

**South of the Mountains 5k Trail Run
Course Records
Years on Current Course: 2019-2022**

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>	<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
Overall Male						Overall Female					
1	19:30.7	6:17	John Marsh	16	2020	1	20:43.5	6:40	Jennifer Fisher	42	2022
2	19:40.4	6:20	Joseph Salyers	17	2019	2	21:01.7	6:46	Jamie Sestak	24	2020
3	19:46.8	6:22	Caleb Overman	17	2022	3	21:15.3	6:50	Shelby Gurley	28	2022
14&Under Male						14&Under Female					
1	21:06.5	6:48	Caleb Overman	14	2019	1	26:09.0	8:25	H. Mullis	10	2019
2	21:23.3	6:53	Russell Mullis	14	2019	2	26:42.7	8:36	Noelle Wilson	13	2019
3	22:51.3	7:21	B. Wilson	10	2019	3	26:50.0	8:38	Kaeleigh Overman	13	2022
15-19 Male						15-19 Female					
1	19:30.7	6:17	John Marsh	16	2020	1	32:17.9	10:24	Alicia Guardado	15	2019
2	19:40.4	6:20	Joseph Salyers	17	2019	2	32:33.9	10:29	Rylie Carroll	17	2020
3	19:46.8	6:22	Caleb Overman	17	2022	3	33:42.5	10:51	Avalon Christman	15	2020
20-24 Male						20-24 Female					
1	20:19.5	6:33	Matthew Allen	21	2022	1	21:01.7	6:46	Jamie Sestak	24	2020
2	21:42.0	6:59	Nick Scholl	22	2019	2	28:51.9	9:17	Abby Smith	20	2019
3	27:57.9	9:00	Stephen Cuthbertson	22	2021	3	29:25.3	9:28	Abby Stewart	23	2022
25-29 Male						25-29 Female					
1	21:30.8	6:55	Daniel Procnier	25	2020	1	21:15.3	6:50	Shelby Gurley	28	2022
2	23:50.5	7:40	Coley Canon	25	2020	2	25:05.3	8:05	Kristen Harwood	27	2019
3	24:23.8	7:51	Timothy Urbanic	27	2019	3	30:41.5	9:53	Ashley Self	28	2021
30-34 Male						30-34 Female					
1	21:02.9	6:46	Josh Dow	31	2020	1	25:11.6	8:07	Heather Banfield	33	2020
2	22:18.2	7:11	Michael Batista	30	2020	2	25:54.9	8:20	Amanda Whetstine	32	2019
3	28:19.9	9:07	Sam Banfield	33	2020	3	26:55.4	8:40	Laurel Godfrey	30	2022
35-39 Male						35-39 Female					
1	21:11.7	6:49	Wesley Gurley	38	2021	1	21:22.6	6:53	Jennifer Fisher	38	2019
2	22:01.0	7:05	Adam Scott	39	2019	2	22:16.1	7:10	Jennifer Fisher	39	2020
3	22:31.0	7:15	Ivan Graudszus	39	2019	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>	<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
40-44 Male						40-44 Female					
1	21:30.5	6:55	Wesley Gurley	40	2022	1	20:43.5	6:40	Jennifer Fisher	42	2022
2	22:10.6	7:08	Kyle Hankinson	41	2019	2	21:52.1	7:02	Jennifer Fisher	40	2021
3	22:29.6	7:14	Adam Scott	42	2022	3	26:08.4	8:25	Colleen Deal	43	2019
45-49 Male						45-49 Female					
1	24:29.3	7:53	Benjamin Kloppel	48	2022	1	21:33.6	6:56	Buffy Fountain	47	2020
2	24:35.5	7:55	Robert Bruening	47	2019	2	22:52.9	7:22	Valerie Gortmaker	45	2020
3	24:54.5	8:01	Benjamin Urfer	46	2020	3	28:37.5	9:13	Linda Sellers	48	2019
50-54 Male						50-54 Female					
1	21:48.7	7:01	Morgan Miskell	53	2021	1	27:59.0	9:00	Stacy Rumfelt	50	2019
2	22:02.8	7:06	Morgan Miskell	54	2022	2	31:48.5	10:14	Jane Weast	50	2019
3	24:08.9	7:46	Brad Pittman	50	2021	3	31:58.8	10:18	Ellen Jenkins	54	2019
55-59 Male						55-59 Female					
1	23:55.4	7:42	James Morrow	56	2019	1	28:27.2	9:09	Denise Strickland	56	2019
2	24:44.1	7:58	Rob Procnier	58	2020	2	29:07.7	9:23	Lisa Rome	55	2019
3	24:59.5	8:03	James Morrow	58	2021	3	29:12.1	9:24	Denise Strickland	57	2020
60-64 Male						60-64 Female					
1	25:05.4	8:05	Larry Curtis	61	2021	1	31:22.5	10:06	Sandy Austin	64	2019
2	25:57.2	8:21	Ed Somerville	63	2019	2	36:41.6	11:49	Norma Devine	60	2020
3	26:15.8	8:27	Ed Somerville	64	2020	3	41:01.1	13:12	Emma Kay Lewis	61	2022
65-69 Male						65-69 Female					
1	29:23.1	9:27	Ed Somerville	65	2021	1	34:52.6	11:14	Sandy Austin	65	2020
2	33:30.4	10:47	Joey Strickland	65	2022	2	36:18.3	11:41	Sandy Austin	66	2021
3	34:21.2	11:03	Bruce Rome	67	2019	3	36:29.3	11:45	Sandy Austin	67	2022
70&Over Male						70&Over Female					
1	28:27.2	9:09	Charles Moss	71	2020	1	55:07.7	17:45	Ann Holt	73	2022
2	32:02.2	10:19	Ron Huntsberger	71	2020	2	56:43.9	18:16	Jerleen Emory	80	2021
3	36:15.7	11:40	Laurence Penrose	81	2022	3	1:05:19	21:01	Linda Hodge	73	2022