

Race Date
April 27, 2013

The Eight Annual 5K Health Run/Fitness Walk

Age Group Results

5k

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Ali Bowen	Lexington	16	5026	17	20:11
2	Amy Cernava	Asheboro	45	5049	18	20:11
3	Jennifer Parks	Durham	30	5256	32	20:50

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Patrick Stake	Randleman	25	5312	1	17:32
2	Trevor Deaton	Sophia	14	5073	2	18:15
3	Robert Scott	Asheboro	57	5296	3	18:27

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Margaret Elliott	Asheboro	40	5409	53	22:57

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Bob Seedlock	Asheboro	45	5451	9	19:37

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Female 1 to 10

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Abigail Garner	Asheboro	10	5106	171	30:13
2	* Madeline Work	Trinity	9	5449	202	32:25
3	* Kayleigh Stills	Asheboro	9	5316	246	34:57
4	Kaylyn Willingham	Thomasville	9	5352	256	35:39
5	Caitlin Hurley	Asheboro	9	5173	257	35:42
6	Victoria Parrish	Denton	10	5262	267	36:19
7	Haley Pounders	Trinity	9	5272	269	36:22
8	Olivia Tuttle	Asheboro	10	5338	270	36:22
9	Sarah Lavway	Asheboro	10	5200	280	37:33
10	Carter Duggins	Asheboro	9	5080	321	42:28
11	Shaylahn Davis	Trinity	9	5072	330	43:26
12	Kiara Myers	Star	9	5245	332	44:09
13	Chloe Norris	Asheboro	9	5248	358	47:07
14	Sarah Thompson	Trinity	10	5335	360	47:16
15	Kaytlin Lowe	Asheboro	9	5210	391	1:04:18

Male 1 to 10

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Troy Moss	Asheboro	9	5241	87	25:15
2	* Shawn Barr	Asheboro	10	5021	99	25:41
3	* Dax Harris	High Point	8	5135	158	29:05
4	Hunter Epps	Asheboro	10	5091	208	32:36
5	Kyle Albertson	Archdale	8	5004	218	33:21
6	Chris Owens	Asheboro	10	5252	258	35:43
7	Derrick Hunt	Asheboro	10	5171	260	35:47
8	Lucas Wright	Trinity	10	5360	328	43:11
9	Keenan Long	Asheboro	9	5208	352	46:40

Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Katy Cernava	Asheboro	14	5051	45	22:12
2	* Sarah Bidlespacher	Asheboro	13	5421	113	26:12
3	* Charity Matson	Asheboro	14	5225	115	26:13
4	Abbey Glover	Asheboro	14	5422	175	30:31
5	Autumn Keeter	Asheboro	13	5187	188	31:38
6	Samantha Hyatt	Randleman	13	5175	237	34:30
7	Emma Cheek	Randleman	13	5054	238	34:34
8	Bray Woodard	Star	11	5356	278	37:05

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Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
9	Brittany Hege	Asheboro	11	5145	287	38:18
10	Lizzie O'Briant	Asheboro	14	5401	308	40:59
11	Brooke Parks	Asheboro	11	5253	317	41:53
12	Kaitlyn Lamb	Asheboro	11	5194	345	45:28
13	Aby Hughes	Asheboro	14	5163	389	1:01:18

Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Will Moss	Asheboro	12	5242	38	21:37
2 *	Connor Shipley	Asheboro	13	5300	41	21:58
3 *	Benjamin Carroll	Asheboro	13	5428	43	22:07
4	Nathanial Needham	Asheboro	14	5419	58	23:17
5	John Cernava	Asheboro	11	5050	81	25:00
6	Grant Somero	Trinity	11	5306	89	25:20
7	Grayson Somero	Trinity	11	5307	93	25:29
8	Bailey Ray Lassiter	Asheboro	11	5197	192	31:41
9	Jasper Sumner	Asheboro	14	5458	227	33:49
10	Javi Torres	Asheboro	14	5336	376	51:38

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Sabrina Rhoades	Battleground	19	5438	124	26:42
2 *	Nadia Routh	Asheboro	18	5398	133	27:15
3 *	Vangie Borchert	Asheboro	15	5025	203	32:29
4	Krista Kiefer	Asheboro	17	5189	205	32:35
5	Roxanne Matson	Asheboro	16	5227	236	34:25
6	Molly Engstrom	Advance	15	5088	293	39:12
7	Jessica Woods	Denton	17	5358	319	42:02
8	Alexis McAden	Randleman	18	5228	339	44:44
9	Ashley Dunn	Asheboro	15	5441	351	46:38
10	Haley Henderson	Asheboro	15	5150	373	50:15
11	Hanna Hughes	Asheboro	17	5165	387	59:57

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Christian O'Briant	Asheboro	16	5402	6	19:16

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Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
2 *	Matthew Queen	Asheboro	16	5443	13	20:01
3 *	Matthew Kiefer	Asheboro	16	5190	16	20:07
4	Gustavo Ramirez	Asheboro	17	5430	20	20:17
5	Benjamin Ingle	Asheboro	15	5389	23	20:20
6	Chris Andrews	Asheboro	19	5395	25	20:26
7	Jonathan Carroll	Asheboro	15	5427	30	20:37
8	Bryant West	Eagle Springs	16	5347	49	22:32
9	Cameron Long	Asheboro	17	5207	72	24:24
10	Blake Davis	Seagrove	19	5069	132	27:07
11	Trevor Harrison	Denton	16	5139	313	41:39

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Meredith Honeycutt	Albemarle	23	5161	76	24:37
2 *	Hillary Spangler	Asheboro	21	5311	83	25:04
3 *	Mariana Alvarado	Asheboro	22	5385	163	29:25
4	Lindsey Matson	Asheboro	20	5226	167	29:56
5	Elizabeth Morton	Asheboro	23	5239	170	30:12
6	Meagan Goodwin	Asheboro	24	5413	178	30:40
7	Desiree Brewer	Asheboro	20	5417	181	30:45
8	Katie Brown	Asheboro	23	5033	187	31:32
9	Kendra Cox	Asheboro	24	5065	244	34:54
10	Natasha Wicker	Asheboro	24	5349	286	38:06
11	Cameron Everhart	Archdale	22	5094	371	49:29
12	Jessica Deese	High Point	22	5074	372	49:32

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Lason Matson	Asheboro	21	5410	7	19:24
2 *	Josef Ylipaa	Gammelstad	21	5361	14	20:03
3 *	Ryan Sullivan	Asheboro	21	5328	34	21:15
4	Fernando Arzate	Asheboro	24	5403	36	21:25
5	Steven Hall	Winston Salem	24	5127	42	22:04
6	Travis Furr	Albemarle	22	5104	64	23:35
7	Donald York III	Sophia	20	5362	77	24:38
8	Paulo Bettega Santos	Asheboro	21	5424	82	25:02
9	Evan Underwood	Asheboro	23	5416	88	25:18
10	Joseph Fisher	Asheboro	24	5097	97	25:39

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Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
11	Zachary George	Asheboro	23	5117	102	25:47
12	Daniel Dortch	Seagrove	22	5079	109	25:57
13	Cody Smith	Asheboro	21	5399	120	26:33
14	Daniel Jordan	Randleman	23	5184	146	28:28

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Jan Watkins	Denton	29	5342	61	23:25
2	* Mariel Feigen	Asheboro	25	5096	62	23:25
3	* Katie Needham	Asheboro	27	5246	67	23:53
4	Michelle Cole	Asheboro	29	5058	70	24:15
5	Meredith Haywood	Troy	25	5143	96	25:39
6	Amanda Stout	Asheboro	25	5317	134	27:21
7	Julia Jones	Jamestown	26	5183	135	27:22
8	Ana Haywood	Troy	26	5142	142	28:16
9	Valerie Stover	Asheboro	29	5318	148	28:32
10	Laura Young	Lexington	26	5365	154	28:58
11	Lourdes Duggins	Asheboro	29	5431	190	31:39
12	Jennifer MacFayden	Ramseur	25	5218	195	31:55
13	Patricia Frisby	Kernersville	26	5102	204	32:29
14	Jennifer Nutt	Asheboro	25	5250	241	34:41
15	Stephanie Poczontek	Asheboro	26	5270	262	36:01
16	Rebecca Jordan	Randleman	25	5185	268	36:20
17	Stacy Barker	Franklinville	27	5018	344	45:27
18	April Medlin	Asheboro	27	5387	363	47:30
19	Brandy Turner	Asheboro	26	5414	366	48:21
20	Kathleen Gee	Randleman	27	5116	385	59:03

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Austin Howlett	Statesboro	25	5162	4	18:48
2	* Jeremy Shelton	Asheboro	28	5433	5	19:14
3	* Patrick Hogan	Asheboro	27	5392	8	19:33
4	Levi Mahan	Asheboro	25	5220	21	20:18
5	Korey Sullivan	Asheboro	25	5324	24	20:26
6	Dallas Jeffus	Wilmington	26	5177	27	20:31
7	Jd Goodwin	Asheboro	28	5412	35	21:24
8	Eric Gee	Randleman	26	5115	44	22:10

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Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
9	Reeves Frisby	Kernersville	29	5103	51	22:49
10	Daniel Sullivan	Trinity	28	5323	60	23:21
11	Aaron Pritchard	Asheboro	27	5396	65	23:43
12	Jack McLendon	Burlington	28	5447	66	23:47
13	Ryland Clark	Asheboro	26	5055	79	24:47
14	Jose Sandoval	Asheboro	27	5290	80	24:59
15	Alex Arbaiza	Asheboro	28	5009	86	25:10
16	Justin Parks	Asheboro	27	5257	92	25:21
17	Jose Aranda	Asheboro	27	5008	101	25:45
18	Josh Cvijanovic	Asheboro	28	5068	128	26:55
19	Alan Edmonds	Asheboro	27	5086	169	30:05
20	Gabriel Aviles	Randleman	26	5013	172	30:20
21	William Ly	Asheboro	29	5214	213	33:13
22	Shay Poczontek	Asheboro	26	5269	232	34:13
23	Daniel Baker	Ashebor	27	5016	285	38:06

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Laura Leroy	Asheboro	33	5205	63	23:26
2 *	Eliza Cook	Asheboro	31	5060	68	24:08
3 *	Leslie Caviness	Asheboro	31	5048	73	24:24
4	Haven Hall	Randleman	34	5126	91	25:20
5	Diana Parks	Sophia	33	5255	105	25:53
6	Wendy Allen	Asheboro	34	5005	114	26:12
7	Lesley Jessup	Asheboro	30	5178	162	29:13
8	Tina Dixon	Asheboro	33	5077	185	31:25
9	Susan Saunders	Norwood	33	5293	194	31:53
10	Rebeca Garcia	Asheboro	30	5105	212	32:57
11	Lori Cannon	Asheboro	34	5045	226	33:46
12	Ashley Albertson	Archdale	33	5003	233	34:14
13	Tiffany Cooper	Asheboro	33	5063	243	34:52
14	Toni Wilson	Randleman	33	5354	264	36:04
15	Amanda Willingham	Thomasville	33	5351	265	36:04
16	Brittany Powers	Asheboro	31	5275	291	39:03
17	Jennifer Luck	Seagrove	33	5213	312	41:25
18	Melissa Hill	Asheboro	33	5157	314	41:43
19	Brandi Hill	Asheboro	31	5151	320	42:25
20	Kim Arrants	Thomasville	33	5011	323	42:30
21	Jane Shanks	Mcleansville	30	5298	348	46:12
22	Erin Kaelin	Asheboro	34	5186	349	46:35

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Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
23	Chrissy Garner	Asheboro	32	5107	359	47:13
24	Rebecca Coley	Asheboro	33	5388	362	47:30
25	Amanda Fowler	Winston Salem	33	5098	380	55:34
26	Mary Johnson	Asheboro	31	5455	381	56:09

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Joshua Heflin	Asheboro	34	5144	12	19:59
2 *	James Green	Asheboro	33	5460	22	20:19
3 *	Chad McKenzie	Asheboro	31	5230	29	20:32
4	Matt Garrett	Thomasville	33	5114	69	24:09
5	David Mercadante	Trinity	33	5233	94	25:32
6	Todd Eide	Sophia	30	5087	112	26:11
7	Jason Rubenstein		31	5384	140	27:55
8	Jeremy Pate	Staley	32	5263	149	28:35
9	Nicholas Smith	Asheboro	33	5371	186	31:27
10	Jason Garner	Asheboro	33	5108	223	33:38

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jennifer Mowers	Randleman	39	5243	90	25:20
2 *	Carol Schuck Dillon	Randleman	39	5294	116	26:22
3 *	Angela Dozier	Asheboro	38	5446	129	26:55
4	Latisha Cannon	Little Switzerland	37	5044	183	31:14
5	Kimberly Barr	Asheboro	39	5020	210	32:45
6	Stepheni Heggedal	Liberty	36	5146	222	33:32
7	Jennifer Clayton	Asheboro	39	5056	263	36:03
8	Kim Woodard	Star	39	5357	279	37:16
9	Carolyn Caligan	Julian	37	5042	316	41:48
10	Rebecca Parks	Asheboro	36	5259	318	41:53
11	Mendi Lowe	Asheboro	38	5211	324	42:42
12	Kenda Somero	Trinity	39	5308	343	45:25
13	Patricia Carter	Asheboro	36	5440	353	46:44
14	Crystal Kumbula	Asheboro	37	5418	356	46:55
15	Michelle Luther	Asheboro	39	5393	384	57:20

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Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jerry Loflin	Denton	36	5206	10	19:53
2 *	Brian Povish	West End	38	5273	19	20:15
3 *	Josh Leroy	Asheboro	35	5204	40	21:52
4	Neil Weatherly	Asheboro	37	5346	106	25:55
5	Kevin Fair	Asheboro	36	5095	130	27:02
6	David Holyfield	Sophia	39	5159	152	28:54
7	Chris Powell	Asheboro	38	5274	168	29:59
8	Derrick Hill	Asheboro	39	5154	180	30:45
9	Brian Moss	Asheboro	37	5240	197	32:00
10	Daniel Thames	Asheboro	37	5331	221	33:28
11	Edward Stills	Asheboro	37	5315	245	34:56
12	Nash Duggins	Asheboro	36	5082	325	42:42
13	Eric Surratt	Winston Salem	35	5329	379	55:34

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Gezelle MacOn	Seagrove	44	5219	74	24:31
2 *	Marlana Hancock	Archdale	42	5130	138	27:50
3 *	Teresa White	Asheboro	43	5348	143	28:20
4	Cheryl Hill	Winston Salem	44	5152	151	28:53
5	Annette Borchert	Asheboro	41	5024	153	28:55
6	Heather Thompson	Trinity	43	5334	156	29:00
7	Justine Buxton	Asheboro	42	5041	173	30:21
8	Wendy Garner	Asheboro	41	5453	177	30:39
9	Deena Trogdon	Asheboro	44	5337	199	32:16
10	Debbie Deneke	Asheboro	43	5076	209	32:43
11	Heather Singletary	Asheboro	41	5303	214	33:18
12	Ginger Tysinger	Thomasville	42	5339	229	33:58
13	Janet Harrison	Denton	41	5137	249	35:11
14	Kimberly Garner	Asheboro	44	5111	252	35:28
15	Sheri Hughes	Florence	43	5170	255	35:37
16	Crystal Hembree	Sophia	42	5147	261	35:55
17	Tammy Nixon	Franklinville	42	5247	294	39:12
18	Misty McAden	Randleman	44	5229	300	40:03
19	Lisa Mabe	Asheboro	44	5215	335	44:12
20	Cathy Goodman	Biscoe	42	5120	347	45:40
21	Jennifer Norris	Asheboro	41	5249	357	47:07
22	Tanya Work	Trinity	40	5359	367	48:23
23	Margaret Riddle	Archdale	40	5284	369	48:29
24	Lori Alston	Asheboro	44	5006	370	48:31

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Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
25	Lynetta Watts	Asheboro	42	5343	377	52:26

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* John Robinson	West End	44	5439	11	19:57
2	* Samuel Sesmas	Asheboro	41	5297	26	20:30
3	* Ken Hill	Randleman	44	5156	31	20:38
4	Michael Smith	Asheboro	43	5305	33	21:02
5	Jim Stillely	Thomasville	44	5432	46	22:15
6	Matt Wolf	Troy	42	5355	50	22:35
7	Chris Gossdin	Asheboro	43	5426	78	24:39
8	Allen Hager	Randleman	42	5124	84	25:05
9	Joseph Garner	Robbins	43	5109	104	25:52
10	Todd Leach	Asheboro	43	5201	108	25:56
11	Martin Brown	Asheboro	41	5036	111	26:10
12	Michael Somero	Trinity	40	5309	117	26:28
13	Kenneth Prochnau	Asheboro	43	5277	126	26:50
14	Scott Queen	Asheboro	41	5444	127	26:51
15	Chris Singletary	Asheboro	40	5302	131	27:04
16	Mike Harris	High Point	42	5136	159	29:06
17	Calvin Riddle	Archdale	44	5283	200	32:16
18	Hector Murrillo	Asheboro	43	5400	219	33:22
19	Mike Burnette	Asheboro	43	5040	224	33:39
20	Derrick Hembree	Sophia	40	5148	247	35:10
21	Ardist Holyfield, III	Randleman	41	5160	299	39:54
22	Tony Thomas	Asheboro	42	5333	306	40:53

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Claire Overcash	Asheboro	46	5415	56	23:03
2	* Scarlet Brady	Asheboro	49	5029	139	27:51
3	* Teresa Kellum	Asheboro	48	5188	147	28:29
4	Susan Sumner	Asheboro	45	5459	189	31:38
5	Lisa Robinson	Asheboro	47	5286	191	31:39
6	Emily Smith	Ramseur	48	5425	206	32:35
7	Angi Morton	Asheboro	49	5238	211	32:46
8	Missi Foster	Asheboro	46	5383	234	34:19
9	Patty Banta	Asheboro	45	5017	273	36:52

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5k

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
10	Kelli Stultz	Asheboro	45	5321	274	36:52
11	Gina Delk	Denton	49	5075	275	36:53
12	Laura Brown	Seagrove	45	5034	288	38:19
13	Susan Hunt	Asheboro	48	5434	290	38:47
14	Lynette Garner	Asheboro	46	5112	292	39:10
15	Ellen Cheek	Randleman	48	5053	295	39:20
16	Wendy Shea	Pleasant Garden	47	5299	296	39:43
17	Laura Eubanks	Asheboro	48	5093	297	39:50
18	Robin Vanhoy	Asheboro	49	5340	305	40:18
19	Donna Neiman	Asheboro	46	5457	311	41:23
20	Gina Williamson	Asheboro	49	5454	322	42:29
21	Debbie Rhamy	Asheboro	48	5280	327	43:02
22	Lisa Mace	Ramseur	46	5217	333	44:10
23	Loretta Long	Asheboro	46	5209	334	44:12
24	Susan Poole	High Point	46	5271	340	45:09
25	Cristy Hamrick	High Point	47	5129	341	45:09
26	Melinda Lambeth	Asheboro	49	5407	342	45:12
27	Anita Grainger	Asheboro	48	5121	354	46:48
28	Tonja Robbins	Asheboro	49	5397	361	47:21
29	Annette Smith	Sophia	46	5304	368	48:29
30	Linda Coble	Liberty	46	5057	374	50:16
31	Beverly Young	Lexington	49	5364	383	56:17
32	Debbie Callicutt	Asheboro	47	5043	388	59:57
33	Kandi Hughes	Asheboro	47	5166	390	1:01:19

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Richard Evans	Asheboro	46	5406	15	20:03
2	* Scott Kauffman	Asheboro	45	5452	28	20:31
3	* Mike Pugh	Asheboro	49	5436	37	21:37
4	Dave Fowler	Asheboro	48	5099	39	21:46
5	Curtis McNeil	Asheboro	47	5231	47	22:18
6	Brian Nance	Asheboro	45	5420	52	22:53
7	Andy Garner	Asheboro	47	5390	55	23:00
8	Todd Swaney	Asheboro	47	5429	100	25:43
9	Jerry Johnson	Asheboro	48	5180	107	25:56
10	Kenneth Hughes	Randleman	48	5167	121	26:35
11	Michael Swails	Asheboro	47	5330	125	26:47
12	Donald York Jr	Sophia	48	5363	150	28:42
13	John Hyatt	Randleman	47	5174	160	29:08

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5k

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
14	Tony Harrison	Denton	45	5138	240	34:40
15	Marty Grainger	Asheboro	48	5122	304	40:16
16	Neal Griffin	Asheboro	46	5382	309	41:00
17	William Watts	Asheboro	49	5344	378	52:26

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Jane Braswell	Asheboro	53	5030	110	26:01
2	* Debbie Thomas	Asheboro	50	5332	137	27:40
3	* Sandra Patterson	Asheboro	52	5266	176	30:32
4	Tanya Lambeth	Thomasville	53	5195	182	30:56
5	Rhonda Maness	Denton	51	5222	216	33:19
6	Cathy Williams	Randleman	53	5350	230	34:02
7	Caroline Andrews	Asheboro	52	5007	235	34:19
8	Patty Sullivan	Asheboro	52	5326	242	34:43
9	Wanda Stak	Asheboro	50	5408	259	35:43
10	Ruby Hunter	Asheboro	54	5172	272	36:25
11	Beth Cox	Asheboro	53	5064	276	36:54
12	Jill Akins	Asheboro	52	5001	277	37:01
13	Elizabeth Sonier	Asheboro	50	5310	282	37:36
14	Pam Johnson	Asheboro	50	5181	283	37:50
15	Donna Hyder	Asheboro	53	5176	284	38:06
16	Sharon Richardson	Denton	52	5282	298	39:50
17	Terri Haynes	Archdale	53	5141	301	40:07
18	Lorraine Ridge	Asheboro	50	5285	303	40:15
19	Rebecca Dunn	Asheboro	52	5084	329	43:26
20	Carla Freemyer	Asheboro	51	5100	331	43:57
21	Lisa Hanes	Asheboro	52	5131	336	44:28
22	Cynthia Rich	Asheboro	50	5281	337	44:28
23	Ann Haigler	Sophia	52	5125	346	45:38
24	Kay Lail	Asheboro	54	5450	350	46:36
25	Connie Cole	Randleman	50	5437	364	47:59
26	Vickie Russell	Asheboro	54	5369	365	48:00
27	Debbie Davis	Asheboro	51	5368	386	59:42

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Calvin Patterson	Asheboro	53	5265	75	24:35

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Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
2	* Dean Lail	Asheboro	52	5456	118	26:31
3	* Timothy Akins	Asheboro	52	5002	122	26:40
4	Mark Sanders	Sophia	50	5289	144	28:22
5	Albert Eubanks	Asheboro	52	5092	145	28:26
6	Gregg York	Asheboro	53	5411	161	29:08
7	Will Massie	Asheboro	52	5223	164	29:27
8	Ken Brady	Asheboro	50	5028	179	30:43
9	Alfred Morton	Asheboro	53	5237	184	31:20
10	John Maness	Denton	52	5221	215	33:19
11	Keith Mace	Ramseur	53	5216	220	33:23
12	Scott Haynes	Archdale	53	5140	228	33:49
13	Reg Freemyer	Asheboro	53	5101	250	35:19
14	Scott Dunn	Asheboro	52	5085	251	35:20

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Rachael Waugh	Asheboro	58	5345	119	26:32
2	* Dianne Auman	Asheboro	55	5012	174	30:27
3	* Joanne Moffitt	Asheboro	56	5234	225	33:45
4	Barbara Hogan	Asheboro	58	5391	231	34:10
5	Charlene Sullivan	Trinity	57	5322	266	36:17
6	Marcia Parks	Asheboro	58	5258	281	37:36
7	Dotty Davis	Randleman	56	5070	310	41:06
8	Kim Labonte	Trinity	56	5193	315	41:45
9	Margaret Brown	Asheboro	55	5035	326	42:44
10	Denise Brewer	Asheboro	56	5031	355	46:49
11	Anita Stewart	Archdale	58	5313	375	51:30
12	Diane Bowen	Lexington	56	5027	382	56:17

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	* Don Pickens	Asheboro	59	5267	48	22:27
2	* Jimi Gibbs	Asheboro	55	5118	54	22:58
3	* Gregg Kiser	Asheboro	56	5191	71	24:23
4	Greg Robinson	Asheboro	55	5423	85	25:09
5	Gene Saunders	Ramseur	56	5291	95	25:34
6	Kurt Sullivan	Asheboro	55	5325	98	25:40
7	Michael Nutt	Asheboro	56	5251	103	25:51

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Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
8	Doug Pugh	Asheboro	55	5279	157	29:04
9	Michael Patram	Asheboro	56	5264	165	29:28
10	Rick Sullivan	Trinity	56	5327	166	29:44
11	Barry Houston	Asheboro	59	5404	201	32:24
12	Walker Moffitt	Asheboro	55	5235	217	33:19
13	Jodean Puckett	Greensboro	57	5278	239	34:36
14	Wayne Brewer	Asheboro	56	5032	248	35:11
15	Charles Russell	Asheboro	59	5288	253	35:29

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Janet Dorsett	Asheboro	60	5078	136	27:28
2 *	Joyce Walker	Asheboro	62	5341	193	31:44
3 *	Susan Shumaker	Asheboro	60	5301	271	36:25

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Jim Jones	Asheboro	62	5182	57	23:04
2 *	Charlie Chapman	Asheboro	63	5052	207	32:36
3 *	William Engstrom	Advance	63	5089	254	35:31
4	Darrell Hamilton	Asheboro	62	5128	289	38:39

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Kay Haddock	Asheboro	66	5123	198	32:10

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Paul Bauer	Asheboro	65	5022	59	23:19
2 *	Larry Penkava	Asheboro	66	5476	155	28:58

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5k

Female 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Linda Argersinger	Asheboro	73	5010	307	40:56

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Anthony Belfiglio	Ramseur	72	5023	123	26:41
2 *	Wendell Holland	Asheboro	74	5158	141	28:02
3 *	Darrell Johnson	Asheboro	71	5435	302	40:10

Female 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1 *	Marilyn Koonce	Asheboro	76	5192	196	31:58
2 *	Shelby Morris	Asheboro	75	5236	338	44:30