

10K LCM ePostal National Championship Niagara Records

Women						Men				
<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Year</u>	<u>Place</u>	<u>Age Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Year</u>	<u>Place</u>
					18-24					
					25-29	Andrew Schaefer	29	2:23:12.00	2013	1st
Molly Brown	33	2:40:34.24	2019	4th	30-34	Andrew Schaefer	30	2:21:21.99	2014	2nd
Amy Rust	36	2:30:06.99	2021	1st	35-39	Patrick McNelis	39	2:40:16.10	2021	1st
					40-44	Patrick McNelis	40	2:47:21.16	2022	2nd
					45-49	Russ Scherwitz	49	2:20:46.31	2022	1st
					50-54	Russ Scherwitz	50	2:21:57.75	2023	1st
					55-59					
					60-64					
					65-69	Jack Cothren	66	3:24:54.99	2015	5th
					70-74					
					75-79					
					80-84					
					85-89					
					90-94					
					95-99					