

FEMALE RUN LAUGHLIN RECORDS

Division	EVENT	YEAR	Record Holder	TIME	Hometown
Overall	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
14 & Under	5k	2017	KENDALL HERNANDEZ	27:54	Bullhead City, AZ
	10k	2017	none		
	Half	2016	MACKENZIE DEAN	1:59:08	Great Falls, MT
15-19	5k	2016	KRISTINA FRICKE	22:32	Bullhead City, AZ
	10k	2018	Maritza Fonseca	1:23:39	Paramount, CA
	Half	2015	TRISHA CARLSON	1:33:08	Great Falls, MT
20-24	5k	2016	AMALIE VESTERGAARD	26:30	Lake Havasu City, AZ
	10k	2017	none		
	Half	2015	ASHLEY MITCHELL	1:31:34	Portage, MI
25-29	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
30-34	5k	2018	Aleta Ewing	24:14	Las Vegas, NV
	10k	2018	Sarah Clark	53:28	Bullhead City, AZ
	Half	2016	JESSICA RINEHART	1:29:54	Long Beach, CA
35-39	5k	2017	LYNETTE WILLETO WASSON	26:36	Kingman, AZ
	10k	2018	Merry Larson	57:25	Bullhead City, AZ
	Half	2018	JoEllen Shiflet	1:45:17	Peoria, AZ
40-44	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
45-49	5k	2018	Erna Brigham	28:58	Flagstaff, AZ
	10k	2018	Sabrina Quiroz	49:54	Bullhead City, AZ
	Half	2016	AMBER FISHER	1:34:34	Boise, ID
50-54	5k	2015	DAWN KING	22:30	Boulder, CO
	10k	2018	Leberta Gentile	53:32	Homer Glen, IL
	Half	2016	DOLORES VALENCIA	1:27:12	Chino Hills, CA
55-59	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
60-64	5k	2018	MARY-ANNE REITER	27:54	Rossland, Canada
	10k	2018	Gwendolyn Gardner	58:51	Casa Grande, AZ
	Half	2017	HOLLIE RUTTER	1:42:54	Fontana, CA
65-69	5k	2015	SALLY BLANFORD	32:21	Buffalo, WY
	10k	2018	Linda Barnes	53:43	Queen Creek, AZ
	Half	2018	Dianne Brown	2:23:00	White Rock, Canada
70-74	5k	2017	CINDY ZUANICH	32:45	Santa Ana, CA
	10k	2018	Jo Anne Farey	1:23:23	Riverside, CA
	Half	2017	JANE WILLIAMS	2:23:03	Coronado, CA
75-79	5k	2018	Charlotte Higa	41:50	Cerritos, CA
	10k		none		
	Half	2017	NANCY LINCK	2:24:41	La Jolla, CA
80-84	5k	2018	Josephine Baker	56:23	Landers, CA
	10k		none		
	Half	2018	Jeannette Wells	3:13:11	Lancaster, CA