

NorCal - John Frank course records

Norcal has taken place on different courses over the years, the following records will reflect these courses.

All-time course records (any col Courses include - Shasta Lake, Quartz Hill Course & Current River Trail Course)

3-mile	Men	Mark Fricker - 13:49	1987
	Women	Kim Stempien - 17:02	1993
10-mile	Men	Ric Sayre - 48:29	1982
	Men	Sergio Reyes - 48:50	2009 Current Course Record
	Women	Sara Hall - 55:23	2016

Age Group Records since 1994

3 - mile		Men	
Year 0-5	36:06	2004	Max Ostendorf
Year 6-10	21:29	1997	Eric Pace
Year 11-15	16:11	2009	Daniel Johnson
Year 16-19	15:34	2001	Tim Nelson
Year 20-24	15:36	1994	Alvaro Luna
Year 25-29	16:02	2014	Anthony Keiser
Year 30-34	15:03	1996	Jim Howarth
Year 35-39	15:35	1994	Raul Higgins
Year 40-44	15:59	2001	Dick Oldfield
Year 45-49	16:45	2001	George Christensen
Year 50-54	17:41	2006	Mike Kelly
Year 55-59	17:26	2002	Chuck MacDonald
Year 60-64	19:51	1996	Philip Erath
Year 65-69	18:33	2012	Herve Pastre
Year 70-74	23:05	2004	Ed Bush
Year 75-79	25:44	2010	Ed Bush
Year 80-84	37:57	2005	Leo Jordan
Year 85-89	40:40	2010	Leo Jordan
Year 90-99	42:52	2015	Leo Jordan

3 - mile		Women	
Year 0-5	39:08	2010	Adrienne Jeter
Year 6-10	22:27	1996	Aquilla Lohr
Year 11-15	18:10	2007	Grace Orders
Year 16-19	18:41	2014	Jenna Storms
Year 20-24	18:04	1995	Megan Sheehy
Year 25-29	17:46	1996	Megan Sheehy
Year 30-34	17:23	2003	Sarah Raitter
Year 35-39	18:50	2000	Luanne Park
Year 40-44	17:36	2007	Bev Abbs
Year 45-49	20:27	1994	Linda Doniak
Year 50-54	21:13	2011	Jane Podolski
Year 55-59	21:38	2001	Jessie Stratton
Year 60-64	24:59	1994	Daisy Roberts
Year 65-69	27:18	2007	Marge Dunlap
Year 70-74	27:14	2010	Marge Dunlap
Year 75-79	35:00	2005	Mary Malain
Year 80-84	50:16	2000	Kay Hudson
Year 85-89	55:48	1994	Pauline Brown

Top 15 Times		
Men		
13:49	1987	Mark Fricker
13:51	1991	Karl Van CalCar
14:00	1979	John Frank
14:08	1988	Dick Oldfield
14:09	1989	Mark Fricker
14:18	1987	Dick Oldfield
14:19	1992	Dick Oldfield
14:35	1992	Jim Howarth
14:36	1979	Bill Joseph
14:38	1986	John Frank
14:40	1983	Don Merwin
14:43	1990	Ernie Freer
14:44	1986	David Larabee
14:45	1979	Tom Klousner
14:52	1984	Mike Kelly
14:54	1984	Don Merwin

Women		
17:02	1993	Kim Stempien
17:23	2003	Sarah Raitter
17:34	1992	Christy Oliveira
17:36	2007	Bev Abbs
17:43	1984	Heather Hollahan
17:45	1992	Dana Bjornsen
17:45	1994	Luanne Park
17:46	1996	Megan Sheehy
18:01	1991	Christy Oliveira
18:04	1995	Megan Sheehy
18:06	1984	Nichole Oliveira
18:10	2007	Grace Orders
18:12	2006	Michelle Johnson
18:16	1999	Megan Johnson
18:24	2006	Shelby Randall
18:25	1983	Denae Dunlap

10-mile

Men

Year 0-19	52:36	2016	Edward Chance
Year 20-24	50:41	2012	Carl Dargitz
Year 25-29	48:50	2009	Sergio Reyes
Year 30-34	48:51	2014	Sergio Reyes
Year 35-39	51:24	2017	Sergio Reyes
Year 40-44	52:19	2016	Neville Davey
Year 45-49	56:01	2011	Rene Sepulveda
Year 50-54	55:02	2013	Iain Mickle
Year 55-59	56:08	2012	Brian Pilcher
Year 60-64	62:57	2007	Chuck MacDonald
Year 65-69	67:53	2006	Russ Kiernan
Year 70-74	71:45	2013	Hans Schmid
Year 75-79	82:18	2008	Paul Flanagan
Year 80-84	1:40:49	2010	Sam Hirabayashi
Year 85-89	2:41:20	2015	Harry Daniell

Women

Year 0-19	68:28	1999	Ailegra Porter
Year 20-24	59:13	2005	Caroline Annis
Year 25-29	57:15	2011	Jane Kibii
Year 30-34	55:23	2016	Sara Hall
Year 35-39	60:50	2006	Magdalena Visser
Year 40-44	59:34	2003	Maria Trujillo De Rios
Year 45-49	57:09	2010	Linda Smith
Year 50-54	63:30	2016	Jenny Hitchings
Year 55-59	63:54	2011	Christine Kennedy
Year 60-64	71:16	2003	Shirley Matson
Year 65-69	77:51	2005	Barbara Miller
Year 70-74	85:48	2013	JoAnn Hall
Year 75-79	1:36:52	2017	JoAnn Hall

Top 15 All-Time

Men

48:29	1982	Ric Sayre
48:50	2009	Sergio Reyes
48:51	2014	Sergio Reyes
49:29	1983	Larry Lawson
50:02	2012	Sergio Reyes
50:17	1991	Mark Fricker
50:18	2013	Phillip Reid
50:28	2013	Alex Varner
50:29	1982	Bill Yeoman
50:40	1983	Leonard Hill
50:41	2012	Carl Dargitz
50:47	2013	Malcolm Richards
50:51	2010	Sergio Reyes
50:57	2004	Ryan Hayes
51:13	2004	Chris Ziemann

Women

55:23	2016	Sara Hall
55:59	2004	Magdalena Lewy
57:09	2010	Linda Smith
57:15	2011	Jane Kibii
57:16	2006	Magdalena Lewy
57:28	2015	Jane Kibii
58:49	2014	Jane Kibii
59:00	2006	Melanie Cleland
59:11	2004	Melanie Cleland
59:13	2005	Caroline Annis
59:17	2004	Mary Coordt
59:34	2003	Maria Trujillo De Rios
59:48	2005	Megan Daly
60:04	2014	Tori Tyler
60:12	2013	Madeline Kramer

One-Mile List - Boys

5:18	2001	Lucas Oliva - Sequoia
5:22	2016	Max Hamilton - Uprep
5:23	2008	Justin Hale - W. Cottonwood
5:24	2013	Michael Cramer - U-Prep
5:26	2001	Jack Keiningham - W. Cottonwood
5:26	2007	Eric Ghelfi - Rdg Adventist
5:28	2008	Daniel Johnson - St. Joseph
5:29	2013	Ruben Orozco - Modoc
5:29	2001	Jordan Fairley - Sequoia
5:30	2001	James Sutherland - Sequoia
5:31	2006	Zach Kaylor - Parsons
5:34	2006	Eric Ghelfi - Rdg Adventist
5:34	2009	Jordan Moran - N. Cow Creek
5:35	2007	Daniel Johnson - St. Joseph
5:35	2009	Cam Anderson - Modoc
5:35	2017	Branden Taylor - Fall River

Girls

5:41	2007	Corrisa Storms - W. Cottonwood
5:52	2008	Stephanie Rasmussen - St. Joseph
5:53	2017	Grace Gaddy - Uprep
5:59	2010	Miranda Meyers
5:59	2010	Jenna Storms - W. Cottonwood
6:01	2008	Ashley Hoy - Modoc
6:01	2011	Miranda Meyers
6:02	2007	Tiffany Heflin - Susanville
6:02	2008	Corrine Hickie - W. Cottonwood
6:02	2010	Rachel Johnson - U-Prep
6:04	2007	Stephanie Rasmussen - St. Joseph
6:04	2016	Grace Gaddy - Uprep
6:05	2006	Corrisa Storms - W. Cottonwood
6:05	2011	Rachel Johnson - U-Prep
6:06	2001	Brittany Williams - W. Cottonwood

Kindergarten

7:45	2016	Joshua Minto - Modoc
8:33	2010	Sam Scollon - RSA
8:36	2016	Carver Hokenson - Modoc
8:45	2013	Blaze Smith - Modoc
9:05	2013	Noah Gaddy - Turtle Bay

9:30	2010	Jacklyn Van Sickle - Modoc
9:35	2013	Stella Hightower - RSA
9:44	2015	Kylie Vance - Modoc
9:47	2012	Graciela Hernandez - Verde Vale
9:53	2012	Diana Lomeli - Verde Vale

1st Grade

7:22	2017	Josh Minto - Modoc
7:23	2010	Terrell Hocker - Lassen View
7:25	2012	Noah Roberts - RSA
7:26	2007	Hayden Gilbert - Cottonwood
7:34	2014	Aiden Bunas - RSA

7:32	2017	Tori Hughes - Modoc
7:49	2013	Graciela Hernandez - Rother
8:11	2014	Caelli DePaul - Modoc
8:17	2009	Alaina Baxter - El Dorado Hills
8:18	2011	Jacklyn Van Sickle - Modoc

2nd Grade

6:49	2013	Ethan Johnson
6:51	2013	Noah Roberts - RSA
6:59	2013	Keegan Skelly - Chrysalis
7:01	2004	Colton Deaver - Rdg Christian
7:10	2011	Holden Gilbert - Evergreen

7:36	2014	Carly Bateman - Modoc
7:42	2009	Jayden Matthews - Bonnyview
7:43	2005	Rachel Johnson - St. Joseph
7:45	2012	Jacklyn Van Sickle - Modoc
7:47	2004	Rachel Martin - Rdg Christian

3rd Grade

6:06	2017	Noah Gaddy - Turtle Bay
6:07	2013	David Handley - RSA
6:29	2010	Cole Morrison - Modoc
6:37	2010	Tucker Lowery - Modoc
6:42	2011	Hunter Gilbert - Evergreen

7:09	2015	Carly Bateman - Modoc
7:16	2013	Celeste Frey - RSA
7:24	2006	Rachel Johnson - St. Joseph
7:27	2010	Lauren Harper - Weaverville
7:37	2007	Grace Von Kirk - Redding
7:37	2017	Cayla Wolfe - Modoc

4th Grade

6:26	2004	Daniel Johnson - St. Joseph
6:31	2009	Collin Martin - Modoc
6:35	2010	Brian Harper - Weaverville
6:37	2014	Sam Scollon - RSA
6:40	2006	Wesley Franks - Lassen View
6:40	2002	Jason Carey - St. Joseph

6:31	2007	Rachel Johnson - St. Joseph
6:47	2016	Diana Lomeli - Anderson
7:06	2007	Michaela Dyson - Redding
7:12	2013	Grace Gaddy - Turtle Bay
7:13	2017	Trinity Brooks - Modoc

5th Grade

6:01	2003	James Williams - Rother
6:02	2003	Anthony Williams - Rother
6:03	2014	Jake Cuzick - Modoc
6:08	2003	Travis May - Rother
6:09	2003	Justin Olson - Cottonwood

6:19	2005	Corissa Storms - Cottonwood
6:20	2009	Belle Moran - N. Cow Creek
6:28	2008	Rachel Johnson - St. Joseph
6:28	2005	Stephanie Rasmussen - St. Joseph
6:34	2009	Emily Lowery - Modoc

6th Grade

5:48	2015	Jack Cuzick - Modoc
5:51	2004	Anthony Williams - Rother
5:52	2004	James Williams - Rother
5:52	2004	Josh Purdy - Cottonwood
6:01	2006	Dominic D'Aquisto - Parsons

6:01	2011	Miranda Meyers - Carmichael
6:05	2006	Corissa Storms - Cottonwood
6:06	2001	Brittany Williams - Cottonwood
6:11	2009	Jenna Storms - Cottonwood
6:11	2009	Rachel Johnson - St. Joseph

7th Grade

5:34	2006	Eric Ghelfi - Rdg Adventist
5:35	2007	Daniel Johnson - St. Joseph
5:47	2016	Jake Cuzick - Modoc
5:48	2007	Kodiak O'Ravis
5:50	2017	Quinn Hamilton - Uprep

5:59	2010	Miranda Meyers - Sacramento
5:59	2010	Jenna Storms - Cottonwood
6:01	2008	Ashley Hoy - Modoc
6:02	2010	Rachel Johnson - St. Joseph
6:04	2007	Stephanie Rasmussen - St. Joseph
6:04	2016	Grace Gaddy - Uprep

8th Grade

5:18	2001	Lucas Oliva - Sequoia
5:22	2016	Max Hamilton - Uprep
5:23	2008	Justin Hale - W. Cottonwood
5:24	2013	Michael Cramer - Uprep
5:26	2001	Jack Keiningham - W. Cottonwood
5:26	2007	Eric Ghelfi - Rdg Adventist

5:41	2007	Corissa Storms - W. Cottonwood
5:52	2008	Stephanie Rasmussen - St. Joseph
5:53	2017	Grace Gaddy - Uprep
6:02	2007	Tiffany Heflin - Susanville
6:02	2008	Corrine Hickie - W. Cottonwood