

# KENWOOD FOOTRACE ALL-TIME RECORDS

Entries in red are 2009 updates.

## KENWOOD FOOTRACE 10K CHAMPIONS

MEN		
Year	Name	Time
2009	<b>Jeff Jackson</b>	<b>32:27</b>
2008	Jeff Jackson	32:23
2007	K.C. Cody	32:31
2006	K.C. Cody	33:21
2005	Brad Poore	32:38
2004	Steve Laurie	33:10
2003	Jacob Busienei	33:44
2002	Josh Bobiak	33:24
2001	Kenny Brown	33:38
2000	Hector Delgado	32:22
1999	Mike Williams	35:23
1998	Mike Williams	33:13
1997	Eric Walker	32:51
1996	Aaron Pierson	32:24
1995	Ken Kyte	32:29
1994	Danny Aldridge	32:34
1993	Tim Minor	32:33
1992	John Morse	31:43
1991	Tim Minor	32:24
1990	John Mumm	33:10
1989	Noel Berkeley	32:02
1988	Werner Sherrer	33:45
1987(tie)	Tim Minor	31:57
1987(tie)	Colin Davidson	31:57
1986	Kevin Jones	31:06
1985	Peter O'Reilly	33:14
1984	Jerry Drew	32:16
1983	John Morse	32:27
1982	David Royal	32:04
1981	David Royal	33:10
1980	Russ Knudsen	32:57
1979	Kevin Jones	32:31
1978	David Royal	33:56
1977	Jim Nuccio	31:13
1976	Tad Woliczko	33:39
1975	Jim Nuccio	31:25
1974(tie)	Jim Nuccio	32:16
1974(tie)	Ron Elijah	32:16
1973	Jim Nuccio	33:45
1972	Doug Rustad	34:14

WOMEN		
Year	Name	Time
2009	<b>Sarah Sumpter</b>	<b>39:03</b>
2008	Melanie Lovrin	39:40
2007	Cathy DuBay	39:36
2006	Jenny Wong	39:43
2005	Cathy DuBay	40:03
2004	Tanya Fredricks	41:00
2003	Phyllis Blanchard	39:06
2002	Cathy DuBay	38:20
2001	Jenny Aldridge	41:28
2000	Kyra Slade	37:40
1999	Cathy DuBay	37:37
1998	Elizabeth Zaragosa	36:55
1997	Cathy DuBay	37:38
1996	Suzy Jones	37:30
1995	Cathy DuBay	39:28
1994	Cathy DuBay	38:38
1993	Nancy Vallance	38:40
1992	Cathy DuBay	38:58
1991	Lura Damiano	39:37
1990	Leslie McMullen	39:08
1989	Michelle Tani	39:24
1988	Elizabeth Mosier	39:28
1987	Peggy Smythe	37:43
1986	Lisa Gonzales	38:27
1985	Leslie McMullen	37:31
1984	Leslie McMullen	37:20
1983	Kim Rupert	42:06
1982	Michelle Perry	37:57
1981	Beckie Simi	39:03
1980	Lori Shanoff	40:18
1979	Dana Hooper	41:00
1978	Kathryn Rankin	42:09
1977	Caron Schaumberg	44:09
1976	Cathy Coulman	44:57
1975	Kathy Costella	43:06
1974	Jody Garrard	46:17
1973	Toni Fitzpatrick	1:01:55
1972	Elizabeth Stafford	1:00:09

## Most 10 K Wins through 2009

MEN	
Jim Nuccio	4
Tim Minor	3
David Royal	3
Kevin Jones	2
John Morse	2
Mike Williams	2
KC Cody	2
<b>Jeff Jackson</b>	<b>2</b>
Everyone Else	1

WOMEN	
Cathy Dubay	8
Leslie McMullin	3
Everyone Else	1

## Most 10K Top-10 Finishes through 2009

MEN	
<b>John Litzenberg</b>	<b>18</b>
Butch Alexander	10
Dan McCullough	10
Kenny Brown	9
Darryl Beardall	8
Tim Minor	7
Terry Pintane	6
Eric Walker	6
<b>K.C. Cody</b>	<b>6</b>
<b>Jeff Jackson</b>	<b>5</b>
Jim Bowers	4
Jim Noonan	4
Ricky Esponda	4
Jim Nuccio	4
Eric Bohn	4
David Royal	4
Matt Blanchard	4
Josh Babiak	4
Carlos Castelo	4
Brendon Scanlon	3
<b>Ty Strange</b>	<b>3</b>
Alex Wolf-Root	2
Richard Flores	2
<b>Bjorn Griepenberg</b>	<b>2</b>

WOMEN	
Cathy DuBay	17
Valerie Sell	9
Leslie McMullin	7
Robin Stovall	6
Peggy Smythe	6
Wink Bragson	6
Shelly Lydon	6
<b>Janet Feldman</b>	<b>6</b>
Jamie Berns	5
Eve Pell	4
Tess Kampmann	4
Vicki Brown	4
Kathy Van Riper	4
Beckie Simmie	4
Laura Stanfield	4
<b>Sarah Sumpter</b>	<b>4</b>
<b>Shannon Rich</b>	<b>4</b>
<b>Chandra Farnham</b>	<b>3</b>
<b>Jenny Wong</b>	<b>3</b>
Megan Johnson	2
Nuvit Foster	2
Nancy Morales	2
Hilary Bartels	2
Jennifer Martindell	2
<b>Melanie Lovrin</b>	<b>2</b>

# KENWOOD FOOTRACE 10K ALL-TIME TOP 100 TIMES

## MEN

## WOMEN

Place	Time	Name	Year	Place	Time	Name	Year
1	31:06	Kevin Jones	86	50(tie)	33:39	Todd Rose	07
2	31:13	Jim Nuccio	77	52	33:40	Richard Flores	98
3	31:43	John Morse	92	53	33:44	Gene Fitzgerald	75
4(tie)	31:57	Colin Davidson	87	54	33:44	Jacob Busienei	03
4(tie)	31:57	Tim Minor	87	55	33:45	Werner Scherrer	88
6	32:02	Noel Berkeley	89	56	33:49	Brendon Scanlon	08
7	32:04	David Royal	82	57(tie)	33:50	Butch Alexander	84
8	32:05	Danny Aldridge	92	57(tie)	33:50	Tim Harvey	87
9(tie)	32:16	Ron Elijah	74	57(tie)	33:50	Jim Mallory	97
9(tie)	32:16	Jerry Drew	84	60(tie)	33:51	Kim Schaurer	80
11	32:20	Brian Maxwell	77	60(tie)	33:51	Ricky Esponda	95
12	32:22	Hector Delgado	00	62	33:52	Scott Piece	92
13	32:23	Jeff Jackson	08	63(tie)	33:54	Todd Stevens	93
14	32:24	Aaron Pierson	96	63(tie)	33:54	Ted Pawlak	87
15(tie)	32:26	Ken Kyte	96	65	33:57	Marc Zibblatt	84
15(tie)	32:26	Ed Bomber	82	66	33:59	Weymouth Kirkland	79
17(tie)	32:31	Phil Bellan	89	67	34:00	Rory Ingalis	84
17(tie)	32:31	K.C. Cody	07	68	34:03	Eric Allen	89
19	32:34	Kenny Brown	93	69	34:05	Gary Towne	92
20	32:38	Brad Poore	05	70	34:09	Matt Blanchard	05
21	32:39	Jim Bowers	82	71(tie)	34:10	Andy Clifford	77
22	32:41	Don Makela	74	71(tie)	34:10	Steve Guerrini	95
23(tie)	32:51	Ron Wayne	75	73	34:11	Lance Lennier	88
23(tie)	32:51	Eric Walker	97	74(tie)	34:12	Bob Darling	73
25	32:57	Russ Knudsen	80	74(tie)	34:12	Steve Ottaway	85
26	32:59	Emery Mitchell	89	74(tie)	34:12	Kevin Girt	98
27	33:04	Hersh Jenkins	80	77(tie)	34:13	Chris Gaston	96
28(tie)	33:10	John Mumm	90	77(tie)	34:13	Dale Richard	91
28(tie)	33:10	Stacy Van Horn	87	79(tie)	34:14	Doug Rustad	72
28(tie)	33:10	Steve Laurie	04	79(tie)	34:14	Bill Marty	79
31(tie)	33:13	Jack Bellah	74	81(tie)	34:15	Pete Sweeney	91
31(tie)	33:13	Mike Williams	98	81(tie)	34:15	Chris Meyers	96
33	33:14	Peter O'Reilly	85	81(tie)	34:15	Meckonnen Fekadu	98
34(tie)	33:15	Darryl Beardall	75	84	34:17	Kelsy Cody	05
34(tie)	33:15	Trevor Sybert	97	85	34:18	Sean Fitzpatrick	93
36	33:18	John Litzenberg	98	86	34:21	Jacob Candelaria	95
37	33:19	Dan Brecht	96	87(tie)	34:22	Gary Singer	74
38	33:23	Robert Brunken	81	87(tie)	34:22	Matt Laye	02
39	33:24	Josh Bobiak	02	89(tie)	34:23	Nick Vogt	74
40(tie)	33:27	Darren George	77	89(tie)	34:23	Tony Burke	84
40(tie)	33:27	Ty Strange	95	89(tie)	34:23	Sterling Lockhart	08
41(tie)	33:28	Allan Smith	84	92	34:24	Danny McCollough	88
41(tie)	33:28	Jim Noonan	82	93(tie)	34:25	Armand Moreno	78
44	33:29	Rudi Balli	82	93(tie)	34:25	Shawn Phillips	88
45	33:30	Chris Turney	85	95(tie)	34:28	Mike Fornaciari	74
46(tie)	33:31	Robert Alexander	84	95(tie)	34:28	Mike Wright	78
46(tie)	33:31	Bob Grubbs	74	97	34:30	Kurt Ruegg	09
48	33:35	Tim Wallen	90	98(tie)	34:31	Pat Miller	78
49	33:38	Eric J. Bohn	95	98(tie)	34:31	Dan Preston	81
50(tie)	33:39	Tad Woliczko	76	98(tie)	34:31	Erik Olson	08

Place	Time	Name	Year	Place	Time	Name	Year
1	36:55	Elizabeth Zaragosa	98	51	41:06	Christie Patterson	84
2	37:20	Leslie McMullen	84	52	41:10	Cindi Van Natta	86
3	37:30	Suzy Jones	96	53	41:11	Shelly Lydon	97
4	37:37	Cathy Dubay	99	54	41:12	Jenna Lowder	09
5(tie)	37:40	Peggy Smythe	85	55	41:15	Lisa Youmans	90
5(tie)	37:40	Kyra Slade	00	56	41:17	Lisa Gay	93
7	37:57	Michelle Perry	82	57	41:22	Jenny Biddulph	85
8	38:27	Lisa Gonzales	86	58	41:24	Audrey Schrift	92
9	38:40	Nancy Vallance	93	59	41:26	Sally Cataldo	94
10	38:45	Valerie Jensen	87	60(tie)	41:28	Derry Elijah	80
11	38:54	Kathy Dalton	85	60(tie)	41:28	Jenny Aldridge	01
12(tie)	39:03	Becky Simmie	81	62(tie)	41:30	Mary Maloney	82
12(tie)	39:03	Sarah Sumpter	09	62(tie)	41:30	Kirsten Kempo	02
14	39:06	Phyllis Blanchard	03	64(tie)	41:33	Sara Jakel	93
15	39:11	Sara Bei	98	64(tie)	41:33	Nicole LaFreniere	97
16	39:18	April Powers	99	66	41:34	Vicki Chase	86
17	39:22	Melanie Lovrin	09	67	41:36	Sally Mertes-Stone	87
18	39:24	Michelle Tani	89	68	41:39	Hilary Bartels	05
19(tie)	39:25	Trina Cox	97	69	41:40	Heather Cupp	94
19(tie)	39:25	Mary Fagan	02	70	41:42	Amy Robinson	02
21	39:28	Elizabeth Mosier	88	71	41:43	Nika Horn	85
22	39:37	Lura Damiano	91	72	41:46	Leslie Cohen	83
23	39:42	Lisa Geoffrin	95	73	41:57	Kelly Ridgway	97
24	39:44	Jenny Wong	06	74	41:58	Dominique Serrra	95
25	39:53	Dana Flint	81	75	41:59	Maryann Raymond	00
26(tie)	39:54	Shannon Sweeney	92	76	42:00	Kim Reinking	82
26(tie)	39:54	Laura Stanfield	96	77	42:01	Heidi Helvestine	02
28	40:01	Robin Stovall	91	78(tie)	42:06	Kim Rupert	83
29	40:10	Keri Nelson	03	78(tie)	42:06	Susan Nehse	87
30(tie)	40:15	Shawn Ryan	88	80	42:07	Bethany Conybean	97
30(tie)	40:15	Pat English	91	81(tie)	42:08	Barbara Geringer	86
32	40:17	Wink Luskin	89	81(tie)	42:08	Lisa Corbett	89
33	40:18	Lori Shanoff	80	83	42:09	Kathryn Rankin	78
34(tie)	40:27	Ann Fenwick	81	84	42:10	Cara Freitas	96
34(tie)	40:27	Katie Fontana	98	85(tie)	42:12	Tess Kampann	86
36	40:28	Eileen Vukicevich	95	85(tie)	42:12	Celine Perrot-Johnson	99
37	40:29	Maureen Doyle	89	87	42:15	Janice Minor	97
38(tie)	40:30	Mary Steer	85	88	42:20	Beth-Ann McIntosh-King	87
38(tie)	40:30	Stephanie Brown	98	89	42:26	Bird Anderson	84
40	40:41	Valerie Sell	02	90(tie)	42:28	Cheryl Clanton	86
41	40:44	Cathy Chesky	94	90(tie)	42:28	Elia Hernandez	88
42(tie)	40:46	Monica Townsend	93	92	42:29	Sherri Minkler	84
42(tie)	40:46	Maribeth Duffy	85	93	42:31	Eva Gut	01
44	40:47	Meredith Rogers	00	94(tie)	42:32	Laurie Riebeling	89
45	40:55	Sarah Gibson	98	94(tie)	42:32	Kerry Paudet	87
46	40:56	Pam Purcell	82	96	42:33	Shawn Abbot	96
47(tie)	41:00	Dana Hooper	79	97	42:35	Natalie Simi	98
47(tie)	41:00	Tanya Fredericks	04	98	42:37	Lari Nusinov	90
49	41:02	Sarah Hallas	97	99	42:38	Jennifer Martindill	07
50	41:03	Eve Pell	86	100	42:44	Vicki French	84

**KENWOOD FOOTRACE 10K ALL-TIME TOP 20 BY DIVISION**

<b>19 &amp; Under MEN</b>				<b>60-69 MEN</b>			
Place	Time	Name	Year	Place	Time	Name	Year
1	32:27	John Morse	83	1	40:25	Craig Roland	95
2	32:31	Kevin Jones	79	2	42:06	Russ Kiernan	00
3	33:00	Jeff Jackson	07	3	42:34	Darryl Beardall	97
4(tie)	33:10	Stacy Van Horn	87	4	42:49	Dana Henderson	08
4(tie)	33:10	John Mumm	90	5	42:58	Hans Schmidt	03
6	33:19	Dan Brecht	96	6	43:07	Gard Leighton	99
7	33:24	Josh Bobiak	02	7	43:21	Jack Burns	03
8	33:56	David Royal	78	8	43:37	Paul Reese	83
9	34:01	Eric Walker	88	9	43:39	Brendan Hutchinson	04
10	34:03	Jim Noonan	79	10	43:42	Mort Gray	92
11	34:11	Lance Lennier	88	11	43:48	Hans Schmidt	07
12	34:14	John Litzenberg	88	12	43:57	Ralph Harms	97
13	34:17	Kelsey Cody	05	<b>13</b>	<b>44:34</b>	<b>Lon Wiley</b>	<b>09</b>
14	34:22	Gary Singer	74	14	45:11	Tom Guldman	98
15	34:23	Sterling Lockhart	08	15	45:24	Tom Anderson	07
16	34:25	Armand Moreno	78	16	45:30	Ivan Tomasi	87
<b>17</b>	<b>34:30</b>	<b>Kurt Ruegg</b>	<b>09</b>	17	45:41	Earl Turner	87
18	34:31	Erik Olson	08	18	45:43	Al Bellon	92
19(tie)	34:33	Mekonnen Fekadu	96	19(tie)	45:59	John Lander	03
19(tie)	34:33	Tom Macken	85	<b>19(tie)</b>	<b>45:59</b>	<b>Jim Myers</b>	<b>09</b>
19(tie)	34:33	Vladimir Zaszimzcuk	97				
<b>40-49 MEN</b>				<b>70+ MEN</b>			
Place	Time	Name	Year	Place	Time	Name	Year
1	32:39	Jim Bowers	82	1	45:51	Russ Kiernan	08
2	33:40	Richard Flores	97	2	48:13	Craig Roland	05
3	33:58	Tim Minor	03	3	49:20	Mel Shine	81
4	34:33	Darryl Beardall	78	4	49:45	Jim Ray	97
5	34:48	Dan Preston	82	5	51:16	Darryl Beardall	07
6	34:58	Ron Smith	89	6	52:25	Mort Gray	02
7	35:17	Ty Strange	03	7	53:01	Sam Hirabayashi	01
8	35:19	Butch Alexander	93	8	53:33	Roger Gordon	07
9	35:20	Jim Moore	81	9	56:14	Ted Ponsetti	95
10	35:21	Roger Bryan	80	10	56:50	Wolstan Brown	06
11	35:22	Tom Kirschner	81	11	57:07	Dale Leyhe	03
12	35:28	Roger Daniels	79	<b>12</b>	<b>57:51</b>	<b>Elmo Shropshire</b>	<b>09</b>
13(tie)	35:43	George Frazier	87	13	58:30	Leo McMillan	00
13(tie)	35:43	Frank Ruona	89	14	59:01	Charles Hartman	00
15	35:46	Alan Carr	98	<b>15</b>	<b>59:23</b>	<b>Kent Mitchell</b>	<b>09</b>
16	35:49	Jon Macpherson	86	16	1:01:32	Charles Hoagland	98
17	36:03	Louis Garcia	98	17	1:01:46	Gene Smith	97
18	36:04	Keith Krieger	87	18	1:02:34	Todd Evans	05
19	36:05	Greg Nacco	01	19	1:03:01	Renee de Feminis	02
20	36:06	Bill Jensen	75	20	1:04:34	Ken Murray	88
<b>50-59 MEN</b>				<b>80+ MEN</b>			
Place	Time	Name	Year	Place	Time	Name	Year
1	35:57	Jim Bowers	92	1	59:27	Jim Ray	07
2	36:15	Craig Roland	85				
3	36:20	Darryl Beardall	88				
4	36:41	Steve Lyons	92				
5	36:59	Dan Preston	94				
6	37:35	Jon Macpherson	95				
7	37:37	Mort Gray	85				
8	37:40	Jerry Lyman	99				
9	37:49	Frank Ruona	97				
10	37:56	Chris Cole	07				
11	37:58	Bob Barber	89				
12	37:59	Russ Kiernan	88				
13	38:12	Jim Gibbons	98				
14	38:33	Butch Alexander	03				
15	38:41	Martin Jones	93				
16	38:46	Jim Williams	91				
17	38:51	Roy Kissin	07				
18	39:07	Norm Gould	99				
19	39:31	Rick Niles	97				
20	39:34	Keith Kreiger	98				

<b>19 &amp; Under WOMEN</b>				<b>60-69 WOMEN</b>			
Place	Time	Name	Year	Place	Time	Name	Year
1	38:45	Valerie Jensen	87	1	43:35	Shirley Matson	01
2	38:54	Kathy Dalton	85	2	47:41	Eve Pell	99
<b>3</b>	<b>39:03</b>	<b>Sarah Sumpter</b>	<b>09</b>	3	49:43	Edda Stickle	02
4	39:06	Phyllis Blanchard	03	<b>4</b>	<b>53:11</b>	<b>Joan Smith</b>	<b>09</b>
5	39:11	Sara Bei	98	5	53:31	Shirley Fee	06
6	39:25	Trina Cox	97	6	53:47	Kay Atkinson	80
7	39:53	Dana Flint	81	7	55:55	Libby Fitzgerald	07
8	40:18	Lori Shanoff	80	8	56:20	Kathryn Kettler	06
9	40:20	Sarah Sumpter	07	9	57:11	Ann Hardham	06
10	41:10	Sarah Hallas	96	10	57:14	Katherine Singer	03
11	41:28	Jenny Aldridge	01	11	59:13	Jeanne Wirka	07
12	41:30	Mary Maloney	82	12	59:56	Gayle Burns	08
13(tie)	41:33	Sara Jakes	93	13	1:00:08	Judy Lindberg	96
13(tie)	41:33	Nicole LaFeniere	97	14	1:00:34	Gayle Burns	06
15	41:42	Amy Robinson	02	15	1:00:56	Margaret Senneff	08
16	41:43	Nika Horn	85	16	1:01:18	Carly Mikita	04
17	42:00	Kim Reinking	82	17	1:01:27	Lois Cook	92
18	42:10	Cara Freitas	86	18	1:01:48	Karen Kendall	08
19	42:29	Sheri Minkler	94	19	1:02:55	Maria Carlsen	84
20	42:31	Eva Gut	01	20	1:03:58	Pam Horton	04
<b>40-49 WOMEN</b>				<b>70+ WOMEN</b>			
Place	Time	Name	Year	Place	Time	Name	Year
1	39:16	Leslie McMullen	92	1	55:32	Aubrey Maynard	03
2	39:18	April Powers	99	2	1:11:07	Helen Kuziara	94
3	39:36	Cathy DuBay	07	3	1:18:39	Nancy Felling	07
4	41:03	Eve Pell	86	4	1:32:17	Ellen Luca	08
5	41:20	Wink Bragdon	95	<b>5</b>	<b>1:33:13</b>	<b>Marijayne Wernett</b>	<b>09</b>
6	41:26	Sally Cataldo	94	6	1:35:08	Laurel Scholes	90
7	41:39	Hilary Bartels	05	<b>7</b>	<b>1:57:27</b>	<b>Linda Liscom</b>	<b>09</b>
8	41:58	Laura Stanfield	01	8			
9	42:53	Margaret Oakes	81	9			
10	42:56	Maryann Raymond	03	10			
11	43:03	Jamie Berns	99	11			
12	43:05	Nuvit Foster	06	12			
13	43:06	Val Sell	06	13			
14	43:07	Hazel Wood	92	14			
15	43:12	Susan Mitchell	80	15			
16	43:15	Barbara Magid	85	16			
17	43:18	Shelly Lydon	07	17			
18	43:22	Janet Buckendahl	82	18			
19	43:32	Janet Feldman	06	19			
20	43:45	Janice Minor	00	20			
<b>50-59 WOMEN</b>				<b>80+ WOMEN</b>			
Place	Time	Name	Year	Place	Time	Name	Year
1	43:02	Jamie Berns	02	1	1:25:26	Helen Kuziara	00
2	43:12	Anne Marie Von Hoene	95				
3	43:26	Eve Pell	88				
<b>4</b>	<b>44:47</b>	<b>Janet Feldman</b>	<b>09</b>				
5	46:15	Edda Stickle	93				
6	46:29	Susan Trott	87				
<b>7</b>	<b>46:36</b>	<b>Holly Wick</b>	<b>09</b>				
8	46:39	Pam Horton	96				
9	46:49	Debbie Beem	08				
10	47:12	Hazel Wood	01				
<b>11</b>	<b>47:49</b>	<b>Karen Kiely</b>	<b>09</b>				
12	49:07	Doreen Pinelli	08				
13	49:10	Randy Schlesinger	97				
14	49:39	Karen Kissick	08				
15	50:00	Debbie DeCarli	08				
16	50:10	Kim Williams	01				
17	50:23	Mary Allaire	98				
<b>18</b>	<b>50:26</b>	<b>Debi Stewart</b>	<b>09</b>				
19	50:31	Ann Hardham	97				
20	51:22	Joan Smith	01				

KENWOOD FOOTRACE 3K CHAMPIONS					
MEN			WOMEN		
Year	Name	Time	Year	Name	Time
2009	Rory McLeod	9:44	2009	Jacque Taylor	10:40
2008	Rory McLeod	9:39	2008	Kim Conley	10:06
2007	Rory McLeod	9:46	2007	Kim Conley	10:23
2006	Joe Tonna	9:57	2006	Kim Conley	10:40
2005	Bill Bushnell	9:22	2005	Kim Conley	10:59
2004	Jonathan Teeter Jr.	9:47	2004	Kim Conley	11:10
2003	Joe Tonna	9:54	2003	Kim Conley	11:14
2002	Jordan Kinley	9:19	2002	Kim Conley	11:14
2001	Alex Daniels	9:06	2001	Kim Conley	11:28
2000	Chris Gaston	9:12	2000	Jenny Aldridge	10:35
1999	Peter Egerton	9:16	1999	Toby Warden	10:35
1998	Chris Gaston	8:45	1998	Chris Lundy	10:08
1997	Peter Egerton	9:13	1997	Carol Stubbs	10:39
1996	Steve Guerrini	9:03	1996	Julia Stamps	9:38
1995	Peter Egerton	9:03	1995	Julia Stamps	9:39
1994	Peter Egerton	9:18	1994	Julia Stamps	9:54
1993	Chris Gaston	8:36	1993	Julia Stamps	10:00
1992	Chris Gaston	9:30	1992	Eileen Vukicevich	10:26
1991	Steve Guerrini	9:27	1991	Nora Doyle	10:14
1990	Paul Laceyfield	10:10	1990	Nika Horn	11:09
1989	Jose Maria Lizzarraga	9:08	1989	Melanie Hiatt	9:49
1988	Don Nauman	9:11	1988	Sherri Minkler	10:46
1987	Greg Rivera	8:59	1987	Nora Doyle-Cooney	10:35
1986	Don Nauman	9:34	1986	Nika Horn	11:13

KENWOOD FOOTRACE 3K ALL-TIME TOP 50 TIMES							
MEN				WOMEN			
Place	Time	Name	Year	Place	Time	Name	Year
1	8:36	Chris Gaston	1993	1	9:38	Julia Stamps	1996
2	8:37	Dan Held	1993	2	9:49	Melanie Hiatt	1989
3	8:44	Danny Aldridge	1993	3	9:50	Nora Doyle	1989
4	8:46	Bill Bushnell	1998	4	10:06	Kim Conley	2008
5	8:52	Steve Guerrini	1993	5	10:08	Chris Lundy	1998
6	8:55	Kevin Selby	1998	6	10:15	Trina Cox	1998
7	8:59	Greg Rivera	1987	7	10:26	Eileen Vukicevich	1992
8	9:06	Alex Daniels	2001	8	10:30	Jenny Aldridge	2000
9(tie)	9:08	Jose Lizarraga	1989	9(tie)	10:39	Carol Stubbs	1998
9(tie)	9:08	Gary Charbonneau	1989	9(tie)	10:39	Lisa Gay	1996
11	9:09	Peter Egerton	1998	11	10:40	Jacque Taylor	2009
12(tie)	9:11	Don Nauman	1988	12	10:41	Kristen Sanzari	2007
12(tie)	9:11	Jordan Kinley	2001	13	10:44	April Powers	1991
14	9:12	Eric Walker	1996	14	10:46	Sherri Minkler	1988
15	9:16	Kenny Kane	1996	15	10:49	Leslie McMullin	1994
16	9:17	Todd Stevens	1998	16	10:50	Kathy Dalton	1992
17(tie)	9:19	Lance Lennier	1987	17	10:53	Jenna Lowder	2008
17(tie)	9:19	Jeff Sorkness	1989	18	11:00	Christi Holligan	1993
19	9:20	Ian Blair	1994	19(tie)	11:02	Toby Warden	1999
20(tie)	9:21	Ty Strange	1997	19(tie)	11:02	Kelly Rogers	2000
20(tie)	9:21	Steve Laurie	1999	21(tie)	11:07	Nika Horn	1991
20(tie)	9:21	Matt Laye	2001	21(tie)	11:07	Robin Stovall	1993
23	9:22	Dan Brecht	1994	23	11:09	Pamela Richardson	1994
24	9:24	Jason Selby	1994	24	11:10	Tori Meredith	1992
25(tie)	9:26	Mike Tebo	1987	25	11:14	Theresa Nelson-Aldridge	1995
25(tie)	9:26	Larry Meredith	1988	26	11:16	Ashlee Drady	2000
27	9:28	Matt Vukicevich	1996	27	11:17	Jessica Lemmon	2008
28	9:29	Stan Hockerson	1991	28	11:19	Alesandra Roger	2006
29	9:32	Hector Delgado	1995	29	11:20	Kim Handel	2002
30	9:34	Mike Schwartz	1992	30	11:22	Shelly Lydon	2000
31(tie)	9:36	Nat Lopes	1987	31	11:29	Julianne Baker	2004
31(tie)	9:36	Mekonnen Fekadu	1996	32	11:30	Kristen Fladseth	2002
31(tie)	9:36	Jim McHampton	1992	33(tie)	11:31	Cindi Williams	1989
31(tie)	9:36	Cary Mathews	2005	33(tie)	11:31	Lindsay Johnson	1998
35(tie)	9:37	Bill Dunn	1987	35	11:34	Maryetta Blanchard	1992
35(tie)	9:37	Sky Pile	1996	36(tie)	11:37	Dianne Zamecki	2000
37	9:38	Alex Harkins	2005	36(tie)	11:37	Celeste Berg	2009
38(tie)	9:39	Gordon Cookshaw	1988	38	11:38	Melissa Madeson	1996
38(tie)	9:39	Josh Dorris	2001	39	11:40	Carina Hendricks	2002
38(tie)	9:39	Michael Brew	2005	40	11:41	Vicki Farrell	1993
38(tie)	9:39	Rory McLeod	2008	41(tie)	11:42	Barbara Geringer	1988
42	9:40	Chip Anderson	1992	41(tie)	11:42	Diana Rancourt	1997
43(tie)	9:41	Troy Barger	1997	43	11:43	Emma Conley	2002
43(tie)	9:41	Brendan Scanlon	2005	44	11:44	Beth-Ann McIntosh-King	1990
45	9:42	Jim Noonan	1993	45(tie)	11:48	Donna Rodriguez	1995
46	9:43	Ben Rosales	1989	45(tie)	11:48	Jackie Prange	1998
47(tie)	9:44	Peter Kirk	1993	47	11:51	Jenny Drady	2000
47(tie)	9:44	Logan Ensign	2005	48	11:52	Nicole Nelson	1999
49(tie)	9:45	John Litzenberg	1993	49	11:54	Jamie Feldman	2003
49(tie)	9:45	Josh Bobiak	2000	50	11:55	JoAnn Nickel	1997

Most 3K Wins (through 2008)			
MEN		WOMEN	
Peter Egerton	4	Kim Conley	8
Chris Gaston	4	Julia Stamps	4
Rory McLeod	3	Nora Doyle	2
Steve Guerrini	2	Nika Horn	2
Dan Nauman	2	Everyone Else	1
Everyone Else	1		

Most 3K Top-10 Finishes			
MEN		WOMEN	
Don Nauman	9	Kim Conley	9
Peter Egerton	7	Kari Horn	6
Ben Rosales	6	Nika Horn	5
Jose Lizarraga	5	T. Nelson-Aldridge	5
Steve Guerrini	5	Julia Stamps	5
Jordan Kinley	5	Donna Ames	4
Chris Gaston	4	Lindsay Johnson	4
Jason DeSelle	4	Emma Conley	4
Jonathan Teeter	4	Jacque Taylor	4
Regan Masi	4	Shannon Rich	3
Rory McLeod	4	Kristen Sanzari	3
Brice Winkler	3	Heidi Thiele	3
Dan Schaefer	3	Jenna Lowder	2
Larry Meredith	3	Lori Winkler	2
Danny Aldridge	3	Jenny Aldridge	2
Kevin Poteracke	3	Andrea Guzman	2
Quinn Coughlin	2	Everyone Else	1
Ryan Aldridge	2		
Eric Downing	2		
Clinton Stevens	2		
Everyone Else	1		

# KENWOOD FOOTRACE 3K ALL-TIME TOP 10 BY DIVISION

19 & Under Men			
Place	Time	Name	Year
1	8:36	Chris Gaston	1993
2	9:11	Jordan Kinley	2001
3	9:17	Peter Egerton	1996
4(tie)	9:19	Lance Lennier	1987
4(tie)	9:19	Jeff Sorkness	1989
6	9:21	Dan Brecht	1994
7	9:21	Steve Laurie	1999
8	9:24	Jason Selby	1994
9	9:24	Steve Guerrini	1989
10	9:26	Mike Tebo	1987

19 & Under Women			
Place	Time	Name	Year
1	9:38	Julia Stamps	1996
2	9:49	Melanie Hiatt	1989
3	10:15	Trina Cox	1998
4	10:30	Jennifer Aldridge	2000
<b>6</b>	<b>10:40</b>	<b>Jacque Taylor</b>	<b>2009</b>
5	10:41	Kristan Sanzari	2007
7	10:53	Jenna Lowder	2008
8	10:59	Kim Conley	2005
9	11:02	Kelly Rogers	2000
10	11:07	Nika Horn	1991

60-69 Men			
Place	Time	Name	Year
1	10:48	Steve Lyons	2001
2	11:27	Bernie Hollander	1997
3(tie)	11:47	Frank Ruona	2006
3(tie)	11:47	George Frazier	2007
5	12:05	Robert Holland	2004
6	12:15	Mort Gray	1996
7	12:18	Carl Jackson	1995
8(tie)	12:33	Ralph Harms	2000
8(tie)	12:33	John Lander	2001
<b>8(tie)</b>	<b>12:33</b>	<b>Anthony Fleming</b>	<b>2009</b>

60-69 Women			
Place	Time	Name	Year
1	12:02	Eve Pell	1998
2	12:13	Shirley Matson	2002
3	16:38	Pam Ord	2007
3	17:22	Katherine Singer	2001
4	17:53	Sandra Menachof	2004
5	18:00	Millie Merle	2001
6	18:03	Pam Horton	2005
7	18:24	Leanna Breese	2008
9	18:36	Cicilia Tonna	2006
10	19:14	Pat Farrell	2005

40-49 Men			
Place	Time	Name	Year
1	9:22	Bill Bushnell	2005
2	9:36	Jim McHampton	1992
3	10:04	Don Nauman	2003
4	10:08	George Frazier	1988
5	10:17	Jim Hiserman	1991
6	10:24	Mike Fanelli	1996
7	10:39	Ross Weishaar	1994
8(tie)	10:41	Terry Maples	1990
8(tie)	10:41	Jon Hermstad	1995
8(tie)	10:41	Dan Schafer	2002

40-49 Women			
Place	Time	Name	Year
1	10:49	Leslie McMullen	1994
2	11:23	April Powers	2003
3	11:55	JoAnn Nickel	1997
4	11:58	Caron Schaumberg	1987
5	12:04	Tamara Gonzalez	2006
6	12:11	Tricia Wallace	2003
7	12:14	Kersay Fanelli	2003
8	12:16	Lori Winkler	2002
9	12:17	Sheila Roebuck	1999
10	12:36	Tori Meredith	2004

70-79 Men			
Place	Time	Name	Year
1	13:09	Bernie Hollander	2006
2	13:36	Mort Gray	2004
3	13:47	Dan Tuohy	2006
4	14:36	Carl Jackson	2004
5	14:40	Ralph Harms	2006
6	15:25	Ernest Volkman	1996
7	16:27	Ken Murray	1987
8	16:30	David Cole	1996
9	16:34	Phil Pythian	2006
10	16:47	Virgil Schrock	1998

70-79 Women			
Place	Time	Name	Year
1	14:47	Eve Pell	2007
2	17:02	Jeanie Kayser-Jones	2006
3	18:37	Sandy Menachof	2007
4	20:54	Lynn Stevens	2008
5	21:29	Eleanor Weil	1988
6	<b>24:46</b>	<b>Jan Shaw</b>	<b>2009</b>
7	25:05	Ruth Lawson	1996
8	25:23	Betty Groce	2003
9	26:10	Laurelee Scholes	1989
10	26:42	Verna Jasso	2004

50-59 Men			
Place	Time	Name	Year
1	9:56	Steve Lyons	1993
2	10:16	Danny Aldridge	2007
3	10:26	Frank Ruona	2000
4	10:27	Mark Richtman	2007
5	10:36	Dan Shafer	2004
6	10:39	Jim Williams	1998
7	10:41	Jon Hermstad	2000
8	11:03	Dan Preston	2001
9	11:05	John Royston	2005
10	11:10	Terry McNeill	1995

50-59 Women			
Place	Time	Name	Year
1	12:48	Diane Larson	2001
2	13:37	AnnMarie VonHoene	1993
3	14:15	Edda Stickle	1998
4	14:17	Kathleen Archer	2001
5	14:39	Millie Merle	1992
6	14:42	Joanna Brown	2006
7	14:43	Debbie Desoto	2004
8	14:54	Susan Virta	2005
9	14:50	Dara Hill	2008
10(tie)	15:01	Sherry Ferguson	2004
10(tie)	15:01	Marcia Seim-Bossier	2007

80+ Men			
Place	Time	Name	Year
1	15:52	Sam Hirabayashi	2007
2	22:22	Virgil Shrock	2006
<b>3</b>	<b>25:09</b>	<b>Charles Hoagland</b>	<b>2009</b>
4	32:41	Roger Anawalt	2005

80+ Women			
Place	Time	Name	Year
1	30:58	Margaret Curotto (85)	1998
2	31:18	Verna Jasso	2007