

	1. 5K Age Group Records are listed <i>1st</i> followed by 10 top lists			2. 15K Age Group Records & Combo (15K + 5K) Records are listed <i>2nd</i>	3. 15K Top 10 lists are <i>3rd</i>	
5K	Female age group records Certified era	2002 to 2012	Year	Male age group records Certified era	2002 to 2012	Year
0-12	Olga Hawranick	24:08	12	Luke Hawranick	20:39	15
13-15	Chelsea Clark	21:29.7	06	Michael Ebbert	18:05.1	07
16-19	Keri Bland	20:09	06	Tyler DeVault	15:48	03
20-24	Chelsea Clark	19:39	09	Ryan Skotnicki	16:31.0	07
25-29	Melanie Watkins	21:58	10	Will Hunter	16:37.6	07
30-34	Heather Parks	20:24.4	09	Josh Weekly	17:29	04
35-39	Jen Sober	21:02.9	10	Doug Basinki	19:02.2	07
40-44	Sandy Yocum	24:14	02	Mark Offutt	18:18.4	07
45-49	Sue Heavner	23:00	12	Larry Taylor	17:58.1	07
50-54	Sandy Yocum	25:02.3	11	Jeff Efaw	19:33.3	07
55-59	Ellen Henderson	27:41	15	Duane Dombek	20:27.8	07
60-64	Lynn Usary	36:43	15	Jim Banks	22:06.8	07
65-69	none			Jim Banks	22:42.0	11
70-74	none			Albert McQuain	27:34	06
75-79	none			Maurice Miller	31:21	06
Top 10	5K Female Certified Era All Ages	2002 to 2012	Year	5K Male Certified Era All Ages	2002 to 2012	Year
1	Chelsea Clark	19:39	12	Tyler DeVault	15:48	03
2	Keri Bland	20:09.3	06	Ryan Skotnicki	16:31.0	07
3	Stephanie Hatfield	20:16.3	06	Will Hunter	16:37.6	07
4	Heather Parks	20:24.4	09	Josh Simpson	16:43	02
5	Jen Sober	21:02.9	10	Zach Tennant	16:50.5	08
6	Emma Harrison	21:05.8	11	Zach Tennant	16:53.6	07
7	Chelsea Clark	21:06.3	09	Jonathan Wright	17:07	04
8	Keri Bland	21:24	05	Sterling Snyder	17:11.7	11
9	Chelsea Clark	21:29.7	06	Brandon Miles	17:15	04
10	Chelsea Clark	21:31.3	10	Travis Cyphert	17:16.2	11
Top 10	5K Female All Years All Ages	1999 to present	Year	5K Male All Years All Ages	1999 to present	Year
1	Kayln Christopher	18:58.4	14	Tyler DeVault	15:48	03
2	Holly Hunter Goss	19:28	00	Justin Simpson	16:14	01
3	Kayln Christopher	19:31.8	13	Ryan Skotnicki	16:31.0	07
4	Chelsea Clark	19:39	12	Will Hunter	16:37.6	07
5	Jessica Taylor	19:52	00	Josh Simpson	16:43	02
6	Keri Bland	20:09.3	06	Zach Tennant	16:50.5	08
7	Sara Walker	20:10	00	Zach Tennant	16:53.6	07
8	Stephanie Hatfield	20:16.3	06	Larry Taylor	16:58*	01
9	Heather Parks	20:24.4	09	Larry Taylor	16:58*	00

10	Stephanie Meleady	20:39	00	Jonathan Wright	17:07	04
				*not a typo		
Top 10	5K Female 19 & under Certified era	2002 to 2012	Year	5K Male 19 & under Certified era	2002 to 2012	Year
1	Keri Bland	20:09.3	06	Tyler DeVault	15:48	04
2	Emma Harrison	21:05.8	11	Josh Simpson	16:43	02
3	Chelsea Clark	21:06.3	09	Zach Tennant	16:50.5	08
4	Keri Bland	21:24	05	Zach Tennant	16:53.6	07
5	Chelsea Clark	21:29.7	06	Brandon Miles	17:15	04
6	Chelsea Clark	21:31.3	10	Robert Roby	17:29	02
7	Chelsea Clark	21:32.9	07	John Riffle	17:50	02
8	Emily Corley	21:38.2	06	Mathias Hickman	17:52	03
9	Nicole Tingler	21:43.3	06	Tony Hayes	17:56.4	11
10	Emily Corley	21:54	04	Josh Mason	17:57	02
Top 10	5K Female 19 & under All years	1999 to present	Year	5K Male 19 & under All years	1999 to present	Year
1	Holly Hunter Goss	19:28	00	Tyler DeVault	15:48	03
2	Jessica Taylor	19:52	00	Justin Simpson	16:14	01
3	Keri Bland	20:09.3	06	Josh Simpson	16:43	02
4	Stephanie Meleady	20:39	00	Zach Tennant	16:50.5	08
5	Ryann Metheny	20:48	00	Zach Tennant	16:53.6	07
6	Holly Hunter Goss	21:01	99	Brandon Miles	17:15	04
7	Emma Harrison	21:05.8	11	Jonathan Wright	17:16	00
8	Chelsea Clark	21:06.3	09	Tyler DeVault	17:21	00
9	Keri Bland	21:24	05	Abraham Merinar	17:24.1	13
10	Maria Stover	21:29*	00	Robert Roby	17:29	02
	Chelsea Clark	21:29.7	06			
	*times not recorded in tenths of a second in 2000					
Top 10	5K Female Masters Certified era	2002 to 2012	Year	5K Male Masters Certified era	2002 to 2012	Year
1	Sue Heavner	23:00	12	Larry Taylor	17:58.1	07
2	Sue Heavner	23:40.2	11	Mark Offutt	18:18.4	07
3	Sandy Yocum	24:14	02	Jeff Efaw	19:20.6	06
4	Chris Ruberto	24:16.7	10	Jeff Efaw	19:33.3	07
5	Sandy Lutyens	24:27.5	07	Dan McDowell	19:36.7	07
6	Sandy Yocum	24:31.9	07	Charles Manley	19:50	03
7	Elizabeth Cann	24:33	03	Joey Herron	19:54	04
8	Teresa Lyons	24:56.5	07	Robert Steele	20:07	02
9	Sandy Yocum	25:02.3	11	Mark Offutt	20:09	15
10	Chris Ruberto	25:10	07	Richard Clark	20:14	03

Top 10	5K Females Masters All years	1999 to present	Year	5K Males Masters All years	1999 to present	Year
1	Jen Sober	20:55.2	13	Larry Taylor*	16:58	01
2	Carol Davis	22:38	00	Larry Taylor	17:58.1	07
3	Jen Sober	22:45.7	14	Murshid Latif**	18:18	00
4	Sue Heavner	23:00	12	Mark Offutt	18:18.4	07
5	Sue Heavner	23:40.2	11	Joey Herron	18:39	00
6	Sally Hunter	23:50	00	Robert Steele	19:19***	00
7	Sandy Yocum	24:14	02	Greg Edgell	19:19***	01
8	Chris Ruberto	24:16.7	10	Jeff Efaw	19:20.6	06
9	Sandy Lutyens	24:27.5	07	Jeff Efaw	19:33.3	07
10	Sandy Yocum	24:31.9	07	Dan McDowell	19:36.7	07
	*Taylor's first year as a master; ***not a typo			**times not recorded in tenths of a second in 2000		
Top 10	5K Female Grand Masters Certified era	2002 to 2012	Year	5K Male Grand Masters Certified era	2002 to 2012	Year
1	Sandy Yocum	25:02.3	11	Jeff Efaw	19:33.3	07
2	Drema Ford	25:17	12	Duane Dombek	20:27.8	07
3	Peggy Corley	25:53.3	11	Jeff Efaw	20:31	12
4	Denise Majoris	25:54	02	Ron Hamric	20:34	12
5	Joyce Ryan	26:01	12	Jeff Efaw	20:39.1	11
6	Drema Ford	26:23.0	10	Doug Campbell	21:12.1	06
7	Gladys Williams*	26:24	04	Robert Steele	21:18.2	07
8	Ellen Henderson	26:24.3	07	Robert Steele	21:36.6	08
9	Teresa Lyons	26:36.7	11	Ron Hamric	21:46.7	07
10	Peggy Corley	26:51.9	10	Bill Dearth	21:47.3	08
	**times not recorded in tenths of a second in 2004					
Top 10	5K Female Grand Masters All Years	1999 to present	Year	5K Male Grand Masters All Years	1999 to present	Year
1	Sandy Yocum	25:02.3	11	Jeff Efaw	19:33.3	07
2	Drema Ford	25:17	12	Ron Hamric	20:20.9	14
3	Peggy Corley	25:53.3	11	Duane Dombek	20:27.8	07
4	Denise Majoris	25:54	02	Jeff Efaw	20:31	12
5	Joyce Ryan	26:01	12	Ron Hamric	20:34	12
6	Drema Ford	26:23.0	10	Jeff Efaw	20:39.1	11
7	Gladys Williams*	26:24	04	Jim Cummings	20:51.7	14
8	Ellen Henderson	26:24.3	07	Doug Campbell	21:12.1	06
9	Teresa Lyons	26:36.7	11	Robert Steele	21:18.2	07
10	Ellen Henderson	26:47.3	14	Robert Steele	21:36.6	08

	**times not recorded in tenths of a second in 2004					
Top 10	5K Female Senior Grand Masters Certified Years	2002 to 2012	Year	5K Male Senior Grand Masters Certified Years	2002 to 2012	Year
1	Lynn Usary	36:43	15	Jim Banks	22:06.8	07
2	Linda Keller	43:15	15	Jim Banks	22:35.0	10
3	Martha Shreve	44:10	15	Duane Dombek	22:37.6	09
4	none			Jim Banks	22:42.0	11
5	none			James Cann	23:57	15
6	none			Jim Bailey	25:02.7	10
7	none			Jim Banks	25:15	12
8	none			Joseph Turner	25:18.6	06
9	none			Rob Steele	25:24	15
10	none			James Watkins	26:18	12
Top 10	5K Female Senior Grand Masters All Years	1999 to present	Year	5K Male Senior Grand Masters All Years	1999 to present	Year
1	Diana Cyphert	32:22.7	13	Jim Banks	22:06.8	07
2	Janet Hayden	35:16	00	Jim Banks	22:35.0	10
3	Lynn Usary	36:43	15	Duane Dombek	22:37.6	09
4	Linda Keller	43:15	15	Jim Banks	22:42.0	11
5	Martha Shreve	44:10	15	James Cann	22:51.8	14
6	none			John Gebhard	23:02	00
7	none			Rob Steele	23:38.9	14
8	none			James Cann	23:57	15
9	none			Cleo Hamrick	24:40	99
10	none			James Cann	24:42.0	13
15K	Female age group records Certified era	2002 to 2012	Year	Male age group records Certified era	2002 to 2012	Year
0-14	None			David Ciarolla	58:26	05
15-19	Laura Mason	1:05:30.0	11	Justin Simpson	51:46	02
20-24	Kanae Amatatsu	1:08:54.7	08	Zach Sabatino	50:04	03
25-29	Erin Imler	1:07:56	07	David McCollam	52:55.3	08
30-34	Beth Godwin	59:29	02	Ron Weist	52:38	03
35-39	Jen Sober	1:03:46.6	08	Doug Basinki	56:58	07
40-44	Debbie Conner	1:04:43.7	12	Larry Taylor	52:53	02
45-49	Shelley Ralston	1:07:01	05	Larry Taylor	54:33	07
50-54	Shelley Ralston	1:08:27	06	Greg Edgell	1:00:00.5	02
55-59	Mary Mlinarcik	1:16:23	04	Ron Hamric	1:02:04.3	12
60-64	Grace Goffi	1:37:07	06	Jim Banks	1:04:22	07
65-69	none			Jim Banks	1:12:04.8	11

70-74	none			Jim Bailey	1:21:09.9	11
75-79	none			Maurice Miller	1:34:43	06
Combo (15K + 5K)	Female age group records Certified era	2002 to 2012	Year	Male age group records Certified era	2002 to 2012	Year
15-19	Lyndsey Luytens	1:43:26	07	David Ciarolla	1:12:59	08
20-24	Kanae Amatatsu	1:34:10.2	09	Christopher Pirie	1:15:33	12
25-29	Cathy Ricker	1:31:41	06	Tyson Snider	1:13:38	12
30-34	Heather Parks	1:24:37	08	Karsten Brown	1:12:40	07
35-39	Jen Sober	1:27:29.4	10	Doug Basinki	1:16:00	07
40-44	Sandy Melvin	1:44:36	04	Dan McDowell	1:15:56	07
45-49	Sue Heavner	1:32:36	12	Larry Taylor	1:12:31	07
50-54	Sandy Yocum	1:39:28.9	11	James Sturgeon	1:25:39	03
55-59	none			Duane Dombek	1:22:58	07
60-64	none			Jim Banks	1:26:28	07
65-69	none			Jim Banks	1:34:46.6	11
70-74	none			Maurice Miller	1:54:46	03
75-79	none			Maurice Miller	2:06:04	06
Top 10	15K Female Certified Era All Ages	2002 to 2012	Year	15K Male Certified Era All Ages	2002 to 2012	Year
1	Beth Godwin	59:29	02	Zach Sabatino	50:04	03
2	Heather Parks	1:01:42.2	09	Justin Simpson	51:46	02
3	Heather Parks	1:02:47.2	08	Ron Weist	52:38	03
4	Jackie Rzepecki	1:03:41.4	09	Larry Taylor	52:53	02
5	Jen Sober	1:03:46.6	08	David McCollam	52:55.3	08
6	Debbie Conner	1:04:43.7	12	Josh Sheets	53:18	03
7	Laura Mason	1:05:30.8	11	Larry Taylor	53:18	04
8	Jen Sober	1:06:26.5	10	Paul Caffrey	53:30	03
9	Melanie Cox	1:06:46.8	06	David Ciarolla	54:31.4	08
10	Shelly Ralston	1:07:01	05	Larry Taylor	54:33	07
Top 10	15K Female All Years All Ages	2000 to 2012	Year	15K Male All Years All Ages	2000 to 2012	Year
1	Beth Godwin	59:29	02	Zach Sabatino	50:04	03
2	Heather Parks	1:01:42.2	09	Justin Simpson	51:46	02
3	Heather Parks	1:02:47.2	08	Larry Taylor	52:04	01
4	Jackie Rzepecki	1:03:41.4	09	Ron Weist	52:38	03
5	Jen Sober	1:03:46.6	08	Larry Taylor	52:53	02
6	Debbie Conner	1:04:43.7	12	David McCollam	52:55.3	08
7	Laura Mason	1:05:30.8	11	Josh Sheets*	53:18	03
8	Jen Sober	1:06:26.5	10	Larry Taylor*	53:18	04
9	Jessica Taylor	1:06:34	01	Paul Caffrey	53:30	03
10	Melanie Cox	1:06:46.8	06	Don Smith	53:55	01

				• Tie for 7th		
Top 10	15K Female 19 & under Certified Era	2002 to 2012	Year	15K Male 19 & under Certified Era	2002 to 2012	Year
1	Laura Mason	1:05:30.8	11	Justin Simpson	51:46	02
2	Clara Grandt	1:07:41	02	Josh Sheets	53:18	03
3	Stephanie Hatfield	1:12:57	03	David Ciarolla	54:31.4	08
4	Sarah Ray	1:16:07.6	07	John Riffle	55:23	02
5	Stephanie Hatfield	1:17:18	02	Sterling Snyder	55:46.4	08
6	Lindsey Luytens	1:19:04.5	07	Joshua Wagner	57:31	03
7	Anna Holt Gosselin	1:19:48	03	Jobey Knapton	57:33.6	08
8	Ann Rogers	1:22:13.7	08	Brandon Miles	58:14	04
9	Marcie Mason	1:24:25.6	09	David Ciarolla	58:26	05
10	none			Earl Ambrozak	59:26	05
Top 10	15K Female 19 & under All Years	2000 to 2012	Year	15K Male 19 & under All Years	2000 to 2012	Year
1	Laura Mason	1:05:30.8	11	Justin Simpson	51:46	02
2	Jessica Taylor	1:06:34	01	Josh Sheets	53:18	03
3	Clara Grandt	1:07:41	02	David Ciarolla	54:31.4	08
4	Stephanie Hatfield	1:12:57	03	John Riffle	55:23	02
5	Holly Hunter Goss	1:13:12	01	Sterling Snyder	55:46.4	08
6	Sarah Ray	1:16:07.6	07	Joshua Wagner	57:31	03
7	Stephanie Hatfield	1:17:18	02	Jobey Knapton	57:33.6	08
8	Lindsey Luytens	1:19:04.5	07	Jonathan Wright	58:04	01
9	Anna Holt Gosselin	1:19:48	03	Brandon Miles	58:14	04
10	Melinda Berry Ann	1:19:51	01	David Ciarolla	58:26	05
Top 10	15K Female Masters Certified Era	2002 to 2012	Year	15K Male Masters Certified Era	2002 to 2012	Year
1	Debbie Conner	1:04:43.7	12	Larry Taylor	52:53	02
2	Shelly Ralston	1:07:01	05	Larry Taylor	53:18	04
3	Shelley Ralston	1:08:27	06	Larry Taylor	54:33	07
4	Carol Davis	1:08:55	02	Dan McDowell	56:20.8	07
5	Sue Heavner	1:09:25.9	12	Jeff Morris	56:35	03
6	Sue Heavner	1:10:37.1	11	Murshid Latif	57:57.9	08
7	Wendy Madden	1:13:11.7	12	Joey Herron	58:52	04
8	Sandy Yocum	1:13:19.5	07	Jim Cummings	59:21	04
9	Teresa Lyons	1:13:54.6	06	Joey Herron	59:37	03
10	Teresa Lyons	1:14:19	05	Jim Cummings	1:00:02	05
Top 10	15K Female Masters All Years	2000 to 2012	Year	15K Male Masters All Years	2000 to 2012	Year
1	Debbie Conner	1:04:43.7	12	Larry Taylor	52:04	01

2	Shelly Ralston	1:07:01	05	Larry Taylor	52:53	02
3	Shelley Ralston	1:08:27	06	Larry Taylor	53:18	04
4	Carol Davis	1:08:55	02	Don Smith	53:55	01
5	Sue Heavner	1:09:25.9	12	Larry Taylor	54:33	07
6	Carol Davis	1:09:41	01	Dan McDowell	56:20.8	07
7	Sue Heavner	1:10:37.1	11	Jeff Morris	56:35	03
8	Wendy Madden	1:13:11.7	12	Murshid Latif	57:57.9	08
9	Sandy Yocum	1:13:19.5	07	Joe Dean	58:14	00
10	Teresa Lyons	1:13:54.6	06	Joey Herron	58:52	04
Top 10	15K Female Grand Masters All Years	2000 to 2012	Year	15K Male Grand Masters All Years	2000 to 2012	Year
1	Shelley Ralston	1:08:27	06	Greg Edgell	1:00:05.2	02
2	Sandy Yocum	1:14:26.6	11	Ron Hamric	1:01:52.9	11
3	Bonnie McCaffrey	1:15:25	03	Ron Hamric	1:02:04.3	12
4	Cathy Hill	1:15:59.4	07	Duane Dombek	1:02:31.6	07
5	Mary Mlinarcik	1:16:23	04	Jim Cummings	1:02:45.2	12
6	Mary Mlinarcik	1:17:31	05	Bob Gracie	1:02:55	02
7	Teresa Lyons	1:17:43.6	11	Greg Redeker	1:03:17	03
8	Mary Mlinarcik	1:19:21	03	James Sturgeon	1:03:25	03
9	Jeanie Johnson	1:19:44.7	08	John Altobello	1:03:32.9	07
10	Cathy Hill	1:20:31.7	08	Bill Martin	1:04:14.7	07
Top 10	15K Female Senior Grand Masters All Years	2000 to 2012	Year	15K Male Senior Grand Masters All Years	2000 to 2012	Year
1	Grace Goffi	1:37:07.2	06	Jim Banks	1:04:22.6	07
2	Grace Goffi	1:39:32	05	Jim Banks	1:04:58.1	06
3	Grace Goffi	1:41:43.9	07	Duane Dombek	1:06:18.1	09
4	Grace Goffi	1:46:21.1	08	Jerry Solomon	1:06:28.2	06
5	none			Jim Bailey	1:07:29*	03
6	none			Jim Banks	1:07:29.9	08
7	none			Jim Bailey	1:08:02	04
8	none			Jim Bailey	1:11:23	02
9	none			Jim Bailey	1:11:43	05
10	none			Jim Banks	1:11:56.7	10
				*Times not recorded in tenths of a second in 2003		