

3000 Y ePostal National Championship Niagara Records

Women						Men			
Name	Age	Time	Year	Place	Age Group	Name	Age	Time	Year
Amy Mehlretter	22	36:59.50	2007	2nd	18-24	Joe Wang	23	32:08.59	2019
Molly Brown	28	38:59.96	2014	2nd	25-29	Gregory Danner	29	30:38.07	2010
Dana Woody	33	35:16.10	2003	3rd	30-34	Andrew Schaefer	30	34:36.99	2014
Dana Woody	35	34:36.82	2005	1st	35-39	Mark Matheson	38	31:19.36	2009
Dana Gianniny	43	35:55.95	2012	2nd	40-44	Mark Matheson	40	33:56.58	2010
Dana Gianniny	46	36:14.44	2016	1st	45-49	Neil Brophy	48	31:19.72	2009
Dana Gianniny	50	35:54.93	2019	1st	50-54	James Byers	50	37:04.51	2012
Denise Everitt	55	39:18.43	2007	2nd	55-59	Bruce Gianniny	56	37:06.29	2007
Dorothy Tourtual	63	44:42.38	2014	3rd	60-64	Bruce Gianniny	60	39:42.25	2011
Kate Spencer	66	52:55.83	2012	2nd	65-69	Jack Cothren	66	45:19.99	2015
Louise Murray	73	52:37.66	2013	1st	70-74	Jack Cothren	70	49:25.10	2019
Louise Murray	75	54:28.47	2015	1st	75-79	Gary Herbert	75	57:36.61	2021
					80-84	George McVey	80	58:40.35	2007
					85-89				
					90-94				
					95-99				

Place

- 1st
- 1st
- 2nd
- 1st
- 1st
- 1st
- 3rd
- 2nd
- 3rd
- 9th
- 5th
- 4th
- 3rd