



2009 - 10 Mile Personal Record Times

PR set 2009

Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Ahern	Patrick	M	5/1960	21:32.69	9/6/2006	Davidson	NC
Albershardt	Addy	F	8/1994	24:39.91	8/26/2009	Matthews	NC
Albershardt	Andy	M	2/1955	21:32.60	7/30/2008	Matthews	NC
Alexander	Amy	F	5/1976	25:26.81	8/26/2009	Morganton	NC
Allen	Fenn	M	3/1962	24:09.89	8/23/2006	Concord	NC
Alvey	Keith	M	2/1955	24:28.00	8/26/2009	Gastonia	NC
Ambrose	Chuck	M	8/1961	21:30.02	5/2/2007	Concord	NC
Angstadt	Colleen	F	9/1976	24:28.44	8/23/2006	Charlotte	NC
Arensman	Zachary	M	4/1992	21:58.88	9/30/2009	Charlotte	NC
Armstrong	Jonathan	M	6/1967	24:06.53	8/3/2006	Raleigh	NC
Arnold	Jacob	M	11/1992	21:17.11	8/13/2008	Cary	NC
Arnold	Adam	M	8/1962	24:19.34	7/9/2008	Cary	NC
Askey	Skeeter/Katie	M/F		26:49.13	10/4/2006		
Askey	Skeeter	M	6/1957	22:31.65	8/3/2006	Charlotte	NC
Bachman	Jonathan	M	11/1980	22:56.44	8/23/2006	Concord	NC
Bailey	Douglas	M	4/1946	28:36.90	4/30/2008	Albemarle	NC
Bailey	Jason Craig	M	8/1983	23:55.85	8/23/2006	Charlotte	NC
Baker	Lou	M	11/1969	27:09.68	8/26/2009	Belews Creek	NC
Baldwin	Fred	M	5/1966	24:22.73	8/3/2006	Charlotte	NC
Baldwin	Jayne	F	11/1966	29:25.72	8/3/2006	Charlotte	NC
Barber	William	M	8/1955	25:50.85	9/30/2009	Statesville	NC
Barker	James	M	6/1961	20:12.33	5/16/2006	Charlotte	NC
Barkley	Seth	M	4/1986	24:51.66	4/12/2006	Charlotte	NC
Barrett	Scott	M	11/1969	24:54.42	7/9/2008	Pfafftown	NC
Bartlett	Dale	M	6/1956	23:21.71	7/25/2007	Charlotte	NC
Bartlett	Brian	M	3/1992	24:32.11	10/4/2006	Charlotte	NC
Baucom	Christopher	M	7/1960	22:24.82	6/28/2006	Gastonia	NC
Baysden	Robert	M	10/1972	27:26.98	8/23/2006	Gaston	NC
Beam	Jay	M	5/1959	21:29.43	8/23/2006	Gastonia	NC
Bechtold	D. Forrest	M	3/1977	30:40.42	8/2/2007	Charlotte	NC
Beck	Jerry	M	4/1972	26:05.54	6/6/2006	Huntersville	NC
Becker	Kevin	M	1/1977	30:26.27	5/16/2006	Concord	NC
Bedenbaugh	Tommy	M	1/1960	21:57.88	8/23/2006	Cornelius	NC
Bell	Dee	F	5/1953	30:06.23	9/6/2006	Matthews	NC
Bell	Melissa	F	6/1981	23:02.62	7/26/2006	Charlotte	NC
Bennett	Eric	M	10/1968	25:52.09	8/3/2006	Huntersville	NC
Blaine	Ron	M	8/1954	23:14.72	8/13/2008	Asheville	NC
Blaine	Ron/Marcia	M/F		22:47.12	8/13/2008	Asheville	NC
Blum	Jeff	M	11/1963	25:44.33	9/6/2006	Waxhaw	NC
Booker	Ronald	M	12/1961	21:58.75	8/22/2007	Greensboro	NC
Boone	Tim	M	4/1970	23:32.41	6/6/2007	Huntersville	NC
Borkowski	Mark	M	10/1968	24:46.34	8/26/2009	Gastonia	NC
Bossie	Nicole	F	8/1973	24:07.89	5/16/2006	Greenville	SC
Botting	Matt	M	7/1970	20:04.11	6/3/2009	Charlotte	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Bowen	James	M	12/1956	21:56.35	6/6/2007	Charlotte	NC
Boyer	Mark	M	2/1967	26:56.98	6/28/2006	Charlotte	NC
Brace	Geoff	M	7/1949	24:08.97	9/6/2006	Columbus	NC
Brace	Geoff/Sue	M/F		23:46.43	8/3/2006		
Brackett	Mark	M	8/1969	21:17.99	5/2/2007	Charlotte	NC
Bradley	James	M	11/1962	27:28.98	5/16/2006	Charlotte	NC
Bradshaw	Aaron	M	10/1956	24:44.54	8/5/2009	Gastonia	NC
Brady	William	M	2/1959	32:54.81	9/30/2009	charlotte	NC
Brice	Jennette	F	5/1958	26:47.53	8/23/2006	Denton	NC
Briggs	Wyatt	M	10/1993	21:20.49	6/3/2009	Lexington	NC
Brock	Maureen	F	10/1960	24:07.39	8/23/2006	Kannapolis	NC
Brock	Tommie	M	2/1947	23:55.65	8/3/2006	Kannapolis	NC
Brooks	David	M	9/1942	22:36.20	6/6/2007	Pinehurst	NC
Brooks	Joe	M	4/1969	25:40.37	8/23/2006	Statesville	NC
Brown	Herb	M	12/1936	26:17.30	8/13/2008	Charlotte	NC
Brown	Donnie	M	10/1952	24:38.18	10/9/2007	Charlotte	NC
Brown	Forrest	M	3/1994	23:31.96	10/9/2007	Boone	NC
Brown	David	M	5/1979	25:45.72	8/22/2007	Valdese	NC
Brown	Shaw	M	5/1970	21:08.74	7/25/2007	Boone	NC
Brown	Stephanie	F	9/1955	33:50.48	5/16/2006	Charlotte	NC
Brown Jr	Matt	M	5/1960	21:11.51	5/2/2007	Boone	NC
Bumgarner	Steve	M	12/1954	28:19.93	10/4/2006	Taylorsville	NC
Burdon	Bob	M	7/1953	24:40.83	5/2/2007	Salisbury	NC
Burgess	Kevin	M	2/1993	23:02.87	7/15/2009	Charlotte	NC
Burgess	Jim	M	12/1964	23:54.27	7/9/2008	Salisbury	NC
Burnham	Nick	M	10/1981	32:41.24	9/30/2009	Charlotte	NC
Burrell	Jim	M	7/1960	24:06.01	6/6/2006	Concord	NC
Busby	Bret	M	12/1972	20:48.73	6/3/2009	Salisbury	NC
Busby	Sarah	F	8/1973	24:25.33	7/9/2008	Salisbury	NC
Busick	Carol	F	7/1974	24:45.17	9/6/2006	Mt Airy	NC
Butler	Denise	F	10/1967	24:57.42	9/30/2009	Mooreville	NC
Butler	Bo	M	11/1970	20:52.35	7/15/2009	Mooreville	NC
Byrd	Michael	M	12/1970	20:28.14	4/9/2008	Mooreville	NC
Cacali	Greg	M	10/1973	23:44.30	9/30/2009	Charlotte	NC
Campbell	Neill	M	6/1973	23:56.57	5/16/2006	Charlotte	NC
Cannon	April	F	4/1976	25:37.01	7/9/2008	Shelby	NC
Canon	Mac	M	7/1957	20:47.10	8/23/2006	Albemarle	NC
Carpenter	Patrick	M	2/1964	24:08.97	8/5/2009	Sherrills Ford	NC
Carpenter	Dale	M	9/1957	29:13.03	10/4/2006	Charlotte	NC
Carr	Tom	M	12/1948	24:46.17	8/23/2006	Charlotte	NC
Carroll	Donovan	M	11/1966	20:17.46	5/2/2007	Sugar Grove	NC
Caudle	Clinton	M	9/1984	23:17.47	5/16/2006	Monroe	NC
Chambers	Robert	M	12/1955	20:12.66	8/23/2006	Calhoun Falls	SC
Champagne	Judith	F	9/1961	29:28.31	8/23/2006	Charlotte	NC
Chapman	Bruce	M	3/1967	24:21.68	9/5/2007	Charlotte	NC
Chase	Brian	M	4/1976	22:04.10	6/6/2007	Union Grove	NC
Chase Sr.	Brian	M	3/1947	28:47.03	8/2/2007	Mooreville	NC
Chavis	Delacy	M	6/1950	23:52.09	10/9/2007	Greensboro	NC
Christensen	Trine	F	3/1967	23:51.11	5/16/2006	Carrboro	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Christophersen	Eric	M	7/1968	19:50.66	8/5/2009	Lymn	SC
Clancy	Matthew	M	7/1973	21:01.81	10/4/2006	Greensboro	NC
Clark	Jim	M	10/1968	25:32.50	9/30/2009	Morganton	NC
Clark	Myron	M	8/1956	28:47.62	6/28/2006	Mt Pleasant	NC
Cole	Warren	M	4/1976	23:56.36	8/3/2006	Charlotte	NC
Colerick	Steve	M	8/1964	23:54.69	8/23/2006	Charlotte	NC
Coley	Chris	M	12/1969	24:06.99	9/6/2006	Locust	NC
Comisky	William	M	2/1952	25:32.90	4/9/2008	Charlotte	NC
Comisky	Brian	M	11/1977	25:08.61	5/2/2007	Charlotte	NC
Conder	Edward	M	11/1977	29:59.17	10/4/2006	Charlotte	NC
Condron	Sean	M	1/1987	20:36.52	10/4/2006	Banner Elk	NC
Correll	Ken	M	8/1947	24:40.06	8/3/2006	York	SC
Coughlin	Dolores	F	12/1951	24:48.34	5/2/2007	Concord	NC
Coughlin	Dan	M	7/1944	24:24.75	8/23/2006	Concord	NC
Covington	John	M	6/1958	21:26.57	8/23/2006	Huntersville	NC
Cowan	Mike	M	3/1967	23:12.73	6/28/2006	Charlotte	NC
Craft	David	M	11/1966	24:29.01	4/9/2008	Concord	NC
Craig	Jonathan	M	8/1964	27:31.77	10/4/2006	Gastonia	NC
Creason	Michael	M	10/1971	22:38.93	7/15/2009	Charlotte	NC
Cress	Randy	M	9/1976	21:59.64	5/2/2007	Mount Ulla	NC
Crews	David	M	1/1977	27:56.24	9/10/2008	Charlotte	NC
Crow	John	M	11/1987	22:57.90	7/25/2007	Charlotte	NC
Crow	Dan	M	3/1991	24:26.67	10/4/2006	Charlotte	NC
Cruz	Kimberly	F	10/1969	25:55.27	10/9/2007	Tobaccoville	NC
Cyr	Robert	M	11/1959	21:17.60	7/25/2007	Duluth	GA
Dallas	Steven	M	2/1959	23:42.91	7/26/2006	Charlotte	NC
Davis	Dan	M	9/1938	23:57.44	8/23/2006	Charlotte	NC
Deitz	Jeff	M	8/1967	25:16.23	4/9/2008	Maiden	NC
Dennis	Cathy	F	3/1957	30:30.39	8/3/2006	China Grove	NC
Dennis	Sean	M	7/1963	24:30.74	8/3/2006	China Grove	NC
Derr	Michael	M	8/1967	25:22.06	4/9/2008	Charlotte	NC
Dilworth	Gary	M	3/1971	25:36.79	10/4/2006	Charlotte	NC
Dinsdale	Britt	M	8/1970	22:15.87	8/23/2006	Mooreville	NC
Donelson	Renee	f	1/1977	23:03.54	5/5/2009	Mooreville	NC
Dorage	Anthony	M	1/1960	20:53.99	5/2/2007	Athens	GA
Dover	Stanley	M	8/1973	21:01.42	6/3/2009	Belmont	NC
Drogalis	Mark	M	12/1962	22:00.98	9/30/2009	Blythewood	SC
Duckworth	Nigel	M	7/1964	20:51.02	6/6/2007	Huntersville	NC
Duffy	Mike	M	2/1968	26:15.39	6/6/2006	Charlotte	NC
Dunn	Matthew	M	5/1983	20:43.54	8/2/2007	Asheville	NC
Eagle	Brian	M	7/1962	26:51.03	9/6/2006	Charlotte	NC
Ecos-Ossio	Nicolas	M	10/1965	23:12.68	4/9/2008	Huntersville	NC
Edwards	Rachael	F	7/1972	23:30.69	5/2/2007	Davidson	NC
Elder	Charles	M	8/1965	23:22.24	9/30/2009	Fort Mill	SC
Ellefson	David	M	4/1934	23:38.06	8/13/2008	Banner Elk	NC
Elps	Daniel	M	1/1990	22:40.67	8/23/2006	Matthews	NC
Eng	Kelly	F	12/1965	25:26.09	4/12/2006	Concord	NC
Ervin	Jeannie	F	9/1972	27:16.52	7/26/2006	Mooreville	NC
Evans	Eric	M	1/1964	21:24.65	9/30/2009	Mooreville	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Evans	Kelly	M	1/1969	20:54.87	8/13/2008	Charlotte	NC
Fabian	John	M	3/1955	22:06.86	7/30/2008	Harrisburg	NC
Fabian	Jeff	M	7/1964	21:01.79	5/2/2007	Huntersville	NC
Faulk	Ben	M	5/1978	19:54.00	8/23/2006	Concord	NC
Fetzer	Charles	M	1/1938	24:24.95	8/13/2008	Oriental	NC
Fife	Brian	M	4/1971	23:19.39	8/26/2009	Lake Wylie	SC
Finney	John	M	9/1966	22:29.63	7/15/2009	Davidson	NC
Fischer	Charles	M	1/1958	24:28.80	8/18/2004	Chapel Hill	NC
Fisher	Douglas	M	9/1966	22:15.50	7/30/2008	Davidson	NC
Fletcher	Andrew	M	11/1973	22:13.52	8/23/2006	Davidson	NC
Foust	Laura	F	11/1962	30:07.02	9/30/2009	Charlotte	NC
Frank	Jennifer	F	1/1976	24:58.45	8/23/2006	Charlotte	NC
Freeman	Kevin	M	12/1965	22:59.17	9/30/2009	Charlotte	NC
Freeze	Jerry	M	7/1963	22:39.83	7/25/2007	Colfax	NC
Fuller	Darren	M	3/1965	21:21.82	4/12/2006		
Fumi	Len	M	10/1949	23:18.32	7/30/2008	Charlotte	NC
Fussell	James	M	7/1943	25:49.93	8/23/2006	Winson Salem	NC
Gaddy	Spencer	M	3/1987	20:36.81	8/13/2008	Charlotte	NC
Gale	Trudy	F	5/1958	27:32.47	8/26/2009	Salisbury	NC
Garoni	Carson	F	1/1971	23:12.71	7/26/2006	Raleigh	NC
Gatlin	LuAnne	F	11/1963	22:33.14	9/5/2007	Mooreville	NC
Gerardi	Lilli	F	7/1954	27:38.60	7/15/2009	Charlotte	NC
Gerardi	Richard	M	11/1955	21:18.14	8/23/2006	Charlotte	NC
Gerlach	Daniel	M	5/1954	25:43.68	10/9/2007	Charlotte	NC
Gillespie	Ron	M	1/1951	21:21.34	8/23/2006	Lowgap	NC
Gillon	Earl	M	9/1955	22:10.37	5/16/2006	Mooreville	NC
Glover	Scott	M	6/1970	25:51.64	5/2/2007	Charlotte	NC
Glover	Vanessa	F	7/1969	50:03.68	6/6/2006	Charlotte	NC
Godfrey	Elisha	M	5/1979	24:13.41	8/23/2006	Greer	SC
Grafton	Steve	M	3/1964	22:37.30	7/30/2008	Cornelius	NC
Green	Kelly	M	5/1965	23:52.47	9/30/2009	Charlotte	NC
Gregson	Pip	F	12/1974	28:01.55	10/4/2006	Charlotte	NC
Grice	David	M	10/1960	20:10.02	6/6/2007	Charlotte	NC
Grindle Jr.	James	M	2/1967	22:49.47	8/3/2006	Charlotte	NC
Gubbins	Doug	M	10/1950	23:07.69	8/23/2006	Charlotte	NC
Guerrero	Ron	M	9/1968	23:34.44	8/23/2006	Davidson	NC
Guild	Bruce	M	12/1959	21:08.73	8/23/2006	Troutman	NC
Guild	Kathi	F	9/1966	28:32.15	8/3/2006	Troutman	NC
Gunn	Rachel	F	11/1970	23:20.93	5/16/2006	Huntersville	NC
Haas	William	M	10/1967	28:39.74	8/26/2009		
Haas	Jeff	M	4/1969	21:33.54	6/3/2009	Charlotte	NC
Hains	Shirlene	F	2/1971	27:50.15	9/6/2006	Davidson	NC
Halasz	April	F	4/1973	26:36.89	10/4/2006	Charlotte	NC
Hall Jr	Dennis	M	5/1963	25:12.06	8/17/2005	Concord	NC
Hall Sr	Dennis	M	7/1940	22:08.64	8/22/2007	Concord	NC
Hallatschek	Josef	M	6/1960	21:41.98	8/22/2007	Harrisburg	NC
Hamilton	Nancy	F	1/1957	25:07.95	10/4/2006	Raleigh	NC
Hammonds	Furman	M	2/1953	22:14.40	8/23/2006	Fayetteville	NC
Hare	Jeff	M	9/1966	24:53.39	6/28/2006	Cornelius	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Harkey	Lori	F	4/1975	23:26.16	6/6/2007	Mount Pleasant	NC
Harkey	Chris	M	12/1971	19:06.89	6/28/2006	Mount Pleasant	NC
Harmon	Jim	M	1/1945	24:31.42	9/22/2004	Vilas	NC
Harper	Rich	M	6/1977	19:43.20	7/26/2006	Raleigh	NC
Harrington	Todd	M	11/1971	22:42.71	4/3/2007	Charlotte	NC
Harris	Tom	M	4/1943	22:50.91	7/15/2009	Shelby	NC
Harris	Scott	M	10/1969	21:30.08	4/9/2008	Charlotte	NC
Harris	BJ	M	7/1987	25:08.24	10/9/2007	Lexington	NC
Haski	Ed	M	5/1964	21:10.05	5/2/2007	Matthews	NC
Heafner	Charles	M	4/1971	22:19.34	8/23/2006	Stanley	NC
Hennessee	Terry	M	8/1966	29:49.08	9/6/2006	Mooreville	NC
Herman	Andrew	M	4/1971	23:46.47	8/23/2006	Matthews	NC
Herrin	James	M	9/1959	21:49.82	8/26/2009	Harrisburg	NC
Heybruck	Bill	M	5/1949	27:36.17	8/3/2006	Charlotte	NC
Hicks	George	M	9/1954	27:41.58	9/30/2009	Concord	NC
Hill	Derek	M	12/1981	25:47.14	9/30/2009	Greensboro	NC
Hill	Richard	M	2/1953	24:55.97	9/5/2007	Pilot Mtn.	NC
Hill	Geoffrey	M	5/1965	22:54.42	7/26/2006	Shelby	NC
Hill	Jerre	M	9/1944	25:59.89	10/4/2005	New London	NC
Hodges	George	M	11/1946	29:02.59	8/13/2008	Charlotte	NC
Hoffarth	Will	M	9/1985	20:23.51	5/2/2007	Banner Elk	NC
Hoffarth	Rick	M	10/1958	21:53.91	9/6/2006	Harrisburg	NC
Holder	Kelsie	F	7/1993	34:32.28	10/4/2006	Concord	NC
Holder	Katie	F	1/1989	32:04.39	5/16/2006	Concord	NC
Hollar	Craig	M	9/1966	25:25.64	7/26/2006	Wilkesboro	NC
Holloway	Ginger	F	3/1967	23:38.00	8/13/2008	Concord	NC
Holt	Butch	M	12/1948	21:43.92	5/2/2007	Matthews	NC
Holt	Marianne	F	8/1957	22:07.62	8/23/2006	Matthews	NC
Howard	Lee	M	4/1961	23:48.40	8/26/2009	Mocksville	NC
Howard	Joan	F	9/1968	25:07.40	8/13/2008	Mocksville	NC
Howard	Mark	M	12/1966	23:55.73	8/23/2006	Mooreville	NC
Howard	Ellen	F	6/1968	25:02.59	8/3/2006	Mooreville	NC
Howe	Matthew	M	4/1987	21:46.72	10/4/2006	Raleigh	NC
Howe	George	M	8/1955	23:19.06	8/23/2006	Raleigh	NC
Hudgins	Thomas	M	9/1964	22:31.61	10/4/2006	Charlotte	NC
Huff	Jason	M	10/1968	22:09.63	7/15/2009	Davidson	NC
Huffman	Chad	M	12/1977	20:50.08	6/6/2007	Gastonia	NC
Hunter	Dave	M	3/1960	23:05.03	5/2/2007	Winston-Salem	NC
Huseby	Kody/Scott	M/M		28:10.94	7/25/2007		
Huseby	Scott	M	4/1962	24:33.46	6/28/2006	Mooreville	NC
Huskey	Jennifer	F	9/1975	31:29.48	4/9/2008	Asheville	NC
Huskey	Johnny	M	3/1968	27:14.09	8/3/2006	Asheville	NC
Hutcheson	Mark	M	2/1959	22:08.14	8/23/2006	Charlotte	NC
Hutchinson	Natalie	F	7/1980	29:27.08	9/30/2009	Charlotte	NC
Irish	Shannon	M	6/1973	30:03.17	6/6/2006	Cramerton	NC
Isgett	Neil	M	8/1954	24:35.31	10/9/2007	Charlotte	NC
Jacobs	Gina	F	12/1957	24:17.56	9/30/2009	High Point	NC
Jakubek	Ladislav	M	6/1927	26:57.47	9/6/2006	Concord	NC
Jakubek	Anna	F	11/1929	33:53.59	7/28/2004	Concord	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Jenkins	Ryan	M	6/1973	19:20.25	9/6/2006	Salisbury	NC
Johnson	Boyd	M	6/1979	19:54.68	4/9/2008	Greenville	SC
Johnson	Mark	M	8/1972	22:54.34	7/25/2007	Charlotte	NC
Johnson	Brendan	M	10/1975	22:35.02	6/6/2007	Durham	NC
Johnston	Raymond	M	11/1950	23:37.76	10/9/2007	Charlotte	NC
Jones	TJ	M	2/1956	23:59.22	8/13/2008	Cornelius	NC
Jones	Tommy	M	3/1966	21:08.13	5/2/2007	Gastonia	NC
Jordan	Steve	M	9/1962	23:07.09	8/3/2006	Raleigh	NC
Kanes	Matthew	M	2/1970	22:55.18	8/23/2006	Matthews	NC
Kaplan	Neal	M	4/1952	22:03.06	5/2/2007	Chapel Hill	NC
Kasak	Sam	M	7/1995	33:10.55	4/12/2006	Huntersville	NC
Keesler	Scott	M	8/1963	23:53.45	10/9/2007	Cornelius	NC
Keesler	Sam	M	5/1988	20:10.21	5/2/2007	Banner Elk	NC
Keffer	Jim	M	1/1965	22:57.25	8/5/2009	Charlotte	NC
Kelly	Rick	M	10/1965	23:59.58	9/30/2009	Sumter	SC
Kepich	Jeffrey	M	9/1966	22:13.82	8/13/2008	Charlotte	NC
Kerns	Bob	M	12/1956	21:36.42	5/2/2007	Huntersville	NC
Kidwell	Derek	M	7/1984	25:02.12	6/6/2007	Mooresville	NC
King	Peggy	F	3/1975	27:20.15	8/23/2006	Belmont	NC
Kinney	Charles	M	8/1946	26:14.24	7/30/2008	Eden	NC
Kiser	Jonathan	M	4/1971	21:36.01	9/6/2006	Advance	NC
Klein	David	M	5/1966	22:52.69	7/26/2006	Charlotte	NC
Knetsche	Chris	M	10/1965	21:11.55	6/28/2006	Concord	NC
Kraft	Justin	M	6/1975	20:59.80	7/25/2007	Charlotte	NC
Kriska	Matus	M	7/1993	22:06.68	8/2/2007	Mt. Airy	NC
Krol	Angela	f	6/1970	26:15.73	10/9/2007	Mount Gilead	NC
Kunkle	Christy	F	5/1974	25:06.94	8/23/2006	Charlotte	NC
Lambeth	Lisa	F	8/1966	27:34.58	4/30/2008	Raleigh	NC
Lamothe	David	M	3/1970	24:08.08	6/6/2007	Charlotte	NC
Land	Robert	M	8/1942	21:22.71	8/22/2007	Winson Salem	NC
Lang	Bradford	M	7/1978	21:19.46	7/15/2009	Charlotte	NC
Langford	Scott	M	6/1967	20:46.01	8/23/2006	ASHEVILLE	NC
Larem	John	M	10/1967	31:31.04	7/15/2009	Charlotte	NC
Larem	Julianna	F	8/1997	37:17.15	6/3/2009	Charlotte	NC
Lasher	Matthew	M	4/1980	24:16.23	8/23/2006	Charlotte	NC
Lawrence	Joel	M	12/1958	23:06.21	8/13/2008	High Point	NC
Lawrence	Richard	M	11/1926	30:21.95	4/9/2008	Lexington	NC
Lawrence	Charles	M	2/1960	21:58.51	6/6/2007	Winston Salem	NC
Leake	Michael	M	12/1940	25:15.31	6/28/2006	Concord	NC
LeBeau	Andrew	M	2/1971	21:50.15	8/23/2006	Boone	NC
Lee	Rick	M	10/1976	21:31.30	9/30/2009	High Point	NC
Lesemann	K'Hill	M	3/1987	26:13.24	9/30/2009	Laurinburg	NC
Leslie	Jason	M	6/1970	20:42.94	9/6/2006	Greenville	SC
Levinson	Peter	M	12/1955	23:23.11	4/30/2008	Charlotte	NC
Lindhjem	Margaret	F	10/1976	26:54.77	9/6/2006	Archdale	NC
Little	Jared	M	3/1989	22:01.43	8/22/2007	Oakboro	NC
Little	Adam	M	10/1974	21:43.63	10/4/2006	Mount Pleasant	NC
Little	Chris	M	8/1966	25:23.27	9/6/2006	Oakboro	NC
Loflin	Courtney	F	4/1994	29:23.02	10/4/2006	Denton	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Loflin	Julie	F	10/1967	27:10.11	8/23/2006	Denton	NC
Loflin	Keith	M	5/1962	26:11.20	8/3/2006	Denton	NC
Lota	Joseph	M	4/1971	21:42.89	9/30/2009	Davidson	NC
Lowe	Steve	M	5/1977	24:35.11	9/30/2009	Cornelius	NC
Lueders	Spencer	M	11/1970	21:18.26	8/13/2008	Charlotte	NC
Lumpkin	Ladd	M	10/1971	19:49.15	6/3/2009	Columbia	SC
Lundgren	Scott	M	12/1975	26:55.04	10/9/2007	Charlotte	NC
Lyle	Joseph	M	2/1946	29:28.01	9/6/2006	Taylors	SC
Lyon	Alan	M	5/1961	26:07.35	7/25/2003	Charlotte	NC
Lyons	Dean	M	6/1957	21:50.16	10/4/2006	Boone	NC
Mabry	Mike	M	5/1962	21:05.58	7/25/2007	Mooreville	NC
Macgillivray	Matt	M	11/1961	22:53.02	7/30/2008	Columbia	SC
MacIntyre	Don	M	8/1955	23:32.78	8/3/2006	Charlotte	NC
Mansel	Carlus	M	4/1971	23:29.21	8/2/2007	Greenville	SC
Marceau	Daren	M	6/1961	24:27.55	4/9/2008	Gary	NC
Marshall	Jason	M	2/1975	22:07.09	5/2/2007	Harrisburg	NC
Marshall	Joy	F	9/1957	27:03.48	8/3/2006	Charlotte	NC
Martin	Shane	M	5/1972	21:02.96	7/25/2007	Harrisburg	NC
Martz	Alder	M	11/1990	21:54.04	7/26/2006	Charlotte	NC
Mason	Ross	M	10/1949	21:49.03	9/5/2007	Jamestown	NC
Massey	Kurt	M	2/1964	19:43.68	5/2/2007	Wake Forest	NC
Matchett	Sarah	F	6/1970	24:07.85	8/26/2009	Davidson	NC
Mayrhofer	Peter	M	9/1989	21:30.06	8/13/2008	Tryon	NC
McAlarney	Christine	F	2/1965	24:41.50	8/23/2006	Concord	NC
McCall	Rick	M	7/1952	22:07.03	5/2/2007	Huntersville	NC
McCarter	Judy	F	11/1966	24:29.36	7/30/2008	Huntersville	NC
McConnell	Chris	M	1/1971	24:32.56	6/6/2006	Simpsonville	SC
McCullough	Hank	M	12/1961	20:56.60	5/2/2007	Greenville	SC
McDaniel	Will	M	9/1971	21:14.67	7/30/2008	Raleigh	NC
McDuffie	James	M	8/1967	26:11.34	6/6/2006	Pinehurst	NC
McLaughlin	Junior/Reba	M/F		27:09.14	9/30/2009		
McLean	Lou	F	9/1963	27:42.49	9/30/2009	Boone	NC
McLean	Bridgette	F	6/1991	24:44.75	7/15/2009	Boone	NC
McNamara	Dan	M	12/1955	26:03.51	8/23/2006	Greenville	SC
Mead	Jim	M	7/1960	22:36.91	7/26/2006	Davidson	NC
Melencio	Richard	M	2/1969	22:23.48	8/13/2008	Greensboro	NC
Merriman	Jim	M	8/1959	25:49.31	8/26/2009	Charlotte	NC
Micelotta	Vince	M	10/1951	28:01.89	9/30/2009	Fountain Inn	SC
Miller	Danielle	F	10/1979	28:21.17	7/25/2007	Charlotte	NC
Miller	Dempsey	M	6/1958	27:20.41	9/6/2006	Huntersville	NC
Mitcham	Leah	F	3/1966	25:38.05	5/2/2007	Cornelius	NC
Mitchell	Fred	M	8/1974	22:27.53	9/30/2009	Galax	VA
Monteleone	Chris	M	3/1988	20:38.27	4/12/2006	Winston Salem	NC
Moore	Robert	M	6/1968	24:41.41	7/15/2009	Concord	NC
Moore	Stanley	M	7/1949	28:45.24	7/15/2009	Huntersville	NC
Morris	Larry	M	12/1940	23:46.32	10/9/2007	Pfafftown	NC
Morrison	Eric	M	7/1973	25:33.97	10/9/2007	Charlotte	NC
Moschel	Charles	M	12/1958	21:29.22	5/2/2007	Charlotte	NC
Motsinger	Barry	M	10/1957	22:49.97	5/2/2007	Winston Salem	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Mueller	Davis	M	10/1996	27:29.90	8/26/2009	Cornelius	NC
Mueller	Chris	M	6/1967	24:01.90	8/22/2007	Cornelius	NC
Mulheren	Ed	M	12/1956	24:33.99	7/25/2002	Charlotte	NC
Mulloy	John	M	1/1960	23:12.98	5/2/2007	Davidson	NC
Myers	Bill	M	9/1965	23:31.58	7/26/2006	Burlington	NC
Myers	Renee	F	1/1977	22:35.31	6/28/2006	Mooreville	NC
Myrick	John	M	2/1958	27:46.34	4/9/2008	Columbia	SC
Nance	Randy	M	2/1965	27:28.93	10/9/2007	Concord	NC
Nelson	Joe	M	12/1951	24:17.60	10/4/2005	Cleveland	GA
Nelson	Greg	M	5/1968	23:11.98	8/26/2009	Denton	NC
Nittmann	Susan	F	6/1961	24:44.79	9/6/2006	Raleigh	NC
Nolley	William	M	6/1963	24:00.98	5/2/2007	Newton	NC
Nozedar	Mark	M	8/1965	21:24.35	6/6/2006	CHARLOTTE	NC
Nunnaley	Jeff	M	8/1969	22:09.98	6/6/2007	Huntersville	NC
Oddono	E.J.	M	6/1958	25:05.70	8/13/2008	Greensboro	NC
O'Leary	John	M	8/1960	21:01.36	8/13/2008	Winston-Salem	NC
Omohundro	Rick	M	4/1962	24:31.83	9/30/2009	Mooreville	NC
Ortiz	Mark	M	10/1949	24:44.28	6/6/2007	Kannapolis	NC
Owen	Matthew	M	3/1989	23:07.40	4/9/2008	Banner Elk	NC
Owen	Doug	M	7/1957	22:01.44	8/23/2006	Banner Elk	NC
Pardue	Joey	M	8/1971	23:21.55	8/13/2008	Advance	NC
Pardue	Kendra	F	11/1973	23:44.06	8/13/2008	Advance	NC
Parker	Douglas	M	6/1958	29:12.96	9/30/2009	Gastonia	NC
Parker	Michael	M	12/1964	29:35.09	9/30/2009	Connelly Springs	NC
Parks	Robbie	M	1/1966	36:47.07	4/9/2008	Lexington	NC
Partel	Ann	F	2/1950	29:11.10	7/15/2009	Troutman	NC
Partel	Ken	M	11/1948	23:37.13	8/13/2008	Troutman	NC
Patkus	Jackson	M	4/1976	31:38.75	8/22/2007	Charlotte	NC
Patterson	John	M	6/1961	19:17.89	7/25/2007	Charlotte	NC
Paul	Thomas	M	12/1949	22:01.69	8/13/2008	Charlotte	NC
Peche	Roy	M	11/1954	28:57.16	10/9/2007	Gastonia	NC
Peche/Dartnall	Roy/Nancy	M/F		25:31.68	10/9/2007	Gastonia	NC
Penner	Rich	M	3/1964	24:26.63	7/26/2006	Charlotte NC	NC
Petree	David	M	12/1959	21:21.11	8/23/2006	Greensboro	NC
Philemon	William	M	10/1991	26:58.25	8/22/2007	Mt Holly	NC
Phillips	Bill	M	11/1957	23:29.79	6/6/2007	Charlotte	NC
Phillips	David	M	12/1970	23:56.70	8/23/2006	Charlotte	NC
Pierce	Grainger	M	3/1974	21:49.03	4/9/2008	Charlotte	NC
Pierlott	Robby	M	8/1970	22:15.26	8/23/2006	Charlotte	NC
Pigg	Jeff	M	9/1964	23:57.57	8/23/2006	Asheville	NC
Pinard	David	M	4/1965	22:26.78	8/13/2008	Huntersville	NC
Pitson	Lynn	F	4/1960	24:10.92	6/6/2007	Charlotte	NC
Pitts	Margo	F	6/1966	25:22.34	9/5/2007	Raleigh	NC
Plant	Bill	M	6/1964	23:52.20	9/30/2009	Rock Hill	SC
Plantec	Chris	M	4/1972	21:36.90	6/6/2007	Greenville	SC
Powers	Derek	M	11/1965	19:32.91	8/23/2006	Carrboro	NC
Preslar	Lisa	F	4/1975	24:23.22	8/3/2006	Oakboro	NC
Price	Joe	M	9/1952	22:52.88	8/13/2008	Concord	NC
Price	John	M	4/1964	22:41.78	8/23/2006	Gastonia	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Province	Brian	M	7/1974	26:13.90	8/13/2008	Charlotte	NC
Purser	Lat	M	6/1951	24:05.92	9/30/2009	Charlotte	NC
Rabley	William	M	12/1949	22:07.25	7/30/2008	Denton	NC
Ragland	Johnny	M	12/1972	34:05.28	5/2/2007	Gastonia	NC
Ramirez	Joseph	M	11/1972	21:04.53	7/26/2006	Greer	SC
Randolph	Doug	M	10/1965	23:15.48	5/2/2007	Mooreville	NC
Ratcliff	Bill	M	6/1954	22:11.52	8/23/2006	Statesville	NC
Ratcliffe	Bob	M	1/1940	28:18.79	9/30/2009	Charlotte	NC
Redding	Mark	M	2/1963	25:19.46	6/6/2007	Concord	NC
Rehme	Ken	M	10/1967	22:05.47	10/4/2005	Charlotte	NC
Reid	Ray	M	7/1961	21:23.91	5/2/2007	Vilas	NC
Reiner	Eric	M	10/1972	22:48.05	6/6/2007	Charlotte	NC
Reinke	Chris	M	4/1964	21:41.13	8/26/2009	York	SC
Reith	Christopher	M	8/1987	25:37.51	5/2/2007	Charlotte	NC
Renigar	Michael	M	8/1960	26:03.03	8/26/2009	Pfafftown	NC
Renschler	Janelle	F	5/1976	22:28.70	8/22/2007	Cary	NC
Reynolds	Gail	F	5/1951	33:07.46	9/6/2006	Salisbury	NC
Richardson	Todd	M	7/1964	26:54.95	8/26/2009	morrisville	NC
Richardson	Walter	M	1/1953	25:25.39	5/16/2006	Greensboro	NC
Richter	William	M	4/1994	22:35.38	6/3/2009	Rock Hill	SC
Riddle	Marydavis	F	1/1944	29:10.18	9/22/2004	Charlotte	NC
Rimmer	Ginger	F	3/1967	24:55.58	6/6/2007	Concord	NC
Rimron	Patrick	M	12/1966	22:04.08	7/15/2009	Winston Salem	NC
Robb	Max	M	6/1992	22:49.11	10/9/2007	Charlotte	NC
Roberts	Pat	F	10/1946	24:56.66	8/23/2006	Winston Salem	NC
Rochester	Dave	M	2/1943	26:01.86	8/13/2008	Cornelius	NC
Roovers	Yrjo	M	4/1978	21:39.69	5/2/2007	Waxhaw	NC
Rossi	Chris	M	5/1951	20:48.19	6/6/2007	Shelby	NC
Rupiper	Chris	M	7/1978	23:20.60	5/2/2007	Rock hill	SC
Ruther	Kris	F	3/1955	27:48.19	10/1/2008	Naples	FL
Sandal	Missy	F	9/1969	26:22.44	8/22/2007	Sherrills Ford	NC
Satterwhite	Wes	M	10/1990	23:00.86	9/6/2006	Waxhaw	NC
Savicki	Karla	F	4/1975	27:46.25	8/3/2006	Cornelius	NC
Savicki	Mike	M	1/1968	47:39.75	8/3/2006	Cornelius	NC
Schleede	Alison	F	2/1968	31:24.67	9/30/2009	Mount Ulla	NC
Schleede	Chris	M	6/1995	26:59.67	9/30/2009	Mount Ulla	NC
Schleede	Terry	M	9/1951	26:31.79	9/30/2009	Mount Ulla	NC
Schmader	Marie	F	7/1977	24:46.10	8/23/2006	Charlotte	NC
Schmidt	Todd	M	11/1969	21:02.67	8/23/2006	Charlotte	NC
Schoch	Jeff	M	3/1983	23:50.53	7/15/2009	Charlotte	NC
Schunk	Susan	F	6/1968	29:26.88	6/6/2007	Charlotte	NC
Schunk	Chris	M	2/1967	23:19.33	9/6/2006	Charlotte	NC
Shaeffer	Rich	M	3/1949	25:37.48	6/6/2006	Fort Mill	SC
Shannonhouse	Jim	M	6/1939	26:13.22	9/30/2009	Charlotte	NC
Sharpe	JT	M	1/1982	23:57.26	7/25/2007	Burlington	NC
Sheedy	David	M	1/1975	28:15.93	9/30/2009	Pfafftown	NC
Shields	Emily	F	9/1993	27:05.48	9/30/2009	Salisbury	NC
Shields	Katherine	F	9/1993	25:15.28	8/26/2009	Salisbury	NC
Shields	Kerry	M	9/1952	22:31.14	8/22/2007	Charlotte	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Shiels	Terry	M	4/1954	23:47.28	7/15/2009	Charlotte	NC
Shirey	Mark	M	1/1961	22:03.49	6/6/2007	Clover	SC
Shoaf	Paul	M	9/1951	23:54.19	8/23/2006	Winstom-Salem	NC
Sholar	Jodie	F	1/1964	27:02.08	8/26/2009	Charlotte	NC
Sigmon	Tim	M	7/1962	22:57.96	8/3/2006	Concord	NC
Simpson	Rodney	M	8/1965	20:43.98	6/6/2007	High Point	NC
Sims	Anthony	M	12/1966	27:22.97	4/3/2007	Mooreville	NC
Slifer	Terry	M	11/1970	24:54.35	6/6/2006	Charlotte	NC
Slusher	Cory	M	12/1972	24:33.83	5/2/2007	Charlotte	NC
Smith	Leigh Ann	F	2/1973	28:31.41	9/30/2009	Davidson	NC
Smith	Walter	M	6/1957	26:33.55	8/13/2008	Davidson	NC
Smith	Colin	M	1/1968	22:02.22	8/22/2007	Stanley	NC
Smith	Lynette	F	7/1956	24:36.18	6/6/2007	Mount Airy	NC
Snyder	Nancy	F	1/1967	25:45.17	8/23/2006	Statesville	NC
Spahr	William	M	7/1956	23:38.04	8/5/2009	Charleston	SC
Spahr	Jacob	M	5/1988	27:52.79	6/3/2009	Charlotte	NC
Spence	Rod	M	6/1940	35:12.97	5/2/2007	Charlotte	NC
Spitz	Adam	M	7/1962	21:59.71	8/23/2006	Charlotte	NC
Sprouse	Jason	M	9/1969	19:53.86	9/6/2006	Ashville	NC
Stallings	Mike	M	2/1958	25:00.70	10/9/2007	Monroe	NC
Stamp	AT	M	11/1974	20:53.18	10/4/2006	Salisbury	NC
Stancil	Roy	M	11/1974	23:02.66	7/15/2009	Matthews	NC
Stauffer	Bruce	M	4/1968	25:10.58	8/13/2008	Statesville	NC
Steagall	Paul	M	11/1955	22:02.89	8/13/2008	Florence	SC
Stephenson	Hunter	M	8/1994	23:54.55	4/9/2008	Charlotte	NC
Stevens	David	M	1/1947	21:12.96	8/13/2008	Vilas	NC
Stewart	Dwight	M	4/1947	23:34.52	5/2/2007	Claremont	NC
Stout	William	M	9/1964	20:31.05	9/6/2006	Lexington	NC
Strachan	Stephen	M	3/1963	22:20.45	8/26/2009	Mooreville	NC
Strahler	Becky	F	3/1957	26:27.32	10/9/2007	Shelby	NC
Sullivan	Brian	M	1/1992	23:18.99	4/9/2008	Charlotte	NC
Sullivan	Ian	M	12/1993	26:37.82	8/22/2007	Charlotte	NC
Sullivan	Dan	M	7/1966	21:42.14	6/6/2006	Charlotte	NC
Summey	Gene	M	2/1961	23:05.95	5/2/2007	Shelby	NC
Sunday	Thomas	M	4/1963	21:40.99	7/15/2009	Columbia	SC
Talani	John	M	5/1954	21:52.74	8/17/2005	Charlotte	NC
Tallardy	Betty	F	2/1947	32:33.82	9/6/2006	Monroe	NC
Talmadge	Bill	M	7/1970	22:38.42	5/16/2006	Apex	NC
Taylor	Gregory	M	11/1951	38:05.80	9/30/2009	Charlotte	NC
Taylor	Terry	M	12/1937	28:03.69	6/3/2009	Salisbury	NC
Taylor	Jasen	M	8/1975	22:48.09	7/30/2008	Mooreville	NC
Taylor	Jim	M	7/1968	19:52.08	5/2/2007	Spartanburg	SC
Templeton	William	M	10/1961	24:47.44	8/3/2006	Charlotte	NC
Terry	Jeff	M	11/1962	20:24.00	6/6/2007	Charlotte	NC
Thomas	Nicole	F	5/1971	24:10.23	8/13/2008	Stony Point	NC
Thomas	Chris	M	3/1969	19:42.18	5/2/2007	Stony Point	NC
Thompson	Bruce	M	11/1961	25:54.24	6/27/2007	Mooreville	NC
Thorne	Troy	M	12/1973	24:19.01	8/23/2006	jamestown	NC
Thorson	Scott	M	11/1962	22:22.98	7/26/2006	Charlotte	NC

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Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Todd	Jennifer	F	2/1978	28:46.83	4/3/2007	Raleigh	NC
Torkildsen	Lana	F	4/1966	29:23.57	8/13/2008	Matthews	NC
Torkildsen	Tom	M	10/1955	22:59.04	7/30/2008	Matthews	NC
Tosolini	Andrea	M	8/1962	20:21.46	6/3/2009	Gainesville	FL
Tredgett	Carson	M	7/1946	23:21.24	10/4/2006	Charlotte	NC
Trexler	John	M	2/1951	25:56.00	8/13/2008	Charlotte	NC
Turnbull	Craig	M	9/1970	25:24.83	8/26/2009	Salisbury	NC
Turner	Martin	M	6/1965	23:45.74	5/2/2007	Huntersville	NC
Vaden	Adam	M	3/1992	24:34.61	8/3/2006	Winston-Salem	NC
Van Holderbeke	Sonja	F	1/1963	22:50.90	8/2/2007	Charlotte	NC
Vasist	Lakshmi	F	2/1977	29:18.59	6/6/2007	Durham	NC
Vedder	Casey	M	3/1974	21:48.32	6/28/2006	Mt Airy	NC
Wagoner	Tommy	M	9/1974	24:09.71	8/5/2009	Mooreville	NC
Wakeland	Eric	M	11/1969	23:38.86	10/9/2007	Mooreville	NC
Walker	Kate	F	2/1975	26:38.56	9/30/2009	Kannapolis	NC
Walsh	Kevin	M	10/1962	21:32.91	6/6/2007	Huntersville	NC
Watkins	Greg	M	6/1963	22:41.79	6/6/2007	Charlotte	NC
Watkins	Amanda	F	12/1970	25:11.01	9/6/2006	Charlotte	NC
Watkins	Steve	M	9/1967	21:02.03	8/23/2006	charlotte	NC
Watts	Sarah	F	11/1942	28:13.73	8/13/2008	Tobaccoville	NC
Watts	Craig	M	3/1966	29:38.99	10/4/2006	Charlotte	NC
Wax	Tim	M	12/1959	25:34.65	10/4/2006	Concord	NC
Weaver	Shane	M	10/1972	20:27.90	6/6/2006		
Webb	Burl	M	10/1953	24:45.23	5/16/2006	Charlotte	NC
Weber	Amy	F	8/1970	27:30.36	9/30/2009	Charlotte	NC
Weber	Steve	M	5/1969	25:53.74	8/26/2009	Charlotte	NC
Wensil	David	M	2/1964	23:30.48	8/2/2007	Matthews	NC
Wheeler	Humpy	M	10/1938	27:18.92	8/3/2006	Concord	NC
Whitby	Alan	M	5/1947	28:09.41	6/6/2007	Charlotte	NC
White	Greg	M	4/1969	25:19.55	8/23/2006	Raleigh	NC
Whitley	Graham	M	1/1985	23:31.63	8/2/2007	Charlotte	NC
Whitmeyer	Bud	M	2/1958	21:17.96	8/23/2006	Asheville	NC
Whitt	Randy	M	9/1946	23:33.20	8/13/2008	Charlotte	NC
Whittaker	Gordon	M	5/1977	20:31.94	9/30/2009	Blythewood	SC
Williams	Larry	M	2/1967	22:41.79	8/26/2009	Lexington	NC
Williams	Jamie	M	10/1979	22:06.53	8/23/2006	Raleigh	NC
Williamson	Marcus	M	1/1974	26:46.91	8/23/2006	Pendelta	SC
Williamson	Richard	M	1/1966	24:06.13	8/23/2006	Charlotte	NC
Williford	Holt	M	11/1955	23:12.41	4/9/2008	High Point	NC
Willis	Mark	M	1/1976	20:46.36	8/23/2006	Charlotte	NC
Willix	Bob	M	5/1965	21:43.85	6/6/2007	Raleigh	NC
Wilson	Doug	M	2/1962	23:49.20	7/15/2009	Huntersville	NC
Wise	Matthew	M	12/1979	23:16.55	8/22/2007	Apex	NC
Wiseman	Bill	M	11/1948	21:43.99	8/23/2006	Concord	NC
Wolfrom	Robert	M	12/1940	23:08.65	8/23/2006	Raleigh	NC
Woloszczuk	Steph	F	7/1989	26:50.96	8/13/2008	Rock Hill	SC
Wood	Elizabeth	F	8/1965	27:09.77	7/9/2008	Winston Salem	NC
Wood	Leonard	M	3/1949	24:29.95	4/30/2008	Salisbury	NC
Wood	Geoffrey	M	6/1947	26:09.45	4/9/2008	Winston-Salem	NC

2009 - 10 Mile Personal Record Times

PR set 2009

Last Name	First Name	Sex	DOB	PR Time	PR Date	City	State
Wood	TJ	M	10/1971	22:29.46	9/6/2006	Kannapolis	NC
Woods	Allen	M	8/1969	23:21.13	10/4/2006	Charlotte	NC
Woodward	John	M	7/1960	23:11.52	6/6/2007	Wilmington	NC
Woodward	Philip	M	12/1982	23:55.84	6/28/2006	Matthews	NC
Woodworth	Carl	M	1/1964	22:13.36	4/12/2006	Charlotte	NC
Wright	CJ	F	4/1965	30:40.32	8/3/2006	Bessemer City	NC
Wyzga	Paul	M	9/1966	24:04.69	8/3/2006	Harrisburg	NC
Yelton	Melinda	F	10/1966	24:11.51	8/23/2006	Charlotte	NC
Ziomek	Sarah	F	6/1968	27:30.39	8/26/2009	Rutherfordton	NC