

**Miles 4 Messiah 5K**  
**Course Records**  
**Years on Current Course: 2012-2019**

**Rank**    **Time**    **Pace**    **Name**    **Age**    **Year**  
**Overall Male**

1	16:29	5:19	Christopher Upton	15	2019
2	16:43	5:23	Jonathan Thacker	34	2012
3	16:57	5:28	Jonathan Thacker	38	2016

**14&Under Male**

1	17:53	5:46	Christopher Upton	14	2018
2	18:50	6:04	Gunner Hogston	12	2015
3	19:44	6:21	Carson Gilliam	14	2018

**15-19 Male**

1	16:29	5:19	Christopher Upton	15	2019
2	18:08	5:50	Lance Morsell	18	2015
3	19:29	6:16	Jacob Turnbull	15	2012

**20-24 Male**

1	18:47	6:03	Jacob Lail	22	2014
2	18:47	6:03	Jacob Lail	23	2015
3	19:48	6:23	Chris Rivera	21	2015

**25-29 Male**

1	19:12	6:11	Justin Ruppe	26	2014
2	19:19	6:13	Justin Ruppe	25	2013
3	19:30	6:17	Gregory Stearns	29	2017

**30-34 Male**

1	16:43	5:23	Jonathan Thacker	34	2012
2	18:42	6:02	Almon Cox	33	2013
3	19:17	6:13	Morgan Neely	33	2014

**35-39 Male**

1	16:57	5:28	Jonathan Thacker	38	2016
2	17:42	5:42	Brock Bailey	36	2013
3	17:50	5:45	Jonathan Thacker	38	2017

**Rank**    **Time**    **Pace**    **Name**    **Age**    **Year**  
**Overall Female**

1	19:00	6:07	Jennifer Fisher	34	2015
2	20:34	6:37	Sara Hartman	37	2018
3	20:40	6:40	Amy Edelstein	38	2016

**14&Under Female**

1	21:06	6:48	Kilia Hasty	14	2018
2	21:44	7:00	Lauren Revis	14	2013
3	22:01	7:05	Ladeja Anderson	13	2012

**15-19 Female**

1	23:51	7:41	Marina Mace	15	2019
2	24:40	7:56	Emily Matheny	18	2012
3	26:04	8:24	Sarah Peters	16	2013

**20-24 Female**

1	25:15:00	8:08	Cheznee Daily	22	2014
2	25:16:00	8:08	Shelby Doggett	20	2013
3	27:07:00	8:44	Chelsea Biddy	22	2013

**25-29 Female**

1	22:48	7:21	Ashley Lowery	29	2015
2	23:12	7:28	Ashley Lowery	29	2014
3	23:27	7:33	Ashley Lowery	27	2013

**30-34 Female**

1	19:00	6:07	Jennifer Fisher	34	2015
2	22:22	7:12	Sara Hartman	34	2015
3	22:28	7:15	Sara Green	31	2012

**35-39 Female**

1	20:34	6:37	Sara Hartman	37	2018
2	20:40	6:40	Amy Edelstein	38	2016
3	21:22	6:53	Megan Glover	35	2012

**Rank**   **Time**   **Pace**   **Name**   **Age**   **Year**

**40-44 Male**

1	18:11	5:51	Lawson, Mike	43	2014
2	18:47	6:03	Terry Kersey	42	2012
3	19:09	6:10	Roberto Gonzalez	44	2014

**45-49 Male**

1	18:31	5:58	Roberto Gonzalez	45	2015
2	20:10	6:30	Richard Vance	48	2012
3	20:46	6:43	Mitchell Rippy	49	2012

**50-54 Male**

1	21:14	6:50	Mitchell Rippy	52	2015
2	21:36	6:58	Mitchell Rippy	51	2014
3	22:15	7:10	Morgan Miskell	50	2019

**55-59 Male**

1	22:15	7:10	James Morrow	55	2019
2	22:41	7:18	Greg Isenhour	58	2016
3	22:42	7:19	Greg Isenhour	57	2015

**60-64 Male**

1	23:38	7:37	Doug Miller	63	2015
2	26:43:00	8:36	Bruce Rome	64	2016
3	28:48:00	9:17	William Thompson	64	2017

**65-69 Male**

1	23:00	7:25	Doug Miller	66	2018
2	25:48:00	8:19	Jim Owens	68	2014
3	26:46:00	8:37	Jim Owens	69	2015

**70&Over Male**

1	27:40:00	8:55	Jim Owens	72	2018
2	27:54:00	8:59	Charles Moss	70	2019
3	29:13		Lester Copeland	72	2012

**Rank**   **Time**   **Pace**   **Name**   **Age**   **Year**

**40-44 Female**

1	20:55	6:44	Amy Edelstein	40	2018
2	23:11	7:28	Rachel Butterworth-Tice	40	2018
3	23:50	7:41	Helton, Jennifer	43	2014

**45-49 Female**

1	24:22:00	7:51	Susan Hollifield	49	2013
2	26:37	8:34	Robin Parker	47	2012
3	26:59:00	8:42	Robin Parker	48	2013

**50-54 Female**

1	23:46	7:39	Terri Wells	51	2018
2	24:39:00	7:56	Sarah Donley	53	2019
3	24:44:00	7:58	Holifield, Susan	50	2014

**55-59 Female**

1	25:18:00	8:09	Lisa Rome	55	2019
2	27:31:00	8:52	Denise Strickland	55	2019
3	28:17	9:06	Sandy Austin	57	2012

**60-64 Female**

1	28:57:00	9:19	Sandy Austin	61	2016
2	31:21:00	10:06	Sandy Austin	64	2019
3	34:41:00	11:10	Theresa Johnson	61	2019

**65-69 Female**

1	28:58:00	9:20	Joyce Pharr	67	2013
2	36:17:00	11:41	Deborah Bumgarner	66	2019
3	41:20:00	13:18	Hazel Haynes	69	2015

**70&Over Female**

1	31:50:00	10:15	Joyce Pharr	72	2018
2	32:12:00	10:22	Joyce Pharr	73	2019
3	49:33:00	15:57	Ann Holt	70	2019