

# CAPITAL 10-MILER

## COURSE RECORDS – MEN

Updated 06/29/22

<b>Category</b>	<b>Runner</b>	<b>City</b>	<b>Time</b>	<b>Year</b>
Overall Winner	Ryan Blood	Carlisle, PA	50:32	2018
Overall Master	Cam Aslan	Camp Hill, PA	57:37	2021
19 Yrs & Under	Justas Gricius	Stroudsburg, PA	1:06:57	2014
20-24 Yrs	Harrison Toney	Roanoke, VA	52:40	2018
25-29 Yrs	Alexander Hampel	Middletown, DE	52:34	2018
30-34 Yrs	Ryan Blood	Carlisle, PA	50:32	2018
35-39 Yrs	Ryan Blood	Carlisle, PA	52:04	2021
40-44 Yrs	Cam Aslan	Camp Hill, PA	57:37	2021
45-49 Yrs	Tadd Morris	Camp Hill, PA	1:00:46	2015
50-54 Yrs	Phil Warton	Willow Hill, PA	1:03:49	2019
55-59 Yrs	Randy Hoon	Mount Holly Springs, PA	1:01:41	2012
60-64 Yrs	Randy Hoon	Mount Holly Springs, PA	1:05:31	2019
65-69 Yrs	Gary Grobman	Harrisburg, PA	1:12:11	2019
70-74 Yrs	Allen Hipple	New Bloomfield, PA	1:24:40	2019
75-79 Yrs	James Hayney	Camp Hill, PA	2:07:38	2019
80-84 Yrs	James Hayney	Camp Hill, PA	2:10:44	2022

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## COURSE RECORDS – WOMEN

Updated 06/29/22

<b>Category</b>	<b>Runner</b>	<b>City</b>	<b>Time</b>	<b>Year</b>
Overall Winner	Kalyn Coffey	Mifflinburg, PA	1:00:43	2022
Overall Master	Carly Shea	Lewisburg, PA	1:09:39	2021
19 Yrs & Under	Chloe Warrell	Mechanicsburg, PA	1:15:56	2019
20-24 Yrs	Kristin Fritts	Harrisburg, PA	1:07:40	2016
25-29 Yrs	Katie Fuller	Mechanicsburg, PA	1:05:09	2021
30-34 Yrs	Emily Fuller	Mechanicsburg, PA	1:04:29	2021
35-39 Yrs	Teal Liu	Hershey, PA	1:03:39	2021
40-44 Yrs	Carly Shea	Lewisburg, PA	1:09:39	2021
45-49 Yrs	Laurie Latchford	Palmyra, PA	1:08:29	2015
50-54 Yrs	Kim Anderson	Dillsburg, PA	1:11:23	2018
55-59 Yrs	Kelly Dvorak	Carlisle, PA	1:12:39	2018
60-64 Yrs	Rebecca Cover	Harrisburg, PA	1:20:24	2018
65-69 Yrs	Rebecca Cover	Harrisburg, PA	1:29:40	2022
70-74 Yrs	Mary Lou Harris	Camp Hill, PA	1:33:10	2018
75-79 Yrs	Sonja Sampsell	Selinsgrove, PA	2:26:50	2017