

**NO FRILLS RACING SERIES SINGLE AGE RECORDS**

FIVE MILE Course Records for Age (3/11/2017)

**2017**

FIVE MILE Course Records for Age (3/11/2017)

**MEN**

**WOMEN**

Tyler Harr	9	1:03:55.5	1/12/2013
Simon Falcon	11	35:45	2/22/2003
Justin Liedke	12	30:38.4	2/27/2010
Justin Liedke	13	29:02.4	1/28/2012
Justin Liedke	14	29:24.0	2/11/2012
Nick Bailey	15	29:48.3	1/26/2013
Nick Bailey	16	28:22.0	2/22/2014
<b>Jake Ralston</b>	<b>17</b>	<b>29:03.0</b>	<b>1/28/2017</b>
Matt Mosman	18	26:12	3/22/1997
Nicholas Webber	19	27:37.4	2/13/2016
J.P. LaVenture	20	28:10	2/23/2002
Matt Mosman	21	26:10	3/11/2000
John Gorman	22	28:11	12/29/2001
Danny McClenahan	23	27:52	1/28/2006
Josiah Belzer	24	27:15.0	1/24/2015
Shannon Stenger	25	26:52	2/14/2004
Neil Wolford	26	26:35.0	1/24/2015
Dustin Llewellyn	27	27:10	1/28/2006
Carl Chamberlain	28	26:48	3/22/1997
Justin Mollak	29	26:35.4	2/8/2014
Justin Mollak	30	26:36.9	3/14/2015
Jason Zakaras	31	26:24.6	1/25/2014
Jason Zakaras	32	26:48.9	2/28/2015
Eric Rasmussen	33	27:06.8	2/13/2016
Ron Beene	34	28:12	2/12/2000
Mike Vance	35	26:50	2/13/1999
Mike Kuckta	36	28:12	2/13/1999
Brian Erb	37	26:44	2/23/2008
Roy White	38	29:03	1/26/2002
Brian Erb	39	26:44.5	2/27/2010
Mike Vance	40	28:00	2/28/2004
Craig Christians	41	27:52	2/8/2003
Kevin Muilenburg	42	28:53	2/22/2003
Tim Francis	43	29:58	1/24/2004
Jeff Marshall	44	29:59	3/11/2006
Tim Larsen	45	29:43.2	2/14/2015
Tim Larsen	46	29:06.1	2/28/2015
Jeff Marshall	47	30:31.2	3/14/2009
Mike Wasson	48	29:18.0	2/22/2014
Mike Wasson	49	30:38.6	3/14/2015
Todd Nott	50	31:10.0	1/24/2015
Peter Silberstein	51	30:00	1/10/2004
Bill Monahan	52	29:52	3/11/1995
Bill Monahan	53	30:36	3/23/1996
Bill Monahan	54	30:58	3/22/1997
Bill Monahan	55	31:45	2/14/1998
Brian Kelley	56	29:25.0	1/24/2015
Bill Monahan	57	32:29	3/11/2000
Cyrus Huffman	58	31:36	3/12/1994
Bill Monahan	59	33:33	1/26/2002
Peter Silberstein	60	34:29.0	1/12/2013
Peter Silberstein	61	36:11.0	2/22/2014
Peter Silberstein	62	34:40.1	3/14/2015
<b>Clete Roth</b>	<b>63</b>	<b>37:57.4</b>	<b>2/11/2017</b>
Paul Braunschweiler	64	33:37.3	2/27/2016
<b>Paul Braunschweiler</b>	<b>65</b>	<b>34:53.0</b>	<b>1/28/2017</b>
Tom McCrudden	66	39:46.5	2/25/2012
Tom McCrudden	67	42:32.4	2/9/2013
Ken Lathrum	68	48:53.2	2/12/2011
Tom Whitaker	69	49:23.3	1/8/2011
Tom Whitaker	70	49:31.1	1/28/2012
Tom Whitaker	71	52:36.0	2/9/2013
Tom Whitaker	72	54:45.1	3/8/2014
Tom Whitaker	73	54:18.9	2/14/2015
Tom Whitaker	74	1:05:07.1	3/12/2016
<b>Tom Whitaker</b>	<b>75</b>	<b>1:17:56</b>	<b>2/25/2017</b>
Jose Badillo	78	45:45.8	3/12/2016

Hannah Mass	10	59:01.2	2/27/2016
Brooke Banik	12	42:35.0	2/22/2014
Mazie Larsen	13	36:38.7	3/8/2014
Mazie Larsen	14	33:45.0	1/24/2015
Mazie Larsen	15	33:46.0	1/23/2016
<b>Mazie Larsen</b>	<b>16</b>	<b>32:58.2</b>	<b>1/14/2017</b>
Maricruz Mora	17	36:58.7	2/13/2016
Hallie Stevens	18	36:04	3/9/1996
Hallie Stevens	18	36:04	3/23/1996
Emily Bengford	19	35:04	2/23/2002
Mary Timmerman	19	35:04	2/23/2002
Niki Dorcas	20	33:55	3/14/1998
Sheila Webb	21	35:40	3/22/1997
Kira Vincent	22	32:22.0	2/22/2014
Kira Vincent	23	32:47.0	1/24/2015
Rachel Carrizales	24	31:33.4	3/12/2011
Rachel Carrizales	25	32:03.7	3/10/2012
Abby Knight	26	31:20.0	1/23/2010
Abby Knight	27	30:51.4	2/12/2011
<b>Barbara Swenson</b>	<b>28</b>	<b>32:56.4</b>	<b>1/14/2017</b>
Maureen Larsen	29	33:54	12/29/2001
<b>Kaci Licteig</b>	<b>30</b>	<b>29:39.7</b>	<b>2/11/2017</b>
<b>Liz Woodruff</b>	<b>31</b>	<b>32:04.7</b>	<b>2/11/2017</b>
Abby Knight-Einspahr	32	32:20.9	2/27/2016
Christy Nielsen	33	30:50.1	3/14/2009
Jennifer Freeman	34	31:58.2	3/12/2016
<b>Jennifer Freeman</b>	<b>35</b>	<b>32:59.2</b>	<b>1/14/2017</b>
Shelly Geist	36	38:04.0	3/13/2010
Anna Fisher	37	35:56	3/22/1997
Carol Smolsky	38	32:06	2/14/1998
Maureen Larsen	39	32:18.2	1/28/2012
Maureen Larsen	40	32:03.6	2/25/2012
Maureen Larsen	41	31:44.2	1/25/2014
Maureen Larsen	42	32:25.4	2/8/2014
Maureen Larsen	43	32:16.0	1/23/2016
Maureen Larsen	44	32:39.4	2/13/2016
<b>Maureen Larsen</b>	<b>45</b>	<b>33:38.8</b>	<b>2/11/2017</b>
Linda Barnhart	46	35:14.0	1/23/2010
Carol Smolsky	47	36:23	3/10/2007
Stacy Shaw	48	34:28.1	1/25/2014
Carol Smolsky	49	36:43.0	3/14/2009
Anne Medeiros	50	35:44	1/22/1994
Carol Smolsky	51	37:15.1	3/12/2011
Anne Medeiros	52	36:24	3/9/1996
Anne Medeiros	53	37:07	3/22/1997
Anne Medeiros	54	37:55	12/27/1997
Anne Medeiros	55	37:38	12/12/1998
Anne Medeiros	56	37:16	12/11/1999
Anne Medeiros	57	38:38	3/10/2001
Anne Medeiros	58	38:57	2/23/2002
Anne Medeiros	59	43:09	2/22/2003
Anne Medeiros	60	40:28	1/10/2004
Anne Medeiros	61	39:12	2/12/2005
Anne Medeiros	62	43:47	2/25/2006
Anne Medeiros	63	42:23	3/10/2007
Anne Medeiros	64	43:29	2/9/2008
Anne Medeiros	65	43:31.6	3/14/2009
Anne Medeiros	66	43:00.7	2/13/2010
Anne Medeiros	67	44:02.6	3/12/2011
Anne Medeiros	68	45:17.4	2/25/2012
Anne Medeiros	69	45:01.9	3/9/2013
Anne Medeiros	70	47:06.9	3/8/2014
Anne Medeiros	71	49:40.6	2/28/2015
Anne Medeiros	72	47:56.4	3/12/2016
<b>Anne Medeiros</b>	<b>73</b>	<b>52:16.0</b>	<b>2/11/2017</b>