

Women as of November 11,2023				1 HOUR					
				Compiled 1 Hour - 15000 m - 10 mile					
				1 Hour					
Division	Meters	Miles	Pace/Mile	Name	Age	City of Event	Date	Gender	Residence
Open	17,930	11.14	5:23	Molly Huddle	36	Attleboro, MA	2020-Nov 1	women only	Providence, RI
40-44	15,578	9.68	6:11	Linda Sipprelle	43	Goleta, CA	1978-Jul-29	mixed	Washington,DC
45-49	15,728	9.77	6:08	Sheri Piers	47	Lynn, MA	2018-Sep-23	women only	Falmouth,ME
50-54	14,440	8.97	6:41	Jennifer Rapaport	50	Lynn, MA	2014-Aug-11	women only	Melrose,MA
55-59	14743	9.16	6:33	Kim Ionta	56	Lynn, MA	2019-Sep-28	women only	Marshfield,MA
60-64	14401	8.95	6:43	Nina Caron	62	Lynn, MA	2022-Sep-17	women only	Portsmouth,NH
65-69	12,850	7.98	7:31	Suzanne Ray	67	Blue River,OR	2019-Sep-7	mixed	Jacksonville,OR
70-74	12,110	7.53	7:58	Jan Holmquist	71	Lynn, MA	2015-Aug-14	women only	Burlington,MA
75-79	8,683	5.40	11:06	Tami Graf	75	Alexandria, VA	2012-May-14	mixed	Lusby,MD
80-84	10,432	6.48	9:16	Carrie Parsi	80	Lynn, MA	2019-Sep-28	women only	Gloucester,MA
				15000 m					
Division	Time		Pace/Mile	Name	Age	City of Event	Date	Gender	Residence
Open	50:07.82		5:23	Molly Huddle	36	Attleboro, MA	2020-Nov-1	women only	Providence, RI
40-44	59:46.6		6:25	Regina Loiacano	42	Lynn, MA	2015-Aug-14	women only	Gloucester,MA
45-49	1:02:37		6:43	Kristina Pham	45	Phoenix,AZ	2017-Dec-9	mixed	Phoenix,AZ
50-54	1:05:58.1		7:05	Barbara Meadows	50	Tucson,AZ	1985-Jan-12	mixed	Tucson,AZ
55-59	1:01:47		6:38	Tina Dowling	56	Lynn, MA	2022- _Sep-17	women only	Bolton,MA
60-64	1:02:37		6:43	Nina Caron	62	Lynn, MA	2022- _Sep-17	women only	Portsmouth,NH
65-69	1:21:01		8:42	Jaclyn Caselli	65	San Francisco,CA	1986-Aug-2	mixed	San Jose,CA
70-74	1:38:29		10:34	Maria Shields	71	Sharon Hill,PA	2022-May-7	mixed	Davidsonville, MD
				10 mi					
Division	Time		Pace/Mile	Name	Age	City of Event	Date	Gender	Residence
Open	53:50		5:23	Molly Huddle	36	Attleboro, MA	2020-Nov-1	women only	Providence, RI
40-44	1:04:38.8		6:28	Karen Bestful	42	Lincoln,NE	1984-Nov-18	mixed	Lincoln,NE

45-49	1:07:16		6:44	Kristina Pham	45	Phoenix,AZ	2017-Dec-9	mixed	Phoenix,AZ
50-54	1:09:42.8		6:58	Barbara Meadows	54	Tucson,AZ	1985-Jan-12	mixed	Tucson,AZ
55-59	1:06:17.7		6:38	Tina Dowling	56	Lynn, MA	2022-Sep-17	women only	Bolton,MA
60-64	1:07:12.9		6:44	Nina Caron	62	Lynn, MA	2022-Sep-17	women only	Portsmouth,NH
65-69	1:25:21		8:32	Jaclyn Caselli	65	San Francisco,CA	1986-Aug-2	mixed	San Jose,CA
70-74	1:46:18		10:38	Maria Shields	71	Sharon Hill,PA	2022-May-7	mixed	Davidsonville, MD