



**TriStateRacer.com**  
*Promoting Fitness and Raising Millions for Charity*

**Kay Cole**

**4th Annual TOMCAT TROT 5K**

**46:16.6**

**November 5th, 2022**

64 out of 113 Finishers

35 out of 80 Female participants

2 out of 6 Females in your age group