

# 20th Annual May Day 5K

## Age Group Results

May 02, 2010

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*Results By Lee Timing LLC*

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Men: [0-10](#) [11-14](#) [15-19](#) [20-24](#) [25-29](#) [30-34](#) [35-39](#) [40-44](#) [45-49](#) [50-54](#) [55-59](#) [60-64](#) [65-69](#) [70-99](#)  
 Women: [0-10](#) [11-14](#) [15-19](#) [20-24](#) [25-29](#) [30-34](#) [35-39](#) [40-44](#) [45-49](#) [50-54](#) [55-59](#) [60-64](#) [65-69](#) [70-99](#)

### Overall Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Darlene Cockman		283	45	22	22:56.3	7:22/M
2	Trudy Gale	Salisbury NC	220	52	24	23:49.8	7:39/M
3	Sarah Rosebrook		255	31	25	24:10.5	7:46/M
4	Elizabeth Davis	Coker AL	246	28	29	24:57.2	8:01/M
5	Maire Cogdell		274	15	30	25:17.4	8:08/M

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### Overall Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mark Lundblad		253	41	1	17:03.5	5:29/M
2	Josh Baker		281	29	2	17:05.5	5:30/M
3	Stephen Sykes		258	23	3	17:08.7	5:31/M
4	Michael Heafner		252	31	4	17:32.2	5:38/M
5	Mike Lawson		251	39	5	17:50.0	5:44/M

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### Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amy Shuping		278	44	34	25:23.9	8:10/M

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### Overall Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
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			<u>No</u>					
1	Bill Johncock	Hickory NC	225	45	6	18:37.4	5:59/M	

[Top](#)**Female 10 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Blaikley Crooks		259	7	56	29:00.4	9:19/M

[Top](#)**Male 10 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Killian Daley	Morganton NC	210	6	54	28:48.1	9:16/M
2	Ryan Farris	Morganton NC	217	9	66	30:51.5	9:55/M
3	Cedric Clyburn	Taylorsville NC	203	9	73	34:07.8	10:58/M

[Top](#)**Female 11 to 14**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Montana Gramer	Morganton NC	222	14	35	25:32.5	8:13/M
2	Kiera Daley	Morganton NC	209	11	46	27:10.2	8:44/M
3	Emily Sandifer		290	12	51	28:19.1	9:06/M
4	Margot Clyburn	Taylorsville NC	204	12	52	28:20.4	9:07/M
5	Emily Lindsay	Morganton NC	230	14	61	29:54.0	9:37/M
6	Amy Fisher	Morganton NC	247	13	80	38:21.5	12:20/M

[Top](#)**Male 11 to 14**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Zach Shuping		277	14	16	21:09.1	6:48/M
2	Austen Winters		275	13	17	22:03.1	7:05/M
3	Daniel Pritchard	Morganton NC	235	14	18	22:04.0	7:06/M
4	Logan Ruppard		279	13	20	22:38.1	7:17/M
5	Spencer Memmel		268	11	23	23:40.2	7:37/M
6	Kody Daley	Morganton NC	212	13	28	24:43.9	7:57/M
7	Nicholas Breedlove		288	12	47	27:45.3	8:55/M
8	Jordan Demski		286	12	65	30:50.5	9:55/M

[Top](#)**Female 15 to 19**Bib

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kirsten Daley	Morganton NC	211	15	45	26:59.6	8:41/M
2	Heather Copeland		284	15	48	27:53.7	8:58/M

[Top](#)**Male 15 to 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Landon Minton		260	17	7	18:49.4	6:03/M
2	Jared Dembski		285	15	10	20:16.4	6:31/M
3	Drake Johncock	Hickory NC	226	15	31	25:22.5	8:09/M

[Top](#)**Female 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sarah Abernathy	Charlotte NC	200	23	33	25:23.6	8:10/M
2	Mary Katherine Hatcher		271	20	41	26:08.2	8:24/M
3	Heather Mendel		267	24	49	28:17.1	9:06/M
4	Rosa Stevens		263	24	53	28:27.1	9:09/M
5	Amanda Jordan		261	21	72	33:55.9	10:54/M
6	Sabrina Ball		280	23	75	35:39.8	11:28/M

[Top](#)**Female 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hannah Cope		266	26	36	25:33.4	8:13/M
2	Maggie Richardson	Charlotte NC	245	25	71	32:16.1	10:23/M

[Top](#)**Male 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Settlemyre		254	26	9	20:14.2	6:30/M
2	Kevin Holder		249	28	14	20:50.0	6:42/M
3	Anthony Frate		289	27	21	22:55.4	7:22/M
4	Brian Delany	Cincinnati OH	244	26	26	24:12.5	7:47/M

[Top](#)**Female 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
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1	melissa bowman	morganton NC	201	33	84	46:34.9	14:58/M
2	Amber Smith		291	31	86	57:32.0	18:30/M

[Top](#)**Male 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mike Darling	Granite Falls NC	215	30	8	19:29.3	6:16/M
2	Dwight Winters		276	33	11	20:19.4	6:32/M

[Top](#)**Female 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dawn Hershenson	Hickory NC	224	39	58	29:19.4	9:26/M
2	Kasie Hildebran		270	37	59	29:29.8	9:29/M
3	Katherina Gaddy	Morganton NC	219	37	69	31:17.2	10:04/M
4	Laurie Robinson	Morganton NC	238	37	77	35:44.8	11:29/M
5	Diana Caldwell	Morganton NC	202	35	85	46:36.4	14:59/M

[Top](#)**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Daniel Kypena	Morganton NC	228	38	15	21:08.0	6:48/M
2	Josh Folan	Valdese NC	218	38	19	22:27.8	7:13/M
3	Gregory Farris		272	36	67	30:51.7	9:55/M

[Top](#)**Female 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Shirley Yancey	Valdese NC	243	42	44	26:57.8	8:40/M
2	Andrea Daley	Morganton NC	208	43	55	28:48.7	9:16/M
3	Christine Lindsay	Morganton NC	229	40	64	30:45.0	9:53/M
4	Vivian Dembski		287	44	70	31:55.4	10:16/M
5	Julie Stillwell		265	41	79	37:30.0	12:03/M
6	Britta Gramer	Morganton NC	221	41	83	41:49.6	13:27/M

[Top](#)**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	James Mabe	Drexel NC	231	41	42	26:09.8	8:25/M

[Top](#)**Female 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kim Stempe		250	46	40	26:02.7	8:22/M
2	Deanna Dale		264	46	57	29:09.6	9:22/M

[Top](#)**Male 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Allen Bryan		273	45	12	20:29.3	6:35/M
2	Richard Vance		262	46	13	20:37.9	6:38/M
3	Ronnie Rector	Connelly Springs NC	237	45	68	31:14.8	10:03/M

[Top](#)**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kathy Smith	Morganton NC	240	52	37	25:42.0	8:16/M
2	Maria Higgins		282	50	39	25:53.2	8:19/M
3	Pamela Jolley	Marion NC	227	52	50	28:18.4	9:06/M

[Top](#)**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Andrew Cogdell	Morganton NC	205	51	38	25:51.9	8:19/M

[Top](#)**Female 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ellen David	Morganton NC	248	58	81	39:01.0	12:33/M

[Top](#)**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Andy Deekens	Morganton NC	216	59	43	26:18.9	8:27/M

[Top](#)

**Female 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joyce Pharr	Glen Alpine NC	233	64	62	30:11.9	9:42/M

[Top](#)**Female 65 to 69**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rhea Cooper	Morganton NC	206	66	82	41:48.8	13:26/M

[Top](#)**Male 70 and over**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Richard Watson	Boone NC	256	71	27	24:21.4	7:50/M
2	Leon Lewis	Boone NC	257	70	32	25:22.8	8:09/M
3	Lester Copeland	Morganton NC	207	70	60	29:52.8	9:36/M
4	Jim Gate 58		58	71	63	30:33.7	9:49/M
5	James Whitaker	Shelby NC	242	73	74	34:39.3	11:08/M
6	Walter Pharr	Glen Alpine NC	234	73	76	35:42.5	11:29/M
7	Danny Seagle	Morganton NC	239	71	78	37:16.9	11:59/M

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