

Updated with results of through November 2020 race.  
 Those highlighted in yellow are recent (last 12 months) records.

| 1M     |                   |             |                 |                       |             |                 |
|--------|-------------------|-------------|-----------------|-----------------------|-------------|-----------------|
| Age    | Male              | Time        | Date            | Female                | Time        | Date            |
| 4- 6   | John Holliman III | 6:55        | 06/00           | Phoebe Brookner       | 9:20        | 06/13 BW        |
| 7- 9   | Rhett Austin      | 6:04        | 06/18 BW        | Alli Grace Ott        | 6:36        | 06/14 BW        |
| 10-12  | Josh Mouse        | 5:28        | 06/03           | Maddie Hatfield       | 6:01        | 06/14 BW        |
| 13-15  | Pete Johnson      | 4:44        | 06/17 BW        | Michelle Hurn         | 5:19        | 06/99           |
| 16-19  | Juan Sanchez      | 4:26        | 06/10 BW        | Allison Noe           | 5:10        | 06/96           |
| 20-24  | David Angell      | 4:27        | 07/92           | Michelle Hurn         | 5:23        | 06/04           |
| 25-29  | <b>Clint Bell</b> | <b>4:23</b> | <b>06/07 HP</b> | Becky Angeles         | 5:31        | 06/06 HP        |
| 30-34  | Clint Bell        | 4:26        | 06/09 HP        | Dawn Grunnagle        | 5:03        | 06/10 BW        |
| 35-39  | Scott Steffen     | 4:25        | 06/97           | <b>Dawn Grunnagle</b> | <b>5:02</b> | <b>06/14 BW</b> |
| 40-44  | David de Sosa     | 4:39        | 06/96           | Dawn Grunnagle        | 5:20        | 06/19 BW        |
| 45-49  | William Moore     | 4:43        | 06/09 HP        | Angela Eusery         | 5:53        | 06/13 BW        |
| 50-54  | William Moore     | 4:50        | 06/12 BW        | Sheila Natho          | 6:03        | 06/16 BW        |
| 55-59  | Jim Dietz         | 5:10        | 06/18 BW        | Marylyn Patrick       | 6:38        | 06/99           |
| 60-64  | Bill Shaw         | 5:40        | 06/06 HP        | Kim Andes             | 7:13        | 06/13 BW        |
| 65-69  | Bill Shaw         | 5:48        | 06/08 HP        | Linda Kelly           | 7:20        | 06/17 BW        |
| 70-74  | Bill Shaw         | 6:11        | 06/13 BW        | Joanne Barnes         | 9:02        | 06/09 HP        |
| 75-79  | Bill Shaw         | 6:46        | 06/18 BW        | Jan Richards          | 9:24        | 06/03 BW        |
| 80-84  | James Thruston    | 10:02       | 06/18 BW        | Jan Richards          | 11:40       | 06/08 BW        |
| Clydes | Max Hawsey        | 4:57        | 06/16 BW        | Erica Sanders         | 8:24        | 06/14 BW        |
| Walk   | Norm Frable       | 7:48        | 06/99           |                       |             |                 |

### 3K

| Age    | Male                | Time        | Date            | Female             | Time         | Date            |
|--------|---------------------|-------------|-----------------|--------------------|--------------|-----------------|
| 4- 6   | John Holliman III   | 12:54       | 04/00 BW        | Jenna Topott       | 16:39        | 08/13 BW        |
| 7- 9   | Kiley Austin-Young  | 11:45       | 08/96 BW        | Ashli Burgos       | 12:11        | 08/13 BW        |
| 10-12  | Kiley Austin-Young  | 10:44       | 08/99 BW        | Ashli Burgos       | 11:52        | 12/13 BW        |
| 13-15  | Korey Welch         | 10:13       | 08/96 BW        | Maddie Hatfield    | 11:07        | 08/15 BW        |
| 16-19  | Pete Johnson        | 9:25        | 12/17 BW        | Caitlin Standifer  | 11:25        | 12/08 HP        |
| 20-24  | <b>Chris Strait</b> | <b>8:45</b> | <b>08/98 BW</b> | <b>Emily Field</b> | <b>10:35</b> | <b>12/05 BW</b> |
| 25-29  | Clint Bell          | 9:05        | 04/06 HP        | Sonya Correa       | 10:48        | 08/10 BW        |
| 30-34  | Clint Bell          | 9:05        | 08/09 HP        | Tracie Akerhielm   | 10:51        | 08/17 BW        |
| 35-39  | David Matlack       | 9:11        | 08/03 BW        | Jessica Smith      | 10:54        | 08/14 BW        |
| 40-44  | Jeff Roth           | 9:20        | 08/97 BW        | Sheila Natho       | 11:15        | 08/08 HP        |
| 45-49  | Scott Graham        | 9:42        | 08/00 BW        | Linda Musil        | 11:41        | 08/97 BW        |
| 50-54  | Scott Graham        | 10:00       | 08/02 BW        | Linda Musil        | 11:59        | 09/01           |
| 55-59  | Jim Dietz           | 10:21       | 04/18 BW        | Linda Kelly        | 12:57        | 08/07 HP        |
| 60-64  | Bill Shaw           | 11:14       | 08/03 BW        | Linda Kelly        | 13:27        | 08/12 BW        |
| 65-69  | Bill Shaw           | 11:34       | 04/08 HP        | Linda Kelly        | 13:51        | 08/17 BW        |
| 70-74  | Bill Shaw           | 12:15       | 04/13 BW        | Jan Richards       | 16:42        | 12/99 BW        |
| 75-79  | Bill Shaw           | 13:21       | 04/18 BW        | Jan Richards       | 18:24        | 08/02           |
| 80-up  | James Thruston      | 19:02       | 08/18 BW        | Bettye Haynes      | 26:12        | 08/17 BW        |
| Clydes | Max Hawsey          | 10:17       | 04/15 BW        | LaVette Murphy     | 15:40        | 08/17 BW        |

## 5K

| Age    | Male                    | Time         | Date            | Female                | Time         | Date            |
|--------|-------------------------|--------------|-----------------|-----------------------|--------------|-----------------|
| 4- 6   | John Holliman III       | 22:25        | 03/00 BW        | Avalon Sitz           | 28:12        | 02/16 BW        |
| 7- 9   | Elijah Alexander-Macias | 20:18        | 11/10 BW        | Payton Brown          | 20:40        | 01/08 HP        |
| 10-12  | Elijah Alexander-Macias | 17:38        | 06/13 BW        | Ashli Burgos          | 18:50        | 03/14 BW        |
| 13-15  | Craig Staley            | 16:04        | 10/83 SP        | Carrie Boyd           | 18:39        | 10/82 SP        |
| 16-19  | Calvin McGill           | 15:42        | 07/85 SP        | Juanita Wilson        | 16:53        | 02/82 SP        |
| 20-24  | <b>Colby Mehmen</b>     | <b>14:41</b> | <b>10/16 BW</b> | Glenys Quick          | 16:39        | 02/82 SP        |
| 25-29  | Stann Vernon            | 14:54        | 01/83 SP        | <b>Mary Knisely</b>   | <b>16:05</b> | <b>01/87 BW</b> |
| 30-34  | Jeff Roth               | 15:19        | 02/91 BW        | Francie Larrieu-Smith | 17:18        | 04/83 SP        |
| 35-39  | Robert Wallace          | 15:03        | 05/87 BW        | <b>Sonya Correa</b>   | <b>17:44</b> | <b>10/20 BW</b> |
| 40-44  | William Moore           | 16:14        | 07/04 BW        | Dawn Grunnagle        | 18:39        | 06/19 BW        |
| 45-49  | Bob Abbott              | 16:13        | 02/88 BW        | Barbara Luciano       | 19:56        | 07/97 BWL       |
| 50-54  | William Moore           | 17:02        | 03/12 BW        | Sheila Natho          | 20:19        | 01/17 BW        |
| 55-59  | William Moore           | 16:57        | 05/17 BW        | Linda Kelly           | 21:38        | 10/07 HP        |
| 60-64  | Bill Shaw               | 18:46        | 02/03           | Linda Kelly           | 22:37        | 05/12 BW        |
| 65-69  | Bill Shaw               | 19:28        | 10/08 HP        | Linda Kelly           | 23:32        | 11/17 BW        |
| 70-74  | Bill Shaw               | 20:46        | 05/13 BW        | Latralle Thompson     | 26:41        | 07/13 BW        |
| 75-79  | Bill Shaw               | 22:32        | 05/18 BW        | Latralle Thompson     | 29:16        | 01/16 BW        |
| 80-84  | Hal Brown               | 26:33        | 03/19 BW        | Jan Richards          | 39:10        | 01/08 HP        |
| 85-89  | Charles Key             | 41:50        | 05/19 BW        | Jan Richards          | 56:40        | 01/16 BW        |
| Clydes | Sean Haney              | 18:31        | 11/17 BW        | Ann Marie Shambaugh   | 26:53        | 05/14 BW        |
| Walk   | Norm Frable             | 25:20        | 02/96 BW        | Kathy Frable          | 33:18        | 06/95 BWL       |
| Chair  | Ray Mathews             | 24:20        | 09/83 SP        |                       |              |                 |

## 8K

| Age    | Male                    | Time         | Date            | Female                | Time         | Date            |
|--------|-------------------------|--------------|-----------------|-----------------------|--------------|-----------------|
| 4- 6   | John Holliman III       | 37:18        | 12/99 BW        | Avalon Sitz           | 41:57        | 04/18 BW        |
| 7- 9   | Judah Alexander-Macias  | 34:46        | 04/15 BW        | Selah Sitz            | 46:35        | 04/16 BW        |
| 10-12  | Elijah Alexander-Macias | 28:36        | 12/13 BW        | Ashli Burgos          | 31:04        | 04/14 BW        |
| 13-15  | Elijah Alexander-Macias | 27:47        | 04/15 BW        | Londa Bevins          | 34:34        | 08/96 BW        |
| 16-19  | Grant Copeland          | 26:29        | 12/13 BW        | Emily Field           | 29:45        | 12/00 BW        |
| 20-24  | <b>Colby Mehmen</b>     | <b>24:58</b> | <b>04/18 BW</b> | Michelle Pense        | 32:22        | 04/05 BW        |
| 25-29  | Clint Bell              | 25:59        | 12/06 HP        | Becky Angeles         | 30:20        | 12/06 HP        |
| 30-34  | Clint Bell              | 26:22        | 12/12 BW        | Gayle Book            | 30:54        | 08/93 BW        |
| 35-39  | Clint Bell              | 26:27        | 04/16 BW        | <b>Dawn Grunnagle</b> | <b>28:54</b> | <b>12/12 BW</b> |
| 40-44  | William Moore           | 26:58        | 12/01 BW        | Becky Angeles         | 31:42        | 12/17 BW        |
| 45-49  | William Moore           | 27:47        | 04/08 HP        | Frances McKissick     | 31:57        | 04/07 HP        |
| 50-54  | William Moore           | 28:13        | 04/14 BW        | Sheila Natho          | 33:54        | 12/16 BW        |
| 55-59  | Larry Worth             | 29:42        | 04/94 BW        | Linda Kelly           | 35:35        | 12/06 HP        |
| 60-64  | Bill Shaw               | 31:16        | 12/03 BW        | Linda Kelly           | 37:48        | 12/11 BW        |
| 65-69  | Bill Shaw               | 33:23        | 12/08 HP        | Linda Kelly           | 38:12        | 12/17 BW        |
| 70-74  | Bill Shaw               | 34:57        | 12/13 BW        | JoAnne Barnes         | 52:33        | 04/08 HP        |
| 75-79  | Bill Shaw               | 38:20        | 04/19 BW        | Mary Kaplan           | 58:08        | 12/15 BW        |
| 80-ov  | Charles Key             | 55:32        | 04/15 BW        |                       |              |                 |
| Clydes | James Royal             | 31:04        | 04/08 HP        | Ann Marie Shambaugh   | 46:32        | 04/13 BW        |

**5M**

| <b>Age</b> | <b>Male</b>       | <b>Time</b>  | <b>Date</b>     | <b>Female</b>      | <b>Time</b>  | <b>Date</b>  |
|------------|-------------------|--------------|-----------------|--------------------|--------------|--------------|
| 4- 6       |                   |              |                 |                    |              |              |
| 7- 9       | Jaden Elgin       | 39:00        | 09/15 BW        | Avalon Sitz        | 40:15        | 09/18 BW     |
| 10-12      | Jaden Elgin       | 32:44        | 09/17 BW        | Selah Sitz         | 39:47        | 09/18 BW     |
| 13-15      | Jacob Cosby       | 30:11        | 09/03           | Kristen Gibson     | 32:07        | 09/03        |
| 16-19      | Beck Mitchell     | 28:22        | 09/03           | <b>Tara Gruber</b> | <b>31:30</b> | <b>09/03</b> |
| 20-24      | Tyler Johnson     | 28:35        | 09/06           | Julie Wall         | 35:00        | 09/04 BW     |
| 25-29      | <b>Clint Bell</b> | <b>26:14</b> | <b>09/08 HP</b> | Amanda Moore       | 33:08        | 09/15 BW     |
| 30-34      | Matt Pulle        | 27:07        | 09/05           | Rachael Sanchez    | 32:20        | 09/18 BW     |
| 35-39      | Dave Matlack      | 27:09        | 09/04           | Becky Angeles      | 32:05        | 09/16 BW     |
| 40-44      | Vesko Rajovic     | 28:31        | 09/17 BW        | Frances McKissick  | 34:19        | 09/05 BW     |
| 45-49      | Bob Smeby         | 29:25        | 09/03           | Sandy Lovejoy      | 34:43        | 09/02        |
| 50-54      | Jeff Roth         | 28:13        | 09/08 HP        | Sheila Natho       | 34:08        | 09/17 BW     |
| 55-59      | Bill Shaw         | 31:43        | 09/02           | Linda Kelly        | 36:20        | 09/07 HP     |
| 60-64      | Bill Shaw         | 31:48        | 09/03           | Linda Kelly        | 37:46        | 09/12 BW     |
| 65-69      | Bill Shaw         | 32:32        | 09/08 HP        | Linda Kelly        | 38:18        | 09/17 BW     |
| 70-74      | Bill Shaw         | 35:48        | 09/14 BW        | JoAnne Barnes      | 56:05        | 09/08 HP     |
| 75-79      | Bill Shaw         | 38:45        | 09/18 BW        | Jan Richards       | 53:19        | 09/05 BW     |
| 80-84      | Hal Brown         | 50:30        | 09/19 BW        | Jan Richards       | 1:04:14      | 09/08 HP     |
| 85-89      | Charles Key       | 1:02:27      | 09/17 BW        | Jan Richards       | 1:29:06      | 09/15 BW     |
| Clydes     | James Royal       | 31:59        | 09/15 BW        | Erica Sanders      | 46:29        | 09/15 BW     |

## 10K

| Age          | Male              | Time         | Date            | Female             | Time         | Date            |
|--------------|-------------------|--------------|-----------------|--------------------|--------------|-----------------|
| 4- 6         | John Holliman III | 49:25        | 10/99 BW        |                    |              |                 |
| 7- 9         | Jaden Elgin       | 41:59        | 03/17 BW        | Avalon Sitz        | 53:53        | 01/19 BW        |
| 10-12        | Karl Swierenga    | 38:57        | 07/82 SP        | Rene Elliott       | 41:11        | 04/82 SP        |
| 13-15        | Craig Lutz        | 34:14        | 01/07 HP        | Kim Angell         | 41:09        | 01/86 BW        |
| 16-19        | James Jackson     | 32:32        | 12/83 SP        | Cindy Tolle        | 38:32        | 10/82 SP        |
| 20-24        | Jaime Nejera      | 31:37        | 07/84 SP        | Susan Beischel     | 39:19        | 02/83 SP        |
| 25-29        | <b>Jeff Roth</b>  | <b>30:29</b> | <b>12/84 SP</b> | <b>Emily Field</b> | <b>34:06</b> | <b>01/07 HP</b> |
| 30-34        | Mark Bishop       | 31:01        | 08/87 BW        | Lauren Maule       | 37:19        | 03/94 BW        |
| 35-39        | Robert Wallace    | 31:14        | 01/87 BW        | Melisa Christian   | 37:13        | 01/16 BW        |
| 40-44        | Ben Moturi        | 33:33        | 03/95 BW        | Becky Angeles      | 40:16        | 01/18 BW        |
| 45-49        | Bob Abbott        | 33:49        | 08/87 SP        | Linda Musil        | 42:06        | 10/97 BW        |
| 50-54        | Larry Worth       | 36:40        | 01/90 BW        | Sheila Natho       | 42:48        | 10/16 BW        |
| 55-59        | Jim Dietz         | 37:18        | 03/18 BW        | Marylyn Patrick    | 44:44        | 03/01 BW        |
| <b>60-64</b> | <b>Jim Dietz</b>  | <b>38:52</b> | <b>10/20 BW</b> | Marylyn Patrick    | 47:16        | 03/04           |
| 65-69        | Bill Shaw         | 41:26        | 01/09 HP        | <b>Linda Kelly</b> | <b>48:07</b> | <b>10/20 BW</b> |
| 70-74        | Bill Shaw         | 43:16        | 01/13 BW        | JoAnne Barnes      | 1:07:54      | 03/09 HP        |
| 75-79        | Bill Shaw         | 49:12        | 01/19 BW        | Jan Richards       | 1:12:12      | 10/06 HP        |
| 80-84        | Hal Brown         | 56:40        | 01/19 BW        |                    |              |                 |
| 85-89        | Charles Key       | 1:15:46      | 03/17 BW        |                    |              |                 |
| Clydes       | Sean Haney        | 38:18        | 10/17 BW        | Holly Marin        | 51:36        | 03/16 BW        |
| Walk         | Norm Frable       | 56:53        | 01/99 BW        |                    |              |                 |
| Chair        | Jim Dax           | 32:48        | 10/85           |                    |              |                 |

## 15K

| Age    | Male                | Time           | Date            | Female                      | Time           | Date            |
|--------|---------------------|----------------|-----------------|-----------------------------|----------------|-----------------|
| 4- 6   | John Holliman III   | 1:15:31        | 11/99 BW        |                             |                |                 |
| 7- 9   | Greg Hanson         | 1:20:27        | 02/02           | Angie Hanson                | 1:31:10        | 11/00 BW        |
| 10-12  | Jeff Arnier         | 1:04:09        | 11/03           | Hannah Meyer                | 1:48:43        | 11/11 BW        |
| 13-15  | Colby Mehmen        | 56:33          | 11/09 BW        | Melanie Wilcox              | 1:12:41        | 11/05           |
| 16-19  | Colby Mehmen        | 49:51          | 11/13 BW        | Kimberly Endo               | 1:03:39        | 02/14 BW        |
| 20-24  | <b>Colby Mehmen</b> | <b>46:16</b>   | <b>11/16 BW</b> | Michelle Pense              | 59:47          | 02/06 BW        |
| 25-29  | Andrew Cook         | 48:27          | 11/08 HP        | Louise Kobin                | 1:02:48        | 02/96 BW        |
| 30-34  | Clint Bell          | 51:08          | 11/13 BW        | Raquel Jimenez              | 59:41          | 11/18 BW        |
| 35-39  | Clint Bell          | 52:05          | 02/16 BW        | <b>Dawn Grunnagle</b>       | <b>57:05</b>   | <b>02/13 BW</b> |
| 40-44  | Mark Roman          | 54:33          | 11/95 BW        | Becky Angeles               | 1:03:02        | 02/17 BW        |
| 45-49  | Joe Landry          | 55:56          | 02/13 BW        | Barbara Luciano             | 1:03:13        | 11/95 BW        |
| 50-54  | Rob Higley          | 56:51          | 02/05 BW        | Sheila Natho                | 1:06:43        | 11/16 BW        |
| 55-59  | Bob Smeby           | 58:44          | 02/13 BW        | Linda Kelly                 | 1:09:16        | 11/06 HP        |
| 60-64  | Bill Shaw           | 1:03:37        | 02/07 HP        | Marylyn Patrick             | 1:14:05        | 02/04           |
| 65-69  | Bill Shaw           | 1:03:50        | 02/08 HP        | Linda Kelly                 | 1:15:22        | 02/18 BW        |
| 70-74  | Wally Capps         | 1:12:35        | 11/10 BW        | <b>Suki Yates-Kourounis</b> | <b>1:50:40</b> | <b>02/20 BW</b> |
| 75-79  | Bill Blackburn      | 1:21:25        | 11/14 BW        | Joanne Barnes               | 1:58:56        | 11/11 BW        |
| 80-84  | <b>Wally Capps</b>  | <b>1:30:57</b> | <b>11/20 BW</b> |                             |                |                 |
| Clydes | Ted Roberts         | 59:38          | 02/02           | Addie Kelly                 | 1:24:34        | 11/16 BW        |