

NorCal - John Frank course records

Norcal has taken place on different courses over the years, the following records will reflect these courses.

All-time course records (any cou Courses include - Shasta Lake, Quartz Hill Course & Current River Trail Course

3-mile	Men	Mark Fricker - 13:49	1987
	Women	Kim Stempien - 17:02	1993
10-mile	Men	Ric Sayre - 48:29	1982
	Men	Sergio Reyes - 48:50	2009 Current Course Record
	Women	Magdalena Lewy - 55:59	2004

Age Group Records since 1994

3 - mile	Men		
Year 0-5	36:06	2004	Max Ostendorf
Year 6-10	21:29	1997	Eric Pace
Year 11-15	16:11	2009	Daniel Johnson
Year 16-19	15:34	2001	Tim Nelson
Year 20-24	15:36	1994	Alvaro Luna
Year 25-29	16:10	2007	Kris Rolin
Year 30-34	15:03	1996	Jim Howarth
Year 35-39	15:35	1994	Raul Higgins
Year 40-44	15:59	2001	Dick Oldfield
Year 45-49	16:45	2001	George Christensen
Year 50-54	17:41	2006	Mike Kelly
Year 55-59	17:26	2002	Chuck MacDonald
Year 60-64	19:51	1996	Philip Erath
Year 65-69	20:54	1995	Bob Malain
Year 70-74	23:05	2004	Ed Bush
Year 75-79	25:44	2010	Ed Bush
Year 80-84	37:57	2005	Leo Jordan
Year 85-89			

Women			
Year 0-5	39:08	2010	Adrienne Jeter
Year 6-10	22:27	1996	Aquilla Lohr
Year 11-15	18:10	2007	Grace Orders
Year 16-19	18:43	2011	Lora James
Year 20-24	18:04	1995	Megan Sheehy
Year 25-29	17:46	1996	Megan Sheehy
Year 30-34	17:23	2003	Sarah Raitter
Year 35-39	18:50	2000	Luanne Park
Year 40-44	17:36	2007	Bev Abbs
Year 45-49	20:27	1994	Linda Doniak
Year 50-54	21:13	2011	Jane Podolski
Year 55-59	21:38	2001	Jessie Stratton
Year 60-64	24:59	1994	Daisy Roberts
Year 65-69	27:18	2007	Marge Dunlap
Year 70-74	27:14	2010	Marge Dunlap
Year 75-79	35:00	2005	Mary Malain
Year 80-84	50:16	2000	Kay Hudson
Year 85-89	55:48	1994	Pauline Brown

Top 15 Times

Men		
13:49	1987	Mark Fricker
13:51	1991	Karl Van CalCar
14:00	1979	John Frank
14:08	1988	Dick Oldfield
14:09	1989	Mark Fricker
14:18	1987	Dick Oldfield
14:19	1992	Dick Oldfield
14:35	1992	Jim Howarth
14:36	1979	Bill Joseph
14:38	1986	John Frank
14:40	1983	Don Merwin
14:43	1990	Ernie Freer

Women		
17:02	1993	Kim Stempien
17:23	2003	Sarah Raitter
17:34	1992	Christy Oliveira
17:36	2007	Bev Abbs
17:43	1984	Heather Hollahan
17:45	1992	Dana Bjornsen
17:45	1994	Luanne Park
17:46	1996	Megan Sheehy
18:01	1991	Christy Oliveira
18:04	1995	Megan Sheehy
18:06	1984	Nichole Oliveira
18:10	2007	Grace Orders

14:44	1986	David Larabee
14:45	1979	Tom Klousner
14:52	1984	Mike Kelly
14:54	1984	Don Merwin

18:12	2006	Michelle Johnson
18:16	1999	Megan Johnson
18:24	2006	Shelby Randall
18:25	1983	Denae Dunlap

10-mile

Men

Women

Year 0-19	59:04	2006	Ryan Ghelfi
Year 20-24	51:36	2008	Jonathan Marcus
Year 25-29	48:50	2009	Sergio Reyes
Year 30-34	51:13	2004	Chris Zieman
Year 35-39	52:13	2004	Dan Nelson
Year 40-44	52:21	2004	Dan Gonzalez
Year 45-49	56:01	2011	Rene Sepulveda
Year 50-54	55:57	2011	Iain Mickle
Year 55-59	60:08	2011	Brian Davis
Year 60-64	62:57	2007	Chuck MacDonald
Year 65-69	67:53	2006	Russ Kiernan
Year 70-74	71:57	2008	Russ Kiernan
Year 75-79	82:18	2008	Paul Flanagan
Year 80-84	1.40:49	2010	Sam Hirabayashi

Year 0-19	68:28	1999	Allegra Porter
Year 20-24	59:13	2005	Caroline Annis
Year 25-29	57:15	2011	Jane Kibii
Year 30-34	55:59	2004	Magdalena Lewy
Year 35-39	60:50	2006	Magdalena Visser
Year 40-44	59:34	2003	Maria Trujillo De Rios
Year 45-49	57:09	2010	Linda Smith
Year 50-54	63:44	2009	Christine Kennedy
Year 55-59	63:54	2011	Christine Kennedy
Year 60-64	71:16	2003	Shirley Matson
Year 65-69	77:51	2005	Barbara Miller
Year 70-74	87:35	2005	Myra Rhodes
Year 75-79	1.52.46	2010	JoAnne Kambur

Top 15 All-Time

Men

Women

48:29	1982	Ric Sayre
48:50	2009	Sergio Reyes
49:29	1983	Larry Lawson
50:17	1991	Mark Fricker
50:29	1982	Bill Yeoman
50:40	1983	Leonard Hill
50:51	2010	Sergio Reyes
50:57	2004	Ryan Hayes
51:13	2004	Chris Zieman
51:13	2010	Kevin Pool
51:21	1982	George Hernandez
51:27	2004	Steve Immel
51:35	2004	Kevin Beck
51:36	2008	Jonathan Marcus
51:44	1983	Lynn Metzger

55:59	2004	Magdalena Lewy
57:09	2010	Linda Smith
57:15	2011	Jane Kibii
57:16	2006	Magdalena Lewy
59:00	2006	Melanie Cleland
59:11	2004	Melanie Cleland
59:13	2005	Caroline Annis
59:17	2004	Mary Coordt
59:34	2003	Maria Trujillo De Rios
59:48	2005	Megan Daly
60:19	2011	Madeline Kramer
60:22	2009	Allison Kerr
60:22	2008	Brooke Wells
60:27	1993	Luanne Park
60:45	2003	Kathryn Krieger