

**South of the Mountains 5k Trail Run
Course Records
Years on Current Course: 2019-2021**

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
Overall Male					
1	19:30.7	6:17	John Marsh	16	2020
2	19:40.4	6:20	Joseph Salyers	17	2019
3	20:06.7	6:28	Carson Gilliam	16	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
14&Under Male					
1	21:06.5	6:48	Caleb Overman	14	2019
2	21:23.3	6:53	Russell Mullis	14	2019
3	22:51.3	7:21	B. Wilson	10	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
15-19 Male					
1	19:30.7	6:17	John Marsh	16	2020
2	19:40.4	6:20	Joseph Salyers	17	2019
3	20:06.7	6:28	Carson Gilliam	16	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
20-24 Male					
1	21:42.0	6:59	Nick Scholl	22	2019
2	27:57.9	9:00	Stephen Cuthbertson	22	2021
3	29:51.6	9:37	Tyler Herbst	23	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
25-29 Male					
1	21:30.8	6:55	Daniel Procnier	25	2020
2	23:50.5	7:40	Coley Canon	25	2020
3	24:23.8	7:51	Timothy Urbanic	27	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
30-34 Male					
1	21:02.9	6:46	Josh Dow	31	2020
2	22:18.2	7:11	Michael Batista	30	2020
3	28:19.9	9:07	Sam Banfield	33	2020

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
35-39 Male					
1	21:11.7	6:49	Wesley Gurley	38	2021
2	22:01.0	7:05	Adam Scott	39	2019
3	22:31.0	7:15	Ivan Graudszus	39	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
Overall Female					
1	21:01.7	6:46	Jamie Sestak	24	2020
2	21:22.6	6:53	Jennifer Fisher	38	2019
3	21:33.6	6:56	Buffy Fountain	47	2020

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
14&Under Female					
1	26:09.0	8:25	H. Mullis	10	2019
2	26:42.7	8:36	Noelle Wilson	13	2019
3	27:57.7	9:00	H. Mullis	12	2021

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
15-19 Female					
1	32:17.9	10:24	Alicia Guardado	15	2019
2	32:33.9	10:29	Rylie Carroll	17	2020
3	33:42.5	10:51	Avalon Christman	15	2020

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
20-24 Female					
1	21:01.7	6:46	Jamie Sestak	24	2020
2	28:51.9	9:17	Abby Smith	20	2019
3	30:41.3	9:53	Abby Stewart	22	2021

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
25-29 Female					
1	25:05.3	8:05	Kristen Harwood	27	2019
2	30:41.5	9:53	Ashley Self	28	2021
3	31:58.7	10:18	Hannah Smith	27	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
30-34 Female					
1	25:11.6	8:07	Heather Banfield	33	2020
2	25:54.9	8:20	Amanda Whetstine	32	2019
3	28:15.4	9:06	Laura Patterson	32	2020

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
35-39 Female					
1	21:22.6	6:53	Jennifer Fisher	38	2019
2	22:16.1	7:10	Jennifer Fisher	39	2020
3	22:28.8	7:14	Vanessa Boris	35	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
40-44 Male					
1	22:10.6	7:08	Kyle Hankinson	41	2019
2	22:52.3	7:22	Mark Snyder	40	2019
3	23:38.1	7:36	Adam Scott	41	2021

45-49 Male					
1	24:35.5	7:55	Robert Bruening	47	2019
2	24:54.5	8:01	Benjamin Urfer	46	2020
3	25:38.4	8:15	Andrew Howard	45	2019

50-54 Male					
1	21:48.7	7:01	Morgan Miskell	53	2021
2	24:08.9	7:46	Brad Pittman	50	2021
3	24:33.3	7:54	Thomas Tarker	50	2019

55-59 Male					
1	23:55.4	7:42	James Morrow	56	2019
2	24:44.1	7:58	Rob Procnier	58	2020
3	24:59.5	8:03	James Morrow	58	2021

60-64 Male					
1	25:05.4	8:05	Larry Curtis	61	2021
2	25:57.2	8:21	Ed Somerville	63	2019
3	26:15.8	8:27	Ed Somerville	64	2020

65-69 Male					
1	29:23.1	9:27	Ed Somerville	65	2021
2	34:21.2	11:03	Bruce Rome	67	2019
3	46:20.4	14:55	Barry Beavers	65	2020

70&Over Male					
1	28:27.2	9:09	Charles Moss	71	2020
2	32:02.2	10:19	Ron Huntsberger	71	2020
3	37:58.0	12:13	Mike Scruggs	71	2020

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
40-44 Female					
1	21:52.1	7:02	Jennifer Fisher	40	2021
2	26:08.4	8:25	Colleen Deal	43	2019
3	26:41.4	8:35	Wynne Queen	40	2020

45-49 Female					
1	21:33.6	6:56	Buffy Fountain	47	2020
2	22:52.9	7:22	Valerie Gortmaker	45	2020
3	28:37.5	9:13	Linda Sellers	48	2019

50-54 Female					
1	27:59.0	9:00	Stacy Rumpfelt	50	2019
2	31:48.5	10:14	Jane Weast	50	2019
3	31:58.8	10:18	Ellen Jenkins	54	2019

55-59 Female					
1	28:27.2	9:09	Denise Strickland	56	2019
2	29:07.7	9:23	Lisa Rome	55	2019
3	29:12.1	9:24	Denise Strickland	57	2020

60-64 Female					
1	31:22.5	10:06	Sandy Austin	64	2019
2	36:41.6	11:49	Norma Devine	60	2020
3	41:20.0	13:18	Pamela Jolley	61	2019

65-69 Female					
1	34:52.6	11:14	Sandy Austin	65	2020
2	36:18.3	11:41	Sandy Austin	66	2021
3	13:25.9	23:38	Sharon Scruggs	69	2021

70&Over Female					
1	56:43.9	18:16	Jerleen Emory	80	2021
2					
3					