

OVERALL FEMALE 5K RESULTS - TOP 3

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	8		Sarina Russo	WINSTON SALEM	NC	13	F	22:24	7:13
2.	24		Angela Stroup	MOUNT AIRY	NC	36	F	22:25	7:13
3.	80		Shelia Orem	MOUNT AIRY	NC	35	F	23:53	7:42

FEMALE AGE GROUP RESULTS

2009 Pound Downtown 5K
 Mount Airy, NC 04-25-2009 8:30am Sunny, 56 degrees.
 Directed by: Eric Leathers
 Sponsored by: Good Life Outfitters & YounaLife

FEMALE 5K AGE GROUP: 1 - 13

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	99		Baily Jackson	MOUNT AIRY	NC	10	F	26:13	8:27
2.	123		Anna Kriska	MOUNT AIRY	NC	11	F	28:19	9:07
3.	89		Emma Harrison	MOUNT AIRY	NC	13	F	28:52	9:18

FEMALE 5K AGE GROUP: 14 - 19

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	110		Megan Bowman	MOUNT AIRY	NC	17	F	27:56	9:00
2.	35		Alex Mayes	MOUNT AIRY	NC	14	F	28:47	9:16
3.	29		Elizabeth Dinkins	MOUNT AIRY	NC	14	F	29:05	9:22

FEMALE 5K AGE GROUP: 20 - 29

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	69		Kelli Johnson	MOUNT AIRY	NC	28	F	27:23	8:49
2.	114		Melissa Denney	DURHAM	NC	29	F	27:53	8:59
3.	7		Mandy Nester	HILLSVILLE	VA	27	F	28:50	9:17

FEMALE 5K AGE GROUP: 30 - 39

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	75		Jayme Brant	MOUNT AIRY	NC	32	F	24:15	7:49
2.	50		Lena Ferris	MOUNT AIRY	NC	37	F	24:28	7:53
3.	10		Kelly Hull	MOUNT AIRY	NC	33	F	24:33	7:55

FEMALE 5K AGE GROUP: 40 - 49

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	61		Nancy Dixon	MOUNT AIRY	NC	48	F	24:26	7:52
2.	125		Cathy Harrison	MOUNT AIRY	NC	41	F	27:35	8:53
3.	115		Jennifer Riska	MOUNT AIRY	NC	44	F	31:11	10:02

FEMALE 5K AGE GROUP: 50 - 59

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	82		Kathy Moody	MOUNT AIRY	NC	51	F	26:03	8:23
2.	113		Lynette Smith	MOUNT AIRY	NC	52	F	26:21	8:29
3.	84		Diane Barnett	MOUNT AIRY	NC	53	F	28:29	9:10

FEMALE 5K AGE GROUP: 60 - 69

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	51		Barbara Heath	PILOT MOUNTAIN	NC	67	F	40:27	13:01

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