

Fleet Feet Racing - Women's 4M Records

Updated: December 08, 2019

OVERALL TOP TEN

1	Lauren Weaver	21:29	Valentine Run 09
2	Elissa Briggs	23:51	Valentine Run 11
3	Erin Wachter	23:07	Valentine Run 12
4	Jennifer Kent	23:53	Valentine Run 06
5	Bridget Dawes	24:20	Valentine Run 16
6	Stacey Worthen	24:22	Valentine Run 06
7	Carolyn Menard	24:28	Valentine Run 16
8	Janine Mareello	24:36	Valentine Run 06
9	Jodie Leal	24:39	Valentine Run 10
10	Jaymee Marty	24:58	Valentine Run 08

19 AND UNDER TOP TEN

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20-24 TOP TEN

1	Lauren Weaver	21:29	Valentine Run 09
2	Jodie Leal	24:39	Valentine Run 10
3	Erin Devlin	25:19	Valentine Run 09
4	Sarah Kraemer	28:32	Valentine Run 18
5	Wendy Daugherty	28:58	Valentine Run 10
6	Kelly Hood	29:27	Valentines Run 2014
7	Maureen Botoman	30:42	Valentine Run 13
8	Amanda Philbin	31:18	Valentines Run 2014
9	Courtney Beyer	31:34	Valentine Run 13
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25-29 TOP TEN

1	Erin Wachter	23:07	Valentine Run 12
2	Elissa Briggs	23:51	Valentine Run 11
3	Emily Mah-Nakanishi	25:24	Valentine Run 09
4	Berklee Akutagawa	26:06	Valentine Run 07

5	Carolyn Menard	26:21	Valentines Run 15
6	Christine Arneson	26:31	Valentines Run 16
7	Meredith Wurden	26:56	Valentine Run 10
8	Kristen Ilharreguy	27:00	Valentine Run 11
9	Kati O'Sullivan	27:06	Valentine Run 11
10	Tiffany James	27:28	Valentine Run 18

30-34 TOP TEN

1	Jennifer Kent	23:53	Valentine Run 06
2	Stacey Worthen	24:22	Valentine Run 06
3	Carolyn Menard	24:28	Valentine Run 16
4	Janine Marello	24:36	Valentine Run 06
5	Erika Leiva	26:03	Valentines Run 2014
6	Berklee Akutagawa	26:19	Valentine Run 09
7	Casey Clay	26:49	Valentine Run 10
8	Nicole Korynta	26:52	Valentine Run 17
9	Megan Walsh	27:00	Valentine Run 2019
10	Melissa McConnell	27:01	Valentine Run 15

35-39 TOP TEN

1	Bridget Dawes	24:20	Valentine Run 16
2	Stacey Worthen	24:22	Valentine Run 10
3	Janine Marello	24:46	Valentine Run 10
4	Jennifer Kent	25:00	Valentine Run 12
5	Jaymee Marty	25:19	Valentine Run 07
6	Heather Tiska	25:51	Valentines Run 14
7	Angela Ritchie	26:17	Valentine Run 09
8	Makiko Yamashita	26:49	Valentine Run 12
9	Gina Dayton	26:57	Valentine Run 07
10	Kristen Anderson	27:02	Valentine Run 17

40-44 TOP TEN

1	Jaymee Marty	24:58	Valentine Run 08
2	Bridget Dawes	25:17	Valentine Run 18
3	Stacey Worthen	25:22	Valentines Run 14
4	Heather Tiska	25:40	Valentines Run 15
4	Christine Mellick	25:47	Valentine Run 12
6	Angela Ritchie	25:47	Valentine Run 10
7	Jennifer Rasmussen	26:26	Valentine Run 16
8	Maria Glickman	26:38	Valentine Run 06
9	Cherie Smith	26:48	Valentine Run 11
10	Janine Marello	26:56	Valentine Run 13

45-49 TOP TEN

1	Cathy Norbutas	25:58	Valentine Run 16
2	Christine Mellick	26:33	Valentine Run 13
3	Angela Ritchie	26:39	Valentines Run 15
4	Cherie Smith	27:26	Valentine Run 16
5	Christina Applegate	27:28	Valentine Run 11
6	Cynthia Bosco	28:17	Valentine Run 13
7	Leilani Dunmoyer	28:18	Valentine Run 13
8	Katie Koning	28:45	Valentine Run 17
9	Heidi Witter	28:54	Valentine Run 10
10	Stacey Worthen	29:02	Valentine Run 2019

50-54 TOP TEN

1	Karen Kunz	25:53	Valentine Run 06
2	Genevieve Clavier	26:48	Valentine Run 17
3	Leilani Dunmoyer	28:39	Valentine Run 16
4	Jane Inouye	29:29	Valentine Run 13
5	Christine Mellick	29:48	Valentine Run 2019
6	Cynthia Bosco	30:04	Valentine Run 15
7	Zina Claunch	31:24	Valentine Run 2019
8	Rhoda Santamaria	31:34	Valentine Run 10
9	Tina Bowers	31:52	Valentine Run 07
10	Lynda Cassady	32:26	Valentine Run 08

55 - 59 TOP TEN

1	Wendy Sones Leon	29:06	Valentine Run 2014
2	Heather Sims	31:59	Valentine Run 18
3	Anne Marder	32:00	Valentine Run 13
4	Rhoda Santamaria	32:17	Valentine Run 11
5	Robin Hardy	32:19	Valentine Run 09
6	Yvonne Nickel	32:19	Valentine Run 06
7	Valerie Nera	42:11	Valentine Run 08
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60 - 64 TOP TEN

1	Yvonne Nickel	33:44	Valentine Run 12
2	Barbara Colton	34:32	Valentine Run 09
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65 - 69 TOP TEN

1	Barbara Colton	33:33	Valentine Run 10
2	Rusty Barnett	34:29	Valentine Run 07
3	Yvonne Nickel	34:49	Valentine Run 15
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70 - 74 TOP TEN

1	Rusty Barnett	38:57	Valentine Run 12
2	Barbara Colton	52:32	Valentine Run 17
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75 - 79 TOP TEN

1	Rusty Barnett	49:34	Valentine Run 17
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