

Updated with results of through February 2023 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 | Anna Szabo | 9:14 | 06/22 BW |
| 7- 9 | Rhett Austin | 6:04 | 06/18 BW | Alli Grace Ott | 6:36 | 06/14 BW |
| 10-12 | Rhett Austin | 5:24 | 06/21 BW | Kenedy Card | 5:48 | 06/22 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 | Clint Bell | 4:23 | 06/07 HP | Gabriela Deleon | 5:06 | 06/21 BW |
| 30-34 | Clint Bell | 4:26 | 06/09 HP | Dawn Grunnagle | 5:03 | 06/10 BW |
| 35-39 | Scott Steffen | 4:25 | 06/97 | Dawn Grunnagle | 5:02 | 06/14 BW |
| 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 | Mary King | 5:44 | 06/21 BW |
| 55-59 | Dave Matlack | 5:02 | 06/22 BW | Sheila Natho | 6:29 | 06/21 BW |
| 60-64 | Jim Dietz | 5:10 | 06/22 BW | Andrea Hudson Baldwin | 7:01 | 06/22 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 |
| 85-89 | James Thruston | 12:51 | 06/22 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 | Kenedy Card | 11:46 | 12/22 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 | Chris Strait | 8:45 | 08/98 BW | Emily Field | 10:35 | 12/05 BW |
| 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 BW |
| 55-59 | Jim Dietz | 10:21 | 04/18 BW | Linda Kelly | 12:57 | 08/07 HP |
| 60-64 | Jim Dietz | 10:23 | 08/22 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 | Linda Kelly | 14:49 | 08/22 BW |
| 75-79 | Bill Shaw | 13:21 | 04/18 BW | Jan Richards | 18:24 | 08/02 BW |
| 80-84 | James Thruston | 19:02 | 08/18 BW | Bettye Haynes | 26:12 | 08/17 BW |
| 85-89 | James Thruston | 24:53 | 08/22 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 | Colby Mehmen | 14:41 | 10/16 BW | Glenys Quick | 16:39 | 02/82 SP |
| 25-29 | Stann Vernon | 14:54 | 01/83 SP | Mary Knisely | 16:05 | 01/87 BW |
| 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 | Sonya Correa | 17:44 | 10/20 BW |
| 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 | Jim Dietz | 17:48 | 03/22 BW | 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 | Linda Kelly | 24:40 | 05/22 BW |
| 75-79 | Bill Shaw | 22:32 | 05/18 BW | Lattralle Thompson | 29:16 | 01/16 BW |
| 80-84 | Bill Shaw | 25:25 | 02/23 BW | Jan Richards | 39:10 | 01/08 HP |
| 85-89 | James Thruston | 40:44 | 01/23 BW | Maria Johnston | 51:26 | 02/23 BW |
| 90-95 | Charles Key | 46:41 | 05/22 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 | Colby Mehmen | 24:58 | 04/18 BW | Michelle Pense | 32:22 | 04/05 BW |
| 25-29 | Colby Mehmen | 25:23 | 12/20 BW | Becky Angeles | 30:20 | 12/06 HP |
| 30-34 | Everett Wilder | 25:55 | 12/21 BW | Gayle Book | 30:54 | 08/93 BW |
| 35-39 | Clint Bell | 26:27 | 04/16 BW | Dawn Grunnagle | 28:54 | 12/12 BW |
| 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 | Jim Dietz | 29:38 | 12/22 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 | Linda Kelly | 41:04 | 04/22 BW |
| 75-79 | Bill Shaw | 38:20 | 04/19 BW | Andi Miner | 53:11 | 04/21 BW |
| 80-ov | Wally Capps | 45:59 | 12/20 BW | Mary Kaplan | 1:01:40 | 12/21 BW |
| Clydes | James Royal | 31:04 | 04/08 HP | Ann Marie Shambaugh | 46:32 | 04/13 BW |

5M

| Age | Male | Time | Date | Female | Time | Date |
|------------|----------------|-------------|-------------|-----------------------|-------------|-------------|
| 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 | Kenedy Card | 39:34 | 09/22 BW |
| 13-15 | Jacob Cosby | 30:11 | 09/03 | Kristen Gibson | 32:07 | 09/03 BW |
| 16-19 | Beck Mitchell | 28:22 | 09/03 | Tara Gruber | 31:30 | 09/03 BW |
| 20-24 | Tyler Johnson | 28:35 | 09/06 | Julie Wall | 35:00 | 09/04 BW |
| 25-29 | Carson Vickroy | 25:56 | 09/22 BW | Amanda Moore | 33:08 | 09/15 BW |
| 30-34 | Matt Pulle | 27:07 | 09/05 | Tina-Mari Meyer | 32:05 | 09/21 BW |
| 35-39 | Dave Matlack | 27:09 | 09/04 | Jennifer Pope | 29:58 | 09/22 BW |
| 40-44 | Vesko Rajovic | 28:31 | 09/17 BW | Frances McKissick | 34:19 | 09/05 BW |
| 45-49 | Meng Zhao | 29:03 | 09/21 BW | Sandy Lovejoy | 34:43 | 09/02 BW |
| 50-54 | Jeff Roth | 28:13 | 09/08 HP | Sheila Natho | 34:08 | 09/17 BW |
| 55-59 | Dave Matlack | 29:09 | 09/22 BW | Linda Kelly | 36:20 | 09/07 HP |
| 60-64 | Jim Dietz | 29:35 | 09/21 BW | Andrea Hudson Baldwin | 37:44 | 09/21 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 | Linda Kelly | 41:04 | 09/21 BW |
| 75-79 | Bill Shaw | 38:45 | 09/18 BW | Jan Richards | 53:19 | 09/05 BW |
| 80-84 | Wally Capps | 47:02 | 09/21 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 | Erin Glover | 45:48 | 09/21 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 | Jeff Roth | 30:29 | 12/84 SP | Emily Field | 34:06 | 01/07 HP |
| 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 | Dave Matlack | 37:15 | 10/22 BW | Marylyn Patrick | 44:44 | 03/01 BW |
| 60-64 | Jim Dietz | 37:03 | 01/23 BW | Andrea Hudson Baldwin | 46:47 | 10/21 BW |
| 65-69 | Bill Shaw | 41:26 | 01/09 HP | Linda Kelly | 48:07 | 10/20 BW |
| 70-74 | Bill Shaw | 43:16 | 01/13 BW | Linda Kelly | 50:43 | 01/22 BW |
| 75-79 | Bill Shaw | 49:12 | 01/19 BW | Andi Miner | 1:02:09 | 10/21 BW |
| 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 | Colby Mehmen | 46:16 | 11/16 BW | 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 | Dawn Grunnagle | 57:05 | 02/13 BW |
| 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 | Sunita Singh | 1:06:22 | 02/23 BW |
| 55-59 | Bob Smeby | 58:44 | 02/13 BW | Linda Kelly | 1:09:16 | 11/06 HP |
| 60-64 | Jim Dietz | 57:40 | 11/21 BW | Andrea Hudson Baldwin | 1:12:06 | 11/21 BW |
| 65-69 | Bill Shaw | 1:03:50 | 02/08 HP | Linda Kelly | 1:15:22 | 11/18 BW |
| 70-74 | Wally Capps | 1:12:35 | 11/10 BW | Linda Kelly | 1:19:47 | 11/21 BW |
| 75-79 | Bill Blackburn | 1:21:25 | 11/14 BW | Joanne Barnes | 1:58:56 | 11/11 BW |
| 80-84 | Wally Capps | 1:30:57 | 11/20 BW | | | |
| Clydes | Ted Roberts | 59:38 | 02/02 | Addie Kelly | 1:24:34 | 11/16 BW |