

OVERALL FEMALE 5K RESULTS - TOP 3

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	16	Katie Keith	PILOT MOUNTAIN	NC	27	F	25:11	8:07
2.	6	Lynette Smith	MOUNT AIRY	NC	53	F	26:08	8:25
3.	27	Crystal Upchurch	PILOT MOUNTAIN	NC	38	F	27:05	8:43

FEMALE AGE GROUP RESULTS

2010 Heart and Sole 5K

Pilot Mountain, NC 05-8-2010 8:30am Sunny, 56 degrees.

Directed by: Marie Needham

Sponsored by: Pilot Mountain Woman's Club

FEMALE 5K AGE GROUP: 1 - 13

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	81	Kylie Bruner	MOUNT AIRY	NC	6	F	40:48	13:08

FEMALE 5K AGE GROUP: 14 - 19

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	44	Beth Issacs			17	F	33:01	10:38
2.	42	Jessica Barker			15	F	39:11	12:37
3.	43	Christian Smith			17	F	39:12	12:37

FEMALE 5K AGE GROUP: 20 - 29

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	58	Mandy Fleming	MOUNT AIRY	NC	29	F	30:27	9:48
2.	69	Martha Arrington	ARARAT	NC	24	F	31:15	10:04
3.	86	Jodi Knox	GREENSBORO	NC	29	F	34:33	11:08

FEMALE 5K AGE GROUP: 30 - 39

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	49	Shannon Badgett	LOWGAP	NC	36	F	28:17	9:07
2.	9	Adriane Burton	CHARLOTTE	NC	32	F	30:10	9:43
3.	39	Amy Knopf	PILOT MOUNTAIN	NC	36	F	30:38	9:52

FEMALE 5K AGE GROUP: 40 - 49

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	50	Sandy Bowman	MOUNT AIRY	NC	42	F	30:00	9:40
2.	77	Rachelle Duffy	WINSTON SALEM	NC	41	F	32:41	10:32
3.	47	Pam Morgan	PILOT MOUNTAIN	NC	45	F	34:39	11:09

FEMALE 5K AGE GROUP: 50 - 59

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	13	Paula Stanley	PILOT MOUNTAIN	NC	56	F	29:55	9:38
2.	70	Wanda Mitchell	PINNACLE	NC	56	F	37:03	11:56
3.	76	Carmen Eldridge	MOUNT AIRY	NC	52	F	39:09	12:36

FEMALE 5K AGE GROUP: 60 - 69

Place	No.	C NAME	City	St	Ag	S	FIVEK	Pace
1.	8	Bennie Burton	PILOT MOUNTAIN	NC	62	F	37:13	11:59
2.	45	Ronye Blackburn	KING	NC	66	F	51:48	16:41

FEMALE 5K AGE GROUP: 70 - 99 \*\* NONE \*\*