

5K Course Records

AGE GROUP		ATHLETE	HOMETOWN	TIME	YEAR
9 & under	F	Whitney West	Medford	25:57	2015
	M	Calin Spence	Medford	22:46	2019
10-14	F	Emma Schmerbach	Medford	19:41	2015
	M	Eric Olsen	Central Point	17:59	2014
15-19	F	Stephanie Croy	Medford	20:09	2012
	M	** Travis Newman	Bend	15:17	2013
20-24	F	Sierra Walker	Ashland	19:03	2014
	M	Max Runia	Medford	15:57	2014
25-29	F	Desiree Piter	Medford	19:14	2017
	M	Cameron Kruez	Ashland	16:53	2014
30-34	F	** Mercy Ray	Jacksonville	18:32	2012
	M	Glen Tucker	Grants Pass	16:08	2013
35-39	F	** Sera Mathewes	Gold Hill	18:32	2015
	M	Mathew Ringer	Portland	19:02	2013
40-44	F	Vicki Boyer	Grants Pass	19:33	2015
	M	Justin Loftus	Ashland	17:36	2013
45-49	F	Christen Mansuetti	Phoenix	21:20	2017
	M	John Lotts	Central Point	20:09	2012
50-54	F	Jane Podolski	Medford	22:31	2012
	M	Lance Westland	Medford	19:15	2012
55-59	F	Joann Laughlin	Medford	23:31	2016
	M	Grif Wilder	Gold Hill	18:32	2018
60-64	F	Kori Frasier	Coquille	24:35	2018
	M	Michael Holland	Novato, CA	19:44	2013
65-69	F	Sandi Whittle	Medford	25:53	2015
	M	Herve Pastre	Nevada City, CA	19:28	2015
70-74	F	Carol Lawrence	Horse Creek, CA	29:35	2017
	M	Douglas Naversen	Jacksonville	22:59	2019
75-79	F	Norma Smith	Jacksonville	38:28	2013
	M	John Shaw	Beaverton	25:00	2018
80-84	F	Heather Meenaghan	Medford	47:50	2015
	M	Sammy Vandenburg	Eagle Point	31:40	2017
85-90	F	Joyce Lawrence	Central Point	51:28	2012
	M	John Norberg	Eureka, CA	46:29	2013
90 & over	F	none			
	M	John Norberg	Eureka, CA	1:00:19	2018

**** COURSE RECORD HOLDERS**

Updated 12/27/18