

2-Person 20-km Relay Individual Records

Boys Individual 10-km MPH Splits - Top 20					
	Name	10-km time	10-km mph	Date	Age
1	Jonathan Cucaz	0:15:34	23.936	04/03/13	18
2	Fletcher Lydick	0:15:34	23.936	05/22/13	17
3	Alexander Dijkema	0:15:38	23.834	04/03/13	15
4	Fletcher Lydick	0:16:06	23.143	04/03/13	17
5	David Heath	0:16:10	23.047	06/10/15	14
6	Harrison Nguy	0:16:29	22.605	06/10/15	14
7	Davis Branyon	0:16:46	22.223	04/23/14	14
8	David Heath	0:16:57	21.982	04/23/14	13
9	Maartin Dijkema	0:16:59	21.939	05/20/06	14
10	Parker Haney	0:17:09	21.726	04/03/13	16
11	Nick Frazier	0:17:24	21.414	06/20/07	15
12	Chris Arriaza	0:17:26	21.373	04/23/14	16
13	James Todd	0:17:30	21.291	04/03/13	15
14	Harrison Nguy	0:17:31	21.271	04/23/14	13
15	Parker Haney	0:17:32	21.251	05/22/13	16
16	David Goodman	0:17:35	21.191	06/20/07	13
17	Johnathan Spathelf	0:17:36	21.170	04/03/13	16
18	Davis Branyon	0:17:38	21.130	04/03/13	13
19	David Goodman	0:17:46	20.967	08/01/07	13
20	Nico Federico	0:17:47	20.952	06/10/15	14

Girls Individual 10-km MPH Splits - Top 20					
	Name	10-km time	10-km mph	Date	Age
1	Megan Heath	0:16:41	22.334	06/10/15	16
2	Zoe Frazier	0:17:14	21.621	04/03/13	18
3	Megan Heath	0:17:18	21.538	04/23/14	15
4	Zoe Frazier	0:17:22	21.455	05/22/13	18
5	Jane Tullis	0:17:26	21.373	06/10/15	14
6	Jane Tullis	0:17:45	20.992	04/23/14	13
7	Carrie Burke	0:18:04	20.624	06/20/07	14
8	Carrie Burke	0:18:28	20.177	05/20/06	13
9	Victoria Haney	0:18:32	20.104	05/22/13	18
10	Megan Heath	0:18:49	19.802	08/28/13	14
11	Zoe Frazier	0:18:50	19.776	10/09/05	10
12	Madeleine Haney	0:18:51	19.767	05/22/13	15
13	Rachel Gideon	0:18:54	19.714	04/23/14	18
14	Madeleine Haney	0:18:55	19.697	04/03/13	15
15	Isabella Nguy	0:18:57	19.662	06/10/15	16
16	Zoe Frazier	0:19:05	19.532	07/06/05	10
17	Zoe Frazier	0:19:12	19.404	08/01/07	12
18	Victoria Haney	0:19:21	19.256	04/03/13	18
19	Victoria Haney	0:19:22	19.239	08/28/13	18
20	Viola Hasko	0:19:28	19.140	05/22/13	12

2-Person 20-km Relay Individual Records

FC Kids/Juniors Age Group Records - 10-km MPH Splits					
	Name	10-km time	10-km mph	Date	Age
G	Zoe Frazier	0:17:14	21.621	04/03/13	18
B	Jonathan Cucaz	0:15:34	23.936	04/03/13	18
G					17
B	Fletcher Lydick	0:15:34	23.936	05/22/13	17
G	Megan Heath	0:16:41	22.334	06/10/15	16
B	Parker Haney	0:17:09	21.726	04/03/13	16
G	Megan Heath	0:17:18	21.538	04/23/14	15
B	Alexander Dijkema	0:15:38	23.834	04/03/13	15
G	Jane Tullis	0:17:26	21.373	06/10/15	14
B	David Heath	0:16:10	23.047	06/10/15	14
G	Jane Tullis	0:17:45	20.992	04/23/14	13
B	David Heath	0:16:57	21.982	04/23/14	13
G	Zoe Frazier	0:19:12	19.404	08/01/07	12
B	Jeffery Kidd	0:18:02	20.663	10/09/05	12
G	Shoshana Lutch	0:19:39	18.962	10/09/05	11
B	David Goodman	0:18:09	20.526	10/09/05	11
G	Zoe Frazier	0:18:50	19.776	10/09/05	10
B	Sam Tullis	0:19:31	19.091	05/22/13	10
G	Zoe Frazier	0:22:33	16.522	11/07/04	9
B	Stephen Heath	0:20:50	17.885	08/28/13	9
G	Kassie Howard	0:27:47	13.410	08/15/04	8
B	Ben Wellington	0:19:09	19.459	10/09/05	8
G					7
B	Ben Wellington	0:22:43	16.405	11/07/04	7

2-Person 20-km Relay Individual Records

Men Individual 10-km MPH Splits - Top 20					
	Name	10-km time	10-km mph	Date	Age
1	Hugh Wellington	0:14:55	24.979	09/18/05	SR
2	Levi Nelson	0:15:23	24.221	05/22/13	SR
3	Kevin Tolbert	0:15:56	23.385	05/20/06	SR
4	Hugh Wellington	0:16:10	23.047	04/02/06	SR
5	Hugh Wellington	0:16:33	22.514	05/20/06	SR
6	Andy Lydick	0:16:34	22.491	04/03/13	SR
7	David Haney	0:16:55	22.026	05/22/13	SR
8	Nick Plotts	0:17:16	21.579	05/22/13	SR
9	Bob Heath	0:17:27	21.352	04/23/14	SR
10	Bob Heath	0:17:31	21.271	04/03/13	SR
11	David Haney	0:17:41	21.071	04/03/13	SR
12	Cliff Ward	0:17:45	20.983	07/06/05	SR
13	Andy Lydick	0:17:53	20.835	08/28/13	SR
14	Nick Frazier	0:17:58	20.738	08/28/13	SR
15	Steve Shore	0:18:00	20.700	06/20/07	SR
16	Mike Conlon	0:18:03	20.643	06/10/15	SR
17	Bob Heath	0:18:07	20.567	06/10/15	SR
18	Tony Anderson	0:18:11	20.491	05/20/06	SR
19	Bob Heath	0:18:18	20.361	04/03/13	SR
20	Andy Lydick	0:18:18	20.361	09/29/07	SR

Women Individual 10-km MPH Splits - Top 20					
	Name	10-km time	10-km mph	Date	Age
1	Guin Sill	0:17:28	21.328	07/06/05	SR
2	Tammy Jarvis	0:17:47	20.943	07/06/05	SR
3	Renata Shore	0:19:13	19.389	04/02/06	SR
4	Renata Shore	0:19:23	19.223	06/20/07	SR
5	Karen Duffy	0:19:24	19.206	09/18/05	SR
6	Sandy Kidd	0:20:09	18.499	07/06/05	SR
7	Renata Shore	0:20:12	18.446	05/20/06	SR
8	Amelia Foster	0:20:20	18.325	05/22/13	SR
9	Beth Wellington	0:20:24	18.265	06/20/07	SR
10	Beth Wellington	0:20:27	18.220	09/18/05	SR
11	Beth Wellington	0:20:33	18.133	07/06/05	SR
12	Beth Wellington	0:20:56	17.799	08/01/07	SR
13	Jenny Macrae	0:21:13	17.562	06/20/07	SR
14	Caroline Burke	0:21:17	17.510	08/06/06	SR
15	Hanaa Nessim	0:21:25	17.398	06/20/07	SR
16	Amelia Foster	0:21:36	17.250	08/28/13	SR
17	Hanaa Nessim	0:21:49	17.083	08/06/06	SR
18	Hanaa Nessim	0:21:50	17.066	08/01/07	SR
19	Shelley Tolbert	0:22:11	16.796	05/20/06	SR
20	Caroline Burke	0:23:31	15.844	05/20/06	SR