

IRRC MEMBER RACE STATS 2024

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------|----------|---------|---------|-----------------------------|----------------|-------|-----------|
| Stacey Mytrysak | 2 Mile | 0:26:50 | 0:13:25 | Race Of Champions 2 Mile | Altoona | PA | 4/6/2024 |
| Dean Banko | 5K | 0:17:50 | 0:05:45 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Dean Banko | 5K | 0:17:57 | 0:05:47 | Shamrock Run 5K | Cranberry | PA | 3/2/2024 |
| Dean Banko | 5K | 0:18:01 | 0:05:49 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Dean Banko | 5K | 0:18:06 | 0:05:50 | Bunny Dash 5K | Portage | PA | 3/30/2024 |
| Dean Banko | 5K | 0:18:21 | 0:05:55 | Ellport Boro Community 5K | Ellwood City | PA | 3/2/2024 |
| Dean Banko | 5K | 0:18:25 | 0:05:56 | Boston Trail 5K | Boston | PA | 4/13/2024 |
| Dean Banko | 5K | 0:18:44 | 0:06:03 | March Mad Dash 5K | Allison Park | PA | 3/9/2024 |
| Grant Cruse | 5K | 0:19:03 | 0:06:09 | Quota Club 5K | Indiana | PA | 6/1/2024 |
| Kaiden Branan | 5K | 0:19:07 | 0:06:10 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Dean Banko | 5K | 0:19:12 | 0:06:12 | Elderton 5K | Elderton | PA | 5/17/2024 |
| Dean Banko | 5K | 0:19:20 | 0:06:14 | Gabriel Lee Friedline 5K | Bedford | PA | 5/26/2024 |
| Grant Cruse | 5K | 0:19:34 | 0:06:19 | Bill & Jill Memorial 5K | South Fork | PA | 6/15/2024 |
| Grant Cruse | 5K | 0:19:51 | 0:06:24 | Stoyestown Anniv. 5K | Stoyestown | PA | 6/8/2024 |
| Grant Cruse | 5K | 0:20:09 | 0:06:30 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Dean Banko | 5K | 0:20:24 | 0:06:35 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Grant Cruse | 5K | 0:20:38 | 0:06:39 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Grant Cruse | 5K | 0:20:48 | 0:06:43 | Icefest Freeze Your Ice Off | Chamberburg | PA | 1/28/2024 |
| Tammy Slusser | 5K | 0:20:51 | 0:06:44 | Carnegie 5K | Carnegie | PA | 4/27/2024 |
| Joe Ankney | 5K | 0:20:52 | 0:06:44 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Grant Cruse | 5K | 0:21:30 | 0:06:56 | St. Thomas Church 150th | Johnstown | PA | 3/30/2024 |
| Caleb Fruscello | 5K | 0:21:31 | 0:06:56 | Brentwood Firecracker 5K | Pittsburgh | PA | 7/4/2024 |
| Grant Cruse | 5K | 0:21:37 | 0:06:58 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Tammy Slusser | 5K | 0:21:50 | 0:07:03 | Rails To Trails 5K | Barnesville | OH | 5/18/2024 |
| Ray Guzic | 5K | 0:22:04 | 0:07:07 | Firecracker 5K | Rehoboth Beach | DE | 7/6/2024 |
| Herb Cratty | 5K | 0:22:53 | 0:07:23 | Muskie 5K | Jamestown | PA | 5/8/2024 |
| Laura Yevchak | 5K | 0:22:57 | 0:07:24 | Neptune Fire Dept. 5K | Tyrone | PA | 6/15/2024 |
| Grant Cruse | 5K | 0:23:12 | 0:07:29 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Laura Yevchak | 5K | 0:23:15 | 0:07:30 | Bunny Dash 5K | Portage | PA | 3/30/2024 |
| Zach Collins | 5K | 0:23:17 | 0:07:31 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Herb Cratty | 5K | 0:24:08 | 0:07:47 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |

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|-----------------------|-----------------|-------------|-------------|-----------------------------|-----------------|--------------|-------------|
| Laura Yevchak | 5K | 0:24:08 | 0:07:47 | City Dogs Run Cleveland 5K | Cleveland | OH | 6/22/2024 |
| Tommy Kauffman | 5K | 0:24:43 | 0:07:58 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Denny Cruse | 5K | 0:24:54 | 0:08:02 | Quota Club 5K | Indiana | PA | 6/1/2024 |
| Andy See | 5K | 0:24:58 | 0:08:03 | Quota Club 5K | Indiana | PA | 6/1/2024 |
| Kosie Shepherd-Porada | 5K | 0:25:25 | 0.00569 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Denny Cruse | 5K | 0:25:47 | 0:08:19 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Denny Cruse | 5K | 0:25:47 | 0:08:19 | Path Of The Flood 5K | Johnstown | PA | 5/24/2024 |
| Kosie Shepherd-Porada | 5K | 0:26:00 | 0:08:23 | Quota Club 5K | Indiana | PA | 6/1/2024 |
| Denny Cruse | 5K | 0:26:02 | 0:08:24 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Denny Cruse | 5K | 0:26:05 | 0:08:25 | Icefest Freeze Your Ice Off | Chamberburg | PA | 1/28/2024 |
| Noreen See | 5K | 0:26:12 | 0:08:27 | Quota Club 5K | Indiana | PA | 6/1/2024 |
| Denny Cruse | 5K | 0:26:29 | 0:08:33 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Kosie Shepherd-Porada | 5K | 0:26:38 | 0:08:35 | Butler's Back The Blue 5K | Butler | PA | 5/19/2024 |
| Kosie Shepherd-Porada | 5K | 0:26:39 | 0:08:36 | Race Of Champions 5K | Altoona | PA | 4/6/2024 |
| Kosie Shepherd-Porada | 5K | 0:26:47 | 0:08:38 | Stoyestown Anniv. 5K | Stoyestown | PA | 6/8/2024 |
| Denny Cruse | 5K | 0:27:12 | 0:08:46 | Bill & Jill Memorial 5K | South Fork | PA | 6/15/2024 |
| Brenda Jemurgo | 5K | 0:27:35 | 0:08:54 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Denny Cruse | 5K | 0:27:50 | 0:08:59 | St. Thomas Church 150th | Johnstown | PA | 3/30/2024 |
| Noreen See | 5K | 0:28:12 | 0:09:06 | Elderton 5K | Elderton | PA | 5/17/2024 |
| Meg Larko | 5K | 0:28:26 | 0:09:10 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Kosie Shepherd-Porada | 5K | 0:28:40 | 0:09:15 | Resolution Run 5K | New Alexandria | PA | 1/6/2024 |
| Julie Shirley | 5K | 0:28:59 | 0:09:21 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Tim Welsh | 5K | 0:29:21 | 0:09:28 | Quota Club 5K | Indiana | PA | 6/1/2024 |
| Ron Orr | 5K | 0:29:28 | 0:09:30 | First Flight Pirates 5K | Kill Devil Hill | NC | 4/20/2024 |
| Jonathan Cunkelman | 5K | 0:29:31 | 0:09:31 | Benezette Bugle 5K | Benezette | PA | 5/4/2024 |
| Denny Cruse | 5K | 0:29:32 | 0:09:32 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Denny Cruse | 5K | 0:29:43 | 0:09:35 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Kayleigh Zottola | 5K | 0:29:58 | 0:09:40 | Ford City 5K | Ford City | PA | 7/6/2024 |
| Julie Shirley | 5K | 0:30:05 | 0:09:42 | Kiski Area Shamrock 5K | Apollo | PA | 3/23/2024 |
| Courtney Collins | 5K | 0:30:28 | 0:09:50 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Tim Welsh | 5K | 0:30:29 | 0:09:50 | Trooper Iwaniec Takeoff 5K | Latrobe | PA | 4/20/2024 |
| Tim Welsh | 5K | 0:30:31 | 0:09:51 | Bunny Dash 5K | Portage | PA | 3/30/2024 |
| Denny Cruse | 5K | 0:30:49 | 0:09:56 | Stoyestown Anniv. 5K | Stoyestown | PA | 6/8/2024 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|--------------------|-----------------|-------------|-------------|----------------------------|----------------|--------------|-------------|
| Ian Mallory | 5K | 0:31:15 | 0:10:05 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Jonathan Cunkelman | 5K | 0:31:19 | 0:00:702 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Tim Welsh | 5K | 0:31:36 | 0:10:12 | Freedom 5K | Greensbrug | PA | 7/4/2024 |
| Tim Welsh | 5K | 0:31:42 | 0:10:14 | Lighthouse 5K | Corolla | NC | 5/22/2024 |
| Jonathan Cunkelman | 5K | 0:31:49 | 0:10:16 | Resolution Run 5K | New Alexandria | PA | 1/6/2024 |
| Janet Stewart | 5K | 0:32:04 | 0:10:21 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Janet Stewart | 5K | 0:32:19 | 0:10:25 | Kiski Area Shamrock 5K | Apollo | PA | 3/23/2024 |
| Tom Kauffman | 5K | 0:32:22 | 0:10:26 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Tim Welsh | 5K | 0:32:26 | 0:10:28 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Max Cramer | 5K | 0:34:11 | 0:11:02 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Kevin Thomson | 5K | 0:34:14 | 0:11:03 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Lecinda Yevchak | 5K | 0:34:15 | 0:11:03 | Neptune Fire Dept. 5K | Tyrone | PA | 6/15/2024 |
| Eric Eckman | 5K | 0:34:33 | 0:11:09 | Ford City 5K | Ford City | PA | 7/6/2024 |
| Max Cramer | 5K | 0:34:39 | 0:11:11 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Don Slusser | 5K | 0:36:17 | 0:11:42 | Rails To Trails 5K | Barnesville | OH | 5/18/2024 |
| Joshua Collins | 5K | 0:36:23 | 0:11:44 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Kevin Thomson | 5K | 0:36:28 | 0:11:46 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Kevin Thomson | 5K | 0:36:34 | 0:11:48 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Jess Barger | 5K | 0:36:43 | 0:11:51 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Max Cramer | 5K | 0:36:56 | 0:11:55 | St. Thomas Church 150th | Johnstown | PA | 3/30/2024 |
| Kevin Thomson | 5K | 0:37:04 | 0:11:57 | Path Of The Flood 5K | Johnstown | PA | 5/24/2024 |
| Janet Stewart | 5K | 0:37:15 | 0:12:01 | Greenhouse Wine Run 5K | Irwin | PA | 6/2/2024 |
| Kevin Thomson | 5K | 0:37:20 | 0:12:03 | Resolution Run 5K | New Alexandria | PA | 1/6/2024 |
| Leah Dever | 5K | 0:37:29 | 0:12:05 | Gulf Coast Firecracker 5K | Naples | FL | 7/4/2024 |
| Leah Dever | 5K | 0:37:34 | 0:12:07 | Paradise Coast 5K | Naples | FL | 4/6/2024 |
| William Malia | 5K | 0:37:44 | 0:12:10 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Cathy Swauger | 5K | 0:37:47 | 0:12:11 | Quota Club 5K | Indiana | PA | 6/1/2024 |
| Leah Dever | 5K | 0:37:48 | 0:12:12 | Baker Park 5K | Naples | FL | 3/9/2024 |
| Gabe Belak | 5K | 0:37:53 | 0:12:13 | Yough Band On The Run 5K | Yough | PA | 4/13/2024 |
| Kevin Thomson | 5K | 0:37:54 | 0:12:14 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Michele Belak | 5K | 0:37:54 | 0:12:14 | Yough Band On The Run 5K | Yough | PA | 4/13/2024 |
| Max Cramer | 5K | 0:38:06 | 0:12:17 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Colleen Gearhart | 5K | 0:38:43 | 0:12:29 | Ford City 5K | Ford City | PA | 7/6/2024 |

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|-----------------------|-----------------|-------------|-------------|----------------------------|--------------|--------------|-------------|
| Kevin Thomson | 5K | 0:38:51 | 0:12:32 | St. Thomas Church 150th | Johnstown | PA | 3/30/2024 |
| Donna Scanlon | 5K | 0:38:55 | 0:12:33 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Stephanie Brocious | 5K | 0:39:03 | 0:12:36 | Butler's Back The Blue 5K | Butler | PA | 5/19/2024 |
| Alyssa Thomson | 5K | 0:39:10 | 0:12:38 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Colleen Gearhart | 5K | 0:39:17 | 0:12:40 | Run Like A Mother 5K | Portersville | PA | 5/17/2024 |
| Kristina Mallory | 5K | 0:39:20 | 0:12:41 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Eric Eckman | 5K | 0:39:40 | 0:12:48 | Run Like A Mother 5K | Portersville | PA | 5/17/2024 |
| Colleen Gearhart | 5K | 0:39:40 | 0:12:48 | Elderton 5K | Elderton | PA | 5/17/2024 |
| Colleen Gearhart | 5K | 0:39:57 | 0:12:53 | Butler's Back The Blue 5K | Butler | PA | 5/19/2024 |
| Don Slusser | 5K | 0:40:10 | 0:12:57 | Carnegie 5K | Carnegie | PA | 4/27/2024 |
| Colleen Gearhart | 5K | 0:40:24 | 0:13:02 | Haviv/Voice 5K | Worthington | PA | 4/27/2024 |
| Kevin Thomson | 5K | 0:40:40 | 0:13:07 | Laurel Highlands Gym 5K | Somerset | PA | 6/1/2024 |
| Collen Gearhart | 5K | 0:40:41 | 0:13:07 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Kathryn Edmondson | 5K | 0:41:28 | 0:13:23 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Michael Porada | 5K | 0:42:56 | 0:13:51 | Stoyestown Anniv. 5K | Stoyestown | PA | 6/8/2024 |
| Max Cramer | 5K | 0:45:16 | 0:14:36 | Freedom 5K | Greensbrug | PA | 7/4/2024 |
| Kevin Thomson | 5K | 0:45:43 | 0:14:45 | Freedom 5K | Greensbrug | PA | 7/4/2024 |
| Bill Leydic | 5K | 0:46:35 | 0:15:02 | Maine Coast 5K | Wells | ME | 5/4/2024 |
| Alyssa Thomson | 5K | 0:47:17 | 0:15:15 | Freedom 5K | Greensbrug | PA | 7/4/2024 |
| April Croyle | 5K | 0:47:21 | 0:15:16 | Elderton 5K | Elderton | PA | 5/17/2024 |
| Mary Beth Rine | 5K | 0:47:42 | 0:15:23 | Freedom 5K | Greensbrug | PA | 7/4/2024 |
| Peggy Bomboy | 5K | 0:48:14 | 0:15:34 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| John Bomboy | 5K | 0:48:15 | 0:15:34 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Kosie Shepherd-Porada | 5K | 0:50:06 | 0:16:10 | Kiski Area Shamrock 5K | Apollo | PA | 3/23/2024 |
| Allen Shirley | 5K | 0:50:07 | 0:16:10 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Mary Beth Rine | 5K | 0:50:19 | 0:16:14 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Max Cramer | 5K | 0:51:14 | 0:16:32 | Path Of The Flood 5K | Johnstown | PA | 5/24/2024 |
| Shelia Malia | 5K | 0:53:25 | 0:17:14 | Fool's Run 5K | Black Lick | PA | 4/6/2024 |
| Esther Collins | 5K | 1:02:39 | 0:20:13 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Bill Collins | 5K | 1:02:40 | 0:20:13 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Jude Collins | 5K | 1:15:26 | 0:24:20 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Becky Collins | 5K | 1:15:27 | 0:24:20 | Indiana Cty. Donut Dash 5K | Indiana | PA | 4/13/2024 |
| Candi Lockard | 30K | 3:15:43 | 1:03:08 | On The Dam Que 30K | Hooversville | PA | 4/27/2024 |

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|-----------------------|-----------------|-------------|-------------|--------------------------|--------------|--------------|-------------|
| Dean Banko | 3.5 Miler | 0:28:32 | 0:08:09 | Mt. Summit Challenge | Hopwood | PA | 4/28/2024 |
| Stacey Mytrysak | 6K | 0:45:21 | 0:12:11 | Diamond Dash 6K | Holidaysburg | PA | 5/11/2024 |
| Dean Banko | 4 Miler | 0:24:13 | 0:06:03 | 4 Ever Yours 4 Miler | North Park | PA | 2/11/2024 |
| Dean Banko | 4 Miler | 0:24:56 | 0:06:14 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Kosie Shepherd-Porada | 4 Miler | 0:36:06 | 0:09:01 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Jonathan Cunkelman | 4 Miler | 0:39:20 | 0:09:50 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Janet Stewart | 4 Miler | 0:47:16 | 0:11:49 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Gabe Belak | 4 Miler | 0:54:05 | 0:13:31 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Michele Belak | 4 Miler | 0:54:06 | 0:13:31 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Colleen Gearhart | 4 Miler | 0:56:56 | 0:14:14 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Mary Beth Rine | 4 Miler | 1:01:31 | 0:15:23 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Tim Welsh | 8K | 0:50:28 | 0:10:10 | Maple Festival 8K | Meyersdale | PA | 4/27/2024 |
| Dean Banko | 5-Miler | 0:32:08 | 0:00446 | Firecracker 5-Miler | Latrobe | PA | 6/29/2024 |
| Dean Banko | 5 Miler | 0:41:27 | 0:08:17 | Oil Creek 5 Miler | Titusville | PA | 5/17/2024 |
| Kosie Shepherd-Porada | 5-Miler | 0:45:32 | 0:09:06 | Firecracker 5-Miler | Latrobe | PA | 6/29/2024 |
| Kosie Shepherd-Porada | 5-Miler | 0:45:46 | 0:09:09 | Butler Road Race 5-Miler | Butler | PA | 6/22/2024 |
| Tim Welsh | 5-Miler | 0:55:26 | 0:11:05 | Firecracker 5-Miler | Latrobe | PA | 6/29/2024 |
| Ray Guzic | 5 Miler | 0:57:46 | 0:11:33 | Greenwood Furnace Snow | Huntingdon | PA | 1/20/2024 |
| Kevin Thomson | 5 Miler | 1:01:46 | 0:12:21 | Spring ThAw 5 Miler | Allison Park | PA | 2/24/2024 |
| Steve Pagano | 5 Miler | 1:02:05 | 0:12:25 | Greenwood Furnace Snow | Huntingdon | PA | 1/20/2024 |
| Michele Belak | 5 Miler | 1:13:25 | 0:14:41 | Frigid 5 Miler | Allison Park | PA | 1/14/2024 |
| Bill Serafin | 5 Miler | 1:14:33 | 0:14:55 | Greenwood Furnace Snow | Huntingdon | PA | 1/20/2024 |
| Dean Banko | 10K | 0:39:50 | 0:06:25 | Gold Rush 10K | Tyrone | PA | 3/16/2024 |
| Grant Cruse | 10K | 0:41:04 | 0:06:37 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Alex Cullison | 10K | 0:43:54 | 0:07:05 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Chris Sharbaugh | 10K | 0:44:18 | 0:07:09 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Tammy Slusser | 10K | 0:47:09 | 0:07:36 | Greater Clarksburg 10K | Clarksburg | WV | 6/15/2024 |
| Bob Manzi | 10K | 0:48:31 | 0:07:50 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Stephanie Putt | 10K | 0:50:22 | 0:08:07 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Dave Miller | 10K | 0:53:23 | 0:08:37 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Kosie Shepherd-Porada | 10K | 0:53:39 | 0:08:39 | Diamond Dash 10K | Holidaysburg | PA | 5/11/2024 |
| Ray Guzic | 10K | 0:54:34 | 0:08:48 | Dirty Kiln 10K | Altoona | PA | 4/13/2024 |
| Kosie Shepherd-Porada | 10K | 0:57:38 | 0:09:18 | Gold Rush 10K | Tyrone | PA | 3/16/2024 |

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|------------------------|-----------------|-------------|-------------|------------------------------|--------------|--------------|-------------|
| Barb Barger | 10K | 0:57:44 | 0:09:19 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Meg Iarko | 10K | 0:59:27 | 0:00:666 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Bitty Clawson | 10K | 1:00:29 | 0:09:45 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Pamela Kauffman | 10K | 1:00:45 | 0:09:48 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Candi Lockard | 10K | 1:00:47 | 0:09:48 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Bill Geiger | 10K | 1:04:07 | 0:10:20 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Tim Welsh | 10K | 1:04:26 | 0:10:24 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Kyle Doutt | 10K | 1:09:23 | 0:11:11 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Janet Stewart | 10K | 1:09:23 | 0:11:11 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Lecinda Yevchak | 10K | 1:09:42 | 0:11:15 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Katie Thomas | 10K | 1:10:00 | 0:11:17 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Jayne Doutt | 10K | 1:10:37 | 0:11:23 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Scott Bowman | 10K | 1:11:40 | 0:11:34 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Don Slusser | 10K | 1:17:50 | 0:00:872 | Greater Clarksburg 10K | Clarksburg | WV | 6/15/2024 |
| Don Slusser | 10K | 1:17:51 | 0:12:33 | Beaver VFD 10K | Beaver | PA | 6/1/2024 |
| Leah Dever | 10K | 1:18:02 | 0:12:35 | Run For The Music 10K | Naples | FL | 3/23/2024 |
| Mary Beth Rine | 10K | 1:38:25 | 0:15:52 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Kevin Thomson | 10K | 1:42:56 | 0:16:36 | Dirty Kiln Trail 10K | Altoona | PA | 4/13/2024 |
| Bil Leydic | 10K | 1:47:33 | 0:17:21 | Fool's Run 10K | Black Lick | PA | 4/6/2024 |
| Bill Winters | 10K | 2:07:32 | 0:20:34 | Avenue Of The Giants 10K | Humboldt | PA | 5/5/2024 |
| Scott Cessna | 10K | 2:07:32 | 0:20:34 | Avenue Of The Giants 10K | Humboldt | PA | 5/5/2024 |
| Kosie Shepherd-Porada | 12K | 1:05:34 | 0:08:45 | Ghost Town Trail 12K | Nanty Glo | PA | 6/15/2024 |
| Grant Cruse | 8 Miler | 0:50:41 | 0:06:20 | Path Of The Flood 8 Miler | Johnstown | PA | 5/24/2024 |
| Kosie Shepherd-Porada | 8 Miler | 1:11:15 | 0:08:54 | Path Of The Flood 8 Miler | Johnstown | PA | 5/24/2024 |
| Ron Orr | 8 Miler | 1:26:35 | 0:10:49 | Path Of The Flood 8 Miler | Johnstown | PA | 5/24/2024 |
| Kosie Shepherd-Porada | 15K | 1:32:43 | 0:09:58 | Angie Gioiosa 4th of July 5K | Altoona | PA | 7/4/2024 |
| Dean Banko | 13 Miler | 1:53:22 | 0:08:43 | Oil Creek 13 Miler | Titusville | PA | 5/17/2024 |
| Dean Banko | Half Marathon | 1:22:52 | 0:06:20 | Run To Breathe Half | Portersville | PA | 4/21/2024 |
| Chris Sharbaugh | Half Marathon | 1:38:11 | 0:07:30 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Tammy Slusser | Half Marathon | 1:40:51 | 0:07:42 | Knoxville Half Marathon | Knoxville | TN | 4/7/2024 |
| Mindy Sawtelle-Zottola | Half Marathon | 1:42:31 | 0:07:50 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Tammy Slusser | Half Marathon | 1:42:59 | 0:07:52 | Wheeling Half Marathon | Wheeling | WV | 5/25/2024 |
| Dean Banko | Half Marathon | 1:46:30 | 0:08:08 | Buck Ridge Burn Half | Gardners | PA | 4/7/2024 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------|-----------------|-------------|-------------|--------------------------------|----------------|--------------|-------------|
| Candi Lockard | Half Marathon | 1:55:06 | 0:08:47 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Sarah Kitchen | Half Marathon | 1:56:00 | 0:08:51 | Yough Trail Half Marathon | Connellsville | PA | 3/30/2024 |
| Sarah Kitchen | Half Marathon | 2:04:10 | 0:09:29 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Don Slusser | Half Marathon | 2:05:32 | 0:09:35 | North Park Half Marathon | Allison Park | PA | 1/6/2024 |
| Steve Pagano | Half Marathon | 2:06:18 | 0:09:38 | Rabid Raccoon Half Marathon | Beaver Falls | PA | 3/16/2024 |
| Bill Serafin | Half Marathon | 2:08:00 | 0:09:46 | Myrtle Beach Half Marathon | Myrtle Beach | NC | 3/2/2024 |
| Barb Barger | Half Marathon | 2:16:24 | 0:00723 | Shamrock Half Marathon | Virginia Beach | VA | 3/16/2024 |
| Steve Pagano | Half Marathon | 2:20:53 | 0:10:45 | Dirty Kiln Trail Half Marathon | Altoona | PA | 4/13/2024 |
| Ria Fruscello | Half Marathon | 2:23:37 | 0:10:58 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Jillian Barger | Half Marathon | 2:23:56 | 0:10:59 | Publix Atlanta Half Marathon | Atlanta | GA | 2/24/2024 |
| Laura Yevchak | Half Marathon | 2:30:00 | 0:11:27 | Old Turnpike Half Marathon | Waterfall | PA | 6/8/2024 |
| Katie Thomas | Half Marathon | 2:31:10 | 0:11:32 | Boston Trail Half Marathon | Boston | PA | 4/13/2024 |
| Ron Orr | Half Marathon | 2:37:01 | 0:11:59 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Art Zottola | Half Marathon | 2:39:08 | 0:12:09 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Janet Stewart | Half Marathon | 2:40:03 | 0:12:13 | Boston Trail Half Marathon | Boston | PA | 4/13/2024 |
| Aileen Bowman | Half Marathon | 2:41:09 | 0:12:18 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Christie Orlosky | Half Marathon | 2:47:08 | 0:12:45 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/5/2024 |
| Don Slusser | Half Marathon | 2:49:04 | 0:12:54 | Just A Short Run Half | North Park | PA | 3/23/2024 |
| Don Slusser | Half Marathon | 2:55:11 | 0:13:22 | Knoxville Half Marathon | Knoxville | TN | 4/7/2024 |
| Don Slusser | Half Marathon | 3:05:28 | 0:14:09 | Wheeling Half Marathon | Wheeling | WV | 5/25/2024 |
| Lecinda Yevchak | Half Marathon | 3:10:47 | 0:14:34 | Old Turnpike Half Marathon | Waterfall | PA | 6/8/2024 |
| Carl Leer | 13.5 Miler | 3:41:58 | 0:16:27 | Frozen Snot 13.5 Miler | Lock Haven | PA | 2/3/2024 |
| Stephanie Daniels | 13.5 Miler | 4:02:33 | 0:17:58 | Frozen Snot 13.5 Miler | Lock Haven | PA | 2/3/2024 |
| Steve Pagano | 13.5 Miler | 4:55:36 | 0:21:54 | Frozen Snot 13.5 Miler | Lock Haven | PA | 2/3/2024 |
| Ray Guzic | 14 Miler | 1:52:46 | 0:08:03 | Path Of The Flood 14 Miler | Johnstown | PA | 5/24/2024 |
| Laura Yevchak | 14.2 Miler | 2:22:08 | 0:10:01 | Upchuck Classic 14.2 | Beaverdale | PA | 7/4/2024 |
| Dan McQuiston | 14.2 Miler | 2:56:00 | 0:12:24 | Upchuck Classic 14.2 | Beaverdale | PA | 7/4/2024 |
| Chris Lasser | 14.2 Miler | 2:57:00 | 0:12:28 | Upchuck Classic 14.2 | Beaverdale | PA | 7/4/2024 |
| Ray Guzic | 25K | 2:24:15 | 0:09:18 | Ghost Town Trail 25K | Vintondale | PA | 6/15/2024 |
| Dean Banko | 25K | 2:44:54 | 0:10:22 | Hyner View Trail 25K | Hyner | PA | 4/20/2024 |
| Steve Pagano | 25K | 3:39:34 | 0:13:49 | Hyner View Trail 25K | Hyner | PA | 4/20/2024 |
| Dean Banko | Stacked | 2:34:50 | 0:08:36 | Oil Creek 5 & 13 Stacked | Titusville | PA | 5/17/2024 |
| Dean Banko | Marathon | 2:51:17 | 0:06:32 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------|-----------------|-------------|-------------|---------------------------|----------------|--------------|-------------|
| Jeannie Bujdos | Marathon | 3:25:35 | 0:07:51 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |
| Tammy Slusser | Marathon | 3:25:58 | 0:07:52 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |
| Joe Ankney | Marathon | 3:52:16 | 0:08:52 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |
| Veronica Bujdos | Marathon | 4:17:53 | 0:09:51 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |
| Al Casagrande | Marathon | 4:22:37 | 0:10:01 | Avenue Of The Giants | Humboldt | CA | 5/5/2024 |
| Chris Lasser | Marathon | 4:26:36 | 0:10:11 | Avenue Of The Giants | Humboldt | CA | 5/5/2024 |
| Dave Miller | Marathon | 4:37:45 | 0:10:36 | Avenue Of The Giants | Humboldt | CA | 5/5/2024 |
| Laura Yevchak | Marathon | 4:38:21 | 0:10:37 | God's Country Marathon | Couldersport | PA | 6/1/2024 |
| Julie Shirley | Marathon | 4:39:42 | 0:10:41 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |
| D J Miller | Marathon | 4:40:38 | 0:10:43 | Avenue Of The Giants | Humboldt | CA | 5/5/2024 |
| Ginny Winters | Marathon | 4:48:19 | 0:11:00 | Avenue Of The Giants | Humboldt | CA | 5/5/2024 |
| Bitty Clawson | Marathon | 4:49:39 | 0:11:03 | Avenue Of The Giants | Humboldt | CA | 5/5/2024 |
| Barb Barger | Marathon | 4:55:09 | 0:11:16 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |
| Don Slusser | Marathon | 6:08:03 | 0:14:03 | Pittsburgh Marathon | Pittsburgh | PA | 5/5/2024 |
| Dean Banko | 50K | 4:52:04 | 0:09:25 | Glacier Ridge Trail 50K | Portersville | PA | 5/11/2024 |
| Dean Banko | 50K | 4:56:24 | 0:09:34 | Falling Water 50K | New River | WV | 4/27/2024 |
| Ray Guzic | 50K | 5:44:33 | 0:11:07 | On The Dam Que 50K | Hooversville | PA | 4/27/2024 |
| Stephanie Daniels | 50K | 6:15:59 | 0:12:08 | Hyner View Trail 50K | Hyner | PA | 4/20/2024 |
| Julie Shirley | 50K | 6:24:40 | 0:12:25 | Ghost Town Trail 50K | Black Lick | PA | 6/15/2024 |
| Eden Bloom | 50K | 7:15:32 | 0:14:03 | Ghost Town Trail 50K | Black Lick | PA | 6/15/2024 |
| Steve Pagano | 50K | 7:20:33 | 0:14:13 | Laurel Highlands 50K | Ohiopyle | PA | 6/8/2024 |
| Carl Leer | 50K | 8:04:16 | 0:15:37 | Hyner View Trail 50K | Hyner | PA | 4/20/2024 |
| Carl Leer | 50K | 8:18:24 | 0:16:05 | Laurel Highlands 50K | Ohiopyle | PA | 6/8/2024 |
| Kaylee Frederick | 51.4 Miler | 8:12:38 | 0:09:35 | Badwater Cape Fear Ultra | Bald Head Isl, | NC | 3/23/2024 |
| Alex Cullison | 100K | 15:54:31 | 0:15:24 | Falling Water 100K | New River | WV | 4/27/2024 |
| Stephanie Daniels | 100K | 17:26:50 | 0:16:53 | World's End Ultra 100K | Forksville | PA | 6/1/2024 |
| Kaylee Frederick | 70.5 | 13:23:45 | 0:11:24 | Laurel Highlands 70.5 | Ohiopyle | PA | 6/8/2024 |
| Alex Cullison | 70.5 | 17:05:39 | 0:14:33 | Laurel Highlands 70.5 | Ohiopyle | PA | 6/8/2024 |
| Dean Banko | 70.5 | 17:34:23 | 0:14:57 | Laurel Highlands 70.5 | Ohiopyle | PA | 6/8/2024 |
| Ray Guzic | 70.5 | 18:13:56 | 0:15:31 | Laurel Highlands 70.5 | Ohiopyle | PA | 6/8/2024 |
| Kaylee Frederick | 81 Miles | 21:41:00 | 0:16:04 | Badwater Salton Sea Relay | Salton City | NV | 4/27/2024 |
| Kaylee Frederick | 100 Miler | 30:14:28 | 0:18:09 | Keys 100 Miler Ultra | Key West | FL | 5/18/2024 |

NAME

DISTANCE

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DATE

Updated 7/11/24