

2011 10 for 10 10K Run/Walk
Mount Airy, NC 01/15/2011 8:00 am Sunny, 25 degrees.
Directed by: Teresa Smith & Mandy Fleming
Sponsored by: ProHealth

OVERALL FEMALE 10K RESULTS - TOP 3

Place	No.	C	NAME	Ag	S	TENK	Pace
1.	049	3	Chastiny Sizemore	33	F	47:10	7:36
2.	079	3	India Lambert	32	F	50:35	8:09
3.	064	3	Rebecca Adcock	30	F	52:33	8:28

FEMALE AGE GROUP RESULTS

FEMALE 10K AGE GROUP: 1 - 13 ** NONE **

FEMALE 10K AGE GROUP: 14 - 19

Place	No.	C	NAME	Ag	S	TENK	Pace
1.	059	3	Samantha Jones	18	F	1:17:04	12:25

FEMALE 10K AGE GROUP: 20 - 29

Place	No.	C	NAME	Ag	S	TENK	Pace
1.	081	3	Melissa Lawrence	21	F	55:04	8:52
2.	023	3	Jennifer Watson	27	F	59:17	9:33
3.	009	3	Rachelle Lawery	26	F	1:03:11	10:11

FEMALE 10K AGE GROUP: 30 - 39

Place	No.	C	NAME	Ag	S	TENK	Pace
1.	070	3	Nicole Howe	35	F	52:35	8:28
2.	022	3	Donna Edwards	37	F	1:03:18	10:12
3.	050	3	Erin Stanley	33	F	1:04:45	10:26

FEMALE 10K AGE GROUP: 40 - 49

Place	No.	C	NAME	Ag	S	TENK	Pace
1.	067	3	Debbie Gwynn	48	F	59:15	9:33
2.	051	3	Robin Horton	44	F	1:00:36	9:46
3.	039	3	Gaye Jones	43	F	1:21:44	13:10

FEMALE 10K AGE GROUP: 50 - 59

Place	No.	C	NAME	Ag	S	TENK	Pace
1.	082	3	Sarah Lawrence	55	F	1:31:00	14:39

FEMALE 10K AGE GROUP: 60 - 69

Place	No.	C	NAME	Ag	S	TENK	Pace
1.	025	3	Sherry Easterbrooks	64	F	1:42:21	16:29

FEMALE 10K AGE GROUP: 70 - 99 ** NONE **