

5K Course Records

AGE GROUP		ATHLETE	HOMETOWN	TIME	YEAR
9 & under	F	Whitney West	Medford	25:57	2015
	M	William Robinson	Medford	21:54	2025
10-14	F	Emma Schmerbach	Medford	19:41	2015
	M	Ryder White	Central Point	15:53	2025
15-19	F	Reese Garnica	Central Point	19:07	2025
	M	** Travis Newman	Bend	15:17	2013
20-24	F	Sierra Walker	Ashland	19:03	2014
	M	Max Runia	Medford	15:57	2014
25-29	F	** Heather Johnson	Medford	18:00	2023
	M	Cameron Kruez	Ashland	16:53	2014
30-34	F	Mercy Ray	Jacksonville	18:32	2012
	M	Glen Tucker	Grants Pass	16:08	2013
35-39	F	Sera Mathewes	Gold Hill	18:32	2015
	M	Kevin Stine	Medford	18:49	2025
40-44	F	Vicki Boyer	Grants Pass	19:33	2015
	M	Justin Loftus	Ashland	17:36	2013
45-49	F	Christen Mansuetti	Phoenix	21:20	2017
	M	John Lotts	Central Point	20:09	2012
50-54	F	Jane Podolski	Medford	22:31	2012
	M	Lance Westland	Medford	19:15	2012
55-59	F	Joann Laughlin	Medford	23:31	2016
	M	Grif Wilder	Gold Hill	18:32	2018
60-64	F	Kori Frasier	Coquille	24:35	2018
	M	Marty Cook	Louisville, KY	19:33	2023
65-69	F	Suzanne Ray	Jacksonville	23:22	2022
	M	Herve Pastre	Nevada City, CA	19:28	2015
70-74	F	Suzanne Ray	Jacksonville	24:06	2023
	M	Michael Holland	Novato, CA	22:23	2023
75-79	F	Sandi Whittle	Medford	29:37	2024
	M	Michael Holland	Novato, CA	23:25	2024
80-84	F	Heather Meenaghan	Medford	47:50	2015
	M	John Shaw	Beaverton	25:33	2023
85-89	F	Joyce Lawrence	Central Point	51:28	2012
	M	Harry Cogle	Grants Pass	36:34	2025
90 & over	F	None			
	M	John Norberg	Eureka, CA	1:00:19	2018

**** COURSE RECORD HOLDERS**

Updated 9/14/25