

**Cross Country Experience 5K  
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>
<b>Overall Male</b>					
1	17:06.4	5:30	Chris Upton	16	2019
2	17:21.2	5:35	Van Robbins	17	2021
3	18:15.4	5:52	Drew Harris	27	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>10&amp;Under Male</b>					
1	28:30.2	9:10	M. Schultz	10	2022
2	32:46.6	10:33	P. Gaudszus	6	2021
3	33:35.6	10:49	T. Hutchins	8	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>11-14 Male</b>					
1	19:09.3	6:10	Reagan Holley	14	2021
2	20:34.9	6:37	Caleb Cox	14	2021
3	20:36.5	6:38	Dean Bates	14	2021

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>15-19 Male</b>					
1	17:06.4	5:30	Chris Upton	16	2019
2	17:21.2	5:35	Van Robbins	17	2021
3	18:20.3	5:54	Hayes Weatherman	16	2021

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>20-24 Male</b>					
1	18:49.9	6:04	Matthew Allen	21	2022
2					
3					

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>25-29 Male</b>					
1	18:15.4	5:52	Drew Harris	27	2019
2					
3					

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>Overall Female</b>					
1	20:09.3	6:29	Shelby Gurley	28	2022
2	21:10.7	6:49	Brooke Hope	16	2022
3	21:40.1	6:58	Vanessa Boris	38	2022

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>10&amp;Under Female</b>					
1	37:03.5	11:56	E. Howard	10	2021
2	37:22.2	12:02	E. Cowan	8	2019
3	44:47.8	14:25	H. Prescott	10	2019

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>11-14 Female</b>					
1	25:57.5	8:21	Kaeleigh Overman	13	2022
2	28:56.7	9:19	Molly Hill	14	2022
3	28:58.7	9:20	Miranda Keever	14	2022

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>15-19 Female</b>					
1	21:10.7	6:49	Brooke Hope	16	2022
2	25:25.3	8:11	Michayla Hendren	16	2022
3	26:27.8	8:31	Lilyana Mast	16	2021

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>20-24 Female</b>					
1	27:00.4	8:41	Lauren Bennett	20	2021
2	27:31.0	8:51	Lauren Bennett	20	2022
3	34:31.4	11:07	Faith Archer	23	2022

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>25-29 Female</b>					
1	20:09.3	6:29	Shelby Gurley	28	2022
2	32:30.2	10:28	Mayra Padilla	28	2021
3	34:58.2	11:15	Shelby Gurley	27	2021

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<b>30-34 Male</b>						<b>30-34 Female</b>					
1	19:55.5	6:25	Caleb King	31	2022	1	35:06.8	11:18	Lakin Stanfield	32	2021
2	25:37.8	8:15	Cory Stanfield	30	2019	2	43:41.6	14:04	Brenda Gordon	33	2021
3	29:41.5	9:33	Sam Banfield	34	2021	3	46:33.8	14:59	Tracie Crowder	30	2019
<b>35-39 Male</b>						<b>35-39 Female</b>					
1	20:03.9	6:28	Wesley Gurley	39	2022	1	21:40.1	6:58	Vanessa Boris	38	2022
2	20:33.1	6:37	Wesley Gurley	38	2021	2	36:43.7	11:51	Kathryn Holland	36	2022
3	23:15.6	7:29	Brandan Schultz	38	2022	3	37:50.7	12:11	Dana Bradley	38	2019
<b>40-44 Male</b>						<b>40-44 Female</b>					
1	22:23.1	7:12	Mark Snyder	41	2021	1	31:48.7	10:14	Evie Beam	42	2022
2	24:51.3	8:00	Ivan Graudszus	41	2021	2	32:04.7	10:20	Melissa Owens	40	2021
3	26:21.1	8:29	Thomas McCraw	42	2022	3	33:05.6	10:39	Melissa Owens	41	2022
<b>45-49 Male</b>						<b>45-49 Female</b>					
1	23:22.8	7:32	Jon Tidball	46	2022	1	37:06.7	11:57	Gina Harrill	45	2019
2	25:45.6	8:18	Steve Collins	47	2021	2	44:52.3	14:26	Sherri Prescott	45	2019
3	26:34.5	8:33	Brian Robbins	45	2019	3	46:26.8	14:57	Beth Archer	46	2022
<b>50-54 Male</b>						<b>50-54 Female</b>					
1	20:00.0	6:26	Morgan Miskell	53	2022	1	27:44.0	8:56	Cindy McDaniel	53	2022
2	21:12.5	6:50	Morgan Miskell	52	2021	2	32:32.6	10:29	Missy Alexander	50	2021
3	36:00.6	11:36	John Padgett	51	2021	3	33:11.5	10:41	Maxine Taylor	54	2019
<b>55-59 Male</b>						<b>55-59 Female</b>					
1	23:32.2	7:34	Tim Lovelace	57	2022	1	26:08.2	8:25	Lisa Rome	57	2021
2	24:20.5	7:50	James Overman	58	2022	2	28:05.7	9:03	Denise Strickland	58	2021

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3	24:24.5	7:51	James Overman	57	2021	3	28:12.4	9:05	Lisa Rome	55	2019
<b>60-64 Male</b>						<b>60-64 Female</b>					
1	23:50.2	7:40	Tim Hepler	61	2022	1	37:22.7	12:02	Sandy Austin	64	2019
2	24:24.0	7:51	Chris Eason	60	2022	2	43:28.0	13:59	Bettina Conn	60	2021
3	24:49.2	7:59	Larry Curtis	62	2022	3					
<b>65-69 Male</b>						<b>65-69 Female</b>					
1	25:45.3	8:17	Ed Somerville	65	2021	1	32:25.7	10:26	Sandy Austin	66	2021
2	31:19.6	10:05	Joey Strickland	65	2022	2	33:41.1	10:50	Sandy Austin	67	2022
3	32:46.8	10:33	Bruce Rome	69	2021	3	40:11.3	12:56	Deborah Bumgarner	66	2019
<b>70&amp;Over Male</b>						<b>70&amp;Over Female</b>					
1	31:36.1	10:10	Ron Huntsberger	70	2019	1	46:10.4	14:52	Martha Marshall	77	2022
2	34:05.8	10:59	Laurence Penrose	81	2022	2	49:30.6	15:56	Ann Holt	73	2022
3	37:01.9	11:55	Darrell Bumgarner	72	2019	3	54:16.0	17:28	Beth Corn	70	2021