

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	19:07	2007	Bethany Rasmussen
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	21:45	2002	Sue MacDonald
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 0-18	59:04	2006	Ryan Ghelfi
Year 19-24	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	56:08	2004	Tim O'Rourke
Year 50-54	57:51	2009	Tim O'Rourke
Year 55-59	60:28	2003	Chuck MacDonald
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 0-18	68:28	1999	Allegra Porter
Year 19-24	59:13	2005	Caroline Annis
Year 25-29	59:48	2005	Megan Daly
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	65:22	2010	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
57:16	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
60:22	2009	Allison Kerr
60:22	2008	Brooke Wells
60:27	1993	Luanne Park
60:45	2003	Kathryn Krieger
60:50	2006	Magdalena Visser
61:11	1992	Luanne Park

10-Mile Champions

<i>Year</i>	<i>Men's</i>	<i>Time</i>	<i>Women's</i>	<i>Time</i>	
1970	Bill Scobey	38.14	None		7.62 Miles
1971					
1972	Patrick Stordahl	40.51	Catherine Smith	69.41	
1973	Pat Finn	40.45			
1974	Jim Price	40.29	Deborah Finn	54.46	
1975	Jim Price	39.57	D. Rudolph	49.30	
1976	Lee Ferrero	38.48	Laura Bagley	59.10	
1977	Jim Price	55.32	Merrill Cray	73.07	10 Miles
1978	Lee Ferrero	56.05	Merrill Cray	67.15	
1979	Lee Ferrero	55.15	Kim Carter	66.58	
1980	Jim Price	55.25	Regina Silva	70.43	
1981	George Hernandez	53.15	Gail Jones	70.51	
1982	Ric Sayre	48.29	Merrill Cray	65.03	
1983	Larry Lawson	49.29	Eileen Claugus	64.24	
1984	Bill Yeoman	55.22	Sandy Martin-Murray	70.21	
1985	Steve Piles	55.45	Nancy Ruffner	70.02	
1986	Tom Cushman	52.20	Linda Doniak	67.32	
1987	Gid Rysdam	54.06	Yoshie Piles	62.27	
1988	Mark Fricker	52.40	Yoshie Piles	65.18	
1989	Gid Rysdam	53.22	Yoshie Piles	61.58	
1990	Karl Vancalcar	53.23	Mary Fisher	72.10	
1991	Mark Fricker	50.17	Gail Jones	69.21	
1992	Tom Cushman	53.28	Luanne Park	61.11	
1993	Tom Cushman	54.09	Luanne Park	60.27	
1994	Tom Cushman	55.33	Bernadette Elliott	68.09	Shasta Lake
1995	Pat Kornder	53.15	Judith Manning	66.02	Shasta Lake
1996	Dick Oldfield	52.20	Veronica Haskell	61.22	Shasta Lake
1997	Tom Cushman	54.41	Luanne Park	63.18	Shasta Lake
1998	Dane Hart	59.56	Judi Snider	65.05	Shasta Lake
1999	Tom Cushman	54.48	Bev Abbs	65.10	Shasta Lake
2000	Tom Cushman	57.15	Bev Abbs	65.15	
2001	Tom Cushman	57.15	Kim Stempien	67.54	
2002	Jonz Norine	55.51	Patty Lane	67.07	
2003	Cory Creasey	51.44	Maria Trujillo De Rios	59.34	
2004	Ryan Hayes	50.57	Magdalena Lewy-Boulet	55.59	
2005	Scott McClennan	51.58	Caroline Annis	59.13	
2006	Steve Immel	51.45	Magdalena Lewy-Boulet	57.16	
2007	Todd Rose	53.46	Betsey Keever	61.39	
2008	Jonathan Marcus	51.36	Brooke Wells	60.22	
2009	Sergio Reyes	48.50	Allison Kerr	60.22	
2010	Sergio Reyes	50.51	Linda Smith	57.09	

3-Mile Champions

<i>Year</i>	<i>Men's</i>	<i>Time</i>	<i>Women's</i>	<i>Time</i>
1977	Lee Ferrero	15.32	Theresa Henneman	22.25
1978	Al Masterson	15.59	Kim Carter	18.20
1979	John Frank	14.00	Elona Schreder	18.34
1980	Steve Daniels	15.37	Kathy Sweeney	18.41
1981	Nelson Cobb	15.14	Linda Doniak	19.09
1982	Bryan Butterfield	15.17	Denae Dunlap	18.33
1983	Don Merwin	14.40	Denae Dunlap	18.25
1984	Mike Kelly	14.53	Heather Hollahan	17.44
1985	Al Masterson	15.23	Lisa Jennings	18.29
1986	John Frank	14.38	Gail Jones	19.14
1987	Mark Fricker	13.49	Becky Collens	18.58
1988	Dick Oldfield	14.08	Sara Gates	19.46
1989	Mark Fricker	14.09	Megan Sheehy	18.51
1990	Ernie Freer	14.43	Kris Look	18.35
1991	Karl Vancalcar	13.51	Christy Oliveira	18.01
1992	Mark Granger	14.18	Christy Oliveira	17.34
1993	Mark Fricker	15.22	Kim Stempien	17.02
1994	Raul Higgins	15.32	Luanne Park	17.45
1995	Dick Oldfield	15.14	Megan Sheehy	18.04
1996	Jim Howarth	15.03	Megan Sheehy	17.46
1997	Wayne Vondermehden	16.50	Naomi Ramos	20.55
1998	Adam Wilson	17.12	Gail Jones	19.49
1999	Bryce Lighthall	15.56	Megan Johnson	18.16
2000	Tim Nelson	15.40	Luanne Park	18.50
2001	Tim Nelson	15.36	Megan Johnson	19.09
2002	Chuck MacDonald	17.26	Megan Johnson	18.59
2003	Brian Ford	16.27	Sarah Raitter	17.23
2004	Josh Mathiesen	16.52	Natalie Robertson	19.34
2005	Josh Mathiesen	16.36	Erynn Rebol	18.35
2006	Josh Mathiesen	16.08	Michelle Johnson	18.12
2007	Kris Rolin	16.10	Bev Abbs	17.36
2008	Josh Mathiesen	16.59	Bev Abbs	18.29
2009	Zach Kaylor	16.02	Joanne Harper	18.33
2010	Blake Zufall	17.31	Heather Hollahan	19:05