

# Rose City Track Club All-Time List

Top 10 performers in selected events

Last updated: 2024-05-01

Eligibility for inclusion:

- Member of Rose City Track Club, or if not a member competing in Rose City uniform
- Not representing another club or organization at the race
- Verified with published race results
- In-person race

For chip-timed races, chip times are always reported across all race distances.

Special achievements are annotated as follows:

- 1:23pr = personal record
- 1:23cr = course record
- 1:23mr = meet record
- 1:23d = debut

Performances from this year are indicated with **bold text**.

## Women

### Outdoor track

#### 800 meter run

#	Name	Time	Year	Meet	Venue	City
1	<b>Lucy Brookham</b>	<b>2:13.07</b>	<b>2024</b>	<b>OSU High Performance</b>	<b>Oregon State</b>	<b>Corvallis, OR</b>
2	Samantha Bowen	2:25.48	2022	Lewis & Clark Invitational	Lewis & Clark	Portland, OR
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## 1500 meter run

#	Name	Time	Year	Meet	Venue	City
1	Lucy Brookham	4:35.46	2023	Portland Track Festival	Mount Hood CC	Gresham, OR
2	Liz Derstine	4:58.69	2019	All-Comers Meet	Roosevelt H.S.	Portland, OR
3	Shasta Zielke	4:59.50	2022	Portland Distance Carnival	Lewis & Clark	Portland, OR
4	Samantha Bowen	5:05.45	2022	Pacific Preview	Pacific University	Forest Grove, OR
5	Ashley Meagher	5:11.69	2019	Linfield Icebreaker	Linfield University	McMinnville, OR
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## 1 mile run

#	Name	Time	Year	Meet	Venue	City
1	Emma Huston	5:02.43	2019	Rose City Mile	Duniway Track	Portland, OR
2	Marla Smith	5:08.98	2022	Rose City Mile	Duniway Track	Portland, OR
3	Fionna Fallon	5:13.90	2018	Rose City Mile	Duniway Track	Portland, OR
4	Lauren Ross	5:14.78	2022	Rose City Mile	Duniway Track	Portland, OR
5	Fiona Moriarty	5:16.19	2023	Rose City Mile	Jesuit High School	Beaverton, OR
6	Liz Derstine	5:18.25	2018	Rose City Mile	Duniway Track	Portland, OR
7	Shasta Zielke	5:23.22	2018	Rose City Mile	Duniway Track	Portland, OR
8	Ashlyn Taulbee	5:28.35	2019	Rose City Mile	Duniway Track	Portland, OR
9	Ashley Althaus	5:28.68	2023	Rose City Mile	Jesuit High School	Beaverton, OR
10	Caitlin Jacobsen	5:32.94	2019	Rose City Mile	Duniway Track	Portland, OR

## 1 mile run, masters

#	Name	Time	Year	Meet	Venue	City
1	Sarah Ting	5:53.10	2023	Rose City Mile	Jesuit High School	Beaverton, OR
2	Emma Notario	6:44.03	2019	Rose City Mile	Duniway Track	Portland, OR

## 3000 meter run

#	Name	Time	Year	Meet	Venue	City
1	Marla Smith	10:00.68	2022	PDX v Seattle	Lewis & Clark	Portland, OR
2	Kaylee Wessel	10:09.15	2023	PDX v Seattle	Mount Hood CC	Gresham, OR
3	Lauren Ross	10:10.95	2022	PDX v Seattle	Lewis & Clark	Portland, OR
4	Liz Derstine	10:27.47	2018	PDX v Seattle	Lewis & Clark	Portland, OR
5	Ashlyn Taulbee	11:22.00	2020	Teddy Twilight	Roosevelt H.S.	Portland, OR
6	Jamie Retherford	13:04.10	2020	Teddy Twilight	Roosevelt H.S.	Portland, OR
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## 5000 meter run

#	Name	Time	Year	Meet	Venue	City
1	Ariane Hendrix-Roach	17:20.1pr	2023	Twilight 5000	Occidental College	Los Angeles, CA
2	Kaylee Wessel	17:44.7	2023	Twilight 5000	Grant High School	Portland, OR
3	Lauren Ross	17:46.69	2022	Stumptown Twilight	Jesuit High School	Beaverton, OR
4	Krista Weaver	17:49.9	2023	Twilight 5000	Grant High School	Portland, OR
5	Shasta Zielke	18:02.06	2022	Portland Track Festival	Lewis & Clark College	Portland, OR
6	Liz Derstine	18:05.61	2018	Portland Twilight	Lewis & Clark College	Portland, OR
7	Fionna Fallon	18:12.50	2018	Linfield Invitational	Linfield College	McMinnville, OR
8	Teresa Wetherbee	19:47.6	2023	Twilight 5000	Grant High School	Portland, OR
9	<b>Rachel Wysocki</b>	<b>20:50.44</b>	<b>2024</b>	<b>Larry Byerly Invitational</b>	<b>Lewis &amp; Clark College</b>	<b>Portland, OR</b>
10	<b>Laura Thomas</b>	<b>22:05.95</b>	<b>2024</b>	<b>Larry Byerly Invitational</b>	<b>Lewis &amp; Clark College</b>	<b>Portland, OR</b>

## 10000 meter run

#	Name	Time	Year	Meet	Venue	City
1	Lauren Ross	37:07.58	2020	Teddy Twilight	Roosevelt H.S.	Portland, OR
2	Liz Derstine	37:46.42pr	2019	Linfield Icebreaker	Linfield University	McMinnville, OR
3	Sarah Rasmussen-Rehkopf	40:35.41	2020	Linfield Icebreaker	Linfield University	McMinnville, OR
4	KT Gunvalson	40:59.72	2020	Linfield Icebreaker	Linfield University	McMinnville, OR
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## 4 × 400 meter relay

#	Name	Time	Year	Meet	Venue	City
1	Rose City Track Club A	4:28.62	2020	Teddy Twilight	Roosevelt High School	Portland, OR
2	Rose City Track Club A	5:15	2018	Teddy Twilight	Roosevelt High School	Portland, OR
3	Ross, Brookham, Wysocki, Notario	5:18	2019	Teddy Twilight	Roosevelt High School	Portland, OR

## Distance medley relay

#	Name	Time	Year	Meet	Venue	City
1	Wetherbee, Wysocki, Ross, Brookham	13:12	2019	Teddy Twilight	Roosevelt High School	Portland, OR
2	Rose City Track Club A	13:14	2018	Teddy Twilight	Roosevelt High School	Portland, OR
3	Rose City Track Club A	13:26.53	2020	Teddy Twilight	Roosevelt High School	Portland, OR
4	Rose City Track Club B	14:03.73	2020	Teddy Twilight	Roosevelt High School	Portland, OR

# Cross-Country

## 5k

#	Name	Time	Year	Meet	Venue	City
1	Fionna Fallon	18:24	2018	Stumptown Cross #1	Lents Park	Portland, OR
2	Liz Derstine	18:25.8	2019	Stumptown Cross #1	Lents Park	Portland, OR
3	Emma Huston	18:26	2018	Stumptown Cross #1	Lents Park	Portland, OR
4	Lauren Ross	18:41pr	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
5	Shasta Zielke	19:07	2018	Stumptown Cross #1	Lents Park	Portland, OR
6	Marla Smith	19:10	2018	Stumptown Cross #2	Mary S. Young Park	West Linn, OR
7	Krista Weaver	19:13	2023	Stumptown Cross #1	Mary S. Young Park	West Linn, OR
8	Alejandra Quintero	19:23	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
8	Caitlin Jacobsen	19:23	2018	Stumptown Cross #1	Lents Park	Portland, OR
10	Ashlyn Taulbee	19:26.6	2019	Stumptown Cross #1	Lents Park	Portland, OR

## 5k, masters

#	Name	Time	Year	Meet	Venue	City
1	Emma Notario	23:47	2018	Stumptown Cross #1	Lents Park	Portland, OR
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## 6k

#	Name	Time	Year	Meet	Venue	City
1	Emma Huston	22:26	2017	Stumptown Cross #5	Fernhill Park	Portland, OR
2	Shauna Pearson	22:42	2017	USATF Club Nationals	Masterson Station Park	Lexington, KY
3	Fionna Fallon	23:16	2017	Stumptown Cross #5	Fernhill Park	Portland, OR
4	Liz Derstine	23:19	2017	USATF Club Nationals	Masterson Station Park	Lexington, KY
5	Shasta Zielke	23:33	2017	Stumptown Cross #5	Fernhill Park	Portland, OR
6	Lauren Ross	23:36.0	2022	Stumptown Cross #4	Pier Park	Portland, OR
7	Melissa Girgis	23:59.2	2021	Stumptown Cross #4	Fernhill Park	Portland, OR
8	Krista Weaver	24:32.1	2022	Stumptown Cross #1	Fernhill Park	Portland, OR
9	Megan MacGregor	24:41.0	2022	Stumptown Cross #4	Pier Park	Portland, OR
10	Caitlin Jacobsen	24:50.0	2018	Stumptown Cross #4	Pier Park	Portland, OR

## 6k, masters

#	Name	Time	Year	Meet	Venue	City
1	Sarah Ting	27:30d	2023	Stumptown Cross #5	Fernhill Park	Portland, OR
2	Emma Notario	30:57	2018	Stumptown Cross #4	Pier Park	Portland, OR

## 8k

#	Name	Time	Year	Meet	Venue	City
1	Emma Huston	28:42.1	2019	Stumptown Cross #5	Fernhill Park	Portland, OR
2	Fionna Fallon	29:57	2018	Stumptown Cross #3	Fernhill Park	Portland, OR
3	Shasta Zielke	30:19.1	2019	Stumptown Cross #5	Fernhill Park	Portland, OR
4	Lauren Ross	31:06.9	2019	Stumptown Cross #5	Fernhill Park	Portland, OR
5	Caitlin Jacobsen	31:28	2018	Stumptown Cross #3	Fernhill Park	Portland, OR
6	Cate Maxson	34:23	2018	Stumptown Cross #3	Fernhill Park	Portland, OR
7	Leah Drebin	35:20.4	2019	Stumptown Cross #5	Fernhill Park	Portland, OR
8	Clara Bishop	37:19	2018	Stumptown Cross #3	Fernhill Park	Portland, OR
9	Laura Thomas	38:49.7d	2023	Stumptown Cross #3	Strawberry Island	North Bonneville, OR
10	Rachel Wysocki	39:18.0d	2023	Stumptown Cross #3	Strawberry Island	North Bonneville, OR

## 5k teams

#	Name	Average	Year	Meet	Venue	City
1	Fallon, Huston, Zielke, Ross, Jacobsen, (Wetherbee, Maxson, Musgrave, Notario, Stocking)	18:54	2018	Stumptown Cross #1	Lents Park	Portland, OR
2	Fallon, Smith, Zielke, Ross, Gunvalson, (Maxson, Hall, Jaegersen, Meagher, Bishop, Notario)	19:31	2018	Stumptown Cross #2	Mary S. Young Park	West Linn, OR
3	Derstine, Huston, Taulbee, Meagher, Wallace (Stocking)	19:23.9	2019	Stumptown Cross #1	Lents Park	Portland, OR
4	Ross, Quintero, Althaus, Wysocki, Thomas, (DePietro, Liu)	20:35	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
5	Weaver, Thomas, Wysocki, DePietro, Christison	22:50	2023	Stumptown Cross #1	Mary S. Young Park	West Linn, OR

## 6k teams

#	Name	Average	Year	Meet	Venue	City
1	Huston, Fallon, Zielke, Derstine, Meagher, (Smith, Gunvalson, DePietro, Musgrave)	23:34	2017	Stumptown Cross #5	Fernhill Park	Portland, OR
2	Huston, Zielke, Jacobsen, Wetherbee, Maxson, (Bishop, DePietro, Stocking, Notario)	25:06	2018	Stumptown Cross #4	Pier Park	Portland, OR
3	Huston, Fallon, Meagher, Smith, Gunvalson, (Musgrave)	25:22	2017	Stumptown Cross #4	Pier Park	Portland, OR
4	Fallon, Ross, Taulbee, Drebin, Tomseth, (Stocking, Christison)	25:54.1	2019	Stumptown Cross #4	Pier Park	Portland, OR
5	Ross, MacGregor, Moriarty, Heglund-Lohman, Wysocki, (Thomas)	26:22.5	2022	Stumptown Cross #4	Pier Park	Portland, OR
6	Girgis, Ross, Zielke, Gunvalson, Bowen, (Perry)	26:34.1	2021	Stumptown Cross #4	Fernhill Park	Portland, OR
7	Ross, Wessel, Gibson, O'Brien, Wysocki, (Thomas, DePietro)	26:47.2	2023	Stumptown Cross #4	Pier Park	Portland, OR
8	Gerdes, Pack, Ting, Wysocki, Thomas, (Tokarski)	27:41	2023	Stumptown Cross #5	Fernhill Park	Portland, OR

## Road

### 5k

#	Name	Time	Year	Race	City
1	Lauren Ross	17:13pr	2023	Clark County Turkey Trot	Vancouver, WA
2	Marla Smith	17:32	2019	Spring 5k	St. Paul, OR
3	Fionna Fallon	17:49	2018	Memorial Day 5k	Boca Raton, FL
4	Liz Derstine	18:01pr	2018	Carlsbad 5000	Carlsbad, CA
<b>5</b>	<b>Lucy Brookham</b>	<b>18:06.6</b>	<b>2024</b>	<b>Heart to Start 5k</b>	<b>Tigard, OR</b>
6	Shasta Zielke	18:18pr	2018	Carlsbad 5000	Carlsbad, CA
7	Ashley Althaus	18:38.27	2023	Bowerman 5k	Beaverton, OR
8	Mackenzie Schell	18:44	2022	Scary Run	Washougal, WA
<b>9</b>	<b>Nicole Kiley</b>	<b>18:48</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
10	Chloe Hallyburton	19:06	2018	Foot Traffic Flat	Sauvie Island, OR

### 5k, masters

#	Name	Time	Year	Race	City
1	Katherine Tomlinson	20:38	2021	Missoula 5k	Missoula, MT
2	Emma Notario	22:25pr	2019	Heartbreaker Half	Portland, OR

## 8k

#	Name	Time	Year	Race	City
1	<b>Lauren Ross</b>	<b>28:13pr</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
2	<b>Kaylee Wessel</b>	<b>28:35</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
3	Fionna Fallon	28:49	2019	Shamrock Run	Portland, OR
4	Krista Weaver	28:55	2022	Shamrock Run	Portland, OR
5	Hope Hill	28:56	2022	Shamrock Run	Portland, OR
6	Liz Derstine	30:39	2018	Portlandathon Five Mile	Portland, OR
7	<b>Abby Dalke</b>	<b>30:41d</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
8	Shasta Zielke	30:42	2022	Shamrock Run	Portland, OR
9	Leah Drebin	32:07	2019	Shamrock Run	Portland, OR
10	Kelly Gallagher	32:15	2021	Constantly Boring 8k	Boring, OR

## 8k, masters

#	Name	Time	Year	Race	City
1	Katherine Tomlinson	37:04	2018	Portlandathon 5 mile	Portland, OR
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## 10k

#	Name	Time	Year	Race	City
1	<b>Lauren Ross</b>	<b>36:04.6pr</b>	<b>2024</b>	<b>Crescent City Classic</b>	<b>New Orleans, LA</b>
2	Marla Smith	36:37cr/pr	2021	Canby Dahlia Run	Canby, OR
3	Liz Derstine	36:44pr	2018	Tenacious 10	Seattle, WA
4	Fionna Fallon	37:13.56	2019	Roaring Run	Scio, OR
5	Emma Huston	37:39.2	2021	Garlic Festival	North Plains, OR
6	<b>Kaylee Wessel</b>	<b>37:42.9</b>	<b>2024</b>	<b>Heart to Start 10k</b>	<b>Tigard, OR</b>
7	Fiona Moriarty	39:11	2023	Clark County Turkey Trot	Vancouver, WA
8	Shasta Zielke	39:41	2022	The Kook Run	Encinitas, CA
9	Krista Weaver	39:46.8	2021	Garlic Festival	North Plains, OR
10	KT Gunvalson	40:36.7	2019	Best Dam Run	Estacada, OR

## 10k, masters

#	Name	Time	Year	Race	City
1	Sarah Ting	41:33	2023	Silicon Valley Turkey Trot	San Jose, CA
2	Katherine Tomlinson	46:01.4	2018	Best Dam Run	Estacada, OR
3	Emma Notario	56:45	2023	Foot Traffic Flat (QM)	Sauvie Island, OR

## 15k

#	Name	Time	Year	Race	City
1	<b>Lauren Ross</b>	<b>0:58:34</b>	<b>2024</b>	<b>Zena Road Runs</b>	<b>Salem, OR</b>
2	Hope Hill	0:58:55	2019	Shamrock Run	Portland, OR
3	Caitlin Jacobsen	1:00:35	2019	Shamrock Run	Portland, OR
4	Fionna Fallon	1:00:39	2022	Zena Road Runs	Salem, OR
5	Thailyr Jaegersen	1:02:41	2019	Shamrock Run	Portland, OR
6	<b>Morgen Pack</b>	<b>1:04:38</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
7	Sarah Ting	1:05:03	2023	Shamrock Run	Portland, OR
8	Rebecca Southerland	1:05:46	2023	Shamrock Run	Portland, OR
9	Grace Cho	1:06:56	2022	Shamrock Run	Portland, OR
10	Elise Hall	1:07:54	2019	Zena Road Runs	Salem, OR

## 15k, masters

#	Name	Time	Year	Race	City
1	<b>Sarah Ting</b>	<b>1:07:32</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
2	Katherine Tomlinson	1:17:19	2019	Shamrock Run	Portland, OR
3	<b>Emma Notario</b>	<b>1:22:59</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>

## 10 mile

#	Name	Time	Year	Race	City
1	Lauren Ross	1:00:43	2021	Holiday 10 mile	Portland, OR
2	Ashley Althaus	1:01:53	2023	Couve Clover Run	Vancouver, WA
3	KT Gunvalson	1:07:13	2018	Twin Cities 10 mile	Twin Cities, MN
4	Morgen Pack	1:09:36	2023	Holiday 10 mile	Portland, OR
5	Katherine Tomlinson	1:23:39	2018	Hagg Lake 10.5 mile	Gaston, OR
6	Molly Christison	1:24:35	2021	Holiday 10 mile	Portland, OR
7	Samantha Perry	1:28:16	2021	Holiday 10 mile	Portland, OR
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## 10 mile, masters

#	Name	Time	Year	Race	City
1	Katherine Tomlinson	1:23:39	2018	Hagg Lake 10.5 mile	Gaston, OR
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## Half marathon

#	Name	Time	Year	Race	City
1	Emma Huston	1:17:35pr	2021	Appletree Half	Vancouver, WA
2	Ariane Hendrix-Roach	1:18:12	2023	Santa to the Sea	Oxnard, CA
3	Lauren Ross	1:18:14	2023	Eugene Half Marathon	Eugene, OR
4	Marla Smith	1:19:16pr	2022	Foot Traffic Flat	Sauvie Island, OR
5	Fionna Fallon	1:19:20	2019	Eugene Half Marathon	Eugene, OR
6	<b>Kaylee Wessel</b>	<b>1:19:53</b>	<b>2024</b>	<b>Eugene Half Marathon</b>	<b>Eugene, OR</b>
7	Krista Weaver	1:20:20	2023	Corvallis Half Marathon	Corvallis, OR
8	Ashley Althaus	1:22:01	2023	Santa Barbara Half Marathon	Santa Barbara, CA
9	Liz Derstine	1:22:43	2019	Holiday Half	Portland, OR
10	Megan MacGregor	1:22:48	2022	Holiday Half	Portland, OR

## Half marathon, masters

#	Name	Time	Year	Race	City
1	Sarah Ting	1:33:52.7	2023	Newport Marathon	Newport, OR
2	Katherine Tomlinson	1:35:00.44	2018	Race for the Roses	Portland, OR
3	<b>Emma Notario</b>	<b>1:58:07</b>	<b>2024</b>	<b>Eugene Half Marathon</b>	<b>Eugene, OR</b>

## Marathon

#	Name	Time	Year	Race	City
1	Emma Huston	2:39:57	2020	Olympic Trials	Atlanta, GA
2	Fionna Fallon	2:43:07	2018	California International Marathon	Sacramento, CA
3	Lauren Ross	2:43:37pr	2022	Chicago Marathon	Chicago, IL
4	Krista Weaver	2:46:02	2023	Grandma's Marathon	Duluth, MN
5	Ariane Hendrix-Roach	2:46:50	2023	Eugene Marathon	Eugene, OR
6	Ashley Althaus	2:48:42pr	2023	California International Marathon	Sacramento, CA
7	Kaylee Wessel	2:49:01	2023	Chicago Marathon	Chicago, IL
8	Marla Smith	2:49:44	2021	California International Marathon	Sacramento, CA
9	Hope Hill	2:49:47	2022	Houston Marathon	Houston, TX
10	Liz Derstine	2:51:34pr	2020	Houston Marathon	Houston, TX

## Marathon, masters

#	Name	Time	Year	Race	City
1	Sarah Ting	3:26:25pr	2023	Berlin Marathon	Berlin, Germany
2	Grace Cho	3:27:49	2023	Boston Marathon	Boston, MA
3	Rebecca Southerland	3:42:00	2023	New York Marathon	New York, NY

# Trail

## 25k

#	Name	Time	Year	Race	City
1	Grace Rowan	1:57:33	2021	Mt. Hood 25k	Clackamas County, OR
2	Caitlin Jacobsen	2:05:38	2019	Mt. Hood 25k	Clackamas County, OR
3	Krista Weaver	2:10:31	2023	Mt. Hood 25k	Clackamas County, OR
4	Morgen Pack	2:17:03	2023	Mt. Hood 25k	Clackamas County, OR
5	Chloe Hallyburton	2:22:39	2018	Mt. Hood 25k	Clackamas County, OR
6	Emily Palmer	2:26:01	2023	Mt. Hood 25k	Clackamas County, OR
7	Sarah Ting	2:36:20	2023	Mt. Hood 25k	Clackamas County, OR
8	Jordan Daugherty	2:39:00	2023	Mt. Hood 25k	Clackamas County, OR
9	Patricia Liu	2:46:30	2023	Mt. Hood 25k	Clackamas County, OR
10	Emily Gokita	2:46:38	2023	Mt. Hood 25k	Clackamas County, OR

## 25k, masters

#	Name	Time	Year	Race	City
1	Sarah Ting	2:36:20	2023	Mt. Hood 25k	Clackamas County, OR
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## 50k

#	Name	Time	Year	Race	City
1	Liz Derstine	4:34:11	2022	Hagg Lake Trail Run	Gaston, OR
2	Shauna Pearson	4:38:35cr	2017	Wild Hare	Austin, TX
3	Jamie Retherford	5:11:18pr	2021	Mt. Hood 50k	Clackamas County, OR
4	Dani Reese	5:25:21	2019	Run the Rock	Terrebonne, OR
5	<b>Abby Dalke</b>	<b>6:09:53</b>	<b>2024</b>	<b>Orcas Island 50k</b>	<b>Olga, WA</b>
6	Stacie Andoniadis	6:13:32	2021	Tillamook Burn	Tillamook State Forest, OR
7	Caitlin Jacobsen	6:16:37	2018	Wy'East Howl	Government Camp, OR
8	Elise Hall	6:39:00	2019	Smith Rock Ascent	Terrebonne, OR
9	Stephanie Ross	7:08:40	2022	Wy'East Wonder	Parkdale, OR
10	Emily Palmer	7:56:59	2023	Backcountry Rise	Toutle, WA

# Men

## Outdoor track

### 1500 meter run

#	Name	Time	Year	Meet	Venue	City
1	Kevin Chin Shue	4:19.32	2023	Portland Track Festival	Mount Hood CC	Gresham, OR
2	Karl Dickman	5:04.27	2023	Spring Break Classic	Lewis & Clark	Portland, OR
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### 1 mile run

#	Name	Time	Year	Meet	Venue	City
1	Paul Balmer	4:35.30	2023	Rose City Mile	Jesuit High School	Beaverton, OR
2	Matthew Maline	4:38.44	2023	Rose City Mile	Jesuit High School	Beaverton, OR
3	Kevin Chin Shue	4:38.82	2023	Rose City Mile	Jesuit High School	Beaverton, OR
4	Todd Moore	4:41.25	2023	Rose City Mile	Jesuit High School	Beaverton, OR
5	Ryan Misjan	4:42.38	2023	Rose City Mile	Jesuit High School	Beaverton, OR
6	Steven Hallstone	4:54.27pr	2023	Rose City Mile	Jesuit High School	Beaverton, OR
7	Brooks Barth	4:58.97	2019	Rose City Mile	Duniway Track	Portland, OR
8	Dylan Dougherty	4:59.18	2018	Rose City Mile	Duniway Track	Portland, OR
9	Steve Tokarski	5:10.46	2022	Rose City Mile	Duniway Track	Portland, OR
10	Alex DeCino	5:12.82	2018	Rose City Mile	Duniway Track	Portland, OR

### 1 mile run, masters

#	Name	Time	Year	Meet	Venue	City
1	Matthew Maline	4:38.44	2023	Rose City Mile	Jesuit High School	Beaverton, OR
2	Will Price	5:18.30	2023	Rose City Mile	Jesuit High School	Beaverton, OR

### 5000 meter run

#	Name	Time	Year	Meet	Venue	City
1	Will Baker-Robinson	15:08.01pr	2023	Portland Twilight	Lewis & Clark College	Portland, OR
2	<b>David Clark</b>	<b>15:26.95pr</b>	<b>2024</b>	<b>Pacific University Open</b>	<b>Pacific University</b>	<b>Forest Grove, OR</b>
3	<b>Adam Edgerton</b>	<b>15:57.43d</b>	<b>2024</b>	<b>Larry Byerly Invitational</b>	<b>Lewis &amp; Clark College</b>	<b>Portland, OR</b>
4	Ryan Misjan	16:28.86pr	2023	Portland Track Festival	Mt. Hood CC	Gresham, OR
5	<b>Michael McGehee</b>	<b>16:58.76d</b>	<b>2024</b>	<b>Larry Byerly Invitational</b>	<b>Lewis &amp; Clark College</b>	<b>Portland, OR</b>
6	Jonathan Tran	17:55.2	2023	Twilight 5000	Grant High School	Portland, OR
7	Supreeth Mannava	19:38.1	2023	Twilight 5000	Grant High School	Portland, OR
8	José Mendoza	21:56.52	2022	The Night of the 5k	Jefferson High School	Portland, OR
9	Michael Orcutt	22:24.84	2022	The Night of the 5k	Jefferson High School	Portland, OR
10						

# Cross-Country

## 5k

#	Name	Time	Year	Meet	Venue	City
1	Dan Gentile	16:54.0	2019	Stumptown Cross #2	Mary S. Young Park	West Linn, OR
2	Sam Nishi	17:10	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
3	Jon Owen	17:16	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
4	Chris Smith	17:45pr	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
5	Brandt Bergeron	17:49	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
6	Alejandro Fallas	18:22	2018	Stumptown Cross #2	Mary S. Young Park	West Linn, OR
7	Brooks Barth	18:41.8	2021	Stumptown Cross #1	Lents Park	Portland, OR
8	Jordan Steelman	19:12	2023	Stumptown Cross #1	Mary S. Young Park	West Linn, OR
9	Kevin Ward	19:16pr	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
10	Dylan Dougherty	19:17	2017	Stumptown Cross #2	Lents Park	Portland, OR

## 5k, masters

#	Name	Time	Year	Meet	Venue	City
1	Chris Smith	17:45	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
2	Kevin Ward	19:16pr	2023	Stumptown Cross #2	Gradin Park	Gresham, OR
3	Glenn Kasin	19:42	2018	Stumptown Cross #1	Lents Park	Portland, OR

## 6k

#	Name	Time	Year	Meet	Venue	City
1	Paul Balmer	20:29.0d	2022	Stumptown Cross #1	Fernhill Park	Portland, OR
2	Brooks Barth	23:11.6d	2022	Stumptown Cross #1	Fernhill Park	Portland, OR
3	Tom Fuchs	25:42.9d	2022	Stumptown Cross #1	Fernhill Park	Portland, OR
4	Karl Dickman	26:43.1d	2022	Stumptown Cross #1	Fernhill Park	Portland, OR
5	Jack McLean	27:26.7d	2022	Stumptown Cross #1	Fernhill Park	Portland, OR
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## 8k

#	Name	Time	Year	Meet	Venue	City
1	Paul Balmer	27:23.6	2022	Stumptown Cross #4	Pier Park	Portland, OR
2	Brandt Bergeron	28:29	2023	Stumptown Cross #5	Fernhill Park	Portland, OR
3	Chris Smith	29:28pr	2023	Stumptown Cross #5	Fernhill Park	Portland, OR
4	Todd Moore	30:02.4	2021	Stumptown Cross #4	Fernhill Park	Portland, OR
5	Jake Jendusa	30:20.4	2019	Stumptown Cross #5	Fernhill Park	Portland, OR
6	Jonathon Tran	30:34	2023	Stumptown Cross #5	Fernhill Park	Portland, OR
7	Sam Nishi	30:43.6	2023	Stumptown Cross #4	Pier Park	Portland, OR
8	Dylan Dougherty	30:48.0	2019	Stumptown Cross #5	Fernhill Park	Portland, OR
9	Adam Edgerton	31:12.2d	2023	Stumptown Cross #4	Pier Park	Portland, OR
10	Brooks Barth	31:14.5	2019	Stumptown Cross #4	Pier Park	Portland, OR

## 8k, masters

#	Name	Time	Year	Meet	Venue	City
1	Chris Smith	29:28pr	2023	Stumptown Cross #5	Fernhill Park	Portland, OR
2	Steve Tokarski	31:41d	2023	Stumptown Cross #5	Fernhill Park	Portland, OR
3	Kevin Ward	32:18pr	2023	Stumptown Cross #5	Fernhill Park	Portland, OR

## 5k teams

#	Name	Average	Year	Meet	Venue	City
1	Nishi, Owen, Smith, Bergeron, Ward, (Fuchs)	17:51	2023	Stumptown Cross #2	Gradin Park	West Linn, OR
2	Nishi, Owen, Smith, Steelman, Ward, (Fuchs, Dickman)	18:37	2023	Stumptown Cross #1	Mary S. Young Park	West Linn, OR

## 8k teams

#	Name	Average	Year	Meet	Venue	City
1	Bergeron, Smith, Tran, Tokarski, Ward, (Mannava)	30:30	2023	Stumptown Cross #5	Fernhill Park	Portland, OR
2	Nishi, Edgerton, Bergeron, Smith, Barth, (Ward, Steelman, Dickman)	31:53.7	2023	Stumptown Cross #4	Pier Park	Portland, OR

## Road

### 5k

#	Name	Time	Year	Race	City
1	<b>Will Baker-Robinson</b>	<b>15:08</b>	<b>2024</b>	<b>Eugene Marathon 5k</b>	<b>Eugene, OR</b>
2	Todd Moore	16:14.1pr	2023	Turkey Stuffer	Springfield, OR
3	<b>Kevin Chin Shue</b>	<b>16:51</b>	<b>2024</b>	<b>Eugene Marathon 5k</b>	<b>Eugene, OR</b>
4	Dan Gentile	17:17	2019	Roses on the River 5k	Portland, OR
5	Alejandro Fallas	17:33	2018	Capitol 5k	Sacramento, CA
6	Tobias Probst	17:42	2022	Clark County Turkey Trot	Vancouver, WA
7	<b>Bradley Parks</b>	<b>17:44.6d</b>	<b>2024</b>	<b>Heart to Start 10k</b>	<b>Tigard, OR</b>
8	Jonathon Tran	18:07	2022	Palm Springs Pride Run	Palm Springs, CA
9	Jake Jendusa	18:11	2019	Clark County Turkey Trot	Vancouver, WA
10	Ryan Yambra	18:23	2023	Eugene 5k	Eugene, OR

### 5k, masters

#	Name	Time	Year	Race	City
1	Eric Christman	19:44	2018	Helping Hands 5k	Wayne, PA
2					

## 8k

#	Name	Time	Year	Race	City
1	<b>David Clark</b>	<b>25:26</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
2	<b>Adam Edgerton</b>	<b>25:51d</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
3	<b>Paul Balmer</b>	<b>25:53</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
4	<b>Matt Maline</b>	<b>26:29</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
5	<b>Todd Moore</b>	<b>26:40pr</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
6	Ryan Misjan	27:28	2023	Shamrock Run	Portland, OR
7	<b>Michael McGehee</b>	<b>28:05</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
8	<b>Richie Lenne</b>	<b>28:15</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
9	Steven Hallstone	28:35	2023	Shamrock Run	Portland, OR
10	Ryan Yambra	29:24	2023	Shamrock Run	Portland, OR

## 8k, masters

#	Name	Time	Year	Race	City
1	<b>David Clark</b>	<b>25:26</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
2	<b>Matt Maline</b>	<b>26:29</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
3	<b>Ben Hodgdon</b>	<b>31:17</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>

## 10k

#	Name	Time	Year	Race	City
1	Matthew Maline	33:47	2023	Ashburn Farms 10k	Ashburn, VA
2	Paul Balmer	34:10	2023	Santa Cruz Firecracker	Santa Cruz, CA
3	<b>Adam Edgerton</b>	<b>34:38.7pr</b>	<b>2024</b>	<b>Heart to Start 10k</b>	<b>Tigard, OR</b>
4	<b>Art Avitia</b>	<b>36:27.7</b>	<b>2024</b>	<b>Race for Warmth</b>	<b>Vancouver, WA</b>
5	Steven Hallstone	36:37pr	2023	Holiday 10k	Portland, OR
6	Tobias Probst	36:49	2022	Holiday Half	Portland, OR
7	Brooks Barth	36:52	2019	Clark County Turkey Trot	Vancouver, WA
8	Alejandro Fallas	36:59	2017	Clark County Turkey Trot	Vancouver, WA
9	<b>Jordan Steelman</b>	<b>38:26.2pr</b>	<b>2024</b>	<b>Heart to Start 10k</b>	<b>Tigard, OR</b>
10	Jerry Carroll	38:39pr	2023	Run Like Hell	Portland, OR

## 10k, masters

#	Name	Time	Year	Race	City
1	Matthew Maline	33:47	2023	Ashburn Farms 10k	Ashburn, VA
2					

## 15k

#	Name	Time	Year	Race	City
1	Paul Balmer	0:50:42	2022	Shamrock Run	Portland, OR
2	Matthew Maline	0:51:06	2023	Shamrock Run	Portland, OR
3	<b>David Clark</b>	<b>0:52:19</b>	<b>2024</b>	<b>Zena Road Runs 15k</b>	<b>Salem, OR</b>
4	Art Avitia	0:54:29pr	2023	MLK Dream Run	Portland, OR
5	Alejandro Fallas	0:57:02	2018	Shamrock Run	Portland, OR
6	Greg Mitchell	0:58:38.3	2018	Zena Road Runs 9.5 mile	Salem, OR
7	<b>Jordan Steelman</b>	<b>0:59:28</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
8	<b>Kevin Ward</b>	<b>1:01:53</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
9	Dylan Dougherty	1:02:02	2018	Shamrock Run	Portland, OR
10	Gabe Gomez	1:02:41	2023	Shamrock Run	Portland, OR

## 15k, masters

#	Name	Time	Year	Race	City
1	Matthew Maline	0:51:06	2023	Shamrock Run	Portland, OR
2	<b>David Clark</b>	<b>0:52:19</b>	<b>2024</b>	<b>Zena Road Runs 15k</b>	<b>Salem, OR</b>
3	Greg Mitchell	0:58:38.3	2018	Zena Road Runs 9.5 mile	Salem, OR
4	<b>Kevin Ward</b>	<b>1:01:53</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
5	Gabe Gomez	1:02:41	2023	Shamrock Run	Portland, OR

## 10 mile

#	Name	Time	Year	Race	City
1	Ryan Misjan	0:59:08	2022	Holiday 10 mile	Portland, OR
2	<b>Ozo Rojas</b>	<b>1:04:12</b>	<b>2024</b>	<b>Hop Hop Half 10 Mile</b>	<b>Camas, WA</b>
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## Half marathon

#	Name	Time	Year	Race	City
1	<b>Adam Edgerton</b>	<b>1:12:23pr</b>	<b>2024</b>	<b>Eugene Half Marathon</b>	<b>Eugene, OR</b>
2	Matthew Maline	1:13:27	2023	Portland Half Marathon	Portland, OR
3	Paul Balmer	1:13:40	2022	Foot Traffic Flat	Sauvie Island, OR
4	Dan Gentile	1:13:51	2019	Holiday Half	Portland, OR
5	Todd Moore	1:14:14	2023	Corvallis Half Marathon	Corvallis, OR
6	Ryan Misjan	1:15:15	2023	Eugene Half Marathon	Eugene, OR
7	Kevin Chin Shue	1:16:01	2023	Eugene Half Marathon	Eugene, OR
8	Alejandro Fallas	1:17:42	2018	Vancouver Lake Half Marathon	Vancouver, WA
9	Tobias Probst	1:17:50pr	2023	Houston Half	Houston, TX
10	Brandt Bergeron	1:17:53pr	2023	Holiday Half	Portland, OR

## Half marathon, masters

#	Name	Time	Year	Race	City
1	Matthew Maline	1:13:27	2023	Portland Half Marathon	Portland, OR
2	Chris Smith	1:20:19	2023	Holiday Half	Portland, OR
3	Gabe Gomez	1:20:52	2019	Eugene Half Marathon	Eugene, OR
4	Will Price	1:20:57	2023	Foot Traffic Flat	Sauvie Island, OR
5	Glenn Kasin	1:21:14	2019	Eugene Half Marathon	Eugene, OR
6	<b>Ben Hodgdon</b>	<b>1:27:01</b>	<b>2024</b>	<b>ORCC Vernonia Half</b>	<b>Banks, OR</b>
7	<b>Steve Tokarski</b>	<b>1:29:24</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>
8	James Healey	1:29:25	2022	Holiday Half	Portland, OR
9	Kevin Ward	1:32:41pr	2023	Appletree Half	Vancouver, WA
10					

## Marathon

#	Name	Time	Year	Race	City
1	Todd Moore	2:36:59pr	2023	California International Marathon	Sacramento, CA
2	Will Baker-Robinson	2:37:43.5d	2023	Newport Marathon	Newport, OR
3	Paul Balmer	2:38:17	2022	Portland Marathon	Portland, OR
4	Kevin Chin Shue	2:38:56	2023	Houston Marathon	Houston, TX
5	Alejandro Fallas	2:40:05pr	2019	Tokyo Marathon	Tokyo, Japan
6	Ryan Misjan	2:41:35pr	2023	Chicago Marathon	Chicago, IL
7	<b>David Clark</b>	<b>2:44:07</b>	<b>2024</b>	<b>Boston Marathon</b>	<b>Boston, MA</b>
8	<b>Joseph Winters</b>	<b>2:45:52</b>	<b>2024</b>	<b>Boston Marathon</b>	<b>Boston, MA</b>
9	Jake Jendusa	2:46:10	2019	Milwaukee Lakefront Marathon	Milwaukee, WI
10	Brandt Bergeron	2:46:31	2023	Tunnel Vision Marathon	North Bend, WA

## Marathon, masters

#	Name	Time	Year	Race	City
1	<b>David Clark</b>	<b>2:44:07</b>	<b>2024</b>	<b>Boston Marathon</b>	<b>Boston, MA</b>
2	<b>Chris Smith</b>	<b>2:49:38</b>	<b>2024</b>	<b>Boston Marathon</b>	<b>Boston, MA</b>
3	Glenn Kasin	2:51:02pr	2019	Chicago Marathon	Chicago, IL
4	Will Price	2:52:31pr	2023	New York Marathon	New York, NY
5	Gabe Gomez	3:09:05	2021	California International Marathon	Sacramento, CA
6	James Healey	3:09:32	2023	Chicago Marathon	Chicago, IL
7	Kevin Ward	3:21:24	2023	Houston Marathon	Houston, TX
8	Eric Christman	3:28:26	2018	Rehoboth Beach Seashore	Rehoboth Beach, DE
9					
10					

## Trail

### 25k

#	Name	Time	Year	Race	City
1	Will Price	1:57:10	2023	Mt. Hood 25k	Clackamas County, OR
2	Ryan Yambra	2:10:11	2023	Mt. Hood 25k	Clackamas County, OR
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### 25k, masters

#	Name	Time	Year	Race	City
1	Will Price	1:57:10	2023	Mt. Hood 25k	Clackamas County, OR
2					



## 50k

#	Name	Time	Year	Race	City
1	Eric Christman	4:08:00	2020	MuleSkinner Endurance	Upper Black Eddy, PA
2	Tobias Probst	4:56:23pr	2023	Chuckanut 50k	Bellingham, WA
3	Steve Tokarski	5:06:37.6pr	2023	Silver Falls 50k	Silverton, OR
4	Will Price	5:16:55	2023	Gorge Waterfalls 50k	Columbia River Gorge
5	Steven Hallstone	5:26:46.2d	2023	Silver Falls 50k	Silverton, OR
<b>6</b>	<b>James Healey</b>	<b>6:08:32.3</b>	<b>2024</b>	<b>Chuckanut 50k</b>	<b>Bellingham, WA</b>
7	Jonathon Tran	7:20:24	2023	Sean O'Brien 50k	Malibu, CA
8					
9					
10					

## 50k, masters

#	Name	Time	Year	Race	City
1	Eric Christman	4:08:00	2020	MuleSkinner Endurance	Upper Black Eddy, PA
2	Will Price	5:16:55	2023	Gorge Waterfalls 50k	Columbia River Gorge
3	Steve Tokarski	5:06:37.6pr	2023	Silver Falls 50k	Silverton, OR
<b>4</b>	<b>James Healey</b>	<b>6:08:32.3</b>	<b>2024</b>	<b>Chuckanut 50k</b>	<b>Bellingham, WA</b>

## Non-binary

## Outdoor Track

### 5000 m

#	Name	Time	Year	Meet	Venue	City
1	Sam Bruns	17:51.03	2022	The Night of the 5k	Jefferson High School	Portland, OR

## Cross-Country

### 6k

#	Name	Time	Year	Meet	Venue	City
1	Sam Bruns	23:35.2	2022	Stumptown Cross #1	Fernhill Park	Portland, OR

### 8k

#	Name	Time	Year	Meet	Venue	City
1	Sam Bruns	31:30.7	2022	Stumptown Cross #3	Strawberry Island	North Bonneville, WA

## Road

### 5k

#	Name	Time	Year	Race	City
1	Sam Bruns	17:23pr	2022	Bowerman 5k	Beaverton, OR

### 8k

#	Name	Time	Year	Race	City
1	<b>Sam Bruns</b>	<b>29:11pr</b>	<b>2024</b>	<b>Shamrock Run</b>	<b>Portland, OR</b>

### Half marathon

#	Name	Time	Year	Race	City
1	<b>Sam Bruns</b>	<b>1:19:42</b>	<b>2024</b>	<b>Eugene Half Marathon</b>	<b>Eugene, OR</b>
2	Robin Selva	1:37:32	2023	Portland Half Marathon	Portland, OR
3	<b>Arjun Viray</b>	<b>2:00:52</b>	<b>2025</b>	<b>Eugene Half Marathon</b>	<b>Eugene, OR</b>

### Marathon

#	Name	Time	Year	Race	City
1	<b>Arjun Viray</b>	<b>4:06:29</b>	<b>2024</b>	<b>LA Marathon</b>	<b>Los Angeles, CA</b>

## Mixed

### Outdoor Track

#### 4 × 400 m relay

#	Name	Time	Year	Meet	Venue	City
1	Ross, Retherford, S. Taulbee, Barth	4:33.88	2022	Rose City Mile	Duniway Track	Portland, OR
2	Yambra, Gokita, Gokita, Moriarty	4:36.82	2023	Rose City Mile	Jesuit High School	Beaverton, OR
3	Tokarski, Wetherbee, Leopold, A. Taulbee	5:05.06	2022	Rose City Mile	Duniway Track	Portland, OR

#### 4 × 800 m relay

#	Name	Time	Year	Meet	Venue	City
1	Rose City Track Club A	10:12.63	2020	Teddy Twilight	Roosevelt High School	Portland, OR
2	Barth, Wetherbee, Wysocki, Yurkish	10:21	2019	Teddy Twilight	Roosevelt High School	Portland, OR
3	Rose City Track Club C	10:25.21	2020	Teddy Twilight	Roosevelt High School	Portland, OR
4	Rose City Track Club B	11:15.47	2020	Teddy Twilight	Roosevelt High School	Portland, OR

## Cross Country

### 5k teams

#	Name	Average	Year	Meet	Venue	City
1	Yambra, Derstine, Snyder, Retherford, K. Gunvalson	21:08.4	2021	Stumptown Cross #3	Strawberry Island	North Bonneville, WA

### 6k teams

#	Name	Average	Year	Meet	Venue	City
1	Balmer, Barth, Bruns, Fuchs, Dickman, (McLean)	23:56.4	2022	Stumptown Cross #1	Fernhill Park	Portland, OR

### 8k teams

#	Name	Average	Year	Meet	Venue	City
1	Smith, Ward, Dickman, Steelman, Fuchs, (Mannava, Thomas, Wysocki)	33:31.3	2023	Stumptown Cross #3	Strawberry Island	North Bonneville, WA

## Combined

### Beer mile

#	Name	Time	Year	Race	Venue	City
1	Todd Moore	6:31.73	2023	Rose City Beer Mile	Fernhill Park	Portland, OR
2	Steve Tokarski	6:33.15	2023	Rose City Beer Mile	Fernhill Park	Portland, OR
3	Paul Balmer	6:43.68pr	2023	Rose City Beer Mile	Fernhill Park	Portland, OR
4	Ashlyn Taulbee	7:29	2023	Cider Mile		
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7						
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# Running distances contested

Number of times a Rose City athlete has competed at each distance.

Distance	Track	Indoor	XC	Road	Trail	Total
4 x 400 m relay	6					6
4 x 800 m relay	4					4
DMR	4					4
10 mile relay	6					6
800 m	3					3
1500 m	15					15
1 mile	69	3		1		73
Beer mile	4					4
2k steeplechase	1					1
3000 m	5					5
4k			1			1
3 mile			1	3		4
5k	29		96	165		290
3.5 mile				1		1
6k			81	1		82
4 mile			3	9		12
4.3 mile					1	1
7k				2		2
4.6 mile				1		1
4.7 mile					1	1
8k			56	56		112
5 mile				2	1	3
5.2 mile					1	1
5.4 mile					1	1
5.5 mile					2	2
5.6 mile					2	2
6 mile					5	5
6.1 mile				5		5
10k	6			96	4	106
Quarter marathon				2		2
6.8 mile					1	1
7 mile				1	1	2
12k				9		9
8 mile				1		1
15k				29		29
9.5 mile				2		2
10 mile				9		9
Half marathon	1			255	11	267
15 mile					1	1
25k					18	18

Distance	Track	Indoor	XC	Road	Trail	Total
17 mile					1	1
28k					2	2
30k					1	1
20 mile					5	5
22 mile					1	1
Marathon				159	2	161
50k				1	22	23
36 mile					1	1
50 mile					3	3
100k					4	4
100 mile					3	3

## Multi-sport distances contested

Number of times a Rose City athlete has competed at each distance.

Distance	Duathlon	Triathlon	Total
Sprint	2	7	9
Olympic		4	4
Ironman 70.3		5	5
Ironman		4	4