

Name	Age	Sex	AG%	Location
Chuck MacDonald	63	M	83.97	LEMA (1)
Chuck MacDonald	63	M	83.41	Lake Redding (1)
Mike Galligan	50	M	82.16	Lake Redding (2)
Roxanne Woodhouse	46	F	80.66	Clover Creek (2)
Mike Galligan	50	M	80.49	Lake Redding (1)
Jack Leiffer	53	M	79.58	LEMA (1)
Joanne Harper	42	F	79.51	Lake Redding (1)
JoAnn Hall	68	F	78.83	Clover Creek (2)
Jack Leiffer	53	M	78.54	Clover Creek (1)
Roxanne Woodhouse	46	F	78.54	Lake Redding (2)
Roxanne Woodhouse	46	F	78.19	LEMA (1)
Bob Ghelfi	49	M	77.47	Clover Creek (2)
Josh Mathiesen	38	M	77.32	Clover Creek (2)
Roxanne Woodhouse	46	F	77.25	LEMA(2)
Jack Leiffer	53	M	77.09	Lake Redding (1)
Joann Hall	68	F	76.9	Lake Redding (2)
Nancy Ruffner	61	F	76.8	Clover Creek (2)
Roxanne Woodhouse	46	F	76.76	Lake Redding (1)
Roxanne Woodhouse	46	F	76.21	Clover Creek (1)
Roxanne Woodhouse	46	F	76.18	Rail Trail
Marge Dunlap	70	F	76.11	Lake Redding (2)
Jay Hinkle	44	M	76	Clover Creek (1)
Jay Hinkle	44	M	75.86	Lake Redding (2)
Jay Hinkle	44	M	75.71	LEMA(2)
Blake Zufall	15	M	75.69	Clover Creek (2)
Josh Mathiesen	38	M	75.67	Lake Redding (2)
Sebastian O'Bergin	18	M	75.51	Clover Creek (1)
Doug Christ	32	M	75.26	Clover Creek (2)
Austin Murch	14	M	75.22	Clover Creek (1)
Nancy Ruffner	61	F	75.19	LEMA (1)
Ryan Teesdale	16	M	75.05	Clover Creek (1)
Bob Ghelfi	49	M	75	Lake Redding (2)
Kazumi Nigro	35	F	74.97	Lake Redding (2)

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

Blake Zufall	15	M	74.9	Lake Redding (2)
Joann Hall	68	F	74.66	Clover Creek (1)
Josh Mathiesen	38	M	74.37	Clover Creek (1)
Nancy Ruffner	61	F	74.34	Rail Trail
Nancy Ruffner	61	F	74.29	Clover Creek (1)
Joanne Hall	68	F	74.18	LEMA(2)
Tim Quigley	52	M	73.9	Clover Creek (2)
Blake Zufall	15	M	73.83	LEMA(2)
Kim Stempien	47	F	73.78	Clover Creek (2)
Ron Johnson	48	M	73.74	LEMA (1)
Austin Murch	14	M	73.66	LEMA(2)
Josh Mathiesen	38	M	73.59	LEMA(2)
Kazumi Nigro	35	F	73.54	LEMA (1)
Sheri Richmond	44	F	73.5	Clover Creek (2)
Nancy Ruffner	61	F	73.45	Lake Redding (2)
Carolyn Ward	68	F	73.4	Lake Redding (2)
Bob Ghelfi	49	M	73.38	Lake Redding (1)
Bob Ghelfi	49	M	72.89	Rail Trail
Kazumi Nigro	35	F	72.77	LEMA(2)
Tim Quigley	52	M	72.7	Clover Creek (1)
Scott Tyler	25	M	72.66	Clover Creek (2)
Bob Ghelfi	49	M	72.63	LEMA (1)
Ron Dunlap	71	M	72.33	Clover Creek (2)
Scott Tyler	25	M	72.05	Clover Creek (1)
Austin Murch	14	M	71.99	Clover Creek (2)
Ron Dunlap	70	M	71.96	Lake Redding (1)
Doug Christ	32	M	71.88	Lake Redding (2)
Ron Dunlap	70	M	71.83	Rail Trail
Marge Dunlap	70	F	71.83	Clover Creek (2)
Tim Quigley	52	M	71.78	LEMA (1)
Josh Mathiesen	38	M	71.76	Rail Trail
Nancy Ruffner	61	F	71.70	Lake Redding (1)
Austin Murch	14	M	71.62	Rail Trail
Joann Hall	68	F	71.60	LEMA (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)	60.441
Male	61.78
Female	58.601
LEMA (1)	61.539
Male	63.726
Female	58.884
Clover Creek (1)	66.36
Male	66.87
Female	65.69
Rail Trail	61.05
Male	61.92
Female	60.39
LEMA (2)	64.07
Male	65.12
Female	62.81

Austin Murch	14	M	71.59	LEMA (1)
Kazumi Nigro	35	F	71.56	Rail Trail
Tim Bryan	41	M	71.51	Clover Creek (2)
Doug Christ	32	M	71.5	Clover Creek (1)
Austin Murch	14	M	71.47	Lake Redding (2)
Marge Dunlap	70	F	71.41	Clover Creek (1)
Marge Dunlap	70	F	71.29	Lake Redding (1)
Austin Murch	14	M	71.23	Lake Redding (1)
Tim Quigley	52	M	71.16	Lake Redding (2)
Doug Christ	32	M	71.07	Rail Trail
Marge Dunlap	70	F	71.03	Rail Trail
Scott Tyler	25	M	70.98	LEMA(2)
Scott Tyler	25	M	70.91	Lake Redding (2)
Tim Quigley	52	M	70.81	Lake Redding (1)
Ryan Teesdale	16	M	70.81	LEMA (1)
Joann Hall	68	F	70.77	Rail Trail
Marge Dunlap	70	F	70.75	LEMA (1)
Scott Tyler	25	M	70.64	Rail Trail
Doug Christ	32	M	70.56	LEMA(2)
Tim Quigley	52	M	70.4	LEMA(2)
Tim Quigley	52	M	70.34	Rail Trail
Marilee Tatom	48	F	70.3	Clover Creek (2)
Doug Christ	32	M	69.95	LEMA (1)
Sheri Richmond	44	F	69.93	LEMA(2)
Scott Tyler	25	M	69.89	LEMA (1)
Sheri Richmond	44	F	69.7	Lake Redding (2)
Tim Bryan	41	M	69.61	LEMA (1)
Sheri Richmond	44	F	69.57	Clover Creek (1)
Hunter Jensen	15	M	69.57	Lake Redding (2)
Carolyn Ward	68	F	69.49	Clover Creek (2)
Doug Christ	32	M	69.47	Lake Redding (1)
Ron Johnson	48	M	69.31	Lake Redding (1)
Sheri Richmond	44	F	69.19	LEMA (1)
Carolyn Ward	68	F	69.12	Clover Creek (1)

	Female	62.81
Clover Creek (2)		63.90
	Male	64.99
	Female	62.89
Lake Redding (2)		64.19
	Male	64.60
	Female	63.71

Tiffany Howard	25	F	69.11	Clover Creek (2)
Tim Bryan	41	M	69.08	Clover Creek (1)
Carolyn Ward	68	F	69.01	Lake Redding (1)
Tim Bryan	40	M	68.88	Lake Redding (1)
Tim Bryan	41	M	68.78	Lake Redding (2)
Carolyn Ward	68	F	68.74	Rail Trail
Craig Sewell	37	M	68.74	Clover Creek (2)
Sheri Richmond	44	F	68.49	Rail Trail
Carolyn Ward	68	F	68.48	LEMA (1)
Katie Poburko	33	F	68.36	Clover Creek (2)
Michelle Hannaford	39	F	68.33	Lake Redding (1)
Nate Eells	25	M	68.03	Clover Creek (1)
Ron Dunlap	70	M	67.95	Clover Creek (1)
Chao Chen	25	M	67.9	Clover Creek (1)
Tim Bryan	41	M	67.7	LEMA(2)
Nate Ells	25	M	67.66	Clover Creek (2)
Tiffany Howard	25	F	67.5	Lake Redding (2)
Hunter Jensen	15	M	67.39	LEMA(2)
Chao Chen	25	M	67.37	LEMA (1)
Tim Bryan	41	M	67.37	Rail Trail
Joe Blanchard	28	M	67.11	LEMA (1)
Jerry Spence	39	M	66.85	LEMA (1)
Craig Sewell	37	M	66.83	LEMA (1)
Marilee Tatom	48	F	66.72	Rail Trail
King Wayman	60	M	66.64	Lake Redding (2)
Michelle Bryan	40	F	66.63	Clover Creek (2)
Dusty Miller	62	M	66.63	Clover Creek (2)
Iwanna Runmore	47	F	66.59	Lake Redding (1)
Tiffany Howard	25	F	66.48	Clover Creek (1)
Tiffany Howard	25	F	66.47	LEMA(2)
Katie Poburko	33	F	66.38	Lake Redding (2)
Marilee Tatom	48	F	66.36	LEMA(2)
Katie Poburko	33	F	66.34	LEMA(2)
Marilee Tatom	48	F	66.17	LEMA (1)

Sue Waits	49	F	66.06	Lake Redding (1)
Sue Waits	49	F	66.05	Rail Trail
Jerri Spence	18	F	65.79	LEMA (1)
Tiina Hilden	35	F	65.76	Lake Redding (1)
Tracy Moore	46	M	65.65	LEMA (1)
Ron Dunlap	70	M	65.64	LEMA (1)
Craig Sewell	37	M	65.44	LEMA(2)
Rob Winkler	28	M	65.4	Lake Redding (2)
Matt Brunelli	49	M	65.29	Clover Creek (2)
Jerri Spence	20	F	65.19	Clover Creek (1)
Henry Koskey	26	M	65.06	Clover Creek (1)
Ben Plummer	18	M	65.03	LEMA (1)
Lynette Garringer	21	F	65	Clover Creek (1)
Nate Eells	25	M	64.85	Lake Redding (2)
Karen Sinderson	36	F	64.78	Clover Creek (2)
Katie Poburko	33	F	64.76	Rail Trail
Katie Poburko	33	F	64.73	Clover Creek (1)
Rob Winkler	27	M	64.71	Rail Trail
Tony Lewis	39	M	64.65	LEMA (1)
Rob Winkler	27	M	64.56	Lake Redding (1)
Sean Hines	36	M	64.41	Lake Redding (1)
Sue MacDonald	58	F	64.27	Rail Trail
Marilee Tatom	48	F	64.21	Lake Redding (1)
Tiffany Howard	25	F	64.19	Rail Trail
Ron Dunlap	71	M	64.19	Lake Redding (2)
Rob Winkler	27	M	64.18	LEMA(2)
Al Masterson	52	M	64.14	LEMA (1)
Tony Lewis	39	M	64.09	Lake Redding (2)
Tracy Moore	46	M	64.08	Lake Redding (1)
Chao Chen	25	M	63.97	Lake Redding (1)
Karen Sinderson	36	F	63.93	Lake Redding (2)
Michelle Bryan	40	F	63.92	LEMA(2)
Lynette Garringer	21	F	63.89	LEMA (1)
Dusty Miller	62	M	63.88	Lake Redding (2)

Daniel Peterson	37	M	63.77	Clover Creek (2)
Dylan Reeves	36	M	63.71	LEMA(2)
Karen Sinderson	36	F	63.59	LEMA (1)
Michelle Bryan	40	F	63.53	LEMA (1)
Charlie Crackel	63	M	63.51	LEMA(2)
Karen Sinderson	36	F	63.5	Clover Creek (1)
Karen Sinderson	36	F	63.41	LEMA(2)
Mike DeFillipo	38	M	63.37	Clover Creek (2)
Katie Poburko	33	F	63.30	LEMA (1)
Al Masterson	52	M	62.98	Lake Redding (1)
Chuck Walen	46	M	62.94	Lake Redding (2)
Rebekah Studebaker	19	F	62.85	Clover Creek (2)
Tony Lewis	39	M	62.70	Lake Redding (1)
Lynette Garringer	21	F	62.56	Clover Creek (2)
Matthew Eyman	19	M	62.37	Clover Creek (2)
Sue MacDonald	58	F	62.16	Lake Redding (2)
Michelle Bryan	40	F	62.11	Clover Creek (1)
Jerry Spence	39	M	61.92	Lake Redding (1)
Dusty Miller	62	M	61.90	LEMA (1)
DeFillipo Kelsey	14	F	61.87	Clover Creek (2)
Karen Sinderson	36	F	61.84	Rail Trail
Dusty Miller	62	M	61.55	Lake Redding (1)
Matthew Eyman	19	M	61.48	Lake Redding (2)
Sean Taylor	14	M	61.39	Lake Redding (2)
Tiffany Howard	25	F	61.25	LEMA (1)
Karrie Roth	50	F	61.18	LEMA (1)
Delona Jensen	55	F	61.14	Clover Creek (2)
Delona Jensen	55	F	61.03	Lake Redding (2)
Kim Ecklund	40	F	60.98	LEMA (1)
Dusty Miller	62	M	60.79	Clover Creek (1)
Chris Samaras	34	F	60.40	LEMA (1)
Wendy Helander	46	F	60.37	Lake Redding (1)
Rick Rataj		M	60.34	LEMA(2)
Sean Berry	18	M	60.22	LEMA (1)

Bowen Sullivan	12	M	60.00	LEMA (1)
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