

Name	Age	Sex	AG%	Location
Joanne Harper	43	F	84.79	Clover (1)
Luanne Park	50	F	84.17	Clover (2)
Chuck MacDonald	64	M	83.91	Lake Redding (1)
Joanne Harper	43	F	83.91	Clover (2)
Paul Flanagan	79	M	82.92	Clover (1)
Joanne Harper	43	F	82.6	Lake Redding (2)
Sue MacDonald	58	F	80.95	Clover (1)
Roxanne Woodhouse	47	F	80.9	Lake Redding (2)
Marge Dunlap	71	F	80.76	Clover (1)
Cindy McGihon	52	F	80.69	LEMA (1)
Mike Brink	53	M	80.64	Clover (2)
Blake Zufall	15	M	80.58	Clover (1)
Roxanne Woodhouse	47	F	80.56	Clover (2)
Magellan Turner	46	M	80.51	Clover (1)
Joanne Harper	43	F	80.28	Lake Redding (1)
Sue MacDonald	59	F	79.61	Keswick
Luanne Park	50	F	79.58	Keswick
Joanne Harper	43	F	79.54	Keswick
JoAnn Hall	69	F	79.54	Clover (2)
Joanne Harper	43	F	79.47	LEMA (1)
Paul Flanagan	79	M	79.3	Lake Redding (2)
Blake Zufall	16	M	79.09	Lake Redding (2)
Sue MacDonald	59	F	78.85	Clover (2)
Blake Zufall	16	M	78.3	Clover (2)
Blake Zufall	15	M	78.29	Lake Redding (1)
Magellan Turner	46	M	78.29	Keswick
Marge Dunlap	71	F	78.26	LEMA (2)
Sue MacDonald	58	F	78.14	Lake Redding (1)
Jim Rebenuck	26	M	77.92	Keswick
Roxanne Woodhouse	47	F	77.88	LEMA (2)
Tori Parks	52	F	77.85	Clover (1)
Mike Brink	53	M	77.55	LEMA (2)
Marge Dunlap	71	F	77.52	Lake Redding (1)

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

Marge Dunlap	71	F	77.43	Clover (2)
Bev Abbs	46	F	77.29	Clover (2)
Magellan Turner	46	M	77.26	Lake Redding (2)
Sebastian O'Bergin	19	M	77.08	Clover (1)
JoAnn Hall	69	F	76.9	Keswick
Blake Zufall	16	M	76.81	Keswick
Blake Zufall	15	M	76.53	LEMA (1)
Blake Zufall	16	M	76.42	LEMA (2)
Tim MacLean	42	M	76.42	Clover (2)
Tori Parks	53	F	76.2	Clover (2)
Joann Hall	69	F	76.19	LEMA (2)
Mark Reese	56	M	76.18	Clover (2)
Magellan Turner	46	M	76.17	LEMA (1)
Sebastian O'Bergin	19	M	76.02	Clover (2)
Mark Reese	56	M	75.8	Lake Redding (2)
Debbie Miller	57	F	75.23	Lake Redding (1)
Magellan Turner	45	M	75.2	Clover (2)
Sebastian O'Bergin	19	M	75.15	Lake Redding (1)
Mark Reese	56	M	75.06	Clover (1)
Josh Mathiesen	39	M	75.05	Clover (2)
Mark Reese	56	M	74.92	LEMA (2)
Bev Abbs	46	F	74.75	Lake Redding (2)
Magellan Turner	46	M	74.64	Lake Redding (1)
Sebastian O'Bergin	19	M	74.55	Keswick
Carolyn Ward	69	F	74.53	Lake Redding (1)
Trevor Nelson	30	M	74.44	Lake Redding (2)
Tim MacLean	41	M	74.42	LEMA (2)
Josh Mathieson	39	M	73.98	Lake Redding (1)
Josh Mathiesen	39	M	73.9	LEMA (2)
Tim MacLean	42	M	73.88	Lake Redding (2)
Tori Parks	53	F	73.88	Lake Redding (2)
Marge Dunlap	71	F	73.86	LEMA (1)
Sheri Richmond	45	F	73.81	Clover (1)
Mark Reese	56	M	73.8	Keswick

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)	60.25
Male	61.78
Female	58.601
LEMA (1)	58.41
Male	59.54
Female	57.41
Clover Creek (1)	63.12
Male	65.51
Female	61.13
Rail Trail	62.94
Male	63.81
Female	61.665

Josh Mathiesen	39	M	73.65	Keswick
Ron Dunlap	71	M	73.41	Clover (1)
Tim MacLean	41	M	73.27	Keswick
Josh Mathiesen	39	M	72.92	Lake Redding (2)
Nancy Ruffner	62	F	72.81	LEMA (2)
Scott Tyler	26	M	72.74	Clover (2)
Ron Dunlap	72	M	72.67	Keswick
Tim MacLean	41	M	72.58	LEMA (1)
Joe Bissell	63	M	72.57	Lake Redding (1)
Josh Mathiesen	39	M	72.53	LEMA (1)
Marilee Tatom	49	F	72.49	Clover (1)
Bob Ghelfi	50	M	72.40	Lake Redding (1)
Carolyn Ward	69	F	72.3	Lake Redding (2)
Gary Luahiwa	29	M	72.22	Clover (1)
Gary Luahiwa	29	M	72.22	Keswick
Nancy Ruffner	62	F	72.22	Clover (2)
Nancy Ruffner	62	F	72.05	Lake Redding (1)
Carolyn Ward	69	F	71.88	LEMA (2)
Tim Bryan	41	M	71.84	Clover (2)
Gary Luahiwa	29	M	71.62	Lake Redding (2)
Chuck Walen	47	M	71.56	Clover (1)
Tim Bryan	42	M	71.52	Lake Redding (2)
Gary Luahiwa	29	M	71.49	Clover (2)
Tim Quigley	53	M	71.49	Clover (2)
Pauline Asbill	44	F	71.47	Clover (1)
Doug Christ	33	M	71.46	Clover (2)
Matt Sartor	27	M	71.44	Lake Redding (1)
Sheri Richmond	45	F	71.37	Lake Redding (2)
Sheri Richmond	45	F	71.3	Clover (2)
Tori Parks	52	F	71.27	Keswick
Doug Christ	33	M	71.24	Clover (1)
Tim MacLean	41	M	71.21	Lake Redding (1)
Scott Tyler	26	M	71.07	Clover (1)
Gary Luahiwa	29	M	71.07	LEMA (2)

LEMA (2)		61.008
	Male	63.551
	Female	58.836
Clover Creek (2)		65.214
	Male	64.948
	Female	65.575
Lake Redding (2)		62.68
	Male	64.338

Michael Ward	17	M	71.05	Lake Redding (1)
Dusty Miller	63	M	71.04	Clover (2)
Mark Reese	56	M	71.02	LEMA (1)
Sheri Richmond	45	F	70.98	Keswick
Nancy Ruffner	62	F	70.97	LEMA (1)
Pauline Asbill	44	F	70.96	Clover (2)
Dessa Eagleson	27	F	70.9	Clover (2)
Pauline Asbill	44	F	70.9	Lake Redding (2)
Tim Quigley	53	M	70.89	Clover (1)
Tori Parks	53	F	70.8	LEMA (2)
JoAnn Hall	69	F	70.75	Lake Redding (1)
Tim Bryan	42	M	70.71	LEMA (2)
Nancy Ruffner	62	F	70.67	Keswick
Ron Dunlap	72	M	70.62	LEMA (2)
Randy Carter	56	M	70.55	Clover (1)
Tim Bryan	42	M	70.51	Keswick
Doug Christ	33	M	70.34	Keswick
Eagleson Dessa	27	F	70.32	Clover (1)
Alan Abbs	41	M	70.24	Clover (2)
Phil Dynan	62	M	70.13	Clover (1)
Nate Eells	26	M	70.13	Clover (2)
Bev Abbs	45	F	70.12	LEMA (2)
Scott Tyler	26	M	70.11	Lake Redding (2)
Dessa Eagleson	27	F	70.06	Lake Redding (2)
Nancy Ruffner	62	F	70.02	Lake Redding (2)
Dusty Miller	63	M	70.01	Lake Redding (2)
Alan Abbs	41	M	69.98	Clover (1)
Debbie Miller	51	F	69.77	LEMA (1)
Guy Abbott	54	M	69.75	Clover (1)
Nathan Hernandez	15	M	69.61	Keswick
Pauline Asbill	44	F	69.56	Keswick
Tim Quigley	53	M	69.54	Keswick
Carolyn ward	69	F	69.5	LEMA (1)
Tim Bryan	42	M	69.38	Lake Redding (1)

Pauline Asbill	44	F	69.24	LEMA (2)
Tim Bryan	42	M	69.19	LEMA (1)
Scott Tyler	26	M	69.17	LEMA (2)
Randy Carter	56	M	68.98	Keswick
Scott tyler	28	M	68.93	Keswick
Sheri Richmond	45	F	68.90	Lake Redding (1)
Tim Quigley	53	M	68.87	LEMA (2)
Al Masterson	53	M	68.79	Clover (1)
Alan Abbs	41	M	68.7	LEMA (2)
Craig Sewell	38	M	68.67	Clover (1)
Sheri Richmond	45	F	68.62	LEMA (1)
Gary Luahiwa	29	M	68.58	LEMA (1)
Gary Luahiwa	29	M	68.53	Lake Redding (1)
Alan Abbs	41	M	68.51	Keswick
Cheryl Amen	49	F	68.48	Clover (1)
Nathan Hernandez	15	M	68.47	Clover (1)
Dessa Eagleson	26	F	68.38	Keswick
Dusty Miller	63	M	68.38	Keswick
Chuck Walen	47	M	68.28	LEMA (2)
Michelle Bryan	41	F	68.15	Clover (1)
Anna Eicholtz	21	F	68.13	Lake Redding (1)
Marilee Tatom	49	F	68.12	Lake Redding (1)
Mark Reese	56	M	68.11	Lake Redding (1)
Marilee Tatom	49	F	68.11	Keswick
Pauline Asbill	44	F	68.08	Lake Redding (1)
Al Masterson	53	M	68.04	Clover (2)
Renee Thomas	53	F	68.03	Keswick
Garrett Cloney	17	M	67.97	Clover (1)
Doug Christ	33	M	67.88	Lake Redding (1)
Glenn Eicholtz	54	M	67.82	Clover (1)
Ron Dunlap	71	M	67.79	LEMA (1)
Guy Abbott	54	M	67.69	Keswick
Guy Abbott	54	M	67.6	LEMA (2)
Bob Ghelfi	50	M	67.52	Keswick

Al Masterson	53	M	67.32	Keswick
Dessa Eagleson	27	F	67.29	Lake Redding (1)
Chuck Walen	47	M	67.26	Lake Redding (1)
Dusty Miller	63	M	67.25	Lake Redding (1)
Dusty Miller	63	M	67.12	LEMA (2)
Chuck Walen	47	M	67.1	Keswick
Mike Harper	43	M	67.09	Clover (2)
Craig Sewell	38	M	67	Clover (2)
Al Masterson	53	M	66.72	LEMA (2)
King Wayman	61	M	66.67	Clover (2)
Marilee Tatom	49	F	66.64	Lake Redding (2)
Scott Tyler	28	M	66.59	LEMA (1)
Pauline Asbill	44	F	66.57	LEMA (1)
Bev Abbs	46	F	66.56	Clover (1)
Chuck Walen	47	M	66.47	LEMA (1)
Chuck Walen	47	M	66.46	Lake Redding (2)
Tammy Moran	40	F	66.45	Clover (1)
Glenn Eicholtz	54	M	66.44	Lake Redding (1)
Nate Eells	26	M	66.43	Lake Redding (1)
Chuck Walen	47	M	66.41	Clover (2)
Dessa Eagleson	27	F	66.31	LEMA (1)
Nate Eells	30	M	66.29	LEMA (1)
Amanda McCandless	10	F	66.29	Lake Redding (2)
Nathan Hernandez	15	M	66.2	LEMA (1)
Tori Parks	52	F	66.19	LEMA (1)
Nate Eells	26	M	66.11	LEMA (2)
Samantha Magana	17	F	66.06	Clover (1)
Chance Collins	11	M	66.02	Clover (1)
Erin Eicholtz	17	F	65.87	Lake Redding (1)
Michelle Bryan	41	F	65.86	Lake Redding (1)
Craig Sewell	38	M	65.82	Lake Redding (1)
Maureen Linde	48	F	65.82	Lake Redding (1)
Michael Harper	43	M	65.81	LEMA (1)
David Braund	32	M	65.72	LEMA (1)

Michelle Bryan	41	F	65.68	Clover (2)
John Crowe	63	M	65.54	LEMA (2)
Karen Sinderson	37	F	65.39	Clover (1)
Scott Tyler	26	M	65.35	Lake Redding (1)
Tim Quigley	53	M	65.33	LEMA (1)
Eric Johnson	45	M	65.32	Clover (2)
Peter Jackon	35	M	65.29	LEMA (1)
Jennifer Wall	23	F	65.26	Lake Redding (1)
Michelle Bryan	41	F	65.26	Lake Redding (2)
Amanda McCandless	10	F	65.09	Clover (2)
Tim Quigley	53	M	64.93	Lake Redding (1)
Michelle Bryan	41	F	64.89	LEMA (2)
Craig Sewell	38	M	64.81	LEMA (1)
Pedro Chacan	21	M	64.72	Clover (2)
Craig Sewell	38	M	64.71	Lake Redding (2)
Craig Sewell	38	M	64.67	Keswick
Chance Collins	11	M	64.67	Keswick
Heather Saiki	35	F	64.65	Clover (1)
Joe Blanchard	29	M	64.64	LEMA (1)
Mark Nicholson	51	M	64.61	Lake Redding (1)
Eric Johnson	45	M	64.61	Clover (1)
Dusty Miller	63	M	64.58	LEMA (1)
Karen Sinderson	37	F	64.56	Lake Redding (1)
Craig Sewell	38	M	64.55	LEMA (2)
Guy Abbott	54	M	64.47	Clover (2)
Rebekah Studebaker	20	F	64.44	LEMA (1)
Chance Collins	11	M	64.4	LEMA (1)
Heather Saiki	35	F	64.39	Clover (2)
Jordan Hanson	19	F	64.35	Lake Redding (2)
Guy Abbott	54	M	64.32	LEMA (1)
Belle Moran	13	F	64.31	Clover (1)
Jeannette Fisher	38	F	64.24	Clover (1)
Eric Johnson	45	M	64.2	LEMA (2)
Michele Swartout	41	F	64.18	Clover (2)

Jeannette Fisher	38	F	64.16	LEMA (2)
Daniel Peterson	38	M	64.14	Keswick
Karrie Roth	51	F	64.13	Clover (2)
Eric Johnson	45	M	64.12	Keswick
Jonathan Grabeal	25	M	64.11	Clover (2)
Josh Johnson	30	M	64.06	Lake Redding (1)
Daniel Peterson	38	M	63.82	Clover (1)
Michele Swartout	41	F	63.76	Lake Redding (2)
Joe Blanchard	29	M	63.69	Clover (1)
Jordan Hanson	19	F	63.66	Clover (2)
Charlie Crackel	64	M	63.64	Clover (2)
Brenna Stansberry	45	F	63.64	Lake Redding (2)
Eric Johnson	45	M	63.52	Lake Redding (2)
Chris McCoy	40	M	63.44	Clover (2)
Christine Ulrich	23	F	63.41	Clover (2)
Christine Ulrich	23	F	63.35	Lake Redding (2)
Chris McCoy	40	M	63.29	Clover (1)
Randy Carter	56	M	63.28	LEMA (1)
Jordan Hanson	19	F	63.18	LEMA (2)
Josh Johnson	31	M	63.16	Clover (2)
Cindy McGihan	52	F	63.14	Lake Redding (1)
Jim Smith	58	M	63.09	Lake Redding (1)
Michelle Swartout	41	F	63.05	Clover (1)
Ben Gurczynski	25	M	63.02	LEMA (2)
Samantha Magana	17	F	63.01	LEMA (2)
Chris McCoy	40	M	63	LEMA (2)
Ben Gurczynski	25	M	62.89	Lake Redding (2)
Jeanette Fisher	38	F	62.83	Lake Redding (1)
Cody Hanna	16	M	62.8	Clover (1)
Daniel Peterson	38	M	62.67	LEMA (1)
Al Masterson	53	M	62.62	Lake Redding (2)
Cheryl Amen	49	F	62.6	LEMA (1)
Amanda McCandless	10	F	62.52	Clover (1)
Jeannette Fisher	38	F	62.52	Lake Redding (2)

Julie Burke	36	F	62.43	Clover (1)
Chris McCoy	40	M	62.41	Keswick
Bill Jostock	47	M	62.37	Lake Redding (2)
Rob McCandless	43	M	62.35	Clover (1)
Philip Brown	28	M	62.34	Clover (2)
Troy Lalaguna	30	M	62.28	Clover (1)
Thomas Gutierrez	50	M	62.25	Lake Redding (2)
Eric Johnson	45	M	62.22	LEMA (1)
Jeannette Fisher	38	F	62.22	Keswick
Michele Swartout	41	F	62.22	LEMA (2)
Cynthia Vengley	33	F	62.2	LEMA (1)
James Smith	58	M	62.1	LEMA (2)
Cheryl Amen	49	F	62.05	Keswick
Brenna Hansberry	45	F	61.96	Clover (1)
Al Masterson	53	M	61.73	LEMA (1)
Michelle Bryan	41	F	61.73	Keswick
patricia Davis	41	F	61.72	Lake Redding (1)
Bill Jostock	46	M	61.72	LEMA (2)
Karrie Roth	51	F	61.68	Lake Redding (2)
Jacob Matties	8	M	61.64	Lake Redding (1)
Wyatt Goshorn	16	M	61.62	Keswick
Christine Ulrich	23	F	61.59	Clover (1)
Christine Ulrich	24	F	61.52	LEMA (2)
Matt Waddle	30	M	61.52	Clover (2)
Heather Saiki	35	F	61.44	LEMA (2)
Jeannette Fisher	38	F	61.36	LEMA (1)
Jacob Matties	8	M	61.31	Keswick
Kate Johnson	24	F	61.26	Clover (2)
Heather Saiki	35	F	61.25	Lake Redding (2)
McKenzie Hoffman	17	F	61.2	Clover (1)
Haley Ghelfi	16	F	61.04	Lake Redding (2)
Laura Higley	42	F	60.99	LEMA (1)
Brandon Sergeeff	19	M	60.93	Keswick
Chance Collins	11	M	60.92	Lake Redding (2)

Thomas Guttierrez	50	M	60.9	LEMA (2)
Chance Collins	11	M	60.89	LEMA (2)
Marilee Tatom	49	F	60.88	LEMA (2)
Michele Swartout	41	F	60.86	LEMA (1)
Aaron Eagleson	31	M	60.85	Clover (2)
Michele Swartout	41	F	60.83	Lake Redding (1)
Paul Davis	41	M	60.70	Lake Redding (1)
Amanda McCandless	10	F	60.64	LEMA (1)
Matt Waddle	30	M	60.61	LEMA (2)
Heidi Thomas	35	F	60.52	Clover (1)
Haley Ghelfi	16	F	60.5	Clover (1)
Dave Bowman	52	M	60.46	Clover (2)
Philip Brown	28	M	60.36	Lake Redding (1)
Michelle Swartout	41	F	60.35	Keswick
Chris McCoy	40	M	60.29	Lake Redding (1)
Julie Burke	36	F	60.28	Keswick
Phil Brown	28	M	60.24	Clover (1)
Chris McCoy	40	M	60.23	LEMA (1)
Katie Poburko	34	F	60.12	Lake Redding (2)
Thomas Guttierrez	50	M	60.08	Clover (2)
Tracy Tamagni	49	F	60.01	LEMA (2)
Karrie Roth	50	F	60.01	LEMA (2)