan Rodriguez	Dover DE	2029	10	1:M 1-10	31:58.1	32:00.9
25	Joseph Kim	Seaford DE	1980	46	1:M 40-49	32:06.2	32:16.2
26	Chase Kouts	Laurel DE	1985	29	1:M 20-29	32:52.7	32:57.7
27	Emil Salazar	Dover DE	2040	11	1:M 11-14	33:07.5	33:10.1
28	Kathy Tucker	Bethel DE	2047	61	1:F 60-69	36:08.9	36:18.3
29	Don Zalenski	Magnolia DE	2052	76	3:M 70-99	36:25.0	36:28.9
30	Madeleine Ruffcorn	Lewes DE	2037	12	1:F 11-14	37:34.1	37:49.2
31	Robin Hudson	Laurel DE	2103	43	2:F 40-49	38:31.7	38:39.4
32	Heather Malinger	Delmar DE	1991	35	3:F 30-39	40:01.6	40:07.0
33	Martha Mitchem	Bel Air MD	1999	60	2:F 60-69	40:48.5	40:56.4
34	Sarah Ruffcorn	Seaford DE	2038	41	3:F 40-49	41:29.2	41:44.6
35	Michael Dobson	Seaford DE	1954	46	2:M 40-49	41:41.9	41:55.3
36	Douglas Potvin	Snow Hill MD	2020	55	3:M 50-59	42:28.8	42:39.3
37	Alexis Helms	Salisbury MD	1974	30	4:F 30-39	45:41.1	45:49.8
38	Maddox Dobson	Seaford DE	1953	8	2:M 1-10	48:20.3	48:28.5
39	Tatym Dobson	Seaford DE	1955	4	2:F 1-10	48:27.9	48:46.1
40	Sara Potvin	Snow Hill MD	2021	55	2:F 50-59	49:32.5	49:43.0
41	Charles Matthews	Camden Wyoming DE	1994	74	4:M 70-99	51:36.2	51:42.1
42	Ethan Rojas	Millsboro DE	2031	9	3:M 1-10	52:00.8	55:12.2
43	Abriana Bivens	Laurel DE	2090	8	3:F 1-10	52:13.7	52:28.1

44	Angela Bivens	Laurel DE	1922	38	5:F 30-39	52:16.4	52:30.9
45	Mathew Rodriguez	Millsboro DE	2028	8	4:M 1-10	57:06.4	57:16.9
46	Chase Harp	Seaford DE	1971	9	5:M 1-10	57:19.7	57:29.4
47	Joel Podlaseck	Seaford DE	2017	35	6:M 30-39	58:51.9	59:07.8
48	Oliver Podlaseck	Seaford DE	2019	8	6:M 1-10	58:53.0	59:07.6
49	Milo Podlaseck	Seaford DE	2018	6	7:M 1-10	59:05.7	59:25.2
50	Elizabeth Podlaseck	Seaford DE	2016	34	6:F 30-39	59:07.5	59:26.1
51	Joseph Perdomo	Greenwood DE	2104	7	8:M 1-10	59:44.8	1:00:13.1
52	Steven Smack	Frederica DE	2109	45	3:M 40-49	1:00:30.0	1:00:46.3

5K WALK

PLC	Name	City	Bib No	Age	Age PLC	Chip	Gun
1	Alan Firlein	Rock Hall MD	1963	83	1:M 1-99	43:31.2	43:36.6
2	Melania Moore	Seaford DE	2000	41	1:F 1-99	45:37.2	45:43.9
3	Carol Beth Lambert	Seaford DE	1986	69	2:F 1-99	46:36.8	46:42.5
4	Bill Hinz	Seaford DE	1975	79	2:M 1-99	46:42.0	47:08.8
5	Hayley Dobson	Seaford DE	1952	41	3:F 1-99	48:27.7	48:46.3
6	Brenda Johnson	Seaford DE	2077	71	4:F 1-99	48:40.8	48:51.7
7	Eric Cheek	Dover DE	1947	63	3:M 1-99	50:14.1	55:20.1
8	Willy Rojas	Millsboro DE	2033	36	4:M 1-99	52:25.1	1:00:46.0
9	Sherry Ricci	Frankford DE	2097	54	5:F 1-99	52:54.4	53:05.5
10	Maichael Blumenthal	Millsboro DE	1943	54	5:M 1-99	53:13.8	53:21.5
11	Rita Blumenthal	Millsboro DE	1944	52	6:F 1-99	53:14.1	53:21.8
12	Jose Cruz	Miami Beach FL	2114	40	6:M 1-99	53:29.0	1:01:03.9
13	Kenedy Moya	Seaford DE	2007	61	7:F 1-99	54:01.6	57:12.8
14	Jetta Knox	Greenwood DE	2112	15	8:F 1-99	54:26.8	54:26.8
15	Avely Barrera-Mota	Dagsboro DE	1937	27	9:F 1-99	55:42.4	56:05.3
16	Susan Bennett	Seaford DE	1938	65	10:F 1-99	55:43.8	56:03.9
17	Jennifer Scott	Seaford DE	2042	38	11:F 1-99	55:57.8	56:04.7
18	Yasiris Jumani	Summit NJ	1978	42	12:F 1-99	56:38.6	1:01:49.0
19	Zayn Jumani	Summit NJ	1979	4	7:M 1-99	56:38.8	1:01:48.6
20	Fritzy Rodriguez	Seaford DE	2093	33	13:F 1-99	56:48.8	57:13.0
21	Rosalynd Alam Rodriguez	Dover DE	1936	41	14:F 1-99	56:51.5	57:13.4
22	Radhames Rodriguez	Seaford DE	2094	69	8:M 1-99	56:52.2	57:13.2
23	Raylene Gonzalez	Millsboro DE	1969	16	15:F 1-99	56:57.9	57:04.7
24	Veronica Chavez	Millsboro DE	1946	47	16:F 1-99	57:06.0	57:15.8
25	Melari Binet	Seaford DE	1941	23	17:F 1-99	57:07.1	57:25.8
26	Jenna Carpenter	Chestertown MD	2110	27	18:F 1-99	57:09.2	57:25.4
27	Brad Harp	Seaford DE	1970	39	9:M 1-99	57:21.5	57:30.2
28	Robert Stock	Camden Wyoming DE	2044	27	10:M 1-99	57:21.7	57:45.0
29	Cristina Sanchez	Laurel DE	2041	30	19:F 1-99	57:22.4	57:30.4
30	Samantha Minnick	Georgetown DE	2079	30	20:F 1-99	57:22.4	57:29.6
31	Victoria Zuniga	Laurel DE	2053	8	21:F 1-99	57:22.5	57:28.2
32	Layla Minnick	Georgetown DE	2081	9	22:F 1-99	57:22.9	57:28.6
33	Sadie Harp	Seaford DE	1973	8	23:F 1-99	57:23.1	57:28.3
34	Kristin Deno	Federalsburg MD	1950	38	24:F 1-99	57:32.2	57:44.6
35	Francisco Moya	Seaford DE	2004	61	11:M 1-99	59:02.3	59:28.2
36	Dawson Lankford	Seaford DE	2099	2	12:M 1-99	59:09.9	59:30.6
37	Steve Lankford	Seaford DE	2105	36	13:M 1-99	59:10.3	59:30.9
38	Dekian Lankford	Seaford DE	2106	7	14:M 1-99	59:10.6	59:31.2
39	Emberly Lankford	Seaford DE	2100	4	25:F 1-99	59:10.7	59:31.8
40	Jessica Lankford	Seaford DE	2107	35	26:F 1-99	59:11.1	59:32.1

41	Melquisedec Binet	Seaford DE	1942	49	15:M	1-99	59:28.6	59:47.5
42	Breanna Bly	Seaford DE	2111	39	27:F	1-99	59:33.5	59:47.3
43	Brandon Knox	Greenwood DE	1981	31	16:M	1-99	59:33.8	59:47.7
44	Nancy Vivar	Seaford DE	2049	27	28:F	1-99	59:55.0	1:00:23.0
45	Raymond Estevez	Bronx NY	1959	12	17:M	1-99	1:00:25.7	1:07:32.4
46	Ariana Jones	Laurel DE	2078	14	29:F	1-99	1:01:05.5	1:01:29.8
47	Dwayne Bivens	Laurel DE	2076	38	18:M	1-99	1:01:06.2	1:01:29.4
48	Harold Stafford	Camden DE	2098	74	19:M	1-99	1:01:14.4	1:01:40.1
49	Takia Lewis	Georgetown DE	1987	32	30:F	1-99	1:01:15.8	1:01:39.1
50	Ilan Jumani	Summit NJ	1976	10	20:M	1-99	1:01:18.1	1:06:25.9
51	Katalina Moya	Douglasville PA	2006	10	31:F	1-99	1:01:19.1	1:06:26.3
52	Raymond Estevez	Bronx NY	1960	33	21:M	1-99	1:01:21.2	1:08:26.2
53	Raymil Estevez	Bronx NY	1958	7	22:M	1-99	1:01:21.5	1:08:27.3
54	Rosa Reynoss	Laurel DE	1921	51	32:F	1-99	1:01:26.7	1:01:51.5
55	Frine Rodriguez	Seaford DE	2095	59	23:M	1-99	1:01:27.8	1:01:51.2
56	Ryan Ha	Seaford DE	2116	7	24:M	1-99	1:01:49.0	1:10:15.4
57	Aiden Ha	Seaford DE	2115	10	25:M	1-99	1:01:55.6	1:10:18.4
58	Ian Rojas	Millsboro DE	2032	10	26:M	1-99	1:02:25.4	1:07:32.1
59	Arnaldo Moya	Douglasville PA	2003	38	27:M	1-99	1:02:39.0	1:07:43.9
60	Allison Estrella	Virginia Beach VA	1961	11	33:F	1-99	1:02:51.2	1:03:13.8
61	Mindy Pérez- Estrella	Virginia Beach VA	2015	32	34:F	1-99	1:02:51.6	1:03:14.2
62	Johnny Estrella	Virginia Beach VA	1962	31	28:M	1-99	1:02:51.9	1:03:13.9
63	Jonathan Lora	Norristown PA	1990	36	29:M	1-99	1:02:55.9	1:08:01.6
64	Jonathan Lora	Norristown PA	1989	5	30:M	1-99	1:02:59.5	1:08:05.0
65	Jamal Jumani	Summit NJ	1977	44	31:M	1-99	1:03:00.6	1:08:11.5
66	Annalise Lloyd	Bridgeville DE	1988	9	35:F	1-99	1:03:11.3	1:03:24.0
67	Christine Morris	Bridgeville DE	2002	31	36:F	1-99	1:03:12.0	1:03:24.7
68	Amiyah Dillion	Harbeson DE	2092	9	37:F	1-99	1:03:19.9	1:03:25.1
69	Felix Nunez	Harrisburg PA	1914	30	32:M	1-99	1:04:44.8	1:05:21.4
70	Eileen Perez	Harrisburg PA	1904	31	38:F	1-99	1:04:45.3	1:05:20.2
71	Jeffrey Moya	Seaford DE	2005	34	33:M	1-99	1:04:59.6	1:05:30.3
72	Graham West	Seaford DE	2050	34	34:M	1-99	1:05:02.4	1:05:33.1
73	Christy Magid	Newark DE	2096	43	39:F	1-99	1:05:03.0	1:05:33.3
74	Elly Ogando	New York NY	2091	53	40:F	1-99	1:07:19.0	1:07:46.1
75	Daysi Bautista	Seaford DE	2080	70	41:F	1-99	1:07:21.5	1:07:46.8
76	Dustin Obier	Seaford DE	2010	34	35:M	1-99	1:09:11.7	1:09:30.1
77	Megan Obier	Seaford DE	2012	33	42:F	1-99	1:09:12.0	1:09:29.8
78	Teri O'Bier	Seaford DE	2009	59	43:F	1-99	1:09:12.3	1:09:30.1
79	Isgeli Chavez	Norfolk VA	1945	32	44:F	1-99	1:09:40.6	1:17:14.2
80	Areliez Estevez	Bronx NY	1957	44	45:F	1-99	1:10:08.2	1:17:14.5
81	Jeanne Harp	Seaford DE	1972	48	46:F	1-99	1:10:22.9	1:10:32.2
82	Jessica Dillon	Harbeson DE	2082	30	47:F	1-99	1:10:23.8	1:10:30.5
83	Chelsea Knox	Greenwood DE	1982	32	48:F	1-99	1:16:54.7	1:17:08.2

Age Group Results

Female Open Champion

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Mardiny Ung	Elizabethtown PA	55	1 23:26.8	23:28.2	7:34/M

Female Masters Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Jill Fischer-Politz	Pacific Palisades CA	60	5 25:53.2	25:56.3	8:21/M

Female 10 and Under

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Sophia Ruffcorn	Lewes DE	10	8 31:09.7	31:24.0	10:03/M
2 Tatym Dobson	Seaford DE	4	16 48:27.9	48:46.1	15:38/M
3 Abriana Bivens	Laurel DE	8	18 52:13.7	52:28.1	16:51/M

Female 11 to 14

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Madeleine Ruffcorn	Lewes DE	12	10 37:34.1	37:49.2	12:07/M

Female 20 to 29

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Kylee Korenyi	Millsboro DE	29	4 25:15.1	25:21.6	8:09/M

Female 30 to 39

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Kelsey Oliphant	Laurel DE	30	2 23:34.0	23:39.8	7:36/M
2 Alexis Oliphant	Laurel DE	30	3 24:51.7	24:57.7	8:01/M
3 Heather Malinger	Delmar DE	35	12 40:01.6	40:07.0	12:55/M
4 Alexis Helms	Salisbury MD	30	15 45:41.1	45:49.8	14:44/M
5 Angela Bivens	Laurel DE	38	19 52:16.4	52:30.9	16:52/M
6 Elizabeth Podlaseck	Seaford DE	34	20 59:07.5	59:26.1	19:04/M

Female 40 to 49

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Tricia Massey	Felton DE	49	7 29:29.3	29:30.7	9:31/M
2 Robin Hudson	Laurel DE	43	11 38:31.7	38:39.4	12:26/M
3 Sarah Ruffcorn	Seaford DE	41	14 41:29.2	41:44.6	13:23/M

Female 50 to 59

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Patricia Metts	Camden Wyoming DE	53	6 28:23.4	28:30.5	9:10/M
2 Sara Potvin	Snow Hill MD	55	17 49:32.5	49:43.0	15:59/M

Female 60 to 69

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Kathy Tucker	Bethel DE	61	9 36:08.9	36:18.3	11:40/M
2 Martha Mitchem	Bel Air MD	60	13 40:48.5	40:56.4	13:10/M

Male Open Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Steven Maupin	Salisbury MD	27	1 19:27.4	19:27.7	6:17/M

Male Masters Champion

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Chris Moosey	Harrisburg PA	66	2 23:29.9	23:32.9	7:35/M

Male 10 and Under

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Yohan Rodriguez	Dover DE	10	16 31:58.1	32:00.9	10:19/M
2 Maddox Dobson	Seaford DE	8	23 48:20.3	48:28.5	15:36/M
3 Ethan Rojas	Millsboro DE	9	25 52:00.8	55:12.2	16:47/M
4 Mathew Rodriguez	Millsboro DE	8	26 57:06.4	57:16.9	18:25/M
5 Chase Harp	Seaford DE	9	27 57:19.7	57:29.4	18:30/M
6 Oliver Podlaseck	Seaford DE	8	29 58:53.0	59:07.6	19:00/M
7 Milo Podlaseck	Seaford DE	6	30 59:05.7	59:25.2	19:04/M
8 Joseph Perdomo	Greenwood DE	7	31 59:44.8	1:00:13.1	19:16/M

Male 11 to 14

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Emil Salazar	Dover DE	11	19 33:07.5	33:10.1	10:41/M

Male 15 to 19

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Jackson Massey	Felton DE	18	8 26:22.2	26:22.5	8:30/M

Male 20 to 29

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Chase Kouts	Laurel DE	29	18 32:52.7	32:57.7	10:36/M

Male 30 to 39

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Arthur Betts	Bremerton WA	34	4 24:13.5	24:23.2	7:49/M
2 Myron Comstock	Salisbury MD	36	6 25:00.2	25:02.4	8:04/M
3 Dan Korenyi	Millsboro DE	32	7 25:13.4	25:20.6	8:08/M
4 Matthew Malinger	Delmar DE	30	12 29:10.7	29:14.7	9:25/M
5 Tommy Munro	Seaford DE	33	15 31:58.1	32:06.4	10:19/M
6 Joel Podlaseck	Seaford DE	35	28 58:51.9	59:07.8	18:59/M

Male 40 to 49

PLC Name	City	Age	O'All Chip	Gun	Pace
1 Joseph Kim	Seaford DE	46	17 32:06.2	32:16.2	10:21/M
2 Michael Dobson	Seaford DE	46	21 41:41.9	41:55.3	13:27/M
3 Steven Smack	Frederica DE	45	32 1:00:30.0	1:00:46.3	19:31/M

Male 50 to 59

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Duane Christy	Havre De Grace MD	58	3 23:37.9	23:38.2	7:37/M
2	Greg Massey	Felton DE	52	5 24:46.7	24:48.5	8:00/M
3	Douglas Potvin	Snow Hill MD	55	22 42:28.8	42:39.3	13:42/M

Male 60 to 69

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Michael Mitchell	Lewes DE	67	10 28:12.2	28:16.7	9:06/M
2	Bill Brockenbrough	Clayton DE	63	11 28:44.2	28:49.3	9:16/M
3	Jog O Saurus	Seaford DE	67	14 31:01.5	31:09.5	10:01/M

Male 70 and Over

PLC	Name	City	Age	O'All Chip	Gun	Pace
1	Frank Whittington	Middletown DE	71	9 27:21.6	27:24.8	8:50/M
2	James Rhatigan	Millsboro DE	74	13 29:46.8	29:52.9	9:36/M
3	Don Zalenski	Magnolia DE	76	20 36:25.0	36:28.9	11:45/M
4	Charles Matthews	Camden Wyoming DE	74	24 51:36.2	51:42.1	16:39/M