

5000 METERS					
	Name	Age	Residence	Time	Year
MEN					
M30	Raura Okwaro	M32		15:35.19	2008
M35	Akos Konva	M36	Oceanside, CA	16:30.15	2003
M40	Todd Horton	M42	San Clemente,CA	16:54.67	2011
M45	Mike Matthewson			17:38.80	2007
M50	Adam Weiner	M51	San Diego, CA	16:45.42	2011
M55	Roy Adams	M56	Alpine, CA	20:51.70	2006
M60	Ron Enos	M63		19:34.30	2008
M65	Gene Chase	M66	Middletown, NJ	21:44.75	2003
M70	Brian McCarthy	M72	San Diego, CA	21:29.4h	2005
M75	John Cross	M77	Bonita, CA	29:46.1h	2002
M80	John Cross	M81	Bonita, CA	31:48.3h	2005
M85					
WOMEN					
W30	Zorica Rahovic	W33	San Diego, CA	19:11.7h	2005
W35	Claris Oas	W37	Carlsbad, CA	21:35.9	2014
W40	Jaye Morris			19:58	2008
W45	Debbie Lee	W45		21:32.70	2006
W50	Lynette Zeckua	W54	Chula Vista	21:09.1h	2005
W55	Marcella Teran	W56	San Diego, CA	20:53.58	2011
W60	Jane Williams	W60	Imperial Beach, CA	24:42.76	2008
W65	Sharon Chaix	W66	San Diego, CA	25:19.01	2015
W70					
W75	Donna Gookin	w77	San Diego, CA	38:44.42	2014
W80					