

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

Updated: December 08, 2019

### OVERALL TOP TEN

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

1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

### 20-24 TOP TEN

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	Annalisa Romero	50:12	Shamrock'n 10K 2019
9	Sarah Nelson	52:09	Run to Feed the Hungry 04
10	Julia Himovitz	1:01:09	Run Against Pain 03

### 25-29 TOP TEN

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

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

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

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

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	Bridget Dawes	39:52	Run to Feed the Hungry 2019
6	Anne Cushman	40:08	Super Sunday 2018
7	Angela Ritchie	40:19	Nutrition Fuels Fitness 10
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

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

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	Zina Claunch	50:12	Shamrock'n 10K 2019
10	Rhoda Santamaria	50:20	Nutrition Fuels Fitness 10

55-59 TOP TEN

1	Genevieve Clavier	43:24	Run to Feed the Hungry 2019
2	Wendy Sones Leon	45:42	Run to Feed the Hungry 14
3	Deborah Kanner	48:18	Run to Feed the Hungry 09
4	Yvonne Nickel	49:01	Davis Stampede 05
5	Robin Hardy	49:46	Run to Feed the Hungry 09
6	Rhoda Santamaria	49:51	Run to Feed the Hungry 10
7	Anne Marder	49:52	Run to Feed the Hungry 12
8	Heather Sims	50:17	Women's Fitness Festival '18
9	Lynda Cassady	53:06	Run to Feed the Hungry 10
10	Valerie Nera	1:08:16	Run to Feed 07

60-64 TOP TEN

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
4			
5			
6			

7			
8			
9			
10			

65-69 TOP TEN

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
4			
5			
6			
7			
8			
9			
10			

70-74 TOP TEN

1	Rusty Barnett	1:03:02	Zoo Zoom 12
2			
3			
4			
5			
6			
7			
8			
9			
10			