

CAPITAL 10 MILER
COURSE RECORDS – MEN

Category	Runner	City	Time	Year
Overall Winner	Ryan Blood	Carlisle, PA	50:32	2018
Overall Master	Cem Aslan	Camp Hill, PA	57:57	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
30-35 Yrs	Ryan Blood	Carlisle, PA	52:04	2018
36-39 Yrs	Ryan Blood	Carlisle, PA	52:04	2021
40-44 Yrs	Cam Aslan	Camp Hill, PA	57:57	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

CAPITAL 10 MILER
COURSE RECORDS – WOMEN

Category	Runner	City	Time	Year
Overall Winner	Katie O'Regan	Lebanon, PA	1:02:40	2017
Overall Master	Carly Shea	Lewisburg, PA	1:04:34	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	1:05:08	2021
30-35 Yrs	Emily Fuller	Mechanicsburg, PA	1:04:28	2021
36-39 Yrs	Teal Liu	Hershey, PA	1:03:59	2021
40-44 Yrs	Carly Shea	Lewisburg, PA	1:04:34	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	Patricia Parker	Lewisburg, PA	1:37:08	2015
70-74 Yrs	Mary Lou Harris	Camp Hill, PA	1:33:10	2018
75-79 Yrs	Sonja Sampsell	Selinsgrove, PA	2:26:50	2017