

## Female 5K Course Records

	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Overall	1	Santiago	Alejandra	30	18:31.0	18:32.2	Inglewood	CA	USA	22-Apr-23
	2	Myers	Kate	36	18:46.6	18:46.6	Manhattan Beach	CA	USA	26-Apr-14
	3	Atkinson	Alison	46	19:01.0	19:01.9	Manhattan Beach	CA	USA	23-Mar-13
	4	Shertzer	Amy	34	19:16.4	19:18.7	El Segundo	CA	USA	31-Mar-12
	5	Wu	Cambria	43	19:22.0	19:22.2	Torrance	CA	USA	30-Apr-22
	6	Williams	Jennifer	45	19:28.0	19:28.3	Hawthorne	CA	USA	27-Apr-19
	7	Prause	Nicole	34	19:29.0	19:29.6	Los Angeles	CA	USA	23-Mar-13
	8	Gamliel	Tamar	44	19:38.0	19:37.7	Redondo Beach	CA	USA	27-Apr-24
	9	Weyers	Justine	28	19:40.0	19:43.0	Los Angeles	CA	USA	22-Apr-17
	10	Weddle	Mallory	39	19:48.0	19:47.8	North Hollywood	CA	USA	27-Apr-24
	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 1-8	1	Crum	Megan	7	20:58.3	20:58.4	Lake Elsinore	CA	USA	21-Mar-15
	2	Seversen	Laura	6	25:21.3	25:29.7	El Segundo	CA	USA	26-Apr-14
	3	Lane	Cameron	8	25:44.7	25:49.2	Los Angeles	CA	USA	21-Mar-15
	4	Friel	Paloma	7	27:45.0	27:48.0	El Segundo	CA	USA	27-Apr-19
	5	Friel	Mirabel	8	28:19.0	28:28.0	El Segundo	CA	USA	21-Apr-18
	6	Rodriguez	Stephanie	8	28:58.2	29:31.7	El Segundo	CA	USA	26-Apr-14
	7	Seversen	Ava	8	29:18.3	29:25.5	El Segundo	CA	USA	21-Mar-15
	8	Beetner	Molly	8	30:00.5	30:20.1	El Segundo	CA	USA	21-Mar-15
	9	Fry	Cailyn	8	30:18.0	30:17.6	El Segundo	CA	USA	27-Apr-19
	10	Arichea-Brown	Sofia	8	30:34.0	30:38.0	Los Angeles	CA	USA	23-Apr-16
	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 9-10	1	Lane	Cameron	10	22:47.0	22:52.0	Los Angeles	CA	USA	22-Apr-17
	2	Sargent	Sierra	10	23:08.2	23:45.8	Manhattan Beach	CA	USA	26-Apr-14
	3	Lee	Gabriella	10	23:17.2	23:18.9	El Segundo	CA	USA	31-Mar-12
	4	Katskee	Coco	10	23:21.0	23:23.0	El Segundo	CA	USA	23-Apr-16
	5	Kleiger	Sammie	10	23:51.0	23:53.0	El Segundo	CA	USA	23-Apr-16
	6	Lane	Cameron	9	23:51.0	23:53.0	Los Angeles	CA	USA	23-Apr-16
	7	Minestrella	Mia	9	24:27.5	24:46.2	Redondo Beach	CA	USA	26-Apr-14
	8	Fox	Rachel	10	24:32.2	24:50.4	Manhattan Beach	CA	USA	26-Apr-14
	9	Gales	Min-Jee	10	24:57.0	25:05.7	Playa Del Rey	CA	USA	27-Apr-19
	10	Nair	Simran	10	25:35.0	25:36.0	El Segundo	CA	USA	23-Apr-16

## Female 5K Course Records

		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 11-12	1	Genovese	Mazzy	12	20:17.0	20:17.9	Palos Verdes Peninsula	CA	USA	23-Mar-13
	2	Ibarra	Miranda	12	20:20.0	20:19.2	Covina	CA	USA	30-Apr-22
	3	Bernauer	Nikki	12	22:05.0	22:14.6	El Segundo	CA	USA	22-Apr-23
	4	Johnson	Chase	11	22:06.1	22:06.1	El Segundo	CA	USA	21-Mar-15
	5	Lee	Gabriella	11	22:16.0	22:18.1	El Segundo	CA	USA	23-Mar-13
	6	Dubón	Emilia	11	22:51.0	22:51.0	Perris	CA	USA	21-Apr-18
	7	Kenny	Kyla	11	23:24.7	23:35.5	Lakewood	CA	USA	26-Apr-14
	8	Christenson	Lauren	12	23:30.0	23:38.0	El Segundo	CA	USA	27-Apr-24
	9	Withers	Kelsey	12	23:36.0	23:39.9	Newport Beach	CA	USA	23-Mar-13
	10	Mai	Isabella	11	23:36.2	23:37.7	El Segundo	CA	USA	21-Mar-15
		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 13-14	1	Bernauer	Nikki	13	21:52.0	21:54.1	El Segundo	CA	USA	27-Apr-24
	2	Rifkin	Erin	14	22:04.0	22:03.8	Los Angeles	CA	USA	27-Apr-19
	3	Lee	Gabriella	13	22:48.8	22:49.0	El Segundo	CA	USA	21-Mar-15
	4	Lee	Natacha	13	22:54.0	22:54.0	El Segundo	CA	USA	23-Apr-16
	5	Guerrero	Elena	13	23:05.0	23:05.7	El Segundo	CA	USA	23-Mar-13
	6	Curran	Hannah	14	23:21.0	23:22.6	El Segundo	CA	USA	23-Mar-13
	7	Muslea	Mara	14	23:39.3	23:39.3	El Segundo	CA	USA	31-Mar-12
	8	Leach	Dylan	14	24:05.7	24:10.2	El Segundo	CA	USA	26-Apr-14
	9	Kramer	Karina	13	24:14.8	24:19.5	El Segundo	CA	USA	26-Apr-14
	10	Dysim	Lauren	14	24:21.0	24:36.0	El Segundo	CA	USA	27-Apr-24
		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 15-17	1	Curran	Hannah	16	21:47.6	21:47.6	El Segundo	CA	USA	26-Apr-14
	2	Mai	Isabella	15	22:04.0	22:03.5	El Segundo	CA	USA	27-Apr-19
	3	Turnbull	Kelsey	15	22:04.8	22:07.0	El Segundo	CA	USA	26-Mar-11
	4	Froebe	Maddy	15	22:54.5	22:55.7	El Segundo	CA	USA	31-Mar-12
	5	Bernauer	Yuvia	16	23:02.0	23:04.6	El Segundo	CA	USA	27-Apr-24
	6	Fosythe	Karly	15	23:19.0	23:23.4	El Segundo	CA	USA	23-Mar-13
	7	Fulcomer	Nikki	17	23:25.0	23:24.5	El Segundo	CA	USA	27-Apr-19
	8	Matlosz	James	17	23:25.0	23:24.5	El Segundo	CA	USA	27-Apr-19
	9	Matlosz	Tyler	15	23:25.0	23:24.5	El Segundo	CA	USA	27-Apr-19
	10	Zago	Sophia	16	23:25.0	23:24.5	El Segundo	CA	USA	27-Apr-19

## Female 5K Course Records

		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 18-23	1	Reaser	Amy	23	21:12.0	21:18.0	El Segundo	CA	USA	23-Apr-16
	2	Cruz	Gabi	21	21:24.0	21:26.4	Santa Monica	CA	USA	23-Mar-13
	3	Zago	Sophia	20	22:14.0	22:32.5	El Segundo	CA	USA	22-Apr-23
	4	Henkhaus	Laura	22	23:01.0	23:05.4	Torrance	CA	USA	23-Mar-13
	5	Verfaillie	Aiyana	18	23:02.0	23:05.0	El Segundo	CA	USA	21-Apr-18
	6	Riordan	Casey	23	23:58.0	24:05.0	El Segundo	CA	USA	22-Apr-17
	7	Rose	Savannah	19	24:01.9	24:13.5	El Segundo	CA	USA	21-Mar-15
	8	Lee	Katianna	18	24:48.4	24:51.6	El Segundo	CA	USA	26-Apr-14
	9	Honigman	Lucy	23	24:49.0	25:02.1	Santa Monica	CA	USA	23-Mar-13
	10	Aceves	Jennifer	22	24:51.0	24:59.0	El Segundo	CA	USA	23-Apr-16
		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 24-29	1	Weyers	Justine	28	19:40.0	19:43.0	Los Angeles	CA	USA	22-Apr-17
	2	McCann	Megan	28	20:37.0	20:36.4	El Segundo	CA	USA	27-Apr-19
	3	Zepeda	Lily	29	21:06.3	21:07.5	Redondo Beach	CA	USA	26-Mar-11
	4	Sibrel	Alesia	28	21:08.8	21:11.0	El Segundo	CA	USA	31-Mar-12
	5	Reaser	Amy	25	21:38.0	21:40.0	El Segundo	CA	USA	21-Apr-18
	6	Bruno	Anna	29	21:45.0	21:44.3	El Segundo	CA	USA	30-Apr-22
	7	Olin	Kristin	29	21:48.0	21:49.1	Pasadena	CA	USA	23-Mar-13
	8	Salazar	Janet	28	21:51.0	21:52.9	Los Angeles	CA	USA	30-Apr-22
	9	Gutierrez	Edilberto	27	22:16.0	22:18.6	Culver City	CA	USA	27-Apr-24
	10	Harmon	Brianna	24	22:38.0	22:37.6	El Segundo	CA	USA	30-Apr-22
		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 30-34	1	Santiago	Alejandra	30	18:31.0	18:32.2	Inglewood	CA	USA	22-Apr-23
	2	Shertzer	Amy	34	19:16.4	19:18.7	El Segundo	CA	USA	31-Mar-12
	3	Prause	Nicole	34	19:29.0	19:29.6	Los Angeles	CA	USA	23-Mar-13
	4	Mirecki	Brianne	31	19:55.0	19:56.6	Culver City	CA	USA	27-Apr-24
	5	Anderson	Emily	34	20:06.1	20:06.1	El Segundo	CA	USA	26-Mar-11
	6	Parry	Karine	31	20:15.0	20:19.0	Dana Point	CA	USA	22-Apr-17
	7	Burke	Amanda	30	20:48.9	20:53.3	El Segundo	CA	USA	21-Mar-15
	8	Ioera	Iarissa	32	21:18.0	21:22.2	Los Angeles	CA	USA	27-Apr-24
	9	Anderson	Chole	34	21:20.0	21:22.0	Los Angeles	CA	USA	22-Apr-17
	10	Bruno	Anna	30	21:55.0	21:55.1	El Segundo	CA	USA	22-Apr-23

## Female 5K Course Records

		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 35-39	1	Myers	Kate	36	18:46.6	18:46.6	Manhattan Beach	CA	USA	26-Apr-14
	2	Weddle	Mallory	39	19:48.0	19:47.8	North Hollywood	CA	USA	27-Apr-24
	3	Devenow	Rachel	35	20:37.0	20:38.8	Marina Del Rey	CA	USA	27-Apr-19
	4	Lue	Stephanie	39	21:04.0	21:04.6	Santa Monica	CA	USA	22-Apr-23
	5	Parry	Karine	37	21:31.0	21:33.6	Laguna Beach	CA	USA	22-Apr-23
	6	Voboril	Valerie	37	21:49.0	21:55.0	El Segundo	CA	USA	23-Apr-16
	7	Robinson	Kelsey	37	21:59.0	22:16.1	El Segundo	CA	USA	30-Apr-22
	8	Townsend	Sarah	38	22:48.0	22:54.0	El Segundo	CA	USA	21-Apr-18
	9	Quinn	Amy	37	22:59.0	23:05.2	El Segundo	CA	USA	27-Apr-24
	10	Anderson	Heidi	37	23:13.5	23:16.2	El Segundo	CA	USA	26-Apr-14
		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 40-44	1	Wu	Cambria	43	19:22.0	19:22.2	Torrance	CA	USA	30-Apr-22
	2	Gamliel	Tamar	44	19:38.0	19:37.7	Redondo Beach	CA	USA	27-Apr-24
	3	Miller	Jill	41	20:37.7	20:42.9	El Segundo	CA	USA	31-Mar-12
	4	Smith	Cosette	42	20:48.0	20:48.7	Culver City	CA	USA	27-Apr-24
	5	Keare	Eleanor	44	20:53.0	20:53.9	Pacific Palisades	CA	USA	23-Mar-13
	6	Ramirez-Chan	Kim	42	22:03.0	22:06.5	Redondo Beach	CA	USA	27-Apr-24
	7	Samia	Victoria	40	22:41.0	22:42.7	El Segundo	CA	USA	31-Mar-12
	8	Tyler	Jennifer	43	22:46.0	22:48.4	El Segundo	CA	USA	30-Apr-22
	9	Higa	Tami	42	23:16.5	23:34.3	El Segundo	CA	USA	26-Apr-14
	10	Chen	Arlene	42	23:19.4	23:22.3	Cerritos	CA	USA	26-Apr-14
		Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date
Top 10 Women Age 45-49	1	Atkinson	Alison	46	19:01.0	19:01.9	Manhattan Beach	CA	USA	23-Mar-13
	2	Williams	Jennifer	45	19:28.0	19:28.3	Hawthorne	CA	USA	27-Apr-19
	3	Huggins	Heather	49	20:35.0	20:37.6	Monrovia	CA	USA	22-Apr-23
	4	Barlup	Sarah	45	22:18.0	22:21.7	El Segundo	CA	USA	27-Apr-24
	5	Anderson	Heidi	35	22:34.1	22:37.5	El Segundo	CA	USA	31-Mar-12
	6	Evans	Kathleen	49	22:37.5	22:42.2	Irvine	CA	USA	31-Mar-12
	7	Bird	Karina	47	22:46.0	22:46.1	Redondo Beach	CA	USA	23-Mar-13
	8	Higa	Tami	47	23:15.0	23:14.2	El Segundo	CA	USA	27-Apr-19
	9	Lortie	Dawn	45	23:17.0	23:17.0	Culver City	CA	USA	21-Mar-15
	10	Voboril	Val	45	23:22.0	23:35.8	El Segundo	CA	USA	27-Apr-24

## Female 5K Course Records

	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 50-54	1	Nickles	Mary	54	22:24.0	22:27.4	Westminster	CA	USA	23-Mar-13
	2	Urbanovskaia	Olga	54	23:51.0	23:53.5	El Segundo	CA	USA	27-Apr-24
	3	Simmons	D'Nisa	52	24:47.2	24:55.5	Playa Del Rey	CA	USA	21-Mar-15
	4	Salazar	Lucy	52	25:10.0	25:11.9	La Habra	CA	USA	23-Mar-13
	5	Johnson	Ruby	54	25:11.0	25:12.9	Seal Beach	CA	USA	23-Mar-13
	6	Walz	Kristin	50	25:14.2	25:20.9	El Segundo	CA	USA	26-Apr-14
	7	Denney	Brenda	50	26:27.5	26:27.5	Hawthorne	CA	USA	31-Mar-12
	8	Lazio	Jennifer	54	26:52.0	26:54.0	Pasadena	CA	USA	22-Apr-23
	9	Hopkins	Susan	50	27:00.8	28:00.5	Hawthorne	CA	USA	26-Mar-11
	10	Hicks	Kelly	53	27:12.0	27:21.0	El Segundo	CA	USA	22-Apr-17
	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 55-59	1	Fischer	Tania	56	21:00.0	20:59.8	Santa Monica	CA	USA	30-Apr-22
	2	Robinson	Jeannie	58	21:20.0	21:19.4	Long Beach	CA	USA	22-Apr-23
	3	Cravens	Chantal	57	24:36.0	24:39.3	Monrovia	CA	USA	22-Apr-23
	4	Ritchey	Suzy	57	25:08.0	25:12.9	Torrance	CA	USA	23-Mar-13
	5	Herbeck	Diane	59	25:24.0	25:29.3	Los Angeles	CA	USA	27-Apr-24
	6	Thompson	Jeannie	56	26:29.6	26:29.6	Highland	CA	USA	31-Mar-12
	7	Yokota	Yasuko	55	26:57.0	26:56.1	Beverly Hills	CA	USA	27-Apr-19
	8	Lazio	Jennifer	55	27:26.0	27:29.2	Pasadena	CA	USA	27-Apr-24
	9	Phillips	Angela	55	28:17.0	28:27.0	El Segundo	CA	USA	21-Apr-18
	10	Wendlberger	Kelly	58	28:27.0	28:26.6	Redondo Beach	CA	USA	27-Apr-19
	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 60-64	1	Ritchey	Suzy	60	25:23.0	25:27.0	Torrance	CA	USA	23-Apr-16
	2	Hagerty	Bette	60	26:05.0	26:09.3	Playa Del Rey	CA	USA	27-Apr-19
	3	Reiner	Ellen	62	26:43.0	26:48.2	Valley Village	CA	USA	30-Apr-22
	4	Small	Elizabeth	61	27:46.0	27:56.8	Torrance	CA	USA	27-Apr-24
	5	Drennan	Philippa	60	28:51.0	28:53.7	Los Angeles	CA	USA	27-Apr-19
	6	McBride	Dona	62	29:01.0	29:08.4	Long Beach	CA	USA	23-Mar-13
	7	Robbins	Robyn	60	29:09.0	29:37.5	Torrance	CA	USA	27-Apr-19
	8	Joly	Kathy	62	30:03.6	30:03.6	Sun Valley	CA	USA	31-Mar-12
	9	Wendlberger	Kelly	63	30:11.0	30:26.4	Redondo Beach	CA	USA	27-Apr-24
	10	Drahnak	Marian	62	30:41.0	30:41.6	Hermosa Beach	CA	USA	27-Apr-19

## Female 5K Course Records

	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 65-69	1	Desemone	Lisa	65	28:49.0	28:54.8	El Segundo	CA	USA	30-Apr-22
	2	Drennan	Philippa	65	29:35.0	29:38.9	Los Angeles	CA	USA	27-Apr-24
	3	Acuna	Monyean	68	30:54.0	31:00.0	Hermosa Beach	CA	USA	22-Apr-17
	4	Dorsey	Deborah	65	30:55.6	31:07.2	El Segundo	CA	USA	21-Mar-15
	5	McBride	Dona	66	30:59.0	30:59.0	Long Beach	CA	USA	22-Apr-17
	6	Joly	Kathy	65	31:20.1	31:20.1	Sun Valley	CA	USA	21-Mar-15
	7	Morris	Faith	68	32:34.0	32:40.0	Laguna Niguel	CA	USA	27-Apr-24
	8	Best	Beverley	65	32:35.4	32:55.8	Manhattan Beach	CA	USA	26-Mar-11
	9	Burgess	Karen	67	33:11.0	33:17.5	Aliso Viejo	CA	USA	27-Apr-24
	10	Breit	Dawn	67	34:13.0	34:27.4	El Segundo	CA	USA	22-Apr-23
	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 70-74	1	England	Linda	71	34:07.0	34:29.1	Los Angeles	CA	USA	22-Apr-23
	2	Blahut	Bonnie	70	35:58.2	36:08.1	El Segundo	CA	USA	26-Mar-11
	3	Hoffman	Catherine	74	37:43.0	37:42.5	Hermosa Beach	CA	USA	30-Apr-22
	4	Dennis	Margaret	70	40:04.0	40:11.2	Laguna Niguel	CA	USA	22-Apr-23
	5	Ingersoll	Sarah	71	40:44.0	40:49.2	Pasadena	CA	USA	23-Mar-13
	6	Dennis	Meg	71	40:50.0	41:05.9	Laguna Niguel	CA	USA	27-Apr-24
	7	Daniels	Diana	71	41:18.0	41:22.7	Hawthorne	CA	USA	23-Mar-13
	8	Turner	Irene	72	42:47.2	43:44.4	El Segundo	CA	USA	26-Apr-14
	9	Heran	Lynda	73	46:23.0	46:37.9	Rancho Palos Verdes	CA	USA	22-Apr-23
	10	Stevenson	Susan	73	47:42.0	48:26.0	El Segundo	CA	USA	22-Apr-23
	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 75-79	1	Daniels	Diana	76	45:14.0	45:19.0	Hawthorne	CA	USA	21-Apr-18
	2	Ingersoll	Sarah	76	45:26.0	46:05.0	Pasadena	CA	USA	21-Apr-18
	3	Lawler	Sharon	76	52:37.0	52:54.3	Playa del Rey	CA	USA	30-Apr-22
	4	French	Mary	75	55:18.0	56:13.2	Hawthorne	CA	USA	26-Mar-11
	5	Robichaux	Betty	75	55:54.0	57:00.5	El Segundo	CA	USA	26-Apr-14
	6	Zavala	Anna	78	59:10.0	59:49.2	Los Angeles	CA	USA	27-Apr-24
	7	Pelzman	Jeannie	76	1:03:52.2	1:04:47.7	El Segundo	CA	USA	26-Mar-11
	8	Caudill	Paulette	76	1:07:09.0	1:07:56.7	El Segundo	CA	USA	22-Apr-23

## Female 5K Course Records

	Last Name	First Name	Age	Chip time	Gun time	Home Town	State	Country	Race Date	
Top 10 Women Age 80+	1	Turner	Irene	80	50:21.0	50:43.6	Rancho Palos Verdes	CA	USA	30-Apr-22
	2	Ingersoll	Sarah	81	54:31.0	55:15.6	Pasadena	CA	USA	22-Apr-23
	3	Pelzman	Jeanie	84	58:06.0	58:05.9	El Segundo	CA	USA	27-Apr-19
	4	Bartlett	Gwendolyn	82	59:37.5	1:00:18.7	El Segundo	CA	USA	21-Mar-15
	5	Keel	Betty	87	1:02:26.9	1:03:16.1	Hawthorne	CA	USA	26-Mar-11