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**TOP 1 FEMALES** -----

Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
=====	=====	=====	=====	=====
1.	392	43	NICOLE SILVERNAIL	RALEIGH NC
22:12	7:09	22:07	7:08	

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**TOP 1 MASTERS FEMALES** -----

Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
=====	=====	=====	=====	=====
1.	267	41	JANET MCGRATH	APEX NC
27:06	8:44	26:51	8:39	

**FEMALE AGE GROUP RESULTS**

2009 Get Your Rear in Gear 5K Run-Walk

Raleigh, NC 03/07/2009 8:30 am

Directed and Timed By: Set Up Events

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**FEMALE AGE GROUP: 1 - 14 (90)** -----

Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
=====	=====	=====	=====	=====
1.	485	11	JACLYN KOMOSKI	
28:04	9:02	27:45	8:56	
2.	41	10	NATALIE BROWNING	RALEIGH NC
28:43	9:15	28:40	9:14	
3.	288	14	SARAH MONTOYA	MORRISVILLE NC
32:04	10:20	31:32	10:09	
4.	294	10	EMILY MOSER	RALEIGH NC
39:58	12:52	39:08	12:36	
5.	468	13	KENDALL SHEFFIELD	RALEIGH NC
46:02	14:49	45:40	14:42	
6.	544	9	MEGHAN LANE	
47:35	15:19	46:42	15:02	
7.	9	9	MADISEN ANDERSEN	APEX NC
47:49	15:24	46:54	15:06	
8.	7	6	CLAIRE ANDERSEN	APEX NC
59:42	19:13	58:20	18:47	
9.	8	8	EMILY ANDERSEN	APEX NC
59:43	19:14	58:26	18:49	
10.	531	6	ADELE WALDEN	
1:00:53	19:36	59:33	19:11	

11.	543	9	BRENNA WOLFINGER		
1:03:07	20:19	1:01:50	19:55		
12.	361	11	CARLI REO	RALEIGH NC	
1:03:08	20:20	1:02:08	20:00		

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**FEMALE AGE GROUP: 15 - 19 (90)**

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Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
1.	186	15	KYLER HOUSE	DURHAM NC
19:52	6:24	21:54	7:03	Y
2.	454	16	LINDSEY YINGLING	CARY NC
27:13	8:46	27:11	8:45	
3.	216	18	KIRSTEN KOHAGEN	RALEIGH NC
29:55	9:38	29:44	9:35	
4.	536	18	CAITLIN HODGES	
31:38	10:11	31:23	10:06	
5.	467	15	LACEY PRICE	RALEIGH NC
34:58	11:16	34:39	11:09	
6.	122	19	KRISTEN FOWLER	DURHAM NC
48:25	15:35	47:59	15:27	

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**FEMALE AGE GROUP: 20 - 29 (90)**

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Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
1.	538	22	LISA MACLEAN	
25:56	8:21	25:34	8:14	
2.	516	22	ANNA BECK	
28:19	9:07	28:15	9:06	
3.	241	28	MORGAN LOUGHRIDGE	APEX NC
28:20	9:07	28:07	9:03	
4.	278	26	ERIKA MCROBERTS	KNIGHTDALE NC
28:42	9:14	28:33	9:12	
5.	82	27	MARY GREY DANIEL	RALEIGH NC
28:55	9:19	28:34	9:12	
6.	25	24	ERIN BAUCOM	RALEIGH NC
29:06	9:22	28:14	9:06	
7.	76	27	SARA COX	RALEIGH NC
29:08	9:23	29:06	9:22	
8.	374	27	DANIELLE ROLAND	RALEIGH NC
29:27	9:29	29:16	9:25	
9.	95	25	BRITTNEY DRIVER	RALEIGH NC
29:35	9:32	29:25	9:28	
10.	458	21	ROCHELLE ZARZAR	DURHAM NC
29:36	9:32	29:31	9:30	
11.	104	22	LAUREN ELLIOTT	RALEIGH NC
30:16	9:45	30:05	9:41	

12.	254	26	CAROLYN MASINICK	MORRISVILLE NC
30:22	9:47		30:12 9:44	
13.	143	29	JESSI HAGOOD	EDEN NC
30:41	9:53		30:30 9:50	
14.	488	27	AMY WEBER	DURHAM NC
31:00	9:59		30:44 9:54	
15.	81	26	MARY FRANCES DANIEL	RALEIGH NC
31:14	10:04		30:54 9:57	
16.	174	23	CHRISTIN HEVERLY	ROUGEMONT NC
31:23	10:06		31:01 9:59	
17.	394	25	JESSICA SIMMONS	ZEBULON NC
31:23	10:06		31:00 9:59	
18.	128	23	ERIN GENTRY	WENDELL NC
31:28	10:08		30:54 9:57	
19.	29	29	MELINDA BETHUNE	WILLOW SPRING NC
31:41	10:12		31:21 10:06	
20.	578	29	SHELBY BARBER	
32:04	10:20			
21.	455	26	DANIELLE YOUNG	RALEIGH NC
32:20	10:25		32:06 10:20	
22.	131	27	CRYSTAL GORDON	RALEIGH NC
32:21	10:25		32:08 10:21	
23.	279	26	HALEY MESSERSMITH	LOUISBURG NC
33:08	10:40		32:44 10:33	
24.	182	29	SHARON HOOKS	YOUNGSVILLE NC
33:18	10:44		32:54 10:36	
25.	28	22	KATIE BECK	DURHAM NC
33:34	10:48		33:29 10:47	
26.	460	27	SARAH ERDAHL	RALEIGH NC
34:06	10:59		33:52 10:54	
27.	51	29	JENNIFER CAMERON	HENRICO VA
34:27	11:06		33:51 10:54	
28.	31	29	CHRISTIE BLASZCZAK	APEX NC
34:57	11:15		34:10 11:00	
29.	61	23	MEGAN CHARBONEAU	RALEIGH NC
35:18	11:22		34:57 11:15	
30.	496	29	APRIL DUNCAN	SMITHFILED NC
35:40	11:29		35:23 11:24	
31.	103	27	JULIE EDWARDS	CARY NC
35:41	11:30		35:07 11:19	
32.	30	23	EMILEE BILLEAUD	CHAPEL HILL NC
35:53	11:33		35:24 11:24	
33.	435	29	SARAH VOYLES	DURHAM NC
40:13	12:57		39:31 12:44	
34.	387	26	ABBY SEATS	RALEIGH NC
41:18	13:18		41:06 13:14	
35.	219	29	JENNIFER KOLAKOWSKI	GARNER NC
46:05	14:50			
36.	21	22	STEFANIE BARISH	CHAPEL HILL NC
46:36	15:00		45:42 14:43	
37.	225	28	KELLY LAKEY	ZEBULON NC
46:59	15:08			
38.	144	26	MORGAN HAGOOD	EDEN NC
47:24	15:16		46:49 15:04	
39.	127	29	CATHY GATLIN	RALEIGH NC
47:36	15:20			
40.	231	27	JESSICA LEWIS	LOUISVILLE KY
51:10	16:29		50:28 16:15	

41. 359 24 KATHRYN RENDE  
57:46 18:36 57:16 18:26

FUQUAY VARINA NC

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FEMALE AGE GROUP: 30 - 39 (90)  
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Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
=====	=====	=====	=====	=====
1.	106	31	LEIGH ERISMAN	CHAPEL HILL NC
22:29	7:15	22:25	7:13	
2.	587	39	CYNDY DAIL	
22:57	7:23	22:48	7:21	
3.	232	38	TRICIA LEWIS	RALEIGH NC
24:42	7:57	24:37	7:56	
4.	475	37	PAULA MEDLEY	ROCKY MOUNT NC
26:18	8:28	26:14	8:27	
5.	212	39	ANDRA KINLAW	RALEIGH NC
26:37	8:34	26:29	8:32	
6.	168	35	DONNA HAYNES	RALEIGH NC
27:47	8:57	27:32	8:52	
7.	192	30	LAURA HUGHES	APEX NC
27:55	9:00	27:46	8:56	
8.	47	36	CAROL BYRD	APEX NC
28:04	9:02	27:52	8:58	
9.	384	33	SARA SCHECK	RALEIGH NC
28:10	9:04	27:56	9:00	
10.	577	37	ERIKA CANADY	
28:14	9:06			
11.	37	37	INGRID BOSWELL	MEBANE NC
28:31	9:11	28:21	9:08	
12.	72	38	KARA COOLEY	CARY NC
28:32	9:11	28:25	9:09	
13.	236	39	VALEDA LOGAN	DURHAM NC
28:49	9:17	28:02	9:02	
14.	586	37	SARAH MORGAN	
28:54	9:19	28:45	9:16	
15.	312	39	APRIL OWENS	RALEIGH NC
28:58	9:20	28:55	9:19	
16.	372	34	FULLER-JONES ROBIN	RALEIGH NC
29:07	9:23	29:02	9:21	
17.	229	38	TERESA LANGDALE	APEX NC
29:08	9:23	29:05	9:22	
18.	59	35	MARIE CARR	RALEIGH NC
29:20	9:27	29:11	9:24	
19.	504	32	LANIER MCREE	RALEIGH NC
30:24	9:48	30:01	9:40	
20.	503	35	JENNIFER HAYGOOD	RALEIGH NC
30:25	9:48	30:00	9:40	
21.	508	33	ALICIA ROBINSON	RALEIGH NC
30:46	9:54	30:38	9:52	
22.	592	39	AMY CORBETT	
30:55	9:58	30:06	9:42	
23.	40	31	ASHLEY BROOKS	GARNER NC
30:55	9:58			

24.	313	34	KRISTIN PANTIGA	APEX NC
31:36	10:11			
25.	512	31	STACEY ROBINSON	WAKE FOREST NC
31:42	10:13			
26.	443	34	JENNIFER WELLMAN	SMITHFIELD NC
32:11	10:22		31:47 10:14	
27.	323	33	JACCI PATTERSON	WAKE FOREST NC
32:12	10:22		31:49 10:15	
28.	379	37	RAYNA SAMPLES	CAMERON NC
32:48	10:34		32:00 10:18	
29.	349	35	TINA PRINSTEIN	CHAPEL HILL NC
33:31	10:48		33:15 10:42	
30.	118	37	MARIA FISTER	APEX NC
33:46	10:52		33:14 10:42	
31.	385	32	JAIME SCRIVANI	RALEIGH NC
34:34	11:08		34:14 11:02	
32.	431	38	AMY VENTURINI	RALEIGH NC
34:50	11:13		34:04 10:58	
33.	548	34	KIM BEVERLY	
35:11	11:20		35:06 11:18	
34.	99	34	ANJELA DUKES	RALEIGH NC
35:37	11:28		35:30 11:26	
35.	367	36	JOYCE RICE	DURHAM NC
35:55	11:34		35:27 11:25	
36.	400	39	CONNIE SMITH	RALEIGH NC
36:29	11:45		36:19 11:42	
37.	519	39	DONNA WALTON	
37:09	11:58		36:41 11:49	
38.	44	32	DELPHILIA BURTON	DURHAM NC
37:30	12:05		37:06 11:57	
39.	248	36	NANCY MARKOVSKY	APEX NC
38:00	12:14			
40.	16	35	STEPHANIE BAKER	RALEIGH NC
38:05	12:16		37:32 12:05	
41.	331	33	MELISSA PETERS	RALEIGH NC
38:06	12:16		37:23 12:02	
42.	452	37	CRYSTAL WORZELLA	RALEIGH NC
38:11	12:18		37:59 12:14	
43.	311	36	ERIN OSTROWSKI	RALEIGH NC
38:15	12:19		38:02 12:15	
44.	43	34	VALARIE BROWNING	RALEIGH NC
38:15	12:19		38:09 12:17	
45.	132	31	ALLISON GORIN	FUQUAY VARINA NC
39:24	12:41		39:06 12:35	
46.	598	36	SHINY NARAHALI	
39:45	12:48			
47.	220	36	EMILY KONKLE	WAKE FOREST NC
40:11	12:57			
48.	85	35	ALISHA DAVIS	RALEIGH NC
40:12	12:57		39:46 12:48	
49.	139	33	RACHEL GRIFFIN	RALEIGH NC
40:12	12:57			
50.	388	37	HOPE SEIDEL	RALEIGH NC
41:26	13:21		40:51 13:09	
51.	340	31	LIBBY POLLOCK	ATLANTA GA
41:58	13:31		41:24 13:20	
52.	175	38	ALIX HOCK	RALEIGH NC
42:54	13:49			

53.	243	35	MILLIE LOVIC	RALEIGH NC
42:56	13:50			
54.	601	39	KATHERINE FRITSCH	
43:18	13:57			
55.	140	38	TRINA GRIFFIN	RALEIGH NC
44:10	14:13		43:59 14:10	
56.	369	39	VICKI RICHBOURG	APEX NC
44:25	14:18			
57.	409	38	ASHLEY STEINLAGE	CARY NC
46:03	14:50			
58.	310	30	KATIE OSTROTH	CARY NC
46:06	14:51			
59.	576	39	LYNN ORLANDO	
46:13	14:53			
60.	551	34	SHARON LAKINS	
46:22	14:56			
61.	172	39	CORIE HERSCHELMAN	RALEIGH NC
46:40	15:02		45:47 14:44	
62.	133	38	BELINDA GRAHAM	GARNER NC
47:01	15:08			
63.	462	30	TIFFANY PERRY	WENDELL NC
47:33	15:19			
64.	235	39	RHONDA LOGAN	RALEIGH NC
48:00	15:27		47:57 15:26	
65.	517	37	STEPHANIE LARSEN	
49:48	16:02		48:57 15:46	
66.	297	33	TABITHA MOSES	CARY NC
57:01	18:21		56:08 18:04	
67.	386	38	MONICA SEARLES	CARY NC
57:35	18:32		56:42 18:15	

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## FEMALE AGE GROUP: 40 - 49 (90)

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Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
1.	542	41	PAMELA WASSILCHAK	APEX NC
27:25	8:50	27:05	8:43	
3.	137	41	LORI GRAVES	RALEIGH NC
27:52	8:58	27:41	8:55	
4.	108	40	SUSAN FALCO	MATTHEWS NC
28:01	9:02	27:50	8:58	
5.	407	43	WALTON SPOOR	RALEIGH NC
28:56	9:19	28:51	9:17	
6.	222	46	SHARON KUNESH	RALEIGH NC
29:32	9:31	29:12	9:24	
7.	292	46	ALISA MORSE	DURHAM NC
29:37	9:32	29:18	9:26	
8.	265	42	EVA MCDONOUGH	WHISPERING PINES NC
29:54	9:38	29:47	9:36	
9.	167	41	CHRISSEY HAWTING	RALEIGH NC
30:07	9:42	29:51	9:37	
10.	60	45	ALISON CASEY	KNIGHTDALE NC
30:08	9:42	29:57	9:39	

11.	283	40	JULIANA MILLER	RALEIGH NC
30:20	9:46		30:00 9:40	
12.	39	40	MELISSA BOWMAN	RALEIGH NC
30:47	9:55		30:35 9:51	
13.	49	47	CAROL CALLOWAY	RALEIGH NC
30:50	9:56		30:18 9:45	
14.	362	40	JULIE REO	RALEIGH NC
31:01	9:59		30:54 9:57	
15.	453	44	BRENDA YINGLING	CARY NC
31:24	10:07		31:21 10:06	
16.	206	40	ERIC KALTZ	HILLSBOROUGH NC
32:20	10:25		32:02 10:19	
17.	466	45	KATHERINE PRICE	RALEIGH NC
32:49	10:34		32:29 10:28	
18.	68	47	KAREN CLARK	WEST END NC
33:02	10:38		32:50 10:34	
19.	413	49	SUSAN STOVER	WAKE FOREST NC
33:05	10:39		32:58 10:37	
20.	179	48	PAM HOLLAND	DURHAM NC
33:19	10:44		32:55 10:36	
21.	490	40	HOLLY JENKINS	RALEIGH NC
33:33	10:48		33:20 10:44	
22.	55	47	MEG CARMAN	APEX NC
33:34	10:49		32:49 10:34	
23.	524	44	SUZANNE SMITH	
33:42	10:51		33:25 10:46	
24.	441	42	REBEKAH WEBER	RALEIGH NC
34:19	11:03		33:54 10:55	
25.	38	42	SHANDA BOWDITCH	GARNER NC
34:24	11:05		33:38 10:50	
26.	333	45	DONNA PETRILLA	RALEIGH NC
34:25	11:05		33:41 10:51	
27.	221	46	SHELLY KRAMER	WAKE FOREST NC
34:31	11:07		33:49 10:53	
28.	568	46	CHRIS RESTA	
34:41	11:10		33:58 10:56	
29.	368	45	SUSAN RICE	APEX NC
34:49	11:13		34:39 11:09	
30.	227	41	SEREIN LAMBERT	RALEIGH NC
35:09	11:19		34:56 11:15	
31.	418	42	KELLY SWEETINGHAM	RALEIGH NC
35:15	11:21		34:54 11:14	
32.	428	40	RHONDA TRUNNELL	RALEIGH NC
35:52	11:33		35:19 11:22	
33.	591	40	JACQUELINE OKOTH	
36:51	11:52		36:23 11:43	
34.	518	41	KIM AAROE	
37:00	11:55		36:33 11:46	
35.	549	46	SHERRI DELBRIDGE	
38:01	12:14		37:32 12:05	
36.	101	41	TRACEY EASON-RIDDLE	RALEIGH NC
39:08	12:36			
37.	5	47	KIMBERLY ANASTASI	RALEIGH NC
39:10	12:37		38:51 12:31	
38.	295	46	MITCH MOSER	RALEIGH NC
39:46	12:48		38:53 12:31	
39.	53	48	KAREN CARDWELL	RALEIGH NC
41:18	13:18			

40.	429	45	PRISCILLA TYREE	RALEIGH NC
41:19	13:18		41:00 13:12	
41.	483	49	THERESA KOMOSKI	
45:28	14:38		45:08 14:32	
42.	469	43	ROBIN SHEFFIELD	RALEIGH NC
46:02	14:49		45:40 14:42	
43.	456	43	LISA YOUNG	RALEIGH NC
46:04	14:50			
44.	123	43	PHYLLIS FOWLER	DURHAM NC
47:32	15:18			
45.	557	44	KIM COMER	
49:32	15:57		48:33 15:38	
46.	190	44	LYNNE HUDSON	RALEIGH NC
51:11	16:29		50:12 16:10	
47.	351	42	KIM PROCTOR	CLAYTON NC
52:20	16:51		51:22 16:32	
48.	324	48	LAURA PATTON	GARNER NC
53:24	17:12		52:56 17:03	
49.	154	44	JOHNETTE HARGIS	RALEIGH NC
53:25	17:12		52:57 17:03	
50.	11	49	FLORI ANDERSON	RALEIGH NC
55:07	17:45		54:29 17:33	
51.	559	42	BETTY CRUMP	
56:51	18:18		55:54 18:00	
52.	149	49	TAMMY HALL	CARY NC
56:51	18:18		55:58 18:01	
53.	287	43	LISA MONTOYA	MORRISVILLE NC
59:41	19:13		58:58 18:59	
54.	530	42	CHRISTINA WALDEN	
1:00:52	19:36		59:31 19:10	
55.	6	42	CAMI ANDERSEN	APEX NC
1:03:07	20:19		1:01:42 19:52	

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## FEMALE AGE GROUP: 50 - 59 (90)

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Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
=====	=====	=====	=====	=====
=====	=====	=====	=====	=====
1.	202	52	LEIGH JONES	CARY NC
28:42	9:14		28:33 9:12	
2.	506	51	PHYLLIS COURTNEY	GARNER NC
28:47	9:16		28:32 9:12	
3.	114	50	SUSAN FINCH	RALEIGH NC
29:17	9:26		29:00 9:20	
4.	330	50	LOREN PESSOLANO	RALEIGH NC
29:41	9:34			
5.	34	54	ELIZABETH BODENSTINE	RALEIGH NC
30:52	9:56		30:38 9:52	
6.	492	55	CECILE NOEL	RALIEIGH NC
33:49	10:54		33:34 10:49	
7.	176	50	SUSAN HOCUTT	ZEBULON NC
34:21	11:04		33:58 10:56	
8.	344	54	SANDY POTTER	RALEIGH NC
34:29	11:06		34:25 11:05	

9.	48	59	KATHY BYRNES	RALEIGH NC
34:48	11:12		34:43 11:11	
10.	93	53	AUDREY DOWNING	RALEIGH NC
35:13	11:20		35:08 11:19	
11.	188	51	MARGARET HOWARD	FUQUAY VARINA NC
37:18	12:01		37:01 11:55	
12.	426	52	LESLIE TOWLES	RALEIGH NC
37:29	12:04		36:48 11:51	
13.	502	56	SHARON OWEN	RALEIGH NC
38:38	12:26		38:32 12:25	
14.	410	50	KATHY STEWART	RALEIGH NC
38:40	12:27		37:53 12:12	
15.	481	55	WENDY MOORE	
39:26	12:42		39:06 12:35	
16.	342	54	LISA POOLE	WHITSETT NC
39:46	12:48		39:33 12:44	
17.	500	52	ANNA BALL HODGE	RALEIGH NC
44:00	14:10			
18.	191	53	ANNE MARIE HUESTIS	WAKE FOREST NC
44:21	14:17		43:41 14:04	
19.	529	53	CATHERINE CORTINA	
45:08	14:32			
20.	20	53	DEBRAH BARISH	RALEIGH NC
46:22	14:56			
21.	142	59	JANICE HAGOOD	EDEN NC
46:44	15:03		46:07 14:51	
22.	514	58	PEG DAVIS	SANFORD NC
50:05	16:08		49:14 15:51	
23.	73	57	KAREN COOPER	FUQUAY VARINA NC
59:30	19:10		59:00 19:00	
24.	261	54	KATHLEEN MCBLIEF	GARNER NC
59:36	19:11		59:18 19:06	
25.	15	56	ANNE BAILEY	SELMA NC
59:42	19:13		58:59 18:59	

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**FEMALE AGE GROUP: 60 - 69 (90)**  
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Place	Bib	Age	NAME	CITY/STATE
GunTime	GPace	ChipTime	CPace	DQ
=====	=====	=====	=====	=====
=====	=====	=====	=====	=====
1.	74	61	JODI COSTANTINO	RALEIGH NC
36:42	11:49		36:37 11:48	
2.	187	61	DEBORA HOWARD	WINSTON SALEM NC
36:50	11:52		36:36 11:47	
3.	253	66	SYDNA MARTIN	CARY NC
55:06	17:44		54:28 17:32	

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**FEMALE AGE GROUP: 70 - 99 (\*\* NONE \*\*)**  
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