



American Heart Association Press Release

Colley and Mamo win the 2018 Lawyers Have Heart 10K

Blistering speed at the 2018 Lawyers Have Heart 10K shatters men's and women's elite, open and masters event records.

(June 9, 2018, Washington, DC) – Saturday's 28th Annual Lawyers Have Heart 10K, 5K and Fun Walk to benefit the American Heart Association boasted a diverse running field made up of top elite athletes, as well as participants from all walks of life. Race morning conditions allowed for a fast pace on the route that began and ended at the Washington Harbour in Georgetown.

Andrew Colley hailing from Blowing Rock, North Carolina came out on top at the American Heart Association's Lawyers Have Heart 10K with a time of 28:44. Colley is one of the most decorated athletes in North Carolina State University's history. **Etagegn Woldu Mamo** of Ethiopia won the women's elite division 10K with a record time of 33:12. Mamo competes in middle and long-distance races and won Gold at the Junior Africa Championship in Athletics for the 5000m in 2015. The 10K elite division had their sights set on the existing event records, for the men, 29:51 and for the women, 34:32.

This year's USATF Certified 10K race also featured a new elite division with an international field made up of over 85 men and women. Athletes from Chad, Ethiopia and Kenya, along with incredible talent from the United States, took to the course to break records and win a share of the \$20,000 in prize money.

The 2018 winners are:

- Top Male 10K Elite Division: **Andrew Colley**, Bowling Rock, NC, 28:45
- Top Female 10K Elite Division: **Etagegn Woldu Mamo**, Ethiopia, 33:13
- Top Male Open Division: **Matt Deters**, Arlington, VA, 33:03
- Top Female Open Division: **Beth Conlon**, Montgomery Village, MD, 38:08
- Top Male Masters Division: **Mengistu Tabor Nesbi**, Washington D.C., 32:05
- Top Female Masters Division: **Jennifer Maranzano**, Washington D.C., 36:37
- Top Male 5K: **Gavin McElhennon**, Washington D.C., 16:35
- Top Female 5K: **Katie Schettig Raut**, Arlington, VA, 18:47
- Top Male Masters 5K: **John Nakahata**, Alexandria, VA, 18:16
- Top Female Masters 5K: **Joy Harrington**, Arlington, VA, 21:21

For the full list of runners and their times, visit:

www.athlinks.com/event/22894/results/Event/710665/Course/1161738/Results

For the breakdown of the prize money, visit: www.lawyershaveheartdc.org/prize-money

“The competition this morning was incredible to watch unfold,” said Emily Wang Murphy, 2018 LHH Co-Chair and Partner at Thompson Coburn LLP. “We had our biggest field yet with over 6,000 runners and walkers crossing the finish line. A huge thank you to all the participants and over 100 corporate sponsors from the legal community who, this year, helped us raise over \$1M in support of the mission of the American Heart Association.”

Runners had their sights set on the existing event records in each division. “Often called the premiere athletic philanthropic event, specifically led by the greater DC legal community, we hope this race continues to grow as a destination for runners and walkers all around the world,” said 2018 LHH Co-Chair Eric D. Reicin, VP, General Counsel and Corporate Secretary of MorganFranklin Consulting, LLC. “Lawyers Have Heart enables employees and friends to give back to the community while improving their personal health and building positive relationships. I am already looking forward to next year's race!”

Since 1991, Lawyers Have Heart has raised over \$13 million for AHA and is one of the largest 10K races in the Washington D.C. area each year. Race day events included the 10K Race, 5K Run and Fun Walk, as well as a Post-Race Party with an award ceremony, live music by Soul Stew, a kids zone that featured a face painter and snow cones and a beer garden. Donations can still be made at www.lawyershaveheartdc.org.

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit heart.org.

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www.LawyersHaveHeartDC.org, heart.org and strokeassociation.org

Note: Previous event records for Lawyers Have Heart were:

- **Gurmessa Kumsa** - 27 - Open Men, 2006 – 29:51 of Ethiopia
- **Jim Hage** - 44 – Masters Men, 2002 - 32:56 of Lanham, MD
- **Susanna Sullivan** - 24 - Open Women, 2014 - 34:32 of Falls Church, VA
- **Alisa Harvey** - 40 – Masters Women, 2006 - 36:50 of Manassas, VA