

3000m									
Female									
Youth (ages 13-14)	Hannah	Olson	14	Richfield	MN	05:50.7	1/18/2009		
Masters Division:									
35-39	Danielle	Gordanier	37	Columbia Hgts	MN	12:11.1h	1/18/2009		
Male									
Intermediate (ages 15-16)	John	Davis	16		MN	09:59.0	2/18/2006		
Open	Ben	Merchant	25	Mpls	MN	09:15.0	2/18/2006		
Masters Division:									
35-39	Tom	Ruen	39	Columbia Hgts	MN	11:23.5	1/20/2008		
40-44	Tom	Ruen	40	Columbia Hgts	MN	11:01.7h	1/18/2009		
45-49	Mike	Davis	49	Mpls	MN	09:52.3	1/17/2010		
50-54	Paul	Giannobile	50	Minnetonka	MN	09:52.9	2/14/2010		
55-59	Michael	Bjornberg	56	Mpls	MN	11:20.9	1/17/2010		
60-64	Jim	Day	62	Arden Hills	MN	11:33.0	2/18/2006		
65-69	Don	Dornfeld	65	St Paul	MN	13:25.9	1/17/2010		
70-74	Thom	Weddle	70	Mpls	MN	12:27.6h	1/18/2009		
5000m									
Female									
Open Division:	Jen	Rife	29	St Paul	MN	21:53.3	2/14/2010		
Male									
Open Division:	Matt	Kurke	25	Rochester	MN	16:23.7	2/15/2009		
Masters Division:									
35-39	Joseph	Nielsen	39	St Paul	MN	16:59.3	2/17/2008		
40-44	Tom	Ruen	40	Col'bia Hgts	MN	19:18.7	2/15/2009		
45-49	Kirt	Goetzke	47	Plymouth	MN	17:58.1	2/17/2008		
50-54	Bobby	Paxton	53	Mpls	MN	18:01.1	2/14/2010		
55-59	Michael	Bjornberg	56	Mpls	MN	19:16.8	2/14/2010		
60-64	Erik	Jahn	60	Wayzata	MN	21:27.5	2/14/2010		
65-69	Don	Dornfeld	65	St Paul	MN	21:52.9	2/15/2009		
70-74	Thom	Weddle	70	Mpls	MN	21:45.9	2/15/2009		

1500m Race Walk									
Female									
Bantam (ages 10 and under)	Kaleigh	Buck	7	Spring Lk Pk	MN	16:32.2	12/7/2008		
Open Division:	Beth	Buck	35	Spring Lk Pk	MN	09:36.8	12/7/2008		
Masters Division:									
50-54	Kathy	Nelson	51	Plymouth	MN	09:21.2	12/7/2008		
55-59	Jeanne	DeMartino	55	Roseville	MN	09:39.7	12/2/2007		
60-64	Marien	Bradsher	60	St Paul	MN	12:24.0	12/3/2005		
Male									
Bantam (ages 10 and under)	Dallas	Buck	9	Spring Lk Pk	MN	14:27.0	12/7/2008		
Open Division: Ages 19-34	Felix	Ato-Davies	29	Mpls	MN	07:27.0	12/3/2005		
Masters Division:									
45-49	Steven	Gerber	46	Delano	MN	11:06.6	12/2/2007		
50-54	Larry	McDonough	52	St Paul	MN	13:35.0	12/2/2007		
55-59	Will	Loew-Blosser	55	Bloomington	MN	08:41.7	12/6/2009		
60-64	Dave	Daubert	60	Watertown	MN	08:38.0	12/3/2005		
65-69	Bernie	Finch	66	Pepin	WI	09:34.5	12/3/2006		
Mile Race Walk									
Female									
Masters Division:									
35-39	Beth	Buck	35	Spring Lk PK	MN	10:27.3h	12/21/2008		
50-54	Anita	Macias-Howard	53	Edina	MN	09:56.0	1/20/2008		
55-59	Anita	Macias-Howard	55	Edina	MN	10:30.2	12/20/2009		
60-64	Barb	Spannaus	60	Shorewood	MN	12:05.7h	12/21/2008		
Male									
Masters Division:									
35-39	Tom	Ruen	39	Col'bia Hgts	MN	11:01.7	1/20/2008		
45-49	Steven	Gerber	45	Delano	MN	12:20.4	12/16/2007		
50-54	Larry	McDonough	52	St Paul	MN	12:42.3	12/16/2007		
55-59	Will	Loew-Blosser	55	Bloomington	MN	09:02.1	1/3/2010		
60-64	Dave	Daubert	62	Watertown	MN	09:41.4	1/20/2008		
65-69	Phil	Rogosheske	65	St Cloud	MN	09:15.9	1/3/2010		

3000m Race Walk								
Female								
Open Division:	Jade	Steinberg	20	Yankton	SD	16:48.1	2/14/2010	
Masters Division:								
35-39	Lauren	Hill	36	St Paul	MN	23:10.0	2/18/2006	
50-54	Anita	Macias-Howard	53	Edina	MN	18:52.2	2/17/2008	
55-59	Anita	Macias-Howard	55	Edina	MN	19:28.9	2/14/2010	
Male								
Masters Division:								
50-54	John	Tuthill	53	St Paul	MN	21:22.0	2/15/2009	
55-59	Will	Loew-Blosser	55	Bloomington	MN	17:27.1	1/17/2010	
60-64	Dave	Daubert	62	Watertown	MN	18:30.4	2/17/2008	
65-69	Phil	Rogosheske	65	St Cloud	MN	17:53.2	1/17/2010	
70-74	Bernie	Finch	70	Pepin	WI	21:38.1	2/14/2010	