

## 2019 Results

### 3.1 Mile Race

2019	3 Mi	Cat	Pos	Time	Medal	Last	First
2019	3 Mi	F55	1	10:19.5	Gold	Workman	Mary
2019	3 Mi	F60	1	17:04.3	Gold	Parrish-Kell	Bonnie
2019	3 Mi	M55	1	8:09.2	Gold	Wittwer	Boyd
2019	3 Mi	M60	1	6:59.0	Gold	Weller	Dave
2019	3 Mi	M60	2	12:07.8	Silver	Bauer	Allen
2019	3 Mi	M65	1	11:18.5	Gold	Menashe	Marc
2019	3 Mi	M75	1	10:01.6	Gold	Stockhill	Mike

### 5.8 Mile Race

2019	5.8 Mi	Cat	Pos	Time	Medal	Last	First
2019	5.8 Mi	F55	1	17:35.0	Gold	Workman	Mary
2019	5.8 Mi	F65	1	29:05.9	Gold	Nickle	Judy
2019	5.8 Mi	M55	1	19:57.7	Gold	Gardner	Hans
2019	5.8 Mi	M60	1	14:40.1	Gold	Weller	Dave
2019	5.8 Mi	M60	2	25:36.1	Silver	Lahtinen	Todd
2019	5.8 Mi	M65	1	22:25.9	Gold	Jacobson	Alan
2019	5.8 Mi	M75	1	22:36.5	Gold	Stockhill	Mike
2019	5.8 Mi	M85	1	33:27.8	Gold	Addison	Ted