

RIDGE RUN RECORDS

5K

	<u>Male</u>			<u>Female</u>		
Overall	Fraser Wilson	14:59	2020	Katie Weiler	18:49	2011
Masters	Samuel Darling	16:39	2021	Jill Evers-Bowers	20:35	2010
Grand Masters	Kevin Deyo	19:24	2021	Laurel Dawson	24:18	2019

RIDGE RUN RECORDS

15K

	<u>Male</u>			<u>Female</u>		
Overall	Alex Wilson	48:39	2016	Ali Weirsmā	59:28	2018
Masters	Samuel Darling	53:16	2019	Laura Cooper	1:02:06	2012
Grand Masters	Kevin Deyo	1:02:08	2019	Laurel Dawson	1:15:53	2017