

FEMALE RUN LAUGHLIN RECORDS

Division	EVENT	YEAR	Record Holder	TIME	Hometown
Overall	5k	2019	ALYSSA ARMENDARIZ	19:30.7	Yorba Linda, CA
	12K	2019	SHELLY LYNN	1:00:11	Lake Havasu City, AZ
	Half	2016	DOLORES VALENCIA	1:27:12	Chino Hills, CA
14 & Under	5k	2017	KENDALL HERNANDEZ	27:54	Bullhead City, AZ
	12K	2019	ZOE HOGAN	1:30:57	Mesa, AZ
	Half	2016	MACKENZIE DEAN	1:59:08	Great Falls, MT
15-19	5k	2016	KRISTINA FRICKE	22:32	Bullhead City, AZ
	12K		none		
	Half	2015	TRISHA CARLSON	1:33:08	Great Falls, MT
20-24	5k	2019	ALYSSA ARMENDARIZ	19:30.7	Yorba Linda, CA
	12K		none		
	Half	2015	ASHLEY MITCHELL	1:31:34	Portage, MI
25-29	5k	2019	TINA WOOTON	25:54.3	South Pasadena, CA
	12K	2019	ANDREA ACOSTA	1:01:07	Las Vegas, NV
	Half	2016	MELISSA BOYD	1:31:40	Flagstaff, AZ
30-34	5k	2019	MICHELLE HORGAN	22:47.5	Laughlin, NV
	12K	2019	SARAH CLARK	1:14:09	Bullhead City, AZ
	Half	2016	JESSICA RINEHART	1:29:54	Long Beach, CA
35-39	5k	2017	LYNETTE WILLETO WASSON	26:36	Kingman, AZ
	12K	2019	LYNETTE WILLETO WASSON	1:04:50	Canoncito, NM
	Half	2018	JoEllen Shiflet	1:45:17	Peoria, AZ
40-44	5k	2015	PATTY CERVANTES	25:25	Fort Mohave, AZ
	12K	2019	IRIS BARON	1:08:18	Bullhead City, AZ
	Half	2017	STEPHANIE ZAMMIT	1:36:23	Orangeville, Canada
45-49	5k	2019	ERNA BRIGHAM	28:18.3	Flagstaff, AZ
	12K	2019	SHELLY LYNN	1:00:11	Lake Havasu City, AZ
	Half	2016	AMBER FISHER	1:34:34	Boise, ID
50-54	5k	2015	DAWN KING	22:30	Boulder, CO
	12K	2019	CHRISTINE ALLEN	1:03:24	Temecula, CA
	Half	2016	DOLORES VALENCIA	1:27:12	Chino Hills, CA
55-59	5k	2017	JODI WEST	24:31	Fort Mohave, AZ
	12K	2019	MICHELLE WAGNER	1:09:35	Laughlin, NV
	Half	2016	NANCY FEGELY	1:50:04	Reno, NV
60-64	5k	2019	JEAN BELANGERI	22:56.5	Jurupa Valley, CA
	12K	2019	KIM KOCH	1:08:16	Temecula, CA
	Half	2017	HOLLIE RUTTER	1:42:54	Fontana, CA
65-69	5k	2015	SALLY BLANFORD	32:21	Buffalo, WY
	12K	2019	BARB FANELLI	1:06:15	Temecula, CA
	Half	2019	Dianne Brown	2:19:19	White Rock, Canada
70-74	5k	2017	CINDY ZUANICH	32:45	Santa Ana, CA
	12K	2019	JO ANNE FAREY	1:48:05	Riverside, CA
	Half	2017	JANE WILLIAMS	2:23:03	Coronado, CA
75-79	5k	2019	CINDY ZUANICH	38:44.2	Santa Ana, CA
	12K		none		
	Half	2017	NANCY LINCK	2:24:41	La Jolla, CA
80-84	5k	2018	Josephine Baker	56:23	Landers, CA
	12K		none		
	Half	2019	Jeannette Wells	3:10:47	Lancaster, CA