

Fleet Feet Racing - Women's 10K Records

Updated: December 31, 2018

OVERALL TOP TEN

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|----|--------------------|-------|---------------------------|
| 1 | Liz Johnson | 37:21 | Run to Feed the Hungry 12 |
| 2 | Rae Stiger | 38:00 | Folsom Run with Nature |
| 3 | Bridget Dawes | 38:25 | Super Sunday 2015 |
| 4 | Elissa Briggs | 38:28 | Zoo Zoom 09 |
| 5 | Megan Canova | 38:28 | Run To Feed The Hungry 05 |
| 6 | Juliet Wahleithner | 38:42 | Marin Memorial 05 |
| 7 | Janine Marello | 38:45 | Run to Feed the Hungry 11 |
| 8 | Karen Jeffers | 38:48 | Run to Feed the Hungry 04 |
| 9 | Carolyn Menard | 38:53 | Super Sunday Run 2016 |
| 10 | Tina Beal | 39:15 | Folsom Run with Nature 03 |

19 AND UNDER TOP TEN

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20-24 TOP TEN

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| 1 | Elissa Briggs | 39:22 | Run to Feed the Hungry 08 |
| 2 | Erin Devlin | 40:36 | Nutrition Fuels Fitness 09 |
| 3 | Sarah Kraemer | 44:32 | Zoo Zoom 10K |
| 4 | Nicole Hernandez | 44:50 | Getty Owl 2014 |
| 5 | Cecelia Chagoya | 46:08 | Mercury News 05 |
| 6 | Caitlin Morgan | 46:54 | Nutrition Fuels Fitness 10 |
| 7 | Sarah Soares | 48:41 | Davis Stampede 03 |
| 8 | Sarah Nelson | 52:09 | Run to Feed the Hungry 04 |
| 9 | Julia Himovitz | 1:01:09 | Run Against Pain 03 |
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25-29 TOP TEN

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| 1 | Liz Johnson | 37:21 | Run to Feed the Hungry 12 |
| 2 | Megan Canova | 38:28 | Run To Feed The Hungry 05 |
| 3 | Elissa Briggs | 38:28 | Zoo Zoom 09 |
| 4 | Juliet Wahleithner | 38:42 | Marin Memorial 05 |

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| 5 | Emily Mah-Nakanishi | 40:04 | Nutrition Fuels Fitness 09 |
| 6 | Tamara Torlakson | 40:56 | Super Sunday Run 2016 |
| 7 | Crystal Whitlow | 41:31 | Davis Stampede 12 |
| 8 | Michelle Reyes | 41:32 | Run to Feed the Hungry 15 |
| 9 | Berklee Akutagawa | 41:38 | Run to Feed the Hungry 06 |
| 10 | Anne Amador | 41:54 | Super Sunday 2018 |

30-34 TOP TEN

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|----|------------------------|-------|---------------------------|
| 1 | Carolyn Menard | 38:53 | Super Sunday Run 2016 |
| 2 | Cindy Holcomb | 39:38 | Marin Memorial 05 |
| 3 | Jennifer Kent | 39:48 | Zoo Zoom 05 |
| 4 | Janine Marello | 39:52 | Davis Stampede 06 |
| 5 | Stacey Worthen | 40:31 | Marin Memorial 07 |
| 6 | Sheri Kidwell | 40:47 | Marin Memorial 07 |
| 7 | Elinor Yee | 41:10 | Run to Feed the Hungry 05 |
| 8 | Teresa Mattes | 41:12 | Zoo Zoom 06 |
| 9 | Erika Leiva | 41:19 | Zoo zoom 2014 |
| 10 | Jennifer Kistler-McCoy | 41:50 | Super Sunday 2018 |

35-39 TOP TEN

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| 1 | Rae Stiger | 38:00 | Folsom Run with Nature |
| 2 | Bridget Dawes | 38:25 | Super Sunday 2015 |
| 3 | Janine Marello | 38:45 | Run to Feed the Hungry 11 |
| 4 | Stacey Worthen | 39:26 | Nutrition Fuels Fitness 09 |
| 5 | Tracy Hoeg | 39:50 | Super Sunday 10K 2017 |
| 6 | Sheri Kidwell | 40:07 | Chico Summer Sizzler 10 |
| 7 | Jaymee Marty | 40:23 | Run To Feed The Hungry 06 |
| 8 | Diane Fitzpatrick | 40:26 | HP Up and Running 04 |
| 9 | Lori Wray | 40:41 | Davis Stampede |
| 10 | Monique Hawn | 41:38 | Run to Feed the Hungry 03 |

40-44 TOP TEN

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|----|-------------------|-------|----------------------------|
| 1 | Karen Jeffers | 38:48 | Run to Feed the Hungry 04 |
| 2 | Tina Beal | 39:15 | Folsom Run with Nature 03 |
| 3 | Stacey Worthen | 39:23 | Zoo Zoom 13 |
| 4 | Jaymee Marty | 39:28 | Paso Robles 07 |
| 5 | Anne Cushman | 40:08 | Super Sunday 2018 |
| 6 | Angela Ritchie | 40:19 | Nutrition Fuels Fitness 10 |
| 7 | Bridget Dawes | 40:30 | Super Sunday 2018 |
| 8 | Theresa Brown | 40:41 | Davis Stampede 04 |
| 9 | Christine Mellick | 41:05 | Nutrition Fuels Fitness 12 |
| 10 | Lori Wray | 41:50 | Marin Memorial 05 |

45-49 TOP TEN

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|----|---------------------|-------|-----------------------|
| 1 | Tina Beal | 40:50 | Zoo Zoom 05 |
| 2 | Christine Mellick | 41:31 | Zoo Zoom 13 |
| 3 | Cathy Norbutas | 42:02 | Zoo Zoom 2014 |
| 4 | Theresa Brown | 42:40 | HP Up & Running 05 |
| 5 | Cherie Smith | 42:41 | Zoo Zoom 2016 |
| 6 | Jennifer Rasmussen | 43:04 | Super Sunday 10K 2017 |
| 7 | Leilani Dunmoyer | 43:14 | Zoo Zoom 13 |
| 8 | Christina Applegate | 43:44 | Davis Moonlight Races |
| 9 | Cynthia Bosco | 44:13 | Davis Stampede 12 |
| 10 | Heidi Witter | 44:44 | Zoo Zoom 10 |

50-54 TOP TEN

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| 1 | Karen Kunz | 40:55 | Marin Memorial 06 |
| 2 | Genevieve Clavier | 41:42 | Zoo Zoom 17 |
| 3 | Cynthia Bosco | 46:39 | Run to Feed The Hungry 16 |
| 4 | Jane Inouye | 46:46 | Zoo Zoom 13 |
| 5 | Wendy Sones Leon | 46:55 | Nutrition Fuels Fitness 11 |
| 6 | Tina Bowers | 48:23 | Zoo Zoom 07 |
| 7 | Cora Sturgess | 50:04 | HP Up and Running 04 |
| 8 | Yvonne Nickel | 50:09 | Run to Feed The Hungry 04 |
| 9 | Rhoda Santamaria | 50:20 | Nutrition Fuels Fitness 10 |
| 10 | Lynda Cassady | 50:27 | Davis Stampede 05 |

55-59 TOP TEN

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| 1 | Wendy Sones Leon | 45:42 | Run to Feed the Hungry 14 |
| 2 | Deborah Kanner | 48:18 | Run to Feed the Hungry 09 |
| 3 | Yvonne Nickel | 49:01 | Davis Stampede 05 |
| 4 | Robin Hardy | 49:46 | Run to Feed the Hungry 09 |
| 5 | Rhoda Santamaria | 49:51 | Run to Feed the Hungry 10 |
| 6 | Anne Marder | 49:52 | Run to Feed the Hungry 12 |
| 7 | Heather Sims | 50:17 | Women's Fitness Festival '18 |
| 8 | Lynda Cassady | 53:06 | Run to Feed the Hungry 10 |
| 9 | Valerie Nera | 1:08:16 | Run to Feed 07 |
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60-64 TOP TEN

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| 1 | Yvonne Nickel | 52:31 | Zoo Zoom 10 |
| 2 | Barbara Colton | 52:52 | Run to Feed 07 |
| 3 | Rusty Barnett | 54:45 | Zoo Zoom 05 |
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65-69 TOP TEN

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| 1 | Yvonne Nickel | 56:46 | Run to Feed the Hungry 15 |
| 2 | Rusty Barnett | 59:35 | Zoo Zoom 10 |
| 3 | Barbara Colton | 1:00:38 | Nutrition Fuels Fitness 11 |
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70-74 TOP TEN

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| 1 | Rusty Barnett | 1:03:02 | Zoo Zoom 12 |
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