

# Blue Lake "Swan Course" 10K Records (1972~2019)

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## 10K

### MEN 0-14

1 Jared Hilligoss	37:23 (08)
2 Shaun Lyle	40:15 (95)
3 RJ Richard	40:40 (10)
4 Jared Hilligoss	42:43 (07)
5 Jadon Bruckner	43:23 (15)

### MEN 15-19

1 Chris Douville	32:56 (89)
2 Brian Nunes	33:16 (89)
3 Mike Williams	33:21 (78)
4 John Steffens	33:48 (88)
5 Matt Holloway	33:50 (88)

### MEN 20-29

1 Tony Munoz	31:46 (78)
2 Hersh Jenkins	31:48 (75)
3 Chris DeFazio	31:56 (74)
4 Kevin Riley	32:01 (89)
5 Chuck Smead	32:02 (72)

### MEN 30-39

1 Greg Heistuman	31:19 (89)
2 Jim Howard	32:06 (85)
3 Mike Holt	32:31 (85)
4 Jim Lovejoy	32:48 (80)
5 Harry Cottrell	32:51 (76)

### MEN 40-49

1 John Zinselmeir	32:05 (89)
2 James Washington	33:34 (94)
3 Howard Labrie	33:46 (90)
4 Mike Holt	33:58 (90)
4 Ed Ferranto	33:58 (90)

### MEN 50-59

1 John Zinselmeir	35:09 (97)
2 John Petersen	37:19 (89)
3 James Washington	37:35 (07)
4 Hal Jackson	38:03 (85)
5 George Herd	38:26 (88)

### MEN 60-69

1 John Zinselmeir	37:59 (08)
2 Dave Ryan	41:17 (17)
3 Ted Ruprecht	43:14 (88)
4 Bob Thompson	44:24 (10)
5 Yoshi Uemura	44:58 (15)

### MEN 70-79

1 Bob Peck	48:12 (19)
2 Ted Ruprecht	48:44 (98)
3 Tom Martin	54:26 (18)
4 Ron Ross	56:59 (11)
5 Ken Young	59:38 (12)

### MEN 80-89

1 Ed Taylor	1:21:46 (08)
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### MEN 90-99

1 John Norberg	1:46:20 (16)
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### WOMEN 0-14

1 Yasmine White	42:52 (03)
2 Cloe Komoroski	57:53 (96)
3 Dana Lester	1:04:22 (06)
4 Campbell Ashby	1:22:41 (12)
5 Malani Gienger-Nelson	1:30:39 (12)

### WOMEN 15-19

1 Morgin Coonfield	45:40 (15)
2 Sophia Haag	51:32 (16)
3 Kym Eagen	56:48 (93)
4 Anni Kelly-Day	57:53 (96)
5 Jane Swingrover	1:00:01 (84)

### WOMEN 20-29

1 Marilyn Taylor	39:38 (76)
2 Megan Rolland	39:51 (12)
3 Erin Weiner	41:06 (05)
4 Georgette Cooper	42:47 (81)
5 Erin Twomey	42:58 (84)

### WOMEN 30-39

1 Dolores Bergman	36:32 (06)
2 Mary Pincini-Wells	38:00 (86)
3 Judy Peltier	38:30 (84)
4 Tami Jaegel	39:08 (00)
5 Flossie Horgan	40:22 (79)

### WOMEN 40-49

1 Tami Beall	40:20 (16)
2 Karen Kelley-Day	41:30 (94)
3 Christine Mateer	42:41 (08)
4 Rachele Gundlach	43:56 (15)
5 Gayle Kerstetter	44:20 (79)

### WOMEN 50-59

1 Tami Beall	41:41 (18)
2 Mary Wells	45:32 (12)
3 Chris Hamer	46:45 (07)
4 Marlene Allen	49:37 (08)
5 Caroline Carson	50:40 (19)

### WOMEN 60-69

1 Lanore Bergenske	46:12 (18)
2 Mary Wells	49:03 (17)
3 Lynn Lawrence	59:59 (94)
4 Portia Matheson	1:02:32 (11)
5 Chris Hamer	1:02:38 (19)

### WOMEN 70-79

1 Lynn Lawrence	1:06:18 (05)
2 Theresa Burger	1:19:12 (07)

### WOMEN 80+