

Kenwood Footrace Historical Records

Current Course Record Holders

10K	Men — Kevin Jones , 1986 — 31:06
	Women — Elizabeth Zaragosa , 1998 — 36:55
3K	Men — Chris Gaston , 1993 — 8:36
	Women — Julia Stamps , 1996 — 9:38

1972: Kenwood Footrace 10K co-founded by **Tom Rooney** and **Ken Lane**

First Kenwood Footrace 10K winners: Men — **Doug Rustad** — 34:14
Women — **Elizabeth Stafford** — 1:00:09

1986: 3K race added

First Kenwood Footrace 3K winners Men — **Don Nauman** — 9:34
Women — **Nika Horn** — 11:13

1994: Empire Runners Club assumes ownership of the Kenwood Footrace from **Fred Kenyon**, Wine Country Race Service

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See an error? Please send corrections or questions to events@empirerunners.org.

KENWOOD FOOTRACE ALL-TIME RECORDS

Entries in red are new for 2011. To compare with historic records, results used are gun times rounded up to the nearest second.

KENWOOD FOOTRACE 10K CHAMPIONS

MEN		
Year	Name	Time
2011	Jeff Jackson	32:46
2010	Jeff Gardina	33:36
2009	Jeff Jackson	32:27
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
2011	Julia Stamps Mallon	38:06
2010	Melanie Lovrin Belloumini	40:38
2009	Sarah Sumpter	39:03
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 10K Wins through 2011

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

WOMEN	
Cathy Dubay	8
Leslie McMullin	3
Melanie Lovrin Belloumini	2
Everyone Else	1

Most 10K Top-10 Finishes through 2011

MEN	
John Litzenberg	20
Butch Alexander	10
Dan McCullough	10
Kenny Brown	10
Darryl Beardall	8
Tim Minor	7
Terry Pintane	6
Eric Walker	6
K.C. Cody	6
Jeff Jackson	6
Brendon Scanlon	5
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
Ty Strange	3
Bjorn Griepenber	3
Reese Byers	3
Alex Wolf-Root	2
Richard Flores	2
John Staroba	2

WOMEN	
Cathy DuBay	18
Valerie Sell	9
Leslie McMullin	7
Robin Stovall	6
Peggy Smythe	6
Wink Bragson	6
Shelly Lydon	6
Janet Feldman	7
Jamie Berns	5
Eve Pell	4
Tess Kampmann	4
Vicki Brown	4
Kathy Van Riper	4
Beckie Simmie	4
Laura Stanfield	4
Sarah Sumpter	4
Shannon Rich	4
Jenny Wong	4
Melanie Lovrin Belloumini	4
Chandra Farnham	3
Megan Johnson	2
Nuvit Foster	2
Nancy Morales	2
Hilary Bartels	2
Jennifer Martindell	2
Nicole Lane	2

See an error? Please send corrections
or questions to events@empirerunners.org.

Entries in red are new for 2011. To compare with historic records, results used are gun times rounded up to the nearest second.

KENWOOD FOOTRACE 10K ALL-TIME TOP 100 RUNNERS by time

MEN				WOMEN							
Place	Time	Name	Year	Place	Time	Name	Year	Place	Time	Name	Year
1	31:06	Kevin Jones	86	51	33:38	Eric J. Bohn	95	1	36:55	Elizabeth Zaragosa	98
2	31:13	Jim Nuccio	77	52(tie)	33:39	Tad Woliczko	76	2	37:20	Leslie McMullen	84
3	31:43	John Morse	92	52(tie)	33:39	Todd Rose	07	3	37:30	Suzy Jones	96
4(tie)	31:57	Colin Davidson	87	54	33:40	Richard Flores	98	4	37:37	Cathy Dubay	99
4(tie)	31:57	Tim Minor	87	55(tie)	33:44	Gene Fitzgerald	75	5(tie)	37:40	Peggy Smythe	85
6	32:02	Noel Berkeley	89	55(tie)	33:44	Jacob Busienei	03	5(tie)	37:40	Kyra Slade	00
7	32:04	David Royal	82	57	33:45	Werner Scherrer	88	7	37:57	Michelle Perry	82
8	32:05	Danny Aldridge	92	58	33:49	Brendon Scanlon	08	8	38:06	Julia Stamps Mallon	11
9(tie)	32:16	Ron Elijah	74	59(tie)	33:50	Butch Alexander	84	9	38:27	Lisa Gonzales	86
9(tie)	32:16	Jerry Drew	84	59(tie)	33:50	Tim Harvey	87	10	38:40	Nancy Vallance	93
11	32:20	Brian Maxwell	77	59(tie)	33:50	Jim Mallory	97	11	38:45	Valerie Jensen	87
12	32:22	Hector Delgado	00	62(tie)	33:51	Kim Schaurer	80	12	38:54	Kathy Dalton	85
13	32:23	Jeff Jackson	08	62(tie)	33:51	Ricky Esponda	95	13(tie)	39:03	Becky Simmie	81
14	32:24	Aaron Pierson	96	64	33:52	Scott Piecer	92	13(tie)	39:03	Sarah Sumpter	09
15(tie)	32:26	Ken Kyte	96	65(tie)	33:54	Todd Stevens	93	15	39:06	Phyllis Blanchard	03
15(tie)	32:26	Ed Bomber	82	65(tie)	33:54	Ted Pawlak	87	16	39:11	Sara Bei	98
17(tie)	32:31	Phil Bellan	89	67	33:57	Marc Zibblatt	84	17	39:18	April Powers	99
17(tie)	32:31	K.C. Cody	07	68	33:59	Weymouth Kirkland	79	18	39:22	Melanie Lovrin	09
19	32:34	Kenny Brown	93	69	34:00	Rory Ingalis	84	19	39:24	Michelle Tani	89
20	32:38	Brad Poore	05	70	34:03	Eric Allen	89	20(tie)	39:25	Trina Cox	97
21	32:39	Jim Bowers	82	71	34:05	Gary Towne	92	20(tie)	39:25	Mary Fagan	02
22	32:41	Don Makela	74	72	34:09	Matt Blanchard	05	22	39:28	Elizabeth Mosier	88
23(tie)	32:51	Ron Wayne	75	73(tie)	34:10	Andy Clifford	77	23	39:37	Lura Damiano	91
23(tie)	32:51	Eric Walker	97	73(tie)	34:10	Steve Guerrini	95	24	39:42	Lisa Geoffrion	95
25	32:52	Reese Byers	11	75	34:11	Lance Lennier	88	25	39:44	Jenny Wong	06
26	32:57	Russ Knudsen	80	76(tie)	34:12	Bob Darling	73	26	39:53	Dana Flint	81
27	32:59	Emery Mitchell	89	76(tie)	34:12	Steve Ottaway	85	27(tie)	39:54	Shannon Sweeney	92
28	33:04	Hersh Jenkins	80	76(tie)	34:12	Kevin Girt	98	27(tie)	39:54	Laura Stanfield	96
29(tie)	33:10	John Mumm	90	79(tie)	34:13	Chris Gaston	96	29	40:01	Robin Stovall	91
29(tie)	33:10	Stacy Van Horn	87	79(tie)	34:13	Dale Richard	91	30	40:10	Keri Nelson	03
29(tie)	33:10	Steve Laurie	04	81(tie)	34:14	Doug Rustad	72	31(tie)	40:15	Shawn Ryan	88
32(tie)	33:13	Jack Bellah	74	81(tie)	34:14	Bill Marty	79	31(tie)	40:15	Pat English	91
32(tie)	33:13	Mike Williams	98	83(tie)	34:15	Pete Sweeney	91	33	40:17	Wink Luskin	89
34	33:14	Peter O'Reilly	85	83(tie)	34:15	Chris Meyers	96	34	40:18	Lori Shanoff	80
35(tie)	33:15	Darryl Beardall	75	83(tie)	34:15	Meckonnen Fekadu	98	35(tie)	40:27	Ann Fenwick	81
35(tie)	33:15	Trevor Sybert	97	86	34:17	Kelsy Cody	05	35(tie)	40:27	Katie Fontana	98
37	33:18	John Lutzenberg	98	87(tie)	34:18	Sean Fitzpatrick	93	37	40:28	Eileen Vukicevich	95
38	33:19	Dan Brecht	96	87(tie)	34:18	Gerald McCormick	11	38	40:29	Maureen Doyle	89
39	33:23	Robert Brunken	81	89	34:21	Jacob Candelaria	95	39(tie)	40:30	Mary Steer	85
40	33:24	Josh Bobiak	02	90(tie)	34:22	Gary Singer	74	39(tie)	40:30	Stephanie Brown	98
41(tie)	33:27	Darren George	77	90(tie)	34:22	Matt Laye	02	41	40:41	Valerie Sell	02
41(tie)	33:27	Ty Strange	95	92(tie)	34:23	Nick Vogt	74	42	40:44	Cathy Chesky	94
43(tie)	33:28	Allan Smith	84	92(tie)	34:23	Tony Burke	84	43(tie)	40:46	Monica Townsend	93
43(tie)	33:28	Jim Noonan	82	92(tie)	34:23	Sterling Lockhart	08	43(tie)	40:46	Maribeth Duffy	85
45	33:29	Rudi Balli	82	95	34:24	Danny McCollough	88	45	40:47	Meredith Rogers	00
46	33:30	Chris Turney	85	96(tie)	34:25	Armand Moreno	78	46	40:48	Nicole Lane	11
47(tie)	33:31	Robert Alexander	84	96(tie)	34:25	Shawn Phillips	88	47	40:55	Sarah Gibson	98
47(tie)	33:31	Bob Grubbs	74	98(tie)	34:28	Mike Fornaciari	74	48	40:56	Pam Purcell	82
49	33:35	Tim Wallen	90	98(tie)	34:28	Mike Wright	78	49(tie)	41:00	Dana Hooper	79
50	33:36	Jeff Gardina	10	100	34:30	Kurt Ruegg	09	49(tie)	41:00	Tanya Fredericks	04
								51	41:02	Sarah Hallas	97
								52	41:03	Eve Pell	86
								53	41:06	Christie Patterson	84
								54	41:10	Cindi Van Natta	86
								55	41:11	Shelly Lydon	97
								56	41:12	Jenna Lowder	09
								57	41:15	Lisa Youmans	90
								58	41:17	Lisa Gay	93
								59	41:22	Jenny Biddulph	85
								60	41:24	Audrey Schrifft	92
								61	41:26	Sally Cataldo	94
								62(tie)	41:28	Derry Elijah	80
								62(tie)	41:28	Jenny Aldridge	01
								64(tie)	41:30	Mary Maloney	82
								64(tie)	41:30	Kirsten Kempo	02
								66(tie)	41:33	Sara Jakel	93
								66(tie)	41:33	Nicole LaFreniere	97
								68	41:34	Vicki Chase	86
								69	41:36	Sally Mertes-Stone	87
								70	41:39	Hilary Bartels	05
								71	41:40	Heather Cupp	94
								72	41:42	Amy Robinson	02
								73	41:43	Nika Horn	85
								74	41:46	Leslie Cohen	83
								75	41:57	Kelly Ridgway	97
								76	41:58	Dominique Serrra	95
								77	41:59	Maryann Raymond	00
								78	42:00	Kim Reinking	82
								79	42:01	Heidi Helvestine	02
								80(tie)	42:06	Kim Rupert	83
								80(tie)	42:06	Susan Nehse	87
								82	42:07	Bethany Conybean	97
								83(tie)	42:08	Barbara Geringer	86
								83(tie)	42:08	Lisa Corbett	89
								85	42:09	Kathryn Rankin	78
								86	42:10	Cara Freitas	96
								87(tie)	42:12	Tess Kampann	86
								87(tie)	42:12	Celine Perrot-Johnson	99
								89	42:14	Lauren Kraus	11
								90	42:15	Janice Minor	97
								91	42:20	Beth-Ann McIntosh-King	87
								92	42:26	Bird Anderson	84
								93(tie)	42:28	Cheryl Clanton	86
								93(tie)	42:28	Elia Hernandez	88
								95(tie)	42:29	Sherrri Minkler	84
								95(tie)	42:29	Maddie Lowder	11
								97	42:31	Eva Gut	01
								98(tie)	42:32	Laurie Riebeling	89
								98(tie)	42:32	Kerry Paudeit	97
								100	42:33	Shawn Abbot	86

Entries in red are new for 2011. To compare with historic records, results used are gun times rounded up to the nearest second.

Kenwood Footrace 10K All-Time Top 20 Age Group Runners by time

MEN

WOMEN

19 & Under			
Place	Time	Name	Year
1	32:27	John Morse	83
2	32:31	Kevin Jones	79
3	32:52	Reese Byers	11
4	33:00	Jeff Jackson	07
5(tie)	33:10	Stacy Van Horn	87
5(tie)	33:10	John Mumm	90
7	33:19	Dan Brecht	96
8	33:24	Josh Bobiak	02
9	33:56	David Royal	78
10	34:01	Eric Walker	88
11	34:03	Jim Noonan	79
12	34:11	Lance Lennier	88
13	34:14	John Litzenberg	88
14	34:17	Kelsey Cody	05
15	34:22	Gary Singer	74
16	34:23	Sterling Lockhart	08
17	34:25	Armand Moreno	78
18	34:30	Kurt Ruegg	09
19	34:31	Erik Olson	08
20	34:32	Jaime Silva	11

60-69			
Place	Time	Name	Year
1	40:25	Craig Roland	95
2	42:06	Russ Kiernan	00
3	42:34	Darryl Beardall	97
4	42:49	Dana Henderson	08
5	42:58	Hans Schmid	03
6	43:07	Gard Leighton	99
7	43:21	Jack Burns	03
8	43:37	Paul Reese	83
9	43:39	Brendan Hutchinson	04
10	43:42	Mort Gray	92
11	43:57	Ralph Harms	99
12	44:34	Lon Wiley	09
13	45:11	Tom Guldman	98
14	45:24	Tom Anderson	07
15	45:30	Ivan Tomasi	87
16	45:41	Earl Turner	87
17	45:43	Al Bellon	92
18(tie)	45:59	John Lander	03
18(tie)	45:59	Jim Myers	09
20	46:06	Bob Chadwick	92

19 & Under			
Place	Time	Name	Year
1	38:45	Valerie Jensen	87
2	38:54	Kathy Dalton	85
3	39:03	Sarah Sumpter	09
4	39:06	Phyllis Blanchard	03
5	39:11	Sara Bei	98
6	39:25	Trina Cox	97
7	39:53	Dana Flint	81
8	40:18	Lori Shanoff	80
9	40:48	Nicole Lane	11
10	41:10	Sarah Hallas	96
11	41:28	Jenny Aldridge	01
12	41:30	Mary Maloney	82
13(tie)	41:33	Sara Jakel	93
13(tie)	41:33	Nicole LaFeniere	97
15	41:42	Amy Robinson	02
16	41:43	Nika Horn	85
17	42:00	Kim Reinking	82
18	42:10	Cara Freitas	96
19	42:29	Sheri Minkler	84
20	42:31	Eva Gut	01

60-69			
Place	Time	Name	Year
1	43:35	Shirley Matson	01
2	47:41	Eve Pell	99
3	49:43	Edda Stickle	02
4	52:06	Christie Pastalka	11
5	53:11	Joan Smith	09
6	53:31	Shirley Fee	06
7	53:47	Kay Atkinson	80
8	55:55	Libby Fitzgerald	07
9	56:20	Kathryn Kettler	06
10	57:11	Ann Hardham	06
11	57:14	Katherine Singer	03
12	57:59	Gayle Burns	11
13	59:13	Jeanne Wirka	07
14	1:00:08	Judy Lindberg	96
15	1:00:43	Donna Eichner	10
16	1:00:56	Margaret Senneff	08
17	1:01:18	Carly Mikita	04
18	1:01:27	Lois Cook	92
19	1:01:48	Karen Kendall	08
20	1:01:53	Pana Wilder	10

40-49			
Place	Time	Name	Year
1	32:39	Jim Bowers	82
2	33:40	Richard Flores	97
3	33:58	Tim Minor	03
4	34:33	Darryl Beardall	78
5	34:48	Dan Preston	82
6	34:58	Ron Smith	89
7	35:17	Ty Strange	03
8	35:19	Butch Alexander	93
9	35:20	Jim Moore	81
10	35:21	Roger Bryan	80
11	35:22	Tom Kirschner	81
12	35:28	Roger Daniels	79
13	35:34	John Litzenberg	11
14(tie)	35:43	George Frazier	87
14(tie)	35:43	Frank Ruona	89
16	35:46	Alan Carr	98
17	35:49	Jon Macpherson	86
18	36:03	Louis Garcia	98
19	36:04	Keith Krieger	87
20	36:05	Greg Nacco	01

70-79			
Place	Time	Name	Year
1	45:51	Russ Kiernan	08
2	48:13	Craig Roland	05
3	49:20	Mel Shine	81
4	49:45	Jim Ray	97
5	51:16	Darryl Beardall	07
6	52:25	Mort Gray	02
7	53:01	Sam Hirabayashi	01
8	53:33	Roger Gordon	07
9	56:14	Ted Ponsetti	95
10	56:50	Wolstan Brown	06
11	57:07	Dale Leyhe	03
12	57:51	Elmo Shropshire	09
13	58:30	Leo McMillan	00
14	59:01	Charles Hartman	00
15	59:23	Kent Mitchell	09
16	59:49	Bill Corralitos	10
17	1:01:32	Charles Hoagland	98
18	1:01:46	Gene Smith	97
19	1:02:34	Todd Evans	05
20	1:03:01	Renee de Feminis	02

40-49			
Place	Time	Name	Year
1	39:16	Leslie McMullen	92
2	39:18	April Powers	99
3	39:36	Cathy DuBay	07
4	41:03	Eve Pell	86
5	41:20	Wink Bragdon	95
6	41:26	Sally Cataldo	94
7	41:39	Hilary Bartels	05
8	41:58	Laura Stanfield	01
9	42:53	Margaret Oakes	81
10	42:56	Maryann Raymond	03
11	43:03	Jamie Berns	99
12	43:05	Nuvit Foster	06
13	43:06	Val Sell	06
14	43:07	Hazel Wood	92
15	43:12	Susan Mitchell	80
16	43:15	Barbara Magid	85
17	43:18	Shelly Lydon	07
18	43:22	Janet Buckendahl	82
19	43:32	Janet Feldman	06
20	43:45	Janice Minor	00

70-79			
Place	Time	Name	Year
1	55:32	Aubrey Maynard	03
2	58:23	Shirley Fee	11
3	1:07:01	Katie Martin	11
4	1:11:07	Helen Kuziara	94
5	1:18:39	Nancy Felling	07
6	1:32:17	Ellen Luca	08
7	1:33:13	Marijayne Wernet	09
8	1:35:08	Laurel Scholes	90
9	1:55:58	Linda Liscom	11
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

50-59			
Place	Time	Name	Year
1	35:57	Jim Bowers	92
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	38:31	Tom O'Reilly	11
15	38:33	Butch Alexander	03
16	38:41	Martin Jones	93
17	38:46	Jim Williams	91
18	38:51	Roy Kissin	07
19	39:07	Norm Gould	99
20	39:31	Rick Niles	97

80+			
Place	Time	Name	Year
1	59:27	Jim Ray	07
2	1:11:28	Dale Leyhe	11
3	1:29:21	Louis Menachof	11

Wheelchair			
Place	Time	Name	Year
1	1:30:18	James Boucher	84

50-59			
Place	Time	Name	Year
1	42:35	Nancy Simmons	11
2	43:02	Jamie Berns	02
3	43:12	Anne Marie Von Hoene	95
4	43:26	Eve Pell	88
5	44:29	Mimi Willard	10
6	44:47	Janet Feldman	09
7	44:47	Cathy Chesky	11
8	46:15	Edda Stickle	93
9	46:29	Susan Trott	87
10	46:36	Holly Wick	09
11	46:39	Pam Horton	96
12	46:49	Debbie Beem	08
13	47:01	Laura Stanfield	11
14	47:12	Hazel Wood	01
15	47:21	Ann Thrupp	10
16	47:49	Karen Kiely	09
17	49:07	Doreen Pinelli	08
18	49:10	Randy Schlesinger	97
19	49:39	Karen Kissick	08
20	50:00	Debbie DeCarli	08

80+			
Place	Time	Name	Year
1	1:25:26	Helen Kuziara	00

Wheelchair			
Place	Time	Name	Year
none			

Entries in red are new for 2011. To compare with historic records, results used are gun times rounded up to the nearest second.

KENWOOD FOOTRACE 3K CHAMPIONS					
MEN			WOMEN		
Year	Name	Time	Year	Name	Time
2011	Kevin Poteracke	9:33	2011	Victoria Tomaszewski	11:31
2010	Jeffrey Peterson	9:10	2010	Jacque Taylor	10:44
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 Lacefield	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

Most 3K Wins through 2011					
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		Jacque Taylor	2	
Everyone Else	1		Everyone Else	1	

Most 3K Top-10 Finishes through 2011					
MEN			WOMEN		
Don Nauman	9		Kim Conley	9	
Peter Egerton	9		Kari Horn	6	
Ben Rosales	6		Nika Horn	5	
Jose Lizzarraga	5		T. Nelson-Aldridge	5	
Steve Guerrini	5		Julia Stamps	5	
Jordan Kinley	5		Jacque Taylor	5	
Kevin Poteracke	5		Donna Ames	4	
Chris Gaston	4		Lindsay Johnson	4	
Jason DeSelle	4		Emma Conley	4	
Jonathan Teeter	4		Shannon Rich	3	
Regan Masi	4		Kristen Sanzari	3	
Rory McLeod	4		Heidi Thiele	3	
Danny Aldridge	4		Andrea Guzman	3	
Brice Winkler	3		Ann Downey	3	
Dan Schaefer	3		Jenna Lowder	2	
Larry Meredith	3		Lori Winkler	2	
Clinton Stevens	3		Jenny Aldridge	2	
Quinn Coughlin	2		Sarah Tomaszewski	2	
Ryan Aldridge	2		Victoria Tomaszewski	2	
Eric Downing	2		Quinn Jensen	2	
Tenzig Sherpa	2		Everyone Else	1	
Everyone Else	1				

KENWOOD FOOTRACE 3K ALL-TIME TOP 50 RUNNERS											
by time											
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 Lizzarraga	1989	9	10:39	Carol Stubbs	1998				
9(tie)	9:08	Gary Charbonneau	1989	10	10:39	Lisa Gay	1996				
11	9:09	Peter Egerton	1998	11	10:40	Jacque Taylor	2009				
12	9:10	Jeffrey Peterson	2010	12	10:41	Kristen Sanzari	2007				
13(tie)	9:11	Don Nauman	1988	13	10:44	April Powers	1991				
13(tie)	9:11	Jordan Kinley	2001	14	10:46	Sherri Minkler	1988				
15	9:12	Eric Walker	1996	15	10:49	Leslie McMullin	1994				
16	9:16	Kenny Kane	1996	16	10:50	Kathy Dalton	1992				
17	9:17	Todd Stevens	1998	17	10:53	Jenna Lowder	2008				
18(tie)	9:19	Lance Lennier	1987	18	11:00	Christi Holligan	1993				
18(tie)	9:19	Jeff Sorkness	1989	19(tie)	11:02	Toby Warden	1999				
20	9:20	Ian Blair	1994	19(tie)	11:02	Kelly Rogers	2000				
21(tie)	9:21	Ty Strange	1997	21(tie)	11:07	Nika Horn	1991				
21(tie)	9:21	Steve Laurie	1999	21(tie)	11:07	Robin Stovall	1993				
21(tie)	9:21	Matt Laye	2001	23	11:09	Pamela Richardson	1994				
24	9:22	Dan Brecht	1994	24	11:10	Tori Meredith	1992				
25	9:23	Spencer Hall	2010	25	11:14	Theresa Nelson-Aldridge	1995				
26	9:24	Jason Selby	1994	26	11:16	Ashlee Drady	2000				
27(tie)	9:26	Mike Tebo	1987	27	11:17	Jessica Lemmon	2008				
27(tie)	9:26	Larry Meredith	1988	28	11:19	Alesandra Roger	2006				
29	9:28	Matt Vukicevich	1996	29	11:20	Kim Handel	2002				
30	9:29	Stan Hockerson	1991	30	11:22	Shelly Lydon	2000				
31	9:32	Hector Delgado	1995	31	11:29	Julianne Baker	2004				
32	9:33	Kevin Poteracke	2011	32	11:30	Kristen Fladseth	2002				
33	9:34	Mike Schwartz	1992	33(tie)	11:31	Victoria Tomaszewski	2011				
34	9:35	Alexi Taylor	2011	33(tie)	11:31	Cindi Williams	1989				
35(tie)	9:36	Nat Lopes	1987	33(tie)	11:31	Lindsay Johnson	1998				
35(tie)	9:36	Mekonnen Fekadu	1996	36	11:34	Maryetta Blanchard	1992				
35(tie)	9:36	Jim McHampton	1992	37(tie)	11:37	Dianne Zarnecki	2000				
35(tie)	9:36	Cary Mathews	2005	37(tie)	11:37	Celeste Berg	2009				
39(tie)	9:37	Bill Dunn	1987	39	11:38	Melissa Madeson	1996				
39(tie)	9:37	Sky Pile	1996	40	11:40	Carina Hendricks	2002				
41	9:38	Alex Harkins	2005	41	11:41	Vicki Farrell	1993				
42(tie)	9:39	Gordon Cookshaw	1988	42(tie)	11:42	Barbara Geringer	1988				
42(tie)	9:39	Josh Dorris	2001	42(tie)	11:42	Diana Rancourt	1997				
42(tie)	9:39	Michael Brew	2005	44	11:43	Emma Conley	2002				
42(tie)	9:39	Rory McLeod	2008	45(tie)	11:44	Val Sell	2011				
46	9:40	Chip Anderson	1992	45(tie)	11:44	Beth-Ann McIntosh-King	1990				
47(tie)	9:41	Troy Barger	1997	45(tie)	11:44	Ann Downey	2010				
47(tie)	9:41	Brendan Scanlon	2005	48(tie)	11:48	Donna Rodriguez	1995				
49	9:42	Jim Noonan	1993	48(tie)	11:48	Jackie Prange	1998				
50(tie)	9:43	Ben Rosales	1989	50	11:51	Jenny Drady	2000				
50(tie)	9:43	Peter Egerton	2011								

Entries in red are new for 2011. To compare with historic records, results used are gun times rounded up to the nearest second.

KENWOOD FOOTRACE 3K ALL-TIME TOP 10 AGE GROUP RUNNERS

by time

MEN

WOMEN

19 & Under			
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	9:23	Spencer Hall	2010
9(tie)	9:24	Jason Selby	1994
9(tie)	9:24	Steve Guerrini	1989

60-69			
Place	Time	Name	Year
1	10:48	Steve Lyons	2001
2	11:27	Bernie Hollander	1997
3	11:35	Michael Holland	2011
4(tie)	11:47	Frank Ruona	2006
4(tie)	11:47	George Frazier	2007
6	12:05	Robert Holland	2004
7	12:15	Mort Gray	1996
8	12:18	Carl Jackson	1995
9(tie)	12:33	Ralph Harms	2000
9(tie)	12:33	John Lander	2001
9(tie)	12:33	Anthony Fleming	2009

19 & Under			
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
5	10:40	Jacque Taylor	2009
6	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			
Place	Time	Name	Year
1	12:02	Eve Pell	1998
2	12:13	Shirley Matson	2002
3	16:38	Pam Ord	2007
4	17:22	Katherine Singer	2001
5	17:41	Deborah Salomon	2010
6	17:44	Kathryn Kettler	2011
7	17:53	Sandra Menachof	2004
8	18:00	Millie Merle	2001
9	18:03	Pam Horton	2005
10	18:06	Kathryn Kelly	2011

40-49			
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	10:08	Guy Schott	2011
6	10:17	Jim Hiserman	1991
7	10:24	Mike Fanelli	1996
8	10:39	Ross Weishaar	1994
9(tie)	10:41	Terry Maples	1990
9(tie)	10:41	Jon Hermstad	1995
9(tie)	10:41	Dan Schafer	2002

70-79			
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	14:54	Elmo Shropshire	2011
7	15:25	Ernest Volkman	1996
8	15:35	Dale Trowbridge	2010
9	16:27	Ken Murray	1987
10	16:30	David Cole	1996

40-49			
Place	Time	Name	Year
1	10:49	Leslie McMullen	1994
2	11:23	April Powers	2003
3	11:44	Val Sell	2011
4	11:55	JoAnn Nickel	1997
5	11:58	Caron Schaumberg	1987
6	11:58	Ann Downey	2011
7	12:04	Tamara Gonzalez	2006
8	12:11	Tricia Wallace	2003
9	12:14	Kersay Fanelli	2003
10	12:16	Lori Winkler	2002

70-79			
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	24:46	Jan Shaw	2009
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			
Place	Time	Name	Year
1	9:56	Steve Lyons	1993
2	10:11	Don Stewart	2011
3	10:16	Danny Aldridge	2007
4	10:26	Frank Ruona	2000
5	10:27	Mark Richtman	2007
6	10:36	Dan Shafer	2004
7	10:38	Jonathan Hayden	2011
8	10:39	Jim Williams	1998
9	10:41	Jon Hermstad	2000
10	11:03	Dan Preston	2001

80-89			
Place	Time	Name	Year
1	15:52	Sam Hirabayashi	2007
2	22:22	Virgil Shrock	2006
3	25:09	Charles Hoagland	2009
4	26:29	Richard Couvillion	2011
5	32:41	Roger Anawalt	2005
6	34:05	Charles Hartman	2010

50-59			
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	14:44	Robin Stovall	2011
9	14:54	Susan Virta	2005
10	14:50	Dara Hill	2008

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

90+			
Place	Time	Name	Year
1	46:36	Roger Anawalt	2011