

Dam 10K
Course Records
Years on Current Course: 2011-2022

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
Overall Male					
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
10-14 Male					
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
15-19 Male					
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
20-24 Male					
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
25-29 Male					
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
30-34 Male					
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>
Overall Female					
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
10-14 Female					
1	52:08.0	0:08:24	Emma White	14	2015
2	54:32.2	08:47	Lyndsey Ferrie	14	2022
3	55:43.0	0:08:58	Allison Farar	13	2017
15-19 Female					
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
20-24 Female					
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
25-29 Female					
1	39:45.4	06:24	Shelby Gurley	28	2022
2	0:41:27	0:06:41	Amanda Morris	27	2012
3	0:41:29	0:06:41	Blakely Garrity	25	2016
30-34 Female					
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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35-39 Male					
1	0:30:40	0:04:57	Anthony Famiglietti	38	2016
2	36:08.5	5:49	Benjamin Kassel	39	2021
3	0:36:14	0:05:50	Jonathan Thacker	38	2016
40-44 Male					
1	0:35:57	0:05:48	Tony Carvalho	43	2012
2	0:37:29	0:06:02	Georg Vanberg	40	2012
3	0:38:36	0:06:13	Mike Lawson	43	2014
45-49 Male					
1	0:39:05	0:06:18	Matthew Miller	45	2014
2	0:39:06	0:06:18	Richard Reid	46	2015
3	0:39:47	0:06:25	Ted Lyerly	46	2016
50-54 Male					
1	0:37:33	0:06:03	Stephen Powers	51	2012
2	0:41:21	0:06:40	Michael Clancy	52	2012
3	0:41:37	0:06:42	Mitchell Rippy	52	2015
55-59 Male					
1	0:40:58	0:06:36	Roberto Gonzalez	58	2016
2	0:41:23	0:06:40	Charles Whitley	59	2014
3	44:13.9	0:06:58	Andy Inman	57	2021
60-64 Male					
1	0:45:00	0:07:15	Doug Miller	62	2013
2	0:46:22	0:07:28	Richard Hefner	63	2015

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35-39 Female					
1	0:40:05	0:06:27	Daniella Draughon	36	2014
2	43:06.2	0:06:57	Cristyn Olenick	38	2019
3	0:43:17	0:06:58	Lisa Hecker	39	2014
40-44 Female					
1	40:37.9	06:32	Jennifer Fisher	41	2022
2	0:42:39	0:06:52	Lisa Hecker	40	2015
3	0:43:27	0:07:00	Lisa Hecker	42	2017
45-49 Female					
1	0:41:43	0:06:43	Jody Smith	48	2012
2	0:43:58	0:07:05	Melinda Yelton	45	2012
3	0:46:48	0:07:32	Anne Macdonald	45	2016
50-54 Female					
1	0:46:40	0:07:31	Lisa Powell	52	2014
2	0:48:06	0:07:45	Mauro Mata	53	2014
3	0:49:25	0:07:58	Clare Pope	51	2014
55-59 Female					
1	0:47:39	0:07:41	Carol Cobble	57	2015
2	51:18.0	8:16	Lisa Rome	57	2021
3	54:46.5	8:49	LESA ZIMMERMAN	58	2021
60-64 Female					
1	0:52:12	0:08:25	Cynthia Hardwick	61	2012
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	3	0:57:47	0:09:18	Patty Reich	60	2017
65-69 Male						65-69 Female					
1	0:48:11	0:07:46	Bubba Anthony	65	2012	1	56:46.5	0:09:09	Heidi Sherman	68	2019
2	50:46:00	0:08:10	Doug Miller	67	2018	2	0:57:13	0:09:13	Lena Cardoso	69	2015
3	53:25.8	8:36	Richard Hefner	69	2021	3	1:07:48	10:55	Sandy Austin	66	2021
70-74 Male						70-74 Female					
1	0:57:13	0:09:13	Cid Cardoso	71	2015	1	1:04:01	0:10:19	Patricia Miller	70	2013
2	57:57:00	0:09:20	Jim Owens	72	2018	2	1:20:23	12:57	Jessica Lombard	70	2019
3	0:58:10	0:09:22	Jim Owens	71	2017	3					
75-79 Male						75-79 Female					
1	0:49:45	0:08:01	Lloyd Slocum	79	2012	1	1:28:47		Martha Marshall	77	2022
2	0:59:09	0:09:32	Laurence Penrose	75	2017	2					
3	1:04:34	0:10:24	Laurence Penrose	78	2019	3					