

Results by Age Groups of 2nd Annual Hearts for Heroes 5K					
Waldensian Trail of Faith					
Saturday, May 29, 2010					

Male Overall					
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Place	Name	Cite/State	Bib#	Age	Time
1	Josh Baker	Valdese, NC, NC	111	29	16:53
2	Mike Lawson	Claremont, NC	88	39	17:56
3	Carlos Perez	Lincolnton, NC, NC	116	17	17:57

Male Age 1-10					
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1	Alex Morrison	Valdese, NC	57	9	25:08
2	Parker Smith	Valdese, NC	74	9	25:10
3	Aaron Morrison	Valdese, NC	56	9	26:18
4	Tanner Melton	Valdese, NC	90	10	26:41
5	Will Copeland	Morganton, NC	126	10	26:51
6	Ben Leonard	Morganton, NC	46	9	27:40
7	Tyler Ollis	Valdese, NC	58	8	35:46
8	Dillon Robinson	Rutherford College, NC	120	9	37:28
9	Carter Cooper	Valdese, NC	19	9	37:47
10	Micah Hershenson	Hickory, NC	39	8	38:58
11	Will Viggers	Valdese, NC	127	10	39:34

Male Age 11-14					
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1	Logan Minton	Granite Falls, NC	105	14	20:07
2	Austen Winters	Morganton, NC	86	13	21:03
3	Ben Phillips	Valdese, NC	107	11	26:46
4	Alec Melton	Hickory, NC	52	13	28:28
5	Tanner Carswell	Valdese, NC	13	11	30:29

Male Age 15-19					
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1	Landon Minton	Granite Falls, NC	104	17	19:26
2	Chris Shade	Hickory, NC	73	17	19:38
3	Aaron Clayton	Valdese, NC	100	17	19:48
4	Travis Byers	Denver, NC	109	16	20:33
5	Anthony Hughes	Thomasville, NC	129	15	21:02
6	Austin Helms	Valdese, NC	35	15	22:18
7	Jalin Leatherman	Vale, NC	131	15	23:30
8	Charles Black	Valdese, NC	113	18	25:05
9	Anthony Petrone	Hudson, NC, NC	119	17	27:38

Male Age 20-24					
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1	Brad McKee	Kings Mountain, NC	97	22	18:51
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2	Justin Haney	Columbus, GA	108	22	23:09
3	Sean Clarke	Connelly Springs, NC	16	23	24:57
4	David Nash	Maiden, NC	103	23	25:59

Male Age 25-29

1	Kevin Holder	Morganton, NC	112	29	20:33
2	Paul Gee	Hickory, NC	29	28	24:56
3	Jeff Pruett	Hickory, NC	66	27	29:48
4	Brandon Justice	Ft. Walton Beach, FL	43	27	30:29
5	William Underwood	Newton, NC	79	28	30:31
6	Alexandro Mejia Uribe	Hickory, NC	80	27	31:10
7	Darrell Griggs	Harrisburg, SD	31	25	34:22
8	Jonathan Dameron	Valdese, NC	22	29	39:46

Male Age 30-34

1	Dwight Winters	Morganton, NC	85	33	19:54
2	Richard Steer	Lenoir, NC	76	32	23:31
3	Bradley Robson	Hickory, NC	115	33	26:03
4	Kenny Stephens	Icard, NC	118	30	27:42
5	Joseph Query	Hickory, NC	68	33	28:33

Male Age 35-39

Place	Name	Cite/State	Bib#	Age	Time
1	Jason Harris	Hickory, NC	130	36	20:53
2	Daniel Kypena	Morganton, NC	101	38	21:23
3	Rusty Saine	Crouse, NC	121	36	21:34
4	Scott Wilson	Granite Falls, NC	84	38	26:58
5	Alan Proffit	Lenoir, NC	125	39	27:03
6	Joe Aiello	Granite Falls, NC	1	35	32:24
7	Chris Chambliss	Morganton, NC	15	37	35:45
8	Hal Hershenson	Hickory, NC	38	39	39:01

Male Age 40-44

1	Mark Rostan	Valdese, NC	96	40	19:45
2	Kevin Houston	Granite Falls, NC	42	40	22:22
3	Jose Quiedo	Hickory, NC	59	44	24:00
4	Rodney Sprinkle	Taylorsville, NC	75	44	25:24
5	Derek Specht	Conover, NC	102	42	26:03
6	Shane Hamby	Hudson, NC	32	40	28:55

Male Age 45-49

1	Jeffrey Carson	Connelly Springs, NC	110	45	18:22
2	Richard Vance	Marion, NC	81	46	20:38
3	David Mitchell	Conover, NC	54	46	23:23

4	Jim Wachsmuth	Claremont	82	45	25:11
5	Steve Carder	Lenoir, NC	93	48	25:47
6	Mike Lowman	Hickory, NC	47	46	28:24
7	Todd Williams	Asheville, NC	132	46	28:32
8	Tony Daugherty	Troutman, NC	23	46	31:17
9	Leo Juarez	Lincolnton, NC	92	45	32:27
10	David Propst	Valdese, NC	64	47	34:56

Male Age 50-54

1	Zian Sistare	Spruce Pine	89	52	21:04
2	Ray Burris	Valdese, NC	11	50	21:12
3	Stanly Stewart	Catawba, NC	117	53	21:34
4	Bruce Caldwell	Conover, NC, NC	12	54	25:07
5	Andrew Cogdell	Morganton, NC	17	52	28:02
6	Rick Moore	Connelly Springs, NC	55	52	35:54

Male Age 55-59

1	Rodney Lee	Lenoir, NC	91	58	23:34
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Male Age 60-64

1	Frank Cooper	Morganton, NC	20	62	23:15
2	Tommy Dunn	Lenoir, NC	114	61	23:55
3	Mackie Johnson	Boone, NC	94	63	24:11

Male Age 65-69

Male Age 70-74

1	Richard Watson	Boone, NC, NC	95	71	25:04
2	Lester Copeland	Morganton, N n	21	70	29:38
3	Jim Cates	Morganton, NC	14	72	33:16
4	Walter Pharr	Glen Alpine, NC	62	73	36:09
5	Danny Seagle	Morganton, NC	70	71	38:13

Female Overall

1	Jessica Browning	Morganton, NC	9	15	23:55
2	Amy Alexander	Valdese, NC	2	34	24:33
3	Katie Gravel	Hickory, NC	30	27	26:10

Female Age 1-10

1	Rebekah Ewing	Valdese, NC	133	10	41:13
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Female Age 11-14

1	Geena See	Conover, NC	72	14	30:38
2	Caylay Wilson	Granite Falls, NC	83	12	31:20
3	Leslie Leonard	Morganton, NC	98	12	36:10

4	Teresa Alvaradejo	Morganton, NC	99	11	36:43
Female Age 15-19					
Place	Name	Cite/State	Bib#	Age	Time
1	Alexis Mitchell	Conover, NC	53	16	27:39
2	Maire Cogdell	Morganton, NC	18	15	28:02
3	Marianne Burris	Valdese, NC	10	16	29:13
4	Melissa Baker	Morganton, NC	6	18	29:36
5	Heather Copeland	Morganton, NC	122	15	29:49
6	Rebekah Brown	Icard, NC	8	18	30:31
7	Lizzie Hatcher	Morganton, NC	33	18	31:57
8	Morgan McCuen	Lenoir, NC	49	16	34:55
Female Age 20-24					
1	Mary Katherine Hatcher	Morganton, NC	34	20	26:43
2	Amanda Hensley	Marion, NC	36	20	29:18
3	Jess Archer	Harrisburg, SD	3	24	33:16
4	Erin Davis	Taylorsville, NC, NC	24	22	38:46
5	Emily Kerley	Taylorsville, NC, NC	44	22	38:55
6	Jessica Stephenson	Catawba, NC, NC	77	20	39:59
7	Megan Ulep	Gastonia, NC	78	21	40:01
Female Age 25-29					
1	Kristen Pike	Durham, NC	63	26	28:54
2	Amanda Pruet	Hickory, NC	65	26	29:38
3	Holly Hoover	Conover, NC	40	26	30:32
Female Age 30-34					
1	Kellie Batten	Claremont, NC	7	34	29:28
2	Crystal Olson	Hickory, NC	106	30	30:42
3	Angela Proffit	Lenoir, NC	124	33	32:40
4	Mary Fairchild	Hickory, NC	26	32	34:45
Female Age 35-39					
1	Dawn Hershenson	Hickory, NC	37	39	28:07
2	Dawn Leary	Conover, NC	45	37	28:42
3	Kelly Cain	Hickory, NC	123	38	32:36
4	Kristie Eller	Dallas, NC	25	39	38:24
Female Age 40-44					
1	Shirley Yancey	Valdese, NC	87	42	26:24
Female Age 45-49					
1	Elizabeth Parson	Connelly Springs, NC	60	48	26:10
2	Rebecca McCuen	Lenoir, NC	50	45	35:17
Female Age 50-54					

1	Nancy Thomas	Valdese, NC	128	51	32:24
2	Vickie Matthews	Vale, NC	48	51	41:55
Female Age 55-59					
1	Charlotte McMillan	Nebo, NC	51	58	32:38
Female Age 60-64					
1	Joyce Pharr	Glen Alpine, NC	61	64	29:24