



THE COURIER presents the
TGMC 5K RUN FOR EXCELLENCE
 & CAJUN FOOD FEST
 Saturday, May 7, 2011
 www.tfae.org
 Co-Sponsored by:  



REGIONAL CHAMPIONS

	MEN		WOMEN	
AWARD	NAME	TIME	NAME	TIME
Open	Sean Fitzwilliam	16:18	Monique Hodson	20:51
Masters	Kent Thibodeaux	17:58	Lauren Clark	23:04
Grandmasters	Don Rich	20:24	Wanda Whitney	25:21
Senior Grandmaster	Pat Clancy Jr	21:14	Cynthia Martin	29:25