

**Results of First Annual Hearts for Heroes 5K
Waldensian Trail of Faith
May 30, 2009**

Male

Overall

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib #</u>	<u>Age</u>	<u>Time</u>
1	Landon Minton	Granite Falls	58	16	18:46
2	Chance Sigmon	Valdese	62	17	19:38
3	Ray Burris	Valdese	5	49	21:34

Age 1-9

1	Luke Cline	Connelly Springs	13	8	31:43
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Age 10-14

1	Austin Helms	Valdese	20	14	25:46
2	David Shumaker	Granite Falls			28:42

Age 15-19

1	Aaron Clayton	Valdese	65	16	22:05
2	Tom Shumaker	Granite Falls	73	16	24:34
3	Brett Hilton	Lenoir	57	18	25:08
4	Josh Smith	Morganton	42	16	28:23

Age 20-24

1	Justin Harvey	Columbus	64	21	24:24
2	Antwan Frazier	Morganton	72	24	25:29

Age 25-29

Age 30-34

1	Joe Suiter	Valdese	54	34	23:27
2	Joseph Query	Hickory	37	32	28:17
3	Charles Burns	Hickory	4	33	30:45
4	Sean Good	Nebo	69	32	37:42

Age 35-39

1	Rusty Saine	Crouse	78	35	22:15
2	Mike Flicker	Hickory	23	39	23:47
3	Shane Hamby	Hudson	19	39	29:10
4	Mark Norris	Valdese	66	39	30:45

Age 40-44

1	Jim Clark	Morganton	9	40	24:59
2	Jim Wachsmuth	Claremont	48	44	25:13
3	Derek Specht	Conover	71	41	26:05
4	Jon Huffman	Connelly Springs	23	44	28:35
5	Tim Hewitt	Hickory	21	41	29:52
6	Kyle Smith	Morganton	44	40	35:37

Age 45-49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib #</u>	<u>Age</u>	<u>Time</u>
1	John Brittain	Connelly Springs	61	45	25:52
2	Todd Williams	Morganton	77	45	27:33
3	Dale Les	Valdese	24	49	28:22
4	Jeff Robinson	Morganton	39	46	29:17
<u>Age 50-54</u>					
1	Bruce Caldwell	Conover	7	53	26:04
2	Danny Turner	Connelly Springs	46	51	29:02
3	Michael Fox	Hickory	59	53	29:29
4	Rick Johnston	Morganton	63	51	31:36
<u>Age 55-59</u>					
1	Richard Hefner	Gastonia	73	57	22:07
2	Dale Clary	Taylorsville	10	57	29:34
3	Dan Willis	Morganton	52	56	34:43
<u>Age 60-64</u>					
1	Frank Cooper	Morganton	14	61	23:16
2	Will Cooper	Morganton	60	63	28:36
<u>Age 65-69</u>					
1	Lester Copeland	Morganton	15	69	28:45
<u>Age 70-74</u>					
1	Gene Chase	Granite Falls	8	72	24:39
2	Jim Cates	Morganton	6	71	30:23
3	Eberhard Will	Morganton	17	72	30:53
4	Walter Pharr	Glen Alpine	34	72	35:50

Female

<u>Overall</u>					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib #</u>	<u>Age</u>	<u>Time</u>
1	Amy Alexander	Morganton	1	33	24:57
2	Liz Price	Lenoir	35	49	25:43
3	Jessica Browning	Morganton	3	14	25:44
<u>Age 1-9</u>					
1	Hannah Bauer	Morganton	69	9	37:40
<u>Age 10-14</u>					
1	Morgan Malikowski	Hickory	30	10	29:32
<u>Age 15-19</u>					
1	Morgan McCuen	Lenoir	56	15	34:49
2	Rebecca Brown	Connelly Springs	2	17	36:29
<u>Age 20-24</u>					
1	Kathleen Engart	Hickory	18	24	27:50
2	Stella Turner	Connelly Springs	47	23	31:19
3	Tiffany Mayfield	Morganton	26	22	34:57
<u>Age 25-29</u>					
1	Laura Roberts	Morganton	80	25	29:11
<u>Age 30-34</u>					
<u>Age 35-39</u>					
1	Heather Wiatrek	Gaffney, SC	50	36	27:09
2	Dawn Hershensen	Hickory	68	38	28:15
3	Kelly Cain	Hickory	75	34	31:18
<u>Age 40-44</u>					
1	Kelle Huffman	Connelly Springs	22	43	28:34
2	Diana Cline	Connelly Springs	12	41	29:13
3	Rebecca McCuen	Lenoir	55	44	30:44
4	Catherine Lowry	Morganton	25	44	33:24
5	Leslie Malikowski	Hickory	29	42	34:55
6	Barbara Toronto	Morganton		43	36:45
<u>Age 45-49</u>					
1	Saundra Whitson	Hudson	51	48	26:11
2	Raylene Morrow	Burnsville	31	45	27:11
3	Gaye Watts	Hickory	49	46	32:13
4	Teresa Pruitt	Hickory	36	48	35:25
5	Annette Skidmore	Valdese	41	49	36:13
6	Carmon McGee	Hickory	27	47	38:14
<u>Age 50-54</u>					
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib #</u>	<u>Age</u>	<u>Time</u>

1	Kathy Smith	Morganton	43	51	26:39
2	Nancy Thomas	Valdese	45	50	31:01
3	Gale Clary	Taylorsville	11	51	31:35
<u>Age 55-59</u>					
1	Charlotte McMillan	Nebo	28	57	31:43
2	Linda Hefner	Gastonia	70	56	35:55
<u>Age 60-64</u>					
1	Joyce Pharr	Glen Alpine	33	63	30:04