

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Kendall Branan	800 Meters	0:01:52	0:03:45	PSAC Championships	Edinboro	PA	2/27/2022
Kendall Branan	800 Meters	0:01:54	0:03:49	YSU Indoor Invitational	Yougstown	OH	1/29/2022
Joey Bujdos	800 Meters	0:01:58	0:03:57	Marietta Indoor Track	Marietta	OH	1/23/2022
Dean Banko	One Mile	0:05:42	0:05:42	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Julie Shirley	One Mile	0:07:29	0:07:29	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Meghan Foulk	One Mile	0:11:21	0:11:21	Shamrock Shuffle One Mile	Harmony	PA	3/26/2022
Dean Banko	2 Miler	0:13:04	0:06:32	Stackhouse Park Bunny Hop	Johnstown	PA	4/16/2022
Dean Banko	5K	0:17:21	0:05:36	Gold Rush 5K	Tyrone	PA	3/19/2022
Dean Banko	5K	0:18:25	0:05:56	Super Gratus Shamrock 5K	Leechburg	PA	3/12/2022
Dean Banko	5K	0:18:42	0:06:02	Resolution Run 5K	Derry	PA	1/1/2002
Dean Banko	5K	0:19:02	0:06:08	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Dean Banko	5K	0:19:38	0:06:20	Fire & Ice 5K	Somerset	PA	1/15/2022
Chris Sharbaugh	5K	0:20:33	0:06:38	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Dean Banko	5K	0:20:34	0:06:38	Muskie 5K	Jamestown	PA	5/11/2022
Grant Cruse	5K	0:20:38	0:06:39	Wings Of Hope 5K	Richland	PA	4/16/2022
Steve Pagano	5K	0:21:19	0:06:53	Bunny Dash 5K	Portage	PA	4/16/2022
Jeff Smith	5K	0:21:25	0:06:55	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Tammy Slusser	5K	0:21:41	0:07:00	Boston Trail 5K	Elizabeth Twp	PA	4/23/2022
Laura Yevchak	5K	0:22:30	0:07:15	Boston Trail 5K	Elizabeth Twp	PA	4/23/2022
Vince Pavic	5K	0:22:56	0:07:24	Shamrock Shuffle 5K	Lewes	DE	3/6/2022
Amber Marsh	5K	0:24:13	0:07:49	Resolution Run 5K	Derry	PA	1/1/2002
Denny Cruse	5K	0:24:21	0:07:51	Wings Of Hope 5K	Richland	PA	4/16/2022
Denny Cruse	5K	0:26:15	0:08:28	Fool's Run 5K	Black Lick	PA	4/2/2022
Dean Banko	5K	0:26:52	0:08:40	Lorain hiking Trails 5K	Johnstown	PA	5/14/2022
Meg Larko	5K	0:28:08	0:09:05	Fool's Run 5K	Black Lick	PA	4/2/2022
Louise Maine	5K	0:29:09	0:09:24	Resolution Run 5K	Derry	PA	1/1/2002
Luke Halchak	5K	0:30:26	0:09:49	Pittsburgh Marathon 5K	Pittsburgh	PA	4/30/2022
Kosie Shepherd-Porada	5K	0:30:41	0:09:54	Race Of Champions 5K	Altoona	PA	3/26/2022
Kyle Doutt	5K	0:30:43	0:09:55	Donut Dash 5K	Indiana	PA	4/23/2022
Donna Scanlon	5K	0:31:03	0:10:01	Fool's Run 5K	Black Lick	PA	4/2/2022
Jayna Doutt	5K	0:31:24	0:10:08	Donut Dash 5K	Indiana	PA	4/23/2022
Tim Welsh	5K	0:31:45	0:10:15	Bunny Dash 5K	Portage	PA	4/16/2022
James Taylor	5K	0:31:50	0:10:16	Fool's Run 5K	Black Lick	PA	4/2/2022

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Don Slusser	5K	0:32:38	0:10:32	Boston Trail 5K	Elizabeth Twp	PA	4/23/2022
Tim Welsh	5K	0:33:36	0:10:50	Fire & Ice 5K	Somerset	PA	1/15/2022
Leah Dever	5K	0:34:02	0:10:59	Brainna Marie 5K	Melbourne	FL	3/5/2022
Julie Shirley	5K	0:34:02	0:10:59	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Meghan Foulk	5K	0:34:02	0:10:59	Shamrock Shuffle 5K	Harmony	PA	3/26/2022
Gabe Belak	5K	0:34:36	0:11:10	Cupid's Chase 5K	Latrobe	PA	2/12/2022
Michele Belak	5K	0:34:37	0:11:10	Cupid's Chase 5K	Latrobe	PA	2/12/2022
Teddy Mulvihill	5K	0:35:26	0:11:26	Donut Dash 5K	Indiana	PA	4/23/2022
Leah Dever	5K	0:35:29	0:11:27	Paradise Coast 5K	Naples	FL	4/23/2022
Gabe Belak	5K	0:35:44	0:11:32	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Michele Belak	5K	0:35:45	0:11:32	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Jonathan Cunkelman	5K	0:36:04	0:11:38	Resolution Run 5K Ruck	Derry	PA	1/1/2002
Gabe Belak	5K	0:36:08	0:11:39	Ellport 5K Run	Ellwood City	PA	3/5/2022
Michele Belak	5K	0:36:09	0:11:40	Ellport 5K Run	Ellwood City	PA	3/5/2022
Meghan Foulk	5K	0:36:33	0:11:47	Donut Dash 5K	Indiana	PA	4/23/2022
Darlene Hudak	5K	0:37:24	0:12:04	Heart4Terry Virtual 5K	Plum	PA	2/12/2022
Jessica Mulvihill	5K	0:38:11	0:12:19	Pittsburgh Marathon 5K	Pittsburgh	PA	4/30/2022
Jessica Mulvihill	5K	0:38:50	0:12:32	Fool's Run 5K	Black Lick	PA	4/2/2022
Michele Belak	5K	0:39:05	0:12:36	Resolution Run 5K	Derry	PA	1/1/2002
John Swauger	5K	0:39:05	0:12:36	Resolution Run 5K	Derry	PA	1/1/2002
Michele Belak	5K	0:39:12	0:12:39	Fire & Ice 5K	Somerset	PA	1/15/2022
Allen Shirley	5K	0:40:29	0:13:04	Fool's Run 5K	Black Lick	PA	4/2/2022
Mary Beth Rine	5K	0:41:25	0:13:22	Resolution Run 5K	Derry	PA	1/1/2002
Mary Beth Rine	5K	0:42:38	0:13:45	Fool's Run 5K	Black Lick	PA	4/2/2022
Chris Wagner	5K	0:44:02	0:14:12	Diamond Dash 5K	Hollidaysburg	PA	5/14/2022
Mary Beth Rine	5K	0:44:32	0:14:22	Donut Dash 5K	Indiana	PA	4/23/2022
Patrick Mulvihill	5K	0:51:26	0:16:35	Fool's Run 5K	Black Lick	PA	4/2/2022
Rascal Terek	5K	0:51:27	0:16:36	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Rick Terek	5K	0:51:28	0:16:36	Kiski Area Shamrock 5K	Kiski	PA	3/19/2022
Rascal Terek	5K	0:51:55	0:16:45	Ellport 5K Walk	Ellwood City	PA	3/5/2022
Rick Terek	5K	0:51:56	0:16:45	Ellport 5K Walk	Ellwood City	PA	3/5/2022
Poom Taylor	5K	1:01:26	0:19:49	Fool's Run 5K	Black Lick	PA	4/2/2022
Dean Banko	4-Miler	0:25:38	0:06:24	Groundhog Jog 4-Miler	Punxsutawney	PA	1/29/2022

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Chris Wagner	4-Miler	0:51:32	0:12:53	Groundhog Jog 4-Miler	Punxsutawney	PA	1/29/2022
Mary Beth Rine	4-Miler	0:51:36	0:12:54	Groundhog Jog Virtual	Homer City	PA	2/2/2022
Dean Banko	4.4 Mile	0:27:37	0:06:17	Groundhog Prediction 4.4	Zelionople	PA	2/6/2022
Kosie Shepherd-Porada	5-Miler	0:48:54	0:09:47	Run For Someone Special	Sykesville	PA	4/10/2022
Steve Pagano	5-Miler	0:55:24	0:11:05	Greenwood Snowfest 5-Miler	Huntingdon	PA	1/15/2022
Michele Belak	5-Miler	1:04:04	0:12:49	Spring Thaw 5-Miler	North Park	PA	2/26/2022
Bill Serafin	5-Miler	1:08:01	0:13:36	Greenwood Snowfest 5-Miler	Huntingdon	PA	1/15/2022
Dean Banko	10K	0:32:33	0:05:15	Wings Of Hope 10K	Richland	PA	4/16/2022
Dean Banko	10K	0:36:19	0:05:51	Fool's Run 10K	Black Lick	PA	4/2/2022
Chris Sharbaugh	10K	0:42:23	0:06:50	Fool's Run 10K	Black Lick	PA	4/2/2022
Stephen Mead	10K	0:43:28	0:07:01	Fool's Run 10K	Black Lick	PA	4/2/2022
Dean Banko	10K	0:46:16	0:07:28	2nd Chance Prance 10K	Johnstown	PA	5/14/2022
Dan McQuiston	10K	0:49:36	0:08:00	Fool's Run 10K	Black Lick	PA	4/2/2022
Mary Lee Page	10K	0:49:52	0:08:03	Fool's Run 10K	Black Lick	PA	4/2/2022
Mark Stern	10K	0:51:50	0:08:22	Fool's Run 10K	Black Lick	PA	4/2/2022
Stephanie Putt	10K	0:52:03	0:08:24	Fool's Run 10K	Black Lick	PA	4/2/2022
Dave Miller	10K	0:52:40	0:08:30	Fool's Run 10K	Black Lick	PA	4/2/2022
Kosie Shepherd-Porada	10K	0:52:52	0:08:32	Wings Of Hope 10K	Richland	PA	4/16/2022
Chris Lasser	10K	0:53:14	0:08:35	Fool's Run 10K	Black Lick	PA	4/2/2022
Bill Serafin	10K	0:53:29	0:08:38	Fool's Run 10K	Black Lick	PA	4/2/2022
Manon Gill	10K	0:58:40	0:09:28	Fool's Run 10K	Black Lick	PA	4/2/2022
Kosie Shepherd-Porada	10K	0:59:27	0:09:35	Diamond Dash 10K	Hollidaysburg	PA	5/14/2022
Kyle Doutt	10K	1:00:30	0:09:45	Fool's Run 10K	Black Lick	PA	4/2/2022
Candie McQuiston	10K	1:00:46	0:09:48	Fool's Run 10K	Black Lick	PA	4/2/2022
Julie Shirley	10K	1:01:31	0:09:55	Fool's Run 10K	Black Lick	PA	4/2/2022
Shawn Berezansky	10K	1:01:33	0:09:56	Fool's Run 10K	Black Lick	PA	4/2/2022
Sherri Noll	10K	1:01:33	0:09:56	Fool's Run 10K	Black Lick	PA	4/2/2022
Jayna Doutt	10K	1:03:26	0:10:14	Fool's Run 10K	Black Lick	PA	4/2/2022
Tim Welsh	10K	1:04:24	0:10:23	Fool's Run 10K	Black Lick	PA	4/2/2022
Scott Bowman	10K	1:11:10	0:11:29	Fool's Run 10K	Black Lick	PA	4/2/2022
Meghan Foulk	10K	1:13:58	0:11:56	Fool's Run 10K	Black Lick	PA	4/2/2022
Chris Wagner	10K	1:17:38	0:12:31	Fool's Run 10K	Black Lick	PA	4/2/2022
Tim Welsh	10K	1:41:15	0:16:20	Dirty Kiln Half 10K	Canoe St. Park	PA	4/9/2022

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Dean Banko	8.1-Miler	1:02:12	0:07:41	Humdinger 8.1 Mile Trail Race	Danville	PA	3/5/2022
Dean Banko	8.8 Mile	1:00:11	0:06:50	Groundhog Prediction 8.8	Zelionople	PA	2/6/2022
Tammy Slusser	10-Miler	1:15:33	0:07:33	March Mad Dash 10-Miler	North Park	PA	3/12/2022
Stephanie Daniels	10 Miler	1:19:56	0:08:00	Snowy Owl 10 Miler	Williamsburg	VA	1/9/2022
Carl Leer	10 Miler	1:38:53	0:09:53	Snowy Owl 10 Miler	Williamsburg	VA	1/9/2022
Don Slusser	10-Miler	2:00:06	0:12:01	March Mad Dash 10-Miler	North Park	PA	3/12/2022
Dean Banko	20K	1:40:00	0:08:04	Laurel Hill 20K	Somerset	PA	5/7/2022
Mindy Sawtelle-Zottola	Half Marathon	1:29:15	0:06:49	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Dean Banko	Half Marathon	1:32:37	0:07:04	Shamrock Shuffle Half	Harmony	PA	3/26/2022
Tammy Slusser	Half Marathon	1:35:46	0:07:19	Knoxville Half Marathon	Knoxville	TN	4/2/2022
Jeannie Bujdos	Half Marathon	1:38:46	0:07:32	North Park Half Marathon	Allison Park	PA	1/22/2022
Dean Banko	Half Marathon	1:52:27	0:08:35	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Bill Serafin	Half Marathon	2:01:06	0:09:15	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/5/2022
Bethany Serafin Awalt	Half Marathon	2:01:12	0:09:15	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/5/2022
Sarah Kitchen	Half Marathon	2:09:17	0:09:52	Cook's Forest Half	Cookport	PA	4/2/2022
Brad Rives	Half Marathon	2:09:29	0:09:53	Ghost Creek Half Marathon	Black Lick	PA	5/15/2022
Mary Jean Bujdos	Half Marathon	2:11:58	0:10:04	North Park Half Marathon	Allison Park	PA	1/22/2022
Sarah Kitchen	Half Marathon	2:14:30	0:10:16	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Ron Orr	Half Marathon	2:15:19	0:10:20	Shamrock Half Marathon	Virginia Beach	VA	3/20/2022
Ron Orr	Half Marathon	2:21:18	0:10:47	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Art Zottola	Half Marathon	2:27:11	0:11:14	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Amber Marsh	Half Marathon	2:27:12	0:11:14	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Steve Pagano	Half Marathon	2:27:53	0:11:17	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Christie Orlosky	Half Marathon	2:28:41	0:11:21	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Aileen Bowman	Half Marathon	2:30:12	0:11:28	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Julie Shirley	Half Marathon	2:30:32	0:11:29	Shamrock Shuffle Half	Harmony	PA	3/26/2022
Meghan Foulk	Half Marathon	2:30:32	0:11:29	Shamrock Shuffle Half	Harmony	PA	3/26/2022
Ron Orr	Half Marathon	2:34:21	0:11:47	Ft. Lauderdale A1A Half	Ft. Lauderdale	FL	2/20/2022
Don Slusser	Half Marathon	2:37:20	0:12:01	Knoxville Half Marathon	Knoxville	TN	4/2/2022
Leah Dever	Half Marathon	3:01:42	0:13:52	Disney World Princess Half	Orlando	FL	2/27/2022
Donna Zukas	Half Marathon	3:10:47	0:14:34	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Lecinda Yevchak	Half Marathon	3:11:50	0:14:39	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Bill Serafin	Half Marathon	3:12:56	0:14:44	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Jess Mulivhill	Half Marathon	3:13:45	0:14:47	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Scott Bowman	Half Marathon	3:16:03	0:14:58	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
John Swauger	Half Marathon	3:16:03	0:14:58	Pittsburgh Half Marathon	Pittsburgh	PA	4/30/2022
Darcy Taiani	Half Marathon	3:20:35	0:15:19	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/5/2022
Rik Golden	Half Marathon	3:41:43	0:16:55	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Laura Yevchak	Half Marathon	3:41:43	0:16:55	Dirty Kiln Half Marathon	Canoe St. Park	PA	4/9/2022
Dean Banko	13.5	3:47:57	0:16:53	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Stephanie Daniels	13.5	4:33:01	0:20:13	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Steve Pagano	13.5	5:00:13	0:22:14	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Carl Leer	13.5	5:01:06	0:22:18	Frozen Snot 13.5 Trail Race	Lock Haven	PA	2/12/2022
Steve Pagano	25K	3:33:23	0:13:46	Hyner Trail Challenge 25K	Hyner	PA	4/23/2022
Dean Banko	Marathon	2:53:19	0:06:37	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Stephanie Daniels	Marathon	3:26:42	0:07:53	Boston Marathon	Boston	MA	4/18/2022
Tammy Slusser	Marathon	3:27:42	0:07:56	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Amber Marsh	Marathon	3:34:38	0:08:12	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Laura Yevchak	Marathon	3:50:43	0:08:48	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Veronica Bujdos	Marathon	3:51:50	0:08:51	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Zach Collins	Marathon	3:56:30	0:09:02	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Julie Shirley	Marathon	4:18:00	0:09:51	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Barb Barger	Marathon	4:44:03	0:10:50	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Stephanie Putt	Marathon	4:47:40	0:10:59	Disney Marathon	Orlando	FL	1/9/2022
Meghan Foulk	Marathon	5:06:33	0:11:42	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Mary Jean Bujdos	Marathon	5:15:51	0:12:03	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Don Slusser	Marathon	5:43:17	0:13:06	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Joe Bujdos	Marathon	7:08:40	0:16:22	Pittsburgh Marathon	Pittsburgh	PA	4/30/2022
Dean Banko	34-Miler	5:08:23	0:09:04	On The Dam Trail 34-Miler	Hooversville	PA	4/23/2022
Candi Lockard	34-Miler	6:14:11	0:11:00	On The Dam Trail 34-Miler	Hooversville	PA	4/23/2022
Ryan Knecht	50 Miler	11:34:50	0:13:54	Glacier Ridge Ultra 50 Miler	Portersville	PA	5/7/2022
Candi Lockard	100K	15:32:11	0:14:55	Rabid Raccoon 100K	Hookstown	PA	3/19/2022
Christie Orlosky	Relay	4:49:07		Pittsburgh Marathon Relay	Pittsburgh	PA	4/30/2022
Jennifer Wally Blystone	Relay	4:49:07		Pittsburgh Marathon Relay	Pittsburgh	PA	4/30/2022
Donna Zukas	Relay	5:41:57		Pittsburgh Marathon Relay	Pittsburgh	PA	4/30/2022

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

Updated 5/18/22

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE