

## FEMALE RUN LAUGHLIN RECORDS

Division	EVENT	YEAR	Record Holder	TIME	Hometown
<b>Overall</b>	5k	2015	DAWN KING	22:30	Boulder, CO
	10k	2017	ABIGAIL FORD	49:41	Valparaiso, IN
	Half	2016	DOLORES VALENCIA	1:27:12	Chino Hills, CA
<b>14 &amp; Under</b>	5k	2017	KENDALL HERNANDEZ	27:54	Bullhead City, AZ
	10k	2017	none		
	Half	2016	MACKENZIE DEAN	1:59:08	Great Falls, MT
<b>15-19</b>	5k	2016	KRISTINA FRICKE	22:32	Bullhead City, AZ
	10k	2017	none		
	Half	2015	TRISHA CARLSON	1:33:08	Great Falls, MT
<b>20-24</b>	5k	2016	AMALIE VESTERGAARD	26:30	Lake Havasu City, AZ
	10k	2017	none		
	Half	2015	ASHLEY MITCHELL	1:31:34	Portage, MI
<b>25-29</b>	5k	2016	KATELYN DEMONBREUN	26:25	Bullhead City, AZ
	10k	2017	ABIGAIL FORD	49:41	Valparaiso, IN
	Half	2016	MELISSA BOYD	1:31:40	Flagstaff, AZ
<b>30-34</b>	5k	2016	HEIDI VITENSE	24:32	Zumbrota, MN
	10k	2017	BRITTANY TOBIN	1:11:08	Lake Havasu City, AZ
	Half	2016	JESSICA RINEHART	1:29:54	Long Beach, CA
<b>35-39</b>	5k	2017	LYNETTE WILLETO WASSON	26:36	Kingman, AZ
	10k	2017	AMY NEIL	1:01:08	Grand Canyon, AZ
	Half	2017	JESSIE FORTHUN	1:49:10	Kingman, AZ
<b>40-44</b>	5k	2015	PATTY CERVANTES	25:25	Fort Mohave, AZ
	10k	2017	JENNA CARTER	55:14	Henderson, NV
	Half	2017	STEPHANIE ZAMMIT	1:36:23	Orangeville, Canada
<b>45-49</b>	5k	2017	SHERRY PFREHM	32:21	Tehachapi, CA
	10k	2017	CHANTELE NEAL	52:08	Bullhead City, AZ
	Half	2016	AMBER FISHER	1:34:34	Boise, ID
<b>50-54</b>	5k	2015	DAWN KING	22:30	Boulder, CO
	10k	2017	TINAMARIE FINDLAY	54:11	Henderson, NV
	Half	2016	DOLORES VALENCIA	1:27:12	Chino Hills, CA
<b>55-59</b>	5k	2017	JODI WEST	24:31	Fort Mohave, AZ
	10k	2017	KANDI DECARLO	1:03:26	Riverside, CA
	Half	2016	NANCY FEGELY	1:50:04	Reno, NV
<b>60-64</b>	5k	2017	MARY-ANNE REITER	28:01	Rosland, Canada
	10k	2017	CORINNE HOOTON	1:23:53	Huntington Beach, CA
	Half	2017	HOLLIE RUTTER	1:42:54	Fontana, CA
<b>65-69</b>	5k	2015	SALLY BLANFORD	32:21	Buffalo, WY
	10k	2017	MARTHA MORENO	1:14:19	Phoenix, AZ
	Half	2016	CHRISTINE MCDIRMIID	2:48:24	Bullhead City, AZ
<b>70-74</b>	5k	2017	CINDY ZUANICH	32:45	Santa Ana, CA
	10k	2017	JO ANNE FAREY	1:31:05	Riverside, CA
	Half	2017	JANE WILLIAMS	2:23:03	Coronado, CA
<b>75-79</b>	5k	2017	JOANN GUTHRIE	49:40:00	Dixon, IL
	10k		none		
	Half	2017	NANCY LINCK	2:24:41	La Jolla, CA
<b>80-84</b>	5k	2017	JOSEPHINE BAKER	58:20:00	Landers, CA
	10k		none		
	Half		none		