

## CLUB RECORDS

The top times of club members will be posted and updated as new times are recorded over each of the following distances - 2 Miles, 5K, 5 miles, 10K, 12K, 1/2 Marathon, Marathon, and 50K. We will accept times from verified courses only, dating back to 1999, when the club was founded. Proof of time is required. So dig out your old newspaper clippings and sort through the archives of your favorite race's Web site.

\*\*\*\*\*  
 \*\*\*\*\* **MEN** \*\*\*\*\*  
 \*\*\*\*\*

### Distance 2 Miles

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Corey Rigdon	2005	9:58	17	82.3	9:51 MHSAA Boys 3200M Run 3A
Cameron Sherrill	2006	10:16	18	79.1	10:15 MS State Academy Boys 3200M
Chad Dufrene	2007	10:25	40	81.1	9:59 PBP Predicted Time 2-Mile
Robin Ryder	2004	10:50	31	74.8	10:50 Hump Day Series
Nestor Raul Anzola	2007	13:28	42	63.7	12:43 PBP Predicted Time 2-Mile
Greg Barrett	2009	15:47	35	51.8	15:39 PBP Predicted Time 2-Mile
Aquilino Garcia	2006	15:49	34	51.3	15:48 PBP Predicted Time 2-Mile
Frank Barrett	2008	16:22	57	59.1	13:43 PBP Predicted Time 2-Mile
Mike Graham	2008	17:15	47	51.6	15:42 PBP Predicted Time 2-Mile

### Distance 5 K

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Alae-Eed Khannouchi	2005	15:35	20	83.3	15:35 SL&CR 5000M Invitational

Corey Rigdon	2005	16:16	17	80.9	16:02 Jingle Bell 5k Meridian, MS
Yousri Elmejdoubi	2005	16:17	30	79.7	16:17 Jingle Bell 5k Meridian, MS
Robin Ryder	2004	16:32	31	78.5	16:32 HubFest 5k
Brian Greenhoe	2010	16:33	21	78.4	16:33 Eastern Michigan Twilight Meet
Tony Sanford	2005	16:59	28	76.4	16:59 Petal YMCA 5k Celebration
Cameron Sherrill	2006	17:00	17	77.5	16:45 Run For Love
Chad Dufrene	2007	17:28	40	77.1	16:49 Twilight 5k Baton Rouge
Terry Lawhead	2009	17:35	42	77.8	17:35 Run For Love
Mostafa Khannouchi	2005	17:40	31	81.5	17:40 SL&CR 5000M Invitational
Jim Coll	2004	18:24	30	70.5	18:24 Kappa Delta Shamrock Run
Jerry Keywood	2000	18:26	40	73.1	17:44 St.Paddy's 5k
Richie Sumrall	2006	18:34	41	73.1	17:44 Kappa Delta Shamrock Run
John Grenn	2006	19:05	15	70.7	18:21 SL&CR 5000M Invitational
James Daniel	2009	19:09	36	68.8	18:57 St. Thomas 5k
Keith Barrett	2005	19:24	44	71.5	18:08 Hobble Then Gobble
John Oliveri	2006	19:33	32	66.4	19:33 Kick for Kids, Columbia, MS
Mike Barnes	2005	19:41	40	68.5	18:57 SL&CR 5000M Invitational
Ray Henderson	2007	19:44	36	66.4	19:32 Jingle Bell 5k Meridian, MS
Phillip Wedgeworth	2003	19:46	52	74.7	17:22 Cltl Cntr Clsc, Madison, MS
Ben Hughes	2001	19:54	33	65.1	19:54 Lake Caroline Duathlon
Stephen Stetelman	2006	20:45	17	70.1	20:32 SL&CR 5000M Invitational
Running Bear	2002	20:50	64	79.1	16:24 Old Time Festival
Keith Hilpp	2006	20:54	34	62.1	20:54 Ellisville Fest 5k
Steve Ulery	2006	20:57	57	73.5	17:38 William Carey FCA 5k
Nestor Raul Anzola	2007	21:07	43	65.2	19:53 So. Jones Band of Braves 5k
Jay Keywood	2000	21:08	13	66.1	19:38 Watermelon 5k
Charley Morgan	2007	21:26	31	60.5	21:26 So. Jones Band of Braves 5k
Aquilino Garcia	2009	21:50	35	59.6	21:45 Spring Dash 5K
Eric Weill	2008	21:55	53	67.9	19:06 Rotary Fest 5k Ellisville
Kelton Turner	2006	21:57	29	59.1	21:57 So. Jones Band of Braves 5k
Charles Jackson	2006	22:38	45	61.8	21:00 So. Jones Band of Braves 5k
Tate Ryder	2009	24:11	8	68.2	19:02 St. Thomas 5k
Andrew Maxwell	2006	24:15:00	37	54.4	23:50 Kick for Kids, Columbia, MS
Bo Henderson	2009	24:26:00	9	64.4	1:55 SouthGroup 5k
Frank Barrett	2008	25:34:00	57	60.3	21:32 Rotary Fest 5k Ellisville
Greg Barrett	2009	26:20:16	35	49.4	2:14 Labor Your Legs 5K H'burg, MS
Mike Graham	2009	27:16:00	48	52.5	24:44 Spring Dash 5K

Jim Grenn	2006	24:55:00	12	57.4	22:37 Run For Love
John Lintner	2005	25:45:00	27	50.4	0:25:45 Eagle 5k
Bo Henderson	2008	27:27:00	8	60.1	21:36 Greene Co. Relay for Life

### Distance 8k

Brian Greenhoe	2008	26:37:00	19	80.5	26:37:00 Bowling Green Falcon Invitational 8k
----------------	------	----------	----	------	---

### Distance 5 Miles

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Jerry Keywood	2000	29:01:00	40	76	28:02:00 Governor's Cup
Terry Lawhead	2011	29:45:00	45	77	27:43:00 Hobble Then Gobble
Jim Coll	2006	30:44:00	32	69.4	30:44:00 Hobble Then Gobble
John Oliveri	2006	31:22:00	32	68	31:22:00 Hobble Then Gobble
Mike Barnes	2006	32:17:00	42	69.3	30:45:00 Hobble Then Gobble
John Caleb Grenn	2006	32:38:00	16	67.6	31:31:00 Hobble Then Gobble
Jay Keywood	2000	32:43:00	13	70.2	30:22:00 Governor's Cup
Neil Solomon	2008	33:07:00	49	71.2	29:55:00 Hobble Then Gobble
Keith Barrett	2006	33:22:00	45	68.6	33:22:00 Hobble Then Gobble
Cody Garcia	2006	33:26:00	22	63.8	33:26:00 Hobble Then Gobble
Phillip Wedgeworth	2006	34:10:00	55	72.5	29:23:00 Hobble Then Gobble
Ed Curtis	2006	34:36:00	48	67.7	31:30:00 Hobble Then Gobble
Keith Hilpp	2006	35:13:00	34	60.5	35:13:00 IHR Thanksg. Day Run Lou.KY
Aquinlino Garcia	2006	35:33:00	33	60	35:33:00 Hobble Then Gobble
Steve Ulery	2005	35:54:00	57	70.3	30:20:00 Autumnfest, Knoxville, TN
Nestor Raul Anzola	2007	36:38:00	43	61.5	34:38:00 Hobble Then Gobble
Kasey Bridges	2006	37:05:00	26	57.5	37:05:00 Hobble Then Gobble
Kelton Turner	2006	37:39:00	29	56.6	37:39:00 Hobble Then Gobble
Eric Weill	2008	38:12:00	53	63.8	33:25:00 Hobble Then Gobble
Mike Graham	2008	48:43:00	48	48	44:21:00 Hobble Then Gobble

### Distance 10 K

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Ysouri Elmejdoubi	2000	29:22:00	23	91.9	29:22:00 Azalea Trail Run, Mobile, AL

Robin Ryder	2004	34:55:00	31	77.3	34:55:00 Azalea Trail Run, Mobile, AL
Mostafa Khannouchi	2006	37:13:00	32	72.5	37:13:00 Azalea Trail Run, Mobile, AL
Terry Lawhead	2005	37:33:00	39	73.7	36:36:00 Autumn Breeze Shreveport, LA
Jim Coll	2004	38:19:00	30	70.4	38:19:00 Azalea Trail Run, Mobile, AL
John Oliveri	2006	39:48:00	32	67.8	39:48:00 Food World Senior Bowl, AL
Keith Barrett	2006	39:54:00	45	72.4	37:14:00 Azalea Trail Run, Mobile, AL
Mike Barnes	2004	40:52:00	39	67.7	39:50:00 New Yrs Day Resolution Run
Ray Henderson	2009	43:20:00	38	63.4	42:32:00 Bob Coleman Winter Run 10K Clinton, MS
Bill Gasparrini	2006	43:33:00	54	71.3	37:50:00 Azalea Trail Run, Mobile, AL
Phillip Wedgeworth	2001	43:11:00	50	69.6	38:47:00 Pass to Bay 10K
Steve Ulery	2006	43:52:00	57	72.6	37:08:00 Food World Senior Bowl, AL
Nestor Raul Anzola	2007	44:13:00	42	63.9	42:11:00 Crescent City Classic New Orl
Jay Keywood	2000	45:09:00	13	64.4	41:51:00 300 Oaks 10k
Tony Mazingo	2006	45:48:00	43	62.2	43:23:00 Azalea Trail Run, Mobile, AL
Keith Hilpp	2006	46:27:00	34	58.1	46:27:00 Azalea Trail Run, Mobile, AL
Aquillino Garcia	2007	47:53:00	34	56.3	47:53:00 Crescent City Classic New Orl
Andrew Maxwell	2006	54:25:00	37	50.1	53:47:00 Food World Senior Bowl, AL
Running Bear	2005	54:27:00	67	64.7	41:43:00 Winter Sun, Moab, UT
Richard Sims	2006	55:19:00	54	56.1	48:04:00 Azalea Trail Run, Mobile, AL
Kelton Turner	2007	57:00:00	29	47.3	57:00:00 Crescent City Classic NO, LA
Frank Barrett	2010	1:01	59	53.2	50:43:00 Bob Coleman Winter Run 10K Clinton, MS

### Distance 12k 7.46

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Robin Ryder	2005	43:36:00	33	75	43:36:00 Steam Whistle
Corey Rigdon	2005	45:15:00	17	73.9	44:15:00 Steam Whistle
Terry Lawhead	2011	45:38:00	45	76.63	42:41:00 Steam Whistle
Jim Coll	2006	47:38:00	32	68.6	47:38:00 Steam Whistle
Mike Barnes	2005	48:37:00	41	69.9	46:48:00 Steam Whistle
Richie Sumrall	2005	49:25:00	41	68.7	47:34:00 Steam Whistle
Keith Barrett	2005	49:26:00	45	70.7	46:14:00 Steam Whistle
James Daniel	2010	49:38:00	37	66.6	49:08:00 Steam Whistle

Phillip Wedgeworth	2005	54:31:00	53	68.3	47:51:00	Steam Whistle
Steve Ulrey	2005	54:35:00	57	70.6	46:18:00	Steam Whistle
Keith Hilpp	2005	56:22:00	33	58	56:22:00	Steam Whistle
Nestor Raul Anzola	2009	56:50:00	44	61.1	53:32:00	Steam Whistle
Charley Morgan	2008	57:11:00	31	57.2	57:11:00	Steam Whistle
Kily Garcia	2009	58:15:00	35	56.1	58:15:00	Steam Whistle
John Harsh	2005	59:38:00	58	65.2	50:08:00	Steam Whistle
Charles Jackson	2005	1:03:59	44	54.3	1:00:16	Steam Whistle
Frank Barrett	2008	1:14	57	52.1	1:02:46	Steam Whistle

### Distance 15k 9.3

Terry Lawhead	2005	58:54:00	39	71.9	57:38:00	Revel Run Shreveport, LA
---------------	------	----------	----	------	----------	--------------------------

### Distance 20k 12.4

Aquilino Garcia	2009	1:53:56	35	49.6	1:53:56	Mississippi 50 Trail Run
Kelton Turner	2009	2:26:29	31	38.5	2:26:29	Mississippi 50 Trail Run
Frank Barrett	2009	2:41:52	58	41.2	2:16:47	Mississippi 50 Trail Run

### Distance Half

### Age Grading

Name	Year	Actual Time	Age	WAVA%	WAVA Time Reference
Anthony Stricker	2012	1:17:55	19	77.5	1:16:57 Ole Man River Half Marathon
Robin Ryder	2002	1:19:02	30	75.5	1:19:02 El Paso Houston Half Marathon
Terry Lawhead	2011	1:23:30	45	76	1:18:31 Run For Life Madison, MS
James Daniel	2012	1:27:13	39	69.7	1:25:38 Rock N Roll New Orleans
Jim Coll	2006	1:29:14	32	66.8	1:29:14 First Light Half Marathon
Keith Barrett	2006	1:29:22	45	71	1:24:02 First Light Half Marathon
Neil Solomon	2008	1:32:40	49	70.6	1:24:31 Cellular South Half Marathon
Mike Barnes	2005	1:34:50	41	65	1:31:48 MS Coast Half Marathon
Nestor Raul Anzola	2009	1:39:14	44	63.5	1:34:00 Mardi Gras Marathon
Steve Ulrey	2006	1:39:30	57	70.3	1:24:53 First Light Half Marathon
Running Bear	1999	1:40:26	61	72.2	1:22:36 Space Station Half Marathon
Keith Hilpp	2006	1:42:11	34	58.4	1:42:11 St. Jude Memphis Half Mrthn
Charles Jackson	2015	1:44:46	53	64.5	1:32:31 Louisiana Half Marathon

Ben Hughes	2001	1:48:38	33	54.9	1:48:38 Mardi Gras Half Marathon
Ray Henderson	2008	1:49:22	37	54.8	1:48:53 MS Coast Half Marathon
Jay Keywood	2000	1:51:49	13	58	1:42:51 Madison Half Marathon
Jerry Defatta	2008	1:51:55	30	53.3	1:51:55 Mardi Gras Marathon
Eric Weill	2008	1:53:02	53	59.76	1:39:49 St. Jude Memphis Half Mrthn
Aquilino Garcia	2008	1:55:00	34	51.9	1:55:00 Mardi Gras Marathon
Scott Martin	2008	1:56:25	32	51.2	1:56:25 Mardi Gras Marathon
Adam Hays	2012	1:57:45	33	50:66	1:57:45 Rock N Roll New Orleans
Kelton Turner	2006	2:11:41	29	45.3	2:11:41 St. Jude Memphis Half Mrthn

### Distance 25K 15.6

James Daniel	2010	1:46:57	37	52.9	1:46:25 Larry Fuselier 25K Championship
--------------	------	---------	----	------	---

### Distance 30K 18.64

James Daniel	2010	2:09:21	37	67.2	3:08:44 "The Wall" LA State 30K Championship
--------------	------	---------	----	------	--

### Distance Marathon

### Age Grading

Name	Year	Actual Time	Age	WAVA%	WAVA Time Reference
Robin Ryder	2004	2:52:49	32	73.4	2:52:49 Houston Marathon
Anthony Stricker	2012	2:58:40	19	71.7	2:56:47 Pensacola Marathon
Terry Lawhead	2011	3:04:34	45	72.4	2:55:05 St. Jude Memphis Marathon
Jim Coll	2006	3:07:30	31	67.6	3:07:30 Houston Marathon
James Daniel	2010	3:08:44	37	67.2	3:08:44 Mardi Gras Rock N Roll Marathon
Keith Barrett	2005	3:20:02	44	66.4	3:11:09 St. Jude Memphis Marathon
Nestor Raul Anzola	2009	3:33:28	44	62.2	3:23:59 Pensacola Marathon
Phillip Wedgeworth	2006	3:44:14	55	64.5	3:16:30 St. Jude Memphis Marathon
Steve Ulrey	2006	3:47:25	57	64.8	3:15:48 Pensacola Marathon
Aquilino Garcia	2008	3:49:52	35	55.17	3:49:52 Las Vegas Marathon
Charley Morgan	2007	4:11:51	31	50.3	4:11:51 St. Jude Memphis Marathon
Ben Hughes	1999	4:41:46	31	45	4:41:46 Mardi Gras Marathon

## Marathon Relay

Name	Year	Time	Age	WAVA%	Time Reference
Pine Belt Pacer Hares	2009	2:59			MS Blues-Terry L, Keith B, Jodi T, Neil S,Jeff H
Hub City Hotties	2008	3:09:01			Mercedes-RobinR, KimR, JoniD, JodiL
Pine Belt Pacer Oldtimers	2008	3:11:34			1st Light-VickiC, AudreyJ, SherylC, TerryL., NestorA
Pine Belt Pacer Blue	2009	3:28:32			1st Light CharlesJ., AndyM., JodieL., GinnyD., Nestor
Pine Belt Pacer Red	2009	3:31:02			1st Light NeilS., ChristyT., KeltonT, JustinH., TerryI.
Pine Belt Pacer	2007	3:33:18			1st Light-BeckyR, ChirssyH., AshleyB, JimC., NestorA
PineB. Pacer Youngtimers	2008	3:37:03			1st Light-ChrissyH, JodiL, AndrewM, KeltonT, TerryI
Pine Belt Pacer Turtles	2009	3:45:31			MS Blues - Andrew, Kily, Deborah, Terry I. Nestor
Pine Belt Pacer	2006	4:17:44			1st Light-DeedreC., DanaC., DawnS., JoniD, Nestor A

## Distance 50k 31.07

Name	Year	Actual Time	Age	Age Grading	
				WAVA	Time Reference
Running Bear	2002	6:02:16	63	51.8	4:55:29 Mississippi Trail 50

\*\*\*\*\*  
 \*\*\*\*\* **WOMEN** \*\*\*\*\*  
 \*\*\*\*\*

## Distance 2 Miles

Name	Year	Actual Time	Age	Age Grading	
				WAVA	Time Reference
Ginny Dufrene	2008	14:41	40	64.51	13:55 PBP Predicted Time 2-Mile
Becky Ryder	2004	17:06	59	66.2	13:55 PBP Predicted Time 2-Mile

Jen Torres	2008	20:22	44	48.1	18:40 PBP Predicted Time 2-Mile
Jennifer Henderson	2008	24:25:00	34	36.9	0:24:17 Run For Hope Meridian

### Distance 5 K

### Age Grading

Name	Year	Actual Time	Age	WAVA%	WAVA Time Reference
Deb Osteen	2006	19:11	26	75	19:11 Labor Your Legs 5k
Sheryl Chatfield	2009	18:51	47	85.1	16:55 Oak Grove Festival 5k
Kim Ryder	2005	21:11	31	68	21:11 Hobble then Gobble
Joni Dunbar	2006	21:19	32	67.5	21:19 Labor Your Legs 5k
Jodie Lee	2008	22:06	34	65.2	22:05 Rotary Fest 5k Ellisville
Terri Ward	2012	22:20	32	64.4	22:20 Pumpkin Dash 5k
Audrey Jackson	2006	22:27	45	70.2	20:30 Labor Your Legs 5k
Ginny Dufrene	2012	22:51	44	68.39	21:03 Pumpkin Dash 5k
Vicki Copeland	2008	22:53	57	77.2	18:39 USM Homecoming Race
Amy Keywood	2000	23:00	43	67.4	21:22 Watermelon 5k
Kelly Spiers	2008	23:05	38	64.4	22:21 Ellisville Fest 5k
Laura Anderson	2009	23:08	32	62.2	23:08 Oak Grove Festival 5k
Chrissy Herrington	2006	23:27	28	61.4	23:27 Labor Your Legs 5k
Ashley Bailey	2006	23:37	21	61	23:37 William Carey FCA 5k
Becky Ryder	1999	23:53	54	71.7	20:05 Old Time Festival 5K
Dana Christensen	2006	23:55	31	60.2	23:55 Pursuit of Fitness 5k Gulfport
Nikki Young	2012	23:57	31	60.1	23:57 Pumpkin Dash 5k
Dawn Smith	2005	24:03:00	32	59.9	24:03:00 Kappa Delta Shamrock Run
Sarah Stetelman	2004	24:19:00	13	63	22:50 Hubfest
Robbie Headrick	2010	26:10:00	54	65.4	22:00 Ellisville Rotary Fest 5k
Jen Torres	2011	26:45:00	45	58.9	24:26:00 8Th Race Into the New Y., Rohoboth, DE
Donna Sumrall	2006	26:54:00	47	59.6	24:08:00 Ellisville Fest 5k
Christy Turner	2009	28:08:00	36	52	27:40:00 Bobcat 5k
Brandy Windham	2006	28:34:00	27	50.4	28:34:00 St. Paddy's Day Jackson, MS
Nadine Archuleta	2006	29:13:00	48	55.4	25:59:00 St. Paddy's Day Jackson, MS
Jamie Walker	2008	29:29:00	28	48.8	29:29:00 USM Homecoming Race
Mitzi Lawhead	2008	29:56:00	41	50.9	28:17:00 Franklin Classic 5k Franklin, TN
Deborah Barrett	2006	32:57:00	42	46.6	32:57:00 The Race is On, Temple Bapt.
Charlena Thornton	2006	33:52:00	39	44.3	32:31:00 Run For Love
Susan Davidson	2009	33:59:00	48	47.6	30:13:00 Ellisville Rotary Run
Donna Davis	2006	34:19:00	47	46.7	30:48:00 Run For Love



Melissa Ravencraft	2009	37:58:00	37	38.9	37:03:00 Eagle Run 5k
Jennifer Henderson	2008	39:10:00	35	37.1	38:50:00 Jingle Bell Run Meridian
Faith Barrett	2009	51:30:04	31	27.9	51:30:00 Labor Your Legs 5k Walk

## Distance 5 Miles

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Sheryl Chatfield	2006	31:41:00	44	80.7	29:18:00 Hobble Gobble 5 miler
Vicki Copeland	2008	38:30:00	57	75	31:32:00 Hobble Gobble 5 miler
Amber Keene	2007	38:33:00	28	61.3	38:33:00 Hobble Gobble 5 miler
Ginny Dufrene	2011	38:57:00	42	64.54	36:39:00 Oh What a Beautiful Day to Run
Terri Ward	2011	39:45:00	31	59.5	39:45:00 Hobble Gobble 5 miler
Donna Sumrall	2006	46:32:00	47	56.4	41:56:00 Hobble Gobble 5 miler
Christy Turner	2006	47:14:00	33	50.1	47:14:00 Hobble Gobble 5 miler
Jen Torres	2008	49:32:00	44	51.6	45:49:00 Hobble Gobble 5 miler
Susan Davidson	2009	1:02:51	48	42.1	56:08:00 Hobble Gobble 5 miler

## Distance 10 K

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Sheryl Chatfield	2009	39:58:00	47	82.9	36:06:00 Oxford Double Decker Spr Run
Joni Dunbar	2006	45:57:00	33	65.1	45:57:00 Azalea Trail Run, Mobile, AL
Kim Ryder	2006	46:59:00	31	63.7	46:59:00 Azalea Trail Run, Mobile, AL
Ginny Dufrene	2011	47:20:00	43	67.6	44:15:00 Senior Bowl 10K Mobile, AL
Terri Ward	2012	47:57:00	31	62.4	47:57:00 Azalea Trail Run, Mobile, AL
Audrey Jackson	2006	48:21:00	45	67.3	44:27:00 Food World Senior Bowl, AL
Amy Keywood	2000	48:22:00	44	66.7	44:50:00 Natchez Trace 10K
Ashley Bailey	2006	49:03:00	21	61	49:03:00 Bob Coleman 10K
Becky Ryder	1999	49:36:00	54	71.3	41:59:00 Conoco Rodeo 10K
Vicki Copeland	2006	49:55:00	55	71.5	41:50:00 Azalea Trail Run, Mobile, AL
Chrissy Herrington	2006	52:11:00	27	57.3	52:11:00 Azalea Trail Run, Mobile, AL
Laura Anderson	2009	52:06:00	31	57.4	52:06:00 Azalea Trail Run, Mobile, AL
Dawn Smith	2006	54:48:00	33	54.6	54:48:00 Azalea Trail Run, Mobile, AL

Robbie Headrick	2009	55:13:00	53	63.4	47:11:00	Azalea Trail Run, Mobile, AL
Brandy Windham	2006	57:23:00	27	52.1	57:23:00	Azalea Trail Run, Mobile, AL
Dana Christensen	2006	58:01:00	31	51.6	58:01:00	Azalea Trail Run, Mobile, AL
Donna Sumrall	2006	58:51:00	47	56.3	53:10:00	Food World Senior Bowl, AL
Christy Turner	2007	59:45:00	33	50.1	59:45:00	Crescent City Classic New Orleans, LA
Nadine Archuleta	2006	1:02:40	48	53.3	56:06:00	Azalea Trail Run, Mobile, AL
Deedre' Coll	2006	1:05:06	32	46	1:05:06	Azalea Trail Run, Mobile, AL
Deborah Barrett	2006	1:06:16	42	47.9	1:02:29	Azalea Trail Run, Mobile, AL
Susan Davidson	2009	1:21:06	48	41.2	1:12:36	Crescent City Classic New Orleans, LA

### Distance 12k 7.46

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Joni Dunbar	2006	53:59:00	33	67.1	0:53:29 Steam Whistle
Ginny Dufrene	2011	56:39:00	43	68.33	0:53:04 Steam Whistle
Kim Ryder	2005	57:07:00	30	63.5	0:57:07 Steam Whistle
Audrey Jackson	2005	58:20:00	44	66.9	0:54:10 Steam Whistle
Dawn Smith	2008	59:02:00	34	61.4	0:59:02 Steam Whistle
Vicki Copeland	2008	59:06:00	56	73.8	0:49:07 Steam Whistle
Kelly Spiers	2009	1:00:30	38	61.4	0:59:02 Steam Whistle
Ashley Bailey	2005	1:00:46	21	59.7	1:00:46 Steam Whistle
Chrissy Herrington	2005	1:03:35	27	57	1:03:35 Steam Whistle
Robbie Headrick	2010	1:06:39	54	64.14	0:56:31 Steam Whistle
Dana Christensen	2005	1:07:47	31	53.5	1:07:47 Steam Whistle
Becky Ryder	2006	1:06:58	62	69.5	0:52:10 Steam Whistle
Susan Davidson	2010	1:36:59	48	41.7	1:26:59 Steam Whistle

### Distance 10 Miles

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Terri Ward	2012	1:20:10	31	61.6	1:20:10 RC Cola & Moon Pie 10 miler
Ginny Dufrene	2012	1:24:18	44	62.9	1:18:31 RC Cola & Moon Pie 10 miler
Audrey Jackson	2012	1:30:15	51	62.5	1:19:01 RC Cola & Moon Pie 10 miler

Vicki Copeland	2012	1:32:49	61	67	1:13:25 RC Cola & Moon Pie 10 miler
----------------	------	---------	----	----	-------------------------------------

### Distance 20K 12.4

Name	Year	Time	Age	WAVA%	Time Reference
Kelly Spiers	2008	2:09	37	48.7	2:07:32 54
Christy Turner	2009	2:33:46	35	40.4	2:33:46 Mississippi Trail 50

### Distance Half Marathon

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Sheryl Chatfield	2006	1:27:50	44	80.2	1:22:03 MS Coast Half Marathon
Kim Ryder	2009	1:40:16	35	65.6	1:40:16 St. Jude Memphis Marathon
Terri Ward	2013	1:41:44	32	64.7	1:41:44 Mercedes Half Marathon B'ham
Laura Anderson	2010	1:43:18	32	63.7	1:43:18 Rock N Roll Mardi Gras New Orleans
Ginny Dufrene	2013	1:43:55	44	67.1	1:38:01 Mercedes Half Marathon B'ham
Joni Dunbar	2005	1:45:41	32	62.3	1:45:41 St. Jude Memphis Marathon
Vicki Copeland	2005	1:49:59	54	70.1	1:33:51 Houston Half Marathon
Ashley Bailey	2005	1:50:51	21	59.4	1:50:51 MTC Half Marathon
Audrey Jackson	2009	1:53:51	48	64.1	1:42:43 Renaissance Half Marathon
Dawn Smith	2005	1:53:51	31	57.8	1:53:51 Houston Half Marathon
Dana Christensen	2006	1:56:59	31	56.2	1:56:59 Pensacola Half Marathon
Kelly Spiers	2008	2:01:22	38	55.2	1:59:06 Cellular South Half Madison
Jennifer Torres	2010	2:09:34	45	55	1:59:34 Stennis Half Marathon
Becky Ryder	2004	2:09:52	59	62.5	1:45:17 Deadwood, SD Half Marathon
Robbie Headrick	2009	2:10:12	53	58.7	1:52:10 Seaside Half Marathon
Christy Turner	2006	2:11:43	33	50	2:11:43 St. Jude Memphis Marathon
Terri Woolbright	2000	2:12:43	56	59.3	1:51:01 Madsion Half Marathon
Jamie Walker	2007	2:24:20	27	45.6	2:24:20 St. Jude Memphis Marathon
Susan Davidson	2010	2:55:26	48	41.6	2:38:16 Houston Half Marathon
Donna Blair	2008	3:10:57	61	43.4	2:31:28 Mardi Gras Half Marathon

### Distance 30K 18.64

Name	Year	Time	Age	WAVA%	Time Reference
Ginny Dufrene	2011	2:42:00	42	62	2:34:33 The Wall 30K

Jennifer Torres	2011	3:19:13	45	51.7	3:05:22 The Wall 30K
-----------------	------	---------	----	------	----------------------

### Distance Marathon

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Deb Osteen	2005	3:18:44	25	69.9	3:18:44 ING Amerstdam Marathon
Sheryl Chatfield	2006	3:37:27	44	67.7	3:25:03 Andrew Jackson Marathon, TN
Joni Dunbar	2006	3:41:00	32	62.8	3:41:00 Mardi Gras Marathon
Terri Ward	2012	3:41:34	32	62.7	3:41:34 Chicago Marathon
Ginny Dufrene	2012	3:43:28	44	65.9	3:30:43 Top of Utah, Logan, UT
Kim Ryder	2005	3:43:50	31	62	3:43:50 Sin City Mrthn, Las Vegas, TN
Amber Keene	2008	3:51:44	29	59.9	3:51:44 ING New York City, NY
Vicki Copeland	2006	4:04:01	54	66	3:30:21 Houston Marathon
Dawn Smith	2007	4:06:00	34	56.2	4:06:49 Philadelphia Marathon
Jodie Lee	2008	4:22:49	34	52.8	4:22:49 Dallas White Rock Marathon
Ashley Bailey	2005	4:25:36	21	52.3	4:25:36 St. Jude Memphis Marathon
Jennifer Torres	2011	4:44:15	46	52.7	4:23:32 Baton Rouge Beach Marathon
Kelly Spiers	2009	5:09:57	38	45.2	5:06:54 Country Music Marathon
Jamie Walker	2008	5:41:26	27	40.7	5:41:26 MS Blues Marathon

### Distance 50K 31.07

Name	Year	Actual Time	Age	Age Grading	
				WAVA%	WAVA Time Reference
Jennifer	2011	7:58:30	45	37.3	7:28:40 MS 50 Trail, 50K

### 1 Hour on the Track

Name	Year	Actual Time	Age	Miles	
				Covered	Mile Pace Reference
Becky Ryder	2010	1:00	65	6.41	9:41 One Hour Track Run Russellville, AR