

**Dam 10K**  
**Course Records**  
**Years on Current Course: 2011-2021**

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>Overall Male</b>					
1	0:30:40	0:04:57	Anthony Famiglietti	38	2016
2	0:32:27	0:05:14	Landon Maxwell	17	2017
3	0:34:01	0:05:29	Chris Lamperski	30	2012
<b>10-14 Male</b>					
1	0:35:10	0:05:40	Jake Baugher	14	2014
2	0:37:56	0:06:07	Nathaniel Hadley	13	2012
3	38:23:00	06:11	Christopher Upton	14	2018
<b>15-19 Male</b>					
1	0:32:27	0:05:14	Landon Maxwell	17	2017
2	0:34:08	0:05:30	Beck Classey	17	2017
3	0:34:46	0:05:36	Landon Maxwell	15	2015
<b>20-24 Male</b>					
1	0:38:38	0:06:13	Brady Mcdonald	21	2015
2	39:31:00	0:06:22	Dyllon Gunsolus	21	2018
3	0:39:55	0:06:26	Christopher Corr	20	2012
<b>25-29 Male</b>					
1	0:36:38	0:05:54	Matt Popowski	26	2011
2	0:36:52	0:05:56	Daniel Goforth	25	2012
3	0:39:35	0:06:23	Brendan Jones	29	2017
<b>30-34 Male</b>					
1	0:34:01	0:05:29	Chris Lamperski	30	2012
2	0:34:29	0:05:33	Adam Weeks	34	2015
3	0:35:08	0:05:40	Derek Clark	34	2014

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>Overall Female</b>					
1	37:58.8	06:08	Jess Drop	21	2019
2	38:01.8	06:09	Sam Drop	21	2019
3	0:39:16	0:06:20	Frances Massey	15	2014
<b>10-14 Female</b>					
1	0:52:08	0:08:24	Emma White	14	2015
2	0:55:43	0:08:58	Allison Farar	13	2017
3	0:55:44	0:08:59	Olivia Stewart	13	2016
<b>15-19 Female</b>					
1	0:39:16	0:06:20	Frances Massey	15	2014
2	41:43:00	0:06:43	Michaela Gammon	17	2018
3	42:04:00	0:06:46	Olivia Humphrey	17	2018
<b>20-24 Female</b>					
1	37:58.8	06:08	Jess Drop	21	2019
2	38:01.8	06:09	Sam Drop	21	2019
3	0:40:35	0:06:32	Teala Beckenbach	24	2014
<b>25-29 Female</b>					
1	0:41:27	0:06:41	Amanda Morris	27	2012
2	0:41:29	0:06:41	Blakely Garrity	25	2016
3	0:42:57	0:06:55	Kelly Werts	29	2017
<b>30-34 Female</b>					
1	0:39:28	0:06:22	Lauren Manuel	31	2014
2	0:40:13	0:06:29	Meredith Faulkner	32	2014
3	0:41:04	0:06:37	Jennifer Fisher	33	2014

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<b>35-39 Male</b>						<b>35-39 Female</b>					
1	0:30:40	0:04:57	Anthony Famiglietti	38	2016	1	0:40:05	0:06:27	Daniella Draughon	36	2014
2	36:08.5	5:49	Benjamin Kassel	39	2021	2	43:06.2	0:06:57	Cristyn Olenick	38	2019
3	0:36:14	0:05:50	Jonathan Thacker	38	2016	3	0:43:17	0:06:58	Lisa Hecker	39	2014
<b>40-44 Male</b>						<b>40-44 Female</b>					
1	0:35:57	0:05:48	Tony Carvalho	43	2012	1	0:42:39	0:06:52	Lisa Hecker	40	2015
2	0:37:29	0:06:02	Georg Vanberg	40	2012	2	0:43:27	0:07:00	Lisa Hecker	42	2017
3	0:38:36	0:06:13	Mike Lawson	43	2014	3	0:43:35	0:07:01	Lisa Hecker	41	2016
<b>45-49 Male</b>						<b>45-49 Female</b>					
1	0:39:05	0:06:18	Matthew Miller	45	2014	1	0:41:43	0:06:43	Jody Smith	48	2012
2	0:39:06	0:06:18	Richard Reid	46	2015	2	0:43:58	0:07:05	Melinda Yelton	45	2012
3	0:39:47	0:06:25	Ted Lyerly	46	2016	3	0:46:48	0:07:32	Anne Macdonald	45	2016
<b>50-54 Male</b>						<b>50-54 Female</b>					
1	0:37:33	0:06:03	Stephen Powers	51	2012	1	0:46:40	0:07:31	Lisa Powell	52	2014
2	0:41:21	0:06:40	Michael Clancy	52	2012	2	0:48:06	0:07:45	Mauro Mata	53	2014
3	0:41:37	0:06:42	Mitchell Rippy	52	2015	3	0:49:25	0:07:58	Clare Pope	51	2014
<b>55-59 Male</b>						<b>55-59 Female</b>					
1	0:40:58	0:06:36	Roberto Gonzalez	58	2016	1	0:47:39	0:07:41	Carol Cobble	57	2015
2	0:41:23	0:06:40	Charles Whitley	59	2014	2	51:18.0	8:16	Lisa Rome	57	2021
3	44:13.9	0:06:58	Andy Inman	57	2021	3	54:46.5	8:49	LESA ZIMMERMAN	58	2021
<b>60-64 Male</b>						<b>60-64 Female</b>					
1	0:45:00	0:07:15	Doug Miller	62	2013	1	0:52:12	0:08:25	Cynthia Hardwick	61	2012
2	0:46:22	0:07:28	Richard Hefner	63	2015	2	55:23:00	0:08:55	Paula Fernandez	61	2018

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3	0:46:57	0:07:34	Doug Miller	61	2012

**65-69 Male**

1	0:48:11	0:07:46	Bubba Anthony	65	2012
2	50:46:00	0:08:10	Doug Miller	67	2018
3	53:25.8	8:36	Richard Hefner	69	2021

**70-74 Male**

1	0:57:13	0:09:13	Cid Cardoso	71	2015
2	57:57:00	0:09:20	Jim Owens	72	2018
3	0:58:10	0:09:22	Jim Owens	71	2017

**75-79 Male**

1	0:49:45	0:08:01	Lloyd Slocum	79	2012
2	0:59:09	0:09:32	Laurence Penrose	75	2017
3	1:04:34	0:10:24	Laurence Penrose	78	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
3	0:57:47	0:09:18	Patty Reich	60	2017

**65-69 Female**

1	56:46.5	0:09:09	Heidi Sherman	68	2019
2	0:57:13	0:09:13	Lena Cardoso	69	2015
3	1:07:48	10:55	Sandy Austin	66	2021

**70-74 Female**

1	1:04:01	0:10:19	Patricia Miller	70	2013
2	1:20:23	12:57	Jessica Lombard	70	2019
3					

**75-79 Female**

1					
2					
3					