

**NO FRILLS RACING SERIES**  
**5 Mile Course Records, Single Age (4/1/2018)**

	<b>Women</b>		<b>Time</b>	<b>Date</b>
10	Hannah Mass	10	59:01.2	2/27/2016
12	Brooke Banik	12	42:35.0	2/22/2014
13	Mazie Larsen	13	36:38.7	3/8/2014
14	Mazie Larsen	14	33:45.0	1/24/2015
15	Mazie Larsen	15	33:46.0	1/23/2016
16	Mazie Larsen	16	32:58.2	1/14/2017
17	Maricruz Mora	17	36:58.7	2/13/2016
18	Hallie Stevens	18	36:04	3/9/1996
18	Hallie Stevens	18	36:04	3/23/1996
19	Emily Bengford	19	35:04	2/23/2002
19	Mary Timmerman	19	35:04	2/23/2002
20	Niki Dorcas	20	33:55	3/14/1998
21	Sheila Webb	21	35:40	3/22/1997
22	Kira Vincent	22	32:22.0	2/22/2014
23	Kira Vincent	23	32:47.0	1/24/2015
24	Rachel Carrizales	24	31:33.4	3/12/2011
25	Rachel Carrizales	25	32:03.7	3/10/2012
26	Abby Knight	26	31:20.0	1/23/2010
27	Abby Knight	27	30:51.4	2/12/2011
28	Barbara Swenson	28	32:56.4	1/14/2017
29	Barbara Swenson	29	33:46.2	3/10/2018
30	Kaci Licteig	30	29:39.7	2/11/2017
31	Liz Woodruff	31	32:04.7	2/11/2017
32	Abby Knight-Einspahr	32	32:20.9	2/27/2016
33	Christy Nielsen	33	30:50.1	3/14/2009
34	Jennifer Freeman	34	31:58.2	3/12/2016
35	Jennifer Freeman	35	32:59.2	1/14/2017
36	Shelly Geist	36	38:04.0	3/13/2010
37	Anna Fisher	37	35:56	3/22/1997
38	Carol Smolsky	38	32:06	2/14/1998
39	Maureen Larsen	39	32:18.2	1/28/2012
40	Maureen Larsen	40	32:03.6	2/25/2012
41	Maureen Larsen	41	31:44.2	1/25/2014
42	Maureen Larsen	42	32:25.4	2/8/2014
43	Maureen Larsen	43	32:16.0	1/23/2016
44	Maureen Larsen	44	32:39.4	2/13/2016
45	Maureen Larsen	45	33:38.8	2/11/2017
46	Linda Barnhart	46	35:14.0	1/23/2010
47	Carol Smolsky	47	36:23	3/10/2007
48	Stacy Shaw	48	34:28.1	1/25/2014
49	Carol Smolsky	49	36:43.0	3/14/2009
50	Anne Medeiros	50	35:44	1/22/1994
51	Carol Smolsky	51	37:15.1	3/12/2011
52	Anne Medeiros	52	36:24	3/9/1996
53	Anne Medeiros	53	37:07	3/22/1997
54	Anne Medeiros	54	37:55	12/27/1997
55	Anne Medeiros	55	37:38	12/12/1998
56	Anne Medeiros	56	37:16	12/11/1999
57	Anne Medeiros	57	38:38	3/10/2001

58	Anne Medeiros	58	38:57	2/23/2002
59	Anne Medeiros	59	43:09	2/22/2003
60	Anne Medeiros	60	40:28	1/10/2004
61	Anne Medeiros	61	39:12	2/12/2005
62	Anne Medeiros	62	43:47	2/25/2006
63	Anne Medeiros	63	42:23	3/10/2007
64	Anne Medeiros	64	43:29	2/9/2008
65	Anne Medeiros	65	43:31.6	3/14/2009
66	Anne Medeiros	66	43:00.7	2/13/2010
67	Anne Medeiros	67	44:02.6	3/12/2011
68	Anne Medeiros	68	45:17.4	2/25/2012
69	Anne Medeiros	69	45:01.9	3/9/2013
70	Anne Medeiros	70	47:06.9	3/8/2014
71	Anne Medeiros	71	49:40.6	2/28/2015
72	Anne Medeiros	72	47:56.4	3/12/2016
73	Anne Medeiros	73	52:16.0	2/11/2017
74	Lorraine Whitaker	74	1:01:36.0	1/27/2018

	<b>MEN</b>	<b>Age</b>	<b>Time</b>	<b>Date</b>
9	Tyler Harr	9	1:03:55.5	1/12/2013
11	Simon Falcon	11	35:45	2/22/2003
12	Justin Liedke	12	30:38.4	2/27/2010
13	Justin Liedke	13	29:02.4	1/28/2012
14	Justin Liedke	14	29:24.0	2/11/2012
15	Nick Bailey	15	29:48.3	1/26/2013
16	Nick Bailey	16	28:22.0	2/22/2014
17	Jake Ralston	17	29:03.0	1/28/2017
18	Matt Mosman	18	26:12	3/22/1997
19	Nicholas Webber	19	27:37.4	2/13/2016
20	Ethan Scott	20	27:16.0	1/27/2018
21	Matt Mosman	21	26:10	3/11/2000
22	John Gorman	22	28:11	12/29/2001
23	Danny McClenahan	23	27:52	1/28/2006
24	Josiah Belzer	24	27:15.0	1/24/2015
25	Shannon Stenger	25	26:52	2/14/2004
26	Neil Wolford	26	26:35.0	1/24/2015
27	Dustin Llewellyn	27	27:10	1/28/2006
28	Carl Chamberlain	28	26:48	3/22/1997
29	Justin Mollak	29	26:35.4	2/8/2014
30	Justin Mollak	30	26:36.9	3/14/2015
31	Jason Zakaras	31	26:24.6	1/25/2014
32	Jason Zakaras	32	26:48.9	2/28/2015
33	Eric Rasmussen	33	27:06.8	2/13/2016
34	Ron Beene	34	28:12	2/12/2000
35	Mike Vance	35	26:50	2/13/1999
36	Mike Kuckta	36	28:12	2/13/1999
37	Brian Erb	37	26:44	2/23/2008
38	Roy White	38	29:03	1/26/2002
39	Brian Erb	39	26:44.5	2/27/2010
40	Mike Vance	40	28:00	2/28/2004
41	Craig Christians	41	27:52	2/8/2003
42	Kevin Muilenburg	42	28:53	2/22/2003

43	Charles Smith	43	29:49.6	1/13/2018
44	Jeff Marshall	44	29:59	3/11/2006
45	Tim Larsen	45	29:43.2	2/14/2015
46	Tim Larsen	46	29:06.1	2/28/2015
47	Jeff Marshall	47	30:31.2	3/14/2009
48	Mike Wasson	48	29:18.0	2/22/2014
49	Tim Larsen	49	30:21.2	3/10/2018
50	Todd Nott	50	31:10.0	1/24/2015
51	Peter Silberstein	51	30:00	1/10/2004
52	Bill Monahan	52	29:52	3/11/1995
53	Bill Monahan	53	30:36	3/23/1996
54	Bill Monahan	54	30:58	3/22/1997
55	Bill Monahan	55	31:45	2/14/1998
56	Brian Kelley	56	29:25.0	1/24/2015
57	Bill Monahan	57	32:29	3/11/2000
58	Cyrus Huffman	58	31:36	3/12/1994
59	Bill Monahan	59	33:33	1/26/2002
60	Peter Silberstein	60	34:29.0	1/12/2013
61	Peter Silberstein	61	36:11.0	2/22/2014
62	Peter Silberstein	62	34:40.1	3/14/2015
63	Clete Roth	63	37:57.4	2/11/2017
64	Paul Braunschweiler	64	33:37.3	2/27/2016
65	Paul Braunschweiler	65	34:53.0	1/28/2017
66	John Ritland	66	38:33.0	3/10/2018
67	Tom McCrudden	67	42:32.4	2/9/2013
68	Ken Lathrum	68	48:53.2	2/12/2011
69	Tom Whitaker	69	49:23.3	1/8/2011
70	Tom Whitaker	70	49:31.1	1/28/2012
71	Tom Whitaker	71	52:36.0	2/9/2013
72	Tom Whitaker	72	54:45.1	3/8/2014
73	Tom Whitaker	73	54:18.9	2/14/2015
74	Tom Whitaker	74	1:05:07.1	3/12/2016
75	Tom Whitaker	75	1:17:56	2/25/2017
76	Tom Whitaker	76	1:02:49.8	3/10/2018
78	Jose Badillo	78	45:45.8	3/12/2016