

**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	18:46	6:03	Caleb Overman	16	2022

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	19:16	6:12	Caleb King	30	2022

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	19:31	6:17	Jennifer Fisher	41	2022
3	20:22	6:34	Shelby Gurley	27	2022

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 Bidy	22	2013

25-29 Female

1	20:22	6:34	Shelby Gurley	27	2022
2	22:48	7:21	Ashley Lowery	29	2015
3	23:12	7:28	Ashley Lowery	29	2014

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	19:48	6:23	Morgan Miskell	53	2022
2	21:14	6:50	Mitchell Rippy	52	2015
3	21:36	6:58	Mitchell Rippy	51	2014

55-59 Male

1	22:15	7:10	James Morrow	55	2019
2	22:34	7:16	Tim Lovelace	57	2022
3	22:41	7:18	Greg Isenhour	58	2016

60-64 Male

1	22:32	7:16	Tim Hepler	61	2022
2	23:18	7:30	Larry Curtis	61	2022
3	23:38	7:37	Doug Miller	63	2015

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	19:31	6:17	Jennifer Fisher	41	2022
2	20:55	6:44	Amy Edelstein	40	2018
3	23:11	7:28	Rachel Butterworth-Tice	40	2018

45-49 Female

1	24:22:00	7:51	Susan Hollifield	49	2013
2	26:37:00	8:34	Melissa Penson	49	2022
3	26:37	8:34	Robin Parker	47	2012

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