**50K Course Records**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DIV** | **RECORD** | **YEAR** | **NAME** | **AGE** |
| M Overall: | 03:31:31 | 2010 | Matthew Adams | 22 |
| F Overall: | 04:14:02 | 2014 | Margaret Nelsen | 32 |
|  |  |  |  |  |
| M/18-29: | 03:31:31 | 2010 | Matthew Adams | 22 |
| F/18-29: | 04:44:18 | 2009 | Maria Petzold | 27 |
|  |  |  |  |  |
| M/30-39: | 03:41:47 | 2007 | Kevin Dean | 36 |
| F/30-39: | 04:14:02 | 2014 | Margaret Nelsen | 32 |
|  |  |  |  |  |
| M/40-49: | 03:53:09 | 2013 | Ricardo Ramirez | 41 |
| F/40-49: | 04:15:34 | 2005 | JulieAnne White | 43 |
|  |  |  |  |  |
| M/50-59: | 04:04:21 | 2012 | Robert Leonardo | 50 |
| F/50-59: | 05:17:27 | 2014 | Lora Zagnoli | 52 |
|  |  |  |  |  |
| M/60-69: | 04:57:59 | 2014 | Rob Mcnair | 60 |
| F/60-69: | 06:44:37 | 2015 | Willy Bruijns | 61 |
|  |  |  |  |  |
| M/70-79: | 06:01:34 | 2014 | Paul Akiyama | 70 |
| F/70-79: | 08:09:00 | 2001 | Yukie Mochida | 71 |
|  |  |  |  |  |
| M/80+: | - | - | - | - |
| F/80+: | - | - | - | - |
|  |  |  |  |  |