

NorCal - John Frank Course Records

Norcal has taken place on different courses over the years, the following records will reflect these courses.

All-time course records (any course) Courses include - Shasta Lake, Quartz Hill Course & Current River Trail Course

3-mile	Men	Mark Fricker - 13:49	1987
	Women	Kim Stempien - 17:02	1993
10-mile	Men	Ric Sayre - 48:29	1982
	Men	Brendan Gregg - 48:38	2022 Current Course Record
	Women	Sara Hall - 55:23	2016

Age Group Records since 1994

Updated 6/2026

3 - mile		Men	
Year 0-5	36:06	2004	Max Ostendorf
Year 6-10	21:29	1997	Eric Pace
Year 11-15	16:11	2009	Daniel Johnson
Year 16-19	15:34	2001	Tim Nelson
Year 20-24	15:36	1994	Alvaro Luna
Year 25-29	16:02	2014	Anthony Keiser
Year 30-34	15:03	1996	Jim Howarth
Year 35-39	15:35	1994	Raul Higgins
Year 40-44	15:59	2001	Dick Oldfield
Year 45-49	16:45	2001	George Christensen
Year 50-54	17:41	2006	Mike Kelly
Year 55-59	17:26	2002	Chuck MacDonald
Year 60-64	19:51	1996	Philip Erath
Year 65-69	18:33	2012	Herve Pastre
Year 70-74	23:05	2004	Ed Bush
Year 75-79	25:44	2010	Ed Bush
Year 80-84	37:57	2005	Leo Jordan
Year 85-89	40:40	2010	Leo Jordan
Year 90-99	42:52	2015	Leo Jordan

3 - mile		Women	
Year 0-5	39:08	2010	Adrienne Jeter
Year 6-10	22:27	1996	Aquilla Lohr
Year 11-15	18:10	2007	Grace Orders
Year 16-19	18:41	2014	Jenna Storms
Year 20-24	18:04	1995	Megan Sheehy
Year 25-29	17:46	1996	Megan Sheehy
Year 30-34	17:23	2003	Sarah Raitter
Year 35-39	18:50	2000	Luanne Park
Year 40-44	17:36	2007	Bev Abbs
Year 45-49	20:27	1994	Linda Doniak
Year 50-54	21:02	2018	Sheri Richmond
Year 55-59	21:38	2001	Jessie Stratton
Year 60-64	24:26	2019	Tonya Geers
Year 65-69	25:05	2018	Sue MacDonald
Year 70-74	27:14	2010	Marge Dunlap
Year 75-79	35:00	2005	Mary Malain
Year 80-84	50:16	2000	Kay Hudson
Year 85-89	55:48	1994	Pauline Brown

Top 15 Times			
Men			
13:49	1987	Mark Fricker	
13:51	1991	Karl Van CalCar	
14:00	1979	John Frank	
14:08	1988	Dick Oldfield	
14:09	1989	Mark Fricker	
14:18	1987	Dick Oldfield	
14:19	1992	Dick Oldfield	
14:35	1992	Jim Howarth	
14:36	1979	Bill Joseph	
14:38	1986	John Frank	
14:40	1983	Don Merwin	
14:43	1990	Ernie Freer	
14:44	1986	David Larabee	
14:45	1979	Tom Klousner	
14:52	1984	Mike Kelly	
14:54	1984	Don Merwin	

Women			
17:02	1993	Kim Stempien	
17:23	2003	Sarah Raitter	
17:34	1992	Christy Oliveira	
17:36	2007	Bev Abbs	
17:43	1984	Heather Hollahan	
17:45	1992	Dana Bjornsen	
17:45	1994	Luanne Park	
17:46	1996	Megan Sheehy	
18:01	1991	Christy Oliveira	
18:04	1995	Megan Sheehy	
18:06	1984	Nichole Oliveira	
18:10	2007	Grace Orders	
18:12	2006	Michelle Johnson	
18:16	1999	Megan Johnson	
18:24	2006	Shelby Randall	
18:25	1983	Denae Dunlap	

10-mile

Men

Year 0-19	52:36	2016	Edward Chance
Year 20-24	49:50	2019	William Reyes
Year 25-29	48:50	2009	Sergio Reyes
Year 30-34	48:38	2022	Brendan Gregg
Year 35-39	49:01	2026	Brendan Gregg
Year 40-44	50:47	2022	Sergio Reyes
Year 45-49	54:35	2020	Lee Piercy
Year 50-54	55:02	2013	Iain Mickle
Year 55-59	55:54	2025	Jamie Heilpern
Year 60-64	59:53	2022	Iain Mickle
Year 65-69	59:11	2022	Jacob Nur
Year 70-74	65:11	2026	Jacob Nur
Year 75-79	82:18	2008	Paul Flanagan
Year 80-84	1:40:49	2010	Sam Hirabayashi
Year 85-89	2:41:20	2015	Harry Daniell

Women

Year 0-19	68:28	1999	Allegra Porter
Year 20-24	57:33	2019	Addi Zerrenner
Year 25-29	57:15	2011	Jane Kibii
Year 30-34	55:23	2016	Sara Hall
Year 35-39	59:52	2022	Lindsey Tollefson
Year 40-44	59:34	2003	Maria Trujillo De Rios
Year 45-49	57:09	2010	Linda Smith
Year 50-54	63:30	2016	Jenny Hitchings
Year 55-59	63:54	2011	Christine Kennedy
Year 60-64	70:02	2025	Beverley Abbs
Year 65-69	77:51	2005	Barbara Miller
Year 70-74	85:48	2013	JoAnn Hall
	85:48	2022	Jo Anne Rowland
Year 75-79	1:29:55	2024	Jo Anne Rowland
Year 80-84	1:36:33	2022	JoAnn Hall

Top 15 All-Time

Men

48:29	1982	Ric Sayre	
48:38	2022	Brendan Gregg	
48:50	2009	Sergio Reyes	
48:50	2019	William Reyes	
48:51	2014	Sergio Reyes	
49:01	2026	Brendan Gregg	
49:29	1983	Larry Lawson	
49:53	2023	Brendan Gregg	
50:02	2012	Sergio Reyes	
50:17	1991	Mark Fricker	
50:18	2013	Phillip Reid	
50:28	2013	Alex Varner	
50:29	1982	Bill Yeoman	
50:39	2019	Sergio Reyes	
50:40	1983	Leonard Hill	

Women

55:23	2016	Sara Hall	
55:59	2004	Magdalena Lewy	
57:09	2010	Linda Smith	
57:15	2011	Jane Kibii	
57:16	2006	Magdalena Lewy	
57:28	2015	Jane Kibii	
57:33	2019	Addi Zerrenner	
57:56	2018	Caitlin Chrisman	
58:06	2024	Nicole Lane	
58:25	2023	Julia Sizek	
58:43	2020	Olivia Mickle	
58:49	2014	Jane Kibii	
59:00	2006	Melanie Cleland	
59:11	2004	Melanie Cleland	
59:13	2005	Caroline Annis	

One-Mile List - Boys

5:18	2001	Lucas Oliva - Sequoia
5:22	2016	Max Hamilton - Uprep
5:23	2008	Justin Hale - W. Cottonwood
5:24	2013	Michael Cramer - U-Prep
5:26	2001	Jack Keiningham - W. Cottonwood
5:26	2007	Eric Ghelfi - Rdg Adventist
5:28	2008	Daniel Johnson - St. Joseph
5:28	2022	Frankie Nigro - Uprep
5:29	2013	Ruben Orozco - Modoc
5:29	2001	Jordan Fairley - Sequoia
5:30	2001	James Sutherland - Sequoia
5:31	2006	Zach Kaylor - Parsons
5:31	2019	Kole Mata - North Cow Creek
5:31	2026	Josh Kunz - Uprep
5:32	2026	Jacob Wood - Shasta Trailblazers
5:33	2022	Elijah Anderson - Cottonwood Creek

Girls

5:41	2007	Corrisa Storms - W. Cottonwood
5:52	2008	Stephanie Rasmussen - St. Josep
5:53	2017	Grace Gaddy - Uprep
5:59	2010	Miranda Meyers
5:59	2010	Jenna Storms - W. Cottonwood
6:01	2008	Ashley Hoy - Modoc
6:01	2011	Miranda Meyers
6:02	2007	Tiffany Heflin - Susanville
6:02	2008	Corrine Hickle - W. Cottonwood
6:02	2010	Rachel Johnson - U-Prep
6:04	2007	Stephanie Rasmussen - St. Josep
6:04	2016	Grace Gaddy - Uprep
6:05	2006	Corrisa Storms - W. Cottonwood
6:05	2011	Rachel Johnson - U-Prep
6:06	2001	Brittany Williams - W. Cottonwood

Kindergarden

7:45	2016	Joshua Minto - Modoc
8:18	2018	Kyle Wolfe - Modoc
8:33	2010	Sam Scollon - RSA
8:36	2016	Carver Hokenson - Modoc
8:45	2013	Blaze Smith - Modoc

8:48	2020	Marlee Lynn - Cottonwood
9:14	2019	Jeslyn Harris - Modoc
9:26	2020	Maycee Ritcheson - Cottonwood
9:30	2010	Jacklyn Van Sickel - Modoc
9:31	2023	Valor McEuen - Hope

1st Grade

7:04	2022	Joshua Dolan - Modoc
7:22	2017	Josh Minto - Modoc
7:23	2010	Terrell Hocker - Lassen View
7:25	2012	Noah Roberts - RSA
7:26	2007	Hayden Gilbert - Cottonwood

7:32	2017	Tori Hughes - Modoc
7:49	2013	Graciela Hernandez - Rother
8:11	2014	Caelli DePaul - Modoc
8:11	2022	Keziah Watkins - Shasta View Aca
8:17	2009	Alaina Baxter - El Dorado Hills

2nd Grade

6:28	2020	Trevor Iwen - Evergreen
6:49	2013	Ethan Johnson
6:51	2013	Noah Roberts - RSA
6:59	2013	Keegan Skelly - Chrysalis
6:59	2019	Cooper Ballard - NorCal Striders

7:22	2020	Callaly Hall - Modoc
7:36	2014	Carly Bateman - Modoc
7:37	2023	McKenzie Mohr - Modoc
7:38	2018	Madelyn Moltzen - Modoc
7:39	2023	Keziah Watkins - Shasta View Aca

3rd Grade

6:06	2017	Noah Gaddy - Turtle Bay
6:07	2013	David Handley - RSA
6:26	2020	Cooper Ballard - NorCal Striders
6:29	2010	Cole Morrison - Modoc
6:30	2019	Irvin Salazar - Modoc

7:02	2019	Madelyn Moltzen - Modoc
7:09	2015	Carly Bateman - Modoc
7:11	2026	Chloe Galdieri - Shasta Trailblazer
7:15	2022	Katie Boic - Manzanita
7:16	2013	Celeste Frey - RSA

4th Grade

6:10	2020	Kellen Nash - NorCal Striders
6:11	2020	Irvin Salazar - Modoc
6:16	2018	Noah Gaddy - Turtle Bay
6:21	2022	Trevor Iwen - NorCal Striders
6:22	2025	Jacob Wood - Turtle Bay

6:31	2007	Rachel Johnson - St. Joseph
6:40	2020	Madelyn Moltzen - Modoc
6:45	2020	Tori Hughes - Modoc
6:47	2016	Diana Lomeli - Anderson
6:51	2019	Iris Severne - NorCal Striders

5th Grade

5:32	2026	Jacob Wood - Shasta Trailblazers
6:01	2003	James Williams - Rother
6:02	2003	Anthony Williams - Rother
6:03	2014	Jake Cuzick - Modoc
6:08	2003	Travis May - Rother

6:19	2005	Corissa Storms - Cottonwood
6:20	2009	Belle Moran - N. Cow Creek
6:26	2022	Luci Mieling - NorCal Striders
6:28	2008	Rachel Johnson - St. Joseph
6:28	2005	Stephanie Rasmussen - St. Josep

6th Grade

5:31	2020	Kole Mata - N. Cow Creek
5:48	2015	Jack Cuzick - Modoc
5:51	2004	Anthony Williams - Rother
5:52	2004	James Williams - Rother
5:52	2004	Josh Purdy - Cottonwood

6:01	2011	Miranda Meyers - Carmichael
6:05	2006	Corissa Storms - Cottonwood
6:06	2001	Brittany Williams - Cottonwood
6:11	2009	Jenna Storms - Cottonwood
6:11	2009	Rachel Johnson - St. Joseph

7th Grade

5:33	2022	Elijah Anderson - Cottonwood Creek
5:34	2006	Eric Ghelfi - Rdg Adventist
5:35	2007	Daniel Johnson - St. Joseph
5:38	2018	Bryce Russo - Uprep
5:42	2020	Noah Gaido - Uprep

5:59	2010	Miranda Meyers - Sacramento
5:59	2010	Jenna Storms - Cottonwood
6:01	2008	Ashley Hoy - Modoc
6:02	2010	Rachel Johnson - St. Joseph
6:04	2007	Stephanie Rasmussen - St. Josep
6:04	2016	Grace Gaddy - Uprep

8th Grade

5:18	2001	Lucas Oliva - Sequoia
5:22	2016	Max Hamilton - Uprep
5:23	2008	Justin Hale - W. Cottonwood
5:24	2013	Michael Cramer - Uprep
5:26	2001	Jack Keiningham - W. Cottonwood
5:26	2007	Eric Ghelfi - Rdg Adventist

5:41	2007	Corrissa Storms - W. Cottonwood
5:52	2008	Stephanie Rasmussen - St. Josep
5:53	2017	Grace Gaddy - Uprep
6:02	2007	Tiffany Heflin - Susanville
6:02	2008	Corrine Hickie - W. Cottonwood

