

Name	Age	Sex	AG%	Location
Joanne Harper	42	F	84.25	Lake Redding (2)
CHUCK MACDONALD	63	M	83.33	Lake Redding (1)
Chuck MacDonald	63	M	81.89	Lake Redding (2)
Chuck MacDonald	63	M	80.92	LEMA
Chuck MacDonald	63	M	80.91	Rail
Joanne Harper	42	F	80.64	Moonlight
Magellan Turner	45	M	80.38	LEMA
Luanne Park	50	F	80.17	Oak Bottom
JOANNE HARPER	42	F	79.35	Lake Redding (1)
Roxanne Woodhouse	47	F	79.34	Rail
Magellan Turner	45	M	78.54	Rail
Joann Hall	68	F	78.36	Rail
Blake Zufall	15	M	78.01	Lake Redding (2)
Roxanne Woodhouse	47	F	77.97	Oak Bottom
ROXANNE WOODHOUSE	47	F	77.72	Lake Redding (1)
Ben Keck	26	M	77.55	Rail
Joanne Harper	42	F	77.39	Oak Bottom
Ben Keck	26	M	77.21	Lake Redding (2)
JoAnn Hall	68	F	77.05	Moonlight
Joanne Harper	42	F	77.04	Bailey Cove
Troy Crowell	40	M	76.85	Moonlight
Roxanne Woodhouse	47	F	76.73	Lake Redding (2)
BEN KECK	25	M	76.53	Lake Redding (1)
Sebastian O'Bergin	19	M	76.53	LEMA
Magellan Turner	45	M	76.48	Bailey Cove
Sebastian O'Bergin	19	M	76.4	Rail
Eric Ghelfi	18	M	76.34	Moonlight
Ben Keck	26	M	76.16	LEMA
Roxanne Woodhouse	47	F	76.15	Bailey Cove
Blake Zufall	15	M	75.93	Moonlight
Kyle Younkens	42	M	75.77	Moonlight
Joanne Harper	42	F	75.33	LEMA
Ben Keck	26	M	75.15	Oak Bottom

Top Age-Graded Results

Age Grading

What is Age Grading? Age grading is grading run times based on a series of age factors or age standards which can be used to compare performances at different ages. Even if you will never set another absolute PR

(Personal Record) at a given distance, you can still strive to achieve a higher age grade. For example: one of our

local runners (who wishes to remain anonymous) set a 5K PR of 18:08 in 1978 at age 39. This would grade out at 73.8. In 1987 at age 48 he ran 18:17, which grades out at 78.2. And at age 61, he ran 21:17, which grades out

at 75.1. This tells him that he is running better than when he ran his time PR, but not as well as he did at age 48.

The Age Graded Tables were developed over a period of years by the World Association of

Tonya Geers	52	F	74.79	Lake Redding (2)
Mary Ellen Benier	53	F	74.6	LEMA
Cindy McGihon	52	F	74.56	Oak Bottom
Joann Hall	68	F	74.04	Oak Bottom
Sebastian O'Bergin	19	M	74.02	Lake Redding (2)
Roxanne Woodhouse	47	F	74	LEMA
Ferlin Husky	44	M	73.86	Moonlight
JoAnn Hall	68	F	73.76	LEMA
DAROLD TURNER	44	M	73.51	Lake Redding (1)
Darold Turner	44	M	73.47	Rail
Tonya Geers	51	F	73.39	Rail
Darold Turner	44	M	73.39	Lake Redding (2)
TONYA GEERS	51	F	73.38	Lake Redding (1)
Tonya Geers	52	F	73.38	Moonlight
Mary Ziola	49	F	73.34	Lake Redding (2)
Austin Murch	15	M	73.27	Moonlight
Blake Zufall	15	M	73.07	Rail
Mary Ziola	49	F	72.98	Rail
Tony Moore	18	M	72.57	Rail
Darold Turner	44	M	72.38	Oak Bottom
Ben Keck	26	M	72.23	Bailey Cove
Dessa Eagleson	26	F	71.91	Lake Redding (2)
Kazumi Nigro	36	F	71.76	Lake Redding (2)
Eric Ghelfi	18	M	71.67	LEMA
Darold Turner	44	M	71.47	Bailey Cove
Eric Ghelfi	18	M	71.4	Oak Bottom
Dessa Eagleson	26	F	71.35	Moonlight
Trevor Nelson	30	M	71.34	Rail
RYAN TEESDALE	16	M	71.31	Lake Redding (1)
Dessa Eagleson	26	F	71.31	Oak Bottom
Tonya Geers	52	F	71.18	Oak Bottom
Dusty Miller	63	M	70.96	Lake Redding (2)
Darold Turner	44	M	70.89	LEMA
GARRETT CLONEY	17	M	70.88	Lake Redding (1)

Veteran Athletes, (WAVA), the world governing body for masters track and field, long distance running, and race walking. The tables are used by WAVA to award prizes by age graded performance, rather than time by age group as is usually done at local races. The tables are graded by age and sex and correspond approximately to world record marks for a person of that age and sex.

The achievement levels are as follows:
 100.0 = World - Record Level
 over 90.0 = World Class
 over 80.0 = National Class
 over 70.0 = Regional Class
 over 60.0 = Local Class

Race Average

Lake Redding (1)	59.47
Male	59.41
Female	59.53
LEMA	59.302
Male	58.32
Female	60.255
Rail Trail	61.889
Male	62.377
Female	61.090
Oak Bottom	60.099
Male	59.07
Female	61.289
Bailey Cove	60.102
Male	58.883
Female	62.445

Jenn Wall	23	F	70.67	Lake Redding (2)
Tim Bryan	41	M	70.59	Rail
DESSA EAGLESON	26	F	70.41	Lake Redding (1)
Tonya Geers	51	F	70.39	LEMA
Tonya Geers	52	F	70.24	Bailey Cove
Doug Christ	33	M	70.05	Rail
Carolyn Ward	69	F	70.02	Moonlight
ANNA EICHOLTZ	21	F	69.98	Lake Redding (1)
HEATHER SMITH	21	F	69.96	Lake Redding (1)
Tony Moore	18	M	69.83	LEMA
Jay Hickle	45	M	69.81	Moonlight
Deesa Eagleson	26	F	69.76	Rail
Mary Ziola	49	F	69.7	Oak Bottom
Michael Cook	15	M	69.64	Moonlight
Dusty Miller	63	M	69.47	Rail
DUSTY MILLER	63	M	69.39	Lake Redding (1)
SHERI RICHMOND	44	F	69.36	Lake Redding (1)
Victoria Stickney	60	F	69.31	Rail
Andrew Penington	16	M	69.27	Lake Redding (2)
Victoria Stickney	60	F	69.16	Oak Bottom
Bob Ghelfi	49	M	69.16	Moonlight
DOUG CHRIST	33	M	69.12	Lake Redding (1)
Dusty Miller	63	M	68.83	LEMA
MICHAEL HAGUE	24	M	68.82	Lake Redding (1)
Doug Christ	33	M	68.67	Oak Bottom
Joanne Hall	68	F	68.61	Bailey Cove
Mary Ziola	49	F	68.49	LEMA
Thomas Chamberlain	23	M	68.47	Moonlight
Julie Ghelfi	49	F	68.46	Lake Redding (2)
David Braund	31	M	68.38	Rail
Austin Murch	15	M	68.32	Lake Redding (2)
Joanne Harper	42	F	68.28	Mt. View
Chuck MacDonald	63	M	68.28	Mt. View
Eric Ghelfi	18	M	68.27	Bailey Cove

	Female	62.443
Mt. View		52.249
	Male	50.853
	Female	55.196
Lake Redding (2)		62.240
	Male	61.400
	Female	63.873

Magellan Turner	45	M	68.17	Oak Bottom
Thomas Chamberlain	20	M	68.16	Oak Bottom
DAVID BRAUND	31	M	67.83	Lake Redding (1)
Doug Christ	33	M	67.83	LEMA
Roxanne Woodhouse	47	F	67.83	Mt. View
Dusty Miller	63	M	67.78	Bailey Cove
Austin Murch	15	M	67.69	Bailey Cove
Thomas Chamberlain	20	M	67.68	Rail
Michelle Bryan	41	F	67.46	Lake Redding (2)
Kevin Penington	19	M	67.28	Lake Redding (2)
Austin Murch	15	M	67.1	Oak Bottom
Michelle Bryan	41	F	67.02	Rail
David Braund	31	M	67.02	Oak Bottom
Ben Keck	26	M	66.86	Mt. View
Tim Bryan	41	M	66.8	Bailey Cove
Dusty Miller	63	M	66.77	Oak Bottom
MIKE HARPER	43	M	66.68	Lake Redding (1)
Jeff Worthington	46	M	66.58	Bailey Cove
KING WAYMAN	60	M	66.57	Lake Redding (1)
Dessa Eagleson	26	F	66.52	LEMA
JEFF WORTHINGTON	46	M	66.45	Lake Redding (1)
Julie Ghelfi	49	F	66.37	Moonlight
Scott Tyler	25	M	66.26	Rail
David Riding	48	M	66.24	Moonlight
MICHELLE BRYAN	41	F	66.23	Lake Redding (1)
Jennifer Wall	23	F	66.23	Oak Bottom
Mitch James	44	M	66.21	Lake Redding (2)
AUSTIN MURCH	15	M	66.19	Lake Redding (1)
Austin Murch	15	M	66.18	Rail
Dessa Eagleson	26	F	66.13	Bailey Cove
JR Mintz	44	M	66.09	Bailey Cove
SCOTT TYLER	25	M	65.9	Lake Redding (1)
Sheri Richmond	44	F	65.9	LEMA
Sheri Richmond	44	F	65.8	Rail

Austin Murch	15	M	65.71	LEMA
Tonya Geers	52	F	65.56	Mt. View
Jerry Sessions	61	M	65.56	Moonlight
Jennifer Wall	23	F	65.48	Bailey Cove
Paul Shigley	45	M	65.34	Oak Bottom
Julie Ghelfi	49	F	65.31	Rail
Ryan Teesdale	17	M	65.25	LEMA
Jeff Worthington	46	M	65.2	Oak Bottom
Blake Zufall	15	M	65.19	Mt. View
Thomas Chamberlain	20	M	65.15	LEMA
Sheri Richmond	44	F	65.14	Oak Bottom
Jennifer Wall	23	F	65.01	Rail
TOM CHAMBERLAIN	23	M	64.98	Lake Redding (1)
Kathleen Evanhoe	68	F	64.95	Moonlight
Paul Shigley	45	M	64.94	LEMA
Kim Hewitt	33	F	64.79	Oak Bottom
Paul Shigley	45	M	64.78	Rail
Michael Folta	14	M	64.74	Oak Bottom
Mark Swanson	55	M	64.61	Rail
Victoria Stickney	60	F	64.5	LEMA
Josh Johnson	30	M	64.49	Lake Redding (2)
Dusty Miller	63	M	64.47	Moonlight
TAMMY MORAH	40	F	64.44	Lake Redding (1)
David Braund	31	M	64.36	LEMA
Craig Sewell	38	M	64.31	Lake Redding (2)
Joann Hall	68	F	64.21	Mt. View
Mitch James	44	M	64.14	Oak Bottom
Matthew Eyman	19	M	64.02	Lake Redding (2)
Tracy Evans	47	F	63.9	Oak Bottom
Tyler Younkens	13	M	63.84	Moonlight
Anna Eicholtz	21	F	63.72	LEMA
Jeff Worthington	46	M	63.68	Lake Redding (2)
Mitch James	44	M	63.62	Bailey Cove
Cheryl Amen	49	F	63.62	Lake Redding (2)

Mary Ziola	49	F	63.51	Mt. View
Alyssa Hope	20	F	63.31	Lake Redding (2)
Josh Johnson	30	M	63.29	Moonlight
Matt Eyman	20	M	63.24	Moonlight
Erin Eicholtz	14	F	63.23	LEMA
Daniel Peterson	38	M	63.23	Rail
Michelle Bryan	41	F	63.21	LEMA
Michelle Bryan	41	F	63.19	Oak Bottom
CHERYL AMEN	49	F	63.05	Lake Redding (1)
Tiffany Howard	26	F	62.99	Moonlight
Andrew Penington	16	M	62.97	Oak Bottom
Kevin Penington	19	M	62.95	Bailey Cove
Daniel Peterson	38	M	62.94	Lake Redding (2)
Michelle Bryan	41	F	62.93	Bailey Cove
Paul Shigley	46	M	62.8	Lake Redding (2)
Greg Wheeler	35	M	62.74	Lake Redding (2)
Glenn Eicholtz	54	M	62.59	LEMA
Daniel Peterson	38	M	62.59	Moonlight
Mitch James	44	M	62.49	Rail
Josh Johnson	30	M	62.49	Oak Bottom
Mark Swanson	55	M	62.33	Oak Bottom
Nate Elles	26	M	62.28	Moonlight
Cheryl Amen	49	F	62.22	Rail
ERIC WAITS	53	M	62.2	Lake Redding (1)
Michael Moore	16	M	62.18	Moonlight
Tracy Evans	47	F	62.02	LEMA
Julie Ghelfi	49	F	61.84	Bailey Cove
Larry White	15	M	61.69	Rail
JULIE GHELFI	49	F	61.59	Lake Redding (1)
Andrew Penington	16	M	61.56	Bailey Cove
Lily Wyse	12	F	61.49	Moonlight
Julie Ghelfi	49	F	61.48	Oak Bottom
Tammy Moran	40	F	61.46	LEMA
Rebekah Groen	19	F	61.38	Moonlight

Michael Folta	14	M	61.32	LEMA
Josh Johnson	30	M	61.3	Rail
Kevin Penington	19	M	61.3	Oak Bottom
Diane Kinney	39	F	61.27	Lake Redding (2)
Kim Hewitt	33	F	61.26	LEMA
Rebecca Studebaker	21	F	61.18	Moonlight
MICHAEL FOLTA	14	M	61.16	Lake Redding (1)
Eric Waits	53	M	61.15	Oak Bottom
JAMES LANDER	18	M	61.13	Lake Redding (1)
Julie Ghelfi	49	F	61.13	LEMA
Garrett Shea	15	M	61.08	Moonlight
Chao Chen	26	M	61.07	LEMA
Stephanie Tyler	19	F	61.03	Rail
LAURA MILLER	53	F	60.96	Lake Redding (1)
Mitch James	44	M	60.9	LEMA
Lynette Garringer	22	F	60.84	Moonlight
KATIE POBURKO	33	F	60.73	Lake Redding (1)
Andrew Zufall	18	M	60.73	Moonlight
Katie Poburko	33	F	60.66	Rail
Dessa Eagleson	26	F	60.52	Mt. View
Alyssa Hope	21	F	60.51	Moonlight
Dan Peterson	38	M	60.47	LEMA
Thomas Guttierrez	50	M	60.41	Lake Redding (2)
GREG WHEELER	35	M	60.4	Lake Redding (1)
Mark Swanson	55	M	60.4	LEMA
Christopher Olson	21	M	60.3	Lake Redding (2)
Josh Johnson	30	M	60.21	Bailey Cove
Chris Washington	30	M	60.19	Lake Redding (2)
Jim Smith	58	M	60.17	Lake Redding (2)
MADISON DALTON	16	F	59.88	Lake Redding (1)
Rick Zeller	58	M	59.88	LEMA
Dusty Miller	63	M	59.87	Mt. View
MERI PASSIDAKIS	46	F	59.84	Lake Redding (1)