

## Fleet Feet Racing - Men's 10K Records

Updated: December 31, 2018

### OVERALL TOP TEN

1	Austin Weaver	31:21	Zoo Zoom 10
2	Michael Styczynski	32:06	Run to Feed the Hungry 05
3	Erik Mencarini	32:14	Run to Feed the Hungry 04
4	Steven Schenck	32:25	Marin Memorial 08
5	Chad Worthen	32:28	Heritage Oaks Bank 05
6	Ryan Nickel	32:37	Run to Feed the Hungry 03
7	George Price	33:09	Super Sunday 10K 2015
8	Mason Moore	33:10	Marin Memorial 06
9	Jason Tackett	33:31	Marin Memorial Day 05
10	Jacob Gilchrist	33:40	Run to Feed the Hungry 05

### 20-24 TOP TEN

1	Michael Styczynski	32:06	Run to Feed the Hungry 05
2	Derek Gwin	34:45	Getty Owl 10k
3	Jordan Colby	34:49	AMSA Heartbeat Run 04
4	Justin Lakin	37:03	Alameda Run for the Parks 04
5	Brian Cormier	39:14	Zoo Zoom 12
6	William Gates	39:19	Nutrition Fuels Fitness 10
7	Mark Beckley	41:01	Davis Stampede 04
8	Jon Mead	51:14	Run to Feed the Hungry 08
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### 25-29 TOP TEN

1	Austin Weaver	31:21	Zoo Zoom 10
2	Erik Mencarini	32:14	Run to Feed the Hungry 04
3	Steven Schenck	32:25	Marin Memorial 08
4	Ryan Nickel	32:37	Run to Feed the Hungry 03
5	Mason Moore	33:10	Marin Memorial 06
6	Brian Benestad	34:24	Nutrition Fuels Fitness 12
7	Jacob Gilchrist	35:02	Marin Memorial 05
8	Phillip Jenkins	35:57	Davis Turkey Trot 08
9	Roheem Moore	36:04	Run Against Pain 06
10	Cody Lemons	36:22	Billy Mills 10k

### 30-34 TOP TEN

1	Chad Worthen	32:28	Heritage Oaks Bank 05
2	Mike Styczynski	32:33	Super Sunday 10K 2017
3	George Price	33:09	Super Sunday 10K 2015
4	Jason Tackett	33:31	Marin Memorial 05

5	Jacob Gilchrist	33:40	Run to Feed the Hungry 05
6	Osamu Tadu	33:43	Marin Memorial 13
7	Jason Harne	34:08	Davis Labor Day Races 09
8	Jeff Oberlatz	34:32	HP Up & Running 05
9	Steven Schenk	34:36	Zoo Zoom 2014
10	Steve Haueter	35:22	Shamrock'n 10K 2018

#### 35-39 TOP TEN

1	Chad Worthen	33:00	Nutrition Fuels Fitness 09
2	Mike Gottardi	33:58	Elk Grove Classic 04
3	Jason Harne	34:00	Nutrition Fuels Fitness 12
4	Mike Styczynski	34:29	Run to Feed the Hungry 17
5	Jeff Oberlatz	35:02	Zoo Zoom 08
6	Ryan Nickel	35:31	Run to Feed the Hungry 13
7	Todd Dooley	35:56	Zoo Zoom 10
8	Eric Nichol	36:19	Run to Feed the Hungry 03
9	Michael Shubert	36:48	Nutrition Fuels Fitness 10
10	Adrian Eimerl	37:09	Zoo Zoom 17
11	David Andersen	37:34	Nutrition Fuels Fitness 11

#### 40-44 TOP TEN

1	Jeff Mann	34:39	Sparks Turkey Trot 05
2	Michael Fadling	35:33	Nutrition Fuels Fitness 09
3	Michael Shubert	35:38	Run to Feed the Hungry 11
4	Jeff Swanson	35:42	Turtle Bay 10K,
5	Jeff Oberlatz	36:28	Zoo Zoom 11
6	Kurt Mellick	36:47	Run to Feed the Hungry 11
7	Chad Worthen	37:02	Zoo Zoom 10K '18
8	Bill Whipple	37:38	Nutrition Fuels Fitness 09
9	Steve Kollars	37:48	Run to Feed the Hungry 03
10	Josh Fernandez	38:13	Run to Feed the Hungry 18

#### 45-49 TOP TEN

1	Jeff Adkins	33:41	Run to Feed the Hungry 06
2	Mike Houar	35:42	Zoo Zoom 04
3	David Mastro	35:46	Zoo Zoom 10K 2017
4	Steve Kollars	36:39	Marin Memorial 05
5	Kurt Mellick	36:41	Zoo Zoom 2014
6	David White	36:57	Run to Feed the Hungry 03
7	Chad Worthen	37:11	Run to Feed the Hungry 18
8	Ernie Felix	37:58	Zoo Zoom 2015
9	Tim Williams	38:24	HP's Up and Running 03
10	Doug Thurston	38:49	Zoo Zoom 07

### 50-54 TOP TEN

1	Mike Houar	36:29	Labor Day 10K 06
2	Bobby Carpenter	36:33	Run to Feed the Hungry 06
3	Randy Sturgeon	37:21	Davis Stampede 04
4	Rich Govi	37:54	HP Up and Running 04
5	Terry Baucom	38:00	Nutrion Fuels Fitness 11
6	Gary Camp	39:10	Nutrion Fuels Fitness 09
7	Steve Hall	39:53	Folsom Run with Nature 03
8	Steve Tjonpiangi	40:42	Run to Feed the Hungry 05
9	David Yanez	41:03	Zoo Zoom 2016
10	Steve Colville	41:15	Pacific Sun 04

### 55-59 TOP TEN

1	Terry Baucom	37:47	Zoo Zoom 12
2	Bobby Carpenter	38:22	Run to Feed the Hungry 09
3	Mike Houar	38:47	Run to Feed the Hungry 10
4	Gary Camp	38:47	Run to Feed the Hungry 10
5	David Yanez	42:30	Super Sunday 2018
6	Hal Tacker	44:11	Zoo Zoom 12
7	Bob Paredes	44:28	Run 4 Independence 13
8	Don Ford	45:17	Run to Feed the Hungry 08
9	Bill Phillips	47:32	Nutrition Fuels Fitness 09
10	Ted Calvert	47:44	Super Sunday 2018

### 60-64 TOP TEN

1	Terry Baucom	38:01	Zoo Zoom 17
2	Sal Vasquez	38:15	Run Against Pain 03
3	Dan Alarid	42:55	Run to Feed the Hungry 04
4	Steve Yee	44:45	Shamrock'n 10K 2017
5	Don Wilkison	46:22	Pacific Sun Races 03
6	Gary Camp	46:50	Run to Feed the Hungry 15
7	Don Ford	52:41	Nutrition Fuels Fitness 11
8	Parker White	57:18	Nutrition Fuels Fitness 12
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### 65-69 TOP TEN

1	Steve Yee	43:08	Run to Feed the Hungry 18
2	Brian Smith	47:25	Folsom Firecracker 2014
3	David Ragsdale	48:10	Davis Stampede 04
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70-74 TOP TEN

1	Paul Flanagan	44:39	Red, Rock, Walk & Roll 04
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75-79 TOP TEN

1	Paul Flanagan	48:50	Hillsboro Drop Top Run
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